

Strides Silk Edition 2016

from July 31 to August 11, 2016



The opportunity for an unforgettable discovery of the multifaceted Chinese culture. In Beijing, the imperial capital marked by its grand past and Pingyao, ancient fortified city, designated world heritage by UNESCO; a unspoilt town which retained its character with its streets lined with wooden houses and shops, harbouring houses multiple courtyards.

PARIS - PEKIN - TAIYUAN - PINGYAO - WUTAISHAN - DATONG - PEKIN

RESPONSIBLE TOURISM

Our company was the first travel company to sign a agreement with the UNESCO World Heritage organization. We continue our developmental actions and sustainable tourism in China, in the Huizhou region within an intergovernmental cooperation agreement.



TRAVEL PROGRAM

PERIOD: July 31st to August 11th 2016

TRANSFERS

International flights PARIS / BEIJING with Air China. Times may be subject to change : flight CA 934 : 8 :20p.m. /12 :25, arriving the next day
Train PEKIN - PINGYAO en TGV

International flight BEIJING/ PARIS with Air China. Times may be subject to change : flight CA 933 : 1 :35 p.m / 6 :40 p.m., arrived the same day

ACCOMODATION

The hotels mentioned are subject to availability at time of booking

Guesthouse Pingyao Yi Xing Long (or similar)

Guesthouse Pingyao De Ju Yuan ** (o similar)

Wutaishan Hua Hui ***(or similar)

Datong Datong ***(or similar)

Beijing Qianmen Jianguo ***** (or similar)

DAY 1 Sunday, July 31

PARIS / BEIJING

A representative of the Maison de la Chine and SDPO team will be waiting three hours before takeoff at Paris Charles de Gaulle Airport to assist you in the check-in

19h00: Times may change flight CA 934: 8:20 p.m. / arriving the next day at 12:25,
Dinner, overnight and breakfast on board.

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DAY 2 Monday, August 1

PEKIN / TAIYUAN / PINGYAO

Upon arrival in Beijing: immigration formalities, baggage claim, and customs clearance.

Your luggage will be transported directly from the airport to Pingyao.

Transfer to city center and lunch in a local restaurant.

Walk through the largest square in the world (40 hectares), Tian'anmen, established in 1959 by Mao in the place of a structure built in 1651 by Emperor Shunzi. The monuments surrounding the square reflect the different periods of Chinese history.

Transfer to the train station and departure by fast train to Taiyuan. (16h57-19h54).

Transfer by coach to Pingyao.

Accommodation and dinner at your hotel.

Installation in a traditional house converted into a guesthouse.

Night at hotel Guesthouse and Yi Xing Long
Night at the Maison De Ju Yuan **

Pingyao, fortified city is listed as a world heritage site of Unesco since 1957. Prosperous under the Ming Dynasty, there are many conserved traditional wood houses. The city was also the cradle of commerce in the province of Shanxi. In the middle of the Qing Dynasty, shops and boutiques flourished : exchange offices, pharmacies, silk and spice shops as well as all kinds of commerce. With banks and industry, Pingyao became one of the most important finance centers in all of China. Unfortunately this came to an end in the beginning of the 20th century because of quarrels between warlords and social disorder reigned.



Briefing and welcome ceremony at the foot of the southern gate.

Speech on the wall fortifications

Lunch in a local restaurant.

Tour of the old city of Pingyao: the Ri Sheng Chang museum, headquarters of the first Chinese bank created in 1823 by the rich Lei Lutai, specialized in tincture. Thanks to him, checks were invented and the city became a grand banking center.

The taoiste temple Qing Xu Guan : houses magnificent statues coming from the spice road and dedicated to their ancestors. This taoiste monk practiced XXXX and justice by his attitude and is represented by a statue dating from the Ming period.

The old government house Xianya.

Dinner.

Overnight at the guesthouse.

Breakfast at the hotel.

Transfer to the starting line of the race, near the route.

Race in the Valley of Gounan (15 km).

Medal Ceremony of the race in the Village Square of Zhanghi

Animation of folkloric dances in the village

Lunch in a restaurant close to the house of the clan Wang.
Visit house of the clan Wang: imposing mansion consisting of a multitude of courtyards and traditional buildings representative of the prosperity of the region and the wealth of certain trades people. Behind the tall walls you will discover houses dug in the cliffs of Loess home to many peasants during centuries.



