



CHINA

THE GOLDEN ROUTE

SEPTEMBER 5-16, 2016

Presented to the staff of Mayo Clinic Rochester, Scottsdale, Jacksonville & Mayo Health Systems



ITINERARY

DAY 1: SEPTEMBER 5, 2016

DEPART USA

Depart on an overnight flight to Beijing, China!

DAY 2: SEPTEMBER 6, 2016

ARRIVE BEIJING

Welcome to China's capital city - Beijing! Transfer to the Shangri-La Hotel with time to rest or explore this great city. Beijing lies just south of the rim of the Central Asian Steppes and is separated from the Gobi Desert by a green chain of mountains, over which the Great Wall runs. Modern Beijing lies on the site of countless human settlements that date back half a million years.

The name Beijing (or Northern Capital) is a modern term by Chinese standards. It first became a capital in the Jin Dynasty (1115-1234) but it experienced its first grandiose city planning in the Yuan Dynasty under the rule of Mongul emperor Kublai Khan, who made the city his winter capital in the late 13th century.

Today, residents of the city make use of every inch of available space. Grassy spots by highways are used for exercise and kites soar above vast intersections.

DAY 3: SEPTEMBER 7, 2016

BEIJING

Your introduction to China's capital begins with a tour to Tiananmen Square and the Ming Dynasty extravagance at the Forbidden City's Imperial Palace including the jewelry section. Tiananmen Square is the largest public square in the world. In the center of the square stands the Monument to the People's heroes and Chairman Mao's mausoleum. To the north is Tiananmen Gate, where Chairman Mao Zedong proclaimed the founding of the People's Republic of China. Directly behind is the Forbidden City, home to 24 emperors from 1420-1924. The complex consists of 8,706 rooms in which an estimated 8,000-10,000 people lived including 3,000 eunuchs as well as maids and concubines, all within 170 acres.



Later, visit the Summer Palace, a UNESCO World Heritage Site, with the largest imperial garden in the world. The grounds include over 3,000 structures with a variety of pavilions, towers and arched bridges surrounding Lake Kunming, where we will take a relaxing boat ride. B, L

DAY 4: SEPTEMBER 8, 2016

BEIJING

A big day lies ahead with a visit to the renowned Great Wall. Walk along its ancient ramparts. Built and rebuilt by a succession of Chinese emperors to keep out marauding hordes of nomads who, from time to time, swept into China. Soldiers and peasants from all parts of the country were conscripted, spending several years of their lives building it.

After lunch, we visit a jade factory and observe the skillful artisans at work as they create intricate designs.

This evening join your fellow travelers for a traditional Peking Duck dinner. B, L, D

DAY 5: SEPTEMBER 9, 2016

BEIJING/XI'AN

This morning, we visit the Temple of Heaven before transferring to the airport for our flight to Xi'an. Upon arrival in Xi'an, transfer and check-in at the Shangri-La Hotel with the rest of the day at leisure.

Xi'an is the capital of Shaanxi Province and lies in the protected valley of the Wei River. From this valley, Emperor Qin Shi Huang unified China for the first time. During the Tang Dynasty (618-907), Xi'an was the largest city in the world. Linked to many central Asian regions and Europe via the Silk Road, thousands of foreign traders lived in the city. Modern Xi'an is much smaller than it was in the Tang Dynasty but it still retains reminders of its former glory. In its earlier days, a large wall surrounded the city. Although the wall built during the Tang Dynasty no longer exists here, nine miles of the wall from the Ming Dynasty still surrounds the center. B



DAY 6: SEPTEMBER 10, 2016

See the extraordinary Terracotta Warriors and the Bronze Chariot buried with Emperor Qin Shi Huang for more than 2,000 years and discovered by farmers in 1974; followed by a viewing of the 360-degrees circle-vision movie. Afterwards, visit Beiyuanmen Muslim Street including the Great Mosque. The local market offers a great selection of Chinese Muslim cuisine and craftsmanship.

XI'AN

who drank and caroused in its seedy byways were apt to be "Shanghaied" (abducted by ships' captains looking for cheap labor). The sailors would wake up to a receding shoreline and a mountain of chores. In the 1930s, Shanghai gained a reputation as a city of fast times and fast women, like those played by Marlene Dietrich (*Shanghai Express*).

This evening's highlight is a traditional performance of music and dance from the Tang Dynasty period. B, L, D

DAY 7: SEPTEMBER 11, 2016

Today, we fly south to Guilin - set amidst a valley of dramatic peaks that have inspired artists through the centuries. Upon arrival, we travel to the Reed Flute Cave: impressive stalactites, stalagmites, stone pillars and stone curtains glisten in colorful lights here.

XI'AN/GUILIN

In today's Shanghai, the opium dens and sailor's bars are long gone and the river and streets are much tamer now. The entire city has been transformed into a bustling commercial city with an equally impressive skyline. B

Our home in Guilin is the beautiful Shangri-La Hotel. Guilin's breathtaking scenery has attracted many famous poets and artists for centuries. The city boasts a history that stretches all the way back to at least 10,000 years. The climate here is noticeably tropical and a contrast to the northern cities of Beijing and Xi'an. B, L, D

DAY 8: SEPTEMBER 12, 2016

Sail along the scenic Li River today to view the many karst mountains along the way. A stop in Yangshuo brings us to a small county diverse in culture and exotic flavors. After lunch, enjoy some free time here before our drive back to Guilin. B, L, D

YANGSHUO/GUILIN

DAY 10: SEPTEMBER 14, 2016

See Shanghai's highlights including the Shanghai Museum with an audio tour describing the special features of the museum's permanent collections, Children's Palace or Urban Planning Center, Yu Garden and the Old Town, 50 Moganshan Road, or "M50" (a district of contemporary art with open-to-public workshops, galleries, and sidewalks full of statues and tasteful graffiti paintings), the city's colonial European past at the Bund, the modern Xintiandi, and a renowned Shanghai silk carpet factory. B, L

SHANGHAI

DAY 9: SEPTEMBER 13, 2016

This morning, fly to the cosmopolitan city of Shanghai.

GUILIN/SHANGHAI

DAY 11: SEPTEMBER 15, 2016

Enjoy an entire day at leisure to explore this vast city before we travel back home tomorrow. Tonight, gather with your fellow Mayo Clinic travelers for a final farewell dinner. B, D

SHANGHAI

The city of Shanghai sits on the Huangpu River, a 50-mile long tributary of the Yangtze. In its former, racy time, sailors

DAY 12: SEPTEMBER 16, 2016

After breakfast, bid farewell to China. Transfer to the airport for return flight home. B

JOURNEY HOME

INCLUDED MEALS: B (Breakfast), L (Lunch), D (Dinner)

