



## CHINA WELLNESS & WISDOM RETREAT

Classic Tour | 9 Days | Physical Level 1

Chongqing – Pengshui – Chongqing

In Chinese medicine, the key to your health and wellbeing is keeping your ‘qi’ balanced; many of the ancient practices prescribed to help keep this equilibrium are still alive today. On this tour, you can not only discover some of these age-old practices but enhance your wellbeing as you do so and explore the contrasts of modernity and rich culture and heritage of Chongqing and its surroundings as you do so.

- Visit the adorable pandas at Chongqing Zoo
- Enjoy a reflexology session
- Start each day with a guided meditation session
- Soak in Chongqing’s famous hot springs
- Partake in traditional medicine sessions

TOUR MAP
 

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 CLASSIC TOUR INCLUSIONS:
 

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- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- All meals (from dinner on the day of arrival until breakfast on the day of departure)
- All sightseeing and entrance fees
- All transportation and transfers
- English-speaking Local Guides
- Specialist advice from our experienced travel consultants

The only things you may have to pay for are personal expenditures e.g. drinks, optional excursions or shows, insurance of any kind, customary tipping, meals not included, early check-in or late check out and other items not specified on the itinerary.

 CLASSIC TOURS:
 

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This tour is ideal for travellers who want to learn about China's age-old health practices while enjoying its culture in the company of like-minded people. The tour is on a fully-inclusive basis so you'll travel with the assurance that all your arrangements are taken care of. You will be accompanied by our dedicated and professional National Escorts and local guides, whose unparalleled knowledge will turn your trip into an unforgettable experience.

## PHYSICAL LEVEL 1:

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All our tours feature a physical rating to help you select the right holiday for you. To travel on any of our tours requires unaided mobility and the ability to stroll around the sights.

‘China Wellness & Wisdom Retreat’ is rated as a **physical level 1** tour. A reasonable level of fitness is required, but it’s more about spending time on your feet rather than covering large distances. You’ll be getting on and off coaches, walking around the sights and climbing some steps.

- There will be sightseeing on foot for both short and extended periods of time, often on uneven surfaces.

Of course, our National Escorts and local guides will always endeavour to provide the highest level of service and assistance; however, they cannot be expected to cater for customers who are unfit to complete the itinerary. If you require any more information about the pace of our tours, please contact our reservations team who will be happy to answer your questions.

### Traditional Chinese Medicine (TCM) Disclaimer

Traditional Chinese Medicine experiences included in this tour are offered for cultural and educational interest only. Any consultations, demonstrations, treatments, or products introduced during the tour are not intended as medical advice, diagnosis, or treatment, and should not be considered a substitute for professional medical care.

Participation in TCM-related activities is entirely optional. Guests should consult their GP or qualified healthcare professional before undertaking any treatments, particularly if they have existing medical conditions, allergies, are pregnant, or are taking prescribed medication. Wendy Wu Tours does not endorse or guarantee the efficacy of any TCM practices or remedies encountered during the tour.

## ITINERARY CHANGES:

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It's our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate. In these circumstances we'll make the best possible arrangements maintaining the integrity of your trip.

## DETAILED ITINERARY

### Day 1-2: Fly to Chongqing

Meals: D

Fly overnight to Chongqing, China's 'cyberpunk' city. On arrival you will be met in the arrival hall by your local guide and/or National Escort from Wendy Wu Tours. Together with all other group members who may be arriving at a similar time, you will transfer approximately 1-hour to your hotel.



Early check-in is not included. Additional nights' before and after your tour can be arranged. Please contact our Reservations team to book.

An informal Welcome Dinner will be held on Day 2. Late arrivals will receive a box dinner.

#### Destination Information

**Chongqing** – A city perched on the steep hills overlooking the confluence of the Jialing and the Yangtze Rivers. Known for its incredible night lights, drone shows, hotpot culture, and buzzing nightlife, it's a city that perfectly captures the spirit of contemporary China.

In 2012, Chongqing was awarded the brand title of "The World Hot Spring Capital" by the World Federation of Hydrotherapy and Climatotherapy.

### Day 3: Ear Seed & Pulse Diagnosis

Meals: B, L, D

Meet the rest of the group and spend a few minutes getting to know your fellow travellers. Then, you'll be joined by a master who will begin to teach you 'Ba Duan Jin', a form of traditional qigong therapeutic exercise, that features a series of eight gentle movements.



Next, enjoy an ear seeding session, a form of acupressure on and around the ear and have a traditional Chinese medicine pulse diagnosis. Here, a practitioner will feel your pulse at your wrist and assess the balance of qi and blood in your body and provide some brief insights into your overall health.

