China Trip 2019

Centre of International Shaolin Culture

Thank you for downloading this tour brochure. We hope it will inspire you.

For any additional information, please contact us.

CISC Team

www.shaolinm.com

26th July 2019 – 10th August 2019

www.shaolinm.com

+44 238 0634 722

少林文化遗产
Beijing – CISC – Shaolin Temple – Luoyang – Xi’an – Beijing

TOUR PRICE (PER PERSON)

- From £1700 Per person
- Airfares are optional if you’d like us to book them on your behalf.
- Unbeatable price – you won’t find it anywhere else!

TOUR DETAILS

- Date: 26th July 2019 – 10th August 2019
- Total days: 16 days
- Total nights: 15 nights
- Hotel rating: 4 – 5 star
- Visa: Required
- Travel insurance: Required

ACCOMMODATION & MEALS

This tour will typically use 4 – 5 star hotels, the Centre of International Shaolin Culture, and/or properties of a similar standard if those listed are not available. All accommodation is equipped with single or double twin beds, private bathroom facilities, air conditioning, heating, TV and telephone as standard. Breakfast at the hotels will typically be a buffet style with Western and Chinese food. Lunch and dinner will usually be held at local Chinese restaurants or at the hotels.

PRICE INCLUDES

- Transfers & Transport in China
- 4 – 5 star hotels
- All meals as stated (Key: BLD)
- Entrance fees
- All accommodation as described
- English speaking guides
- Services of a Tour Manager
- Additional workshops for Chinese tea tasting, massage taster (Tui Na), Chinese cooking tutorial, language and calligraphy
- Centre of International Shaolin Culture uniform – which is yours to keep
- Program certificate
- All Centre of International Shaolin Culture training program fees

PRICE DOES NOT INCLUDE

- International airfare to and from China (Airfares are optional if you’d like us to book them on your behalf.)
- Hotel upgrades
- Visa fees (we can offer advice on visa applications)
- Travel insurance
- Personal spending

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TOUR HIGHLIGHTS

Centre of International Shaolin Culture / Shaolin Chan Quan School
- Stunning natural scenery surrounding the CISC complex and local area
- Learn traditional Kung Fu, Tai Chi, Qi Gong, San Shou, Wing Chun etc
- Watch a spectacular Shaolin Kung Fu show
- Experience authentic and traditional Shaolin training
- Train in traditional indoor and outdoor training facilities
- Experience the ritual and tranquility of a Chinese tea ceremony
- Try your hand at cooking traditional Chinese food
- Learn practical Chinese language skills and sample Chinese Calligraphy
- Climb to the birthplace of Zen Buddhism – The Song Mountains

Shaolin Temple
- Meet the Shaolin Temple Abbot - Shi Yong Xin
- Traditional Shaolin Kung Fu training at the Shaolin Temple
- Shaolin Temple Tour
- Pagoda Forest
- Songshan Mountain – Bodhidharma’s Cave
- Meditation taster outside Bodhidharma’s cave
- Spectacular Shaolin Kung Fu show

Luoyang
- White Horse Temple
- Longmen Caves

Xi’an
- Medieval City Walls
- Xi’an Bell Tower
- Drum Tower
- Terracotta Warriors

Beijing
- Tiananmen Square
- Wangfujing Street
- Houhai Park
- Forbidden City
- Great Wall of China

OPTIONAL TRAINING EXTENSION

If one week of training doesn’t sound like enough to satisfy you – we have a solution for you! You can pay an extra £300 on top of the tour price and you can extend your training by a week. You can either arrive a week earlier, or you can return to training when the tour has finished.

Get the training results you want and then see the sights that are too good to miss!
For more information on this option, please contact us.

Tel. (0044) 238 0634 722
(0044) 773 9732 612
www.shaolinm.com
Meal plan code: B = Breakfast, L = Lunch, D = Dinner

**Day 1: London/your home country – Beijing (26th July 2019)**

Give a fond farewell to home and set off! Depart from London or your home country to China. You can arrive at any major China airport e.g. Beijing, Shanghai or Hong Kong airport. From there you must make a connection to Zhengzhou. This can be done by an internal flight, or you can take the bullet train Zhengzhou city.

Please note: Irrespective of your departing airport, tour members must arrive at Zhengzhou Airport or Train Station on or before 26th July 2019. If you arrive earlier, please notify us well in advance of your departure date and give your arrival details (dates, times etc). Our team will collect you from Zhengzhou and transport you to CISC.

Meals: In-flight

**Day 2: Beijing –CISC (27th July 2019)**

Welcome to China! The tour group will convene at CISC. To get to us, you must arrive in China and making a connecting flight or train journey to Zhengzhou. A flight from Beijing should take about 1.5 hours to get to Zhengzhou airport, you also can get a bullet train to Zhengzhou, which should take about 2.5 hours.

