















ITINERARY




DAY	CITY	ACTIVITIES
Jun 08 (Mon)	Los Angeles-Beijing 	Fly to Beijing by flight CA984 23:25-05:30+2
Jun 09 (Tue)	On the Flight 	En route
Jun 10 (Wed)	Beijing	<p>Early morning arrive in Beijing at 05:30,Airport Pick Up. You will be met by your national and local tour guide at the arrival hall of Beijing Capital Airport, then transfer to visit Mutianyu Great Wall directly.After tour transfer,you will be escorted to check in your hotel in downtown by a private comfortable vehicle.</p> <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;"><u>Great Wall of China</u></p> <p>The Great Wall of China, one of the greatest wonders of the world, was listed as a World Heritage by UNESCO in 1987. Just like a gigantic dragon, the Great Wall winds up and down across deserts, grasslands, mountains and plateaus, stretching approximately 8,851.8 kilometers (5,500 miles) from east to west of China. With a history of more than 2000 years, some of the sections are now in ruins or have disappeared. However, it is still one of the most appealing attractions all around the world owing to its architectural grandeur and historical significance.</p>
Jun 11 (Thu)	Beijing (B)	<p>Tiananmen, Forbidden City. Temple of Heaven.</p> <div style="display: flex; justify-content: space-around;">    </div> <p style="text-align: center;"><u>Tiananmen Square</u></p> <p>Tiananmen Square is a large city square in the center of Beijing, named after the Tiananmen Gate (Gate of Heavenly Peace) located to its north, separating it from the Forbidden City (the Chinese Imperial Palace from the Ming Dynasty to the end of the Qing Dynasty).</p> <p style="text-align: center;"><u>Forbidden City</u></p> <p>Lying at the center of Beijing, the Forbidden City, called Gu Gong in Chinese, was</p>








		<p>the Imperial palace for twenty-four emperors during the Ming and Qing dynasties. It was first built throughout 14 years during the reign of Emperor Chengzu in the Ming Dynasty (1368-1644). Ancient Chinese Astronomers believed that the Purple Star (Polaris) was in the center of heaven and the Heavenly Emperor lived in the Purple Palace. The Palace for the emperor on earth was so called the Purple City. It was forbidden to enter without special permission of the Emperor. Hence its name 'The Purple Forbidden City', usually 'The Forbidden City'.</p> <p style="text-align: center;"><u>Temple of Heaven</u></p> <p>The Temple of Heaven is located in southern Beijing. Constructed in 1420 during the reign of Ming Emperor Yongle, it was the place where emperors of the Ming and Qing dynasties worshipped heaven and prayed for good harvests. It was included in the UNESCO World Heritage List in 1998. Covering an area of 2.73 million square meters, it is the largest architectural complex of its kind in the world. The temple consists of two parts - the inner altar and outer altar, with the main buildings situated in the inner altar along the north-south axis.</p>
Jun 12 (Fri)	Beijing-Huashan (B) 	<p>Free time, take a bullet train to Huashan.G387 09:29-14:43,met and transfer to visit Mt.Huashan directly.Mount Huashan hiking: Cable car - West Peak - South Peak - Plank Walk - East Peak - Cable car,check in hotel.overnight in Huashan.</p> <div style="display: flex; justify-content: space-around;">    </div> <p style="text-align: center;"><u>Mount Huashan</u></p> <p>Mount Hua, one of China's renowned "Five Great Mountains," is situated in Huayin City. Famous for its perilous cliffs and breathtaking landscapes, it boasts five main peaks. The South Peak (2,154.9 meters) is the highest, while the East Peak is a top spot for sunrise viewing. The West Peak, known as "Lotus Peak," features a massive, integrated rock formation. With a history spanning over 2,000 years, it's not only a natural wonder but also a sacred site for Taoism, attracting countless visitors worldwide.</p>

Jun 13 (Sat)	Mt. Huashan-Xian(B) 	<p>Transfer to Xian about 1 hours.visit Terracotta Warriors and Horses,check into hotel,Tang Dynasty Show after a hearty dumpling dinner.overnight in Xian.</p> <div data-bbox="576 313 1455 611">   </div>
-----------------	--	--