Return to the hotel to change.

Show with an opera and concert of traditional music in the house of Changyifeng. Dinner the the house of Deju Yuan.

Overnight at the guesthouse.

DAY 5 Thursday, August 4

PINGYAO / WUTAISHAN

Breakfast at the hotel.

Transfer to the start of the race

Race of Hougou Yuci (16 km)

Ceremony of winners in the antique city of Hougou Yuci

Lunch in the restaurant of the Jiexu Hotel.

Route towards Wutaishan (Massif of 5 terraces)

Arrival at Taihuai, town situated on the site of Wutaishan, then installation at hotel.

Dinner at hotel

Overnight at the Hotel Hua Hui***

DAY 6 Friday, August 5

WUTAISHAN

Wutaishan, the mount of 5 terraces (altitude of 3058 mtrs) is one of the 4 sacred mountains of Buddhism in China dedicated to Wenshui (Manjusri) master of wisdom. Buddhism is still very present especially in the religious city of Taihai where Lamaism and other orthodox forms such as Mahayana are still in practice.

Breakfast at the hotel.

Transfer for the race

Race of the Ascension of the Sacred Mountain. Southern terrace - Temple Puji (18 km).

Ceremony of winners

Lunch at the hotel.

Visit of the most beautiful monasteries build on the edge of the Wutaishan each with their particular architectural style. Pusading is consecrated of Lamâism; Xiantong, the oldest monastery, an enchanting site with a serene atmosphere.

Dinner

Overnight at the hotel.

DAY 7 Saturday, August 6

WUTAISHAN / DATONG

Breakfast at the hotel.

Transfer by bus to the start of the race', 10 kms from the hotel.

**Race of Wutai Shan (10 kms).
Ceremony of winners**

Return to the hotel.

Lunch

Transfer by coach to Datong with a stop a the Suspended Temple.

Visit of Xuankong Si – *the Suspended Temple founded in the beginning of the 6th century. Built in wood between sky and land, it is suspended 50 meters above a river on a extremely high cliff*



Road towards Datong

Dinner of Xiang Tujui

Specialities Fresh noodles are the gastronomic delights of Shanxi, bread basket of Northern China.

Overnight at Hotel Datong*.**

In an ocre and austere décor Datong and the closeby caves of Yungang represent one of the milestones of Chinese civilisation between Bouddhism and Barbary. A Barbaric Dynasty of North Wei gave its patronage to the religion of Buddha, thereby contributing to the entrenchment of a foreign faith on Chinese soil.

Breakfast at the hotel.

Departure by bus to the village of Xifutou

Race of Shijiahui (20 km).

Ceremony of medals at the town theatre

Followed by traditional dances.

Lunch at the Datong Hotel

Visit of the Yungang caves: *21 caves considered as the most beautiful stone bouddhistque sculptures seen in China.*

Admire the wall of 9 Dragons.



Dinner of Northern China specialties: *Mongolian fondu where guests cook in broth a variety of meat and vegetables accompanied by different sauces.*

Overnight at the hotel.

Breakfast at the hotel

Check-out at the hotel. Luggage will be transferred by coach to Beijing and delivered to your hotel.

Departure by coach to the village of Deshengbo (10-15 km).

Race of the vestiges of Deshengbo (10-15 km).

Ceremony for winners.

Lunch in a local restaurant.

Transfer by road to Beijing.

Dinner at the hotel

Overnight at Hotel Qianmen**.**

JOUR 10 Tuesday, August 9

BEIJING

Breakfast at the hotel.

Transfer by bus to the Juyong Guan Pass at the Great Wall of China (approximately 60 km away)

Race against the clock on the Great Wall

Ceremony for winners



Lunch in a nearby restaurant.

Visit of the Olympic Stadium (time permitting) and return to Beijing in the afternoon. You will be able to perceive the 2008 Olympic village and the famous “Birdnest” stadium.

Dinner at hotel and reward ceremony at the Li Yuan theater.

Overnight at hotel.

