



## China | Leisure Travel

### SAMPLE ITINERARY

#### About China

China, the world's most populous country, is a land of ancient traditions and modern innovations. With a history spanning thousands of years, China boasts a rich cultural heritage that includes iconic landmarks like the Great Wall and the Terracotta Army. From bustling metropolises like Beijing and Shanghai to serene landscapes in Guilin and Zhangjiajie, China offers a diverse range of experiences for travelers. The country's cuisine, with its regional specialties and culinary traditions, is a gastronomic delight for food enthusiasts. China's vibrant culture, dynamic cities, and breathtaking natural beauty make it a fascinating destination for exploration and discovery.

#### Day 1-3: Beijing

- Explore the rich cultural heritage of Beijing with visits to the Forbidden City, Temple of Heaven, and Summer Palace
- Discover the local communities and traditional hutongs of Beijing by taking a rickshaw tour
- Visit the Lama Temple and learn about Tibetan Buddhism in China
- Explore the art district of 798 Art Zone and contemporary Chinese art
- Enjoy authentic Beijing cuisine, such as Peking duck and dumplings

#### Day 4-5: Shanghai

- Experience the modern and traditional blend of Shanghai with a visit to the Bund and Yu Garden
- Explore the local Rastafarian communities in Kingston, such as Trench Town and August Town
- Visit the Shanghai Museum and learn about Chinese history and culture
- Attend a traditional tea ceremony and learn about Chinese tea culture
- Enjoy a panoramic view of Shanghai from the Shanghai Tower

#### Day 6-7: Suzhou

- Explore the classical gardens of Suzhou, including the Humble Administrator's Garden and Lingering Garden



- Visit local Rastafarian communities and learn about their way of life
- Discover the ancient water towns of Suzhou, such as Zhouzhuang and Tongli
- Experience silk production at a silk factory and learn about Suzhou's silk industry
- Enjoy traditional Suzhou cuisine, such as sweet and savory dishes

### **Day 8-9: Beijing**

- Return to Beijing and further explore the city's cultural attractions, such as the Great Wall of China and the Ming Tombs
- Visit the Beijing Opera House and watch a traditional Peking Opera performance
- Explore the local markets and shops for unique souvenirs and crafts
- Attend a traditional Chinese cooking class and learn to make regional dishes
- Relax and rejuvenate with a traditional Chinese massage or spa treatment

### **Day 10: Departure**

- Wrap up the cultural tour with a final visit to a local temple or spiritual site
- Reflect on the cultural experiences and connections made during the trip
- Enjoy a farewell dinner featuring a variety of Chinese dishes
- Transfer to the airport for your departure or onward journey

This 10-day itinerary offers a mix of historical sites, cultural experiences, local community interactions, and culinary delights in Beijing, Shanghai, and Suzhou, providing a comprehensive exploration of China's diverse culture and heritage.