

Program Schedule

July 14, 2016

Beijing Tibet and Shanghai

Teachers: Gary Berglund

Tour Director(s): James Ren Zhanmiao

Head Teacher: Gary Berglund

July 14, 2016

Thursday

U.S.A.

Depart from U.S.A.

July 15, 2016

Friday

Beijing

Arrive in China and begin exploring its fascinating Capital City

Beijing Rainbow Hotel

11 Xijing Road,

Beijing

China

Tel: 010-63012266

<http://www.rainbowhotel.com.cn/index.php?Locale=en-us>

July 16, 2016

Saturday

Beijing

A local guide leads you through the Forbidden City and Tiananmen Square.

Entrance: Tiananmen Square

Entrance: Forbidden City

Entrance: Temple of Heaven

LEAP: Tai Ji!

Beijing Rainbow Hotel

July 17, 2016

Sunday

Beijing

Leap activity: Cook Chinese Cuisine!

Today, walk along the awe-inspiring Great Wall of China. Enjoy a Peking Duck dinner this evening.

Entrance: Great Wall of China

Entrance: Peking Duck Dinner

Beijing Rainbow Hotel

July 18, 2016

Monday Chengdu

Flight From Beijing to Chengdu

Board a flight to Changdu. Marvel at the amazing Leshan Giant Buddha, an immense cliffside carving completed during the Tang Dynasty. Learn the art of traditional writing during Chinese Calligraphy.

Entrance: Leshan Giant Buddha

LEAP: Chinese Calligraphy!

**Chengdu Holiday Inn Express
West Gate**
No. 88 1st North Section
Chengdu
China
Tel: +86 28-89992222
Fax: +86 28 87679988
<http://www.ihg.com/holidayinn/express/hotels/us/en/chengdu/ctuex/hoteldetail>

July 19, 2016

Tuesday Lhasa

Observe various panda species and learn about the efforts to conserve giant pandas and other endangered animals of China at the Chengdu Research Base of Giant Panda Breeding. Fly to Tibet this afternoon.

Entrance: Chengdu Research Base of Giant Panda Breeding

Flight from Chengdu to Lhasa

Lhasa Mandala Hotel
Jiangsu Road
Lhasa
China
Tel: +86-891-6367666
Fax: +86-891-6306777

July 20, 2016

Wednesday Lhasa

Explore Potala Palace, previous residence of the Dalai Lama's. Visit Jokhang Temple - House of the Buddha. The first Buddhist temple in Tibet, it is a spiritual center of Lhasa and regarded by most Tibetans as the most sacred temple. Discover Barkhor, the square and narrow streets surrounding Jokhang Temple, and Norbulingka, location of the Dalai Lama's summer palace.

Entrance: Potala Palace

Lhasa Mandala Hotel

July 21, 2016

Thursday Shigatse

See Yamdrok Yumtso, one of three holy lakes in Tibet and considered the female Guardian of Buddhism in Tibet. You'll be awed by Karuola Glacier. Its black and white layers are the result of smoke pollution, however they give unique beauty to this natural wonder. Take in the sights of Zhongshan this afternoon.

Shigatse Manasarovar Hotel

14 Qingdao Road

Shigatse

China

Tel: +86 892 883 2085

July 22, 2016

Friday Lhasa

Today's visit is to the historic and culturally significant Tashi Lhunpo Monastery. The immense monastery was founded in 1447 by the first Dalai Lama and is home to the Panchen Lama, the second most important spiritual leader of Tibet. Its main structures include The Kelsang Temple, the Panchen Lama's Palace and the Maitreya Chapel. Travel back to Lhasa this afternoon.

Entrance: Tashi Lhunpo Monastery

Enjoy a bike ride around Lahu Wetland in Lhasa. Known as "the Lung of Lhasa" Lahu is China's unique urban natural inland wetland with the largest acreage in the world.

Lhasa Mandala Hotel

July 23, 2016

Saturday Shanghai

Travel to Shanghai to continue exploring China.

Flight from Lhasa to Shanghai

Yun's Paradise Hotel

No.789 East FuXing Rd

Shanghai

China

Tel: 0086-21-63356666

http://www.hotelyun.com/yuns_en.html

July 24, 2016

Sunday Shanghai

Enjoy a sightseeing tour of Shanghai, including the colonial Bund, the French Concession and People's Square, a spectacular space in the heart of the city. At the Yuyuan Gardens, discover beautiful landscapes, unique architecture and the surrounding Town God Temple Market.

Entrance: Chinese Acrobatics Performance

Yun's Paradise Hotel

July 25, 2016

Monday

Return to the United States with many new memories