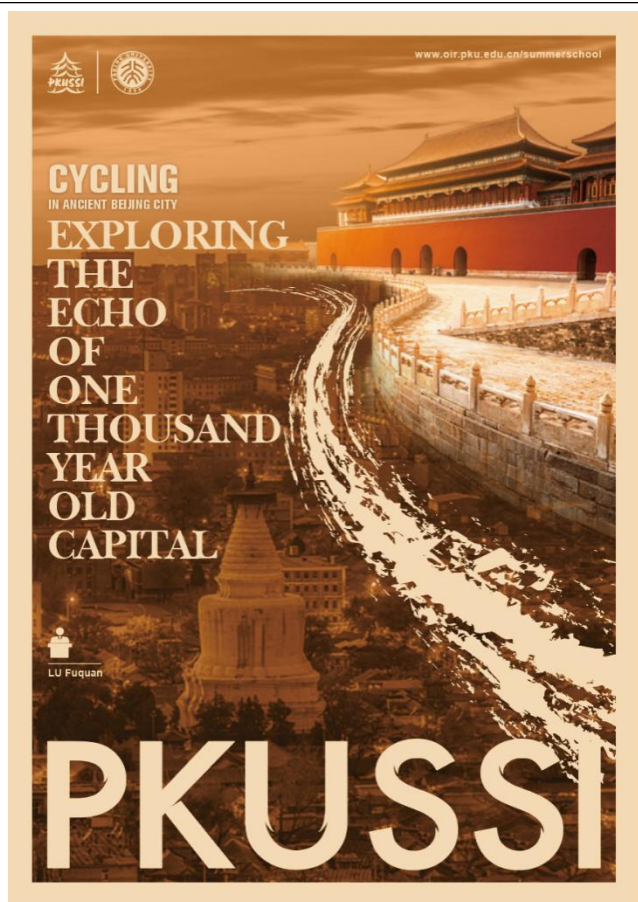


Course Form for PKU Summer School International 2026

Course Title	Title in English: Cycling in Ancient Beijing City: Exploring the Echo of One-Thousand-Year Old Capital
	Title in Chinese: 骑行老北京城：探索千年古都回响
Teacher	Fuquan LU
First day of classes	July 6, 2026
Last day of classes	July 31, 2026 (4 week-course)
Course Credit	2 credits

Course Description

Objective:



Explore the prefunded history and colorful culture of Beijing ancient city as the Capital of Jin, Yuan, especially Ming and Qing Dynasty of 871 years, by planning 5 representative cycling routes in which contains dozens of worth visiting places including palace, museums, temples, parks, theaters, rivers and Lakes as below:

The journey of Liyuan and grand theaters: the Beijing opera culture tour.

The journey of Central Axis Tour of Beijing city: the Magnificent Royal architectures cluster.

The journey of searching capital origin: the relics of Jin and Yuan Dynasty

The Awakening Red Journey: The contribution of Beida at the early of New democratic revolution of China

Exploring the ancient Beijing city: Forbidden City and outer city of Ming and Qing Dynasty Capital

Pre-requisites /Target audience

Undergraduates and graduates who prefer field trip to indulge Beijing's history and culture, as a new visitor to Beijing city. Cycling skills and average fitness are pre-requisites.

Proceeding of the Course

The course is a four-week, 34 hours totally course in July, 2026. 5 hours on each Wednesday and Friday afternoon, from 1pm-6pm (The ending time might be subjected change due to the real journey going), except the last class on fourth Wednesday totally 4 hours. The first and last classes are located in the main

campus, the other 5 are independent cycling journeys with different topics.

Assignments (essay or other forms)

Evaluation Details

Student's attendance and performance in the introduction of planned stop points, the team presentation about the cycling laws and culture, and personal cycling report on one particular cycling route will be evaluated.

From the summer of 2026, students participating in this course will be graded on a pass/fail basis for their final results.

Text Books and Reading Materials

CANVAS

online course platform will be applied to help students update the class management information, upload assignments and download electronic materials.

English Books:

Osvald Siren. The Walls and gates of Peking, London press, 1924

Derek Sandhaus. Tales of Old Beijing: Inside the Walls of China's Tumultuous Capital. China Economic Review Publishing for Earnshaw Books.2009

Stephen G. Haw. Beijing, a concise history. Routledge. 2007

Chinese books

北京三千年：从考古发现看北京建城史.北京日报特别报道部.北京联合出版公司,2022.9

邱华栋.北京传.北京出版集团北京十月文艺出版社.2023

刘阳,牟悠然.带你看中轴线.天天出版社,2022.

