

## **SCIC Discovery of Southern China 2009**

**14-Day 'Mountains and Waterways' Chi Gung & Meditation Trip**  
**4<sup>th</sup> April – 17<sup>th</sup> April 2009**  
**£798 plus flights**

Introducing a completely different experience of China – 'Mountains and Waterways' offers rest, recuperation and refreshment for mind, body and spirit as we practice our Chi Gung, Meditation and Dao Yin exercises in stunning scenery and locations. From misty mountains to ancient streets, tranquil waterways to classical gardens, this is an opportunity to enjoy China at its most spectacular and most beautiful.

For students concerned about high altitudes, you will be happy to learn that the Yellow Mountain Scenic Area lies at an altitude between 600m and 1300m and we will not be climbing the highest peaks. By comparison, Shangri-la has an altitude of 3500m and Snow Mountain even higher. Our hotel will be at the foot of the mountain (600m) to ensure maximum comfort for training and rest.

The unique itinerary, designed specifically for MTCC, includes more nights in each hotel making time and space to relax and take in the local surroundings, more hands-on experiences and most evenings free for personal practice, exploration, discussion and relaxation. The number of 'scenic spots' visited has been limited to provide additional time at each location for relaxation, exploration and photography and also reduce time spent in traveling.

There are six formal training sessions, each lasting for 2 hours and these will be held by Sifu Gee Higham, taking full advantage of the magnificent locations.

As with all our trips, this is a basic itinerary and so we can expect the unexpected.

*'Mountains and Waterways' is open to all full members of MTCC and partners. Please note that we travel as a group on the same flights and all group members participate in the itinerary. It is not acceptable for group members to opt out of organised activities on the itinerary unless incapacitated. Partners cannot participate in formal training sessions unless they are full members of MTCC with minimum 6 months' membership and training*

## Itinerary

### Day 1 – Saturday 4<sup>th</sup> April

**UK / Shanghai** Fly from UK to Shanghai (arrive Sunday 5<sup>th</sup> April)

### Day 2 - Sunday 5<sup>th</sup> April

**Shanghai** Airport pickup, transfer to hotel and check in; orientation and rest.  
Welcome Dinner in the evening

### Day 3 – Monday 6<sup>th</sup> April

**Shanghai** Ancient and Modern City Tour of the Shanghai including the Oriental Pearl TV Tower with its stunning panoramic views as far as the Yangtze River, and the Bund embankment with old buildings mixed with futuristic architecture, chic restaurants, shops and bars

#### City Tour

#### Yuyuan Garden

In total contrast, a visit to Yuyuan Garden, an exquisite 5-acre garden originating from 1559. A haven of tranquility wandering down paths between bridges, rockeries, miniature lakes and pavilions.



### Day 4 – Tuesday 7<sup>th</sup> April

**Shanghai / Suzhou** Transfer to Suzhou and a leisurely cruise along the Grand Canal – the longest man-made waterway in the world, then relax in the Humble Administrator's Garden – one of the most famous gardens in China

#### Grand Canal

#### Humble Administrator's Garden



### Day 5 – Wednesday 8<sup>th</sup> April

**Suzhou** Training session 1 followed by a boat tour of ancient Tongli, famous for its network of picturesque waterways, bridges and traditional architecture. End the day with a visit to the No.1 silk factory in China

#### Tongli

#### Silk Factory



### Day 6 – Thursday 9<sup>th</sup> April

#### Suzhou

Training session 2 followed by a Chinese cooking master-class in the afternoon. Demonstrations of traditional dishes like fried noodles,

#### Workshop

egg fried rice, garlic broccoli and sweet sour chicken, then your chance to try your hand at making them and taste the results!

Chinese food does not get any more authentic than this

### Day 7 – Friday 10<sup>th</sup> April

#### Suzhou

Training session 3 and after lunch a Chinese Brush landscape painting workshop. Suzhou has inspired Chinese artists for

#### Workshop

centuries so now it is your turn. Under expert instruction and working with basic brushstrokes create your own Chinese landscape painting as a very personal memento of the trip

### Day 8 – Saturday 11<sup>th</sup> April

#### Shanghai / Yellow Mountain

Training Session 4 in the morning then travel by coach to Shanghai. After dinner, catch a 45 minute flight to Mt Huangshan (Yellow Mountain) for the next amazing China experience and check in to our hotel at the foot of the mountain



### Day 9 – Sunday 12<sup>th</sup> April

#### Yellow Mountain

Whole day tour of the Yellow Mountain revered for its breathtaking scenery. Every vista of peaks and clouds is a living Chinese landscape masterpiece. A spectacular experience and photographic heaven. See if you can spot the four treasures!

#### Tour of Yellow Mountain Scenic Area



### Day 10 – Monday 13<sup>th</sup> April

#### Yellow Mountain

In the morning we spend some time in Hongcun Village, an ancient town, built in the good luck shape of an ox and a World Cultural Heritage area, as well as location for scenes from the movie 'Crouching Tiger, Hidden Dragon'.

#### Hongcun



**Tunxi** After lunch stroll down the Ancient Street of Tunxi, with hundreds of old shops evoking a bygone era of simplicity and elegance. Here you can find everything from silk, antiques, calligraphy materials, arts and crafts of high quality and hone your haggling skills. You may well spend as much time studying the beautifully preserved buildings as checking out the merchandise

**Day 11 – Tuesday 14<sup>th</sup> April**

**Hangzhou**

Morning Training session 5 then transfer by coach to Hangzhou.

**Longjin**

After lunch visit Longjin Tea Village - a chance to experience first hand traditional tea production and then relax and sample the region's world famous tea



**Day 12 – Wednesday 15<sup>th</sup> April**

**Hangzhou**

Training session 6 in the morning then a boat tour of the stunning

**West Lake**

West Lake, famous as the symbol of Hangzhou and one of the most beautiful sights in China. After lunch visit the Lingyin Temple, one of the country's ten most famous Buddhist temples

**Lingyin**



**Day 13 – Thursday 16<sup>th</sup> April**

**Hangzhou /  
Shanghai**

After breakfast, travel by coach back to Shanghai with a full day free for rest, sightseeing, shopping and packing. Lunch is not included on this free day

**Free Day**

Farewell Dinner in the evening.

**Day 14 – Friday 17<sup>th</sup> April**

**Shanghai / UK**

After breakfast, transfer to airport for flight home