

Best of Asia 24 Days

~~\$5,999.00~~ **\$4,999.00**

Beijing, Wuxi, Suzhou, Hangzhou, Shanghai, Osaka, Kyoto, Nara, Nagoya, Mt. Fuji, Tokyo, Taipei, Sun Moon Lake, Kaohsiung, Kenting, Taitung, Hualien, Taroko

Tour Highlights:

- **In China**
 - Walk on the incredible **Great Wall of China** near Beijing
 - Race across China on a **bullet train from Beijing to Wuxi**
 - Uncover the mysteries of the **Forbidden City**
 - Sit by tranquil **West Lake in Hangzhou**, much admired by Marco Polo
 - Stroll in one of the finest **Chinese classical gardens, in Suzhou**
 - Immerse yourself in the bustling metropolis **Shanghai**
- **In Japan**
 - Discover **Osaka**, with a day free at leisure and a selection of optional activities
 - In **Nara**, visit the **Great Eastern Temple** – the world's largest wooden building
 - Feed the gentle sika deer at **Nara Park**
 - Visit **Nagoya's Inuyama Castle**, and **Osu Shopping Street's 1200 shops and restaurants**
 - Drink from clear springs at the foothills of **Mount Fuji**
 - Enjoy optional activities or free time in **Tokyo**
- **In Taiwan**
 - Visit **Taipei 101**, the world's sixth tallest building
 - Stroll through the famous bustling **Night Markets** of Taiwan
 - Cruise across **Sun Moon Lake** and experience its tranquil beauty
 - Explore the largest Buddhist monastery in Taiwan, **Fo Guang Shan Monastery**
 - Immerse yourself in the natural splendour of **Taroko National Park**

China: Savour the beauty of China's ancient history, rich culture, delicate cuisine, thriving industries, and modern architecture. Walk along the Great Wall and unfold the mystery of the Forbidden City in China's capital Beijing, discover the exquisite southeastern cities Wuxi, Suzhou, and Hangzhou – long known for their natural beauty, and immerse yourself in dynamic, cosmopolitan Shanghai.

Japan: Starting your tour of Japan in Osaka, you'll visit Kyoto and Nara – famous for their well-preserved ancient castles, temples, and monuments. In Nagoya, visit Inuyama Castle, and explore the 1200 shops and restaurants of Osu Shopping Street. Japan's stunning natural endowments are on the itinerary too, in the form of sacred Mount Fuji and the surrounding region. Your trip wraps up with time free in Tokyo, for sightseeing, shopping, or your choice of a diverse range of optional activities.

Taiwan: A country of stunning beauty and jaw-dropping natural landscapes, and one of the most diverse destinations in Asia, Taiwan attracts travellers from all over the world, showcasing a thriving folk culture, museums bursting with treasures – including the best of imperial China, its bustling night markets – famous for their delicious *xiaochi* (snacks, or literally 'small eats'), and the latest in high-tech gadgets.

Seasonal Variations – Japan:

From June to August, it is the best time to view fresh spring greens and enjoy the warm climate.

The end of Oct through early Nov is the best time to see crimson leaves in Autumn.

Late March to early April is historically the best time to view cherry blossoms, but we can't guarantee that they will flower on these dates as they are highly seasonal and subject to climatic conditions.

In stock

Categories: Asia, China, Japan, Taiwan Tags: China, Japan, Taiwan

Departure Dates

2019			Price Per Person	Single Supplement
12 Mar**	14 May	13 Aug	From \$5,999 \$4,999	\$1850
19 Mar**	28 May	20 Aug		
26 Mar**	11 Jun	27 Aug		
09 Apr*	02 Jul*	29 Oct		
16 Apr*	16 Jul*	05 Nov		
30 Apr*	30 Jul			
* = Peak Season Surcharge: \$300pp ** = Cherry Blossom Season Surcharge: \$500pp				

Package Inclusions:

- Airfares, taxes & fuel surcharges from Sydney or Melbourne with a full service Chinese carrier (eg. China Southern/Eastern Airlines, Air China, China

Airlines)

- Shanghai to Osaka internal flight (low cost carrier, baggage max. weight 15kg)
- 22 nights 3-4 star hotel accommodation
- Daily breakfast and 5 dinners
- High-speed bullet train
- Round trip airport and hotel transfers
- Air conditioned coach transportation
- All sightseeing and entrance fees (except optionals)
- English speaking tour guides

