

1. Places to visit:

- The Bund (on Puxi side, West of Huang Pu River), OR Jiang Bin Da Dao (viewing the bund from Pudong, East of Huang Pu River)
- Shanghai Museum (world class). Easily a ½ day visit.
Shanghai Museum - Considered by many to be the best museum in China, the Shanghai Museum has 11 galleries and over 120,000 historic artifacts. The Stone Sculpture Gallery and the Bronze gallery are the most popular with collections dating back to the 18th century B.C. There are also special exhibitions on occasion that can be quite fascinating.
- Shanghai Grand Theatre (Opera House, world class). Go to any concert to see this theatre
- The Pearl Tower (TV Tower in Pudong) to get a bird's eye view of the city. There is also an aquarium next door if interested.
- Yu garden (beautiful Suzhou garden) and of course the shopping area around -- that is Shanghai Lau Jie (old streets). One can find many antiques and furniture in a 4 -story building.
- Nanjing Lu - Nanjing Road is by far the most popular shopping street in Shanghai. Crowds jam the pedestrian walkway for shopping and sightseeing every day of the week. At night the neon lights shine like the Las Vegas strip. With hundreds of shops and restaurants there is something for everyone. It runs west to east from People's Park all the way to the Bund.
- Shanghai World Financial Center - For a good overview of the city, there is no better spot than the top of Shanghai World Financial Center in Pudong. With 101 floors above ground level and soaring to a height of 492m, it is currently the world's tallest completed building by roof. Park Hyatt Shanghai is the hotel component, becoming the highest in the world, surpassing the Grand Hyatt Shanghai on the 53rd to 87th floors of the neighboring Jin Mao Tower.
- An evening out walking along Henshan Road. Many of café / bar / restaurant showing western elements in Shanghai - colorful.
- Soong Ching Ling former residence
- Shanghai Children's Palace, managed by the Soong Ching Ling Foundation
- Xin Tian Di 新天地 - Venue for the first CCP (Chinese Communist Party) Shanghai's most popular restaurant and bar district is a great example of the success of the urban renewal effort. Tourists and locals alike pack the streets day and night. Xin Tian Di is divided into the North and South Blocks. The South Block is the more modern of the two and is home to one of China's first major shopping centers as well as boutiques, restaurants and nightclubs. Shikumen architecture lines the streets in the North Block providing a contrast to the modernity of the South Block.meeting One of the most popular place to hang out at night - great restaurants and bars, a hot spot for tourists and the new generation
- Jade Buddha Temple - Shanghai's most famous temple is known for it's white jade Buddhas carved from a single slab of Burmese jade. Brought to Shanghai in 1881, the statues are housed in separate houses amongst beautiful jewels and stones. In addition there are also ancient carvings, paintings and precious Buddhist cultural relics.
- Tong Li 同理 and Zhou Zhuang 周庄, near by old cities with rivers (like Venice) — charter a car for a day trip to see both.

2. Places to shop

- 田子坊, 泰康路/思南路. There are many shops in little alleys, boutique style, that one can browse around. Many stores make 旗袍 qipao, contemporary style. Yen and Pam's favorite shop for small gifts is 210 弄 5 号楼 128 室.
- Xiang Yang Market 襄阳路- Clothing & Gift Market: for Nike collar shirts rmb50, Tommy Bahama shirts for rmb65 (Closed in 2006) – New place is now at corner of Yian An Road, Hong Bei Road, next to Xiao Nan Guo Restaurant
- Another fake name brand market = No. 2 line Subway stop - Shanghai Science and Technology Museum in Pudong S 上海科技馆
- Birthday candle with firework: RMB10 at any bakery shop
- Nanjing Xi (West) Lu (Road) No. 580, intersect with Chengdu Bei lu kou
Tommy Bahama shirts \$6 for non-matching pockets, \$10 matching pockets
Mr. Wang Yi email: wangyi8@21cn.com wangyi8@21cn.com
13386135188, 13817393453
- Video World, No. 888 Huangjin Chendao, Gubei area. Phone 6209 6180. Good quality copy VCD/DVD movies (don't buy them on the street) Cost rmb10/copy
Stopped selling copies in 1/2007 due to the government crack down.
- CITIC Plaza at Nan Jing Road - For quality foreign name brands.
- Other shopping areas are at Huihai dong lu (many big department stores from Hong Kong), Nanjing dong lu, and Shanxi lu cross street with Nanjin Lu (Polo, Tommy Bahama shirts for US\$12).
- For antiques, try Dongtai lu (near Shanghai Lau Jie)
- For serious antiques, try out the Shanghai Antique Shop at Guang Dong Road. The shop at the museum carries better than average gift items, so are the outlets at Mao Ming Nan Road near Garden Hotel.
- Yun Yun Fu Shi, Chinese style clothing, raw silk like Cheong San (but modern style) 27 XianXia Lu 仙霞路
They can also make to order (with in 2 days). Call 6229 5535 Ms. Cai
- Yu Yuan Shopping Compound, good specialty stores and Chinese arts and crafts
- Ya Tai Xin Yang Clothing, Pudong Ke Ji Guan, near subway station
13162 627 588 (per Carolyn Luke)
- 580 Nanjing Lu & Chengdu Lu

