

# Illinois Shaolin Kung Fu USA 2026 Kung Fu Summer Camp China Trip Itinerary

## 伊州少林功夫学院 2026 年中国功夫夏令营之旅行程安排表

\*\*Schedule is subject to change pending flights and other travel arrangements 行程安排表可能会因航班或其它安排而有变化\*\*

Day		Date	Location	Details
Day 1	Mon. 周一	June 01	Zhengzhou 郑州	Participants will be met at <b>Zhengzhou Xinzheng International Airport (CGO)</b> and Zhengzhou High-Speed Railway Station ( <b>Zhengzhou East Station</b> ), then transferred together by tour coach to Dengfeng for hotel check-in. 在郑州市新郑机场 (CGO) 和郑州高铁站 (郑州东站) 接待参加夏令营人员，随后统一乘坐旅游专车前往登封并入住酒店。
Day 2	Tue. 周二	June 03	Dengfeng 登封	Visit <b>the Shaolin Temple</b> and hike <b>Sanhuangzhai</b> . After lunch, return to the school by private coach, watch <b>the Kung Fu World</b> performance in the afternoon, have dinner, and stay overnight at the school. 早餐后，游览【少林寺】并登【三皇寨】；午餐后，乘专车返回学校，下午观看【功夫天下】演出，晚餐后入住学校住宿。
Day 3–9	Wed. – Tue. 周四– 周二	June 03 to June 09	Dengfang 登封	The summer camp will officially open at the <b>Songshan Shaolin Traditional Kung Fu Academy</b> . It is a fully residential martial arts school, surrounded by mountains with fresh air and a peaceful, secure environment, offering students an immersive and authentic Shaolin kung fu learning and living experience. 夏令营将在嵩山少林传统功夫文武学校开营。学校为全封闭式文武学校，四周环山，空气清新，环境清幽安全，为学员提供沉浸式，原生态的少林功夫学习与生活体验。
Day 10	Wed.	June 10	Xuchang/ Luoyang 许昌/洛阳	Travel to Xuchang to visit <b>a Kung Fu school</b> and take part in cultural exchange activities. In the afternoon, head to Luoyang for <b>Hanfu styling</b> and <b>costume experience</b> , enjoy a night tour of <b>Luoyi Ancient City</b> , then return to the hotel. 早餐后，前往许昌参访

Day		Date	Location	Details
				【功夫学校】并进行文化交流；下午前往洛阳，体验汉服妆造，夜游【洛邑古城】，随后返回酒店休息。
Day 11	Thu. 周四	June 11	Luoyang 洛阳	Visit <b>Tiantang Mingtang</b> and <b>Yingtian Gate</b> in the <b>Sui-Tang Luoyang City National Heritage Park</b> . After lunch, tour the <b>Luoyang Museum</b> . In the evening, enjoy a night visit to <b>Lijing Gate</b> and the <b>Shizi Food Street</b> , then return to the hotel. 早餐后，游览隋唐洛阳城国家遗址公园的【天堂明堂】和【应天门】；中餐后参观【洛阳博物馆】；晚餐后夜游【丽景门】和【十字美食街】，随后返回酒店
Day 12	Fri. 周五	June 12	Luoyang/Xi'an 洛阳/西安	Visit <b>the Longmen Grottoes</b> . After lunch, take the high-speed train to Xi'an, watch <b>the Legend of Camel Bells</b> performance, and then return to the hotel. 早餐后，游览【龙门石窟】；午餐后乘高铁前往西安，观看【驼铃传奇】演出，随后返回酒店。
Day 13	Sat. 周六	June 13	Xi'an 西安	After breakfast, visit <b>the Terracotta Warriors of Emperor Qin</b> . In the afternoon, tour <b>the Xi'an City Wall</b> and enjoy <b>a dumpling feast</b> , then take a night tour of <b>the Tang Paradise Night City</b> , and return to the hotel in Xi'an. 早餐后，参观【秦始皇兵马俑】；下午游览【西安城墙】并享用【饺子宴】，夜游【大唐不夜城】，返回西安酒店
Day 14	Sun. 周日	June 14	Xi'an 西安	Visit <b>the Big Wild Goose Pagoda</b> , <b>Xi'an Drum Tower</b> , and <b>Bell Tower</b> . After lunch, transfer by coach to the airport or high-speed railway station, concluding the enjoyable trip. 早餐后，参观【大雁塔】、【西安鼓楼】和【钟楼】；午餐后，乘车送往机场或高铁站，结束愉快的行程。

## *Brief Introduction to the City's History* 城市历史简介

### **Xi'an City 西安**

**Xi'an 西安**, historically known as Chang'an, is one of China's four great ancient capitals, with a history dating back over 3,000 years to the Zhou Dynasty. As the capital for thirteen dynasties, Xi'an was a major political, economic, and cultural center.

- **Zhou Dynasty** (c. 1046–256 BCE): The area around modern Xi'an was the heartland of the Western Zhou, laying the foundation for early city development.
- **Qin Dynasty** (221–206 BCE): Emperor Qin Shi Huang unified China, establishing Xi'an as the imperial capital and building the famous Terracotta Army and his mausoleum.
- **Han Dynasty** (206 BCE–220 CE): Chang'an became the capital of the Han Dynasty and the starting point of the Silk Road, fostering extensive trade and cultural exchange between East and West.
- **Sui and Tang Dynasties** (581–907 CE): Chang'an was the largest and most prosperous city in the world at the time, with advanced political, economic, and cultural development.
- **Modern Xi'an**: Today, Xi'an is the capital of Shaanxi Province, blending rich historical heritage with modern urban development. It is a key center for culture, education, and tourism.

