

GRAND CHINA TOUR 12th to 26th April 2009

Discover the mysterious wonders of this ancient land with Grandmaster Khor on a journey of fascination and excitement. A unique opportunity to learn and practise Tai Chi Qigong with Grandmaster Khor on Great Wall & TIBET!

A magical trip of unique sights and culture. Every-day an exciting adventure, every city a mystery to explore, every meal a Chinese banquet.

- **GREAT WALL** - Tai Chi & Picnic on the Great Wall
 - **BEIJING** - Forbidden Palace , Peking Duck Banquet
 - **TIBET** - Great Winter Palace , Lama Monastery,
Street Market, Grassland, Mountain Lake
 - * **NINE VALLEY** - Nature's paradise, crystal lakes,
flowing streams, cascading waterfalls
 - **DRAGON MT.** Moon ponds & terrace waterfalls
 - **PANDA RESERVE** Cuddle a baby panda
 - **GUILIN** Magical river cruise, beautiful village
 - **SHANGHAI** - Fantastic Museum & Shopping
- PLUS Fantastic Live Stage Shows !!!**

All travel, visa, accommodation, meals,
travel insurance included— \$4999

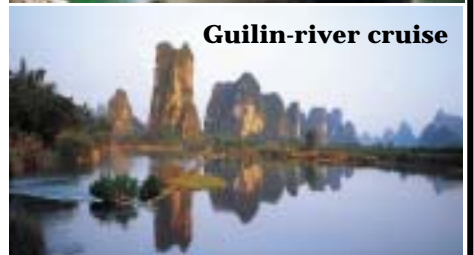
Enquiries : (02) 9797 9355 or 0418 603 657

To Book Send \$500 Deposit to

AATC, P.O. Box 1020, Burwood Nth, NSW 2134

Email : aatc@optushome.com.au

Website : www.livingchi.com.au



Guilin-river cruise

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Grand China Tour 12th – 26th April 2009

BEIJING-TIBET-NINE VALLEY-GUILIN-SHANGHAI

(Preliminary Itinerary)

12th April. **Sunday** Fly Sydney to Beijing.

13th April. Beijing Visit **Great Wall (Mutianyu)** and **Olympic Birdnest Stadium.**

14th April. Beijing Visit **Tian'anmen Square** and mysterious **Forbidden City**, then, the **Summer Palace**, the largest imperial palace gardens. Evening dinner - traditional **Beijing Duck Banquet.**

15th April. Fly to **Lhasa via Chengdu.** Upon arrival, scenic coach journey to hotel to rest and acclimatisation to the high altitude..

16th April. Lhasa Visit **Potala Palace**, once the winter palace of the Dalai Lama. Next visit **Jokhang Temple**, the most revered religious structure in Tibet, and the **Barkhor** – Lhasa's most interesting pilgrimage circuit. This area is the spiritual heart as well as the main commercial district of Lhasa.

17th April. Lhasa Visit **the Namucuo Lake**, the highest saltwater lake in the world. Then visit **Yangbajing**, the highest-altitude hot springs in the world.

18th April. Lhasa / Chengdu Fly to Chengdu. Visit **Chengdu Panda Base.** A project of giant panda *ex-situ* conservation. A combined natural scenery and man-made landscapes for giant pandas and red pandas.

19th April. Chengdu / Jiuzhaigou Fly to Jiuzhaigou, visit **the Huanglong (Yellow Dragon) Scenic Area**, renowned for its open karst landscape and the “five wonders” of nature, and yellow calcareous deposits.

20th April. Jiuzhaigou Sightseeing at **Jiuzhaigou Valley**, a natural botanical and zoological garden, of dense conifers and broadleaf trees, rare and endangered animal species. It combines blue lakes, waterfalls, verdant forests, snow-covered mountains, and the folk customs of the Tibetan and Qiang peoples.

21st April. Fly to Chengdu, and then transit to Guilin. Scenic coach journey to hotel.

22nd April. Guilin Coach tour to **Longsheng**, and **Dragon's Backbone Rice Terraces**, then visit the **Chuang_Minorities Village** to experience their lively culture.

23rd April. Guilin / Yangshuo River Cruise on the beautiful **Li River**. The river meanders through lush mountains like a liquid jade belt. Then visit **Yangshuo's West Street**, a bargain shopping strip.

24th April. Yangshuo / Shanghai Fly to Shanghai. Visit **Yu Garden**, ancient gardens of Ming-Qing dynasties architectural styles. Boutique shopping at **Old City God Bazaar**, specializing in traditional arts and crafts. After that , visit the exquisite **Shanghai Museum.**

25th April. Shanghai Free time for yourself to explore or shop in Shanghai. In the late afternoon, coach to airport for flight home to Sydney. **Arrive in Sydney on Sunday 26th April 2009.**