



桂林中青旅国际旅游有限公司特色旅游部

China Expedition Tours, A Division of CYTS International Tours Co., Ltd. Guilin

Chinese Gourmet Tour

<http://www.chinaexpeditiontours.com/china-tours/chinese-gourmet-tour.html>

Tour Code: CET-GM04

Length: 14 days and 13 nights

Cities Visited/Stayed: Beijing, Chengdu, Guilin, Nanjing, Yangzhou, Shanghai

Highlight Attractions: Great Wall, Forbidden City, Li River, Yangshuo, Elephant Trunk Hill, Reed Flute Cave, The Confucius Temple Area, The Bund, Yu Yuan Garden

Experience & Features: Peking Duck, Hutong tour, imperial dinner, Hot-pot dinner, Panda, Cooking class, Rice Noodles, Shanghai Benbang dish

With a very high reputation worldwide, Chinese cuisine has become extremely popular among overseas gourmets. Chinese restaurants can be seen all over the world. This tour is designed for those Chinese cuisine lovers and brings you to taste authentic Chinese food. Our tour starts in Beijing, you can witness and climb the magnificent ancient construction of Great Wall, enjoy private family feast at one restaurant in the depth of Hutong, and also a sumptuous emperor's dinner is served there. We flight to Chengdu to sample the Sichuan spicy food. Then come to Guilin, you experience a cruise on the world-wide famous Li River through stunning karst landscapes in Guilin and taste local special in Yangshuo. Our tour ends in Shanghai, be sated comfortable tasting the snacks while intoxicating in the wonderful sceneries. The Huaiyang cuisine in Yangzhou and Nanjing are surely to give you a deep impression and bring you aftertaste. If you are a gastronomist and interested in Chinese cuisine, contact us and join this fantastic tour.

Itinerary

Day 1: Beijing

When you arrival in Beijing, our guide will welcome you at the airport and bring you the private car that will take you to your hotel.

Stay overnight in Beijing.

Meals:

Day 2: Beijing

We will travel to **[Mutianyu Great Wall]** , 80 kilometers northeast of Beijing. Mutianyu Great Wall is characterized by many watchtowers on overlapping mountain ranges. The wall, built with slabs of stone, is crenellated on both sides with bricks. Many people view that trying the crispy and tasty **[Peking duck dinner]** is indispensable in a visit to Beijing, so we arrange a featured dinner for you at Quanjude restaurant. The Peking duck is cooked in a special way. After the duck is roasted and dried, it looks dark red, shining with oil and crisp skin. People cannot wait to have a taste of the duck once they see the attractive appearance of the duck.

In China, the chef will show you the whole duck when it is served. Also, he will slice it into thin pieces with both skin and meat on. You can wrap duck slices, onion, and sauce in a pancake or a sesame bun in your favorite. And you can expect cold dishes or hot dishes which are served with other parts of the duck. In most cases, you can also view an amazing decoration mixed with the duck bones, Chinese watermelon and cabbage.

Stay overnight in Beijing.

Meals: (B, L)

Day 3: Beijing

[Hutong] (The Chinese word for alleys in Beijing) in Shenshai area marks the beginning of the China gourmet tour. In the morning, we will drive to the **[Shichahai area]** locating in the nearness of second ring road. This area is well preserved in its original appearance, presenting you the style of ancient Beijing. Every year, there are countless tourists coming from all over the world to enjoy the concentrated old Beijing by going through Hutongs sitting in a rickshaw. There's a famous saying goes "a good restaurant never worries about its remote location". So we are going to explore one of the most famous restaurants in Beijing, and the family feast of the Mei Mansion Restaurant is our first stop. Mr. Mei lanfang, the famous Beijing opera performer who is well-known around China, lived in the mansion before. Right now, serious questions may come into your mind: what makes the Mei family private feast different from other restaurants in Beijing and what is the flavor of the dishes there? It's believed that there are three principles about the meal for Mr. Mei: no fat and greasy, the characters of good to protection of throat and voice, and benefiting skin. Huaiyang dishes in south and Beijing Tan family dishes are successively combined in the Mei family feast, and it is especially famous for its unique cooking of fish. Among them the "Seven Color Shredded fish" is worthy to having a try. It is said that the chicken congee is a daily dish for Mr. Mei, which is daintily made with thick fragrance of chicken soup by adding vegetable juice to the congee when the dish is ready prepared, all these make it delicate and tasty.