Later, head out into Chongqing, pausing at Liziba to watch the light rail train pass through a residential building before stopping at the Panda House at Chongqing Zoo to watch the adorable antics of the resident giant pandas. End the day with a stroll through the quaint cobble streets of Ciqikou Ancient Town.

### Destination Information

**Liziba Intersection** – Chongqing's monorail line passes directly through a high-rise block, creating one of the city's most eye-catching engineering feats. It's a popular spot for travellers who want a glimpse of Chongqing's bold and unconventional architecture.

**Ciqikou Ancient Town** - Once an important porcelain-making village, Ciqikou Ancient Town is now a bustling maze of old streets, craft shops, and teahouses. It's the perfect place to experience Chongqing's traditional culture and slow down from the modern city pace.

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#### Day 4:      **Reflexology & Hot Springs**

Meals: B, L, D

Start the day with a meditation session led by a certified instructor, then partake in a session of Wu Qin Xi. Another system of ancient qigong exercise, the master will teach you the five forms, based on the movements of five animals – tiger, deer, bear, monkey and bird.



Later, enjoy a leisurely afternoon unwinding in the soothing waters of a local hot spring resort. Choose from 53 pools of varying temperatures, some infused with Chinese teas and oils. Included in your visit are lockers with electronic wristbands, showers, hairdryers, towels, cover ups, and waterproof bags. Water and specialty teas are provided throughout the resort. Swimwear and treatments available for an extra cost (approx. 99 RMB for 30-minute massage).

### Destination Information

**Chongqing's Hot Springs** – Chongqing is home to many hot springs, where warm, mineral-rich waters have long been used for relaxation and wellness. Visitors can soak in the springs while enjoying the surrounding natural scenery.

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#### Day 5:      **Miao Medicine Clinic, Pengshui County**

Meals: B, L, D

Leave Chongqing for Jiuli City, a cultural park that showcases the rich heritage and culture of the Miao ethnic minority people. Explore the area, visiting scenic spots and cultural points of interest before spending time at the Miao Medicine Clinic where you'll discover more about the traditional healing techniques of the Miao.



Then, sit down to a long-table banquet, experiencing the “mountains and flowing streams” drinking ceremony and tasty Pengshui delicacies.

### Destination Information

**Jiuli City** – Jiuli City is a vibrant urban district in Chongqing known for its modern development and rich cultural heritage. It is closely associated with the Miao people, whose traditions, crafts, and festivals are an important part of the local community.

**Miao Medicine Clinic** – The Miao Medicine Clinic specialises in traditional remedies and healing practices from the Miao ethnic group. It preserves centuries-old techniques in herbal medicine, acupuncture, and other therapies unique to the community.

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#### Day 6:      Meditation & Tai Chi

Meals: B, L, D

Find calm in your morning meditation session before a master arrives to take you through some invigorating tai chi postures.

Return to Chongqing.



### Destination Information

**Tai Chi** - Tai Chi is a traditional Chinese practice that combines slow, flowing movements with deep breathing and mental focus. It is often practised to improve balance, flexibility, and overall wellbeing.

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#### Day 7:      Glamorous Chongqing Drone Show

Meals: B, L, D

Settle down for a final meditation session before being refreshed on the eight movements of Ba Duan Jin by a master. The afternoon is yours to spend as you wish. Later, regroup to dine on a nourishing local speciality, hot pot, before enjoying the Glamorous Chongqing Drone Show. Thousands of synchronised drones fly in an intricate aerial display over the city in an unmissable, immersive audiovisual spectacular.



### Destination Information

**Glamorous Chongqing Drone Light Show** – Held most Saturday evenings around 9pm at the confluence of the Yangtze and Jialing Rivers, the “Glamorous Chongqing” drone show features thousands of drones flying in coordinated patterns to create large-scale images above the city.

**Days 8-9: Depart Chongqing**

Meals: B

Transfer to the airport for your return flight home, arriving the same or the following day.

*Late check-out is not included. Additional nights before and after your tour can be arranged. Please contact our Reservations team to book.*



## CHINA TRAVEL INFORMATION

### VISAS:

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China Visas are not required for New Zealand passport holders for stays 30 days and under. For longer periods in China and/or other passport holders a visa will be required. Full details will be advised by Wendy Wu Tours upon booking.

Please be advised that your passport must have at least six months validity left on it when you arrive back in New Zealand.

Please note the visa procedures and requirements may change at any time. These changes are often made by the relevant embassy or consulate; Wendy Wu Tours acts as a third party and has no influence on the process of a visa. Your travel consultant will inform you if any changes are applicable prior to your departure.

