

# Chinese Capitals

## Beijing & Shanghai

with excursions to the Great Wall & Suzhou, the 'Venice of the East'

### Day 1: Fly out from USA

Depart home for your international flight across the Pacific to China.

### Day 2: Welcome to China!

After a late afternoon or evening arrival at Beijing's international airport, we'll transfer into the heart of the city in time for a welcome dinner at our hotel & to check-in for a 4-night stay in Beijing.

### Day 3: Discover Beijing

Today we'll discover Beijing, one of the world's most important & fascinating cities. Our guided sightseeing tour begins with a visit to the enormous Tiananmen Square, where Chairman Mao lies entombed, before we explore the narrow lanes & expansive squares of the legendary Forbidden City, once home to China's Emperors & their court. In the afternoon we'll visit the Imperial Summer Palace, outside the city center, strolling along the famous long corridor & enjoying a boat trip across Kunming Lake. This evening enjoy a Peking Roast Duck dinner followed by a performance of Beijing 'opera', a unique Chinese art.

### Day 4: Hike the Great Wall

We travel out of the city by bus this morning, to the Great Wall of China, a highlight for all visitors to China. Our visit will take us away from the most visited sections of the wall to a more remote & largely unrestored area where our hike will give us a true appreciation of what an amazing feat of engineering & planning the Wall is. Upon our return to Beijing we'll see the 'Bird's Nest' stadium & 'Water Cube' swimming center, made famous during the 2008 Beijing Olympics.

### Day 5: Beijing In Depth

Our first stop today will be to visit the beautiful Temple of Heaven, where the Emperors once prayed for good harvests. An introductory lesson to the ancient Chinese exercise of Tai-Chi is included in the neighboring park.

Afterwards there will be time for shopping in the colorful & lively Hongquiao Market nearby, before visiting Beijing's Lama Temple, a taste of Tibetan-style Buddhism in the heart of the city.

Dinner tonight will be followed by an exciting Kung-Fu show!

### **Day 6: From Ancient to Modern, from Beijing to Shanghai**

Our sightseeing today shows two contrasting faces of today's China.

This morning begins with a morning rickshaw tour of the Hutongs, the fascinating neighborhoods of 'Old Beijing', consisting of low rise 'courtyard houses divided by narrow lanes. Our tour includes a chance to visit a local family home.

Later an afternoon flight takes us to Shanghai, China's modern business & financial capital. This evening we'll begin to explore the city on a 'Shanghai By Night' tour, including a ferry ride across the Huangpu River to the skyscrapers of the Pudong district & a trip up the stunning Pearl Oriental TV Tower.

### **Day 7: Introduction to Shanghai**

We take in all the major sights of Shanghai today, discovering not only the modern metropolis but also the traditional face of the city as we learn more about its colorful & turbulent history.

Visits will be made to the Yu Yuan Gardens & the Jade Buddha Temple, both oases of tranquility in the heart of the city, as well as to the Bund & Nanjing Road, bustling centers of Chinese commerce both now & in the past.

In the afternoon we'll visit the modern Shanghai Museum, one of China's best museums, which houses priceless artifacts from China's long history.

### **Day 8: Suzhou - The Venice of the East**

We leave Shanghai behind this morning as we travel by bus to the nearby city of Suzhou, often known as the Venice of the East for its network of picturesque canals. The city is also famous for its traditional Chinese gardens, so our visit will include one of the most famous gardens. A stop will also be made at a local silk factory to discover how the simple silk worm has created a huge industry for China stretching back centuries.

### **Day 9: Shanghai at Leisure**

Today has been left free for you to explore Shanghai at your leisure, perhaps taking in more of its incredible modern architecture, visiting a temple or museum, or simply joining the crowds of shoppers along Nanjing Road. There is certainly plenty things to do.

This evening, after our farewell group dinner, a Shanghai Acrobats performance will astonish you & leave a lasting impression on our final evening in China.

### **Day 10: Farewell China**

Sadly it's time to say goodbye to China & its warm & welcoming people this morning as we board our return flight to the USA - arriving home later the same day.

**Breakfasts, lunches & dinners are included on all days in China.**

**Breakfasts feature 'western' food, whilst lunches & dinners are typically Chinese.**