3. Massages

- Genki Massage, 425 Wulumuqi Road N, near Jing An hotel W tower or Shanghai Hotel (No. 58 is good) 62498982 or 2/F, 141 Changle Road
- Chung Qing Jia Fu Fu Qiao, 797 Hung Jing Lu, 5th Floor, Hong Qiao (many locations) 5476 3583 or 6402 5083
Foot massage + back, shoulder, arm 110 minutes for rmb70 night (60 day), 24 hours
Other locations Wu Zhong Road, Mao Dan Jiang Road 1081, Xien Xia Road 8, Xin Chuan Road 519, Chang Shou Road 748
- Liangzi Group Refreshing Co. Phone 6281 6613
RMB80 for 1 ½, buy coupon book is cheaper
- Song Gu (Pine Valley) diagonally across from Jin Jiang Tower 6385 3500
95 Rui Jin Road No.1
Rmb88 for 100 minutes foot and back massages (No. 26 is good)

4. Places to eat

Shanghainese food:

- Ding Tai Fung 鼎泰丰, many locations, Gubei, Xin Tian Di, Yu Yuan (newest), best Xiao Lung Bao
- Lao Ye Shanghai, 老夜上海 Old Jiang Jiang Hotel, 12 floor 3218 9888x 9102, 6472 6386
Good famous dishes 东波肉, 炸鱼, 草头油焖笋, 水晶虾仁,
Classy decoration, excellent quality Shanghai food, price OK.
- Crystal Jade Restaurant (Fei Cui), Singapore chain, Cantonese, Chow Zhou, Shanghai food. Up scale, good food
3 locations in Shanghai
 1. Nanjing Road W 1038, Mei Long Zheng Plaza 7th floor, phone: 5228 1133
 2. 300 Huai Hai Zhong (middle) Road, New World Building, phone: 6335 4188
 3. Xin Tian Di, 2F-12A, Phone: 6385 8752
- Xiao Nan Guo 6466 2277 (Many locations. Call to find out the nearest location for you), Shanghainese food;
- Jade Garden (Su Je Hui) many locations, Shanghainese food, one location is across from Jinjiang Hotel
1121 Middle Yan An Road 6248 5155
Main Office 6466 1111

Hangzhou food:

- Zhang Shen Ji 张生记 6445 57777 many locations, Hangzhou food, always crowded

Cantonese food:

- Tang Gong Phone 6251 3960, excellent dim sum, mochi /papaya, deep fried shrimp ball. Also located in Beijing (Hong Kong syndicate)
- Farm House Restaurant, no.1999 Hong Qiao Road Phone 6270 9777 Excellent food, nice environment but slightly expensive (Hong Kong syndicate)
- Bi Fung Tang (Boat heaven)

Imperial Food – Family Li Imperial Cuisine

Huang Pu Park (Bund)

Phone: 5308 1919

www.familylishanghai.com

9 private dining rooms, 3 months reservation ahead, dinner set menu rmb600-2000/person (lunch rmb400 and up)

Rank one of three best restaurants in China by Relais Chateaux

Owner M/M Chiang – Johnson's friend

Steven Wang CEO 6323 6886 x101 (stevenwang@colmail.cc) Visual Orient Limited

Angel Jiang, Assistant Manager 1390 173 4847

Others:

- Yang Cheng Hu 杨城湖 for crab, restaurant located in the center of lake, restaurant provides speed boat for transportation. Good for October hairy crab season.
- Xin Guang 新光 (New Light) restaurant for Crab *** home converted to a restaurant. Small. Reservation required. Rmb400/person minimum