		<p><u>Terracotta Warriors and Horses</u></p> <p>It was discovered in 1974 by local farmers digging a well. These life-sized terracotta sculptures were made to accompany Emperor Qin Shi Huang into the afterlife and protect him. Thousands of soldiers, horses, chariots and weapons were unearthed, showing the great military might of the Qin Dynasty. These warriors and horses were made by Qin Shihuang, the first emperor who unified China, to sustain and protect his spirit for all the time.</p> <p><u>Tang Dynasty Show</u></p> <p>The Tang Dynasty Dinner Show combines a sumptuous banquet with a fabulous traditional dance and music performance that depicts the Tang dynasty (618-907 AD), the most prosperous and culturally prolific dynasty in Chinese history.The delicious banquet is served before the show.</p>
--	--	--




<p>Jun 14 (Sun)</p>	<p>Xian-Lhasa (B)</p> 	<p>Cycling on the City Wall in the morning, Xian Museum ,flight to Lhasa TV9964 20:20-23:40. After check in to your hotel, the rest of today is for you to acclimate to the high altitude and weather of Lhasa.</p> <div data-bbox="576 360 1489 580">  </div> <p style="text-align: center;"><u>Cycling on the Xi'an City Wall</u></p> <p>A 600-year-old (Ming Dynasty) key cultural heritage site in China, it is one of the best-preserved ancient city walls. With a total length of about 13.7km, it forms a circular structure and has four main gates (East, West, South, North).Cycling is a top way to explore Xi'an's well-preserved ancient city wall (about 13.7km long). You can ride bikes at gates like South Gate, enjoy views of ancient and modern Xi'an along the circular route, and prefer morning/evening rides to avoid the heat or try night cycling with nice lights.</p> <p style="text-align: center;"><u>Xi'an Museum</u></p> <p>Xi'an Museum, opened in 2007, is an integrated venue combining a museum, ancient temple, and garden, located in southern Xi'an.It showcases Xi'an's 3,000-year history with over 130,000 cultural relics, spanning from the Neolithic Age to the Qing Dynasty—Han and Tang Dynasty artifacts (pottery figurines, bronzes, porcelains) are highlights.</p>
<p>Jun 15 (Mon)</p>	<p>Lhasa (B)</p>	<p>Drepung Monastery -Norbulingka-Barkhor Street</p> <div data-bbox="571 1447 1497 1668">  </div>


		<p style="text-align: center;"><u>Drepung Monastery</u></p> <p>Drepung Monastery was known its high standards in academic study, and was called the "Nalanda of Tibet", a reference to the great Buddhist monastic university of India. In the late 1930's, Drepung was divided into four colleges, each housing monks from a different locale. Each college was presided over by an abbot who had been appointed by the late 13th Dalai Lama. It is considered one of Tibet's 'Three Great Monasteries' (the other two are the Ganden Monastery and the Sera Monastery). Covering an area of 250,000 square meters (61 acres), it held as many as 7,700 monks and possessed 141 farms and 540 pastures in its heyday. It is the largest monastery of its kind in the world. Seen from afar, its grand, white construction gives the monastery the appearance of a heap of rice. As such, it was given the name 'Drepung Monastery' which in Tibetan means "Monastery of Collecting-Rice".</p> <p style="text-align: center;"><u>Norbulingka Park</u></p> <p>Norbulingka Park, located in the western suburbs of Lhasa, is a world-renowned Tibetan-style garden. It was built in the 1740s and served as the summer palace of the Dalai Lamas. Covering an area of 360,000 square meters, the park is not only a large-scale palace complex but also a "museum of treasure" with numerous historical relics and artistic pieces. With its forest area, palace area and various buildings like the Golden Palace and the New Palace, Norbulingka Park offers visitors a chance to enjoy the beautiful garden scenery and experience the rich Tibetan culture.</p> <p style="text-align: center;"><u>Barkhor Street</u></p> <p>Barkhor Street, also known as Bajiao Street, is in the old city of Lhasa. With a history of over 1,300 years, it circles around the Jokhang Temple. It's a famous pilgrimage route and commercial center, full of Tibetan cultural flavor. The street is paved with stone slabs, lined with traditional Tibetan houses and various shops. It's a must-visit place for tourists to experience Tibetan culture.</p>
Jun 16 (Tue)	Lhasa (B)	<p>Visit Potala Palace, Jokhang Temple, Tibet Museum</p> <div style="display: flex; justify-content: space-around;">    </div> <p style="text-align: center;"><u>Potala Palace</u></p> <p>The Potala Palace is located in Lhasa, Tibet. It was named after Mount Potala, an important mountain in Buddhist traditions. The Potala Palace was the chief residence of all Dalai Lamas until the 14th Dalai Lama fled to Dharamsala, India after an invasion and failed uprising in 1959. Today the Potala Palace has been converted into a museum by Chinese authorities. The Palace buildings stand 13 stories high and contain over 1,000 rooms, 10,000 shrines and 200,000 statues. These tower 117</p>