### INSURANCE:

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It is a condition of your booking that you are insured for the duration of your trip. We recommend comprehensive travel insurance to cover cancellation, medical requirements, luggage, repatriations and additional expenses. At a minimum, the policy is required to cover medical requirements including medical evacuations / repatriations. The choice of insurer is yours.

We strongly suggest you purchase insurance at the time you pay your deposit. This is because cancellation fees and charges are payable from that time. We may request you to provide evidence that you have taken out and paid for a policy to comply with this condition. If you fail to provide a certificate of currency of insurance within a reasonable time after our request, then this will be deemed a cancellation by you and standard cancellation fees will apply.

### GROUP SIZE:

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Most of our groups consist of 10 travellers or more and will be accompanied by both a National Escort and local guides. **This tour** will have no more than 18 travellers in each group although you may encounter other Wendy Wu tour groups while you are travelling.

All our departures are guaranteed to operate with a minimum of 10 travellers booked (unless cancelled due to factors beyond our control). However, at our discretion we may operate departures with a smaller group size as we try to operate advertised departures wherever it is viable to do so. For groups with fewer than 10 travellers, departures will operate with local guides only.

### EATING IN CHINA:

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To book call 1300 727 998 or visit your local travel agent

Visit [wendywutours.com.au](http://wendywutours.com.au)

Chinese cuisine is one of the world's most diverse and flavourful, with a rich history spanning thousands of years. The local dishes you'll experience on tour may differ from what you're used to at home, offering an authentic taste of China's regional flavours and cooking styles.

All meals (excluding drinks) are included in our fully inclusive group tours from the groups' arrival until the day of departure. Our schedule of meals is designed so that you can experience the local dishes, their individual flavours as well as different ways they are prepared and cooked throughout China – from the bold, spicy cuisine of Sichuan to the savoury flavours of Shanghainese cooking, as well as the hearty noodles and dumplings of the north and fresh seafood of the south.

Breakfasts are buffet-style at your hotel with both Western and Chinese options available, although rural parts of China may offer limited options. Lunches and dinners on our tours are varied, with a mix of vegetable-based and meat-based dishes. Many are pre-seasoned with soy sauce or other traditional flavours, though our selected restaurants offer plenty of mild options. Dishes may be served at different temperatures, as is customary in China.

Dining mostly follows the traditional 'family style' approach, with dishes placed on a lazy Susan for everyone to share. Serving chopsticks are provided for each dish, and individual bowls, chopsticks, and cups are set for personal use. If you require a fork or spoon, please ask your server. This communal style of dining is an integral part of Chinese culture and a fun, social experience.

**If you have allergies or dietary requests, you must inform us prior to departure.** Western food requirements differ from those in Asia, and even medical dietary needs can be challenging to accommodate. While your National Escort will do their best to assist, we kindly ask for your patience and understanding, as dietary requests may not always be met to the standard you are accustomed to at home. Passengers with food intolerances are advised to bring snacks or additional food items, especially when traveling beyond major cities, where options may be more limited. Kosher and Halal food are extremely limited in China, and we regret that we are unable to cater to these dietary requirements.

## ACCOMMODATION:

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Your accommodation is chosen for its convenience, comfort, or character. Hotels are generally of a four-star standard in major cities, though there is no international classification system, so facilities and quality may differ from New Zealand. In remote areas, standards may be lower, and some Western amenities may be unavailable.

All group tour hotels include private Western-style bathrooms, air conditioning\*, TV, and a telephone. Due to environmental regulations, toiletries may not always be provided. Plumbing and electricity can be inconsistent, and power in rooms is often switched off when unoccupied. If you encounter any issues, please speak to your National Escort or Local Guide. Rest assured, all hotels used by Wendy Wu Tours are regularly inspected to ensure they meet our standards.

*\*Please note that regional energy conservation and environmental regulations may restrict air-conditioning and heating use during certain months, with minimum and maximum temperature limits in place.*

## PUBLIC HOLIDAYS:

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If you are traveling during a Chinese public holiday, please note that while tourist attractions remain open, they may be crowded with domestic visitors. Festivities often span several days, during which some businesses may close, and coach, air, and train services could be impacted. The major Golden Week holidays occur annually from April 29 to May 3 and September 30 to October 7.

## LUGGAGE:

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All travellers are limited to two items of luggage each: a suitcase with a maximum weight of 20kg and one piece of hand luggage with a maximum weight of 5kg. This is a requirement on internal trains and flights. It is essential that your luggage is lockable. In general, we recommend packing only as much as you can lift as you will need to carry your own luggage on and off trains.

