



Grandmaster William Cheung and
The Global Traditional Wing Chun Kung Fu Federation
present

2025 CHINA KUNG FU TOUR

led by Master Andrew Cheung

October 15 to 26, 2025

Beijing > Shaolin Temple (Dengfeng) > Yangtze River Cruise > Chongqing
(with an optional extra 3 nights in Hong Kong)



Tour Highlights:

- Fly into China's dynamic capital, the historic **Beijing** and explore the spectacular **Forbidden City**
- Experience the splendor of the **Great Wall** with a sunset hike
- Enjoy daily **Wing Chun Kung Fu** classes with **Master Andrew Cheung** and **Master Freddy Wong**, with special training at the **Shaolin Temple**
- Climb the sacred **Mount Song** to visit **Bodhidharma's Dharma Cave**
- Spend 4 nights cruising the scenic **Yangtze River**, and marvel at the **Three Gorges Dam**
- As an optional extra, spend 3 nights in **Hong Kong** where we will pay our respects at the grave of the Great Wing Chun Grandmaster **Yip Man**.

中国游



TRIP INFORMATION AND BOOKING FORM

ITINERARY

Day 1 October 15

Fly to **Beijing**, the dynamic capital of the People's Republic of China, once the imperial city of Mongol, Ming and Manchu Emperors. Transfer by bus to the 4-star Qianmen hotel and check in for 3 nights.

Day 2 October 16



Beijing
Morning training.
Breakfast in hotel.
Tour **Tiananmen Square**, the biggest public square in the world. Stop at The National Centre for Performing Arts (The Egg). Visit **The Forbidden City**, the vast complex of palaces which was home to successive Emperors for more than 500 years. Lunch at local restaurant.
Welcome dinner – enjoy the famous **Beijing Duck banquet** at Hepingmen Duck Restaurant.

Day 3 October 17



Beijing
Morning training.
Breakfast in hotel.
Enjoy a pedi-cab tour of **Hutong** – the 'old city' neighbourhood with quaint narrow alleyways and courtyard gardens. Afterwards visit a **jade carving factory** to watch the skilled artisans at work, and where jade items will be available to purchase. Lunch at local restaurant.
Bus trip to hike the **Mutianyu** section of the **Great Wall**. Stay and watch the sun set from the Great Wall – one of the Seven Wonders of the World built over 2,000 years ago.
Coach back to Beijing for evening dinner at Qianmen hotel.

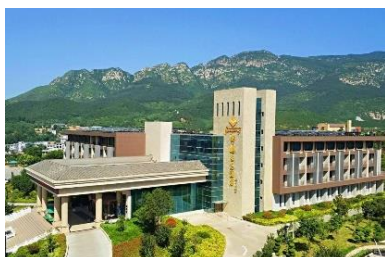
Day 4 October 18



Beijing / Zhengzhou / Dengfeng
Morning training.
Breakfast and check-out of hotel.
Transfer to the station to take the high-speed train to **Zhengzhou** (2 -3 hours).
Lunch in Zhengzhou.
Coach transfer to **Dengfeng**.
Check into the Jinpeng Ecology Hotel for 4 nights.
Free time.
Dinner in hotel.



Day 5
October 19



Shaolin

Morning training on the hotel deck at the foot of **Mt Song**, one of the five sacred mountains in China.

Breakfast in hotel.

Board the bus for departure to the **Shaolin Temple**.

Lunch at Shaolin Temple's vegetarian restaurant.

Special kung fu class next to the historic **Pagoda Forest**.

Dinner at local restaurant.

Optional evening outdoor extravaganza – **Zen Music Shaolin Grand Ceremony** with Mt Song as the backdrop, featuring music, dance, light and Shaolin kung fu (extra cost, approx. AUD\$45-\$65).

(Free time for people not attending.)

Board bus to return to hotel.

Day 6
October 20



Shaolin

Morning training on hotel deck.

Breakfast in hotel.

Board the bus for departure to **Shaolin Temple**.

Optional walk up the mountain to the **Dharma Cave**, a natural stone cave located near the top of Wuru Peak, Songshan Mountain, where Bodhidharma faced the wall to meditate for 9 years, permanently casting his shadow on the wall.

Those not walking can explore the grounds of the Temple including the legendary **Pagoda Forest**.

Lunch at Shaolin Temple's vegetarian restaurant.

Wing Chun training at Shaolin Temple.

Dinner in hotel.

Day 7
October 21



Shaolin

Morning training on hotel deck.

Breakfast in hotel.

Board the bus for departure to visit the Taoist **Zhongyue Temple** at the foot of Taishi Mountain.

Lunch at local restaurant.

Visit **Songyang Academy**, a learning institution founded in 1035 and home to a magnificent 4,500-year-old cypress tree.

Free time.

