# Bike China Tours - Experience Chinese Herbs Market & Taoism Temple Plus TaiJi Practice Bike Tour

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| **Location:** Shanghai, China  **Language:** English  **Duration:** 4.0 hours | **Magpie Product Code:** XSJNWH  **Company Website:** bikechinatours.com  **Primary Contact:** Bike China Tours |

**Description:**
Get insight into ancient Chinese philosophy and native religion Taoism by visit a centuried Taoist Temple from Ming dynasty in this 4 hour bike trip. During the tour you also have a chance to practice a TaiChi in a historic community part in Former French Concession area meanwhile to get basic idea on how to develop inner power and harmony through concentration,cocentration,co-ordination and relaxation of mind,energy & body.You guide will also lead you to traditional chinese herbal medicine market and give you a brief introduction to the theory and application of  it. And how its prescribed?Understand the goal of  treatment is to bring the body into balance.During the tour you also will pass a lot of historic scenic spots such as The Bund, ancient city wall,old street downtown, white cloud temple,antique market,wet market, and so on.

**Inclusions:**

Bottled water

Professional photographer guide

Use of bicycle

Use of helmet

**Exclusions:**

Hotel pickup

**Know Before You Book:**

- Duration: 4h

- Mobile tickets accepted

- Instant confirmation

### Locations:

**Pickup:**
none

**Starts Notes:**
Huangpu, Shanghai, China

**Instant Confirmation:**
Yes

### Cancellation

**Cancellation Policy:**
standard

**Cancellation Cut-off:**
24
hours

**Cancellation Notes:**
For a full refund, cancel at least 24 hours in advance of the start date of the experience.

### Pricing