

## Sample Fitness Itinerary

### Day 1 Beijing

Arrival in Beijing, one of the Four Great Ancient Capitals of China.

### Day 2

Sightseeing on walking tour around Tiananmen Square, the Forbidden City and through Jingshan Park, the highest point in Beijing. Via Beihai Park, we make route for the Temple of Heaven and the Summer Palace before returning to our comfortable accommodation for an overnight.

### Day 3

Further walking expedition along the Great Wall and to the Ming Tombs. Ascending the wall at Simatai, we find relatively steep gradients and paths in semi-disrepair near the top; good walking shoes are essential. Attend evening Wushu demonstration.

### Day 4

Educational visits to traditional pharmacies and herbal farms, which give insight into ancient remedies and Chinese natural medicines for physiological benefit. Afternoon hike up Lingshan Mountain and along its plateau.

### Day 5 Xi'an

Sightseeing tour in Xi'an, the most visited city on the Silk Road, including the Terracotta Warriors in Qin Shi Huang's Mausoleum, the Temple of the Eight Immortals and the Panda conservation area. A wide range of afternoon activities are on offer followed by a spot of relaxation at the Huaqing Hot Springs.

### Day 6

Join in local people's morning exercises ( dancing, line dancing, sword playing, etc) at the parks. Tai Chi instruction and lectures on meditation techniques in the afternoon.

### Day 7 Songshan Mountains

Travel deep into the heart of the Songshan Mountains and visit the world-famous Shaolin temple in the Henan province for Kung-Fu demonstration by monks.

### Day 8

Return to Beijing. Balance of day at leisure.

### Day 9

Fly home.