



"See World Differently"

Pre or Extension Program

CN17 - Beijing – In the heart of Middle Kingdom – 5 Days



Detailed Day by Day Itinerary

Day 1, Arrive in Beijing

Arrive in Beijing.

Afternoon is free to adjust yourselves to the new time zone or explore the nearby area on your own. If time permits, we drive to **Ri Tan Park**, which was once part of a network of imperial altars used for worshipping the natural world. The park was the location for an altar, built in 1530 AD, that was used for praying to the sun. Ri Tan Park is mostly known as a tranquil place to enjoy a leisurely evening, where you can see local people doing all kinds of exercise. The older generation will spend their spare time chatting and playing chess with their old pals. The young people are keen on playing the popular climbing. After exploring the current Beijing people's life, we will have a **tea break** in the park.

Overnight: GuXiang #20 Courtyard Hotel (3-star)

Meals: D

Day 2: Forbidden City and the Hutong Visit

Today we will explore the differences between ancient royal family life and ordinary people living outside the Forbidden City. In the past, millions of people wanted to go inside these walls and see the life there, and once they were inside they may have wanted to see what life was outside these walls.

In the morning, we set off to visit the **Tiananmen Square** followed by a tour in the **Forbidden City** where the morning will be spent touring this vast palace. For 500 years, The Forbidden City was the Imperial Palace for Ming and Qing Dynasty Emperors. The



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biggest and best preserved cluster of buildings in China, this monumental Palace complex, once strictly out of bounds to the general Chinese public, houses up to 800 buildings and, reputedly, 9000 chambers.

Our highlights in the Forbidden City are the **Clock Museum & Treasure Hall**. The collections in the Clock Museum were the masterworks of all the famous clock makers from many different countries, having witnessed the culture communication in our history, and having showed us the highest accomplishment in the field of clock-making industry between 18 century and 20 century. In the Treasure Hall, we have the chance to see some of the curiosa that was recently opened to the public.

After this morning's exploration about the royal family life, we take a tour of Old Beijing. Riding in a pedi-cab or on our own bike, we explore the city's traditional neighborhoods, called **Hutongs** (literally, alleyways). Here, we can get an idea of what the entire city once looked like, and experience the traditional way of life. Amongst the hutongs, we can observe elders whiling away the night with a game of Chinese chess or mahjong, shopkeepers selling traditional snacks like jian bing (pancakes) and baozi (steamed buns) and hear calls announcing the arrival of the knife sharpener or cardboard collector.

The highlight of the Hutong visit is receiving a **kite-making lesson** from an old craftsman who has lived in this area for years. Meanwhile, we will invite a **volunteer pioneer** who works for China Heritage Protection (CHP) to join us and share his knowledge and experience on how the nowadays people try to protect Hutong culture.

Our first night, we will have a delicious Peking duck dinner at a local, but popular, restaurant hiding inside the Hutongs.

Overnight: GuXiang #20 Courtyard Hotel (3-star)

Meal: B L D

Day 3: The Great Wall

This morning after breakfast, we visit the **Temple of Heaven and study Taichi with a local master**, where emperors once prayed for a good harvest, making offerings of grain, silk and animals. Constructed during the Ming Dynasty (1368-1644), its harmonious proportions and bold colors make it a masterpiece of Chinese architecture. The highlight of the Temple of Heaven is the Hall of Prayer for Good Harvests, built without a single nail.

Afterwards, we depart for an excursion on the **Great Wall**. Though the underlying architecture dates from the Ming Dynasty, the original plan for the Great Wall and some of its construction dates back to the Qin Dynasty (221-207 BC). You will choose whether to visit the Great Wall at Mutianyu (Huairou District) or at Jinshanling. For the Mutianyu option, we will take a short and easy hike.

The Jinshanling option is a four-hour, more strenuous hike along the unreconstructed part of the Wall from Jinshanling to Simatai. The views of the Wall snaking over the



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precipitous mountain ridges into the far distance are memorable, but this hike is only for those in good shape for hiking.