You can walk comfortably along the Hutong or take a rickshaw to run through the area after lunch at the Mei Mansion. Hutongs in Shichahai area are former residences of many influential officials in the past. You can best enjoy the splendid culture and history of ancient Beijing by the exploration of twisty and peaceful Hutongs.

Our dinner will be arranged somewhere near to the courtyard in Prince Gong Mansion, one of the best preserved courtyards in the capital. The dinner we have is the one cares for the way of keeping good health and combining primes of all Chinese dishes, and it is delicately-presented meal with sumptuous flavor.

Stay overnight in Beijing.

Meals: (B, L)

Day 4: Beijing

[Tian'anmen Square] is one of the largest city squares in the world, and we will take a walk to enjoy it after breakfast. The square has a good location in the central axis of old Beijing with the Monument to the People's Heroes in the center of square. Next, we will go to the **[Forbidden City]**, imperial palaces for the emperors of the Ming and Qing dynasties. There are 800 ceremonial buildings, 9,999 rooms, and a courtyard that can hold 100,000 people in the city. Best ancient Chinese architectural styles are well preserved here, consist an imposing view. Then we gather and go to the Zen –Cool Restaurant located at east Beijing. The decoration and clothing of waiters will make you amazed once you entered the restaurant, which give you the feeling of enjoying your meal in a "prison-house". Considering the need s of customers, it is indeed a prison theme restaurant. However, **[dishes here are delicately made and converging flavors from different areas]**. Those tasty dishes with funny and smart names will give you a brand new dining experience. The last dish is a seafood barbecue, indicating that you will start well and ends well, and be release soon.

After the meal, please follow our guide to the **[Fortune Street]**, a fantastic street gathering gastronome and tasty foods from all over the world. You can freely to choose and go around, and try different snacks and dishes. As for dinner, we recommend an Australian Jack Restaurant that famous for its drunk kangaroo cook with red wine. Besides, there is an Italian restaurant with its freakish shape of pizzas. A Thailand restaurant is famous for its golden crab in thick soup. Certainly, there are lots of more nice foods for you to discover and enjoy.

Stay overnight in Beijing.

Meals: (B, L)

Day 5: Beijing-Chengdu

The morning is for your free leisure. And we will fly to Chengdu after lunch. The tour guide will meet at your arrival and you will be transferred to the hotel. It is a pleasure for you to have a leisure walk in the evening. Markets and street hawkers fill the streets dealing in everything you could possibly imagine, range from snakes and snails to fortunes and foot scrubs. Many travelers here are simply killing time or passing through a route to Tibet. However, there are lots of pleasant things to do here: feast on some great food and soak up some of the mellow atmosphere in one of the thousands of tea houses dotted about the city.

Stay overnight in Chengdu.

Meals: (B, L)

Day 6: Chengdu

We will go to experience Chengdu City after a leisurely breakfast. The unique natural conditions, beautiful environment plus the profound history make Chengdu is also a famous Chinese cultural city. The city tour to the **[People's Park]** and **[Kuanzhai Alley]** will be an amazing one, where we can experience local people's leisure life, feeling the relaxing pace of this southwestern city that boasts "Heaven of Abundance".

