5 Days Beijing Food Tour: Cooking Class, Iconic Meals & Classic Spots

Trip overview

Savor the authentic flavors and imperial grandeur of China's historic capital on this **5-Day Beijing Food Tour**, a private culinary and cultural journey pairing iconic local dining with world-famous UNESCO landmarks. Between guided explorations of **Tian'anmen Square**, the **Forbidden City**, the lakeside gardens of the **Summer Palace**, the **Mutianyu Great Wall**, and the **Temple of Heaven**, immerse yourself in Beijing's rich gastronomic heritage. Indulge in crisp-skinned **Peking Roast Duck** carved tableside, gather around a bubbling 700-year-old **Old Beijing Copper Pot Hot Pot**, and roll up your sleeves for a hands-on **2.5-hour Hutong cooking class** inside a traditional *siheyuan* courtyard—rounded off by lively alley walks, local family visits, and traditional folk crafts in historic **Dongcheng** and **Xicheng** neighborhoods.

- **Durations:** 5 Days
- **Destinations:** Beijing
- **Tour inquiry:** https://asiachinatour.com/5-days-beijing-food-cooking-tour/

Itinerary

Day 1: Beijing Arrival — Private Airport/Station Pick-up, Hotel Check-in & Evening at Leisure

Welcome to Beijing, China's vibrant capital boasting more than 3,000 years of continuous history and imperial heritage. Upon clearing immigration, baggage claim, and customs at your arrival airport terminal or railway station exit, your private English-speaking tour guide and dedicated driver will greet you holding a personalized welcome sign. Settle into your spacious, climate-controlled vehicle for a direct, comfortable transfer to your carefully selected downtown hotel, where your guide will assist with registration procedures and orient you to the immediate neighborhood.

The remainder of the day is entirely free at your own pace to unwind, recover from jet lag, and acclimate to the local time zone. If you feel energized, take a leisurely evening stroll around the surrounding streets to soak in the city's atmosphere, browse nearby local shops, or ask your guide

for customized dining recommendations—from family-friendly courtyard dumpling houses to classic Peking roast duck restaurants—tailored to your schedule and tastes.

Meals: None (On your own)

Accommodation: Handpicked Downtown Hotel in Beijing

Expert Transit & Arrival Insights:
Beijing is served by Capital International Airport (PEK, 40–60 minutes northeast of downtown), Daxing International Airport (PKX, 60–75 minutes south), and central high-speed rail hubs linking Shanghai (4.5–6 hours) and Xi'an (4–5 hours) within 25 minutes of your hotel. Your private driver tracks all flight and train arrivals in real time to guarantee immediate curbside greeting regardless of delays, and if you have energy for a light evening walk, nearby Wangfujing Pedestrian Street or Nanluoguxiang Hutong offer a lively introduction to local street snacks.

Day 2: Imperial Beijing Highlights — Tian’anmen Square, Forbidden City, Peking Duck & Summer Palace

Set out after breakfast with your private guide and driver to immerse yourself in Beijing's monumental imperial heritage. Begin at **Tian'anmen Square**, the world's largest public square and a powerful symbol of modern China, where you can capture classic photographs framing Tian'anmen Gate. Walk across the square and pass through the towering Meridian Gate into the **Forbidden City (Palace Museum)**, a UNESCO World Heritage Site and the political heart of the Ming and Qing dynasties for nearly five centuries. Home to 24 emperors, this vast palatial "city within a city" preserves thousands of intricate wooden halls and priceless imperial treasures along its grand central axis. After hearing stories of royal court life from your guide, exit the northern gate for a scenic 15-minute climb up **Jingshan Park**, rewarding you with sweeping panoramic views over modern Beijing and the sea of golden-glazed palace roofs below.