For tonight, we will stay at **Red Capital Ranch** by the Great Wall where we can enjoy the Great Wall sunset. Imagine a Manchurian hunting lodge nestled beside the Great Wall of China. Red Capital Ranch by the Wall is Beijing's first and only eco-tourism resort set on a private estate of 50 Chinese acres offering 360 degree vista views of the Great Wall of China from each of the resort's ten ancient restored luxury Chinese villas tucked along the foot of a mountain. The Tibetan Tiger Lounge is overwhelmed by a stone fireplace where logs crackle in cool weather and opens on vistas of the Great Wall.

Overnight: Red Capital Ranch (Five Star or similar)

Meals: B L D

Day 4: Yanxi Township to Beijing

Today we will see the different life between the city people and farmers.

After breakfast, we drive to explore **Sancha village**. Sancha is located on the boarder of Huairou and Yanqing counties and is nearby Huanghuacheng, an older section of the Great Wall. Most of the families in the village cultivate surrounding land, growing a variety of grains as well as fruit and nut trees. We spend time in the villagers' homes, learning about the traditional features of a rural home in the relatively dry and harsh climate of Huairou. We will have lunch with the villagers. After lunch at Schoolhouse Canteen, featuring an authentic local family cook, we return to downtown to visit the **Traditional Chinese Hospital** where we learn how a Chinese physician handles diagnosis through reading signs of pulse and tongue color, performing acupuncture, and prescribing Chinese herbal medicine. This is an intimate opportunity to compare Western and Eastern medical philosophy.

Overnight: GuXiang #20 Courtyard Hotel (3-star)

Meal: B L D

Day 5: Free Exploration in Beijing

Today is set aside to explore Beijing on your own. Below are the recommended activities.

Program Suggestions:

If it is weekend days, we first go to explore the endless sprawl of stalls and shops at Beijing's **Panjiayuan WeekendMarket**. The Panjiayuan Market is a super shopping market for all Chinese arts and crafts. It is made up of over three thousand individual stalls covering 48,500 square meters. There really is something for everyone here. Stall owners come from twenty-four provinces around China to sell their wares. Panjiayuan Market is at its best on weekends. The Antique Zone is open every day and the Arts and Crafts Warehouse Zone is open on Saturday and Sunday only.



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If it is weekdays, we can visit **798 contemporary art areas** or **Red gate gallery**.

Afternoon, it's optional for you to explore the Hongqiao Market. Hongqiao market is not just famous for fine pearls, there are fans, calligraphy brushes, paintings, Chinese style dresses, handicrafts — and the list goes on.

Overnight: GuXiang #20 Courtyard Hotel (3-star)

Meals: B

Day 6: Fly home

Our guide will drop you at the airport and assist you on flight check in. Swan Travel Service ends.

Quotation for Program (price base on 2person)

2008	Land Prices (CAD)	
Dates	All Year Around	Aug – Sep
Land cost (CAD) (Three star accommodation):	From 1,120	From 1,220
Single supplement	218	230
Land cost (CAD) (Four star accommodation):	From 1,380	From 1,480
Single supplement	248	260

Price includes:

- Domestic economy flights and airport taxes.
- Land transfers for whole trip
- All accommodations on a twin-sharing basis, at the hotels specified in the itinerary where available. On day 3, we use Five star hotel or similar level hotel
- All admissions and activity expenses as noted on itinerary
- Meals, drinking water, and soft drinks during meals as program indicates
- All programs as per itinerary
- Private tour guide and driver

Price excludes:

- Discretionary gratuities for drivers, local guides, and staff
- Expenses of personal nature, e.g. mini-bar, laundry, telecommunications, alcoholic beverages etc.
- Travel insurance



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- Excursions not included in the itinerary
- International flights and airport taxes
- GST