



The Giant Buddha of Leshan

# Medicine in China

## 12 – 25 October 2020

*“Thank you for arranging such a wonderful tour. We will return home having had an experience of a lifetime!”*

Colin and Huan Ridley, Medicine in China 2019



Jon Baines  
tours



The Great Wall

**This tour takes you on a journey through China's history, culture, medicine and cuisine. From imperial Beijing journey to dynamic Shanghai via the Silk Road city of Xi'an. Travel by high-speed train into Sichuan and the city of Chengdu, known for its culture, cuisine, teahouses and pandas. Take the path less travelled to see the towering Giant Buddha and stay by the sacred mountain of Emei Shan amidst dramatic scenery.**

**The tour examines health care in China and the challenges posed due to its rapid economic development, how Traditional Chinese Medicine (TCM) works in China and looks at the ways western medicine and TCM are integrated in practice in China. You will also take a delicious nightly journey through China's regional cuisine.**

Arrive in Beijing, China's mighty imperial city, where the ancient and the modern collide on the most magnificent scale. In the late afternoon visit the impressive Temple of Heaven.

The following morning visit the beautiful Summer Palace and a teahouse. In the afternoon drive out to visit the iconic Great Wall before returning to hear a talk on the background to

Chinese Medicine and a traditional Peking Duck dinner in the evening.

Next morning visit historic Tong Reng Tang, a pharmacy founded in 1669 that prescribes both Western and Chinese medicine. Continue to the vast expanse of Tiananmen Square and the impressive Forbidden City, once barred to all but the inner royal circle. Afterwards take a walking tour of one of the traditional districts of old Beijing, the hutongs, which are the oldest areas of the city.

The following morning fly to Xi'an, an ancient Silk Road hub and probably the first truly multicultural city in the world. Take a walk



The Forbidden City, Beijing



The Terracotta Warriors (top);  
Xi'an Hospital of Chinese Medicine (Credit: G.Edmonds) (above)

along the huge medieval city walls and visit the atmospheric calligraphy street market. There is the option to see graceful traditional Tang Dynasty Theatre in the evening.

Early the next morning visit the amazing necropolis of the Terracotta Warriors, the famed collection of terracotta sculptures depicting the armies of Qin Shi Huang, the first Emperor of China. Each warrior has an individual face and expression and the skill and attention to detail devoted to this funerary art is extraordinary. Spend time exploring this superb site. In the afternoon visit the excellent Hospital of Chinese Medicine to tour the departments of herbal medicine, massage and acupuncture. In the evening visit the old Muslim quarter, when it comes to vibrant life as the locals throng its many restaurants and food stalls.

Early risers have the option to watch – or join – locals practising tai chi in the park the next morning. Return for breakfast before boarding

the train to Chengdu to travel across the Shaanxi Plain and through the Qinling Mountains into the Sichuan Basin. Arrive in Chengdu and transfer to the hotel and enjoy a Sichuan hot pot dinner that evening.

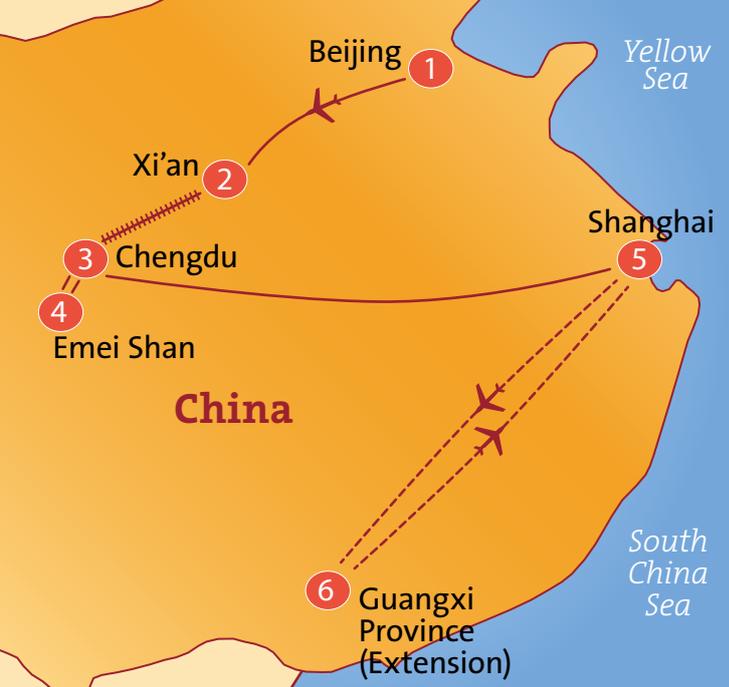
The following morning drive out of Chengdu to the west, a beautiful region of forests and mountains, and visit the Chengdu Panda Research Base at Wulong. Return in the afternoon to enjoy tea in one of Chengdu's famous teahouses.