Xi'an is home to world-famous historical sites such as the Terracotta Warriors, Huaqing Pool, and the Big Wild Goose Pagoda, while also preserving iconic landmarks like the Ancient City Wall, Bell Tower, and Drum Tower. It offers a unique window into China's long and rich history.

### **Luoyang City 洛阳**

**Luoyang 洛阳**, historically known as Luoyi, Luoyang, and Shendu, is located in western Henan Province. Its name comes from its position north of the Luo River (yang, meaning “north of the river”). As one of the important birthplaces of Chinese civilization, Luoyang boasts a civilization history of about 5,000 years, a city history of 4,000 years, and over 1,500 years as a capital.

## 1. History as a Capital: The Thirteen Dynasties

Luoyang is one of China's earliest and longest-lasting capitals, having hosted the greatest number of dynasties.

- **Dynasties as Capital:** Luoyang served as the capital for 13 legitimate dynasties: Xia, Shang, Western Zhou, Eastern Zhou, Eastern Han, Cao Wei, Western Jin, Northern Wei, Sui, Tang, Later Liang, Later Tang, and Later Jin.
- **Historical Significance:** It was one of the eastern starting points of the Silk Road and the center of the Sui and Tang Grand Canal, earning it the title “The Source of Chinese Culture.”

## 2. Core Cultural Value

- **Cultural Foundations:** Taoism originated in Luoyang; Confucianism and the introduction of Buddhism (White Horse Temple) are closely linked to the city; Neo-Confucianism also took root here.
- **Major Inventions:** Life-changing inventions such as papermaking, the seismograph, and the armillary sphere were all born here.
- **Hetu and Luoshu Diagrams:** Considered symbolic origins of Chinese civilization.

## 3. Main Historical Sites and World Heritage

Luoyang currently holds 3 UNESCO World Cultural Heritage listings across 6 sites:

- **Longmen Grottoes:** One of China's three major stone carving art treasures.
- **Han and Wei Luoyang Ancient City:** A grand city site witnessing the succession of multiple dynasties.
- **Sui and Tang Luoyang City Ruins:** Including Dingding Gate and Tianjie Street, an important node on the Silk Road.
- **White Horse Temple:** China's first state-sponsored Buddhist temple, known as the “ancestral temple” of Buddhism.

- **Sui-Tang Grand Canal Ruins:** Including Hanjiagang and Huiluo warehouses.

#### 4. Modern Perspective

By 2025, Luoyang has revitalized its cultural heritage through projects like the Sui-Tang Luoyang City National Heritage Park and the Luoyang Museum, becoming a popular destination for “New Chinese-style” cultural tourism. Additionally, it retains an industrial legacy as the “Eldest Son of the Republic,” home to large enterprises such as the First Tractor Factory.

## Dengfeng City 登封

**Dengfeng 登封** has a long history and is one of the birthplaces of Chinese civilization. During the Xia Dynasty, the capital was set at Yangcheng (today's Gaocheng in Dengfeng). In the Western Zhou, Duke Zhou conducted astronomical observations and established the calendar. During the Qin and Han dynasties, Yangcheng and Chonggao were established, and under the Sui Dynasty, the area was renamed Songyang. In 696 CE, Empress Wu Zetian conferred the title “Central Sacred Mountain,” renaming Songyang County as Dengfeng County and Yangcheng County as Gaocheng County. During the Jin Dynasty, the two counties merged into Dengfeng County. In 1994, Dengfeng was officially established as a city.

This area is the core of **Songshan culture**, home to numerous world cultural heritage sites, including **Shaolin Temple** and **Songyang Academy**, making it a “land of cultural relics” that integrates martial arts, Chan Buddhism, astronomy, geology, and tourism resources.

#### Historical Overview

##### Xia, Shang, Zhou, Qin, and Han Dynasties

- **Xia Dynasty:** Yangcheng (modern Gaocheng Town) was the political center of the Xia Dynasty under King Yu.
- **Western Zhou:** Duke Zhou (Zhou Gong Dan) conducted sundial observations at Yangcheng and established the calendar.

- **Qin and Han Dynasties:** Yangcheng County was established, and under Emperor Wu of the Western Han, Chonggao was set up.

### **Wei, Jin, Sui, Tang, Song, Yuan, Ming, and Qing Dynasties**

- **Sui Dynasty:** The region had Songyang County and Yangcheng County.
- **Wu Zhou Period (696 CE):** Empress Wu Zetian ascended Mount Song, conferred it as the Central Sacred Mountain, renamed Songyang County to Dengfeng County, and Yangcheng County to Gaocheng County, symbolizing “great achievements accomplished.”
- **Jin Dynasty:** Dengfeng and Gaocheng counties merged into Dengfeng County.

### **Modern Era**

- **1994:** Approved by the State Council, Dengfeng County was upgraded to a city.

### **Culture and Heritage**

- **Core Area:** The historical and cultural architecture of Mount Song is a UNESCO World Cultural Heritage site, including Songyue Pagoda, Shaolin Temple, Songyang Academy, Zhongyue Temple, and the Observatory.
- **Cultural Features:** Distinctive elements include martial arts (Shaolin Kung Fu), Chan Buddhism, Daoism, astronomy (observatory and sundial measurements), and scenic landscapes.

With its profound historical roots and rich cultural heritage, **Dengfeng has become an important cultural city and tourist destination in China.**