

## Day 1: Arrive in Hong Kong

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Transfer from Hong Kong International Apt to Kowloon - Tsim Sha Tsui

Accommodations: Park Hotel Hong Kong, 4 Night Stay

Meal Plan: Room Only

## Day 2: Private Half Day Kowloon Foodie Tour

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Explore Sham Shui Po, one of Hong Kong's most fascinating neighborhoods on a food trail walking tour. This region in old Kowloon houses a plethora of foodie hot spots, from decades old eateries serving Hong Kong's most beloved dishes, to specialty food stores with delicacies that give Cantonese food its subtle yet rich flavors. Along the tour visit a Hong Kong style café, a soy specialty store, a dumpling house and a noodle restaurant for food tastings. This area is a chef's hidden heaven!

## Day 3: Hong Kong at Leisure

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## Day 4: Private Half Day Dragon's Back Trail Hike – Day tour

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Dragon's Back is one of Hong Kong's most popular hikes. Start the tour with a walk through Shau Kei Wan wet market where you will see the daily life of Hong Kong residents before heading to the start of the trail. The hike begins along a lovely path that takes you through shady bamboo groves and lush woodland. Emerge into the open hillside that is often covered with wild azaleas or rose myrtle. Walk along the winding trail and rolling ridge to trace the 'dragon' and enjoy the breathtaking views of the coastline. See the distant Nine Pins Islands, Big Wave Bay, Tai Tam Harbor, Stanley and the Red Hill peninsula.

## Day 5: Hong Kong to Singapore

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Transfer from Kowloon to Tsim Sha Tsui to Hong Kong International Apt

Transfer from Singapore Changi Apt to Singapore - City Centre

Accommodations: The Scarlet Hotel, 4 Night Stay

Meal Plan: Full Breakfast

## Day 6: Hawker Delights: Little India Street Food Tour – Day Tour

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Join us on an exciting Little India Food Tour to sample 8 of the best dishes in Singapore that locals adore! Navigate through bustling hawker centers and busy streets to discover the most delicious local Indian eats. Come hungry, as we'll be indulging in 8 mouthwatering dishes! Highlights include the intriguing mix of Indian Rojak, the delightful South Indian Thosai, the street food staple Pani Puri, the Singaporean twist on North Indian cuisine, and much more. Between food stops, work up an appetite and follow our local tour guide as they captivate you with the sights and stories of Little India. Immerse yourself in the exotic aromas of spices, vibrant scenes, colorful street art, and delectable street food. It's the ultimate Singapore food tour experience for foodies and culture lovers!

## Day 7: Admission to Gardens by The Bay including the Cloud Forest and Flower Dome

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## Day 8: Traditional Chinese Medicine Cooking Class - Day Tour

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Immerse yourself in an engaging and interactive Traditional Chinese Medicine Cooking Workshop, where you'll explore the ancient healing traditions of TCM and see how they're applied in Singapore. Begin the workshop with a brief overview of its core principles. Gain insight into the holistic methods employed by TCM practitioners, including qigong, cupping, acupuncture, dietary adjustments, and herbal remedies for addressing and preventing health issues. Learn about various Chinese herbs and medicinal ingredients commonly used in TCM. Grasp the concepts of "Yin" and "Yang" in biology and their relevance to food, while discovering how to balance the "heaty" and "cooling" properties of ingredients to foster harmony and well-being. Equipped with newfound TCM knowledge, embark on a hands-on culinary journey. Whether you're a novice or an experienced cook, the expert instructors will guide you in creating a nutritious local meal infused with TCM principles. Learn the art of incorporating Chinese medicinal ingredients into your cooking to enhance flavor and health benefits. Explore the nuances of flavor and texture harmony, along with proper cooking techniques to retain the medicinal qualities of the ingredients.

## Day 9: Depart Singapore

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Transfer from Singapore to City Centre to Singapore Changi Apt