Dinner at hotel.

Day 8
October 22



Dengfeng / Zhengzhou / Yichang

Morning training on hotel deck.

Breakfast in hotel.

Transfer to the station and take the high-speed train to **Yichang** (about 3.5 hours).

Lunch and city tour.

Dinner at local restaurant in Yichang.

Transfer to Maoping Port to board the brand-new cruise boat **Victoria Isabella**.

Day 9
October 23

Yangtze River Cruise

Morning training on boat's observation deck.

Breakfast.

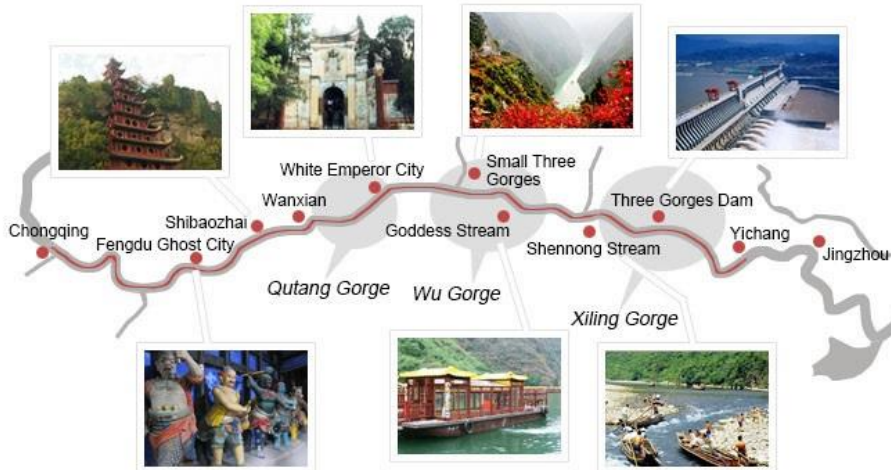
Visit the **Three Gorges Dam** which spans the Yangtze River at **Sandouping** in Xiling Gorge. It is the world's largest power station.

Buffet lunch on the boat.

Sail through spectacular **Xiling Gorge**, the longest and deepest of the Three Gorges.

Welcome reception dinner.

There is an optional shore excursion available (extra cost).



Day 10
October 24

Yangtze River Cruise

Morning training on the boat's observation deck.

Breakfast.

Transfer to another vessel for a relaxing excursion through

Shennong Stream small gorges.

Enter **Wu Gorge**, known for its quiet beauty, forest-covered mountains and cliffs so sheer that the sun barely penetrates the precipices.

Buffet lunch.

Scenic cruising through **Qutang Gorge**, the shortest, narrowest and most dramatic gorge.

Buffet dinner on the boat.



Additional shore excursions are available at extra cost.

Day 11
October 25

Yangtze River Cruise

Morning training on the boat's observation deck.

Breakfast.

Shore excursion to the scenic **Xiao Guan Shan Folk Culture Park**.

Depending on river conditions, an alternate excursion may be substituted to **Shibaozhai**, with its impressive wooden pagoda.

Buffet lunch.

Training and free time on the boat.

Captain's **farewell banquet**.

There is an additional optional shore excursion to Fengdu's "Ghost City", known for its statues of ghosts and devils on Mingshan Hill.

** All shore excursions are subject to weather conditions. Additional optional shore excursions cost between AUD\$70-\$90 and can be booked on board the boat.*



Day 12
October 26



Chongqing

Pack and prepare for disembarkation.

Breakfast.

Disembark cruise boat at **Chongqing**, the “Mountain City”.

Transfer to Chongqing Jiangbei International Airport for international flight home.

End of tour.

FOR THOSE TAKING THE OPTIONAL 3 NIGHTS IN HONG KONG:

October 26 cont.

Fly to **Hong Kong** from Chongqing Jiangbei International Airport (2.5 hours – own booking).

Transfer by coach to Salisbury Hotel in Tsim Sha Tsui where we will stay for 3 nights.

Own dinner.



Day 13
October 27

Hong Kong

Breakfast in hotel.

Coach to **Great Grandmaster Yip Man’s grave** in Fanling in the New Territories to pay respects.

Return to hotel for own activities (for example, explore Hong Kong Harbour, shop in Tsim Sha Tsui, visit the local markets or take the tram to Victoria Peak and enjoy majestic views of Hong Kong).

Own lunch and dinner.

Day 14
October 28

Hong Kong

Breakfast in hotel.

Own meals and activities.



Day 15
October 29

Hong Kong / International flight

Breakfast in hotel.

Transfer to airport for international flight home.



2025 CHINA KUNG FU TOUR

BOOKING FORM

**Secure your place with a deposit of AUD\$650, passport copy and this form.
Full payment due by September 8, 2025**

- PLEASE READ AND COMPLETE THESE TWO PAGES IN FULL, IN CLEAR PRINTING -

Full Name (all names exactly as on passport):.....

