



Palm Beach County CTA



Teacher Training Tour Itinerary

July 11-24, 2009

Beijing, Yichang, Three Gorge Cruise, Chongqing, Yangshuo (Guilin), Suzhou, Shanghai

14 days (12 nights in China.) (subject to availability and rates)

(as with all groups, please allow for some spontaneity)

JULY 11- SATURDAY - EN ROUTE - Day 1 - Depart USA En Route to China

JULY 12 - SUNDAY – BEIJING - Day 2 - Arrival in Beijing. Given time, visit Summer Palace, where Chinese emperors and his favorite concubines spent their summers. It is the largest imperial garden of its kind in the world and one of the four grandest gardens in China.

JULY 13 - MONDAY – BEIJING - Day 3 -Take the ride to the most scenic part of the Great Wall of China (Juyongguan Pass), and climb the part unknown to most tourists and enjoy the tranquility and peace on top. Each person will be granted a Great Wall Certificate after being witnessed climbing up to the first tower. En route, visit the unique craftsmanship – the cloisonné. After lunch, visit the ancient De village and the Ming Tomb Surroundings. Dinner at the brilliant Bai Family restaurant, which will take you back to the 18th century, as you witness the dress, music, decor, welcome ceremony and servers - all presented in Qing dynasty style.

JULY 14 - TUESDAY – BEIJING - Day 4 -This morning we visit the Temple of Heaven, the sacred place where Chinese emperors from 1420 till 1911 prayed for a good harvest twice each year respectively at Summer Solstice and Winter Solstice. Then visit the Pearl Market nearby to learn the knowledge of Chinese fresh water pearls. Lunch followed by the visit to the Tian'an men Square, the largest city square in the world with the capability of holding three million people. We then walk through the Heavenly Peace Gate to the Forbidden City, also called Palace Museum, the world largest palace once home to 24 emperors in the Qing and Ming dynasties, containing 9999.5 rooms, and all newly renovated with glistening colors. Before leaving the territory of the Forbidden City, we enjoy the imperial tea ceremony at the former emperors' tea house. Peking Duck dinner followed by the famous Beijing Acrobatic Show or Chinese Kung Fu Show.

JULY 15 - WEDNESDAY – EN ROUTE/CRUISE - Day 5- Beijing fly to Yichang to board the 5 Star Cruise.

JULY 16 - THURSDAY – CRUISE - Day 6 - Three Gorges Dam project - Shore excursion.

JULY 17 – FRIDAY- CRUISE - Day 7 - Passing through Wu Gorge, Xingling Gorge - Excursion to Shibaozhai.

JULY 18 - SATURDAY – CRUISE - Day 8- En Route on cruise - Shore excursion to Shennong Stream.

JULY 19 - SUNDAY – YANGSHOU - Day 9 - Arrival in Chongqing, fly Yangshuo where you will experience one of the most magnificent, idyllic landscapes in China. Visit with a local farmer, Lucy, to guide us to the most exciting part of the area. Lucy will greet us at the airport in Guilin and take us to Yangzhou where we will stay at the best local hotel, close to town, the 4star Paradesa. Dinner by the hotel.

JULY 20 - MONDAY – YANGSHOU - Day10 - At 0600am in the morning we will follow Lucy to the riverside for the most tranquil bamboo-rafting along this breathtaking landscape. At 0900am we will return to the hotel, shower and enjoy breakfast. Relax and enjoy the morning with a leisurely exploration of bustling Yangshuo & shopping. At 11:30am we will bicycle (optional) with Lucy to her home in the village and enjoy a rustic lunch prepared by her husband in her three story house where you will see breathtaking views of the fields and hills of Yangshuo from the top balcony of her house. After lunch, bicycling back into the country roads and enjoy visiting with other local families before returning to your hotel. Dinner in a hotel followed by the optional grand show of " Liu San Jie".

JULY 21 - TUESDAY – EN ROUTE/SUZHOU - Day11 - Yangshuo fly Shanghai, transfer to Suzhou. Suzhou is called "Garden City of China, Venice of the East".

JULY 22 - WEDNESDAY – SUZHOU/SHANGHAI - Day12 - Suzhou was a thriving trade route stop at the time of Marco Polo's visits during the 13th century. Visit some of Suzhou's classical gardens - fusions of rock, water and architecture, reflecting beautiful pavilions and bridges and inviting contemplation. View the 53-arch Tang Dynasty stone bridge and visit the silk factory where silk is spun from cocoons. Ride to Shanghai late afternoon.

JULY 23 - THURSDAY – SHANGHAI - Day13 - A leisurely stroll along the Bund along the river, where one can easily perceive the contrast of the old and new Shanghai. Enjoy the unique Mongolian BBQ lunch today at the Silk Carpet Factory. In the afternoon, visit the People's Square from where overlooking the fabulous Shanghai Opera House, Municipal Government Building and the City Planning Museum. From there we take a rather leisurely walk through the bustling Nanjing Shopping street. Dinner at the famous boat restaurant "Palace over Water" followed by the grandiose Huangpu River night cruise.

JULY 24 - FRIDAY – EN ROUTE - Day14 - Transfer to airport for flight home.

July 24-26 – FRIDAY- SUNDAY – Day 14-16 – XIAN POST TOUR



Optional post tour to Xian (July 24-26) to visit the historic Terra Cotta Warriors sites is offered (add \$569. Double, \$775 Single).

Palm Beach County CTA Teacher Training in China - Tour Cost

Investment per person: Double: \$2999. Single : \$4149. per person

(based on group of 10 or more)

Xian Post Tour 7/24-26 Double: \$569. Single \$775.

(Rates and availability subject to change)

Deposit: \$250. per person

Final payment due May 1, 2009

Payment Schedule:

First Deposit due: \$250. By 1/15/09
Second payment due : \$250 By 2/15/09
Third payment due: \$250 By 3/15/09
Fourth payment due: \$250 By 4/15/09
Final payment due: By 5/1/09
Credit Cards accepted.

A portion of proceeds benefits
Palm Beach County CTA.
(561) 844-3882

www.chinasportsandtravel.com CTA Tour

HOTELS: 5 Star (below or similar)

Beijing Loong Palace Hotel
5 Star Yangtze RiverCruise
Yangshuo Paradesa Hotel, deluxe view rooms
Suzhou Shangri-la Hotel
Shanghai Ambassador Hotel

Information & Reservations:

Club Meditation, Inc
www.chinasportsandtravel.com
FL Seller of Travel ST36596
Joy Dupont, China Travel Specialist
(561) 844-3882
joy@chinasportsandtravel.com

Teacher Training China Tour includes:

5 star hotel accommodations,
5 star cruise on Yangtze River
Western Buffet Breakfasts in hotel
or on cruise.
Entrance, performances, special meals.
Chinese lunch and dinners daily
English speaking tour guide
Domestic flights in China
Domestic airport tax and fuel surcharge.
Government tax
Deluxe air-conditioned buses.
Tips to drivers & guide (suggested \$10 per day)

NOT INCLUDED:

International Airfare (arranged upon request)
China Visa Fee \$220
(1 year multiple entry visa)
Personal expenses
Travel Insurance (highly recommended)