老明信片记录的历史 history recorded by postcards: Old postcards of Peking Old postcards of Peking.五洲传播出版社,2008

In the field of cycling skill and cycling safety education:

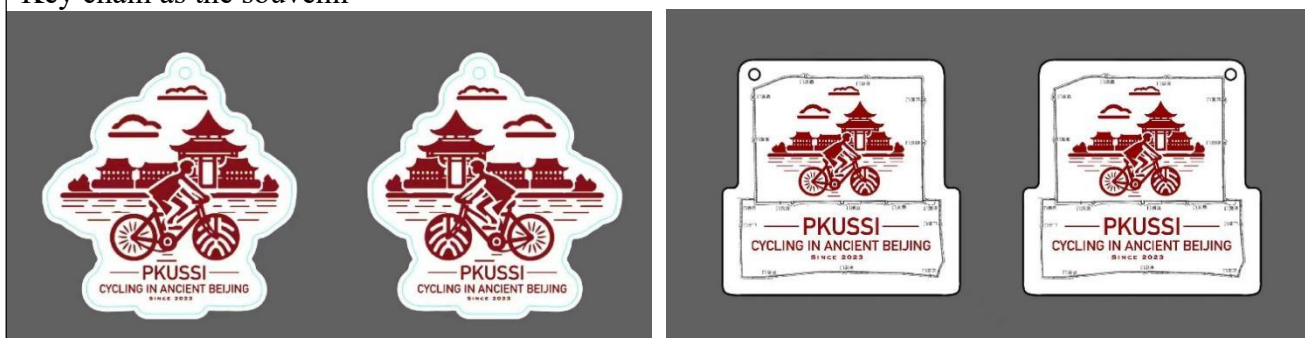
Cycling education MOOC: <http://www.chinesemooc.org/mooc/5012>

Benefits of the Course

2-3 Share bike coupons

Each student will be offered 3 one-month coupon by 2-3 main share bike providers since the first day they arrive in Beijing.

Key chain as the souvenir



CLASS SCHEDULE

(Subject to adjustment)

Session 1: Cycling skill and safety Education

Date: July 8

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

The introduction about the course: video review of 2024 summer



Ice breaking and teaching unit grouping.

The management of the course: TA's duty, cycling Insurance, The course evaluation, and the online course management platform: Canvas.

Cycling skills and safety education: Bike anatomy, bike maintenance, bicycle laws in Beijing, defensive riding, bicycle crash analysis, will be introduced and discussed.

Cycling skill test in the campus: the basic skills, and the ability to control the bike, hand signals applied in team city cycling.

Campus orientation cycling;

First City cycling: Beida South Gate to South Ruyi Gate wharf of Summer Palace.

The class will be hold in the Teaching Build, Cycling hall(318) in Wusi sport center, and in the campus.

【Questions】

Why did you select the course and what do you expect from this class? How to select your own bike?

What is the defensive riding?

What are the risk factors of bicycle crash?

How do we move to the start point of each cycling journey?

【Readings, Websites or Video Clips】

<http://www.chinesemooc.org/mooc/5012>

<http://www.vr-campustour.com>

【Assignments for this session (if any)】

Icebreaking game will be set.

Basic skills to maintain the bike should be mastered, including:
Adjust bike seat height, pump up your bike, and fix chain drops.

