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

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**Form 6-K**

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**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 2014

Commission File Number 000-53776

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

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

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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):

The information included in the Report on Form 6-K is incorporated by reference into the registration statement on Form F-3 (File No. 333-184774).

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Attached hereto and incorporated by reference herein is a press release announcing an investor webcast of the registrant, dated July 10, 2014.



## EXHIBIT INDEX

<u>Exhibit Number</u>	<u>Description</u>
99.1	Press release announcing an investor webcast, dated July 10, 2014.



**China Metro-Rural Holdings Limited**

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

New York, NY (JULY 10, 2014) — China Metro-Rural Holdings Limited (CNR) announces the following Webcast:

What: China Metro-Rural Webcast Update

When: July 14, 2014 @ 10:00 AM Eastern

Where: <http://mp163422.cdn.mediaplatform.com/163422/wc/mp/4000/15208/30195/36171/Lobby/default.htm?ref=ProductionTeamEmail>

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

Contact: Patricia Baronowski, 6317562486, [pbaronowski@pristineadvisers.com](mailto:pbaronowski@pristineadvisers.com)

If you are unable to participate during the live webcast, the call will be available for replay at the same URL address listed above.

**CONTACT:**

China Metro-Rural Holdings Limited — Investor Relations Department

Phone: (852) 2111 3815 E-mail: [ir@chinametrorural.com](mailto:ir@chinametrorural.com)

<http://www.chinametrorural.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.

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