- Golden Jaguar (www.goldenjaquar.com) International buffet, including Japanese, Chinese, seafood and others Lunch 180, Dinner 220
- Dong Bei Ren 东北人 NE Chinese style
- Xian Qiang Fang 62951717 (many branches), good for Sauna shrimp, dried duck;
- Mai Lung Zhen 62535353 spicy fish is very good (Dou Ben Yu);
- Tien Tien Won 62125758 all the dishes are prepared with some kind of tea. They charge 100 Yuan per person. Food served as banquet style and named with West Lake sceneries.
- Xia Mien Guan (Xia Noodle) 64738607, 64728504 at the intersection of Wu Xing Road / Zhao Ja Bin Road. Ask for their special of the day.
- <http://www.bund18.com/english/aboutus/location.htm>
"Lai Ka Choy" across from Bund 18.
One of the most exclusive and expensive dinner in China offer only in very private settings. Most "Lai Ka Choy" restaurants must be booked months in advance. The owner of "Lai Ka Choy" are the family of Royal Chef from the "Ching Dynasty", currently operate a number of restaurants throughout China. They use the traditionally BEST ingredients fit for the King. The owners of Bund 18 owns this "Lai Ka Choy" restaurant across from them.
- Soahe Restaurant & Tea Garden (Hong Xi Cha Ju) – Yangzhou food
No. 3, 123 Lane, Xing Ye Road, Xintiandi
6385 7777 6385 7788 (owned by He Lili – Hong Kong movie star)

Hotpot:

- Faigo Hotpot, 795 Ju (large) Lu (deer) road near Fu (Rich) Min (people) Road, Phone: 5403 8811, Good Shanghainese restaurant next door
- Lai Lai Hot Pot (fish head), Hong Mei Road

Singapore Food

- Frankie's Place (Lan Qi Cen Ting)
546 Hunag Hua Lu (off Hong Jing Lu)
5476 1068 Owner Frankie from Singapore, Hai Nan Chicken rice, Pai Kut cha

Spanish Food

Le Garcon Chinois, Hengshan Lu Lane 9, No. 3 (Dongping Lu & Wulumuqi Lu)
Phone: 6445 7970 Julia's favorite, closed for remodel 12/05

Per Chao Ying Bossert

1) 外滩 3 号 Three on the Bund

上海市中山东一路 3 号 5F 黄浦会 (Chinese food) 021-63213737
上海市中山东一路 3 号 4F Jean Georges (French food) 021-63217733
上海市中山东一路 3 号 6F 陆唯轩 Laris 021-63219922

2) 外滩 18 号 Bund 18

上海市中山东一路 18 号 6F 雅德 Sens&Bund 021-63239898

3) 外滩 6 号 Japanese restaurant at bund, No 6 Bund, on the 2nd floor

4) 正大广场的俏江南

上海市浦东新区陆家嘴正大广场 10F 021-50471817 50471917

Diver:

Chen Jiang Qiang 陈建强 excellent, stable, dependable and reasonable. Van

Cell: 1360 172 7942

Airport – Pudong 140, Yangzhou round trip 1700, Hangzhou 1500, Suzhou 1500

Introduced by Pam Wu Hui Hao Tian Xia 汇豪天下 Wu 小姐

Hospitals for visitors – no wait

Hua Shan in Puxi (Near Jin An Hotel)

Dong Fang in Pudong

Tie dye bags and costume

Feng Tong Yu – Tong Xiang

573 8616997

www.chinalyhb.com

Email: fty@chinalyhb.com

Phone: 13758383686 Ms. Zhu Xue Feng

Yang Zhou

Excellent Chinese Breakfast – dim sum style

冶春花园 – 0514 8736 8010 by 瘦西湖, after breakfast take a boat tour of Skinny West Lake
best was soup dumping

富春, 老城内 – another great place for dim sum breakfast

Temples to visit: Gao Min Si 高旻寺 – one of the 4 most famous temples in SE Asia

Gardens

He Yuan – 何园

Zhu Yuan 个园 (竹之半) – 中国四大名园之一: 颐和园, 承德山庄, 苏州缺政园, 个园

Note:

The water village - refer to Tong Li 同里 and Zhou Zhuang 周庄. Best to charter a minibus / bus.

You can also charter vans / buses to Hangzhou from Shanghai - with the super highway, it should be around 2 hours one way. Don't miss the show in Hangzhou "Impression Xihu" 印象西湖 produced by Zhang Yimou.