Explore the city the next day, including a visit to spice and food markets as well as the largest herbal medicine market in Chengdu. Continue to atmospheric Wenshu Monastery and sample their famous vegetarian lunch. In the afternoon visit the Chengdu People's Hospital and understand how cancer is treated with TCM and western medicine.

In the morning visit a community clinic and see community integrated health care in practice. Drive to Leshan and see the extraordinary Giant Buddha, carved out of the cliff face at the confluence of three rivers, the Min River, Qingyi River, and Dadu River. At 71 metres tall, this is the biggest stone Buddha in the world. The statue incorporates intricate internal drainage systems, as well as beautifully carved



Xi'an city walls



wooden ears - each 7 metres long – which have been decorated with mud and affixed to the stone head. Continue to the lovely resort of Le Meridien Emei Mountain Resort and check in.

Rise early the next morning for tai chi before breakfast, before driving to Mount Emei, or Emei Shan. One of the Four Sacred Buddhist Mountains of China, Emei Shan is a stunningly beautiful area of dramatic towering green peaks, shrouded in mist and dotted with Buddhist temples. Spend time at the sacred mountain before an afternoon at leisure enjoying the facilities at the resort.

The next day return to Chengdu to connect with your flight to Shanghai, with its spectacular skyline and fabulous Art Deco heart. Arrive and check into your hotel and at leisure.

Spend the next day exploring Shanghai and its colourful history, including the French Concession and the Bund, and see the neon magnificence of the Pudong by dark. The following morning visit the excellent Museum of Traditional Chinese Medicine before an afternoon at leisure relaxing at the hotel or exploring at your own pace. Enjoy a farewell dinner in the evening.

Transfer to the airport the next day for your return flight. Alternatively you may take an extension to stunning Guangxi Province (see overleaf).



Panda in Chengdu (top); Tai chi in the Park; Qing Yi Ge Temple, Emei Shan; Shanghai skyline (above)

# Itinerary 12 – 25 October 2020

**B** = Breakfast **L** = Lunch **D** = Dinner

3 nights Beijing – 2 nights Xi'an – 3 nights Chengdu – 2 nights Emei Shan – 3 nights Shanghai

**12 Oct (Mon) Beijing** **B D**  
**Am/Pm** Arrive Beijing and check into Holiday Inn  
Zhong Cheng Temple of Heaven  
**Eve** Local dinner

**13 Oct (Tues) Beijing** **B D**  
**Am** Visit the Summer Palace  
**Pm** Visit the Great Wall  
**Eve** Welcome Peking Roast Duck dinner

**14 Oct (Wed) Beijing** **B D**  
**Am** Visit the historic Tong Ren Pharmacy.  
Continue to Tiananmen Square and the  
Forbidden City  
**Pm** Explore the hutongs of Old Beijing  
**Eve** Option to see the Beijing Acrobats

**15 Oct (Thur) Beijing / Xi'an** **B D**  
**Am** Fly from Beijing to Xi'an and transfer to  
Jian Guo Hotel  
**Pm** Visit the old city walls and the  
Calligraphy Museum  
**Eve** Optional Tang Dynasty Theatre

**16 Oct (Fri) Xi'an** **B D**  
**Am** Visit the Terracotta Warriors  
**Pm** Visit the Xi'an City Hospital of Chinese  
Medicine; visit departments of herbal  
medicine, massage and acupuncture  
**Eve** Visit the evening market

**17 Oct (Sat) Xi'an / Chengdu** **B D**  
**Am** Optional early morning visit to the local  
park to watch or take part in tai chi  
**Pm** Take the high-speed train to Chengdu  
and transfer to the Tibet Hotel  
**Eve** Sichuan hotpot dinner

**18 Oct (Sun) Chengdu** **B D**  
**Am** Drive out of Chengdu to visit the  
Chengdu Panda Research Base at Wulong  
**Pm** Take tea in a traditional teahouse

**19 Oct (Mon) Chengdu** **B L D**  
**Am** Explore the old city of Chengdu,  
including the largest herbal medicine  
market in Chengdu and the food and  
spice market  
**Pm** Visit Wenshu Monastery and have a  
vegetarian lunch at the monastery.  
Visit Chengdu People's Hospital and see  
how cancer is treated with Chinese and  
western medicine

**20 Oct (Tues) Chengdu / Emei Shan** **B D**  
**Am** Drive to Leshan. Visit the local  
Community Clinic and see how TCM and  
western medicine used in a community  
practice.  
**Pm** Visit the Giant Buddha. Check into the  
Le Meridien Emei Mountain Resort

**21 Oct (Wed) Emei Shan** **B L D**  
**Am** Early morning Tai Chi. Visit the Sacred  
Mountain of Emei Shan  
**Pm** At leisure at the resort