Tip: We recommend that when you book your air tickets, you should book your air tickets from your country to Zhengzhou airport in Henan province.

If you decide to travel to Zhengzhou by train, please calculate the time it takes to travel from your arrival airport to the city’s train station when making your train booking.

Upon your arrival in Zhengzhou a coach will transfer you to the Centre of International Shaolin Culture (CISC). Once at CISC, you will be shown to your room and have time to settle in. You will also receive a CISC uniform. Take this time to rest or explore the Centre, where you can see traditional architecture, training facilities and many other students training.

During the evening, a spectacular welcome dinner will be held to welcome you. The Centre’s Headmaster will head the proceedings and offer you some training tips to help you in the days to come.

Meals: LD
Day 3: CISC (28th July 2019)

Today you will meet the CISC teachers and other students. Afterwards, you will begin your real Shaolin Kung Fu training with your instructor.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.30am – 6.30am</td>
<td>Training</td>
</tr>
<tr>
<td>8.00am – 11.30am</td>
<td>Training</td>
</tr>
<tr>
<td>Midday rest: 12.30pm – 3.00pm</td>
<td></td>
</tr>
<tr>
<td>3.30pm – 6.00pm</td>
<td>Training</td>
</tr>
<tr>
<td>7.30pm – 8.30pm</td>
<td>Training</td>
</tr>
</tbody>
</table>

**Important Notices:**

Sessions marked as “Training” indicate compulsory training time. In most cases, this is Kung Fu training. It is possible for you to change to other styles according to your own interest during these sessions but this is subject to staff availability. Traditional culture classes may include Qi Gong, Tai Chi, Wing Chun, Chinese Mandarin, Chinese Music, Chinese Tea, Buddhism, Taoism, Confucianism, Chinese Calligraphy, Massage, Acupuncture and Traditional Chinese medicine. These are all free and optional classes so students can choose either to attend it or not.

Buddhism Theory class is not a religious class. Our Masters will usually introduce you to the basics of Buddhist knowledge and customs. It is open to all who are curious to know a bit more about Buddhism. The content will mainly relate to Kung Fu practice and will support your training.

*Meals: BLD*
Day 4: CISC (29th July 2019)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early morning</td>
<td>5:30am – 6:30am: Training</td>
</tr>
<tr>
<td>Morning</td>
<td>8:00am – 11:00am: Training</td>
</tr>
<tr>
<td>Noon</td>
<td>Midday rest: 12:00pm – 15:00pm</td>
</tr>
<tr>
<td>Afternoon</td>
<td>15:00pm – 15:30pm Free Time</td>
</tr>
<tr>
<td>Afternoon</td>
<td>15:30pm – 18:00pm: Training</td>
</tr>
<tr>
<td>Evening</td>
<td>19:30pm – 20:30pm: Training</td>
</tr>
</tbody>
</table>

Meals: BLD

Day 5: CISC (30th July 2019)
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early morning:</td>
<td>5:30am – 6:30am: Training</td>
</tr>
<tr>
<td>Morning</td>
<td>8:00am – 11:00am: Training</td>
</tr>
<tr>
<td>Noon</td>
<td>Midday rest: 12:00pm – 15:00pm</td>
</tr>
<tr>
<td>Afternoon</td>
<td>15:00pm – 15:30pm Culture</td>
</tr>
<tr>
<td>Afternoon</td>
<td>15:30pm – 18:00pm: Chinese Traditional Food</td>
</tr>
<tr>
<td>Evening</td>
<td>19:30pm – 20:30pm: Chinese Tea Ceremony</td>
</tr>
</tbody>
</table>

**Meals: BLD**

Day 6: CISC (31st July 2019)

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Early morning: 5:30am – 6:30am: Training
Morning 8:00am – 11:00am: Training
Noon Midday rest: 12:00pm – 15:00pm
Afternoon 15:00pm – 15:30pm Culture
Afternoon 15:30pm – 18:00pm: Chinese Traditional Food
Evening 19:30pm – 20:30pm: Chinese Tea Ceremony

**Meals: BLD**

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Day 7: CISC (1st August 2019)

| Early morning: | 5:30am – 6:30am: Training |
| Morning        | 8:00am – 11:00am: Training |
| Noon          | Midday rest: 12:00pm – 15:00pm |
| Afternoon     | 15:00pm – 15:30pm Culture |
| Afternoon     | 15:30pm – 18:00pm: Training |
| Evening       | 19:30pm – 20:30pm: Training |

