



GUEST ITINERARY

CURATED CHINA JOURNEY
Dragon Discover







Beijing

10 Days 9 Nights

Wellness Retreat & Health Discovery

BEFORE YOU GO

Key Travel Prep

-  Please book your own international flights.
-  Please arrange your own travel and medical insurance.
-  Please arrange your own mobile data plan before departure.
-  Check visa requirements for your destination before booking.
-  Bring any personal prescriptions needed. If you take regular medication, bring a list for the health screening.
-  Please inform us of any dietary needs, allergies, or restrictions when booking. Meals are wellness-focused throughout — light, clean, and low-oil.

See the full "Prepare for Travel" section later in Before Booking.

Overview

Ten days in Beijing designed around rest, recovery, and traditional Chinese wellness.

Anchored by a full medical screening at a top-tier hospital and a personalised health report you take home. Between the checkup days, mornings open with tai chi at the Temple of Heaven, afternoons shift into TCM therapy sessions and herbal workshops, and evenings settle into clean, wellness-focused dining. The route weaves in Beijing's major landmarks at a gentle pace — Summer Palace, Lama Temple, Shichahai hutongs — then trades the city for Gubei Water Town, where hot springs, canal-side lanes, and the floodlit Simatai night wall offer a different kind of recovery before the journey home.

Trip Snapshot

Accommodation

4-star equivalent throughout. One standout night inside Gubei Water Town with hot spring pools and the Simatai night wall.

Airport Transfers

Private airport transfers in Beijing on arrival and departure.

Guide & Transport

Bilingual guide and private vehicle for 10 days. Your private group with dedicated guide. One booking party, no mixed joiners.

Meals

Daily breakfast plus 17 included meals. Wellness-focused cuisine, opera themed dinner, vegetarian temple lunch, farewell banquet.

Signature Experiences

Health screening, tai chi, TCM therapy, anti-aging spa, herbal sachet workshop, Peking Opera, tie-dye, and hot spring.

Trip Style

Wellness and recovery at a gentle pace. Medical checkup, daily restorative sessions, and clean dining woven between cultural landmarks.

Where You'll Stay

4-Star Equivalent

New-Gen City Hotels

8 Nights

Not the Hiltons you know. China's new-generation hotels — smart rooms, robot delivery, fresh design. Better located for the itinerary and honestly better run.

Scenic Stay

Gubei Water Town Hotel

1 Night

Canal-side hotel inside a restored village at the foot of Simatai Great Wall. Step outside after dark and the night-lit Great Wall ridgeline is above you — the only section open for night walks.

Itinerary

Day 1 — Arrival & Wellness Welcome


Your guide meets you at arrivals — whether you land at **Beijing Capital** or **Daxing Airport**, a private car is waiting. From here, everything is handled.

After settling into your city-centre hotel, your guide walks you through the fitness centre and hotel facilities. At four o'clock, a **welcome session** begins over tea — your guide introduces the 10-day wellness journey ahead, explains the health screening process, and hands out an English-language programme booklet covering each day's highlights.

The evening opens with a **light welcome dinner** — clean, low-oil cuisine designed to ease you in gently. Your guide reminds the group that fasting begins at 8 PM tonight in preparation for tomorrow's health screening. The rest of the night is yours to recover from the flight and settle in at your own pace.

Day 2 — Health Screening & Beijing Zoo

 Beijing Zoo

 Health Screening

The morning begins with a short briefing on the screening process — what to expect, what each test measures, and how the results will be used later in the trip.

A private car takes you to a **top-tier hospital** for a **comprehensive health screening** — blood panel, tumour markers, cardiovascular check, and more. Your bilingual guide accompanies you throughout, translating in real time and keeping the process calm. The checkup takes the full morning.

Lunch is a **light, post-screening meal** — clean and easy on the stomach, with your guide explaining the dietary logic behind each dish.

The afternoon shifts to a relaxed visit to **Beijing Zoo** — home to China's famous giant pandas. The pace is gentle, with time to stroll the gardens and decompress after the morning's medical session.

