# ALEXANDER+ROBERTS

ORIGINAL JOURNEYS SINCE 1947

# Enhance Your Stay in Hong Kong with Additional Privately Guided Sightseeing

#### **Discover Lantau Tour with Lunch**

You will hop aboard a fast ferry for a spectacular ride through the busy harbor to Lantau Island. Explore Tai O, also known as the "Venice of the East". Hop on board a 15-minute small boat ride to visit the old fishing village, looking up at the stilted homes before venturing out into the bay and try your luck at spotting our pink dolphins that live in the area. Visit to Po Lin Monastery is the principal center of Buddhism in Hong Kong. Above the Monastery you cannot miss the imposing Bronze Statue of Buddha, the world's largest outdoor bronze Buddha (26 meters high), looking out across the mountains. Enjoy a Chinese vegetarian lunch inside Po Lin Monastery. After lunch, free time to explore the Ngong Ping Village before taking the 25-minute scenic Ngong Ping Cable Car back to Tung Chu. *Daily 09:30-16:30* 

#### **Discover the Arts**

Visit Wyndham Street and Hollywood Road where most of Hong Kong Island's antique shops are bunched Continue to Cat Street where you can find such treasures, within its fantastic congregation of antique dealers, curio merchants and art galleries. Next visit Liang Yi Museum. The four-story museum is home to one of the world's largest and best curated collections of Chinese antique furniture, made of the treasured materials huanghuali and zitan, from the Ming and Qing dynasties. Visit an architectural icon, H Queens Building, home to non-traditional spaces for exhibitions and promoting art and culture. Visit to Gagosian, the largest gallery in the historical Pedder Building. *Daily 10:00-14:00* 

## **Traditional Chinese Medicine Uncovered**

In Hong Kong, more than a fifth of all medical consultations are made with practitioners of Chinese medicine. This traditional form of healthcare represents theories and experiences of Chinese physicians that date back five millennia. Whether it's dried abalone, ivory-colored birds' nests, dried scallops or ginseng; the same remedies that were used in the distant past can be seen and smelled in Chinese medicine shops all over Hong Kong today, providing a tangible link to early Chinese society. Whether you're in the market for a remedy or not, our specialist guide will take you on a journey of discovery into this ancient practice. Walk through the local dried seafood and medicinal goods markets and learn the importance of weird and exotic items in traditional remedies before your own consultation with a Chinese doctor. You also have the opportunity to experience a key component of traditional Chinese medicine with an acupuncture session, which coupled with the recommended herbal remedies, will assist you in finding your Qi. *Daily 10:00-14:00* 

#### Lamma Island Hike

Explore an island with 6,000 years of fishing history on this away-from-it-all historical guided hike. Arriving in Yung Shue Wan, we will stroll down the narrow streets of tightly packed local shops, absorbing the relaxed atmosphere. The guided walk takes you through near-abandoned villages with their banana plantations and beautiful old Feng Shui woods as you follow a paved coastal path on this peaceful, traffic-free island. Along the journey you'll climb a hillside for that picture perfect majestic view over the shipping lanes of the South China Sea. Visit the bustling village of Sok Kwu Wan. A visit to the atmospheric 1826 Tin Hau temple, dedicated to the local sea. Descending into the famous stretch of waterfront seafood restaurants for a seafood lunch. *Daily 9:30-15:30 Fitness Level: Easy / Distance: 1.5 Miles* 

## **Dragons Back Hike**

Walking through Shau Kei Wan wet market you will take in the atmosphere of the daily life of ordinary Hong Kong residents before heading to the start of Dragons Back trail. The hike begins along a lovely cool path that takes you through shady groves of bamboo and lush woodland, accompanied as we walk by birdsong. You emerge into open hillsides often covered with wild azaleas or rose myrtle. The walk follows the rugged undulating spinal ridge of the Dragon´s Back, where the earth is regarded as a living being, with lines of force known as 'dragon veins'. The breathtaking views take in dazzling seas, the distant Nine Pins Islands, Big Wave Bay, Tai Tam Harbour, Stanley and the Red Hill peninsula. The hike finishes by strolling down through shaded tunnels of exotic vegetation then take transport back to the Central district.

Daily 09:30-14:30hrs Fitness Level: Moderate / Distance: 3 Miles