

Culinary China



*Dailey Travel LLC Themed Tour
2012*

TRIP OVERVIEW

Mention the word “China” anywhere around the world and the thought of food is sure to come to mind. This 12 day tour through the heart of the Middle Kingdom is specially tailored to those wishing to discover the secrets behind some of the World’s most desirable cuisines. From Beijing to Chengdu to Shanghai you will meet renowned Chinese chefs and cook in their private kitchens, accompany them to local markets and learn the best techniques to source your own fresh ingredients, and even visit plantations and food production factories. For a healthy balance, much of the intra-city travel will be done on bikes and on foot so you are able to comfortably indulge your taste buds and sample the full spectrum of traditional and contemporary Chinese fare.

TOUR HIGHLIGHTS

- Taste various styles of Chinese traditional & contemporary cuisine
- Meet renowned Chinese chefs and cook in their private kitchens
- Visit a local market, source fresh materials with local chef and learn the techniques of sourcing fresh materials
- Tour food production factories and visit plantations
- Walk and cycle to see the cities for an active balance

Duration: 12 days, 11 nights

Itinerary at a glance: Beijing –Chengdu – Hangzhou – Shanghai

Best time to visit: March thru November

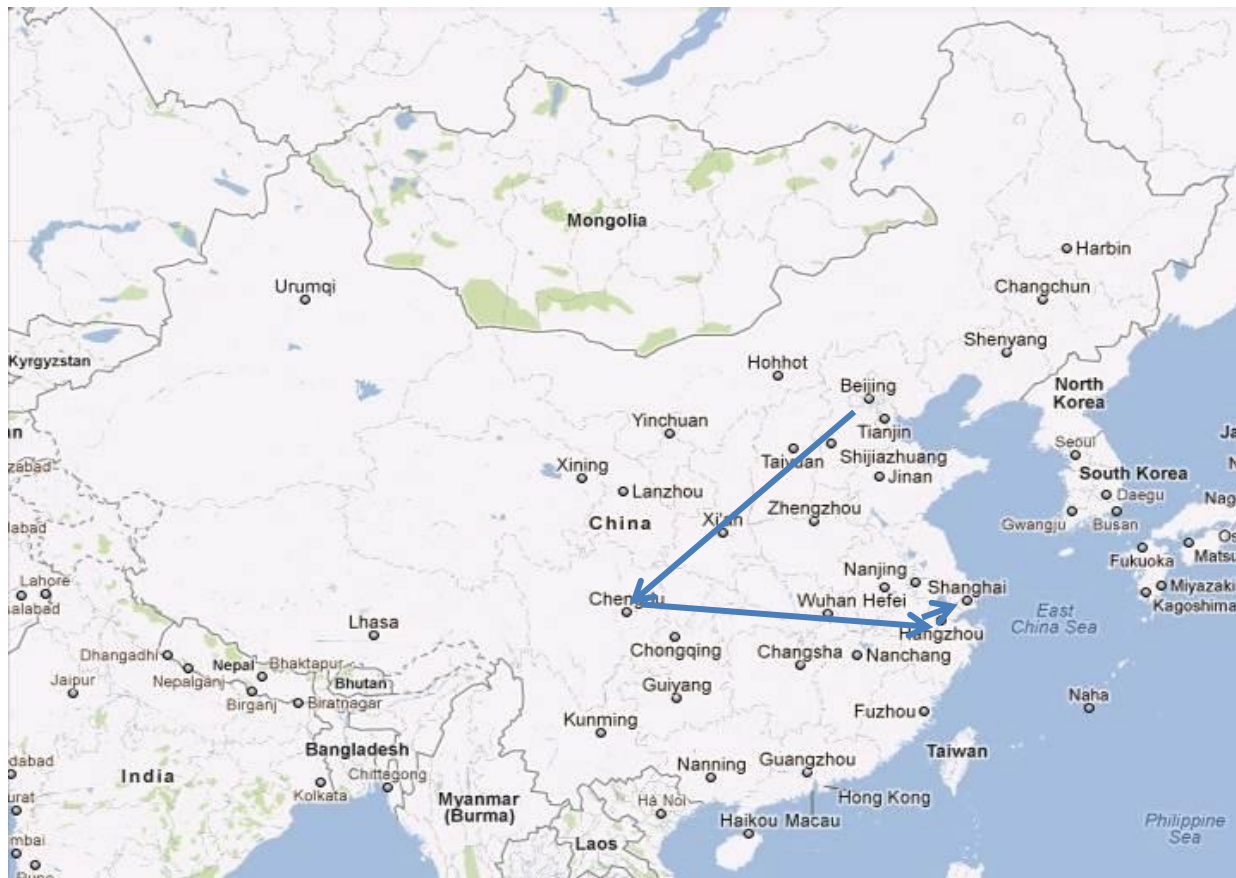
Seasonal/Time/Weather Comment: Avoid major National Holidays (May 1-3, October1-7, April 4-6)