## TRANSPORT:

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**Trains:** When traveling by high-speed 'bullet' train, you will be seated in second-class soft seats with air conditioning. **Facilities** may vary depending on the train. Most carriages feature a Western-style toilet, and most seats are equipped with a foldable tray table and a power socket for charging electronic devices. Luggage is stored at the end of the carriage or in overhead. Dining carts are available on board if you wish to purchase additional food.

For daily products containing flammable ingredients, such as perfumes, colognes, sprays, and gels, non-self-spray pressure containers should not exceed 100 millilitres per item, with only one container allowed per product. For self-spray pressure containers (e.g., hair mousse, hair spray, hair dye, cold wave lotion, insecticides, and air fresheners), each container must not exceed 150 millilitres, with a total cumulative volume of all such items not exceeding 600 millilitres. Passengers are not permitted to carry insecticides, explosives, magnetised materials, knives (including Swiss Army knives) with a blade longer than 60mm, scissors, or other sharp objects. Bag checks are conducted at random, and any restricted items—whether in hand luggage or main luggage—may be confiscated before boarding. Your National Escort will provide specific details before your journey.

**Coaches:** Coaches with air conditioning are used on our group tours for city sightseeing, short excursions to the countryside and longer transfers where necessary. Roads in China have generally improved over recent years, but traffic and/or weather conditions may extend driving times. For this reason, the timings listed in the itinerary are approximations only.

### TIPPING POLICY:

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Tipping while on holiday is common in most parts of the world and China is no exception. However, it is not always clear who it is appropriate to tip and how much. Furthermore, travellers may not have the right amounts of cash available at the right time. In order to avoid any inconvenience, Wendy Wu Tours operates a tipping policy where a stated amount is given to your National Escort at the beginning of your tour and tips are disbursed to local guides and drivers throughout your tour. The amount is designed to be at a reasonable level for travellers while being fair to the local people and includes a gratuity for the National Escort.

If you are travelling in a smaller group with local guides only, then tipping is paid in each destination. To be fair to the guides we ask for slightly higher amounts per traveller with small groups.

We generally find that most customers appreciate the convenience of our tipping policy but we do recognise that it may not suit everyone. However, as this is a group tour we ask that everyone follows the same protocol to be fair to other group members and to ensure smooth operation of your tour.

### DEVELOPMENT IN CHINA:

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Though parts of China match the west in modernity and technological advances, it is important to remember that parts of China are still developing and as such, many aspects of tourism in China do not have the solid infrastructure and safety standards as seen here in the west.

### VACCINATIONS AND YOUR HEALTH:

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Wendy Wu does not give specific health advice, but we do recommend you see your doctor at least six weeks prior to travel for advice and to allow time for any necessary vaccinations. Please remember to take your itinerary with you. Safe travel has a comprehensive website that you may also find useful [www.safetravel.govt.nz](http://www.safetravel.govt.nz)

### INTERNET RESTRICTIONS IN CHINA:

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In China, certain Western apps, such as Google Services (e.g. Gmail, Google, Google Maps) and social media platforms (e.g. Facebook, WhatsApp), are blocked due to government restrictions on internet content. Some travellers may choose to download and use a VPN (Virtual Private Network) to bypass these restrictions and access blocked apps. Guests are strongly advised to conduct their own research into the legal implications as VPN usage is subject to government regulations. E-Sim providers such as Airalo and Holafly have built-in VPN capabilities.

**TRAVEL MONEY IN CHINA:**

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We recommend having access to multiple sources of money while traveling. A combination of payment methods, including mobile payment apps, cash, and cards, will offer the most security and flexibility. Mobile payment apps like WeChat and Alipay are often more widely accepted than international cards or cash in China. You will need an internet connection when in China to use the apps. For more information, please refer to our China Travel Guide and Phrase book online Page 16 – [Travel guide and Phrasebook CHINA](#)

**BEFORE YOU LEAVE:**

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We strongly recommend registering your travel plans with [www.safetravel.govt.nz](http://www.safetravel.govt.nz) as in the event of an emergency, New Zealand Consular assistance will be more readily available.

Up until the day you travel, it is vital you keep up to date and familiarised with the entry requirements as these can change at short notice. You are personally responsible for completing any entry forms, conducting any covid tests (if necessary), etc and adhering to countries' specific entry requirements. You can also access the New Zealand Government's travel advisory service for up-to-date information about your destination on the same website.

**AFTER YOUR BOOKING:**

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Once you have booked with Wendy Wu Tours, you will receive an email with your confirmation invoice, along with a link to our website where you can find your visa information (if applicable) and other important information. Your final documentation pack will be sent to you approximately 2 weeks prior to departure.

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