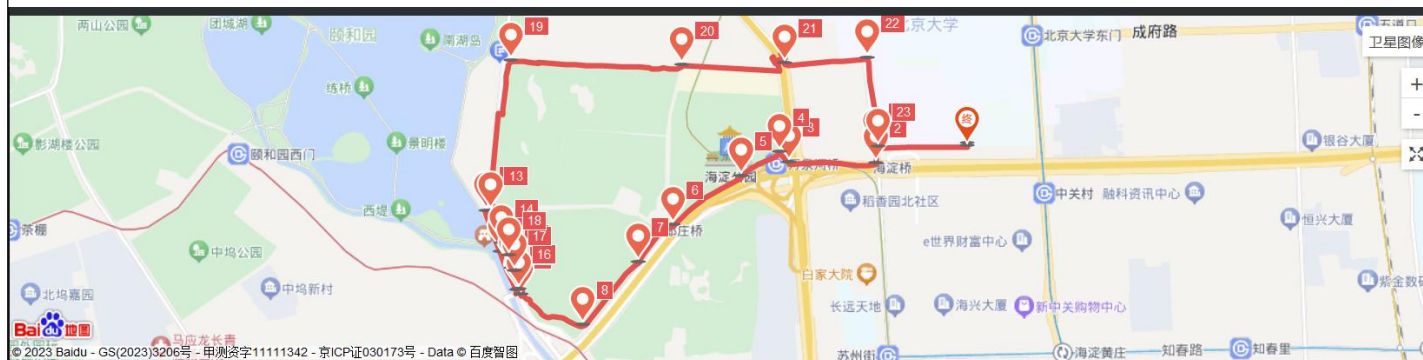
Basic riding skills test including changing gears, applying brakes, riding through narrow roads and riding slowly and make turns.

Cycling safety, especially bicycle crash analysis will be set.

Campus cycling orientation: watermelon hunting game by groups.

City cycling rehearsal: Beida South Gate to South Ruyi gate Wharf of Summer Palace. Team city cycling management and contingency program will be introduced.

Interview with local citizen will be arranged.



Session 2: The journey of Liyuan and grand theaters: the Beijing opera culture tour.

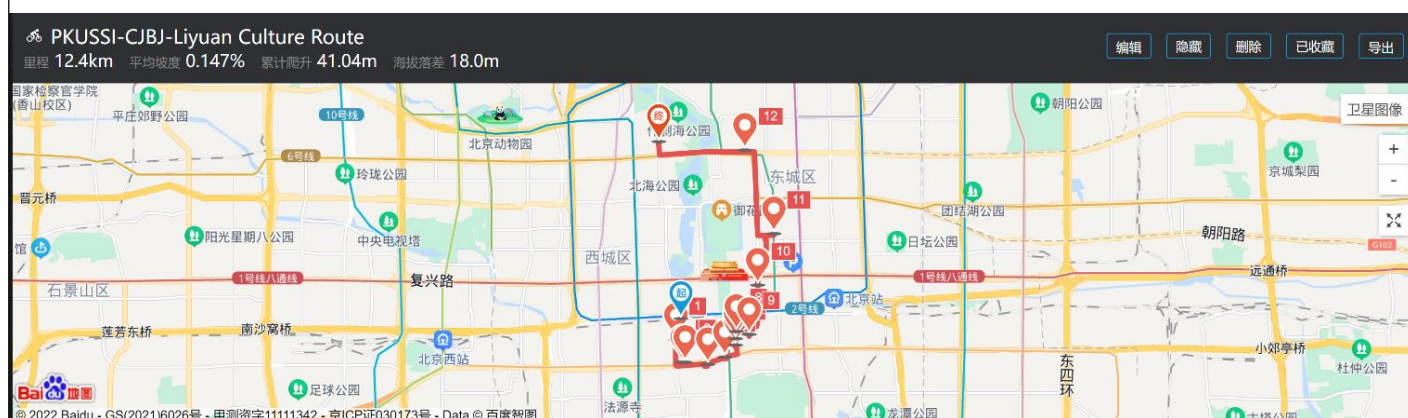
Date: July 10

【 Description of the Session 】 (purpose, requirements, class and presentations scheduling, etc.)

Understanding the variety of Chinese drama and opera. Able to recognize different styles and roles in Beijing opera. Appreciate the beauty of Peking Opera and its magnificent theaters.

【Transportation and cycling map】

We are taking the renting bus to the start point from the campus and use sharing bike as cycling bike. At the last stop, students get back to campus from Nanluoguxiang-snacks point by subway or other transportation by themselves.



【All possible stops we will drop by or visit】

All the stops are listed below, and each group of students will be assigned some stops to present when we arrive that stop.