Package Exclusions:

- Tipping: \$240pp
- China visa
- Travel insurance
- Personal expenses

Price Guide:

- **Seasonal surcharges:** * = Peak Season: \$300pp, ** = Cherry Blossom Season: \$500pp
- **Airline upgrade:** Cathay Pacific from \$300pp plus applicable fare difference
- **Interstate surcharge:** Adelaide/Perth/Brisbane \$300pp (flights may be via Sydney or Melbourne)
- **Early arrival/stay behind surcharge:** From \$250pp plus applicable fare difference
- **Pre/post tour accommodation w/breakfast:** \$150/twin room/night (+ private transfers \$120/vehicle for 3 people/day)
- **Triple share:** Not available on this tour
- **Child rate:** Same as adult

(~) International long haul sectors only.

Several shopping stops are included as cultural learning experiences with no obligation to purchase local specialty products.

All prices are per person twin-share unless otherwise stated and subject to revision without notice. Itineraries, airlines, hotels & ships are subject to availability and change. Nexus Holidays reserves the right to provide substitutes of similar quality and adjust the itinerary as we see fit to ensure smooth operations. Passengers must remain with the group at all times. Fees may apply for deviations from the set itinerary. Total length of trip includes time spent in flight and is subject to flight schedule. Flights are not available until approximately two weeks before departure and may involve up to two transits per leg. Please check all information before booking. By booking, you accept all **Booking Conditions**.

Stopovers

Hong Kong Stopover from \$399pp

Once a sleepy fishing village, Hong Kong has developed into one of the premier financial powerhouses of the Far East. It is a city which boldly blends modernity with Chinese heritage and British colonial influence. A safe, well organised, fast paced shopping paradise, it also offers up some unmatched cuisine experiences.

For details, tap the image above or [click here](#).

China Optional Programs

Get to know China better with our list of in-depth excursions recommended to add another dimension to your total experience! They can be prepaid in Australia more than 30 days prior to departure at the discounted AUD prices below, or paid directly in the local currency to your tour guide upon arrival in China. Prepay for all optional programs to receive a \$15 discount off the total price. English speaking guide, admissions and round trip transfers are included in the prices.

Beijing	Peking Duck Dinner	\$40
Beijing	The Golden Mask Dynasty	\$75
Beijing	Hutong Life & Panda House Tour w/Lunch	\$80
Beijing	Chinese Kung-Fu Show	\$75
Beijing	Forbidden City Tour	\$80
Wuxi	Grand Canal Cruise	\$35
Wuxi	Jiangnan Dumpling Lunch	\$25
Suzhou	Western Buffet Dinner	\$40
Hangzhou	Impression West Lake	\$80
Shanghai	ERA: The Intersection of Time, or SPIRAL	\$75
Shanghai	Jin Mao Tower, Xintiandi & Maglev Train Tour:	\$70
Shanghai	Huangpu River Cruise	\$40
Shanghai	Shanghai Disneyland Package (cannot be combined with ERA & Jin Mao Tour)	\$199

Japan Optional Programs

For more optional activities in Japan, please [click here](#).

Tokyo Day Tour	\$250
<p>This tour will take you to visit Asakusa, Meiji Jingu Shrine, Harajuku, Shibuya, Tokyo Tower and on a Tokyo Bay cruise.</p> <p>Japan's capital, Tokyo, is packed with so much to see and do. First stop on this tour is Asakusa Kannon Temple, one of Tokyo's most colourful and popular temples. Afterwards visit Meiji Shrine, dedicated to the deified spirits of Emperor Meiji and his consort, Empress Shoken. Proceed to the fashion district Harajuku and Shibuya, an affluent and trendy shopping hotspot. Then proceed to Tokyo Tower, where you will observe the amazing city of Tokyo from up above. Then, relax on a Tokyo bay cruise en route to the beautiful and serene landscaped Hamarikyu Garden beside Tokyo Bay.</p> <p>Note: This tour is subject to minimum numbers.</p>	
Osaka Day Tour	\$250
<p>This optional tour will take you to Osaka Castle which was built in 1583 as the intended capital of Japan, before the capital was moved to Edo (now known as Tokyo). Walk through the majestic castle while learning from the exhibit detailing life in old Osaka. From there, walk to the nearby river boat dock to board the Osaka River Cruise for a cruise around Nakanoshima. Explore Shinsaibashi and Dotonbori, the vast restaurant districts, with eateries offering a variety of Japan's most famous street foods. Then travel down to Umeda Skybuilding, where you will get a sweeping view of Osaka. Tour finishes in Osaka.</p> <p>Note: This tour is subject to minimum numbers.</p>	

