

# Itinerary

## In Search of the Dao 2025

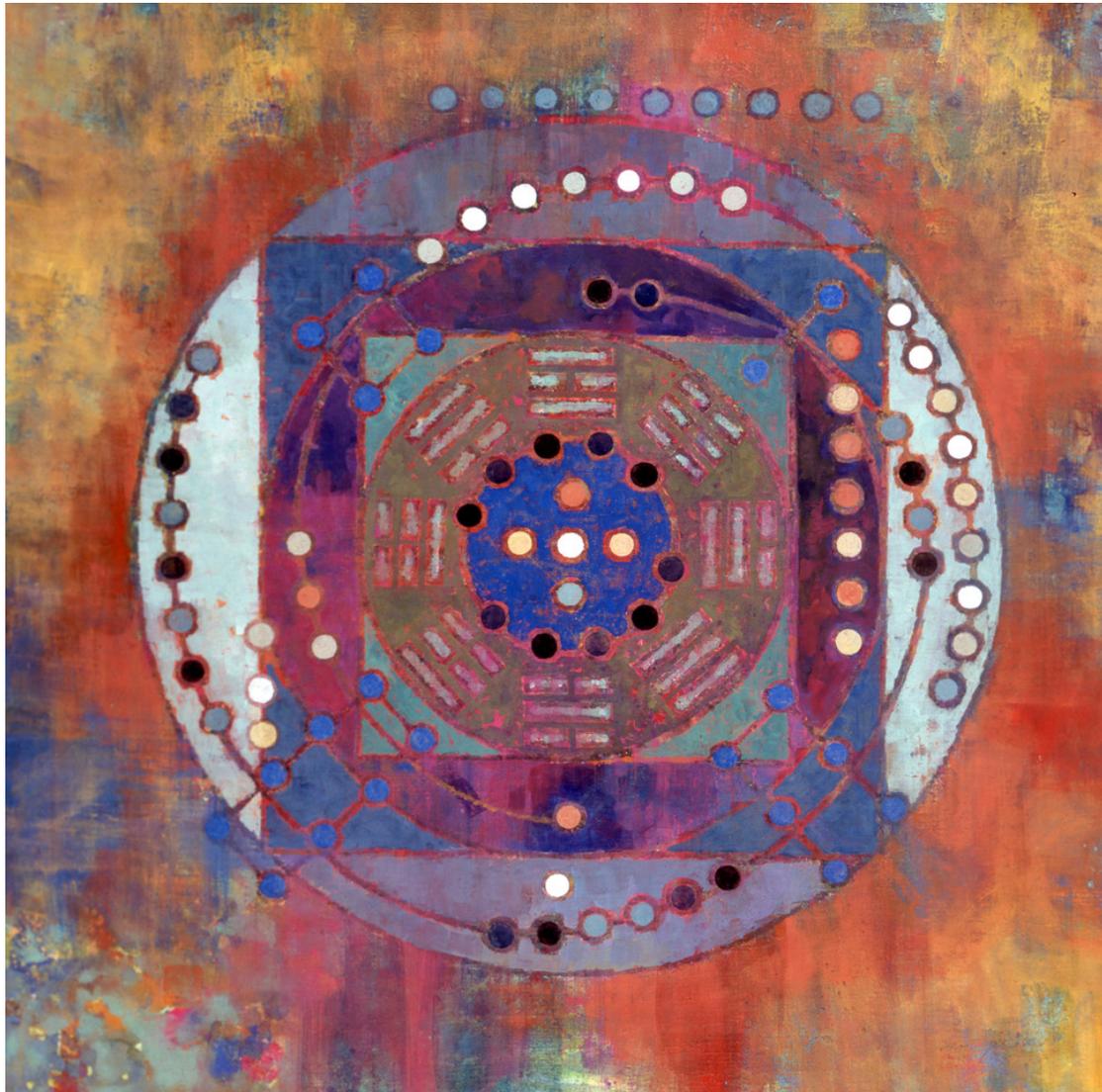
### Bagua

The Bagua itself is an ancient drawing showing 8 symbols/directions showing the interconnectedness of nature, humans and the environment.

