



Cruise through the spectacular Three Gorges on the Yangtze River

Medicine in China

4 – 18 April 2026

With extension in Yangshuo

4 – 21 April 2026

‘This tour greatly exceeded expectations. We are so pleased to have done this trip. We have a new appreciation of China, its history, people, customs and medical care.’

J & A Meates, Medicine in China, October 2019



Level 3
MODERATE





The Great Wall

This tour takes you on an awe-inspiring journey through China's history, culture and medicine.

From imperial Beijing, journey onto the Silk Road city of Xi'an. Travel by high-speed train into Sichuan and the city of Chengdu, known for its arts, cuisine, teahouses and pandas. Take a train to Chongqing and embark on a three-night cruise along the great Yangtze River, past some of China's most stunning scenery. The tour ends in the dynamic city of Shanghai, with its beautiful Art Deco heart.

The tour examines health care in China and the challenges posed due to its rapid economic development and the legacy of the One Child Policy, as well as how Western Medicine and Traditional Chinese Medicine (TCM) are integrated in practice in China.

THIS TOUR IS CLASSED AS:

Level 3 | Moderate



Regular walking at destinations, extended standing and /or increased travel distances. Good fitness is required.

Tour Leader



Dr. Wendy Denning is a GP with over thirty years of experience who has always been passionate about integrated medicine. She has been nominated to Tatler's Top Doctor list 3 years in a row.

She has travelled widely, including spending five months in India doing volunteer work as a doctor.

She has spent two years studying Chinese medicine, many years studying nutritional medicine and has been practising integrated medicine in her clinic for over 25 years. She was co-presenter on the successful Channel Five Show - The Diet Doctors Inside and Out and cowrote a Sunday Times Best Selling Book to accompany this show. She has served on the GP Steering Group for the Prince of Wales Foundation for Integrated Health. She now lectures regularly on the integrated approach to the menopause and perimenopause.

National Guide

Zhang translating during a professional visit



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 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, Zhang's breadth of knowledge is second to none.

'Tour leader Wendy was extraordinary.'

Maria Balenovich-Kordich, *Integrated Medicine In South India*, 15 – 27 February 2025

'John was the best guide ever.'

V Mirmilstein, *Medicine in China*, October 2019



Tai Chi on the Bund in Shanghai

Itinerary 4 - 18 April 2026

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

4 nights Beijing – 2 nights Xi'an – 3 nights Chengdu – 3 nights Yangtze Cruise –
2 nights Shanghai



Day 1: Beijing (Sat, 4 April) **D**

Am: Arrive Beijing, China's mighty imperial city, and transfer to the hotel.

Pm: Late afternoon walk to see the Temple of Heaven.

Day 2: Beijing (Sun, 5 April) **B D**

Am: Visit the beautiful Summer Palace and a teahouse.

Pm: Drive out to visit the iconic Great Wall.

Eve: Traditional Peking Roast Duck dinner.

Day 3: Beijing (Mon, 6 April) **B D**

Am: Visit the historic Tong Ren Tang Pharmacy, founded in 1699, which prescribes both Western medicine and TCM. Continue to Tiananmen Square and the impressive Forbidden City, once barred to all but the royal inner circle.

Pm: Explore the traditional hutongs of Old Beijing.

Eve: Option to see the Beijing Acrobats.

Day 4: Beijing (Tues, 7 April) **B D**

Am: Visit a community clinic and see western and Traditional Chinese Medicine (TCM) in practice.

Pm: Visit Hai Dian Teaching General Hospital for departmental visits.

Day 5: Beijing / Xi'an (Wed, 8 April) **B D**

Am: Fly from Beijing to Xi'an, an ancient Silk Road hub and probably the first truly multicultural city in the world. Transfer to the hotel.

Pm: Walk along the huge medieval city walls and visit the Calligraphy Museum.

Eve: Option to see graceful Tang Dynasty Theatre.

Day 6: Xi'an (Thurs, 9 April) **B D**

Am: Optional early morning visit to the local park to watch or take part in tai chi. Continue to the necropolis of the Terracotta Warrior and explore this exceptional site from mid-morning to mid-afternoon.

Eve: Join locals thronging the many restaurants and food stalls in the evening market in the old Muslim quarter.

Day 7: Xi'an / Chengdu (Fri, 10 April) **B D**

Am: Take the high-speed train to Chengdu. Arrive and transfer to the hotel.

Pm: Take a walking tour of the old town before a local Sichuan dinner.

Day 8: Chengdu (Sat, 11 April) **B D**

Am: Visit the Sichuan University TCM training centre. Meet the professor and visit the departments of herbal medicine, massage and acupuncture. Visit the Academy of Chinese Medicine.

Pm: Visit the largest herbal medicine market in Chengdu and the local spice market.

Eve: Sichuan hot pot dinner.

Day 9: Chengdu (Sun, 12 April) **B D**

Am: Visit the Chengdu Panda Research Base – the lovable pandas make this a favourite visit for many!

