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# 2012 China & Tibet Tour Itinerary

Dates, times, locations, events and modes of transportation are approximate and are subject to change according to availability, safety and the best interest of providing optimum quality experiences.

Please read the 'General Information' download carefully, complete the reservation form, enclose your deposit and mail asap!

## Beijing pre-tour extension

DATE	DAY #	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	
		-4						Depart for Beijing									
		-3	Flight to China / Time change 12 hours ahead (Central time US)					Arrive Beijing / check into hotel									
		-2	B	Orientation	Great Wall		L	Summer Palace		Jade or Cloisonné Factory		D	Gong Fu Show				
		-1	B	Street Market / Hutong Walk		Tian An Men Square	L	Forbidden City					D	Tea House			
		0	B	Temple of Heaven / Join Tai Ji Group		Dumpling Lunch or Wang Fu Jing Street		Liu Li Chang Antiques Market		Tea Supermarket		Welcome Banquet					

Base Tour

DATE	DAY #	7:00	8:00	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	
	-1							Depart for Beijing									
	0	Flight to China / Time change 12 hours ahead (Central time US)						Arrive Beijing / check into hotel									
	1	B	Xi Yuan TCM Hospital				L	White Cloud Taoist Temple		Lecture on Taoism and Qi Gong			D				
	2	B	Train to Bao Ding		Visit Herbal Medicine Market		L	Tour Health Balls Factory		Seminar on Use of Health Balls		Train to Beijing		D			
	3	B	Fly to Chengdu				L	Wuhou Temple		Sightseeing			D				
	4	B	Panda Research Center		Coach to E Mei Shan		L	Visit Bamboo Leaf Tea Company and Park		Lecture on E Mei Gong Fu and Qi Gong			D				
	5	B	Climb E Mei Shan				L	Tour Golden Summit Temple		Seminar on E Mei Herbal Medicine			D				
	6	B	Coach to and Tour Qing Cheng Shan				L	Demo of Qing Cheng Shan Tai Ji and Sword		Intro to Taoist Meditation and Qi Gong			D				
	7	B	Morning Tai Ji / Qi Gong Practice		Meditation Practice		L	Trail Hike to Find Wild Herbs		Herbal Preparations Workshop			D				
	8	B	Morning Tai Ji / Qi Gong Practice		Meditation Practice		L	Temple Ceremonies		Coach back to Chengdu			D				
	9	B					L	Fly to Lhasa		Rest			D				
	10	B	Visit Potala Palace		Rug Factory		L	Stroll Barkor and Jokhong Monastery		Visit Tibetan Medicine Hospital			D				
	11	B	Coach to Sera Monastery		Workshop on Tibetan Buddhist Qi Gong		L in Temple / Zhua Fan		Workshop on Tibetan Buddhist Gong Fu			D					
	12	B	Morning Meditation	Qi Gong Practice			L	Lama Gong Fu Practice		Temple Ceremonies			D				
	13	B	Morning Meditation	Qi Gong Practice			L	Coach Back to Lhasa		Tea Shop			D Tibetan Culture Show				
	14	B	Fly to Beijing							Fly back Home							

Wuyi Shan post-tour extension

	14	B	Fly to Wuyi Shan				L	Oolong Tea Factory		Coach to Rui Yan Buddhist Temple			D				
	15	B	Morning Meditation	Qi Gong Practice			L	Gong Fu Practice		Temple Ceremonies			D				
	16	B	Morning Meditation	Qi Gong Practice			L	Calligraphy Class		Tea Shop			D				
	17	B	Raft Ride on 9 Bend Stream				L	Visit Da Hong Pao Tea Trees and Nursery		Tianyou Peak			Farewell Banquet				
	18	B	Fly to Beijing							Fly back Home							