- 1, Zhengyi Temple Theater Building(visit)
- 2, Liulichang Ancient Culture Street(visit)
- 3, Landmark Plaza, the birthplace of Peking Opera
- 4, Former residence of Ji Xiaolan
- 5, Beijing Fenglei Troupe(visit)
- 6, Zhushikou Church
- 7, Liulaogen Theater
- 8, Taiwan Guild Hall
- 9, Tianleyuan Theater (visit)
- 10, The Pigment Guild(visit)
- 11, The ruins of the Hanlin Academy
- 12, Auspicious Theater(visit)
- 13, Nanluoguxiang-snacks point
- 14, Mei Lanfang Memorial Museum(visit)

Please be noted:

Visit, means walking-in visit, while those stops without noting as “visit”, are the places we just pass by, if time permit, also could be visited. Please be noted these original plans probably will be subjected change because of the real processing.

【Assignments for this session (if any)】

Each student will play as tourist guide, to introduce the spot to the other students. The arrangement will be done at the end of last class.

Session 3: The journey of Central Axis Tour of Beijing city: the magnificent of Royal architectures cluster

Date: July 15

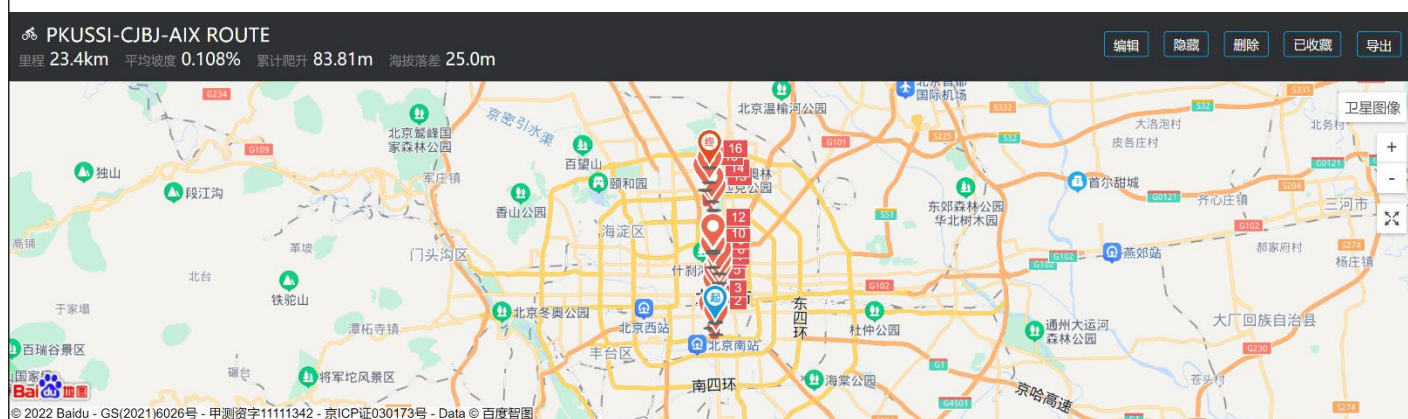
【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

In This route, the students will

The historical architectures, gates, temples, royal gardens, scarify palace, and modern sport complexities, and Olympics stadium, park and forest are seat along this line.

【Transportation and cycling map】

We are taking the renting bus to the start point from the campus and use University bikes or sharing bike as cycling bike. At the last stop, students get back to campus from Olympic Forest park by subway or other transportation by themselves.



【All possible stop we will drop by or visit】

- 1.Beijing Tianqiao Art Center
- 2.Xiannongtan Temple
- 3.Yongdingmen (visit)
- 4.The Natural History Museum
- 5.Qianmen Street -Snack point(visit)
- 6.ZhengYangmen
- 7.tian'anmen square
- 8.Huangshicheng (visit)
- 9.Donghuamen (cycling west to Xihuamen via Wumen)
- 10.The corner tower of the Forbidden City
- 11.Jingshan Park
- 12.Shichahai
- 13.Beijing Drum Tower (visit)
- 14.Bell tower(visit)
- 15.Yuandadu City Wall Ruins Park
- 16.The National Olympic Sports Center
- 17.The National Stadium and swimming center.
- 18.Olympic Park(visit)

Please be noted:

Visit, means walking-in visit, while those stops without noting as “visit”, are the places we just pass by, if time permit, also could be visited. Please be noted these original plans probably will be subjected change because of the real processing.

【Assignments for this session (if any)】

Each student will play as tourist guide, to introduce the spot to the other students. The arrangement will be done at the end of last class.

