



Longevity Tour ~ 2010

April 19th ~ May 1st

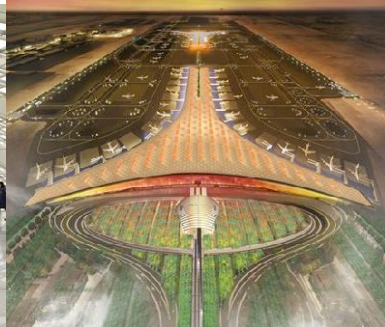
Join us on this beautiful opportunity to travel amongst some of the most unique and significant places in **China with Grand Master Hong**. Throughout the trip, the secrets and essence of longevity will accent each corner you turn around. Explore, relax, and learn from Grand Master Hong, elements ranging from healing food, tea, deep-rooted Feng Shui principles in ancient and modern architecture, and shopping areas, all sure to capture your energy and heart. A wonderful space is held by Master Hong for you to explore, experience, and immerse yourself in this amazing and unique **Longevity Tour of China**.

Day 01: Hometown → Beijing

Travel on the international luxury flights to Beijing with delicious food, movie, and entertainment included in-flight.

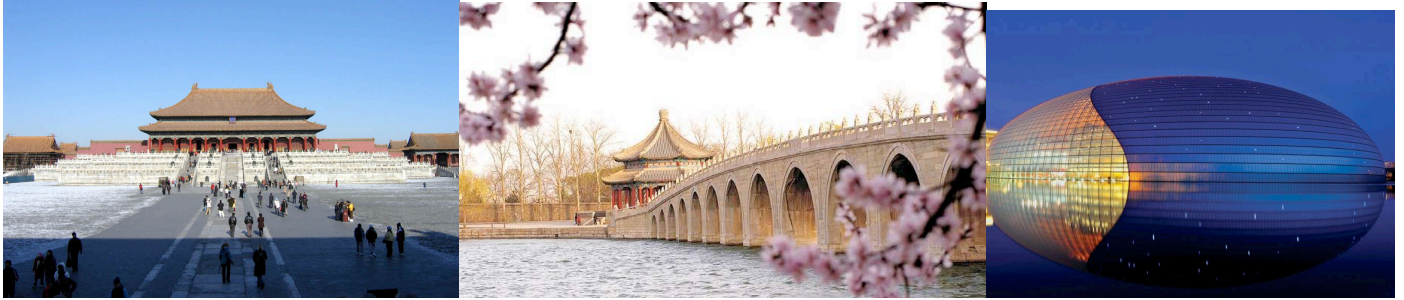
Day 02: Beijing

Arrive in the, the capital of Beijing - Beijing Capital International Airport and head to metropolitan, downtown Beijing for check in the hotel.



Day 03: Beijing

Visit the **Forbidden City**, six centuries of rich history, having experienced 24 emperors between the Ming and Qing dynasties. Visit the **Grand palace building**, followed by a visit to **Tiananmen Square**, then the External view of the **National Grand Theater**, often referred to as, "pearl of the lake". Later that afternoon, tour **Summer Palace**, modeled after the southern landscape of China, with its large-scale natural landscape garden. Also view the largest and most well preserved imperial garden in China, known as the **Royal Garden Museum**. Lastly, visit the most famous jewelry city in China, and finish the day with the rich, delicious flavors of world-famous, **Beijing Roast Duck**.



Day 04: Beijing

Sights visited include the **Temple of Heaven**, where emperors of Ming and Qing dynasties worshiped heaven and prayed for an abundant harvest, followed by the magnificent **Great Wall**. Later, depart for **Beijing Olympic Park**, visiting the external view of the **Bird's Nest**- the main Olympic stadium, and the **Water Cube**, the giant blue and mysterious "bubble", which is the home of the Grand National Swimming Center. Learn about the **vast Feng Shui history** and it's significance of this city from Master Hong. Finish the touring day with a visit to the exquisite Jade shop.



Day 05: Beijing → Xi'an

Begin the day by visiting the **Big Wild Goose Pagoda**, followed by a tour of **Bell Tower**, the largest, and best preserved bell in China. Climb the tower; view the unique perspective of the magnificent city of Xi'an. Afterward, enjoy the flavors of a rich meal of traditional Chinese dumplings and other healing foods described by Master Hong.



Day 06: Xi'an → Guilin

After breakfast visit the "eighth wonder of the world," **Terracotta Warriors**, regarded as the largest underground military museum in the world. The layout of the figurine pit is so unique and empowering, with the terracotta warriors and horses arranged in the pit as if the battle just finished, everything intact as original. Later, depart for flight to Guilin.