Difficulty Level*: Easy

Comfort Level*: Comfort/Premium

**please refer to the [appendix](#) for all activity levels and accommodation types*

DESTINATION MAP



DAY-TO-DAY ITINERARY

Day 01: Beijing

Arrive in Beijing, the capital city of China, the starting point of this culinary pilgrimage. Here you can not only find Beijing cuisine, but also cuisines from all corners of China such as Uighur, Sichuan, Cantonese, as well as international food. Get your gloves off and roll up your sleeves!

Included: d

Transfer times: 1.5 hours driving/flying

Activity Level: 1-2 hours walking in the city

Overnight in Hotel

Accommodation Types

3 Option: Soluxe Courtyard Hotel Beijing www.soluxe.com.cn*

4 Option: Hotel Kapok Beijing www.hotel-kapok.com*

5 Option: The Peninsula Beijing www.peninsula.com/beijing/en/default.aspx*

Luxury Boutique Option: The Opposite House www.theoppositehouse.com

Day 02: Beijing

The day starts from the center of Beijing – Tian'anmen Square, then walk to the Forbidden City. This was once the Chinese Imperial Palace and has a history of almost five hundred years. It is said to be the world largest existing palace complex with 999.5 rooms. While walking in the city, you can retrace the Chinese history from Ming Dynasty to the end of the Qing Dynasty. Today our culinary highlight is the Imperial Meal, a style of meal originated from the Ancient Emperor's Kitchen.



The dishes are always carefully prepared and well presented. After lunch, we will visit Jingshan Park. "Jingshan" literally means Prospect Hill. The hill inside the park is "Coal Hill", which overlooks the Forbidden City. We walk to top of the Coal Hill for a bird's eye view of the Forbidden City's yellow rooftops. This is a great photo spot.

Included: b, l, d

Transfer times: about 1 hour

Activity Level: 2-3 walking in the city

Overnight in Hotel

Accommodation Types Same As Above

Day 03: Beijing

Today we experience Beijing and its food in a more modest way by walking through the Hutongs, the narrow alleys in old Beijing on a "Hutong food walk". This will include traditional local dishes and those from other parts of China. Start at the center of Beijing at the Bell Tower

to taste the Beijinger's traditional dishes before walking through the market and have lunch at an authentic Uighur restaurant. Finish at Houhai Lake area which you are free to explore.

Included: b, l

Transfer times: n/a

Activity Level: 3-4 hours walking in the city

Overnight in Hotel

Accommodation Types Same As Above

Day 04: Beijing

Today we transfer to Mutianyu Great Wall and a hike along the Great Wall which symbolizes China. This section was built and restored in the early Ming Dynasty (1368 – 1644) on the remnants of a Wall originally built in the Northern Qi Dynasty (550-577). The Mutianyu Great Wall has been restored and renovated so the road is mainly steps. Return to city in the evening for a farewell dinner featuring famous Peking Duck.

Peking duck - This famous dish from Beijing has been prepared since the imperial era and is now one of China's national foods. Ducks are bred especially for the dish, which consists mostly of the thick, crisp skin with a moderate amount of meat that is all carved in front of the guests by the cook. The duck is generally eaten together with thin pancake wraps, spring onions and hoisin sauce.

Included: b, sl, d

Transfer times: 1.5 – 2 hours

Activity Level: 4-5 hours hiking

Overnight in Hotel

Accommodation Types Same As Above

Day 05: Beijing to Chengdu

This morning transfer to airport and fly to Chengdu, well known for its Sichuan cuisine, and iconic Pandas. Upon arrival, we first stop at a local park – Wangjiang Park for a walk and some tea. The park is known for its bamboo forest which symbolizes the city of Chengdu. After lunch, we'll walk around the local market with a local chef and shop for the cooking materials for the evening's cooking lessons.

Sichuan cuisine – is a prominent style of Chinese cuisine that's famed for its intense flavours, particularly the pungency and spiciness resulting from copious use of garlic and chili peppers, as well as the unique Sichuan Peppercorn. Some of the more recognized Sichuan dishes include Sichuan Hot Pot, Spicy deep-fried chicken, and Dandan noodles.



