



THE PATHS OF SPIRITUALITY IN CHINA

a 12-day exploration of four Chinese cities from May 5 to May 17, 2017

organized by SPIRAL International

SPIRAL International has some very exciting news! We would like to invite you to spend two weeks with us in China, a huge country with 5,000 years of recorded history.

Explore four of China's most important cities, see its historical monuments and buildings; learn about its religions and culture; and taste a variety of its renowned dishes.



The cost of the trip (which includes round-trip airfare from Burlington, VT to Beijing, domestic airfare and travel in China, accommodations and meals, and the visa application fee) is \$3,500 per person. You will be accompanied by a bilingual SPIRAL staff member and a local tour guide.

Our tour includes stops in Beijing, Xi'an, Chengdu and Guangzhou. We will explore the different Chinese paths of spirituality, and visit ancient and modern sites of the different religions that co-exist harmoniously in today's Chinese society. We will admire world-famous historical sites such as the

Forbidden City, the Great Wall, the Temple of Heaven and the Terracotta Soldiers, and enjoy a first-hand experience of the splendor of fifty centuries of civilization. And we will also see how people live in contemporary China where social and cultural traditions are intertwined with the fast-paced development of a modern economy.

Highlights of the tour

Experience Chinese culture

- ✧ Gain a personal understanding of spiritual, cultural, and social life in contemporary China.
- ✧ Taste authentic Chinese food and interact with local people.

Tour four significant Chinese cities

- ✧ **Beijing:** the center of China's cultural and the national capital for more than 800 years. The tour will include the Forbidden City, Tiananmen Square, the Temple of Heaven, the Summer Palace and the Great Wall.
- ✧ **Xi'an:** the ancient capital where the Terracotta Soldiers display the historical splendor of China. We'll visit a mosque, a Moslem community, local markets, the Museum of Chinese Calligraphy, and the unique swimming pool of the royal family of the Tang Dynasty.
- ✧ **Chengdu:** the capital city of Shu State in the Warring States Period. We'll discover Wuhou Temple, traditional marketplaces, and the Giant Panda Center, and you will dine at the Old Tea House of Chengdu.
- ✧ **Guangzhou:** a modern city which combines high-speed economic development and a strong Chinese Buddhist tradition. We'll explore the downtown, enjoy the night life along the Pear River, and visit a Buddhist temple with a thousand-year history.

SPIRAL's China Study Tour fee: \$3,500

Covers: round-trip airfare from Burlington, VT to Beijing, domestic airfare and travel in China, accommodations and meals, all entertainment and activities, the tour guide, the visa application fee, and travel insurance while in China.

Does not cover: international travel insurance and personal expenses.



How to join SPIRAL's Study Tour

Contact Michele Hirsch at SPIRAL's head office for further information or to sign up: admin@spiralinternational.org or 802-540-0305.

- Deadline for registration and \$500 deposit: **December 15, 2016**. The deposit will be applied to the China Paths to Spirituality Tour fee or reimbursed if the trip has to be cancelled due to insufficient number of participants. The final decision about the trip based on the number of applicants will be January 15, 2017.

Itinerary: SPIRAL Chinese Paths of Spirituality Tour - May 5 to May 17, 2017

Date	Morning	Afternoon	Evening
D1	Leave for China		
D2: Beijing		Arrive in Beijing. Check into the hotel, have dinner and rest	
D3: Beijing	9:00 – 10:30: Temple of Heaven 10:30 – 11:30: Tiananmen Square 11:30 – 12:30: Lunch	1:00 – 4:00: Forbidden City 4:30 – 6:30: Summer Palace and the Temple of Longevity	6:30 – 8:00: Dumpling dinner 8:30: Return to the hotel
D4: Beijing	8:30: day trip to the Great Wall, Spiritual Road, and tombs of Ming Dynasty emperors		6:30: Beijing Roast Duck dinner
D5: Beijing and Xi'an	7:00 – 9:00: observe morning activities in the Temple of Heaven 9:00 – 11:30: Baiyun Daoist Observance	11:30 – 12:30: lunch 1:00 – 3:00: return to the hotel and pack 4:00: leave for the airport	Check into the hotel in Xi'an
D6: Xi'an	7:00 – 8:00: breakfast 8:30 – 11:30: Terracotta Soldiers	1:30 – 4:00: Swimming Pool of the Tang Dynasty Royal Family 1:30 – 4:00: Museum of Chinese Inland Folk Culture	Dinner and rest
D7: Xi'an	7:00 – 8:00: breakfast 8:30 – 11:30: Huajuexiang Mosque	1:30 – 4:00: Huimin Jie, the Street of the Moslems 4:30: leave for the train station	Dinner on the train
D8: Chengdu	Train ride 12:00: arrive in Chengdu and check into the hotel	12:30 – 1:30: lunch 2:30 – 5:30: Jinli, the traditional marketplace	Dinner and rest
D9: Chengdu	8:30 – 11:30: Panda Nursery Center 12:00 – 1:00: lunch	2:30 – 4:00: Wuhou Temple 4:00 – 6:00: visit local shopping area	Dinner and rest
D10: Guangzhou	8:30: leave for Guangzhou Noon: arrive in Guangzhou and check into the hotel	Afternoon: visit downtown Guangzhou	Dinner and cruise on the Pear River
D11: Guangzhou	7:00 – 8:00: breakfast 8:30 – 12:30: Liurong and Guangda Buddhist Temples	1:00 – 4:00: Shengxin Dajiaotang, a Christian Church and historical site	Dinner and rest
D12:	After breakfast, go to the airport and fly back to the U.S.		

