
**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION**
Washington, D.C. 20549

Form 6-K

**REPORT OF FOREIGN PRIVATE ISSUER
PURSUANT TO RULE 13a-16 OR 15d-16 UNDER
THE SECURITIES EXCHANGE ACT OF 1934**

For the month of July 2013

Commission File Number 000-53776

China Metro-Rural Holdings Limited
(Translation of registrant's name into English)

Suite 2204, 22/F Sun Life Tower,
The Gateway, 15 Canton Road,
Tsimshatsui, Kowloon, Hong Kong
(Address of principal executive office)

Indicate by check mark whether the registrant files or will file annual reports under cover of Form 20-F or Form 40-F.

Form 20-F Form 40-F

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1):

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7):

Indicate by check mark whether the registrant by furnishing the information contained in this Form is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Securities Exchange Act of 1934.

Yes No

If "Yes" is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b):

EXHIBIT INDEX

Exhibit
Number

Description

99.1 Press release announcing an investor conference call webcast.



China Metro-Rural Holdings Limited

FOR IMMEDIATE RELEASE

**China Metro-Rural Holdings Limited
Announces
Webcast Alert: Investment Community Conference Call**

NEW YORK, (MARKETWIRE) – July 22, 2013 – China Metro-Rural Holdings Limited (the “Company”) is pleased to announce its upcoming Investment Community Conference Call Webcast.

Webcast Alert: Investment Community Conference Call (China Metro Rural)

Webcast Alert: China Metro Rural Webcast Update

Farmingdale, NY — China Metro-Rural Holdings Limited (“CNR”) announces the following Webcast:

What: China Metro Rural Webcast Update

When: July 24, 2013 @ 10:00 AM Eastern

Where: <http://www.investorcalendar.com/ClientPage.asp?ID=171367>

How: Live over the Internet — Simply log on to the web at the address above.

Contact: Patricia Baronowski, 6317562486, pbaronowski@pristineadvisers.com

If you are unable to participate during the live webcast, the call will be available for replay at <http://www.investorcalendar.com/ClientPage.asp?ID=171367> or <http://www.investorcalendar.com/>

ABOUT CHINA METRO-RURAL HOLDINGS LIMITED

China Metro-Rural Holdings Limited is a leading agricultural logistics platform development and rural-urban migration redevelopment company in China.

CONTACT:

China Metro-Rural Holdings Limited— Investor Relations Department

Phone: (852) 2111 3815

E-mail: ir@chinametrorural.com

www.chinametrorural.com

www.nlc88.com