

A Glimpse of Traditional Central



Hong Kong's unique culture and traditions derive from a melting pot of both Western and Eastern features. Take this four-hour interactive journey through the city's history of mixed medication, diet and religion! For urban explorers seeking an immersion into the city's local living culture, this is an opportunity not to be missed in Hong Kong central.

Tour Highlights

- Experience the changes in Hong Kong's history and learn the hidden wisdom behind the living culture of Western District, Sheung Wan and Central
- Stroll past colonial-era medical facilities, Hong Kong Museum of Medical Sciences and Tung Wah Hospital to catch a glimpse of traditional Western and Eastern medical cultures
- Visit Chinese temples to learn about the role of traditional religion in different communities
- Explore the profound traditional diet in Chinese medical stores and various traditional groceries

Tour Itinerary

1. Gather at Sai Ying Pun MTR Station
2. Walk through Hospital Road for a tour of several medical facilities, including the iconic **Old Mental Hospital at High Street**
3. Reach the **Hong Kong Museum of Medical Sciences**
4. Visit **Kwong Fook I Tsz** (Pak Shing Temple) for a glimpse into the history of early Chinese migrants through the shrines inside
5. Visit a Chinese medical hospital in Hong Kong's early history – **Tung Wah Hospital**
6. Pass by **Possession Point** (Shui Hang Hau Street), where the British first landed in Hong Kong
7. Visit one of the oldest traditional Chinese temples in Hong Kong – **Man Mo Temple**
8. Cross Wellington Street to Bonham Strand to try local herbal delicacies and snake soup*



Tour Details

Departure Time : 9:00a.m. and 2:00p.m.,
Tuesdays and Saturdays
Duration : Approximately 4 hours
Group Size : 2-10 people
Language : English and Mandarin

Booking

Organiser : Eco Travel Limited
(License No. 353452)
Website : hongkong.ecotravel.hk
Contact Person : Mr Derek Tse, General Manager
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Notes

Bookings required at least two days in advance. Please contact travel agent for details.
*Snake soup at visitor's own cost, seasonal special

