



China Tai Chi holiday 2010

Tai Chi Fitness Australia

Shanghai, Wudang Mountain, Yangtze River Cruise, Chengdu,
Xi'an, Beijing 11/10 – 27/10/2010, 17 days

Imagine yourself practising Tai Chi atop the ancient city wall of Xi'an; and then learning with the masters inside Wudang

For Bookings, or further information, Contact: 9686 2282 or 0421 282833, Email: info@tcfa.com.au, www.tcfa.com.au

Tour highlights:

Yangtze River cruise Relaxing and enjoying this luxury cruise along the mighty Yangtze River. Our Cruise gives you an opportunity to enjoy the natural beauty of the longest river in China and admire the world's largest dam. The cruise also includes shore trips to places of interest along the way.

Shanghai: Biggest port city in China, and home to the World Expo 2010. **Yuyuan Garden:** is the largest of Shanghai's ancient gardens with architectural styles of the Ming and Qing Dynasties.

Wudang Mountain: Wudang Mountain offers beautiful scenery and seventy two peaks, which have inspired incomparable Chinese traditional mountain-water drawings. Imagine, we are going to enrich our knowledge, learning Tai Chi and have a Tai Chi function with famous masters inside the mountains.

Xi'an: Famous for its entombed Terracotta Warriors, Xi'an was the capital for 13 dynasties of ancient China; Xi'an is filled with amazing historic wonders. Practicing Tai Chi on the top of the city wall will be an unforgettable experience.

Beijing: visit Great Wall to become a great man, Forbidden City experience the Emperors life, visit the Olympic Bird Nest and taste the real Beijing Duck.



Tour Cost:

\$3999 per person plus airport related taxes of approximately \$370.00.
Single room supplement: Land Single Supplement \$490, Cruise the Single supplement \$360

Cost includes:

- Airfare from and return to Sydney, economy class, fly with China Airlines
- 4/5 star hotel accommodation, twin share;
- Meals as indicated in the itinerary;
- Ground transfers during the tour;
- Tai Chi functions included in the itinerary
- Admission to tour attractions and night entertainments as indicated;
- Local professional English speaking tour guide.

Cost does not include:

- Visa fees \$90;
- Tips to tour guides & coach drivers \$7 p/day;
- Travel insurance, strongly recommended;
- Hotel incidentals such as phone calls, mini bar, laundry service etc;

Price subject to availability of specific flight booking class.

Late booking fee of \$300.00 applies, full balance due by 30/08/10
Deposit of \$300.00 payable immediately.

Symbols used to indicate meals included in the tour package:

B=breakfast; L=lunch; D=dinner.

11 Oct: Sydney→Beijing- Hotel New Century or similar 5* (03N)

Fly with Air China CA176(1105/2235) to Beijing, Upon arrival in Beijing airport . you will meet your guide and transfer to the hotel.

12 Oct: Beijing (B/L/D)

After breakfast stroll along the famous **Tiananmen Square** - the largest inner city square in the world. Then reach **Forbidden City**, the biggest palace complex of the world. Then **take a photo stop of Bird's Nest and Water Cube**, Beijing Olympics 2008. **Summer Palace**.

13 Oct: Beijing (B/L/D) visit **The Great Wall**. Enjoy **Hutong Tour** by rickshaw.

Dinner served with **Peking Roasted Duck**.

14 Oct: Beijing→Xi'an(B/L/D) Jianguo Hotel or similar 5*

After breakfast, Taiji exchange arranged by clients own. Then take flight to Xi'an. CA1201(1430/1620), Upon arrival, enjoys the **Singing and Dancing of Tang Dynasty Show**. **西安建国酒店**

15 Oct: Xi'an (B/L/D)

Tour to **Terra- Cotta Warriors and Horses**, the most significant archaeological excavations as well as the eighth wonder of the world. Then visit **Ancient City Wall** in Xi'an, one of the largest ancient military defensive systems in the world. Proceed to **Big Wild Goose Pagoda. Dumpling Banquet**.

16 Oct: Xi'an→Chongqing (B/L/D)

Century Diamond 5*

visit **Shanxi Provincial Museum**. fly to Chongqing. Upon arrival, visit the old town of **Ciqikou and visit Panda home**. After dinner, board the luxurious cruise "**Century Diamond**" and begin Three George tour.

17 Oct: Yangtze River Cruise (B/L/D) Cruise 5*

Excursion to **Fengdu Ghost City**. Captain's welcome Party presents Chinese folk dancing & music performances.

18 Oct: Yangtze River Cruise (B/L/D)

Begin the passage with **Outang Gorge**, the shortest and the grandest of the Three Gorges. View the exquisite peaks and grotesquely shaped rocks. Later the ship will pass the **Wu Gorge**.

19 Oct: Yangtze River Cruise/Yichang/ Wudang Mountain (B/L/D) Hotel: Wudangshan Hotel

Visit the **Three Gorges' Dam**. Pass by **Xiling Gorge**. Land in Yichang, heading to Wudang Mountain.

20 Oct: Wudang Mountain (B/L/D) Hotel: Tian Lu Hotel or similar 3*

Whole day tour to Wudangshan Mountain. We will visit **South Rock Cliff, Purple Cloud Palace**.

21 Oct: Wudang Mountain (B/L/D)

Whole day tour to **Golden Peak and Palace**. The Golden Palace of on the top of Heavenly Pillar Peak is the essence and symbol of Wudang Mountain, the sign of Wudang Taoism coming to the highest peak under the support of the imperial families.

22 Oct: Wudang Mountain/Wuhan (B/L/D) Hotel: Holiday Inn Tian An or similar 4*

Tai Chi exchange function with local gongfu masters. After lunch, coach to Wuhan.

23 Oct: Wuhan(B/L/D) Visit **Yellow Crane Tower**— one of the most three famous ancient Tower in China. Proceed to visit **Hubei Provincial Museum** in the afternoon.

24 Oct: Wuhan→Shanghai (B/L/D) Howard Johnson Hongqiao Airport Hotel or similar 5*

flight to Shanghai. Visit **the Bund, Yuyuan Garden**. Shopping at **City God Temple Market**. There are over hundreds of stores and shops in this area. Proceed to shopping at **Nanjing Road, Acrobatics Show**.

25 Oct: Shanghai (B/D) visit International **Expo**. You will be amazed with it, Lunch will be on your own.

26 Oct: Shanghai→Sydney (B)

Free to explore until transfer to airport for homebound flight. After breakfast, Proceed to shopping at **Nanjing Road**. After tour transfer to airport. Evening flight back to Sydney CA175 (1915/0900+1).

27 Oct: Sydney, Morning arrive in Sydney at 09:00am.

Inclusions:

1. All accommodation listed in itinerary 4-5* hotels, 5* Diamond Cruise
2. Fully inclusive tour with English speaking guide, entrance fees,
3. (B/L/D= breakfast, lunch and dinner) group banquet meals as per itinerary. (breakfast in hotel use)
4. international air fare and China domestic air fare, land transportation
5. Tai Chi function at Wudang mountain, Beijing with China famous Master Feng Zhiqiang, 18th generation of Chen Style, the most outstanding apprentice and the only one from great master Chen Fake in the world now, Xian with Master Zhao Youbin the 5th generation from Yang family.

Exclusions:

1. Tipping person per day \$7
2. Personal expenses, Travel insurance
3. Airport tax
4. Tai Chi private and private group training, not includes in the itinerary. Details please contact TCFA