Session 4: The journey of searching capital origin: the relics of Jin and Yuan Dynasty

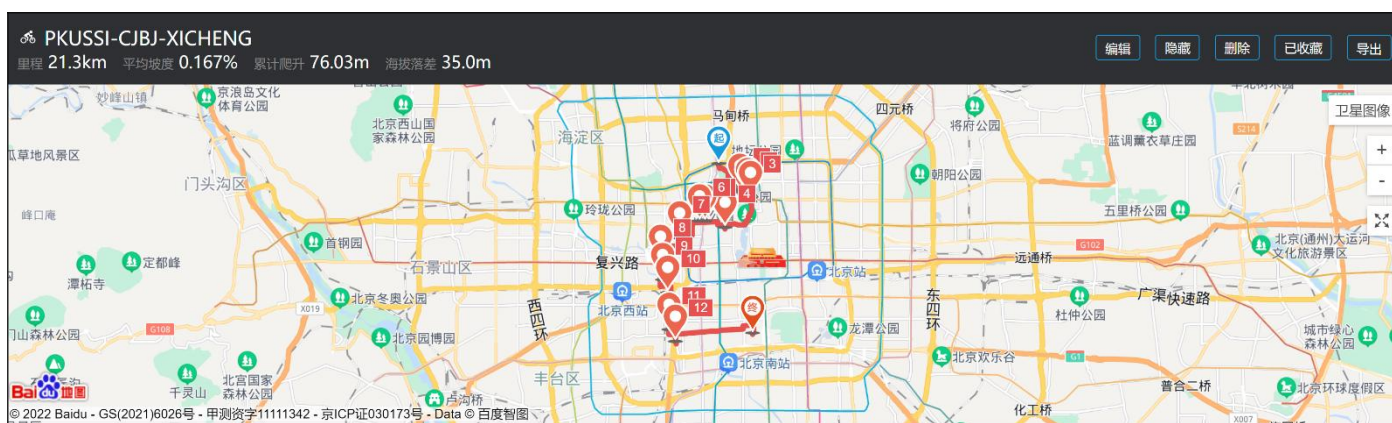
Date:

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

In this journey, we are going to explore the origin of Beijing as a capital since Jin Dynasty and visit the temples built since 12th century. We also will trace the relics of Jin and Yuan dynasty, discovering the city wall and most ruins.

【Transportation and cycling】

We are taking the renting bus to the start point from the campus and use sharing bike as cycling bike. From the last stop, students will get back to campus by subway or other transportation by themselves.



【All possible stops we will drop by or visit】

1. Jinzhongdu Relics Park and Capital foundation memorial museum (visiting)
2. The origin site of Beijing city foundation known as city Ji (薊)
3. Tianning Temple(visiting)
4. Baiyunguan Taoism Temple(visiting)
5. The Capital Museum (one hour visiting)
6. The Temple of Emperors of All Dynasties
7. Beihai Park (North gate in and south gate out, by walk)
8. white tower temple
9. The Guo Shoujing Memorial Hall (visiting)

Please be noted:

Visit, means walking-in visit, while those stops without noting as “visit”, are the places we just pass by, if time permit, also could be visited. Please be noted these original plans probably will be subjected change because of the real processing.

【Assignments for this session (if any)】

Each student will play as tourist guide, to introduce the spot to the other students. The arrangement will be done at the end of last class.

Session 5: The Awakening Red Journey: The contribution of Beida at the early of New democratic revolution of China

Date:

