




Slow Food[®]
 Beijing - Drum + Bell

SLOW FOOD SATURDAY
AT MUTIANYU GREAT WALL

TIME	EVENT	LOCATION	DURATION*
09:00	Buses leave Beijing		
10:30	Guests arrive		
11:00	Food Treasure Hunt	Roadhouse	Open-Ended
11:00	Bike Ride	Roadhouse	3 hours
11:00	Great Wall Hike	Roadhouse	3 hours
11:00	Orchard Walk	Schoolhouse	60 minutes
12:00	Ice Cream Demonstration	Schoolhouse	30 minutes
12:30	Mutianyu Market Tour	Mutianyu Town Hall	30 minutes
13:00	Dancing Ladies	Beigou	30 minutes
13:00	Corn Milling	Beigou	30 minutes
13:30	Xiaolumian Demonstration	Xiaolumian	30 minutes
13:30	Great Wall Hike	Roadhouse	3 hours
14:00	Breadmaking Demonstration	Roadhouse	30 minutes
14:00	Cucumber Picking	Roadhouse	60 minutes
14:30	Ice cream Demonstration	Schoolhouse	30 minutes
15:00	Breadmaking Demonstration	Roadhouse	60 minutes
15:30	Orchard Walk	Schoolhouse	60 minutes
16:30	Xiaolumian Demonstration	Xiaolumian	30 minutes
17:00	Buses leave Roadhouse	Roadhouse	2 hours
17:30	Ice Cream Demonstration	Schoolhouse	30 minutes
18:00	Saturday Evening Fine Dining	Schoolhouse	2 hours
19:00	Movie Screening	Schoolhouse	90 minutes

* The event calendar and time duration are subject to change.

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SLOW FOOD SATURDAY AT MUTIANYU GREAT WALL

The Details

Departure from Beijing: Chaoyang Trek Store, **09:00**. Roundtrip bus tickets cost RMB 80. When you reserve your seat please make sure to leave your phone number and the number of people in your party. Conversely you can arrive on your own, and with public transport. At Slow Food Saturday you are free to explore at your own pace and start or stop anytime you like.

Arrival Point: Slow Food Saturday is a free-flowing event, and you can join in at any time, at any point in our 4 villages. But the bulk of guests, including the buses, will arrive at the Roadhouse Grill at **10:30**. Regardless of your arrival time, please reserve your chosen activities.

Returning to Beijing: All buses will be leaving Mutianyu at **17:30** the afternoon.

Bike Ride (starting from the Roadhouse, at **11:00**)

[The China Charity Challenge](#) led group bicycle ride will start at 11:00, leaving from the Roadhouse. The bike ride will last for 3 hours and will include tasting stops. Meet locals, taste food fresh from the field and go from village to village as you ride under the fresh air and blue skies at Mutianyu. Or if you prefer you can veer off and explore our communities on your own, at your own pace.

Bikes and helmets will be available for rent at the Roadhouse. Reserve your bike by visiting <http://www.bikebeijing.com/slowfoodsaturday.html> or email us at bikerental@slowfoodsaturday.org. We will also be transporting bicycles up from Beijing. To register for the bike ride and arrange for transportation up to Mutianyu at bikeride@slowfoodsaturday.org.

Nature Hike (there will be a shuttle leaving from the Roadhouse, at **11:00** and at **13:30**)

Roam around, savor the fresh air, take in the breathtaking surroundings, and join us on our nature hike – we will have one leaving from the Roadhouse at 11:00, and one leaving at 14:30. We will be shuttling to the nature walk starting point, where you will take off and explore our beautiful local countryside. Pass by traditional courtyard homes that always welcome guests and roadside stalls with fruits and nuts plucked fresh from nearby orchards while learning about local flora and fauna from our guides at [Stretch-A-Leg Travel](#). Both hikes are limited to 20 people, so register fast at hike@slowfoodsaturday.org.

