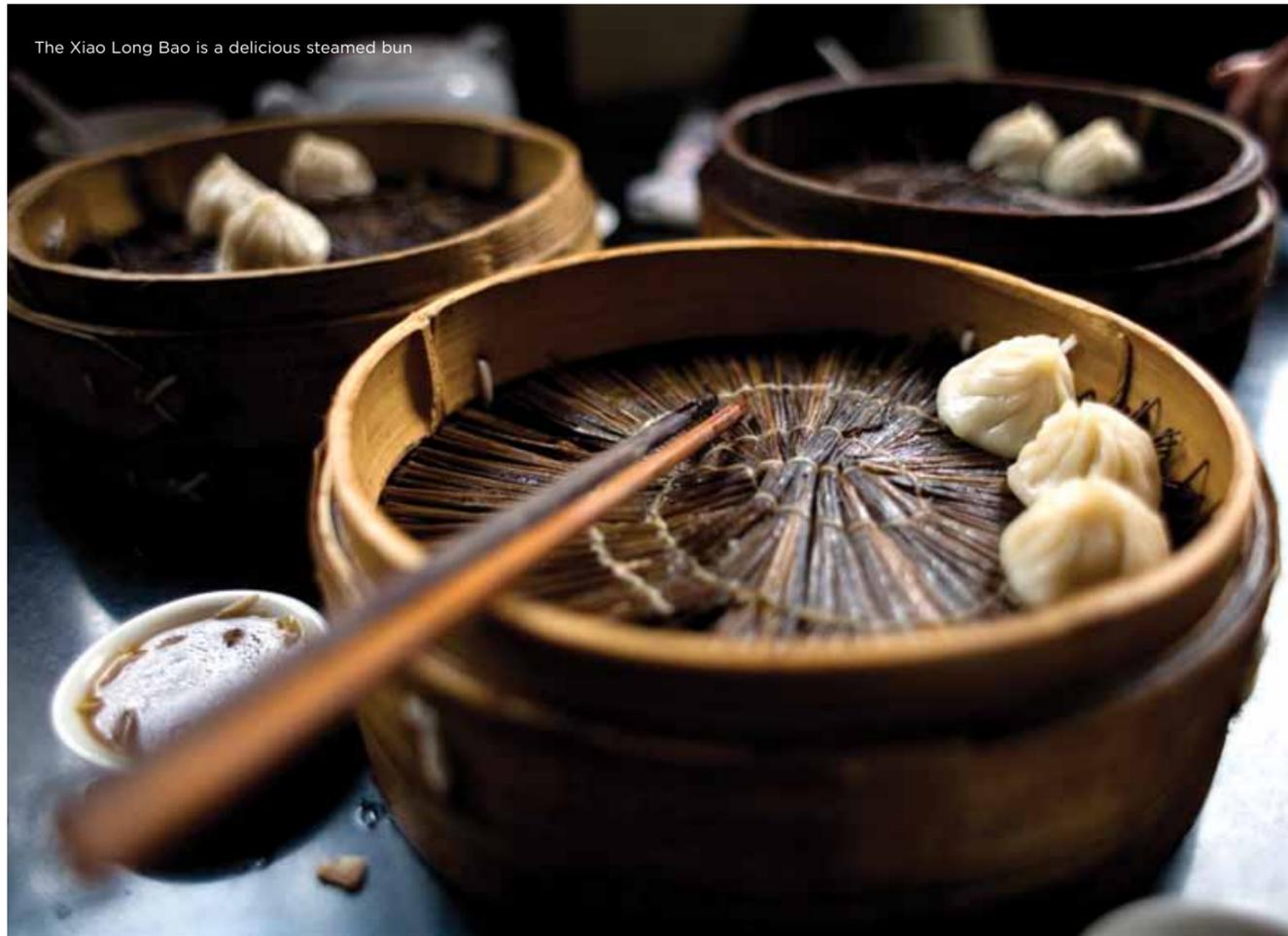


36 HOURS IN SHANGHAI

Discover where old meets new in this city of neon lights and captivating traditions



Images: Getty and Corbis



The Xiao Long Bao is a delicious steamed bun

DAY ONE

8am Drop your bags in the luxurious Jumeirah Himalayas Hotel. Then start your morning in Shanghai with a hearty traditional breakfast. A savoury noodle soup, garnished with fresh soy sauce, mini shrimps, and tofu slivers is one option. Another popular choice is the sometimes sweet, sometimes savoury, but always delicious Xiao Long Bao. A steamed bun popular throughout Shanghai, this delight is best served warm, great to cradle between gloved hands while warding off the early morning chill. For breakfast, opt for a bun filled with sesame paste. The flavour is reminiscent of Oreos.

