

IN PURSUIT OF WELLNESS IN CHINA

Classic Tour | 9 Days | Physical Level 1

Chongqing – Jiuli – Chongqing

In Chinese medicine, the key to your health and wellbeing is keeping your 'qi' balanced; many of the ancient practices prescribed to help maintain this equilibrium are still alive today. On this tour, you'll not only discover these age-old practices but enhance your own wellbeing as you do so, all while exploring the striking contrasts of modernity and rich culture and heritage of Chongqing and its surroundings.

- Receive a personal Reiki attunement with expert Reiki Master Peter Hui
- Learn ancient qigong forms like Ba Duan Jin and Wu Qin Xi
- Discover traditional Chinese medicine practices, from pulse diagnosis to acupoint massage
- Soak in Chongqing's famous hot springs
- Visit the adorable pandas at Chongqing Zoo

TOUR MAP



TOUR INCLUSIONS:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- All meals
- All sightseeing and entrance fees
- All transportation and transfers
- English-speaking Local Guides
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides
- Safe and secure with IATA

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:

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:

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.

'In Pursuit of Wellness in China' 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.

Wellness & Traditional Medicine Disclaimer

Traditional Chinese Medicine (TCM), qigong, Miao medicine, Reiki, and other wellness experiences included in this tour are offered for cultural, educational, and recreational 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 all wellness-related activities is entirely optional. Guests should consult their GP or a qualified healthcare professional before undertaking any treatments, particularly if they have existing medical conditions, are pregnant, or are taking prescribed medication. Wendy Wu Tours does not endorse or guarantee the efficacy of any TCM, qigong, Reiki, or Miao medicine practices encountered during the tour.

JOINING YOUR TOUR:

The tour is 9 days in duration including international flights or 7 days in duration based on 'Land Only'.

Travellers booked on a 'Land Only' package, the price includes your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour. Please advise your international flight times to our reservations team.

Join the tour on Day 2 in Chongqing and end the tour on Day 8 in Chongqing. Please refer to your final itinerary for more specific meeting instructions pertaining to your departure.

Days 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: Chongqing | Reiki Attunement & TCM experience Meals: B, L, D



Begin the day with 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, followed by a guided meditation session.

Next, will be a presentation with Peter and Mandy to introduce Reiki practice. Peter's own Reiki journey began by chance in the early 1990s in Hawaii, where a meeting with a visiting Reiki Master set him on a decades-long path of practice alongside his wife, Mandy, culminating in Peter becoming a Reiki Master himself. Once you've heard his story, you'll be grouped ready for the next stage of the process. Group A will spend the morning in the hotel to have their individual attunement with Peter, to open the body's pathways to allow it to channel healing energy, while Group B will head out to a traditional Chinese medicine centre, experiencing pulse diagnosis, ear seeding and traditional Chinese acupoint massage. After lunch, the groups will swap.



Later, unwind 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.

Destination Information

Reiki – A form of Japanese energy healing, Reiki centres on channelling and balancing the body's energy through gentle, hands-on technique. Though it originates outside China, its focus on energy flow echoes the same principles of qi that underpin traditional Chinese medicine, making it a natural complement to the practices explored on this journey. Practitioners are trained to sense and direct this energy to promote relaxation, reduce stress and support the body's natural healing processes.

Qigong – An ancient Chinese practice combining slow, deliberate movement, breath control and focused intention, qigong is designed to cultivate and balance the body's qi. Practised for centuries as both a form of gentle exercise and a route to inner calm, it's said to improve circulation, ease tension and support overall wellbeing. On this journey, you'll learn several forms, including Ba Duan Jin and Wu Qin Xi, each rooted in different movement traditions passed down through generations of masters.

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.

Day 4: Chongqing | Reflexology & Group Self-Healing Meals: B, L, D



Start the day with a meditation session led by a certified instructor, then partake in a second session of Ba Duan Jin.

Then, head out to explore Chongqing; stop at the Panda House at Chongqing Zoo to watch the adorable antics of the resident giant pandas and visit Liziba to watch the light rail train pass through a residential building.

Later, discover the benefits of reflexology, having the pressure points on your feet worked on by a practitioner to promote relaxation and wellbeing.



To close the day, join Peter for a group self-healing practice; he will guide you through using your hands to channel the 'universal life force energy' to promote deep relaxation, reduce stress and support the body's natural healing abilities.

Destination Information

Reflexology – A therapeutic practice rooted in the belief that specific points on the feet correspond to different organs and systems throughout the body, reflexology involves applying targeted pressure to these points to promote relaxation and support overall wellbeing. Long valued in Chinese wellness traditions, it's said to ease tension, improve circulation and restore balance to the body's energy pathways.

Chongqing Zoo – The Panda House offers the opportunity to observe these charismatic animals up close while learning about their behaviour and the zoo's important contribution to giant panda breeding, research and conservation.

Liziba Intersection – Chongqing's monorail line passes directly through a high-rise block, one of the city's most eye-catching engineering feats and a favourite spot to glimpse its bold, unconventional architecture.

