



ADVENTURES
BY
CAMPS INTERNATIONAL



China - Beijing, Xi'an & Shaolin

Explore this magnificent country steeped in ancient traditions, unique customs and modern wonders. Journey from the magnificence of the Great Wall through Beijing's heritage to the Terracotta Warriors and Forbidden City. Visit the Shaolin Temple and learn Kung Fu from a Shaolin Monk.

Discover. Serve. Adventure.

Beijing, Xi'an & Shaolin

Highlights

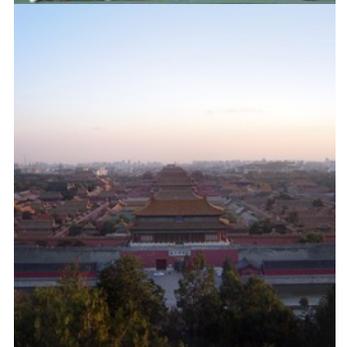
- Trek along a private section of the Great Wall of China
- Discovery Beijing's history visiting the Temple of Heaven, Tiananmen Square & the Forbidden City
- Take an overnight sleeper train to Xi'an
- Visit the Terracotta Warriors & tour Xi'an ancient city walls by bicycle
- Visit a Shaolin temple for a kung fu show & lessons from Shaolin monks

About China

China is the world's second largest country by land area with the territory of 9.6 million square km. The coastline stretches 18000 km and its oceanic area covers 4.73 million square km. China is a multinational country with 56 ethnic minorities, each of which has its own characteristic customs and traditions. China's landscape is vast and diverse, it is a country with an ancient history and one of the earliest civilisations.

Weather

Beijing has four discernible seasons - short windy spring, long hot summer, cool pleasant autumn and long chilly winter. July and August temperatures can exceed 40 C (104 F). January can dip to -20 C (-4 F). Xi'an is located in the southern part of the Guan Zhong Plain in Shaanxi province. It has a continental monsoon climate with four distinct seasons. It is hot and wet in summer, dry and occasionally snowy in winter and prone to extended spells of rain in spring and autumn.



Included

- Comprehensive travel insurance
- UK Expedition Leader
- Project funds and management
- All meals
- Unlimited drinking water
- All accommodation mentioned in the itinerary
- Entrance fees for all sights mentioned in the itinerary
- All transfers mentioned in the program in private vehicles
- Local Expedition Leader
- Tips for Guides
- 24 hour support throughout expedition

Not Included

- International flights
- Tourist visa
- Vaccinations
- Spending money
- Additional drinks
- Personal equipment

Itinerary

Day 1 Arrive Beijing

Arrive in to Beijing and transfer to the hotel (approx. 1.5 hours). After check-in and freshening up, the group will be taken on a guided tour through one of Beijing's hutong areas before enjoying a welcome banquet in a traditional restaurant.

Day 2 The Great Wall of China

Travel to a private, but incredibly beautiful section of the Great Wall Jinshanling Second Valley. The Great Wall is one of the greatest wonders of the world, winding up and down across approximately 13,170 miles (21,196 kilometres) from east to west of China. The hike is 5km and should take 2-3hours.

Day 3 Trekking

The group will rise early and make sandwiches for today's trek towards Jinshanling and depart at 0830. The trek will take approximately 5 hours (12km) with a break for lunch on the wall. In the evening, watch a stunning traditional acrobatics show.

Day 4 Temple of Heaven

Today, the group will visit the Temple of Heaven to see wonderful imperial China architecture and join in with Chinese park life. First built in 1420 the grand architectural style gives an insight into ancient eastern civilisation. Then learn about Imperial China with a visit to Tiananmen Square and the Forbidden City. Later in the day climb up Jingshan Park Hill for spectacular views of the Forbidden City and Beijing. In the evening, the group will take the night train (soft sleeper) to Xi'an.

Day 5 Terracotta Warriors

Discover ancient China's mystery at the Terracotta Warriors. The royal tomb was discovered in 1974 and so far over 7,000 life-size pottery soldiers, horses, chariots, and weapons have been unearthed, arranged in battle formations and dating from the Qin Dynasty 211-206 BC. Explore the city of Xi'an by bicycle.

Day 6 Kung Fu lesson & performance

The team will take the fast train to Luoyang Longmen and then transfer by coach to Dengfeng - the closest town to the Shaolin Temple. Arriver at a

local Kung Fu school to both watch local students perform a spectacular Kung Fu show and then also have a Kung Fu lesson by the a monk from the Shaolin Temple.

Day 7 Shaolin Temple / fly to Beijing

Visit the Shaolin temple and watch a show from the monks from the temple before exploring the surroundings of the forest. In the afternoon, the group will take a domestic flight back to Beijing.

Day 8 Depart

Transfer to Beijing International Airport for your flight home.



Why Us?

- We use a cadre of excellent UK expedition leaders
- We have the best in country Guides
- We have a high Guide:Client ratio, which increases safety
- High standard of accommodation, vehicles and ground services

Leadership

A Camps International accredited Expedition Leader will accompany you for the duration of the trip. Our leaders have been chosen not only on the merits of their technical ability or qualifications, but also on their leadership skills and temperament. We will provide a leader who will make the expedition both successful and enjoyable throughout. Their primary objective will be to maximise every participant's chances of completing the expedition and to manage a team of individuals with a broad spectrum of experience and expectations. Our leaders hold current first aid certificates and have experience of dealing with wilderness medicine and emergency care.

What Now?

If this itinerary is of interest, please make contact with us using the details below. If you are outside the UK then please use the Asia office details and someone will be in touch shortly.

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