

YOUR VACATION

Ancient Capitals

YOUR VACATION INCLUDES

10 NIGHTS

10 nights' accommodation including 4 nights on Yangtze River Cruise (Yangtze Gold 6# or President #7, Balcony room)

23 MEALS

Daily breakfast (B); 6 lunches (L); 7 dinners (D)

SIGHTSEEING & ACTIVITIES

Private guided sightseeing with your Tour Guide as outlined in the day-by-day itinerary; admissions, driver & tour guide tipping included.

TRANSPORTATION

All domestic transfers in China. Private coach transportation. Bullet train tickets and cruise tickets included.

Note: bullet train transfer time from Beijing to Luoyang is about 4hrs; from Zhengzhou to Yichang is about 4 hrs.

FROM CAD\$1,350

(Price is for one person based on double occupancy)

DAY 1 SUN

Beijing Arrival

Upon arrival at Beijing Capital International Airport, you will be met by your tour guide and transferred to your hotel to prepare for your tour tomorrow.

Accommodation: Chunhuiyuan Resort or similar

DAY 2 MON



Beijing- Great Wall of China, 2008 Olympic Games Sites

Today, you will visit the outside of the 2008 Olympic Games Sites. Then, continuing your journey to the largest Jade factory in Beijing to learn about China's most precious and celebrated stone, along with its manufacturing process. After lunch, travel through the rugged mountain landscapes north of the city to the magnificent Great Wall of China. Once at the top of this ancient defensive structure, you will be met with a magnificent view and a truly unforgettable experience. Afterwards, you will stay overnight at Gubei Water Town, with a chance to marvel at the breathtaking night view of the Great Wall.

Accommodation: Gubei Water Town Resort or similar

DAY 3 TUE



Beijing- Gubei Water Town

Today, you will enjoy and experience the old-fashioned simplicity and elegance of Gubei Water Town. Rows upon rows of houses, old quartzite streets, and long narrow alleyways all showcase the style and features of this ancient town. River channels are scattered between streets; and houses near the river are bathed in dazzling sunlight. Besides sightseeing, you can also experience unique local customs and participate in native activities.

Accommodation: Gubei Water Town Resort or similar

DAY 4 WED



Beijing- Tiananmen Square & Forbidden City, Beijing to Luoyang

Set out with your trip leader to discover Beijing's imperial treasures. Stand in Tiananmen Square, one of the largest and grandest public plazas in the world before progressing on to the Forbidden City. Enter the imposing walls of the Forbidden City, once the exclusive domain of the Ming Dynasty, for an exclusive tour through this vast complex of courtyards and lanes. Afterwards, experience an oriental foot massage at a traditional Chinese medical centre where you will learn about alternative treatments for illnesses and have a chance to consult with a Chinese Medical professional. You will then be transferred from Beijing to Luoyang via bullet train. The city of Luoyang is widely considered as the birthplace of Chinese civilization and is one of the four great ancient capitals of China.

Accommodation: Luoyang Hyatt Place or similar



Gubei Water Town, Beijing, China

DAY 5 THU



Luoyang- Longmen Grottoes, Old Town

Today, you will visit the Longmen Grottoes, which are densely scattered along the cliffs on both banks of the Yi River. Construction began in 493 AD during the Northern Wei Dynasty. There are now 2345 caves with 2680 statues, over 70 stupas, and 2680 inscribed stone tablets. Continue to spend the day exploring the traditional shops and cuisine of Luoyang Old Town, with its stunning ancient architecture and imposing city gate that date back to 600 AD.

Accommodation: Luoyang Hyatt Place or similar



Longmen Grottoes, Luoyang, China

DAY 6 FRI



Luoyang to Zhengzhou- Shaolin Temple, Fung Fu Show

Today you will visit the Shaolin Temple, the birthplace of Shaolin Kung Fu, situated in Songshan Mountain. It is the most reputable and longest standing temple in China. The main scenic spots in the temple are the Hall of Heavenly Kings, the Grand Hall, the Sutra Depository, the Hall of Thousands of Buddha, and the Pagoda Forest. After enjoying a special Shaolin vegetarian lunch, you will visit a local martial arts school. This tour will bring you face to face to with a group of kids who are dedicated to Chinese Kung Fu. Later this afternoon you will be transferred to Zhengzhou city.

Accommodation: Zhengzhou Inside Hotel or similar



Shaolin Temple, Zhengzhou, Henan, China

DAY 7 SAT



Zhengzhou to Yichang

Today, you will be transferred to Yichang by bullet train. Upon arrival, you will board the Yangtze River Cruise ship to settle in before departure tomorrow. The expansive Yangtze River is the largest river in Asia and the third largest in the world. It is renowned not only for its impressive size, but also for the natural beauty surrounding it. The river begins in the remote mountainous regions and winds its way through stunning gorges, lush and fertile regions, and connecting with numerous lakes and waterways.

DAY 8 SUN



Yangtze River Cruise

Start your first morning on the Yangtze River Cruise with an exercise on board in the presence of the beautiful Gorges. Spend your day out on an optional excursion or relax on board the cruise ship. In the evening, you will attend the Captain's Welcome Banquet on the ship and enjoy the evening entertainment of dancing in a Chinese ball.

Optional Excursion: Three Gorges Dam Site

The Three Gorges Dam Site is one of the largest construction projects undertaken by mankind and is the biggest hydropower project in the world.

Optional Excursion: Tribe of the Three Gorges

You may also choose to visit the Tribe of the Three Gorges, the only large scenic spot that has not been influenced by the Three Gorges Dam project, which showcases the abundant Ba Culture and Shu Culture.

DAY 9 MON

Yangtze River Cruise



Today, you may choose to embark on exciting optional excursions or enjoy a leisure day on board the ship. In the afternoon, you will continue to cruise into the western section of Xiling gorge.

Optional Excursion: Lesser Three Gorges or Shennong Stream (subject to the cruise)

Explore the Lesser Three Gorges or Shennong Stream, a shining pearl hidden in the remote mountains. You will leave your cruise ship and board smaller vessels to sail through the narrower and breathtaking Lesser Three Gorges region or Shennong Stream, lined by sheer cliffs and mountains.

Optional Excursion: White Emperor City

You may also choose to visit the White Emperor City, an ancient temple that is located atop Baidi Mountain on the northern bank of the Yangtze River in Fengjie County.

DAY 10 TUE

Yangtze River Cruise



Today you will pass through the mountains of Eastern Sichuan. Participate in the optional excursions or pamper yourself with a massage and make the most of the last full day on your ship. Tonight, enjoy the farewell dinner and pack your bags in preparation for disembarking the cruise ship tomorrow.

Optional Excursion: Fengdu Ghost City

One of today's optional excursions is the Fengdu Ghost City to see why it is regarded as the "City of Ghosts". The temples built on Ming Mountain, with paintings of punishment instruments and demons, show the Chinese people's imagination of hell.

Optional Excursion: Shibaozhai

Shibaozhai is a 12-story wooden pagoda built against the rock in the 18th century. It is located in Zhong County on the south bank of Yangtze River. There are steles and inscriptions of past dynasties on each floor. Visitors may also appreciate the spectacular Yangtze River from the windows of each floor while climbing.

DAY 11 WED

Chongqing Departure



B



2019 ARRIVAL DATES <small>(high season dates highlighted in red)</small>	APR	07	21	28	
	MAY	05	12	19	26
	JUN	02	09	16	
	JUL	28			
	AUG	18	25		
	SEP	08	15	22	
	OCT	13	20	27	
	NOV	03	10	17	24
High season surcharge CAD\$100 per person					