Plan Your Vacation with WISE & Healthy Aging!

Explore the history, experience the tranquility

Oct. 6-17, 2011: CHINA

Includes:
- Roundtrip Airfare from LAX
- First Class Hotels
- 25 Meals:
  10 Breakfasts, 7 Lunches, 8 Dinners
- Professional Tour Director
- Intra-Country Flights
- Motorcoach Transportation
- Admissions per Itinerary
- Baggage Handling
- International Tax
  and more ... 

$2,999 (per person, based on double)
$600 single supplement
($100 discount for WISE Connections members)

Payment in full is due by August 3, 2011.
$248 Cancellation waiver plan.

For trip details and reservation form:
www.wiseandhealthyaging.org

For information, please call: (310) 394-9871

WISE & Healthy Aging is a nonprofit social services organization.
Scenic China Tour - 11 days / 10 nights
(with Grace Cheng Braun)

Tour Itinerary

Day 1 Arrive in Beijing
Arrive in the nation’s capital on the second day of travel (after crossing the Pacific) and greet our tour guide. Transfer to our deluxe hotel and enjoy a good night’s rest.

Day 2 Beijing
Explore a city of dazzling extremes, from glittering skyscrapers to the hidden alleyways of Old Beijing. Explore the city’s extraordinary heritage at the world-famous Tiananmen Square, named after its “Gate of Heavenly Peace.” Walk across the square and arrive at the Forbidden City, a massive palace complex constructed in the 15th century as a replica of the Purple Palace in Heaven. On to the imperial Summer Palace and meander along the elaborate pagodas and bridges that line Kunming Lake. Stop for photos at the 2008 Olympic sites, Bird’s Nest and Water Cube. In the evening, feast on a famous local specialty - a Peking Duck banquet.

Day 3 Beijing
Journey to China’s best-known attraction, the Great Wall of China. This sprawling defense system snakes its way 4000 miles across China’s ever-changing landscapes like an imperial dragon. Ascend the wall and climb the centuries-old steps, admiring the sweeping landscapes of rugged mountains and valleys. Continue on to the Sacred Way, a “divine road” leading to the imperial Ming Tombs, which rest at the foot of the scenic Tianshou Mountain.

Day 4 Beijing-Xian
Tour the Temple of Heaven, a massive park and altar built in 1420 for the emperors’ annual ceremonies of prayer. The park is regarded as a supreme achievement of traditional Chinese architecture. After, board a short flight to historic Xian, transferring to your hotel for dinner.

Day 5 Xian
The “Eternal City” of Xian is home to one of the most sensational archaeological discoveries of the 20th century, the famed Terra-Cotta Warriors. Commissioned by China’s first Emperor, Qin Shi Huang, the life-sized soldiers stand in ranks to enforce his rule in the afterlife. Walk along the underground pits. Enjoy an authentic noodle-making demonstration during lunch. Continue on to visit the massive City Wall and the Big Wild Goose Pagoda, one of the best-preserved Buddhist temples in China. This evening attend an Imperial Dumpling Banquet followed by a Tang Dynasty Performance.

Day 6 Xian-Guilin
Board a flight to Guilin, a lush city renowned for its remarkable natural scenery said to be “unmatched in Heaven.” A city tour with a visit to the Reed Flute Cave, with unique rock formations illuminated in colored lighting. Venture on to Elephant Trunk Hill, a long-standing symbol of Guilin that once appeared on Chinese currency.

Day 7 Guilin-Yangshuo-Guilin
Go back in time on a cruise down the Li River. Glide past mist-shrouded hills, picturesque villages, and fishermen on bamboo rafts. Arrive in Yangshuo and board a motorcoach back to Guilin.

Day 8 Shanghai
Fly to cosmopolitan Shanghai, a dazzling metropolis of striking contrasts, from Pudong’s futuristic skyscrapers to the colonial legacy of the French Concession. Tour this “Pearl of the Orient” with a visit to the 16th century Ming garden, Yu Garden, followed by a walk along Shanghai’s famous waterfront boulevard, the Bund. Enjoy the dramatic skyline along the Huangpu River, then board your coach and drive through the famous shopping district, Nanjing Road.

Day 9 Shanghai
Visit the spectacular Shanghai Museum, which boasts the world’s finest collection of ancient Chinese art and antiquities. Browse some of the 120,000 cultural relics, then spend the remainder of the day free at leisure to continue to explore the museum or venture into the city on your own. This evening attend an exciting Chinese Acrobatics Performance following dinner.

Day 10 Shanghai
Enjoy the full day free at leisure or take an optional excursion to the water village of Suzhou. Known as the Venice of the East, Suzhou is renowned for its tranquil natural beauty. The city tour begins at the Humble Administrator’s Garden, designated as one of China’s four most important gardens. Stroll along the marshy lakes and graceful bridges, then take a cruise along the 2,000 year-old Grand Canal, the world’s longest man-made waterway. Glide by timeless riverside landscapes and complete our tour with a visit to a silk factory to learn more about the history and process of creating this delicate fabric.

Day 11 Shanghai
All too soon your China vacation comes to an end. If you desire, extend your vacation with an optional extension to Hong Kong.