

## Morning Tour to Wet Market and Tai Chi Practice

### Basics

**Title:** Morning Tour to Wet Market and Tai Chi Practice

**Duration:** 3 hours (8:00 - 11:00)

**Meeting point:** Grand Noble Hotel

**Place to visit:** local wet market and local park

**Overview:** Join in the local people's daily lives and get a taste of traditional Chinese culture, folk religion and Tai Chi while visiting the local communities, morning markets, parks and the temple hidden in a corner of the city! You will meet curious locals who would like to say “Nihao” to you, you will be welcomed to join them in their activities and you will be showered with enthusiastic hospitality. Not to mention the highlight of learning Tai Chi (Shadow Boxing) in its home with an old master and the opportunity to dress up like a Kung Fu master. In addition there is the option of a vegetarian lunch in the temple.

### Highlights

- Catch a glimpse of local morning life by wandering in a local market and watching people bargaining;
- Do a little exercise in a local park under the instruction of a Tai Chi master;
- Grab something local for breakfast and feel like a common worker.

### Itinerary

Date	Starting Time	Destination
Day 1	08:00 a.m	Local Wet Market, Practice Tai Chi

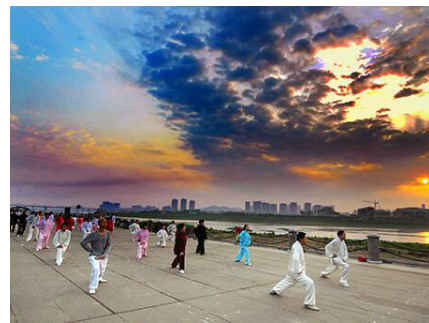
At 8:00, you will set off from the meeting point at the Hilton Xian Hotel on this amazing morning walking tour.

You will walk along the back street alleyways to a busy morning market and grab some local snacks for breakfast just as the locals do. As a food paradise, Xian is the perfect place for you to taste the most authentic **Chinese breakfast**. Here are some options for you: Chinese hamburger, Chinese Pancake, Tofu Jelly, Baozi, Spicy Soup, Deep-fried Dough Sticks, Pan-fried Dumplings, etc.



Then, you will visit a local **wet market**, where you will see all kinds of fresh vegetables, fruit, raw meat and other daily necessities on sale. You will see many elders buying vegetables for the day and bargaining with the vendors. Visiting this market will enable you to experience the authentic local life and what the locals consume.

Moving on to the park you will see a variety of fascinating daily activities on the go from individuals practicing opera to groups gathered to practice singing or varieties of dancing and even shuttlecock kicking and more. At the end you will be guided to a 1000 year old temple with our Tai Chi master right there waiting for you. Once you



arrive, your coach will give you a brief introduction to **Tai Chi** or Kung Fu to warm up. Spend the rest of your class learning basic postures and moves in a relaxed atmosphere. After your class, you can take photos with your coach before being returned back to the Grand Noble hotel.

## What's Important:

### What's included:

- Public transport costs.
- Licensed Chinese- English bilingual speaking tour guide.
- Bottled water.
- 5-6 kinds of local snacks for breakfast

### What's not included:

- Personal expenses or private entertainment items at sights.
- Tips or gratuities for guide if he/she did a good job (recommended)
- Transportation between your hotel to the Hilton Hotel.

What to take: smile and a relaxed enthusiastic attitude.

### Good to know:

1. This is a group tour with a minimum of 2 people. We won't arrange if there is only one person participating.
2. You need to take care of the transportation between your hotel and the meeting point (Grand Noble Hotel). If your hotel is near to the meeting point, our guide can meet you at your hotel as well. Just advise in advance.
3. This tour can be operated as a private tour. The price will be a little higher.
4. The starting time is 08:00. If you find it too early for you, we can start later.

### FAQ

1. My hotel is a little far, can you arrange a private transfer service?

Re: Yes, Lilysun China Tours can arrange a private transfer service. Then, this trip would become a private tour and would be more expensive.

2. Can we buy some locally featured stuff in the market?

Re: Sure, you can buy something in the market, but we wouldn't recommend things that are hard to store.

3. What if I don't want to practice Tai Chi Boxing?

Re: Tai Chi Boxing is a kind of exercise that needs patience and concentration. Young people may find it slow and boring, you can explore on your own in the park while other people take part and

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practice.

4. What if I have already had breakfast in my hotel?

Re: In case you have already had breakfast, you can jump to the wet market immediately. If you are travelling with other people, you can do something nearby while the others enjoy their Chinese-style breakfast.