

*Master Hong's*  
**CHINA  
LONGEVITY  
TOUR**

11-Day or 13-Day Trips  
October 2017

For more information, please call  
Chablis in Honolulu:  
(808) 383-8730  
or  
Lynn at the LA office:  
(626) 445-4284

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### 13-Day Tour Include

- Beijing – Olympic Park – Xi'an – Nan-jing-Huangzhou- Tien tai Mountain – Suzhou – Shanghai
- Depart U.S. on October 15, 2017
- Arrive in SHANGHAI October 16, 2017
- Tour package with Double Occupancy of all hotels on the trip: \$2600
- Tour package with Single Occupancy of all hotels: \$3215

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### 11-Day Tour Include

- Shanghai-Nanjing-Huangzhou-Tien tai Mountain – Suzhou – Shanghai
- Depart U.S. on October 18, 2017
- Arrive in BEIJING October 19, 2017
- Tour package with Double Occupancy of all hotels on the trip: \$2000
- Tour package with Single Occupancy of all hotels: \$2508

*These costs do not include international flights. Master Hong is able to get a discounted price on the international roundtrip flight based on the size of the group that have signed up early enough. These flights fly from Los Angeles and Honolulu.*

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### Both the 11-day and 13-day China Tours Include:

- Good quality hotel double occupancy accommodations (except for one night in countryside where indicated)
  - Sightseeing and excursions
  - Tour guide and translation service
  - Transportation: all bus, train, and air travel within China
  - Meals: 3x a day
  - Access: Admission fees to temples and all tourist sites
  - Shopping arrangements (not all available to the 11 day tour):
  - Beijing: Jade, pearl
  - Xi'an: Pottery figurines
  - Suzhou: Silk comforters, silk fashion and accessories
  - Shanghai
- Dates and costs will be finalized once all expressions of interests are received.



## CHINA 2017 ITINERARY

- The 13- day group's separate travels are denoted in dark blue.
- The 11-day group's separate travels are denoted in light blue.
- The merged big group's travels are denoted in green.

*\*Please note: The below itinerary is subject to change slightly.*

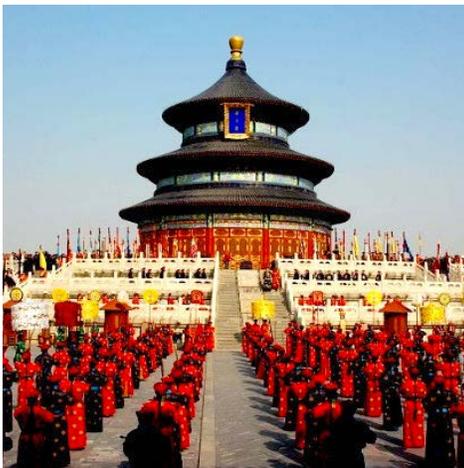
### Day 1-2 ●

**Hotel:** Beijing Chang'an Grand Hotel or similar standard

Fly from hometown to Beijing (flight not included in China Longevity Tour fee, but can go by our group discount if you choose).

**Arrive in Beijing:** the capital of China, guests will be met and greeted by top English guide, transfer to downtown Beijing and check in hotel for refreshment.

Beijing is China's political, economic, cultural, and educational center and is one of the six ancient capital cities of China. Its rich cultural ancient past has been the heart and soul of politics and society throughout its long history.



### Day 3 - Beijing ●

Breakfasts on the trip are usually an expansive buffet style of Asian and Western choices. Embark on a full day of Beijing with Master Hong's Feng Shui interpretations of the ancient cultural locations.

**Forbidden City:** six centuries of rich history, having experienced 24 emperors between the Ming and Qing dynasties. Master Hong discusses some of the significance and symbolism of the magnificent carvings and architecture.

**Temple of Heaven:** where emperors of Ming and Qing dynasties worshiped heaven and prayed for an abundant harvest. To better symbolize heaven and earth, the northern part of the temple is circular while the southern part is square, which reflects the ancient Chinese belief that Heaven is round and Earth is square.



**Beijing Olympic Park:** tour the The National Stadium from outside, where hosted the main track and field Football, and final competitions for the 2008 Summer Olympics, as well as the opening and closing ceremonies. The shape of the stadium resembles the life cradle - "Bird's Nest" that projects human being's hope of future. Also tour The National Aquatics Center (the Water Cube) - the mysterious blue "bubbles". Master talks about modern feng shui in Olympic design.

Finish the day with a wonderful group meal with rich, delicious flavors of world-famous Peking Duck.



### Day 4 - Beijing, fly to Xi'an ●

**Hotel:** Grand Park Xi'an or similar standard

After breakfast, we go to visit the Great Wall

**The magnificent Great Wall:** this important military pass for the Ming Dynasty stretches for miles and miles, like a giant dragon lying on the mountains. Ask Master for tips on going an endurance distance on the Great Wall. Climb along the Great Wall and enjoy a magnificent view of the peaks.

**Visit the Jade Boutique Shop.** At meals in the trip, Master will recommend healing foods for your specific health conditions.