Included: b, l, d

Transfer times: 3-3.5 hours/3 hours flying

Activity Level: n/a

Overnight in Hotel

3 Option: Holiday Inn Express Chengdu Wuhou*

http://www.hiexpress.com/hotels/us/en/chengdu/ctuwh/hoteldetail?cm_mmc=Baidu-EX_-B-CHN-Sichuan_-B-CHN-Sichuan-ctuwh_-Holiday+Inn+Express+CHENGDU+WUHO

*4*Option: Yinhe Dynasty hotel <http://www.yinhedynasty.com/>*

*5*Option: Sofitel Hotel Chengdu*

<http://www.sofitel.com/gb/hotel-3717-sofitel-wanda-chengdu/special-offers.shtml>

Day 06: Chengdu

Today we visit the Chengdu Culinary Museum to trace the history of Chinese food back to B.C. In the afternoon visit Qingchengshan, a lush holy mountain that has been a Taoist retreat for more than 2000 years, as well as Dujiangyan Irrigation Project. In the evening, we'll explore the night market in Chengdu for quick snacks and shaokao, which is a local barbecue featuring chilli-rubbed grilled skewers of meat and vegies etc. They're local favourites and hard to find. Most of them are hidden in small hole-in-the-wall restaurants or temporary evening markets.



Included: b, sl, d

Transfer times: 3-4 hours

Activity Level: 2-3 hours walking

Overnight in Chengdu

Accommodation Types Same As Above

Day 07: Chengdu to Hangzhou

Early morning we transfer to the Giant Panda Breeding Center where you can get a close look at this amazing animal. After lunch, transfer to airport and fly to Hangzhou. Hangzhou was once described by Marco Polo as "Venice of the East" and you will begin your experience with a walk around the beautiful West Lake where you can also join the local's night activities such as fan-dancing. Dinner will consist of distinctive Hangzhou cuisine.

Hangzhou cuisine - "Fresh, tender, soft and smooth with a mellow fragrance" is how Hangzhou natives describe their local cuisine. Hangzhou also has a long list of popular and desirable dishes, the best of which includes; West Lake Sour Fish, Dongpo Pork, Longjing Shrimp, and Steamed Rice and Pork wrapped in Lotus Leaves.

Included: b, sl, d

Transfer times: 2-3 hours/2.5 hours flying

Activity Level: 1-2 hours walking in the city

Overnight in Hangzhou

3* Option: Holiday Inn Express hotel

http://www.hiexpress.com/hotels/us/en/hangzhou/hghsr/hoteldetail?cm_mmc=Baidu-EX- -B-C HN-Zhejiang- -B-CHN-Zhejiang-hghsr- -Holiday+Inn+Express+HANGZHOU+GRAND+CANAL

4*Option: Ramada Plaza hotel http://www.ramadahotels.com.cn/hotel_41201192.html

5*Option: Crowne Plaza hotel

<http://www.ichotelsgroup.com/crowneplaza/hotels/us/en/hangzhou/hghgc/hoteldetail>

Day 08: Hangzhou

Today we'll visit Linyin Temple, one of the largest and wealthiest Buddhist Temples in China. Then at Huqingyutang, a famous Chinese Herbal Medicine Museum in southern China, we'll investigate the popular Chinese notion that "you are what you eat" by discussing it with a Chinese Herbal doctor. The Chinese have always believed in a strong relationship between food and health and this will be your chance to explore this idea further and also hear the opinions of an expert in the field.



Included: b, sl, d

Transfer times: 1-1.5 hours

Activity Level: 2-3 hours walking in the city

Overnight in Hangzhou

Accommodation Types Same As Above

Day 09: Hangzhou

Drive to Longjing village, well-known for Chinese green tea. Have a home-cooked lunch at local farmer's house and also learn the tea making process. The feature of this food is that all the dishes are made from or include Green Tea, such as Green Tea Shrimp. Afterwards, hike in the nearby tea terrace and nature valley, overlooking the tea fields and farmers picking tea. Evening is free for you to explore the city and there are quite a few good bars near West Lake.

Included: b, sl

Transfer times: 3-3.5 hours

Activity Level: 2-2.5 hours hiking

Overnight in Hangzhou

Accommodation Types Same As Above

Day 10: Shanghai

This morning, transfer to Shanghai. We explore Shanghai from the Yuyuan Garden, considered one of the most lavish and finest Chinese gardens in the region. Taste some local snacks in the area such as Xiaolongbao (Steamed dumplings) before starting cooking lesson at a private kitchen, taught by a five-star hotel chef.