Dinner is a **wellness-focused meal** with nourishing soups and seasonal ingredients. Afterward, the hotel's hot spring or spa facilities are available — the rest of the evening is yours.

Day 3 — Tai Chi at Temple of Heaven & Herbal Sachet Workshop

 Temple of Heaven

 Tai Chi Session

Herbal Sachet Workshop

+4 more

The day opens early with a **tai chi session** at the **Temple of Heaven** (*Tiantan*) — the largest imperial altar complex in the world, where emperors performed the most solemn ceremony in the Chinese calendar. A professional tai chi instructor leads the group through the forms step by step, breaking down each movement for correct posture and breathing. Practising in the park alongside local residents — some of whom have been coming here for decades — is part of the experience.

After breakfast at the hotel, a private car returns you to the Temple of Heaven for a **deep-guided tour** of the **Hall of Prayer for Good Harvests** (triple-roofed, built without a single nail), the **Circular Mound Altar**, and the **Echo Wall**. Your guide explains the architecture's connection to traditional Chinese health philosophy — how the temple's design reflects the same principles of balance and harmony that underpin tai chi and TCM.

Lunch is a **wellness-focused meal** — light, seasonal, and designed to complement the morning's restorative work.

The afternoon moves to **Buzuo Yiyun Workshop** (*buzuo yiyun*), a traditional craft studio where you make your own **herbal sachet** (*xiangbao*) from scratch. You select fabrics, fill them with dried herbs — lavender, mugwort, mint — and sew the sachet shut. The instructor explains the wellness properties of each herb and the centuries-old tradition of carrying sachets for relaxation and natural insect repellent. Your finished sachet travels home with you.

Dinner rounds out the day before the car returns you to the hotel.

Day 4 — TCM Therapy & Anti-Aging Spa

✦ TCM Therapy

Anti-Aging Spa

After breakfast, your guide introduces the day's wellness focus — a full day of hands-on traditional therapy and restorative care.

The morning is given to a **TCM therapy** session with a qualified Chinese medicine practitioner. The treatment includes **meridian massage** (*jingluo tuina*) and **acupoint therapy**, tailored to your health screening results from Day 2. The practitioner explains the principles behind each technique in a bilingual session, and teaches simple self-care techniques — pressure points and stretches you can practise at home.

Lunch is a **clean, post-therapy meal** — light and nourishing, designed to support the body's recovery after treatment.

The afternoon continues with an **anti-aging spa** session at a premium facility. Professional therapists use natural skincare products and explain the treatment process in English — what each step does, why natural ingredients matter, and practical anti-aging habits you can adopt daily. The session also includes lifestyle and dietary advice from a wellness instructor.

A tea break with light refreshments follows the spa before an early, gentle dinner. The evening is free for rest.

Day 5 — Summer Palace & Peking Opera

📍 Summer Palace

🍽️ Opera Themed Dinner

✦ Peking Opera Performance

+4 more

After breakfast, a private car takes you to the **Summer Palace** (*Yiheyuan*) — China's largest imperial garden, covering 300 hectares of lake, hill, and painted corridor.

A deep-guided tour walks you through the **Long Corridor** (728 metres of hand-painted ceiling panels, each one different), **Tower of Buddhist Incense**, and **Cloud-Dispelling Hall**. At the lakeside, a **guided meditation session** lets you pause and absorb the garden's stillness — your instructor leads a short breathing exercise designed to complement the wellness thread running through the trip.

Lunch is near the Summer Palace — a **lakeside meal** blending Chinese and Western flavours, light and wellness-focused.

The afternoon begins with a **Peking Opera culture session** (*jingju*). A bilingual instructor introduces the art form's history, the meaning behind the painted-face roles, and the hand gestures that tell stories without words. You learn a few basic opera poses yourself, then try on simplified costumes and headpieces — with time to examine the craftsmanship and cultural symbolism up close.

The highlight of the evening: a **Peking Opera performance** — selected classic scenes with English subtitles from VIP seats.