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

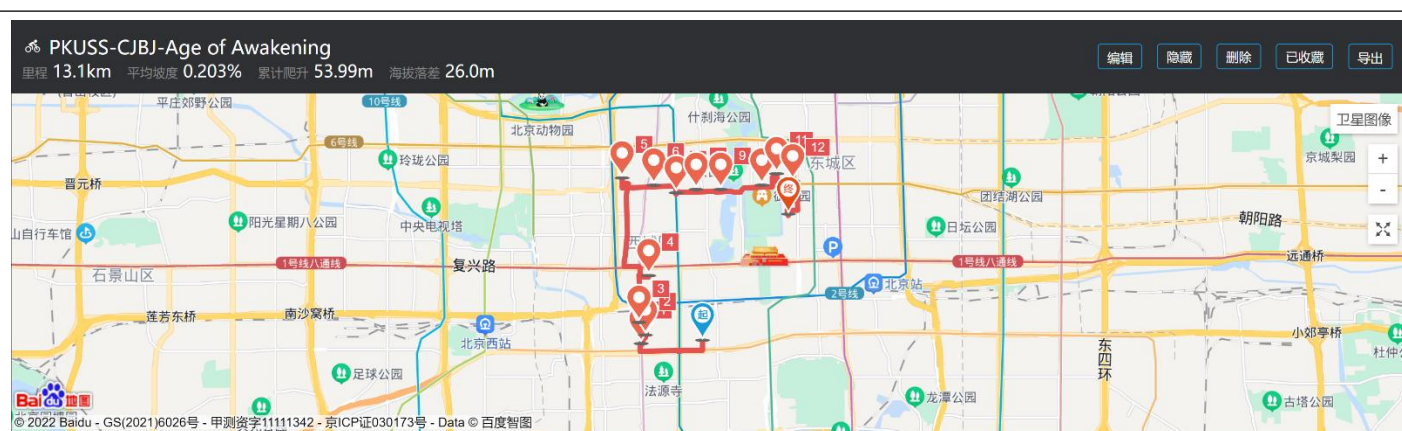
Know the most representative newspapers, journals during 1920's-1940's.

Know the founding history of CCP and representatives of communists and their relationship with Beida and their contribution to the new democratic revolution of China.

Visit the formal site of Peking University, Knowing the history of Beida, and Yanching University

【Transportation and cycling map】

We are taking the renting bus to the start point from the campus and use sharing bike as cycling bike. From the last stop, students will get back to campus by subway or other transportation by themselves.



【All possible stops we will drop by or visit】

- 1, Former site of Jingbao Newspaper(visit)
- 2, Former Residence of Li Dazhao(visit)
- 3, Former site of Beijing Government Building
- 4, Luxun Museum(visit)
- 5, Temple of Emperors
- 6, Wansong Old Man Pagoda(visit)
- 7, Huguo Temple Snacks
- 8.The former site of the Peking Library
9. Beihai Park
10. Peking University Hall
11. Peking University Hall-Red Masion(visit)
12. Former Residence of Duxiu Chen(visit)

Please be noted:

Visit, means walking-in visit, while those stops without noting as “visit”, are the places we just pass by, if time permit, also could be visited. Please be aware these original plans probably could be subjected change because of the real processing.

Session 6: Exploring the ancient Beijing city: Forbidden City and outer city of Ming and Qing Dynasty Capital

Date:

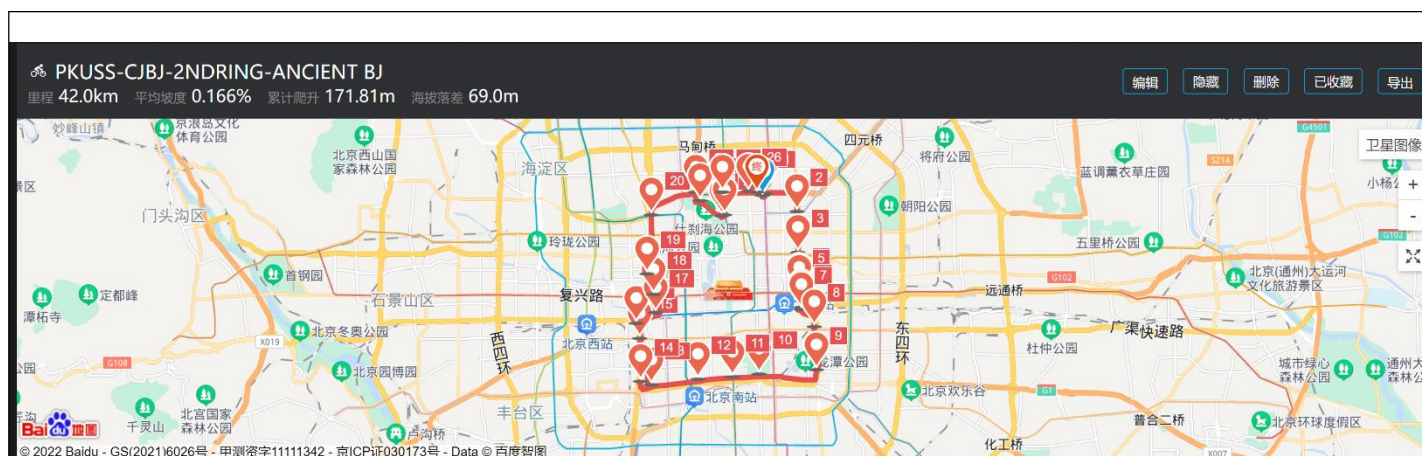
【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