Address:.....

.....

Mobile:..... Email:.....

Emergency contact (name and mobile):

Date of Birth:..... Shirt Size (S,M,L,XL,XXL, or other) :

Passport Number: Passport Expiry Date:

Country of Passport: *Please attach clear photocopy of passport.*

Instructor's Name (if applicable):

PLEASE SELECT YOUR TOUR:

1. CHINA KUNG FU TOUR

Tour will start in Beijing on October 16, 2025 and finish in Chongqing on October 26, 2025.

TOUR COST: Beijing > Shaolin > Yichang Cruise > Chongqing

GTWCKFA MEMBER PRICE: AUD\$4,220 NON-MEMBER PRICE: AUD\$4,640

FLIGHTS:

From Australia:

International flights from Australia (Melbourne, Sydney, Perth or Brisbane) to Beijing, returning from Chongqing with Cathay Pacific.

Approx AUD\$1,000 - \$1,600 depending on the airline's price when you book.*

From other countries:

Book your own flights to arrive into Beijing any time on October 15, and depart from Chongqing after midday on October 26, 2025.

2. CHINA KUNG FU TOUR WITH EXTRA 3 NIGHTS IN HONG KONG

Tour will start in Beijing on October 16, 2025 and finish in Hong Kong on October 29, 2025.

TOUR COST: Beijing > Shaolin > Yichang Cruise > Chongqing > Hong Kong

GTWCKFA MEMBER PRICE: AUD\$5,175 NON-MEMBER PRICE: AUD\$5,693

FLIGHTS:

From Australia:

International flights from Australia (Melbourne, Sydney, Perth or Brisbane) to Beijing, then Chongqing to Hong Kong returning from Hong Kong with Cathay Pacific.

Approx AUD\$1,000 - \$1,600 depending on the airline's price when you book.*

From other countries:

Book your own flights to arrive into Beijing any time on October 15, then Chongqing to Hong Kong on the afternoon of October 26, and depart from Hong Kong any time on October 29, 2025.

Tour prices include all transport within China including private air-conditioned coaches, meals as indicated in the itinerary, 4-star twin share hotel accommodation, transfer from Beijing airport to hotel and cruise boat in Chongqing, or Hong Kong hotel to airport, flights and train travel within China, seminars and training, entrance fees and tips. Exclusions: Insurance, any visa fees, meals in Hong Kong, optional Zen Music Ceremony in Dengfeng and optional extra shore trips on the Yangtze River Cruise. Also excluded is the flight from Chongqing to Hong Kong (if you are taking the Hong Kong option).

*** International airfare component of this cost will change and a late booking fee by the airline may apply. The cost can be locked in when paying your AUD\$650 deposit with a copy of your passport.**

YANGTZE RIVER SURCHARGE for US PASSPORT HOLDERS:

I understand The Victoria Cruise Company implements a surcharge of US\$200 for US passport holders.

I am traveling from:

Country: City:

HOTEL OPTIONS:

- I am happy to share* a twin room with one other person throughout the trip; OR
- I prefer to pay the supplement of AUD\$1,300 for a single room throughout China (including cruise).
- I prefer to pay the supplement of AUD\$350 for a single room in Hong Kong (if taking this option).

Are you vegetarian or vegan?

* Room sharing is on a *first come first served* basis. If the group number is uneven, the last person to book a shared room will be required to pay the single supplement.

The total cost of my tour is AUD\$

PAYMENT METHOD:

- Initial deposit of AUD\$..... then remainder [cash card bank transfer] *
- Initial deposit of AUD\$..... then instalments of AUD\$..... per month for months * by cash card bank transfer
- Total sum in full AUD\$..... including any options and additions [cash card bank transfer]

* Final payment must be received by us no later than September 8, 2025.

Bank transfer details and payment dates are on following page.
Please read Terms and Conditions. All tour participants must obtain travel insurance.

I have read and understand the Terms and Conditions on the following page.

Signature:

VISA:

Australian and US Passport Holders

The Government of China has implemented a temporary visa-free regime for 38 countries until December 31st, 2025. During this period no visa is required for a maximum stay of up to 30 days. (See <https://shanghai.china.embassy.gov.au/>)

Please keep in mind that you must:

- Hold a passport valid for at least six months upon entry with one blank visa page
- Hold proof of sufficient funds
- Hold proof of onward/return airline tickets
- Hold all documents required for the next destination

CHINESE VISA APPLICATION SERVICE CENTRE
Melbourne: Ground Floor, 570 St Kilda Road, Melbourne 3004. Tel: 03-9937 2308

All other passport holders

Check visa requirements here: <http://www.visaforchina.org/>



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TERMS AND CONDITIONS

RESERVE YOUR PLACE with a deposit of AUD\$650 and a copy of your passport.
Payment of deposit indicates acceptance of all conditions below by the purchaser and/or participant. The deposit is non-refundable.