Dinner is an **opera-themed banquet** — Beijing flavours presented with dishes that echo the opera tradition, using organic ingredients and clean cooking techniques.

A **TCM experience — acupuncture and therapeutic massage** is included in the optional **Wellness Package** — select when booking. The car returns you to the hotel afterward.

Day 6 — Lama Temple & Hutong Lanes

 Lama Temple  Shichahai Lakes  Rickshaw Hutong Ride  +1 more

After breakfast, a private car takes you to the **Lama Temple** (*Yonghegong*) — Beijing's most important Tibetan Buddhist site, home to a 26-metre Buddha carved from a single white sandalwood trunk. Your bilingual guide explains the temple's architecture, Buddhist iconography, and the etiquette of prayer and incense-offering before you enter. Inside, a brief **seated meditation** in one of the temple's quieter halls offers a moment of stillness.



Lunch is a **vegetarian meal** near the temple — clean and organic, chosen to match the contemplative atmosphere, with your guide drawing the connection between Buddhist dietary practice and wellness.

The afternoon moves to **Shichahai Lakes** (*Shichahai*) — three linked lakes that were once the Grand Canal terminus of imperial Beijing. A guided stroll traces the lakeside lanes, with a stop at a **traditional tea house** in the hutong for a restorative herbal tea session (*yangshen chayin*) — your guide explains the wellness properties of each brew.

A **rickshaw ride** (*huangbao che*) carries you through the narrow hutong lanes — 800-year-old courtyard homes where laundry still dries in doorways and neighbours play chess on the sidewalk. Your guide leads a **hutong photography walk**, pointing out the doorway carvings, courtyard details, and neighbourhood texture that photograph best.

Dinner is a **Beijing-style banquet** (*jingyan*) — a multi-course evening meal before the car returns you to the hotel.

Day 7 — Great Wall Wellness & Mountain Air

 Huanghuacheng Water Great Wall  Lakeside Meditation

An early departure beats the morning traffic to **Huanghuacheng Water Great Wall** (*Huanghuacheng Shui Changcheng*) — the only Great Wall section where the wall meets a turquoise reservoir, about 90 minutes north of the city.

The morning is a **gentle lakeside walk** along a flat, well-maintained path — no steep climbs, no scrambling. Your guide narrates the Wall's history and the unusual story of how this section was partially submerged when the reservoir was built. A professional wellness instructor leads a **breathing exercise** along the route, using the high negative-ion air of the mountain environment to deepen the restorative effect.


Lunch is a **farmhouse-style meal** at a village near the Wall — organic, seasonal, and freshly prepared.

The afternoon continues with a **lakeside meditation session** — a guided stillness exercise by the reservoir, listening to the water and wind. The instructor then leads a short **plant identification walk**, explaining the wellness properties of common herbs and plants growing along the Great Wall — and helping you press a simple botanical specimen to take home.

A **herbal tea break** rounds out the afternoon before the drive back to Beijing. Dinner and a free evening at the hotel.

Day 8 — Gubei Water Town & Hot Spring Recovery

 Gubei Water Town

 Simatai Night Great Wall

 Hot Spring

An early-morning departure heads northeast to **Gubei Water Town** (*Gubei Shui Zhen*) — a restored Ming-era village at the foot of Simatai Great Wall, about two hours from central Beijing.

The morning is a full guided walk through the water town's canal-side lanes, stone bridges, and traditional courtyard workshops. Along the way you visit a **tie-dye workshop** (*zaran*) and watch demonstrations at traditional craft studios — working heritage that has been part of the water-town revival.

Lunch is a **water-town meal** — organic, seasonal, and prepared in the clean, wellness-focused style that runs through the trip.

The afternoon is reserved for a **hot spring session** at the water-town hotel — a long, quiet soak. Your wellness instructor explains the therapeutic properties of the mineral water and offers personalised soaking advice based on your constitution.

As dusk falls, the evening brings the **Simatai Night Great Wall** — the only section of the Great Wall open for night walks. The floodlit wall snaking along the mountain ridgeline above the water town is one of Beijing's most striking nighttime landscapes. Your guide leads a photography session on the wall and through the lantern-lit town streets below. A drone display and light show add to the atmosphere.