Fly to Xi'an after dinner, transfer to hotel and check in.

### Day 1 of 11: Traveling to Shanghai ●

Meanwhile this same day, (13-day group's Day 3), is Day 1 for the 11-Day Group, who will be en route towards Shanghai, China.



### Xi'an ●

**Hotel:** Grand Park Xi'an or similar standard

Xi'an is one of China's seven ancient capitals, the starting point of the famous "Silk Road". Visit the "Eighth wonder of the world" - the Terracotta Warriors Museum. The army of the Terracotta Warriors comprises one of the most remarkable archaeological discoveries of all the time, and it is also the world's largest underground military museum. Master Hong goes deeper into the significance and symbolism of this location and layout, from a micro to a macro perspective.

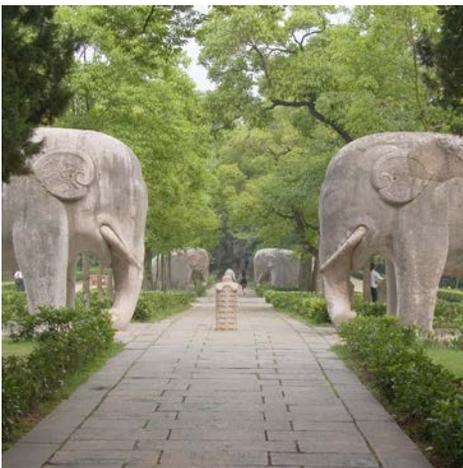
Stop at local shopping center for terracotta figurines of all sizes and other arts & crafts.

After lunch visit the big wild goose pagoda in Xi'an. Enjoy singing and dancing after dinner.



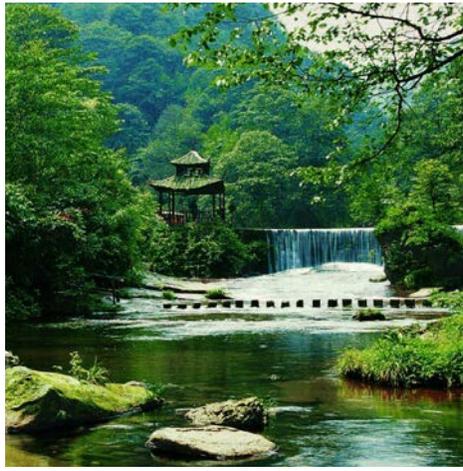
### Nanjing (all group travel together) ●●

Nanjing is the capital of the Jiangsu Province and is located along the lower part of the Yangtze River. Visit Niushou Mountain, also commonly known as “Ox-Head Mountain” because its two prominent peaks are like a pair of ox horns. Next, see the modern rebuilt Grand Bao’en Temple in Nanjing, In 2016 archeologists unearthed a crypt containing a piece of skull belonging to Siddhartha Gautama, known in China as Sakyamuni, better known as the original Buddha. How did it come to be under a temple in China? Learn about it.



### Ming Xiao Ling ●

Located at the southern foot of Mount Zijin in the eastern suburb of Nanjing, is the burial site of Zhu Yuanzhang (1328-1398, reigned 1368-1398), the first emperor of the Ming Dynasty. It is an architectural masterpiece that represents the paramount craftsmanship of the Ming Dynasty.



### Tiantai Mountain ●

Visit Tiantai Mountain with a Daoist temple where you will get to learn/experience a very special Qi Gong longevity energy practice and eat traditional Daoist food.



### Huangzhou ●

Take a scenic boat ride on the West Lake, and at see the nighttime spectacle of the lake show. Learn and practice Tai Chi at the Tai Chi Zen Center owned by Alibaba founder Jack Ma and martial arts movie star Jet Li.



### Suzhou ●

After breakfast, travel from Shanghai to Suzhou (about 2 hours).

We go to visit China “garden”, one of the most famous four gardens.

Lingering garden is a famous Chinese classical garden, located in the southern city of Suzhou.

We visit The Suzhou canal by boat after the lunch.

In afternoon shopping in Suzhou .

We return to Shanghai for dinner

Enjoy the night view of Bund on the Huangpu River Night Cruise

Hotel: Howard Johnson hongqiao airport hotel or similar standard

### Shanghai ●

After breakfast, we visit the Old Town, City God Temple, and the street market in Yu Garden area, a very lively place, which was the most prosperous business district of Shanghai, until today.

We will stroll along the Nanjing Road pedestrian Street

After lunch, we will visit the tallest building in shanghai SWFC

In the afternoon: Shopping in Shanghai

Enjoy the famous Shanghai acrobatic troupe (performing in the circus city) after dinner.

Hotel: Howard Johnson hongqiao airport hotel or similar standard

Shanghai Home

Fly home from Shanghai Pudong International Airport

### Call now to learn more!

If we can gather a group quickly, you won't miss out on there being a great package price on the international roundtrip flights-- which means a great price for you!

Call Chablis in Honolulu: 808-383-8730 or Lynn at the LA office: 626-445-4284