

# Itinerary

## Study and Highlight Tour: (Oct 16 to Nov 2, 2019, 19 days)

**Day 1- 2: USA-Beijing Wed-Thu, Oct 16-17**  
Nonstop flight from San Francisco/Los Angeles to Beijing. Arrive in Beijing in the evening. Transfer to hotel, relax and enjoy the evening in Beijing.

**Day 3: Beijing-Beidaihe Fri, Oct 18**  
After breakfasts, we will travel by motor coach to Beidaihe to begin our study.

**Day 4-9: Beidaihe Sat-Wed, Oct 19 - 23**  
Study Taiji Qigong. Visit the beginning of the Great Wall on Oct 23.

**Day 10: Beidaihe-Beijing Thu Oct 24**  
After breakfast, we will travel by motor coach back to Beijing to join the Highlight Tour (Day 2). The evening is at your leisure to explore Beijing.



For Registration and Information:

(916) 740-3282

[www.chilelwellnes.com](http://www.chilelwellnes.com)

## China Highlight Tour (Oct 23 to Nov 2, 2019, 11 days)

**Day 1-2: USA-Beijing Wed-Thu Oct 23-24**  
Nonstop flight from San Francisco/Los Angeles to Beijing. Arrive in Beijing in the evening. Transfer to hotel, relax and enjoy the evening in Beijing.

**Day 3: Beijing Fri Oct 25**  
In the morning, we will tour Tian'anmen Square, the largest public square in the world, capable of holding more than one million people. Walk through the Gate of Heavenly Peace to enter the Forbidden City. After lunch, we will tour the Summer Palace, built in classical Chinese style in 1750 as a royal recreational resort.

**Day 4: Beijing Sat Oct 26**  
The highlight today is an excursion to the Great Wall. Enjoy the dramatic vistas and marvel at the Wall as it climbs and descends steep ridges and narrow valleys. On the way back to Beijing, we will make a stop at the new landmarks of Beijing - the Olympics sites including "Bird's Nest" and the amazing "Water Cube".

**Day 5: Beijing-Xian Sun Oct 27**  
In the morning, we will visit Temple of Heaven where the Ming and Qing emperors prayed to heaven for a good harvest. Afterwards, we will fly to Xian, the cradle of Chinese civilization, was the state capital of 73 emperors spanning 11 dynasties. Xian was the eastern endpoint of the Ancient Silk Road. It features numerous cultural relics and historical sites.

**Day 6: Xian Mon Oct 28**  
We will visit the site of one of the century's greatest archeological discoveries - the Terra Cotta Soldiers. Marvel at the legion of TERRACOTTA WARRIORS that has been guarding the burial site of China's first emperor, Qin Shi Huang, for 2,000 years. After lunch, we will visit the nearby Mausoleum of Emperor Qin Shi Huang. This evening we will see a wonderful stage opera show "the imitation of the Tang Dynasty performances," which is recreated from historical materials.

**Day 7: Xian – Guilin Tue Oct 29**  
After breakfast, we tour the Shanxi History Museum. The Shanxi History Museum was established in 1983 and opened on June 20, 1991. It is the first large-scale national museum with modern facilities in China. The Shaanxi History Museum has a collection of 1.8 million pieces of cultural relics with the time span over 1 million years. Later, we will fly to Guilin, a southwest city whose "mountain and water" scenery is among the finest in the world.

**Day 8: Guilin – Yangshou Wed Oct 30**  
Guilin's and Yangshou's scenery are famous because of the Li River. The most beautiful part of the river is universally acknowledged to be the stretch located between Guilin and Yangshou. After breakfast, we will take a riverboat cruising down the Li River, which will make us feel as if we are in nature's art gallery. Lunch is served aboard. The cruise ends at Yangshou. We disembark and wander around the town with visit to the ancient West Street. Tonight, we will enjoy the fantastic Minority Musical Stage Performance on Li River-Impression on Third Sister Liu (Yingxiang Liusanjie).

**Day 9: Yangshou – Shanghai Thu Oct 31**  
After breakfast, we head back to Guilin by motor coach. The city tour of Guilin first takes us to the Reed Flute Cave, features fantastic natural stalactite and stalagmite formations, artfully illuminated by multicolored lights. After lunch, we will visit the Elephant Trunk Hill and stroll along the "Two Rivers and Four Lakes" scenic area.

**Day 10: Shanghai Fri Nov 1**  
We will stroll along the Bund, the elegant riverside promenade which symbolized European and foreign influence in the 1930s. See the ships and barges on the Huangpu River, en route to the sea or going upstream to the interior of China. The modernistic Oriental Pearl TV tower looms in the background redefining the skyline. Then we will tour the Old Town (Old Shanghai bazaar), here you can find goods of every descriptions.