Shanghai cuisine –is quintessentially characterized by the use of alcohol. Fish, crab and chicken are usually “drunken” with spirits before being cooked briskly or even served raw. The use of sugar in combination with soy sauce is also common in Shanghai dishes as is most notable in “Sweet and Sour Spare Ribs”.

We'll learn 2 typical Shanghai dishes at the kitchen, then enjoy your own cooking for lunch! Afternoon, we'll walk around the French Concession to burn some calories! This area was a foreign concession from late 18th to early 20th century. Today, you can still see the catholic Cathedrals and European style houses which give the area a distinct character. Then walk around in Xintiandi & Tianziwang area. Evening is free for you to explore the city. As this is the 10th day of the culinary adventure, you may feel a little nostalgic, so Shanghai is the city you can find almost any food from all around the world.



Included: b, sl

Transfer times: 3 hours

Activity Level: 1-2 hours walking in the city

Overnight in Shanghai

3 Option : New Asia hotel <http://www.newasiahotelshanghai.com/>*

*4*Option: Holiday Inn Vista hotel <http://www.ichotelsgroup.com/h/d/pc/280/zh/ha/shggi>*

*5*Option: Wyndham Bund East hotel www.wyndham.com*

Day 11: Shanghai

Today is free for you to explore the city. If you're interested in art, the Suzhou Creek Art District and Shanghai Museum of Contemporary Art, are good choices. For history buffs, a walk around the Old Town neighborhood and a visit to Sun Yatsen's Former Residence could be for you. If you're a fan of new modern architecture, the tallest building in Pudong – Shanghai World Financial Center towers 414 meters above the ground and will not disappoint. Finally, for the shoppers among you, Shanghai has a range of everything from megamalls to independent boutiques, offering great bargains where everyone can satisfy their needs. Meet at hotel in the evening for a farewell dinner.

Included: b, d

Transfer times: n/a

Activity Level: n/a

Overnight in Shanghai

Accommodation Types Same As Above

Day 12: Depart

After breakfast, transfer to airport for flight back home.

QUOTATION

LANDSERVICE COST	Group 2 pax	USD 3,050 per person
	Group 3-5 pax	USD 2,652 per person
(Based on 3* hotel option;	Group 6-9 pax	USD 2,245 per person
NO SHOPPING)	Group 10-15 pax	USD 1,955 per person
	Single Supplement	RMB 2,475 per person
DOMESTIC FLIGHT TICKET	Including Beijing/Chengdu & Chengdu/Hangzhou (One-way ticket, Economy Class, inclusive of tax & fuel surcharge)	
HOTEL UPGRADE OPTION	4* Hotel	Additional RMB 1,155 per person Single Supplement RMB 3,630 per person
	5* Hotel	Additional RMB 2,365 per person Single Supplement RMB 5,350 per person
ADDITIONAL COST	National Tour Leader (Optional)	RMB 8,200 per group
SERVICE INCLUDES	<ul style="list-style-type: none"> • Accommodation in selected hotels in standard room (2-person sharing) with bath/shower and WC. • All transfers mentioned in the program with private air-conditioned car/coach • Entrance fee for all sights mentioned in the program. • Fees for all activities mentioned in the program • Private English speaking tour guide for all mentioned program. • Meals mentioned in the program • 24 hours customer service telephone hotline (English speaking) • Drinking water on coach • Water, tea and coffee during meals 	

SERVICE
NOT
INCLUDES

- Chinese Tourist Visa
- International flight with tax and fuel surcharge
- Alcohol beverage
- Gratuities for guides and drivers
- Personal expenses
- Travel Insurance
- All expenses not mentioned above

APPENDIX

Difficulty Level

- 1 – Relaxed. Some physical stamina necessary, mostly relaxed pace of activity
- 2 – Easy. Up to 3 hours of (generally easy) physical activity a day
- 3 – Moderate. 3 to 5 hours of activity a day and/or elevation gain, higher altitude, longer distance, uneven terrain.
- 4 – Challenging. 5 to 7 hours of sustained physical activity throughout trip. Good levels of fitness and technical ability required.
- 5 – Extreme. More than 7 hours of activity and/or involving high levels of technical ability and stamina. Involves long days and distances, extended camping, high altitude or ascent for extensive days.

Comfort Level

- Basic – dormitory, shared bathrooms, basic camping
- Simple – homestay, farmhouse, 1 star hotel
- Comfort – 3 star hotel, private bath/comfort camping
- Boutique – 3+ star hotel, unique property, small/luxury camping
- Luxury – 5 star

Key Code for all of these options

- b: Breakfast (full)
- l: Lunch at restaurant or similar
- sl: Small Lunch or light lunch
- pl: picnic Lunch
- d: Dinner