Pm: Visit Wenshu Monastery and further explore the old city of Chengdu, before taking tea in one of Chengdu's famous traditional teahouses.

Day 10: Chengdu / Three Gorges Cruise (Mon, 13 April) B D

Am: Take the train to Chongqing and visit the Three Gorges Museum, encompassing the history, art and archaeology of the Yangtze River, and recent developments.

Pm: Take a city tour of Chongqing.

Eve: Board the 5-star Victoria Cruise Lines ship.

Day 11: Three Gorges Cruise (Tues, 14 April) B L D

Am: Option to visit the extraordinary 'ghost city' of Fengdu, which has its own unique culture surrounding ghosts and the afterlife going back almost 2000 years.

Pm: At leisure.

Day 12: Three Gorges Cruise (Wed, 15 April) B L D

Am: Enter the Three Gorges, where the Yangtze River carves a green ribbon through enormous rock walls. Board a small boat and pass through Qutang

Gorge – the shortest, narrowest and most dramatic of the Lesser Gorges - and beautiful Wu Gorge, flanked by high peaks that are often capped by clouds.

Pm: Excursion through the attractive gorges of the Goddess Stream.

Day 13: Three Gorges Cruise / Shanghai (Thurs, 16 April) B D

Am: Disembark and take a specially designed sightseeing boat through the world's largest ship lock with a ship lift. Visit the Three Gorges Dam, a remarkable if contentious piece of engineering.

Pm: Drive to Yichang and take the high-speed train to Shanghai.

Day 14: Shanghai (Fri, 17 April) B D

Am: Explore Shanghai with its spectacular skyline and fabulous Art Deco heart. Visit the Museum of Traditional Chinese Medicine.

Pm: Visit the French Concession and the Bund.

Eve: Farewell dinner.

Day 15: Shanghai (Sat, 18 April) B

Am: Depart Shanghai or extend to Guangxi Province (see overleaf).



The Terracotta Warriors in Xi'an



The Li River winding through magnificent Guangxi Province

Extension in Guangxi Province: 18 – 21 April 2026

Day 15: Shanghai / Guilin (Sat, 18 April)

B D

Am: Fly to Guilin in Guangxi Province; long a favourite of Chinese artists because of its spectacularly dramatic landscapes.

Pm: Check in to the hotel and take a walking tour of Guilin.

Eve: Dinner in a local restaurant.

Day 16: Guilin/ Yangshuo (Sun, 19 April)

B D

Am: Cruise along the beautiful Li River to the cobblestone town of Yangshuo.

Pm: Check in to the Yangshuo Hotel and at leisure to enjoy the charms of the area. Optional Sichuan cuisine cooking class.

Eve: Dinner in a local restaurant.

Day 17: Yangshuo (Mon, 20 April)

B L

Am: Bicycle tour past water meadows, farms, waterwheels and villages.

Eve: Option to see a spectacular son et lumière show.

Day 18: Yangshuo / Hong Kong (Tue, 21 April)

B

Am: Transfer to the station for high-speed train to Hong Kong (Kowloon West).

'All the visits were very interesting, some awe-inspiring!'

J & H Gajraj, Medicine in China, May 2018

NB: All itineraries are subject to change according to local conditions.



Traditional cormorant fishermen on the Li River



Waterwheels in Yangshuo



A herbal pharmacy in Beijing (top); The Forbidden City;
The Pudong in Shanghai by night (above)

The cost of the tour sharing a double or twin room is €3,748 per person

The cost of the tour with a room to yourself is €4,574

The cost includes:

- The services of a tour leader (Dr Wendy Denning)
- 11 nights' accommodation in twin-bedded rooms with private facilities in medium grade and first-class hotels
- Flight from Beijing to Xi'an
- Three nights on a 5-star river cruise ship
- Breakfast and lunch or dinner daily on the tour
- An allowance of soft drinks, tea and beer with meals on the tour
- All meals on the cruise
- All admission fees
- Services of a specialist English speaking national guide (Zhang Zhong Jiu)
- All transport services and taxes in China and all tips

The cost excludes:

- International flights and airport transfers; Meals not mentioned; All optional excursions, tours and visits; Travel insurance; Visa (if required)

The cost of the extension is €990 per person sharing

The cost of the extension is €1,110 with a room to yourself

The cost includes:

- Three nights' accommodation in twin-bedded or double rooms with private facilities in medium grade hotels; Flight from Shanghai to Guilin; High-speed train from Yangshuo to Hong Kong; Breakfast and lunch or dinner daily; All admission fees.

The cost excludes:

- As main tour, plus tips on the extension.

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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Beijing Acrobats (top); Visit 300-year-old Tong Ren Tang Pharmacy, Beijing; Join the locals in the Muslim Street evening market in Xi'an; Get up close to pandas in Chengdu (above)



**JON BAINES
TOURS**