At lunchtime, treat your palate to Beijing's 600-year-old signature dish with an authentic **Peking Roast Duck** feast at the renowned Hua's Restaurant near the imperial quarter. Watch as glistening, crisp-skinned duck is meticulously carved into delicate slices, ready to be rolled inside warm steamed pancakes with sweet bean sauce, crisp cucumber slivers, and scallions. In the afternoon, drive northwest to the **Summer Palace**, another UNESCO World Heritage Site celebrated as the "Museum of Royal Gardens." Once the Qing imperial family's lakeside retreat from summer heat, its harmonious blend of pavilions, arched stone bridges, painted corridors, and the tranquil waters of **Kunming Lake** unfolds like a living classical Chinese landscape painting.

Meals: Breakfast, Lunch (Peking Roast Duck)

Accommodation: Handpicked Downtown Hotel in Beijing

Expert Touring & Sightseeing Insights:
Remember to carry your original passport today, as strict security checkpoints and real-name ticket verifications are required to enter Tian'anmen Square and the Forbidden City. Your private guide secures timed-entry reservations in advance to bypass ticket queues, and wearing well-cushioned walking shoes will keep you comfortable across the expansive stone courtyards and lakeside pathways.

Day 3: Great Wall Adventure & Modern Icons — Mutianyu Great Wall, Olympic Park & Copper Pot Hot Pot

Set out after breakfast with your private guide and driver for a scenic drive north into the forested hills of Huairou to explore the **Mutianyu Great Wall**, a UNESCO World Heritage Site and the longest fully restored section of China's ancient defense system. Linking Jiankou in the west with Gubeikou in the east, Mutianyu is celebrated for its 23 Ming-era watchtowers and tranquil mountain vistas framed by lush pines and cypresses. Board the round-trip cable car up to the **14th Watchtower** to step directly onto the stone ramparts, then follow the western route along the winding ridge. Challenge yourself on the climb up to the **20th Watchtower** for sweeping panoramic views of the wall snaking across mountain crests, pausing along the way to soak in the history and capture unforgettable photographs before taking the cable car back down.

Following lunch near the foothills, return toward downtown Beijing and stop at the **Beijing Olympic Park** to admire and photograph the striking exteriors of the **Bird's Nest (Beijing National Stadium)** and the **Water Cube (Beijing National Aquatics Center)**—iconic architectural landmarks built for the 2008 Summer Games and reused for the 2022 Winter Olympics. Conclude your active day around a bubbling **Old Beijing Copper Pot Hot Pot**, a 700-year-old imperial culinary tradition featuring clear, savory broth heated inside a tall charcoal-fired brass pot. Swish paper-thin slices of tender mutton and fresh greens in the simmering broth before dipping each bite into rich, nutty sesame sauce.

Meals: Breakfast, Lunch, Dinner (Traditional Copper Pot Hot Pot)

Accommodation: Handpicked Downtown Hotel in Beijing

Expert Great Wall & Dining Insights:
The steep, uneven stone steps between the 18th and 20th watchtowers demand sturdy, slip-resistant walking shoes, and carrying a light windbreaker is advisable since mountain ridge breezes can be brisk year-round. If you prefer an exhilarating descent after your hike, ask your guide on-site about switching your return ticket to the open-air chairlift and metal toboggan slide down from the 6th Watchtower.

Day 4: Living Old Beijing — Hutong Cooking Class, Local Courtyard Life & Temple of Heaven

Step into the authentic daily rhythm of old Beijing after breakfast with a hands-on **2.5-Hour Hutong Cooking Class**. Hosted inside a traditional *siheyuan* (quadrangle courtyard residence), this interactive culinary session teaches you how to knead dough, fold handmade dumplings, pull fresh noodles, and master classic home-style stir-fries alongside a local chef. Once your dishes are ready, sit down right in the tranquil courtyard to savor your freshly prepared feast for lunch.