Day 5: Chongqing | Five Animal Frolics & Healing Others Meals: B, L, D



Focus your mind with a meditation session, then enjoy 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. Then, wander the atmospheric streets of Ciqikou Ancient Town, stopping at a traditional teahouse for a tasting and to watch a fascinating 'face-changing' show.

After lunch, experience an immersive multimedia show of Chongqing's iconic landscapes. Later, Peter will lead a 'healing others' group session, demonstrating how to use the techniques you've learned to help channel energy to another person. After dinner, board a river cruise to enjoy the bright lights of the city, by night.

Destination Information

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.

Chongqing Two Rivers Night Cruise – Take a cruise along the Yangtze and Jialing Rivers for a different perspective of Chongqing. Passing beneath illuminated bridges and alongside the city's skyline, the cruise highlights the rivers that have shaped Chongqing's growth as one of China's most important inland ports.

A City of Thousand Faces – This immersive digital experience brings Chongqing to life through panoramic visuals, highlighting the city's dramatic skyline, the Yangtze Three Gorges, the ancient Dazu Rock Carvings and the scenic Jinfo Mountain.

Day 6: Chongqing – Jiuli City | Miao Medicine Experience Meals: B, L, D





After your morning meditation and Wu Qin Xi sessions, board a high-speed bullet train around 1 hour to Jiuli City, a cultural park that showcases the rich heritage and culture of the Miao ethnic minority people. Please note, you will need to carry your own luggage on and off the train.

Sit down to a long-table banquet, experiencing the "mountains and flowing streams" drinking ceremony and tasty Pengshui delicacies. In the afternoon, 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, join Peter for an advanced 'healing others' group session before dinner.

You may wish to leave your luggage safely secured at the Chongqing hotel and bring a bag for your overnight stay in Jiuli City.

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.

Day 7: Jiuli City – Chongqing | Glamorous Chongqing Drone Show Meals: B, L, D



Settle into calm with morning meditation, then join a master for revitalizing tai chi: a timeless martial art of slow rhythmic postures designed to invigorate body and spirit.

Return to Chongqing by train, a journey time of around 1 hour. Please note, you will need to carry your own luggage on and off the train.

Later this afternoon, Peter and Mandy will host a Q&A and a closing session, to ground, cleanse and seal the energy healing treatments you've been experiencing throughout the week.

After dinner, enjoy 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.

Day 8-9: Depart Chongqing Meals: B



Any time before your flight is at leisure. You will be transferred from your hotel to Chongqing Airport, according to the departure time of your international flight home, arriving 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:

New Zealand passport holders can currently enter China visa-free for stays of up to 30 days, for travel completed before 31 December 2026. If you hold a different passport, please contact us.

If you're travelling in 2027 or beyond, visa requirements may change. Should a visa be required for New Zealand passport holders, Wendy Wu Tours will organise this for you at no additional cost. Full details of the visa process – including processing times, required documentation and instructions – will be sent to you electronically at full payment.

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.

GROUP SIZE:

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 be no more than 22 travellers.**

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:

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.

On this wellness-focused journey, you'll also encounter Chinese herbal foods, dishes infused with medicinal ingredients like goji berries, ginseng and Chinese dates, long used to nourish the body and support balance and wellbeing, in keeping with the principles of traditional Chinese medicine.

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:

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:

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:

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:

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.

Yangtze River Cruise Vessel: If travelling on a Yangtze River cruise, a standard cabin is included equipped with Wi-Fi access, an ensuite bathroom, and a private balcony. Upgrades are available at an additional cost upon enquiry with our Reservations team.

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.

Planes: Internal flight/s are based on economy class. Lithium Ion batteries, usually used in laptops, cell phones and digital cameras, must be carried in your hand luggage (not in your checked luggage). Portable chargers with a case that does not state the capacity or with a capacity of 160wh and more are not allowed on internal flights at all.

DEVELOPMENT IN CHINA:

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.

TIPPING POLICY:

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.

INSURANCE:

We strongly recommend that you take out a policy as soon as you pay your deposit. Wendy Wu Tours cannot in any way be made liable for any additional cost incurred by the customer on any tour due to the customer not having adequate travel insurance.

We also encourage all customers to take a copy of their travel insurance documents (especially relevant international contact numbers) with them while on tour. We advise that you check the inclusions and procedures for lodging claims prior to your departure. These documents should be stored separately from the original.

SOUVENIRS:

We want to be able to give you an opportunity to buy souvenirs; so in each city, we will visit a workshop or factory which demonstrates a craft or product unique to that region with pieces available to buy. We understand that souvenir hunting is not for everyone so we aim to take you to places which hold local interest; for example, in Shanghai you will be able to see how silk is created all the way from the silk worm to beautiful garments; and in Xian we will take you to a workshop which creates replicas of the Terracotta Warriors, from tiny little warriors to seven foot behemoths! We trust you will enjoy these opportunities to learn about local arts and crafts and understand their historical and cultural importance.

VACCINATIONS AND YOUR HEALTH:

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

INTERNET RESTRICTIONS IN CHINA:

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:

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 Paying in China guide www.wendywutours.co.nz/help-and-visas/china-travel-tips/

ITINERARY CHANGES:

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.

BEFORE YOU LEAVE:

We strongly recommend registering your travel plans with 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:

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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