Day 07: Guilin ⇌ Bama Yao County

Travel to Bama Yao County and experience a tour of **Baima Hole** which was named as "best hole in the world " by British Royal Cave ISOC. The holes, mountains, and underground rivers are filled with stalactites. Later, ride to the famous village know for the longevity of it's people -**Bapan County**, where elders, who still work, and live active lives, are known for their longevity, living for more than one- hundred years. Master Hong leads us through and teaches why these people have longevity. Learn about the environment, herbs and specific healing foods taught by Master Hong,



Day 08: Bama Yao County ⇌ Guilin

Tour **Birds Rock** through a tour by boat – a magnificent location of ecological and geological significance. View the amazing landscape by boat, wherein hundred of acres are beautifully kissed with the naturally occurring gaps in the cave which allows the light of the sun and moon to illuminate the inner landscape. In the afternoon, drive back to Guilin, and stroll along the **Rong Cedar Lake Scenic Area**, where the river runs through, the flowers, trees, pavilions, bridges, and the ancient South Gate all give the beautiful landscape and extra feeling of beauty and relaxation.

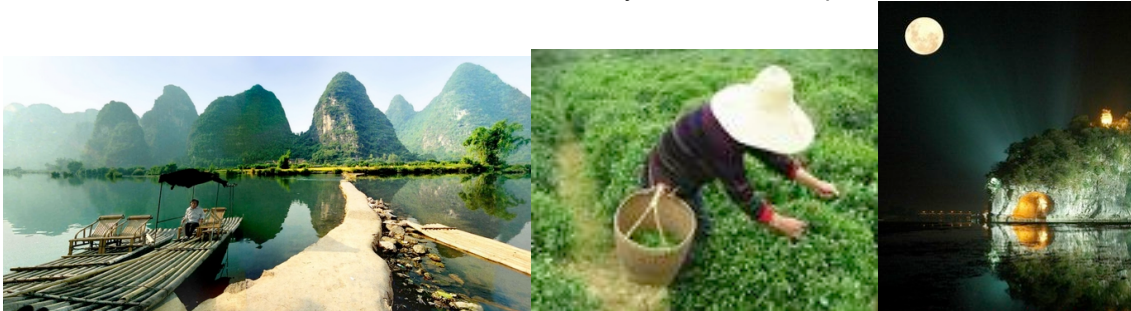
Day 09: Guilin → Yangshuo → Guilin

Take a boat to visit the world-famous **Lijiang River**, and arrive in the most beautiful downstream town ~ **Yangzhou**. At Night, you can enjoy large-scale virtual opera **Impression of Third Sister Liu**. Directed by the general director of the opening ceremony of the Beijing Olympic Games ~ Zhang Yimou.



Day 10: Guilin → Hangzhou

Visit the scenic countryside of **Guilin** - **Elephant Trunk Hill**, the shape of the mountain appears as a giant elephant stretching its nose to suck water from **Lijiang River**. The hill is the symbol of Guilin city. In the afternoon, fly to **Hangzhou**, where known as "the most beautiful and luxurious city in the world." Upon arrival, visit the famous **Longjing Tea House**.



Day 11: Hangzhou → Anji

Enjoy a boat tour to visit **West Lake**, known as "the paradise on the earth." Follow this by a visit to **Lingyin Temple**, the temple located on the foot **Lingyin Mountain**. Then ride to **Anji** - known for its beautiful scenery, and most famous "bamboo" in the world - known as "China Bamboo Town" or "Bamboo Ocean." Master Hong leads and educates us on the healing properties of bamboo and how to utilize it in everyday life. This amazing site is also the shooting location of the Hollywood movie "Crouching Tiger Hidden Dragon." Master also introduces to us, the significance of the healing properties and uniqueness of the hidden and less known **white tea** in this province.



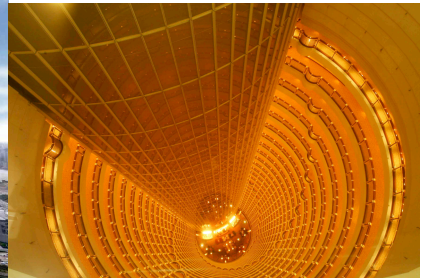
Day 12: Anji → Shanghai

After breakfast, visit **Grand Bamboo Scenic Area**. Following, take a bus to Shanghai to enjoy shopping along **【Nanjing Road】**. Then enjoy a stroll along the **Bund**, where dozens of various western style buildings, known as the "Thousands style Building Expo Group" are constructed.



Day 13: Shanghai → Beijing → Hometown

After breakfast, visit the antique **Chenghuang Temple**, the former old-time shopping street, known as a very prosperous commercial district. Visit the new **Pudong Area, Oriental Pearl Tower, Jinmao Tower, and the World Financial Center**, skyscrapers. When the tour wraps up, transfer to the international airport to return home, ending your memorable trip of China.



Total trip cost is ALL-INCLUSIVE (flights, hotels, meals, transportation)

To RESERVE YOUR SPACE or for more information please email: staff@qimaster.com or call: (626)445-4284. Please contact Master Hong Healing Center no later than March 26th.