In the afternoon, dive deeper into Beijing's labyrinthine **Hutongs**, choosing between two distinct neighborhood experiences—or combining highlights of both with your guide. In **Dongcheng District**, wander the bohemian, tree-lined lanes of **Wudaoying Hutong**, visit a local courtyard family to hear generations-old stories of neighborhood life, climb the historic **Drum Tower** for panoramic rooftop views and a live traditional drum performance, and spend 30 minutes trying your hand at Chinese calligraphy, Peking Opera mask painting, or paper-cutting.

Alternatively, head to **Xicheng District** to stroll **Yandaixiejie (Skewed Tobacco Pouch Street)**, an 800-year-old commercial alley lined with historic smoking-pipe shops and preserved courtyards, before taking a breezy **Shichahai Rickshaw Ride** past Yinding Bridge or joining a cultural walk past former celebrity residences and princely mansions.

Conclude your sightseeing at the magnificent **Temple of Heaven**, a UNESCO World Heritage Site larger than the Forbidden City and celebrated for its sacred cosmological geometry. Built as an imperial sacrificial altar where 22 Ming and Qing emperors prayed twice annually for bountiful harvests, the complex centers on the triple-eaved, circular wooden **Hall of Prayer for Good Harvests**. Follow the sacred Danbi Bridge pathway to test the famous acoustic phenomena of the Echo Wall and Triple Sound Stones before returning to your hotel.

Meals: Breakfast, Lunch (Home-cooked Siheyuan Meal)

Accommodation: Handpicked Downtown Hotel in Beijing

Expert Hutong & Heritage Insights:
Because Beijing's historic alleyways span several distinct neighborhoods, let your guide know at breakfast whether you prefer the artisan shops and hands-on craft workshops of Dongcheng or the lakeside rickshaw scenery of Xicheng so your afternoon pacing feels unhurried. Please inform your guide of any dietary allergies or vegetarian preferences ahead of the morning cooking class so fresh ingredients can be tailored to your table. Visiting the Temple of Heaven in the late afternoon bathes the deep-blue glazed roof tiles in warm golden light while allowing you to witness local residents gathering in the surrounding cypress park for evening Tai Chi, ballroom dancing, and traditional folk music.

Day 5: Departure from Beijing — Morning at Leisure & Private Airport/Station See-off

Enjoy a relaxed final morning after breakfast as your **5-Day Beijing Food & Culture Tour** draws to a close. Depending on your scheduled departure time, you will have free hours at leisure to take one last stroll through the neighborhood, browse local boutiques for edible souvenirs such as fragrant jasmine tea or traditional Beijing pastries, or savor a final cup of morning coffee at your own pace. At the designated hour, your private English-speaking guide and dedicated driver will meet you in the hotel lobby, assist with check-out and luggage, and escort you smoothly to **Beijing Capital International Airport (PEK)**, **Beijing Daxing International Airport (PKX)**, or your departure railway station for your flight or high-speed train onward. Thank you for traveling with **Asia China Tour**—we wish you a pleasant journey home and look forward to welcoming you back on your next adventure across China and Asia.

Meals: Breakfast

Accommodation: Not included (End of Tour Services)

Expert Departure & Transit Insights:
*Standard hotel check-out in Beijing is at 12:00 PM, though your guide can gladly arrange complimentary luggage storage at the concierge desk if you have an evening departure and wish to spend the afternoon exploring. For international flights, plan to leave downtown Beijing at least 3.5 to 4 hours ahead of takeoff—and 2.5 to 3 hours for domestic flights or 1.5 hours for high-speed trains—to account for ring-road traffic and terminal security checks. If you are looking for authentic, packable culinary gifts before leaving town, stop by a nearby branch of **Daoxiangcun** for freshly baked imperial-style jujube pastries or pick up vacuum-sealed Peking roast duck and loose-leaf jasmine tea from a heritage shop on Qianmen Street.*

Booking Policy

Cancellation Policy

Cancellation by Customer

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 20% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 40% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

The rate for children applicable for one child sharing a twin or double cabin with two adults.

- For infant (<04 years old): Free of Charge
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- Above 11 years old with extra bed: 100% adult rate

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