Sichuan Cuisine which is famous for the spicy taste is considered as the four major style of cooking in China. Tasting the Sichuan cuisine is a necessary part of our trip to Chengdu. A hotpot dinner will let you know what authentic Sichuan spicy food is. More than 400 kinds of dishes such as Sautéed Pigeon Breast in XO Sauce, Stir-Fried Duck Tongues with Sichuan Chili, Kung Pao Chicken, as well as 2000 kinds of snacks such as Sichuan Style Wonton, Tangyuan (Glutinous Rice Balls) are included in Fermented Glutinous Rice Soup. You are kindly to suggest taking care of your stomach! Besides, Sichuan brocade, embroidery and lacquer ware are popular souvenirs.

Stay overnight in Chengdu.

Meals: (B, L)

Day 7: Chengdu-Guilin

In the morning, we will leave for **[Chengdu Giant Panda Researching and Breeding Base]** by private bus. The center is located on the mountain of Futoushan in the northern suburbs of the city. The best visit time recommended by Staffs is in the morning, between 8.30 and 10am, during feeding time when the cute black and white bear may bring you great fun. If you fail to visit during the right time, the bears are probably indulging in their favorite pastime, sleeping! Next, we go to a local restaurant to savor the variety of delicious foods. And we take a flight to Guilin in this afternoon.

Upon your arrival, you will be transferred to the hotel and can relax yourself after the flight. If you still energetic enough, we suggest you to walk around downtown of the small city for a fantastic night view.

Stay overnight in Guilin.

Meals: (B, L)

Day 8: Guilin-Yangshuo

We will get on board to start **[Li River cruise]** in the morning. To fully enjoy the picturesque Li River, you can either sit on cushion comfortably or stand in the open-air viewing platform with a pleasant breeze greeting you. Make sure that you have brought lots of films or a memory card with large capacity for your digital camera because this is a photographer's dream place, where the dramatic landscapes that Chinese artists have been painting for centuries are available to capture. Lunch will be served onboard. You can really have much leisure time to enjoy the Li River picturesque scenery until we reach Yangshuo. After disembarking, we will walk to the West Street, which has received countless praise of international visitors from all over the world and famed as "Earthly Village in China". It is well developed for visitors and there are over 300 cafes, restaurants, hotels art crafts and tourist stores, foreign language clubs, internet centers and Kungfu schools in the 600 meters long street.

In the afternoon, we will take part in a **[cooking class]**, so you can show people your talents for food and bring out some delicious Chinese dishes for a **[DIY dinner]**.

Stay overnight in Yangshuo.

Meals: (B, L, D)

Day 9: Yangshuo-Guilin-Nanjing

Rice noodle is popular among local people in Guilin and many outside visitors. Local people take it as breakfast almost every day and never get tired of it. So after we drive back to Guilin city in the morning, we will have a **[lunch with some Rice Noodles]** in Guilinese Restaurant. And then we depart for a city tour. As we all known that the **[Elephant Trunk Hill]** is the symbol of Guilin; it looks like an elephant standing in the Li River and drinking the water. Another wonderful place is the **[Reed Flute Cave]**, one of the most spectacular caves displaying karst geographical formation in various shapes. When finishing the above visits, we will continue to the nearby [South China Sea Pearl Museum], where we can learn some knowledge of pearls and have the chance to purchase real sea pearl at competitive prices. Dinner will be arranged at Zhengyang Soup City, where we can **[sip the Duck Soup with Gingko en Casserole]**.

We will take a flight to Nanjing after the dinner. Once your arrival, you will be move to the hotel and relax yourself after the flight.

Stay overnight in Nanjing.

Meals: (B, L, D)

Day 10: Nanjing

You can visit Nanjing by yourself after breakfast in the morning. You are kindly required to gather together at the hotel before lunch time. After lunch, we go to the **[Nanjing Confucius Temple]** (Fuzimiao in Chinese), the holy temple of Confucius who is the outstanding ancient Chinese philosopher and thinker. This is a complex consists of Confucius Temple, the Imperial Academy and Gongyuan where provincial and national examinations took place. In ancient times, the Fuzi Miao gathered restaurants, tea shops, snack stalls, etc. as a national exam place. Nowadays it still remains a street specializing in tasty street foods, and has become one of the four snack representative streets in China. There is no doubt that you can find different flavors of snacks of every area in China, such as the eight peerless snacks made by eight long history shops, including salty and sweet flavors, with delicate shapes and wraps. Besides, the spicy Kidney Beans, fermented bean curd along with other snacks will satisfy your appetite and bring you aftertaste. You can enjoy the bright lights and river scenery of Confucius Temple there.