A **traditional massage** session is included in the optional **Wellness Package** — select when booking. Available at the water-town hotel before or after the night wall walk.

A late dinner at the water-town hotel rounds out the evening. You stay overnight inside **Gubei Water Town** — the quietest night of the trip.

Day 9 — Health Report & Farewell

 Wudaoying Hutong

 Farewell Banquet

 Health Report

+1 more

After breakfast at the water-town hotel, the car returns you to central Beijing for the final full day.

A **premium health screening** at Pengrui — a high-end medical centre — is included in the optional **Wellness Package** — select when booking. For those who choose this upgrade, the morning begins at the clinic before rejoining the group.

The rest of the morning begins with a visit to one of Beijing's quieter creative neighbourhoods — **Wudaoying Hutong** or **Langyuan Station**, depending on the day's flow. These tucked-away lanes mix independent boutiques, ceramics studios, and courtyard cafes — a side of Beijing most visitors never see.

Lunch is a relaxed midday meal before the afternoon's main event.

At the health screening centre, a **doctor walks you through your personalised health report** — explaining every result, answering questions, and offering targeted lifestyle and dietary recommendations. Your bilingual guide translates throughout so nothing is lost.

Afterward, a short **completion ceremony**: a certificate for the wellness programme, a **herbal wellness gift box** (dried herbs, traditional crafts), and a group photo session with individual portraits.

The evening closes with a **farewell banquet** — a warm, multi-course dinner blending Chinese and Western flavours.

An **evening SPA massage** is included in the optional **Wellness Package** — select when booking. A restorative close to the journey before your last night in Beijing. The car returns you to the city hotel.

Day 10 — Departure from Beijing

A final breakfast at the hotel, then time to pack and check out.

The private car takes you to **Beijing Capital** or **Daxing Airport**, timed to your flight. If the schedule allows, your guide may point out a few city landmarks along the route — a last glimpse of Beijing before the journey ends.

Before Booking

✓ What's Included

Transport — Private airport transfers (Beijing Capital or Daxing) on arrival and departure, plus daily ground transportation by private vehicle throughout the tour.

Guide — Professional bilingual guide for the full 10-day journey, with specialist instructors for tai chi, TCM therapy, anti-aging spa, and herbal sachet workshop.

Accommodation — 9 nights at 4-star equivalent or above, including one night at a hot spring hotel inside Gubei Water Town.

Meals — Daily breakfast plus 17 included meals — wellness-focused cuisine throughout, with a Peking Opera themed dinner, vegetarian temple lunch, farmhouse Great Wall lunch, and farewell banquet.

Entrance Fees — All scheduled sightseeing sites, including Temple of Heaven, Summer Palace, Lama Temple, Huanghuacheng Water Great Wall, Gubei Water Town, and Beijing Zoo.

Health Screening — Full medical checkup at a top-tier hospital (blood panel, tumour markers, cardiovascular screening), plus a personalised health report with professional interpretation on Day 9.

Experiences — Tai chi session at the Temple of Heaven, TCM therapy (meridian massage and acupoint treatment), anti-aging spa session, herbal sachet workshop, Peking Opera performance with costume try-on, rickshaw hutong ride, tie-dye workshop, Gubei Water Town hot spring, and lakeside meditation at Huanghuacheng Water Great Wall.

Extras — Welcome handbook, completion certificate, and herbal wellness gift box on departure.

Pricing Promise — Everything in the itinerary is included in the tour price. Optional packages and room choices, if any, are shown clearly before payment. No hidden on-trip charges.

+ Booking Options











Wellness Package — select when booking.

Four additional wellness experiences across the journey, bundled as one package:

- **Day 5** — TCM experience: acupuncture and therapeutic massage
- **Day 8** — Traditional massage at Gubei Water Town
- **Day 9 (morning)** — Premium health screening at Pengrui medical centre
- **Day 9 (evening)** — Evening SPA massage

Package price: please enquire when booking. Pricing is per person, all-or-nothing — individual items are not sold separately.