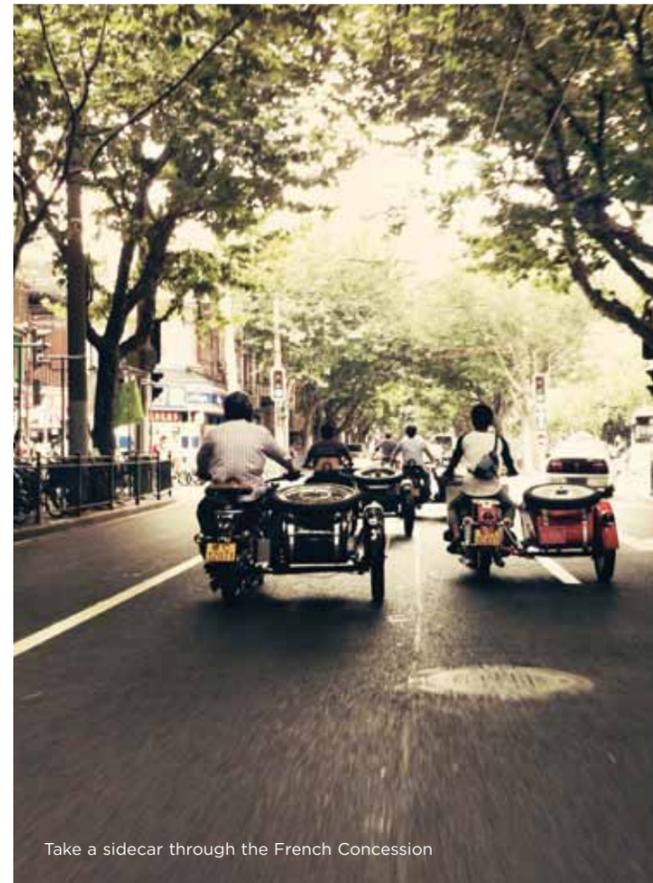
9am Step into the air-conditioned comfort of your private car with a personal tour guide. We recommend Lightfoot Travel, an Asia-based luxury travel company with offices in three countries across two continents. The travel team specialises in designer travel. (Lightfoottravel.com). Enjoy the already busy streets of Shanghai as you move from Pudong towards the French Concession. Along the way, you will spot joggers running past Shibo Park.

10am Once in the French Concession, go straight to Fuxing Park. While relatively small (particularly compared to London's sizeable wonders), Fuxing Park is filled with locals practicing everything from tai chi to traditional dance. Elderly couples step through well-practiced routines without a trace of irony. It's worth pausing here for an hour simply to observe this small hidden gem, somewhat off the beaten tourist track.

11am As you are already in the French Concession, go for an old-school sidecar ride. Meet with Arthur at Insiders Experience, the Chinese leader in these classic vintage tours. Arthur will take you through the French Concession's larger streets and its hidden nooks and crannies, allowing you to discover the spot where modern Shanghai mixes with still lingering history. If you book a tour with Lightfoot Travels, they can organise this addition directly. Otherwise visit InsidersExperience.com.

1pm Make your way over to Xintiandi for lunch. The highlight of Shanghai's high-end shopping, Xintiandi offers all the boutique and international luxury brands you could ever want. You will find Omega, Rolls-Royce, Chopard, and Godiva, just to name a tempting few. Pause in one of the many restaurants for a light meal, or power on through to work up an appetite for later. Shangaixintiandi.com. If luxury shopping isn't for you, another nearby option is the stunning Yu Garden. Here you will find beautiful, delicately manicured trees, traditional bridges over koi ponds, and large animal carvings.

3pm Step back into your private transport (conversely, catch a taxi or Shanghai's efficient metro) to journey across the Huangpu River. Stop at the Shanghai World Financial Centre for amazing views. While the Shanghai Tower will be the tallest building in Shanghai once it's complete, the SWFC presently holds that acclaim. Stretching 474 metres, the building was



Take a sidecar through the French Concession



Koi fish in Yu Garden



Locals practicing tai chi in Fuxing Park



Arthur with Insider's Experience



The market outside Yu Garden



Jumeirah Himalayas Hotel



certified by Guinness World Records as the ‘World’s Highest Observatory’ in 2009. From the 100th floor, you can look out across the river and over the entire city. Keep an eye out for the impressive gothic and baroque architecture of The Bund. As you make your way back down from the tower, enjoy a stroll along the riverside.

4:30pm Head back to Jumeirah Himalayas Hotel, a five-star property that captures the glamour of Shanghai. Warm reds and deep browns decorate the interior. A pagoda dating back to the Ming-Qing Dynasty (used today for live performances) glints under Shanghai’s largest moving-light display. As you step into a lobby filled with a wealth of art, prepare yourself for a traditional Chinese incense ceremony. This ceremony occurs every day at 5pm, capturing elements of China’s history in its fragrant dance. If you would like a rest,

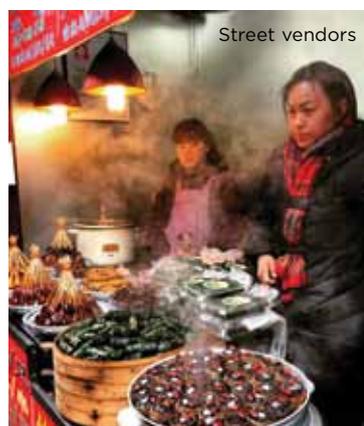
enjoy a glass of speciality Chinese teas while relaxing in the lobby lounge. To reserve a room, visit Jumeirah.com.