Second ring of Beijing City is the capital shape of forbidden city and outer city of Ming and Qing Dynasty. The distance of the route is about 42km in total, so We are going to explore the ancient Beijing city with 27 stops in 5 hours. this journey will be physically demanding, so the University bike with gears will be applied all the journey. The school bus will follow us all the time, and students who can not continuing riding, can ask to get on the bus and follow the remain riders to the campus.

The most interesting things, is to memorize all the city gates(门) and their ancient purpose.

【Transportation and cycling map】

All students ride the University bikes, starting from campus to Xizhimen Gate, the start point of the second Ring. The renting bus, following riders all the way, carry the water and food supply. If students who fail continuing riding because of different conditions, they can ask for a ride in the bus. When the riders hit the finish line, getting back to Xizhimen Gate, they still need to ride until they finally get back to the campus.



【All possible stops we will drop by or visit】

- 1.The Beijing Confucian Temple and Guozijian Museum
- 2.The Lama Temple
- 3.Dongzhimen
- 4.Chaoyangmen
- 5.Jianguomen
- 6.The Beijing Ancient Observatory(visit)
- 7.Ming City Wall Ruins Park(visit)
- 8.Dongbianmen
- 9.Guangqumen
- 10.Longtan Lake Park
- 11.The Temple of Heaven Park
- 12.Yongdingmen
- 13.Taoranting Park
- 14.Beijing Grand View Garden (大观园)
- 15.Jinzhongdu City Wall Relics Park

16. Guang'anmen
17. Tianning Temple/Xibianmen
18. Fuxingmen
19. The Moon Altar
20. Xizhimen(the start point in 2026)
21. Deshengmen
22. Former Residence Of Song Qingling
23. Yinding Bridge(visit)
24. Yandai Xiejie(visit by walk)
25. Beijing Drum Tower
26. Andingmen
27. Wudaoying Hutong

Please be noted:

Visit, means walking-in visit, while those stops without noting as “visit”, are the places we just pass by, if time permit, also could be visited. Please be aware these original plans probably could be subjected change because of the real processing.

Students who accomplished riding the whole 2nd Ring, will earn the medal as below:



【Assignments for this session (if any)】

Each student will play as tourist guide, to introduce the spot to the other students. The arrangement will be done at the end of last class.

<i>Session 7: The echo we heard: forum of cycling in ancient Beijing.</i>	Date:
<p>【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.) All students are required to accomplish an essay basing on their thoughts and reflection of their cycling experience during last 3 weeks. This assignment account for 40% of the total score. Team presentation: cycling law and culture in my country/city Farewell and July birthday party: each group design and prepare some foods to treat the other groups students.</p>	
<p>【All possible stops we will drop by or visit】 No stops to drop by or visit. Only slices show to recall.</p>	
<p>【Assignments for this session (if any)】 Each student submit a cycling report on one of these five cycling routes. 5-10 mins for team presentation on cycling laws and culture in their country or city. Each student submit their 5 best shots to the teaching assistant, to print a photo album. All the presentation essay will be collected and edit as an essay collection.</p>	
<p>【Transportation and cycling map】 No cycling this class.</p>	

A CV of 250-300 words and a high-resolution personal photo should also be provided



Dr. Fuquan LU, Associate Professor of the Department of Physical Education and sports Science, Peking University. He obtained his Bachelor of Science in Rehabilitation, Master of kinesiology, PH.D. in population science. He was a Visiting Scholar at the Institute of Sports Science of Humboldt University (2011-2012) and Yale School of Medicine (2017-2018). Now he is the Director of the kinesiology teaching Laboratory of Peking University, mainly doing research on cycling culture and cycling health. Currently he is serving as the executive deputy secretary-general of the Cycling Branch of the Federation of University Sport China. From 2014 to 2016, he hosted Peking University Summer School International Course "Chinese Traditional body exercise, diet and Health Preservation". More information could be found at the following link:

<https://pe.pku.edu.cn/info/1036/3581.htm>