Prepare for Travel

-  Please book your own international flights.
-  Please arrange your own travel and medical insurance.
-  Please arrange your own mobile data plan before departure.
-  Check visa requirements for your destination before booking.
-  Bring any personal prescriptions needed. If you take regular medication, bring a list for the health screening.
-  Please inform us of any dietary needs, allergies, or restrictions when booking. Meals are wellness-focused throughout — light, clean, and low-oil.
-  Most scheduled venues accept international credit cards. For smaller shops, please have local cash or a local mobile payment app ready.
-  Gentle pace with no strenuous hiking. Comfortable walking shoes are recommended.
-  Beijing's climate is continental — hot summers, cold dry winters, pleasant spring and autumn. Layers recommended year-round; sun protection in summer.
-  The health screening on Day 2 requires fasting from 8 PM the evening before. Your guide will remind you at the welcome dinner.

? FAQ

Where does the tour start and end?

Starts and ends in Beijing. Private airport transfers are included on arrival and departure.

What is the cancellation policy?

Our cancellation and refund policy is tiered based on how far in advance you cancel. Full details at [Terms & Conditions](#).

Can I fly a drone during the tour?

China requires all drone operators (including foreign visitors) to register with the CAAC before flying. Many heritage sites and city centres are no-fly zones. Inform your guide in advance if you plan to bring a drone.

Should I book pre/post-tour accommodation?

If your flight arrives early on Day 1, early check-in is usually available. If departing late on Day 10, we can adjust the drop-off timing. For stays beyond the tour dates, we can recommend nearby hotels.

How physically demanding is the tour?

Gentle throughout. The Great Wall day uses a flat, well-maintained lakeside path at Huanghuacheng — no steep climbs. Most days include restorative sessions (tai chi, spa, meditation, hot springs) and the overall pace is designed for recovery, not endurance.

What does the health screening include?

A comprehensive checkup at a top-tier hospital on Day 2 — blood panel, tumour markers, cardiovascular screening,

and more. Your guide accompanies you throughout. On Day 9, a doctor walks you through the results in a personalised report session.

Is the health screening conducted in English?

Your bilingual guide accompanies you through every step and translates in real time. The final health report is provided with a professional interpretation session so you fully understand the results.

What kind of wellness treatments are included?

TCM therapy with meridian massage and acupoint treatment, an anti-aging spa session, tai chi at the Temple of Heaven, a herbal sachet workshop, lakeside meditation at the Great Wall, and a hot spring soak at Gubei Water Town — all included in the tour price. The optional Wellness Package adds acupuncture, therapeutic massage, a premium health screening upgrade at Pengrui, a traditional massage at Gubei Water Town, and an evening SPA session — select when booking.

What is the dining style during the tour?

Meals are wellness-focused — clean, light, and low-oil throughout. Featured meals include a Peking Opera themed dinner, a vegetarian temple lunch near the Lama Temple, a farmhouse lunch at the Great Wall, and a farewell banquet. Breakfast is served daily at the hotel.

Local Names

Tiantan tee-EN-tahn

The Temple of Heaven — where emperors prayed for harvest under a triple-roofed hall built without nails

Yiheyuan ee-huh-YWEN

The Summer Palace — 300 hectares of lake, hill, and painted corridor

Yonghegong yohng-huh-GOHNG

The Lama Temple — home to a 26-metre Buddha carved from a single sandalwood trunk

Shichahai shih-chah-HIGH

Three linked lakes that were once the Grand Canal terminus of imperial Beijing

Huanghuacheng hwahng-hwah-CHUNG

The Water Great Wall — the only section where the wall meets a turquoise reservoir

Gubei Shui Zhen goo-BAY shway-JUHN

Gubei Water Town — Ming-era village at the foot of Simatai Great Wall

Simatai sih-mah-TIE

The only Great Wall section open for night walks — original Ming stonework

Zhongyi johng-EE

TCM — the wellness system behind acupuncture, herbal medicine, and tai chi