**Day 11: Journey Home Sat Nov 2**  
After breakfast; you will be transferred to airport and fly back home.

## Trip Extension

### 5 Days, Huangshan

**\$875.00\***

Double Occupancy ♦ \$450 for Single Supplement

#### Day 1: Shanghai-Huangshan Sat Nov 2

After breakfast, we will travel by high speed train to Huangshan. Mt. Huangshan is the only mountain listed among the China's Top Ten Scenic Spots. Located in the southern part of Anhui Province, it rose above the earth surface as a result of movement of the earth's crust over a hundred million years ago. Later it underwent the erosion of Quaternary glaciations and has gradually becomes what it is today.

#### Day 2-3: Huangshan Sun-Mon Nov 3-4

Mt. Huangshan is known for its four wonders: oddly-shaped pine trees, spectacular rocks, "sea of clouds" and hot springs. The reward for all that arrive at the top is a truly unforgettable experience walking into a living Chinese ink-washed landscape painting. We will tour the scenic area that includes Bright Peak, Flying Rock and Cloud-dispelling Pavilion. The Cloud-dispelling Pavilion is the best place for admiring the unique rocks, hence a nick name "Unique Rock Exhibition Hall." We will tour the Beihai scenic area that includes Writing Brush Peak, Lion Peak, Refreshing Terrace, and Begin-to-Believe Peak. Also, enjoy the poetic and illusive atmosphere of the Black Tiger pine, Interlocking pine, and Chessboard pine. Here, it feels like heaven on earth.

#### Day 4: Hongcun - Shanghai Tue Nov 5

In the morning, after watching one of the most beautiful sunrises on earth, we will take the cable car down and drive to Yixian County. Visit the old town "Hongcun," the film site of Crouching Tiger, Hidden Dragon. Hongcun, is an ancient traditional village with well-preserved paved streets, architecture, decorations and houses with comprehensive water systems. We take high speed train back to Shanghai in the afternoon.

#### Day 5: Shanghai-USA Wed Nov 6

After breakfast, we will fly back home.

## Tour amenities include:

- ♦ All taxes throughout the trip
- ♦ 5-star hotel lodging (except study portion)
- ♦ Three full meals daily (breakfast and lunch only on Free day)
- ♦ Ground transportation within China and guided tours
- ♦ English-speaking tour guides
- ♦ Full instructional fees for Study Tour
- ♦ Escorted by Eva Lew, M.D. & Frank Chan Laoshi

**Not included in Fee:** *Visa (entrance permit) for China, tips for tour guides and drivers, all personal expenses such as excess baggage, travel/medical insurance, passport, laundry, telephone, internet, etc.*

### Payment Schedule

A Deposit of \$500 per person is due with registration. **The tour price cannot be guaranteed until we receive the deposit.** Registration deadline and final balance of fee due date is August 15, 2019. In order to keep the tour fee affordable, we do not accept credit cards.

### Refund Policy

Deposits are refundable (less a \$50 administrative fee) if requested by August 15, 2019. Cancellation between August 16 and September 15, 2019, 50% of the trip fees are not refundable. Cancellation between September 16 and October 9, 2019, 75% of the trip fees are not refundable. There is no refund for cancellation within 14 days prior to departure, no-show, or early return. In the unlikely event of tours cancellation by Chile™ Qigong, deposit & fee balance will be fully refunded. Please visit our website for terms and conditions.

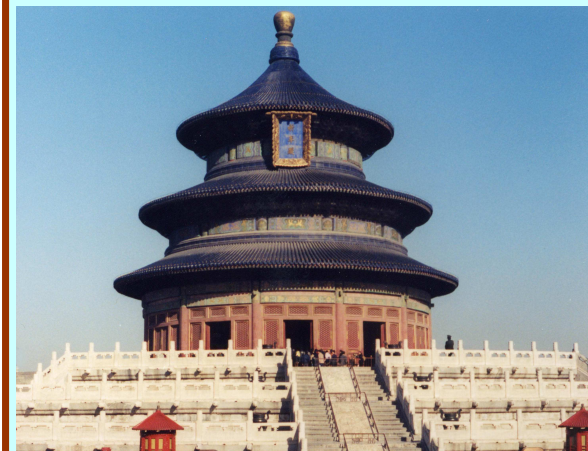
**For Details, please visit our Website.**

**For Registration and Information**

**(916) 740-3282**

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# China 2019



## Highlight Tour

Oct 23 to Nov 2, 11 days

**\$1,695 Plus Airfare\***

Double Occupancy ♦ \$600 for Single Supplement



## Study & Highlight Tour

Oct 16 - Nov 2, 19 days

**\$2,945 Plus Airfare\***

Double Occupancy ♦ \$900 for Single Supplement



\*Airfare \$1,000

International & Intra China Air (Air China):  
(SFO/LAX-Beijing-Xian-Guilin- Shanghai-SFO/LAX)