Hotel Accommodation

Beijing	Chunhuiyuan Hot Springs Hotel	or similar
Wuxi	Swiss-Belhotel Liyuan	or similar
Suzhou	Holiday Inn Suzhou Taihu Lake	or similar
Hangzhou	Hangzhou Merchant Marco Edgelake Hotel	or similar
Shanghai	Wassim Hotel Zhoupu	or similar
Osaka Airport	Bellevue Garden Kansai Airport	or similar
Osaka	Hotel Alexander Namba or similar	or similar
Nagoya	Loisir hotel Toyohashi or similar	or similar
Tokyo	Hotel Rose Garden Shinjuku or similar	or similar
Taipei	Taipei Grace Hotel	or similar
Nantou	Nantou Hotel Formosa	or similar
Kaohsiung	Kaohsiung City Suite Hotel	or similar
Taitung	Chihpen Century Hotel Hot Spring	or similar
Hualien	Hualien Park City Hotel Hualien	or similar
Tamshui	Tamshui Park City	or similar

Day 1: Australia ✈ Beijing

Fly to **Beijing** via connecting cities and transfer to the hotel. Note: Some flights may depart the night before. Beijing, China's massive capital, has a history stretching back three millennia, and since the 2008 Olympic Games, it has been known for its modern architecture as well as grand ancient sites such as the Forbidden City complex, the imperial palace during the Ming and Qing dynasties.

Day 2: Beijing (B)

After breakfast, visit **Tiananmen Square**, the second-largest public square in the world! Tiananmen Square is named after the Tiananmen (Gate of Heavenly Peace) located to the north of the square, separating it from the Forbidden City. The square contains the **Monument to the People's Heroes** and has great cultural significance, as it was the site of several important events in Chinese history.

Optional Program: Forbidden City Tour – Continue on to the incredible Forbidden City, a true architectural masterpiece, and the imperial palace from the Ming to the Qing dynasty (1420 to 1912). The complex is home to the National Palace Museum, and consists of 980 buildings covering 72 ha (over 180 acres). The Forbidden City was declared a World Heritage Site in 1987 and is listed by UNESCO as the largest collection of preserved ancient wooden structures in the world!

Optional Program: Peking Duck Dinner – Tonight, head out for a Beijing speciality which is one of the most famous Chinese dishes, Peking Duck.

Day 3: Beijing (B)

Today's highlight is an excursion to the majestic **Great Wall of China at Juyong Pass**. This is one of the three most famous passes along the Wall, together with Jiayuguan and Shanhaiguan. Just 60 km from downtown Beijing, Juyong Pass was the northern route to Beijing in ancient times. Once here, there is plenty of time to learn about the wall's construction and you'll have the chance to climb a portion of this 6,000 km marvel.

On the way back to Beijing, we stop at one of the largest jade exhibitions in Asia. Then, after lunch, see skilled artisans at work at a cloisonne factory. Cloisonne is a famous traditional enamel ware, known as the 'Blue of Jingtai' in China, with a history of over 500 years. It was so called because blue was the colour typically used for enamelling, and Jingtai was the reign title of the 7th Ming Emperor.

Optional Program: The Golden Mask Dynasty – This phenomenal show incorporates dancing, acrobatics, magnificent costumes and lot of surprises. Seen by an estimated 1.1 million people, it is one of Beijing's must-see shows.

Day 4: Beijing (B)

Enjoy a tour to the **Summer Palace**, the largest preserved ancient garden in China and a former summer resort for Emperors followed by a visit to a **Chinese herbal medicine institute** to learn about traditional Chinese medicine, which has existed for thousands of years, as you enjoy a rejuvenating foot massage.