Stay overnight in Nanjing.

Meals: (B, L)

Day 11: Nanjing-Yangzhou-Nanjing

This morning we will drive to Yangzhou and it will take us 1.5 hours to go there. Yangzhou is the most economic and culture prosperous and luxurious city in Tang and Song dynasties. The eating culture there had a long history which is inherit by local people from generation to generation. Today it still keeps its temperament of slowing taste food and elegantly towards life. Local people's conception towards living can be fully expressed by **[Drink morning tea]**. Huaiyang refined snacks are major features of morning tea. Steamed dumplings filled with soup of crabs roe, five tin dumpling, and other snacks are must if you want to try tasty snacks. After the rich and delightful morning tea, we walk to appreciate the beauty of this small city. And you are welcome to take a boat to sightseeing in the Slim West Lake. We will gather at the Daming Temple at lunch time, and we should take the opportunity to have a vegetarian meal because this kind of meal is only available for visitors at noon. Even though those dishes resemble meat dishes in appearance, please don't be misguided by your eyes and they are one hundred percent made of vegetables such as lotus root, mushroom, bean curd, and so on. **[Daming Temple]**, which is famous for the unique garden scenery will be your first sightseeing spot after lunch. Dinner is arranged at a local restaurant to enjoy the well-known Wensi bean curd. It's said that there was a monk named Wensi who made this delicious dish using bean curd, lily flower and edible tree fungi (kind of mushroom). One time, the emperor tried the dish and he liked this dish very much, so it became a popular dish in the palace from then on. Finally, we drive back to Nanjing.

Stay overnight in Nanjing.

Meals: (B)

Day 12: Nanjing-Shanghai

We will leave for Shanghai by train in the morning and we can arrive in Shanghai at lunch time (about 2 hour train ride). After a short rest in the hotel, we set out to the Laozao Restaurant to enjoy the elegant Shanghai Benbang dish. In order to retain its original taste of the material, every dish was delicately prepared without monosodium and glutamate in the restaurant, representing you a special cooking art. After lunch, we will pay a visit to the **[Jade Buddha Temple]**, an elegant structure famous for its Buddha statue which is carved of solid white jade and decorated by jewels. And then our guide will take you to the **[Outer Bund]** for a grand view of Shanghai. At that time, you maybe surprised at how modern this metropolis is while still preserving its old traditions. **[Nanjing Road]**, the most prosperous commercial street, walking along the street will give you the chance to experience the prosperity of Shanghai. Dinner is on your own, you can choose to eat either western food or Chinese food as you like, and there are lots of delicious western restaurants available in the city.

Stay overnight in Shanghai.

Meals: (B)

Day 13: Shanghai

This morning we can enjoy a leisurely breakfast, and then go to visit the **[Yuyuan Garden]**, where you will find more delicate handicrafts and tasty Chinese snacks. You can choose freely among more than 500 kinds of snacks, and what is highly recommended to you is the Nanxiang Steamed Bun Stuffed with Pork and Crab Roe and Spring Rolls. A visit to the **[Shanghai Museum]**, one of the most famous museums in China, is also include in today's tour. Then you could be dropped at Xintiandi, an affluent car-free shopping, eating and entertainment district of Shanghai, giving you the opportunity to explore this city on your own.

Stay overnight in Shanghai.

Meals: (B)

Day 14: Shanghai-Departure

Today, you can relax in your hotel until you are ready to move to the next destination or for your leaving departure.

Meals: (B)



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