Orchard Walk (there will be a shuttle leaving from the Roadhouse, at **11:00** and at **15:30**)

Fruits, trees and those who tend to them – ever been curious to know a little more? The Orchard Walk provides you with the perfect chance. Our knowledgeable guides from [Hias Gourmet](#) will tell you about

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SLOW FOOD SATURDAY AT MUTIANYU GREAT WALL

the local traditions and narrate stories about rural life and customs. You can learn about our farming ways and dive into our agrarian culture – letting nature do the rest.

Food Treasure Hunt (starting from the Roadhouse. Join in at any time)

Armed with compass and questions, follow clues with friends as you search through our villages. At each stop, answer a culinary question before moving onto the next. Our food treasure hunt is open-ended, and can be completed on wheels or on foot. After successfully answering all questions return your form to be eligible for a prize from our supporters at [The Hutong in Beijing](#). Register at treasurehunt@slowfoodsaturday.org.

Ice Cream Demonstration (at The Schoolhouse at **12:00, 14:30 and 17:30**)

All of [The Schoolhouse](#) ice creams are made from scratch in our kitchen in small batches with no mixes, additives, stabilizers or artificial coloring - just a lot of hard work and a delicious result. Come and hear executive chef Randhir Singh explain how our home made ice creams are made.

Cucumber Picking (at the Roadhouse at **14:00**)

Want to eat fresh produce? What better a way than to pick them yourself! Get back to nature. We will have cucumber picking at the [Roadhouse](#) at **14:00**.

Dancing Ladies and Corn Milling (at Beigou Village at **13:00**)

Come out to watch the local village troupe play traditional instruments and dance with enthusiasm. Join in on the fun yourself. Beigou village will also have a corn milling demonstration, with a trusted village donkey taking turns around the mill and crushing kernels into corn flour.

Mutianyu Market Visit (at Mutianyu village at **12:30**)

Come and see what we have under the Mutianyu Great Wall! Food, clothes, gifts ... our tour will be leaving from the town hall.

Noodle Making (at Xiaolumian at **13:30 and 16:00**)

Join us at our home made noodle shop [Xiaolumian](#) to understand what goes on behind the scenes before the noodles appear on your plate. A cultural and culinary adventure that will not disappoint.

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SLOW FOOD SATURDAY
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Bread and Cheese Making (at the Roadhouse at **14:00** and **15:00**)

Two precious stands await you at the Roadhouse: Boulangerie Nanda and [Le Fromager de Pekin](#). Artisans from Boulangerie Nanda will show you how their tasty, hearty, organic breads are made. Le Fromager de Pekin will have a cheese stand with its amazing selection of fresh locally made scrumptious cheeses – and lend a willing ear to your queries regarding the secret art of making "fromage."

Saturday Evening Fine Dining (at The Schoolhouse at **18:00**)

The Schoolhouse serves country dinners each and every Saturday evening. Crisp linens, Singing Wine Glasses, fresh flowers, and dancing candlelight complement Chef Randhir's fusion menu based on fresh and seasonal ingredients. Imagine this -- Under the Great Wall of China! Click here for a sample [Saturday Evening Fine Dining menu](#).

Movie Screening (at The Schoolhouse at **19:00**)

A clear night, with stars shining brightly and a pleasant hum of friendly chatter mingling with the breeze – a perfect way to watch a movie. To celebrate Slow Food Saturday and the beginning of the harvest season we'll show the documentary [The Real Dirt on Farmer John](#), a heartwarming story about a farmer that could.

Yoga Under the Great Wall (at the Brickyard on Sunday morning, at **08:00**)

Start your day in a most special way on Sunday 5 September, with [Yoga under the Great Wall](#). Run in partnership with [Yoga Yard](#), Beijing's premiere yoga center, we are offering a Sunday morning session at our Brickyard Inn & Retreat Center's new yoga platform with its own lotus pond. Imagine doing yoga under the morning sun, surrounded by fresh air, blue skies and lush green countryside – with the view of the Great Wall above running impossibly along the mountain ridge line.

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