Meals: BLD

Day 8: CISC (2nd August 2019)

| Early morning: | 5:30am – 6:30am: Training |
| Morning        | 8:00am – 11:00am: Training |
| Noon          | Midday rest: 12:00pm – 15:00pm |
| Afternoon     | 15:00pm – 15:30pm Culture |
| Afternoon     | 15:30pm – 18:00pm: Training |
| Evening       | 19:30pm – 20:30pm: Training |

Meals: BLD
Day 9: CISC (3rd August 2019)

Early morning: 5:30am – 6:30am: Training
Morning 8:00am – 11:00am: Culture Session
Noon Midday rest: 12:00pm – 15:00pm
Afternoon 15:00pm – 15:30pm Culture
Afternoon 15:30pm – 18:00pm: Training
Evening 19:30pm – 20:30pm: Chinese Tea Ceremony

Meals: BLD

Day 10: CISC (4th August 2019)

Climbing the Song Mountains

Evening 19:30pm – 20:30pm: Culture
Day 11: CISC (5th August 2019)

Today, you will visit the Shaolin Temple and its surrounding areas of natural beauty including the Songshan Mountain region. You will begin with the famous Shaolin Temple, including the Temple grounds and the neighboring Pagoda Forest. You will also meet the Temple’s Abbott Shi Yong Xin. In the afternoon, you will climb Songshan Mountain and visit the venerable Bodhidharma Cave. This is said to be where the founder of Zen Buddhism meditated for continuous nine years. After the mountain trail, you will enjoy dinner at a local restaurant. During the evening, you will have free time to relax and explore the area.

Dengfeng is a city rich in spiritual heritage; you’ll find numerous Temples, from Taoist, Buddhist and Confucian disciplines. But it is also a contemporary city with many entertainment destinations, including restaurants, shops, bars, and spas.

Meals: BLD

Day 12: Shaolin Temple – Luoyang (5th August 2019)

After breakfast we will get a coach to Luoyang city, it should take about 1.5 hours to Luoyang city.
Luoyang is one of China’s rich cultural cities. Being one of its ancient capitals, it is home to many temples, historical sites and stunning features of natural beauty. Luoyang is also associated with the peony flower, and their annual bloom during the summer is an occasion of festivity in the community.

This morning you will visit the White Horse Temple. This Temple is one of the oldest Buddhist Temples in China and it was erected to mark the place where the first Buddhist scriptures were delivered to China from India.

After lunch, you will visit the Longmen Grottoes. This site is truly magnificent, with thousands Buddhist sculptures carved into sides of two mountains. The beauty and magnificence of this site will leave you speechless. Longmen Grottoes also contains a number of Temples and gardens to explore.

After diner we will check in our hotel free to explore the local area.

Meals: BLD

Day 13: Luoyang – Xi’an (6th August 2019)

This morning we will need to get up early to catch our high-speed train to Xi’an city, the high-speed train should take about 1.5 hours.

Upon arrival, you will check-in to your hotel and then enjoy a lunch at a local restaurant.

The afternoon highlights include the Terracotta Warrior Museum in Xi’an. You will explore the excavations of the tombs surrounding Emperor Qinsihuang’s resting place. The museum features some 6,000 life-size and unique Terracotta Warriors. These are the afterlife protectors of the first emperor who united China. Each solider is utterly unique and their precise construction is still a mystery to contemporary science.

Meals: BLD
Day 14: Xi’an – Beijing (7th August 2019)

After breakfast you will tour the city, including Xi’an’s impressive medieval City Walls. The City Walls, which date back to the Ming Dynasty, are the remains of the old Capital’s defenses. For those who feel more energetic, you can hire a bike (single, or tandem) and cycle across the Walls!

After the excursion to the city’s defenses, you will take high-speed train to Beijing. It should take around 5 hours from Xi’an to Beijing. From the train station, you will be transferred to your hotel, enjoy dinner in a local restaurant and retire to rest for the evening.

Meals: BLD

Day 15: Beijing (8th August 2019)

After breakfast, you will visit two of Beijing’s most famous sites: Tiananmen Square and the Forbidden City. Both are magnificent testaments to China’s modern and ancient history.
After spending the morning touring, lunch will be held at local restaurants, where you can sample delicious local Beijing food.

After lunch, you will tackle one of our tour’s most anticipated highlights: the Great Wall. Its construction and dizzying scenery is breathtaking. You’ll have time to climb at your leisure, or maybe challenge your friends to race a route. Go home and boast to your friends and family that you conquered China’s formidable Great Wall.

Afterwards, you will travel back to the hotel for your last night in China. After dinner, you are free to explore the local attractions of Beijing, including Huohai Park, Wangfujing Street, and many more from Beijing’s food districts, to its bustling nightlife.

