



Taste of China

Beijing Cookery Tours 2010

6 days from: £955

There is no better place to experience true Chinese food than in China itself! And in the capital Beijing you will sample a mouthwatering variety of Chinese cuisine.

You will be taught how to cook both Canton and Sichuan Chinese dishes by English speaking Chef Chunyi Zhou in her traditional courtyard home in a hutong (old lane) of old Beijing.

Daily Itinerary :

Day 1 (Sunday) London - Beijing

Depart from Heathrow on Lufthansa flight LH 4727 at 11.45 hours.

Day 2 (Monday) Beijing

09.30 hours arrive in Beijing where you will be met and transferred to your hotel.
Evening Dinner at the hotel.

Accommodation at a 3-star Chongwenmen Hotel or similar (four nights)

Day 3 (Tuesday) Beijing

Full day excursion including visits to the Great Wall and Summer Palace. Lunch at a local restaurant.



Day 4 (Wednesday) Beijing

Morning : Private Chinese Cooking Class with *Chef Chunyi Zhou* in her traditional courtyard home in a hutong (old lane) of old Beijing. The class is from 9 am to 2.30 pm. It begins with a visit to a local market, where *Chunyi* explains ingredients and spices, and buys food for cooking. After that she will give a wok lesson about how to season wok and how to use the right oil temperature for cooking. The cooking lesson begins at 10.30 am focusing on two cooking skills, 5 dishes with each student practising two or three dishes.



Afternoon : Excursions to Tian An Men Square and Forbidden City

Day 5 (Thursday) Beijing

Morning : Private Chinese Cooking Class.

Description of the cooking class:

Again, the class is taught by Chef Chunyi Zhou in her traditional courtyard home from 9 am to 2.30 pm. Today's class will begin with Seasoning & Knife lesson about the different kinds of soy sauce, vinegar and wine; when and how to use; how to choose a good one... The cooking lesson will begin at 10.30 am focusing on another two cooking skills, 5 dishes with each student practising two or three dishes.



Afternoon at your leisure.

Day 6 (Friday) Beijing - London

Free time until you are collected and transferred to Beijing Airport for your departure flight LH721 departing at 11.30 hours, arriving Heathrow at 16.55 hours.

NB. Flight times quoted are local. Programme details, flights and accommodation may be subject to change according to local conditions.

This tour is based on a minimum of 4 persons travelling.

Prices – per person:

Departure Dates	Double	Single
21 March 2010	£999	£1139
18 April 2010	£999	£1139
16 May 2010	£1025	£1165

11 July 2010	£1155	£1295
12 September 2010	£1025	£1165
7 November 2010	£955	£1095

These tours are available all year round so if you would like to travel on different dates then please contact us for a separate quote.

Prices include

- Return economy class flights with Lufthansa from Heathrow to Beijing, via Frankfurt
- Airport taxes and charges (at current prices)
- 4 nights' accommodation at 3-star hotel with daily breakfast
- Dinner on Day 2
- Lunch on Day 3
- Transfers with English speaking guide in connection with the programme
- Cooking class fees on Days 4 & 5

Not included

- Meals unless specified in the above itinerary
- Optional excursions
- Items of a personal nature
- Tips for guides, drivers and hotel porters

Booking

Contact us to reserve a place and we will send you a tour booking to complete and return with your deposit.

Contact details

Interchange
Interchange House
27 Stafford Road
Croydon
Surrey
CR0 4NG

Tel: 020-8681-3612

E-mail: interchange@interchangeworldwide.com

Website: www.interchangeworldwide.com

Your Hotel – Chongwenmen Hotel, Beijing

Situated in downtown Beijing the Chong Wen Men Hotel and perfectly placed for taking in the sights with the underground station only metres away. This modern three star hotel has tastefully decorated rooms equipped with air conditioning, fridge, satellite and cable TV, IDD and internet access.



The hotel offers a good choice of restaurants for dining including Chinese, Korean and a Western restaurant (Maxim's) providing French cuisine. A lobby bar provides refreshments and relaxed environment in the evening.

Other Hotel Facilities: Gymnasium and massage center, sauna, billiards room, a bowling alley, a beauty salon, karaoke, a shopping arcade.

