



Photos courtesy of HKTB

Taste of Hong Kong

Cookery Tours 2010

7 days from: £1289

Being one of the three Capital Millennium Projects of the Hong Kong Special Administrative Region, the Chinese Cuisine Training Institute is internationally renowned for its high standards in training of professional chefs. The Institute now extends this expertise to teaching culinary enthusiasts including those from overseas.

During exclusive 4-hour courses participants experience the joy of Chinese cooking in a professional and inspirational environment. You begin with an extensive tour of the kitchens of the Institute, concluding the tour in the Demonstration Kitchen where your cooking adventure begins.

To ensure you miss nothing; you will be assisted throughout lessons by trainees from the Institute and taught by experienced instructors. As guests you will also become familiar with some of the most modern and technically advanced cooking equipment available today.

The program includes the unforgettable cooking experience, a lunch prepared by the trainees of the Chinese Cuisine Training Institute, a certificate of accomplishment and a souvenir.

Daily Itinerary

Day 1 (Saturday)

Depart from Heathrow on flight LH4729 at 13.55 hours.

Day 2 (Sunday)

11.15 hours arrive in Hong Kong where you will be met and transferred to your hotel.

Evening Dinner at a famous Chinese Restaurant

Accommodation at Metropark Hotel in Kowloon for 5 nights



Day 3 (Monday)

Dim Sum Breakfast.

Morning visit to a local food market followed by a private Chinese Cooking Class (4 hours) at the Chinese Cuisine Training Institute.

Afternoon at your leisure.

Day 4 (Tuesday)

Morning private Chinese Cooking Class (4 hours) at Chinese Cuisine Training Institute.
Afternoon at your leisure.

Day 5 (Wednesday)

Full day at leisure. We'd recommend a cruise around Victoria Harbour, one of the busiest harbours in the world and enjoy the spectacular backdrop of Hong Kong Island's stunning skyline and striking coastline with the countless junks, sampans and pleasure craft gliding around the harbour.



Day 6 (Thursday)

Full day at leisure. A great opportunity to go shopping for the latest fashions at wholesale prices at Cheung Sha Wan Road Fashion Street or the flea market in Apliu Street, that is well known for selling bargain (brand new and second-hand) electrical devices and electronic products, A/V equipment and telecommunications products. Sharp-eyed shoppers can also find good deals on antique watches, old coins and other relics.



Day 7 (Friday)

Free time until you are collected and transferred to Hong Kong Airport for your departure flight LH739 departing at 13.40 hours, arriving Heathrow at 20.50 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 6 persons travelling.

Prices – per person:

Departure Dates	Double	Single
5 June 2010	£1299	£1485
11 September 2010	£1335	£1549
20 November 2010	£1289	£1505

Prices include

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

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 - Metropark Hotel Kowloon

Situated in the heart of Kowloon and with easy access to the major shopping areas, the Metropark offers spacious and elegantly appointed guest rooms, all well-equipped with a full range of modern amenities. The rooftop swimming pool and Fitness Room are excellent for relaxing and relishing the stunning view of the city. To capture the glamour of the 'Food Paradise', the hotel's superb cuisines are presented by the award-winning chefs -- House of Tang serves delicate Chinese dainties, whilst Palm Court is an ideal rendezvous for mouth watering international delicacies. Not forgetting to indulge yourself in the exciting Sip Sip Bar (Happy Hours between 4pm – 9pm.)

