

## 2018-2020 Tour Extensions – Hennan Province

### Cradle of Chinese Civilization

### Famed for Chinese Kongfu



**Henan Province is widely regarded as part of the Cradle of Chinese civilization. Both Luoyang and Kaifeng were the capitals in ancient China. The province is well-known for ancient Chinese culture heritages and famed for Chinese Kongfu.**

**Shaolin Temple** is reputed to be 'the Number One Temple under Heaven'. Included on UNESCO's World Cultural & Natural Heritage List in 2010, it is the cradle of the Chinese Zen Buddhism and the Shaolin Martial Arts such as Shaolin Cudgel. In a word, Shaolin Temple is worthy of a visit. It will give you a better understanding of Chinese Buddhism and the Chinese martial arts.

**The Longmen Grottoes** contain the largest and most impressive collection of Chinese art of the late Northern Wei and Tang Dynasties (316-907). These works, entirely devoted to the Buddhist religion, represent the high point of Chinese stone carving.

**The White Horse Temple** boasts great antique architecture which has remained intact for over 1,900 years. The Hall of Heavenly Kings, Hall of the Great Buddha, Hall of Mahavira, Hall of Guidance and the Cool and Clear Terrace appear in proper order in the temple, as they were when it was first built.

#### Option 1 – Zhengzhou/Jiaozuo/Luoyang

##### Day 1: Arrive in Zhengzhou (L)

Guide meet and transfer to your Hotel. Visit Henan Museum.

##### Day 2: Yutai Mountains (B/L)

Drive to Jiaozuo to visit the fantastic Yutai Mountains. Return to Zhengzhou in late afternoon.

##### Day 3: Luoyang (B/L)

Drive to Luoyang. Visit White Horse Temple and Longmen Grottoes. Depart Luoyang for your next destination.

#### Option 2 – Zhengzhou/Kaifeng/Dengfeng/Luoyang

##### Day 1: Arrive in Zhengzhou (L)

Guide meet and transfer to your Hotel. Visit Henan Museum.

##### Day 2: Kaifeng (B/L)

Day tour to Kefeng. Sightseeing includes Dragon Pavilion, Iron Pagoda and Millennium City Park.

##### Day 3: Dengfeng/Luoyang (B/L)

Drive to Dengfeng, visit Shaolin Temple (including Pagoda Forest and Kungfu Show). Drive to Luoyang.

##### Day 4: Luoyang (B/L)

Visit White Horse Temple and Longmen Grottoes. Depart Luoyang for your next destination.

\*For tour prices and further details, please contact ChinaPlus.

\*Abbreviations in the itinerary:

B – Full Western buffet breakfast

L – Chinese lunch; D – Chinese dinner

\*Some meals are not included for the convenience of your own choice. For excluded meals, your guides will provide you with sufficient information and convenience for dinning in your hotel or in local restaurants where various cuisines are available.

\*Well-selected 5 or 4 star hotels.

\*The tour itinerary and hotel arrangements are subject to change under certain circumstances. Hotel of the same (or similar) class will be used in case of such change.

\*Some tour spots involve considerable walking and steps.

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