7pm After freshening up, visit Jumeirah Himalaya Hotel’s Grill Room. There you will find some of the finest cuts of Japanese and Australian Wagyu and Angus meat. While browsing a lengthy list of curated beverages, you can enjoy bread served warm to the table, flavoured with hints of cumin and rich butter. Food is hearty and the atmosphere romantic.

9pm To savour Shanghai’s nightlife, return to The Bund. Located along the Huangpu River, The Bund is a waterfront area that attracts the refined and festive evening-goer alike. Expect several members-only clubs, along with bars perfect for late nights (or early mornings). When you’re ready, return to your hotel and unwind atop crisp sheets.



Enjoy views of the Bund from the Pudon side



Street vendors



The China Art Museum



DAY TWO

11am After enjoying a long rest and a late breakfast, set out on foot to explore Pudong, the newer area of Shanghai. Pudong is popular with business people (drawn to its many exhibition centres) and locals. Directly beside Jumeirah Himalayas Hotel you will find the Himalayas Centre. This multi-floor complex features an eclectic blend of international brands, boutique art galleries, and high-end dining venues. You will find a 4D cinema, several museums (like the Shanghai Himalayas Museum), and more. Once finished, simply walk to the Kerry Center, a luxury mall that spans several floors.

12pm Step across the street again to Huamu Road. Here you will find shops aimed at locals and almost nothing in English. Casual restaurants sit up against massage centres, grocery stores, tea shops. The road is worthy of an hour's leisurely stroll. Grab street food from one of the many vendors for an on-the-go lunch.

2pm Still on foot, walk across to the China Art Museum. Located beside the Mercedes-Benz Arena, this museum offers numerous exhibits within a

looming space. Art spans from traditional to contemporary, with a particular focus on modern art. You will find small cafés scattered throughout the five floors (Artshow.eastday.com). Afterwards, return to Jumeirah Himalayas Hotel to enjoy some of the many pieces of art the property has on display.

6pm - 8pm For a luxurious dinner that spans many of Shanghai's offerings, opt for the Arte Café and Lounge in Jumeirah Himalayas Hotel on a seafood night. You will find piles of fresh sashimi, innovative sushi, crab legs, smoked salmon, and all the delicious delights of the ocean. Simultaneously you can enjoy some of the sweet-and-savoury offerings characteristic to Shanghai, such as eel in a rich sauce. Particularly delicious are the savoury Xiao Long Baos. Eat these skewered on a pair of chopsticks, drizzled in vinegar, with a spoon held underneath to capture the fatty juices of the meat.

For more information on the stunning Jumeirah Himalayas Hotel, visit Jumeirah.com

Q&A with...

Kenneth Au, Second Officer of Cathay Pacific Airways, knows travel. The flagship carrier of Hong Kong, Cathay Pacific offers the perfect flights in and out of Shanghai. Here Au shares some of his insider tips for the city and beyond

WHAT'S YOUR FAVOURITE SPOT IN SHANGHAI AND WHY?

The Bund. It was once a trading port around the same time that Hong Kong was established as a British colony, and it soon became a major international financial hub of the Far East. One can still feel the air of opulence that Shanghai enjoyed as a focal point of international business by simply standing there and marvelling at the many different architectural styles.

WHAT DO YOU FIND INTERESTING ABOUT THE BUND?

I like reading about history, and The Bund is where diplomats, bankers, traders, and politicians mingled in the turn of the 20th century. One of my most memorable experiences in Shanghai was listening to jazz at the Peace Hotel. Watching a group of veteran Chinese jazz musicians, many of whom look older than my granddad and wore coke-bottle glasses, jamming with ease was most entertaining.

WHAT'S YOUR FAVOURITE ROUTE TO FLY?

My favourite route in the Cathay Pacific network is Hong Kong to Taipei. It is a very short flight to Taipei, less than 1.5 hours. Occasionally we get a short layover there, and I duck out of the hotel to quickly sample some local street food!

WHY TAIPEI?

I love Taipei because the food selection there seems endless! As one strolls down the street, there are always inviting aromas coming out of spicy hot-pot restaurants and beef noodle stalls. Other times I try local food such as pepper-fried chicken, 'tian bu la' (a piece of fried fish paste that is sweet and chewy), oyster omelette, and stinky tofu (only if I am certain I can remember to brush my teeth before going back to work). Sometimes I do feel guilty for eating so much fried food, but I tend to abide by the Latin saying of 'Carpe Diem / Sieze the Day'. I am probably taking this meaningful saying out of its original context, but the way I interpret it is that we must seize the chance to eat good food!

CAN YOU TELL ME WHERE CATHAY FLIES IN CHINA?

Cathay Pacific and Dragonair (Cathay's sister airline) fly to 22 cities in China. We cover almost all the major and secondary cities like Beijing, Shanghai, Canton, Kunming, Changsha, Chengdu, and many more. The frequency is also important to our passengers. We have about 400 flights every week between Hong Kong and these destinations.

Find out more about refined business class journeys with Cathay Pacific Airways at cathaypacific.com