Optional Program: Hutong Life & Panda House Tour w/Lunch – A rickshaw will take you around the intricate winding hutongs to admire these old courtyard dwellings, built during the Mongol Yuan Dynasty. Even today, when many have been developed into upscale restaurants, tea houses, and boutiques, many residents are reluctant to move from their beloved hutongs. On this tour, you are invited to visit a local family's house to experience authentic 'old Beijing' life. Next, visit the Panda House in Beijing Zoo to see China's adorable national treasure – the Giant Panda.

Optional Program: Chinese Kung-Fu Show – This show is an energetic mix of traditional Chinese martial arts, dance and high-flying acrobatics set in a modern theatre. Combined with an excellent storyline, exceptional stage design and professional actors this show is not to be missed for Chinese Kung-Fu enthusiasts or those seeking a thrilling performance.

Day 5: Beijing 🚄 Wuxi (B)

Take a high speed train to **Wuxi**, an ancient city, richly endowed with natural attractions due to its pleasantly warm and moist climate. Wuxi boasts a reputation of being the 'Land of Fish and Rice'. Enjoy the scenery as we pass by **Lake Tai**, the third-largest freshwater lake in China. This evening, we will stroll along the trendy yet traditional Nanchang Street, composed of both ancient and modern architecture, and juxtaposed with the peaceful atmosphere of the waterside town and fashionable life of Wuxi.

Optional Program: Jiangnan Dumpling Lunch – Enjoy a traditional lunch that includes the famous Xiao Long Bao, a Chinese steamed bun filled with minced pork and tasty soup, prepared in a small bamboo steaming basket.

Day 6: Wuxi 🚄 Suzhou (B)

This morning visit one of the largest freshwater pearl exhibitions in the country. After lunch, travel by coach to **Suzhou**, an extraordinarily elegant city with its canals, stone bridges, and meticulously designed gardens. Suzhou has been referred to as 'Paradise on Earth' by Chinese poets and writers since ancient times. As a large area of the city is covered by water, including a vast number of ponds and streams, Suzhou is also known as 'Venice of the East'. It is also known as the 'Garden City' due to its many classical gardens, renowned for their charming natural beauty and harmonious construction. Visit the Lingering Garden, which is among the finest in China.

Optional Program: Grand Canal Cruise – Take a cruise along the UNESCO World Heritage listed Grand Canal of over a thousand years to view life along what was known as 'China's golden waterway' in its heyday.

Optional Program: Western Buffet Dinner – Enjoy a sumptuous western style buffet dinner with at your hotel, a relaxing way to wind down the day.

Day 7: Suzhou 🚗 Hangzhou (B)

This morning visit a **silk spinning mill**, and learn how silk is created from mulberry-munching silkworms to produce the finest thread and cloth. After lunch, travel by coach to Hangzhou, described by Marco Polo as 'the most beautiful and magnificent city in the world'. Upon arrival, take a boat ride on the serene **West Lake**, the most renowned feature of Hangzhou, and noted for its scenic beauty which blends naturally with many famous historical and cultural sites.

Optional Program: Impression West Lake – This evening, enjoy an open-air performance, a masterpiece created by Zhang Yimou, the director of the 2008 Beijing Summer Olympics Games Opening Ceremony.

Day 8: Hangzhou 🚗 Shanghai (B)

Experience tea-tasting at the **Dragon Well Tea Plantation**. Then travel by coach to Shanghai, a vibrant metropolis and the commercial centre of China. Upon arrival, walk along the famous **Bund**, a mile-long stretch along the Huangpu River. Lined with colonial architecture of European design, it is the best place to capture the Western influences of the old days. Enjoy the rest of the day at leisure strolling along the bustling shopping district, **Nanjing Road**.

Optional Program: Huangpu River Cruise – As you cruise along the Huangpu River, you will get a glimpse of the history and spectacular view of cosmopolitan Shanghai. On one side of the river, there is The Bund, a landmark of Shanghai. Lining the boulevard of the waterfront are grandiose solid buildings of Western style dating back to the early 19th century. On the other side is the charming image of modern Shanghai.

Day 9: Shanghai (B)

This morning, visit the **Shanghai Museum** to see ancient Chinese art, furniture and jade. The rest of the afternoon is at your own leisure, or you may join our optional programs.