JOUR 11 Wednesday, August 10

BEIJING

Petit déjeuner à l'hôtel.

Visit of the Forbidden City, residence of the president and the political power. The forbidden city knick named the Gugong (the old palace) was the focal point of the Middle Kingdom. Protected by a moat that surrounds the imperial city, surrounded again by the exterior city.

Lunch

Afternoon free for visiting on ones own of Beijing. For avid shoppers, visit of the Hongqiao market is a must.

Rendez vous at the hotel before dinner.

Tonight a special dinner of Pekin duck a specialty of the city. *The caramelized skin is the star of the meal served in tasty crepes accompanied of chives and a brown sauce.*

Overnight at the hotel.

Breakfast at the hotel

Transfer by bus to the airport

Times are subject to change.

Flight CA933: 01:h35p.m. / 6:40p.m. arrival the same day in Paris.

Lunch and services on board.

Arrival at Paris Roissy at 6:40 p.m.



**LES FOULEES
DE LA COÛTE**



HEBERGEMENT

PINGYAO

Maison d'hôtes Xing Long Yi

Cette maison traditionnelle reconvertie en maison d'hôtes est située au coeur de la vieille ville. Elle offre des chambres sobres, mais bien entretenues, qui s'organisent autour du "kang", lit chinois de briques. Salle de bain convenable et accueil agréable.



PINGYAO

*Hôtel Maison d'hôtes De Ju Yuan ***

Cette maison traditionnelle reconvertie en maison d'hôtes est située au coeur de la vieille ville. Elle offre des chambres sobres, mais bien entretenues, qui s'organisent autour du "kang", lit chinois de briques. Salle de bain convenable et accueil chaleureux concourent à faire de cette maison d'hôtes l'une des plus agréables de Pingyao.



WUTAISHAN

*Hôtel Hua Hui ****

Hotel situé au coeur de la zone touristique de Wutaishan, près du Temple Longquan.



**LES FOULEES
DE LA SOIE**



DATONG

Hôtel Datong ***

Site Web : <http://www.datonghotel.com/>

Situé en centre ville, cet hôtel est construit dans un jardin.
Il dispose de 221 chambres de toutes les catégories.



PÉKIN

Hôtel Jianguo-Qianmen ****

Situé dans un quartier traditionnel et animé de la capitale, au sud de la place Tian An Men.
L'hôtel dispose de 407 chambres. Extraits d'opéra de Pékin dans le théâtre construit dans l'hôtel.



WHAT WE HAVE DONE ALREADY AND WITH WHOM !! ... only to mention the mains one...

16 years in China with “Les Foulées de la Soie”, 16 years of partnership with:

- EUROCOPTER, known as **AIRBUS Helicopters** is now the world's leading helicopter factory and leading exporter of civil helicopters and its international network of subsidiaries and representations.
- **FIDELIA Assistance**, assistance company of GMF
- **TDCOM**, a leading distributor of radio communication equipment, is our preferred technology partner for our broadcasts. The reports of the race are relayed daily to the media.
- **France TELECOM Inmarsat**
- **CITS, China International Travel Service**
- **La Maison de la Chine**

Airlines:

- AIR CHINA
- CHINA EASTERN AIRLINES
- AIR FRANCE
- INDIA Airlines

Prestigious support:

- **French Senate;**
- French Ministry of Youth and Sports;
- French Embassy and Chinese Embassy;
- His Serene Highness Prince Albert of Monaco has also sponsored the event.



For 20 years, other event have been organized by SDPO: “Les Foulées” of Yunnan (China), “Les Foulées” of Cappadocia (Turkey), “Les Foulées” of Sri Lanka, “Les Foulées” of Samarkand (Uzbekistan), “Les Foulées” of Havana (Cuba)... all successful.

SDPO and government officials...

Everywhere meetings are organized with the government officials of the countries crossed. SDPO events are always warmly welcomed and every time hundreds of local people comes to run along...



PARTNERSHIP APPLICATION

For more information: www.sdpo.com

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LES FOULEES DE LA SOIE[®]

A red dragon illustration is positioned below the text. The dragon is facing left and has its mouth open, showing its tongue. It has a long, flowing tail and is surrounded by a red mist or smoke.