50% of the total cost is due before August 1, 2025.

Full payment is due by September 8, 2025.

Payment can be made by:

- Credit card (surcharge of 1.5% for Visa or Mastercard will apply)
- Telephone +61(0)488 004 743
- Money order or international bank cheque (payable to Healthworld Enterprises Pty Ltd)
- Direct bank deposit:
Bank: Commonwealth Bank of Australia
Bank Address: 150 Lonsdale Street, Melbourne, Australia 3000
SWIFT code: CTBAAU2S
BSB: 063 023 Account No: 10136265
A/c Name: Healthworld Enterprises Pty Ltd
Ref: Your name
- PayPal payments – add 2.5%
- Cash

Cancellation

In order to give you the best possible rate for this tour, we book your flights and hotels as soon as you make your booking. Therefore, in the event of cancellation we are obliged to charge the following:

The deposit of AUD\$650 is non-refundable.

If you cancel between July 1 to August 6, 2023 inclusive, the cancellation fee is 30% of the total tour fare.

A fee totaling 50% of total tour cost will be retained if you cancel between August 7 and September 7, 2025 inclusive.

If you cancel on or after September 8, 2025, the full trip cost is forfeited - NO REFUND. This is why it is essential you take out travel insurance in case of personal emergency or sudden illness.

NO REFUNDS for voluntary termination of travel AFTER trip begins. If a member must involuntarily cancel for physical health reasons AFTER the trip has begun and does not use a portion of their already pre-paid services, NO refunds will be made. No refunds are made for unused excursions and special program activities.

You may cancel by contacting us by email at The Global Traditional Wing Chun Kung Fu Federation:
Email: academy@cheungsmartialarts.com

Cancellation is effective the day we RECEIVE your cancellation notice.

Costs/Exchange Rate

Prices quoted are subject to change without notice due to currency exchanges and unforeseen circumstances beyond our control.

The land price of the tour is fixed. The cost of the international airfare may change. Therefore, a late booking fee by the airfare may apply.

To lock in the cost of the international airfare, pay your AUD\$650 deposit with a copy of your passport as early as possible. This will be booked into the airline's system and the price confirmed to you.

Travel Documents

All participants need a valid passport with at least (6) six months' validity remaining from departure date.

Accommodation

Note that all hotel rooms are shared between 2 people.

Single Supplement

If you require a single room throughout the tour, add AUD\$1,300 for China (includes the cruise) and AUD\$350 if you take the Hong Kong option.

All costs presume twin share.

Twin Share

Room sharing is on a *first come first served* basis. If the group number is uneven, the last person to book a shared room will be required to pay the single supplement (as above).

Itinerary

The organizers reserve the right to change/cancel itinerary, hotels, restaurants, boat, services etc. nominated in the tour itinerary should circumstances change. This would be for the best interest of the participants or any other operational reason.

Insurance

Insurance is strongly recommended to participants before joining the tour, and should be taken out upon payment for the trip. The policy SHOULD cover personal accident, sickness, loss of baggage, money, loss of deposit, payment or cancellation fees and curtailment expenses.

Tips

Tips for guides and drivers have been included in the cost of this tour.

STATEMENT OF RESPONSIBILITIES

In all matters relating to travel, accommodation and all associated services, *The Global Traditional Wing Chun Kung Fu Federation* (The Federation) acts as the tour organiser.

The Federation will take all reasonable care to ensure that the participants obtain travel, accommodation and other specified services and in making those arrangements does so as a convenience to the client. However, the Federation accepts no responsibility or liability for death, injury, sickness or accident to any participant or loss of or any damage to property or otherwise, or any cancellation, delay, detention, irregularity, deviation, substitution arising out of or in conjunction with any accommodation, transportation, conveyance or any other services provided by hotels, restaurants, airlines, coach companies or any other services. The Federation is under no obligation or liability to any person as a result of any inaccuracy, misdescription or changes to any tour or itinerary or for the losses or additional expenses due to delays, strike, war, terrorism, quarantine, acts of God, improper documents or any other cause. Neither the Federation, nor its servants, agents or employees shall be or become liable or responsible for any additional expenses, liabilities incurred by any tour member as a result of any of the ongoing causes. Prices quoted are subject to change without notice. Baggage and all personal effects are at the passengers' own risk at all times. Any unused services will not be exchanged or refunded.

The Federation reserves the right to cancel a tour, modify the itinerary in any way it thinks desirable or substitute services in any way, and further reserves the right to decline or accept or retain any person as a member (participant) of the tour.