



CHONGQING WELLNESS SHORT STAY

Short Stay | 5 Days | Physical Level 1
Chongqing (4N)

In Chinese medicine, the key to your health and wellbeing is keeping your 'qi' balanced. On this tour, you can not only discover some of these age-old practices but enhance your wellbeing as you do so and explore the contrasts of modernity and rich culture and heritage of Chongqing as you do so

TOUR INCLUSIONS:

- Accommodation
- Meals as stated
- Daily tours and entrance fees
- Private transfers
- Transportation as stated
- English speaking guide



ITINERARY

Day 1: Arrive Chongqing

Meals: None

Make your way to Chongqing airport or railway station. Upon arrival, you will be met by your local guide and transferred to your hotel. The rest of the day is at leisure.

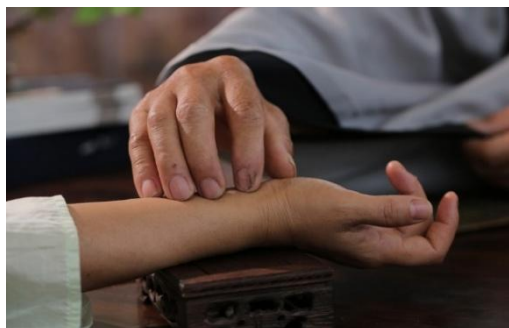
**Destination Information**

Chongqing - A city perched on the steep hills overlooking the confluence of the Jialing and the Yangtze Rivers, Chongqing is the chief industrial centre of south west China, producing approximately one fifth of Sichuan's industrial output. Chongqing has been reshaped by the Three Gorges Dam Project, which now allows larger sea-going vessels to sail all the way upriver to China's most famous waterfront mountain city.

Day 2: Discover Chongqing & Traditional Chinese Medicine

Meals: B, L, D

Begin your morning with Ba Duan Jin, a traditional form of qigong in which eight flowing movements work to energise the body and calm the mind. From there, head into Chongqing, pausing at Liziba to witness one of the city's most extraordinary sight – a light rail train threading its way through a residential building.



The rest of the day is given over to Traditional Chinese medicine, offering a rare chance to understand how this ancient practice approaches health, balance and wellbeing.

Sample different teas, each chosen for its healing properties. A pulse diagnosis reads the speed, strength, and rhythm of your pulse to assess your qi and blood balance, finishing with tailored advice on diet and lifestyle. A traditional massage works along the body's meridians and acupuncture points to relieve tension and restore calm. Round off the afternoon pressing medicinal herbs into botanical specimens to keep as a memento of the day.

Come evening, gather around the table for a classic Chongqing hot pot dinner.

Destination Information

Liziba Intersection – Chongqing’s monorail line passes directly through a high-rise block, creating one of the city’s most eye-catching engineering feats. It’s a popular spot for travellers who want a glimpse of Chongqing’s bold and unconventional architecture.

Day 3: Hot Springs

Meals: B,L

Start the morning with another session of Ba Duan Jin before heading to Ciqikou Old Town. Wander its laneways, pause for tea at a traditional teahouse, and enjoy a performance of the legendary face-changing show – a breathtaking Sichuan art form in which performers switch elaborately painted masks in the blink of an eye. The afternoon is yours to unwind at one of Chongqing’s best hot springs, with over 50 pools infused with mineral-rich water and essential oils.



Destination Information

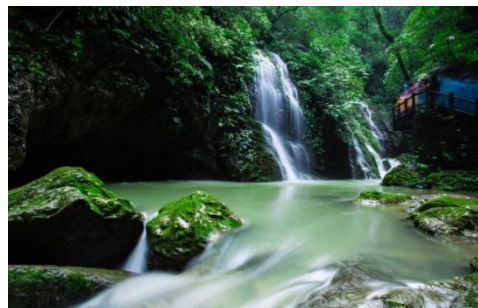
Ciqikou Ancient Town - Once an important porcelain-making village, Ciqikou Ancient Town is now a bustling maze of old streets, craft shops, and teahouses. It’s the perfect place to experience Chongqing’s traditional culture and slow down from the modern city pace.

Chongqing’s Hot Springs – Chongqing is home to many hot springs, where warm, mineral-rich waters have long been used for relaxation and wellness. Visitors can soak in the springs while enjoying the surrounding natural scenery.

Day 4: Heishan Valley

Meals: B,L

Today venture out of the city to Heishan Valley. In Chinese traditions, time spent in nature is believed to restore the body’s vital energy and bring the mind back into balance. Take a leisurely walk through this peaceful landscape, breathing in the fresh mountain air and letting the sounds of rushing streams and birdsong restore your sense of calm.



Return to Chongqing as evening falls and board your Two Rivers Cruise with VIP tickets, rifling past the illuminated cliffside stilted houses of Hongyadong – one of the city’s most spectacular night-time sights.

Destination Information:

Heishan “Black Mountain” Valley – This is a serene and picturesque area covering over 100 square kilometres, brimming with dramatic mountains, deep valley floors, waterfalls and sheer cliffs, along with an impressive 13-kilometre-long gorge.

Day 5: Depart Chongqing

Meals: B

After breakfast, you'll be transferred from your hotel to the airport or railway station for your onward journey.

**Traditional Chinese Medicine (TCM) Disclaimer**

Traditional Chinese Medicine experiences included in this tour are offered for cultural and educational interest only. Any consultations, demonstrations, treatments, or products introduced during the tour are not intended as medical advice, diagnosis, or treatment, and should not be considered a substitute for professional medical care.

Participation in TCM-related activities is entirely optional. Guests should consult their GP or qualified healthcare professional before undertaking any treatments, particularly if they have existing medical conditions, allergies, are pregnant, or are taking prescribed medication. Wendy Wu Tours does not endorse or guarantee the efficacy of any TCM practices or remedies encountered during the tour.

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