Optional Program: Jin Mao Tower, Xintiandi & Maglev Train Tour – Visit the Jin Mao Tower Observation Deck (88th floor) for a panoramic view of the Huangpu River and the Bund. Then explore the affluent Xintiandi (New Heaven and Earth) area which holds the historical and cultural legacies of the city. Xintiandi was the site of the first congress of the Communist party of China, and is now the most expensive place to live in China. Next, experience the world's fastest commercially operating train, running between the city and Shanghai airport with a top speed of 431km/h. *Note: This program cannot be combined with Shanghai Disneyland Package.*

Optional Program: ERA: The Intersection of Time, or SPIRAL – Tonight you can watch a stunning Chinese acrobatic show combining Chinese performing arts and modern technology, comparable to the tradition of the Broadway Musical. *Note: This program cannot be combined with Shanghai Disneyland Package.*

OR

Optional Program: Shanghai Disneyland Package – Newly opened in June 2016. Shanghai Disneyland showcases a never-before-seen world of wonder where you can ignite the magical dream within your heart and experience fun, adventure and thrills for guests of all ages! Includes standard Shanghai Disneyland admission and one transfer in each direction. *Note: Departure transfer is at a set time. If you prefer to stay behind at the resort, you must make your own way back to the hotel. This package cannot be combined with any other optional programs on this day.*

Day 10: Shanghai ✈ Osaka (B)

After breakfast, transfer to Shanghai airport to board your flight to Japan. On arrival in **Osaka**, your friendly tour guide will be waiting at the airport to transfer you to the airport hotel.

Day 11: Osaka 🚗 Kyoto 🚗 Nara 🚗 Osaka (B)

This morning, travel to Kyoto and visit **Fushimi Inari Shrine and Nijo Castle** before heading to **Nara**. Visit **Todaiji (Great Eastern Temple)**, with its **Great Buddha Hall** – the world's largest wooden building. This impressive building houses the world's largest (15m) bronze statue of the Buddha Vairocana. Wander through **Nara Park**, where over 1,200 wild sika deer roam free, before travelling back to Osaka.

Day 12: Osaka (B)

Spend today free at your own leisure. You may spend the day visiting one of the most spectacular Japanese aquariums, Osaka Aquarium Kaiyukan; or taking a day trip to Hyogo to visit Himeji Castle (pictured), an enormous and unique castle decorated in white. An optional day tour is available for some departure dates. Please see optional programs for more information.

Day 13: Osaka 🚗 Nagoya (B)

This morning, head to **Nagoya** and visit **Inuyama Castle**. Then, head to **Atsuta Shinto Shrine** (covering 200,000 square meters and established almost 2000 years ago) before enjoying some time for shopping at the **Osu Kannon Shopping Quarter**. Transfer to your hotel in the evening.

Day 14: Nagoya 🚗 Mount Fuji 🚗 Tokyo (B)

Today, visit **Oshino Hakkai**. Known as the springs of Mount Fuji, the eight ponds are fed by melting snow filtering down from the slopes of nearby Mount Fuji, through porous layers of lava, resulting in very clear spring water that is revered by locals. Afterwards, visit **Hakone Shinto Shrine**. Standing at the foot of Mount Hakone along the shores of Lake Ashi, the shrine buildings are hidden in dense forest. Finally, visit **Owakudani** – 'Great Boiling Valley' is a valley formed by the explosion of Hakone volcano more than 300 years ago, and contains hot springs and steaming sulphur vents – visitors usually eat eggs cooked in the boiling, sulphurous waters. At the end of the day we head to Tokyo.

Day 15: Tokyo (B)

Spend today free at leisure. You may wish to visit **Tokyo Disneyland or DisneySea** (admission \$120) or join the **Nikko Day Tour** (\$290). Alternatively, you can join our wide range of optional programs; tea ceremony, pottery-making experience, 'golden joinery', kimono photo shoot, cooking class. NOTE: All activities are not guided and transportation is self-arranged.

Day 16: Tokyo ✈ Taipei (B)

Spend today free at leisure before transferring to the airport for your flight to Taiwan. Arrive at Taipei Taoyuan International Airport, you will be greeted warmly at the airport by your local tour guide and transferred to your hotel. Standard hotel check-in time is 3pm.