		<p>meters (384 ft) above Marpo Ri, which means "Red Hill", and more than 300 meters (1,000 ft) above the valley floor. Tradition says that the three main hills of Lhasa represent the "Three Protectors of Tibet."</p> <p style="text-align: center;"><u>Jokhang Temple</u></p> <p>The Jokhang Temple, situated in the centre of old Lhasa, was originally built in 647 AD. The site is said to have been chosen personally by the wife of King Songtsan Gampo, the Tang Princess Wencheng. It was built by craftsmen from Tibet, China and Nepal and thus features an intriguing mix of architectural styles. Jokhang Temple is the spiritual center of Tibet and the holiest destination for all Tibetan Buddhist pilgrims. Princess Wencheng made use of Chinese astrology to decide that the temple should be built over the pool where the temple is now located. She believed that the pool was a witch's heart and that building the temple over it would purify the area of evil. This pool still exists under the temple.</p> <p style="text-align: center;"><u>Tibet Museum</u></p> <p>Located in Lhasa, Tibet Museum is the first modern comprehensive museum in the Tibet Autonomous Region, founded in 1999. Housing over 520,000 cultural relics—including statues, thangkas, and ancient documents—it showcases Tibet's long history, folk culture, and revolutionary heritage. Free to visit (closed on Mondays), it's a key spot to understand Tibet's unique civilization.</p>
Jun 17 (Wed)	Lhasa-Chengdu (B) 	<p>Flight to Chengdu. check into hotel. Visit Chunxi Road & Taiguli new city area.</p> <div style="display: flex; justify-content: space-around;">   </div> <p style="text-align: center;"><u>Chunxi Road & Taiguli</u></p> <p>The Chunxi Walking Street (Bright Spring Street) of Chengdu is a street where visitors must go to when visiting Chengdu. It is an ideal place for looking around and sampling the delicious food, especially the famous 'Dragon Won Ton'.</p>
Jun 18 (Thu)	Chengdu (B)	<p>Chengdu Research Base of Giant Panda Breeding, Wenshu Temple, Renmin Park, Jinli Old Street</p> <div style="display: grid; grid-template-columns: repeat(3, 1fr); gap: 10px;">     </div>

		<p style="text-align: center;"><u>Panda Breeding and Research Centre</u></p> <p>The Chengdu Research Base of Giant Panda Breeding is located in the northern suburbs of Chengdu on Futou Hill, 10 km (6 miles) from downtown. Eighty five percent of the world's wild panda population resides in Sichuan. As the guardians of</p>
--	--	---

		<p>this cherished gift from nature, Chengdu has devoted great resources towards learning about pandas and helping to preserve them in the wild. Local Chinese and foreigners alike both enjoy the beauty of the giant panda. Giant pandas are slowly fading from the wild due to habitat loss and poaching. It is this worldwide concern that has led to the establishment of the Chengdu Research Base.</p> <p style="text-align: center;"><u>Wenshu Temple</u></p> <p>Wenshu Temple, located at No. 66 Wenshuyuan Street, Qingyang District, Chengdu, Sichuan Province. It was first built during the Sui Dynasty and renamed "Wenshu Temple" in 1697. The temple faces south and covers an area of over 200,000 square meters. Its architecture features the typical ancient style of the western Sichuan plain, with all-wood structures. It is the most complete Buddhist temple preserved in Chengdu. As one of the four major Buddhist temples along the Yangtze River, it houses precious cultural relics such as the relics of the Buddha and the skull relic of Xuanzang .</p> <p style="text-align: center;"><u>People's Park</u></p> <p>People's Park in Chengdu is famous for its teahouses, a vital part of the local laid-back lifestyle. In these teahouses, you'll find a bustling yet relaxing scene. People of all ages sit on traditional bamboo chairs and tables, chatting, playing cards or chess, and enjoying fragrant Sichuan tea like jasmine or green tea. There are also traditional tea art shows. Tea masters showcase amazing skills with long-spouted kettles. It's a perfect place for experiencing Chengdu's slow life and Sichuan's rich tea culture.</p> <p style="text-align: center;"><u>Jinli Ancient Street</u></p> <p>Jinli Ancient Street is a historic pedestrian area with roots dating back to the Qin and Han dynasties. Featuring late Qing-early Republican era architecture, it's packed with Sichuan snacks (e.g., Zhang Fei Beef), traditional crafts (e.g., Shu Embroidery), and occasional Sichuan Opera shows. Lit by red lanterns at night, it's a top spot to feel Chengdu's ancient charm and local culture.</p>
--	--	---