It embodies the concept of Yin Yang, the duelling forces moving in harmony and balance with nature.

It is found innately in the movements of Taijiquan and Qigong, and can be used as a map in Feng Shui to calculate the placement and understanding of energy in the environment.

The Bagua artistic painting below is made by artist Lou Jia Ben, Professor of Fine Arts in Beijing University especially created for the Norwegian Taiji Centre in 1993, currently on the wall in Pamela's home.



# In Search of the Dao

12-26Apr, 2025

## **April 12, Sat Arrive in Beijing via flight KL897 at 8:55a.m. (L,D)**

Arrive in Beijing Capital International Airport, move forward to the arrival hall after clearing all the formalities such as immigrations, baggage claim and customs. You will be welcomed by your local tour guide. (Check in to hotel will be after 2pm sometime)

Visit to the **White Cloud Temple**, one of the three "ancestral courts" of the Quanzhen Sect of Daoism.

The traditional Chinese living compound-**Hutong area**, visiting a **local family** and gain a better understanding of ordinary people's life. A specially interesting immersive culture activity will be arranged here, "**cricket fighting**", a **traditional folk custom** rich in local culture, closely linked to Hutong life and the culture of solar terms. The custom can be traced back to the Tang Dynasty and becoming an entertainment shared by both noble and common people in Ming and Qing dynasties. In old times, teahouses and temple fairs in the capital often had cricket fighting arenas, where people would watch and place small bets, creating unique social scenes. You will get an immersive cultural experience by learning how to select and raise insects to watching fights and listen to chirps, experience the sophistication and ritual of traditional "insect culture." Through artefacts like cricket pots, feel the craftsmanship of Old Beijing's art and crafts. Moreover, you will understand Chinese natural philosophy. Between an insect and a pot, the eastern aesthetic of "seeing the big in the small" is reflected. For foreigners, this might be a key to understand the Chinese cultural gene of "harmony between man and nature"—even a small insect can carry a thousand years of poetry and liveliness. You will also participate in **dumpling making and enjoy a dinner like locals in Hutong compound.**

**Hotel:** 4 star Xinqiao Hotel Beijing (the former Novotel Xinqiao Hotel)

## **April 13, Sun Beijing (B,L,D)**

Morning practice of Taiji (early breakfast at 6:30a.m. and depart for Taiji morning activity at Temple of Heaven at 8-9a.m.), visit the Hall of Prayer for Good Harvest of the Temple of Heaven Park. Time permitting, shopping at the Pearl Market. After lunch, you will visit the Forbidden City. Tonight you will enjoy the Peking duck dinner.

**April 14, Mon Beijing (B,L,D)** Depart at 7a.m. for the Great Wall at Juyonguan section Taijiquan exchange activity with the local Taichi professionals and enthusiasts from Beijing Sports University. Great moment to practise Taichi with the locals with the background of Great Wall! After lunch, you will visit a Traditional Chinese Medicine Hospital/Clinic to have a better understanding of TCM.

Return to downtown and attend the meeting and dinner with BPAFFC at 6-8p.m.

## **April 15, Tues Beijing West—Anyang East by high-speed train (B,L,D)**

Travel from Beijing to Anyang by high-speed train in the morning G689 09:20a.m./12:08p.m.

Upon arrival - lunch.

This afternoon you will head for Youli where King Wen was prisoned in ancient times Grand ceremony and Taiji exchange activity with local Taiji players (Norway-Anyang Taichi Culture Friendship activity)-about 2 hours arranged by Master Shi.

**Hotel:** 4+star Wanda Realm Anyang

**April 16, Wed Anyang(B,L,D)**

Early morning visit to the National Museum of Chinese Writing. After lunch you will continue to the palace of Yinxu ruins.

**April 17, Thurs Anyang-Guangfu ancient town (B,L,D)**

This morning you will be transferred from Anyang to Guangfu, the ancient town the birthplace of Yang Style Taiji. It is about 1.5 hour drive north of Anyang, in Hebei Province. Master Shi will organise Taiji players to practice Taiji with the group on the ancient city wall of Guangfu. In the afternoon return to Anyang and have an early dinner, followed by evening party in a grand theatre to celebrate the friendship of the Norway and China.