Day 17: Taipei (B, D)

Today's highlight is a visit to the **Presidential Building** (outside) and **Chiang Kai-Shek Memorial Hall**. This afternoon, visit Tamsui – a laidback waterfront town on the northern part of Taipei city. Enjoy lunch today at **Tamsui Old Street**, where you can feast on many famous Taiwanese snacks. Visit **Lin An Tai Historical House and Museum**. This elegant building is built in the style of prosperous houses in China's Fujian province, where many Taiwanese migrated from, and the paving stones in the courtyard were once ballast in merchant ships. In the evening, explore the bustling night life of Taipei. Have a traditional Taiwanese dinner of Xiao Long Bao, then proceed to colourful **Huahsi Night Market**.

Day 18: Taipei 🚌 Sun Moon Lake (B, D)

This morning travel to **Sun Moon Lake**, situated 762 meters above sea level in the lofty mountains of central Taiwan. Cruise across the lake for a spectacular view of Xuanguang Temple & Lalu Island, as you relax on the lake's tranquil waters. Then, take Sun Moon Lake Ropeway to the **Formosan Aboriginal Culture Village** and observe Taiwan's traditional indigenous lifestyles and traditions. After a dinner of Taiwanese-style roasted chicken, check in to the hotel.

Day 19: Sun Moon Lake 🚌 Fo Guang Shan 🚌 Kaohsiung (B, D)

After breakfast, we will head to an Oolong Tea Farm before continuing south towards Kaohsiung and **Fo Guang Shan Buddha Memorial Centre (BMC)**. Completed in 2011, BMC has enshrined a relic of the Buddha, gifted by Tibetan Lama Kunga Dorje Rinpoche, since the beginning of contraction in 2001. We will be spending most of our day at this place to enjoy the serene atmosphere and explore the entire area at our leisure. Then, learn how to make Pineapple Tarts at the popular **Vigor Pineapple Factory**. Later we will be enter **Kaohsiung City** and explore Pier 2 Art Central, where 25 former warehouses have been converted into a thriving arts precinct. After dinner (Taiwanese Shabu Shabu hotpot), explore one of Kaohsiung's bustling night markets.

Day 20: Kaohsiung 🚌 Kenting 🚌 Taitung (B, D)

The highlight today is a visit to **Kenting National Park**, Taiwan's first nationally recognised park and undoubtedly one of the most spectacular landscapes you will see. Be awestruck by the vastness of the natural reserve and stand on the southernmost tip of the island at **Maopitou** and **Longpan Park**, also known as 'The Light of East Asia' as its lighthouse is one of the most powerful along the Taiwan coast. This afternoon, head to **Kenting Main Street** in the heart of Kenting, an area bustling with locals, tourists and vendors. Spend lunch time discovering the numerous stalls and restaurants offering a variety of local snacks and cuisines. **Travel up the scenic Southern Link Highway** to Taitung Country, ending the day with dinner at the hotel.

Day 21: Taitung 🚌 Hualien 🚌 Taroko 🚌 Hualien (B, D)

The highlight today is a visit the **East Coast National Scenic Area**, known as 'Taiwan's last unspoiled land', stretching 170 kilometres down the east coast of Taiwan. Weathering and erosion have produced a wide range of breathtaking landforms here which can only be appreciated first-hand. Stop at **Siao-ye-liou** ('little wild willow' geological formations), **San-sien-tai** (Three Immortals Island), **Shi-ti-ping** (Stone Steps) and take in the spectacular views. Proceed to Hualien, to **Taroko National Park**. Encompassing Taroko Gorge, Swallow Grotto, and Shakadong Trail, the park covers over 120,000 hectares and rises from sea level in the east to heights of over 3700m further west. The aquamarine Liwu River cuts through the centre, forging deep slit valleys before joining the sea.

Day 22: Hualien 🚌 Taipei (B, D)

Today, visit a **Marble Factory** on the return trip to Taipei. Depending on the size of the group, **visit local scenic towns** Yilan or Shifen. These towns are both rich in culture and local history, and provide a nice glimpse of Taiwan's beautiful natural scenery. Later, visit **Taipei 101** (admission fee at your own expense, payable to the guide). Experience soaring heights and impressive views at the tallest building in Taiwan, and the 6th highest in the world. Taipei 101 was the first building to exceed 500m in height and has a unique design that mimics the shape of bamboo. Dinner will be hotpot (or similar, depending on availability).

Day 23: Taipei ✈ Australia (B)

After breakfast, transfer to the airport for your flight home via a connecting city.

Day 24: Australia

Arrive home this morning