<p>Jun 19 (Fri)</p>	<p>Chengdu-Yangshuo (B)</p> 	<p>Take a bullet train to Yangshuo D1813 11:36-17:27 .Check into hotel.Walking tour of West Street.</p> <div data-bbox="579 309 963 562">  </div> <div data-bbox="976 309 1358 562">  </div> <p><u>Yangshuo West Street</u></p> <p>A 1,400-year-old pedestrian street in Yangshuo, Guilin, Yangshuo West Street is the county's oldest and busiest thoroughfare.Stretching about 800 meters, it features Ming and Qing-style buildings and is nicknamed "Foreigners' Street" for its blend of Chinese-Western cultures—home to bars, cafes and English signs. Lively by night and cozy by day, it's a top spot to experience Yangshuo's charm.</p>
-------------------------	---	--

<p>Jun 20 (Sat)</p>	<p>Yangshuo (B)</p>	<p>Transfer to Xingping, You boarded the bamboo raft at the Xingping Wharf. After tour, you'll take the electric cart back to Xingping wharf. walking tour visit Xingping Ancient Town, Yangshuo Ten-mile Gallery, in the evening Grand show of "Impression Liusanjie".</p> <div data-bbox="576 400 1469 788">  </div> <p><u>Xingping Wharf Bamboo Rafting</u></p> <p>A must-try activity in Yangshuo, bamboo rafting at Xingping Wharf lets you cruise the core section of the Li River. Take an electric bamboo raft for a 50-60 minute ride, where you can visit two iconic sights: the real landscape on the 20-yuan RMB note and Nine Horses Fresco Hill. Glide along to see karst peaks reflected in the water, and immerse yourself in the poetic scenery of "boating on clear waves, with people wandering in a painting".</p> <p><u>Xingping Ancient Town</u></p> <p>Xingping Ancient Town, located in Yangshuo County, Guilin City, is a must-visit destination. With a history of over 1,700 years, it is nestled on the east bank of the Li River. The town is famous for the iconic karst peak scenery on the 20-yuan RMB bill, which can be found at the "20-yuan Viewing Platform" about a 15-minute walk south of the town. Ancient streets lined with Ming and Qing Dynasty buildings, such as Guandi Temple, showcase the town's rich cultural heritage. Visitors can also take a bamboo raft tour on the Li River to enjoy the surrounding natural wonders or savor local specialties like beer-baked fish.</p> <p><u>Ten-Mile Gallery</u></p> <p>Stretching along the road between Yangshuo County and Moon Hill, Ten-Mile Gallery is a renowned scenic spot famous for its idyllic karst landscapes. Dotted with unique rock formations (like Camel Mountain and Paintbrush Peak) and lush greenery, it's ideal for cycling or driving—offering postcard-perfect views of Yangshuo's countryside at every turn.</p> <p><u>Impression Liusanjie</u></p> <p>Impression Liu Sanjie is the first of its kind in China, premiered in 2004. It was directed by Zhang Yimou, Wang Chao and Fan Yue, with Mei Shuaiyuan as the chief planner. The show is staged in the Li River Scenic Area in Yangshuo, using a two-kilometer stretch of the Li River and twelve mountains, including Shutong Mountain, as its backdrop.</p>
-------------------------	---------------------	---