**April 18, Fri, Anyang-Dengfeng (B,L,D)**

This morning you will have exchange activity with Anyang Yindu Taiji Club.

After lunch you will be transferred from Anyang to Dengfeng with 3.5-hour drive.

Tonight enjoy the show of Shaolin Zen Music Ritual, it is world's largest-scale outdoor performance in the mountains. It skillfully combines Zen Buddhism music played by 88 Guzheng (Chinese stringed plucked instrument similar to zither) and wood block, martial arts displayed by about 600 Shaolin monks, and dance of local shepherdesses with modern sound and light technologies, offering a feast to the eyes and ears. It altogether has five movements, mainly showing the Zen Buddhism concepts.

**Hotel:** 4 + star Dengfeng International Shaolin Hotel

**April 19, Sat Dengfeng-Zhengzhou, Zhengzhou-Wudangshan by high-speed train (B,L,D)**

This morning you will visit the Shaolin Monastery, a Shaolin monk will guide you to visit the temple while the local guide will translate accordingly and extend the introduction. This part of visit lasts about 1 hour. 'Our' monk will take the group to an appropriate place where he will practice Baduanjin with the delegates which will take about 45-60 minutes. Visit the Forest of Pagoda. In the afternoon at 2 p.m. you will watch a martial arts performance before driving to Zhengzhou.

In the afternoon bus transfer to Zhengzhou.

Travel by high-speed train from Zhengzhou to Wudangshan in the evening G1589 1908/2214

**Hotel:** 4+ star Narada Wudangshan Hotel

**April 20, Sun Wudangshan (B,L,D)**

This morning you check out hotel and head for Mt. Wudangshan. Today the visit include the Prince's Slope, Purple Cloud Palace and South Cliff. In the afternoon, an

unveiling ceremony of the Norwegian Wudang Cultural Communication Center will be held.

Dinner hosted by President of Liuwenguo of Wudang Taoism Association, followed by a lecture by Professor Yang Lizhi tonight.

**Hotel:** 3 star Tianlu Hotel Mt. Wudangshan

**April 21, Mon Wudangshan (B,L,D)**

Morning 9-11a.m. Lecture and exchange activity by Master Zhong.

After lunch, you will visit the Golden Peak, which is the essence and symbol of Wudang Mountain. It is the largest extant brass cast building in China.

**April 22, Tues Wudangshan-Chengdu by flight MU2556 2105/2250 (B,L,D)**

Morning 9-11a.m. Lecture and exchange activity by Master Zhong.

After lunch, you will go down the mountain and continue to visit the

Wudang Museum, Yuxu Palace and Taiji Lake.

Fly to Chengdu in the evening with roundtrip transfers.

**Hotel:** 5 star Chengdu Tibet Hotel

**April 23, Wed Chengdu-Leshan Giant Buddha-Emei (B,L,D)**

This morning you will depart for Leshan and practice Taiji with the locals before taking the boat ride to view the Giant Buddha. After lunch, you will continue to drive to Emei and visit the Baoguo Monastery.

**Hotel:** 5 star Hongzhushan Hotel Emei

**April 24, Thurs Emei-Hemingshan (B,L,D)**

This morning you will start your journey by visiting Mt. Emei Golden Summit. In the afternoon drive from Emei to Hemingshan.

After dinner you will take evening class with the master in Hemingshan Taoist temple.

**Hotel:** Daoyuanshengcheng Hotel Mt. Hemingshan

**April 25, Fri Mt. Hemingshan-Chengdu airport for flight back to Beijing 3U8895 1730/2030(B,L,D)**

This morning you practice Taiji with The Master and will visit the old and new Taoist temples of Mt. Hemingshan. Enjoy a vegetarian lunch and in the afternoon drive back to Chengdu airport for flight back to Beijing. Dinner will be on board.

Upon arrival, you will be met and transfer to hotel.

**Hotel:** 4+ star Crown Plaza Beijing International Airport Hotel

**April 26, Sun Depart Beijing via flight KL898 at 10:55a.m. (B)**

Departure transfer to airport for your flight home to Oslo:-)

