

# St. Olaf Study Travel

*Go behind the seen*

## Hong Kong: East Meets West

Jan. 1–10, 2010

### Itinerary

#### **Friday, Jan. 1**

Depart from Minneapolis/St. Paul

#### **Saturday, Jan. 2      Arrive Hong Kong**

Arrive in Hong Kong, probably in the late evening. Transfer in a private coach to the hotel.

#### **Sunday, Jan. 3      Our Neighborhood: TST on the Tip of Kowloon (B, L)**

After breakfast and a seminar/overview meeting, walk to the Hong Kong Museum of History for a guided tour. Group Dim Sum lunch in Tsim Sha Tsui (TST) neighborhood. Visit the sculpture garden at nearby Kowloon Park and observe a Kung Fu demonstration in the park. Remainder of the afternoon and evening free with dinner on your own. *Option: High Tea at the Peninsula Hotel.*

#### **Monday, Jan. 4      Quintessential Hong Kong (B, D)**

After breakfast, feel free to join in T'ai Chi in front of the Hong Kong Museum of Art. Following a mid-morning seminar, take a harbor cruise, finishing in the Central District on Hong Kong Island for a walking tour led by Donna and Steve. Free time with lunch on your own. Late afternoon, a seminar of tea culture in China at the Flagstaff House Museum of Tea Ware, followed by a group dinner on Victoria Peak.

#### **Tuesday, Jan. 5      Buddhism I (B, L)**

After breakfast and a seminar, travel by ferry and bus to Lantau Island to visit the Tian Tin Buddha, Po Lin Monastery (where we also have a group lunch), the Wisdom Path and the Walking with Buddha Museum devoted to Siddhartha Gautama in Ngong Ping Village. Return to the hotel for dinner on your own and evening free.

#### **Wednesday, Jan. 6      Taoism and Chinese Art (B, L)**

Breakfast and a seminar, followed by a visit to the Taoist Wong Tai Sin Temple in northern Kowloon. Return to TST (our neighborhood) for a group lunch and a guided tour of the Hong Kong Museum of Art. Remainder of the day free with dinner on your own. *Option: Su Bong Zen Monastery in Causeway Bay.*

#### **Thursday, Jan. 7      Buddhism II (B, L)**

After breakfast, visit the 10,000 Buddhas Monastery in Sha Tin, and then the Hong Kong Heritage Museum. Ferry to Wan Chai for group lunch at the Vajradhara Buddhist Meditation Centre. Travel to Central on Hong Kong Island to depart on a Chinese Junk ride. Evening free with dinner on your own.

#### **Friday, Jan. 8      Free Day (B)**

Full day free.

#### **Saturday, Jan. 9      Sai Kung (B, L, D)**

Breakfast and a seminar. Travel to Sai Kung for a visit and group lunch. Farewell group dinner.

#### **Sunday, Jan. 10      Return to United States (B)**

Transfer by private coach to the airport for flights home.