Jun 21 (Sun)	Yangshuo-Fuzhou (via Guilin) (B) 	<p>After breakfast, flight to Fuzhou. meet and transfer to Fuqing, overnight in Fuqing.</p> 
Jun 22 (Mon)	Fuqing (B)	<p>Full day Exchange activities in Nan Shaolin Temple.</p>  <p style="text-align: center;"><u>Fuqing South Shaolin Temple</u></p> <p>Nestled in Shaolin Village, Dongzhang Town of Fuqing City, Fujian Province, Fuqing South Shaolin Temple is a celebrated heritage site tied to South Shaolin culture. Founded in 627 AD (Tang Dynasty) as a branch of the Northern Shaolin Temple, it was initially built to safeguard coastal regions. Unfortunately, it was destroyed by the Qing army in 1674 over anti-Qing activities. The temple's site was rediscovered in 1993 and verified through 1995 archaeological excavations, which unearthed relics like "Shaolin" stone inscriptions. As the cradle of South Shaolin martial arts, it boasts 75 boxing styles (such as the Five-Element Boxing). Notably, Wing Chun, a famous martial art, was also created here, cementing its status in martial arts history.</p>
Jun 23 (Tue)	Departure (B)  & 	<p>Train to Shenzhen D2329 09:49-14:32, met and transfer to visit Huaqiangbei, some free time, transfer to airport to fly home by flight CA769 20:20-19:00</p>  <p style="text-align: center;"><u>Huaqiangbei</u></p> <p>Huaqiangbei, located in Futian District, Shenzhen, is globally renowned as a core hub for electronics trading and innovation. Once a small commercial area, it has grown into a bustling zone covering about 1.45 square kilometers, home to thousands of shops, markets (e.g., Huaqiangbei Electronics Market) and tech firms. It's famous for a wide range of electronics — from components (chips, resistors) to finished products (smartphones, gadgets) — attracting buyers and wholesalers worldwide. Beyond trade, it's a cradle for tech startups, driving innovations in</p>

		consumer electronics and IoT. With convenient transport (close to metro lines) and a dynamic business atmosphere, Huaqiangbei remains a symbol of Shenzhen’ s rapid tech and commercial development.
--	--	--

Trip Summary

China Travel Itinerary

- Monday, June 8 – Los Angeles → Beijing**
Fly CA984, 23:25–05:30 (+2)
- Tuesday, June 9 – En Route**
International travel day
- Wednesday, June 10 – Beijing**
Arrive 05:30; airport pickup; Mutianyu Great Wall; hotel check-in
- Thursday, June 11 – Beijing**
Tiananmen Square; Forbidden City; Temple of Heaven
- Friday, June 12 – Beijing → Huashan**
Bullet train G387, 09:29–14:43; Mt. Huashan hike (cable car West → South → Plank Walk → East)
- Saturday, June 13 – Huashan → Xi’an**
Terracotta Warriors; dumpling dinner; Tang Dynasty Show
- Sunday, June 14 – Xi’an → Lhasa**
City Wall cycling; Xi’an Museum; Flight TV9964 20:20–23:40; acclimate
- Monday, June 15 – Lhasa**
Drepung Monastery; Norbulingka; Barkhor Street
- Tuesday, June 16 – Lhasa**
Potala Palace; Jokhang Temple; Tibet Museum
- Wednesday, June 17 – Lhasa → Chengdu**
Fly; hotel check-in; Chunxi Road & Taikoo Li area
- Thursday, June 18 – Chengdu**
Panda Base; Wenshu Temple; People’s Park; Jinli Old Street
- Friday, June 19 – Chengdu → Yangshuo**
Bullet train D1813 11:36–17:27; West Street exploration
- Saturday, June 20 – Yangshuo**
Xingping bamboo raft; Xingping Ancient Town; Ten-Mile Gallery; Impression Liusanjie show
- Sunday, June 21 – Yangshuo → Fuzhou → Fuqing**
Fly via Guilin; transfer; overnight in Fuqing
- Monday, June 22 – Fuqing**
Exchange at Nan (South) Shaolin Temple
- Tuesday, June 23 – Fuqing → Shenzhen → Home**
Train D2329 09:49–14:32; Huaqiangbei; Flight CA769 20:20–19:00

2026 Shaolin Do China Trip Itinerary

Terms and Conditions (included and excluding)

Tour package including:

1. International airfare and tax for Los Angeles-Beijing and Shenzhen-Los Angeles
2. 4-5 star hotel base on double occupancy including hotel breakfast.
3. English speaking national guide and local guide
4. private air conditioned tour bus for the excursions and transfers as in the itinerary.
5. lunches and dinners as listed in the itinerary.
6. All entrance fees in the itinerary.
7. All the airfare and 2nd class bullet train tickets in China.
8. Special Tibet Travel Permit included.
9. Deposit is non refundable
10. Trip fee is only refundable prior to March 1st

Excluding:

1. excursions and meals not mentioned in the itinerary
2. National guide, local guide and driver tips (\$11 US dollar/per/day total collected at the start of the trip \$154 cash)
3. China Visa fee (300 US dollars/per)
4. Travel Insurance
5. Personal expenses during the trip.
6. Items not specified as included.

I am responsible for myself and these additional these trip members

I agree to these trip terms, inclusions and exclusions.

Printed Name

Signature

Date