



Culinary Walking Tour

INS-CN24

Country: China

Duration: 2 hours

Accommodation: Not Included

Meal: Not Included

Transportation: Walking

Every week we lead culinary walking market tours to help guests create their own Chinese kitchen, as well as to get over the intimidation and confusion of the Chinese food market. Our interactive and practical local walking tour will help you to explore the colourful and fresh items in a local market, and our knowledgeable guide will provide tips on how to incorporate Chinese flavors into your dishes back home.

A big part of the tour focuses on combining foods and seasonal shopping, and we engage in dialogue about how to best utilize seasonal produce to make suitable dishes for family and friends. We will also go over some of the ingredients and their healing effects according to Traditional Chinese Medicine teachings. Buying local helps support environmental sustainability. It is also a fun packed, and can conveniently be combined with a morning cooking class.

Included:

- Experienced English speaking guide during all tours
- 1 bottle of water
- Service charge and government tax

Excluded:

- Airfare international
- Entry visas to China
- Drinks and Food
- Admission to the sites not included in the program

- Travel Insurances (We highly recommend that you purchase an adequate insurance)
- Gratuities for guides and driver
- Other services which are not specified in the itinerary