**22 Oct (Thur) Chengdu / Shanghai** **B D**  
**Am** Return to Chengdu to fly to Shanghai  
**Pm** Arrive and transfer to the Narada  
Boutique Hotel Hongkou

**23 Oct (Fri) Shanghai** **B D**  
**Am** Historic Shanghai walking tour  
**Pm** Explore the French Concession, the Bund  
and the Pudong

**24 Oct (Sat) Shanghai** **B D**  
**Am** Visit the Museum of Traditional Chinese  
Medicine  
**Pm** At leisure  
**Eve** Farewell dinner

**25 Oct (Sun) Shanghai**  
**Am** Depart Shanghai

*“Brilliant, enjoyed every day! China was so friendly, safe and clean, not at all how I expected it to be.”*

Carolyn Parker, Optometry Tour to China, April 2019

**NB: All itineraries are subject to change according to local conditions. This itinerary is ground only so arrival and departure dates may differ.**



Guangxi Province

## Extension

The spectacular landscapes of Guangxi Province have made it a favourite of Chinese artists throughout the ages. Fly from Shanghai to Guilin and enjoy this lovely riverside town with its many galleries. Take a scenic cruise along the stunning Li River to the cobblestone town of Yangshuo, where you can enjoy the charms of the town and its lovely surroundings at leisure. There is an optional class teaching how to cook mouth-watering and highly spiced Sichuan cuisine. Take a cycle or buggy ride through the local villages or explore the local surroundings, with the option to see a spectacular *son et lumière* show in the evening. Fly from Guilin to Shanghai or to Hong Kong.

**Please contact the Melbourne or London office for more details. Price available on request.**

*“The extension trip to Yangshuo via the Li River was spectacular and wonderful.”*

Colin & Huan Ridley, *Medicine in China* 2019

*“All optional activities were good. The son et lumière show in Yangshuo was exceptional!”*

Malcolm Yee, *Pharmacy in China* 2016



Cormorant fishermen on the Li River (top);  
Waterwheel in Guangxi Province (above)

## Tour Leader

**Associate Professor David Bell** is currently senior medical oncologist at the Northern Cancer Institute, Sydney with responsibility for the medical oncology unit. He is also clinical senior lecturer in medicine at the University of Sydney and has conducted both clinical and laboratory research work, which has been widely published. He is also associate professor in rural medicine at the University of New England and has established several rural oncology clinics in Australia. He spent three years in Canada studying the phenomenon of drug resistance and was the first recipient of the prestigious Terry Fox Clinical Fellowship. He is principal researcher in numerous studies covering aspects of lung, breast, ovarian, soft tissue, skin and rectal cancer as well as investigations into multidrug resistance and drugs of potential patient benefit.

He was responsible for the incorporation of the Medical Oncology Group of Australia, which is the peak body representing medical oncologists in Australia, and coordinates training of future medical oncologists in conjunction with the Royal Australasian College of Physicians. He was treasurer of MOGA for 10 years.

Dr Bell has been an invited speaker at numerous national and international forums including to USA, Canada, Hong Kong, Singapore, China, France and Germany. He has led two successful study tours to China in 2015 and 2016.

## National Guide

**Zhang Zhong Jiu** (known as John) has worked with Jon Baines since 1994, taking healthcare and cultural groups around China. Educated in Beijing and London and widely travelled, with familial links in Australia, John is extremely knowledgeable and popular with our groups for his sense of humour and his ability to bring China's history and society to life with personal anecdotes. Having led a wide variety of professional groups over so many years, his breadth of knowledge is second to none.

**The cost of the tour is  
USD \$3,562 per person sharing  
(excluding international  
flights and transfers)**

### The cost includes:

- The services of a tour leader (Dr David Bell)
- 13 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first-class hotels

### The single room supplement is USD \$546

- Breakfast and lunch or dinner daily on the tour
- An allowance of soft drinks, tea and beer with meals on the tour
- All admission fees
- Services of a specialist English speaking national guide (Zhang Zhong Jiu)
- All transport services and taxes in China
- All tips

### The cost excludes:

- Meals not mentioned
- All optional excursions, tours and visits
- Travel insurance
- Visa

The tour professional programme is eligible for CPD. Please contact us after the tour to request an attendance certificate.

*“John (Zhang) was incredibly informative, interesting, friendly and helpful – couldn't have had a better guide.”*

Felicity McCormack, Optometry Tour to China, April 2019

## Flights

If you require help booking flights to China please contact the London office on **+44 (0)207 223 9485** or the Melbourne office on **+61 (0)3 9343 6367**.

## About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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The Temple of Heaven, Beijing (top); Acupuncture in action;  
The Beijing Acrobats; Street market in Xi'an (above)



Jon Baines  
tours