Meals: BLD

Day 16: Beijing – Your home country (10th August 2019)
Farewell China. Your tour comes to an end and it’s time to pack up your belongings, mementos, and special memories as you get ready to return home. If you aren’t ready to return yet, an optional extension of the tour or study with the CISC can be arranged upon advance request.

If your returning airport is not Beijing (PEK), you will need to make your own travel arrangements to travel to there.

Meals: B, In-flight LD.

END OF SERVICES
DATES & FEES

<table>
<thead>
<tr>
<th>If you book between:</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st October 2018 – 22nd December 2018</td>
<td>£1800</td>
</tr>
<tr>
<td>3rd January 2019 – 6th March 2019</td>
<td>£1900</td>
</tr>
<tr>
<td>After 7th March 2019</td>
<td>£2100</td>
</tr>
</tbody>
</table>

INFORMATION

**When to Book**

We recommend booking at least 4 months in advance of your tour although it is common for people to book earlier, especially to take advantage of cheaper international airfares. Please note that any booking made inside of 3 months before the tour start date runs the risk of availability issues and we do not guarantee a successful booking.

**Prices & Booking Terms & Conditions**

Our full Booking Terms and Conditions can be found on our website or we can send them to you upon request. All our prices are quoted in UK Pounds Sterling and US dollars.

**Cancellation**

If you wish to cancel your booking, we require written notice from you and cancellation charges will apply in accordance with our booking terms and conditions.

**Travel Insurance**

As a booking condition we require all tour members to have their own insurance against all possible medical costs whilst abroad. We will also require a copy of your insurance certificate before traveling.

**Descriptions**

We have made every effort to provide accurate descriptions of our services and tour details. However, there are occasions when certain items may become unavailable or have to be altered, in which case we will provide appropriate alternative arrangements. These alternatives will meet or exceed the original standard.

**Children**

We can offer detailed advice on what we feel would be the most suitable options for children who are attending the tour. We can offer a range of specific family and child orientated tours, so please contact us for more information. For pricing purposes anyone 12 years or older at the time of travel is considered an adult in China and will pay the appropriate fees accordingly.

**International Flights**
None of our tours include international flights within the tour price. However, we can arrange flights for you so please ask us for more information and we can offer you a quote.

**Medical advice & vaccinations**

There are no specific vaccinations required to enter China but you are advised to contact your local travel clinic or doctor as there may be requirements depending on your own medical history. Please note that China is a country of vast geographic and climatic extremes so advice for some parts of China may not be relevant to all areas. Contact us for more information but ultimately your doctor needs to give the final advice.

**Fitness**

Our tours are designed for anybody with a reasonable standard of fitness. We can also cater for clients with disabilities and adapt excursions accordingly.

**Payment**

On acceptance of your booking form we will send you an invoice detailing the price and payment schedule for your tour. We require a non-refundable £300 per person deposit as confirmation that you wish to proceed with the trip. The remaining balance payment for the trip is due three months before the tour’s start date. We do accept credit card payments, which are subject to a 2.5 – 4.5 % surcharge. There are no additional charges if you use bank transfers in the UK.

**The Chinese Visa**

Everyone requires a Chinese visa but they are relatively easy to obtain. You need one fully blank page and a minimum of 6 months validity of your passport at the time of entry to China. Allow plenty of time to obtain the visas in order to avoid last minute panics and embassy express fees! We can only offer general advice on obtaining a Chinese visa and you must be aware that visa policies can change without warning and it is first and foremost your responsibility to make sure you have the right visa. We would recommend that you thoroughly check the application process of your nearest Chinese Embassy before applying.

**Other information**

For any other information please contact us on: (0044) 238 0634 722

www.shaolinm.com
FREQUENTLY ASKED QUESTIONS

What kinds of payment do you accept?

We accept payment in US Dollars, Euros, Chinese Yuan and GBP. If you don’t want to take a lot of cash with you, you can take traveler’s cheques and get them changed at a local bank with your passport for identification. There are lots banks in Zhengzhou city and Beijing, such as Lloyds TSB, Natwest, HSBC etc. you can also withdraw money out using your bankcard or credit card at most cashpoints.

I haven’t done any martial arts before. Can I still attend the tour?

Yes, the tour is for everyone. Great physical health and knowledge of Chinese martial arts is not essential. You will be brought to a higher level of fitness and knowledge during your stay.

How much Chinese do I have to speak before I can go to China?

You don’t have to be able to speak Chinese. Our tour manager and our kung fu masters speak good English and when you arrive at the centre you will have the opportunity to learn the language.

Can I arrive before the tour starts?

Yes, that is possible. However please inform the us of your arrival date well in advance and please be aware that there will be extra charges for accommodation and meals. Please contact us for further information.

For more FAQs please click here to visit on our website: http://www.shaolinm.com/faqs

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