



Help Needed! Volunteers Welcome, contact [volunteer@slowfoodsatursday.org](mailto:volunteer@slowfoodsatursday.org)

## SLOW FOOD SATURDAY

### Event and Contact Information

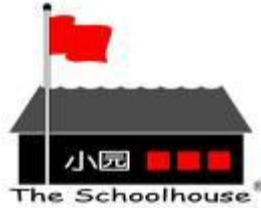
<b>Name of Event</b>	Slow Food Saturday
<b>Date</b>	Saturday 4 September 2010
<b>Location</b>	Mutianyu, Beigou, Xinying and Tianxianyu Villages
<b>Telephone</b>	English: 13810521254 Chinese: 15811229491
<b>Email</b>	<a href="mailto:info@slowfoodsatursday.org">info@slowfoodsatursday.org</a>
<b>Web site</b>	<a href="http://www.slowfoodsatursday.org">www.slowfoodsatursday.org</a>
<b>Address</b>	Mutianyu Village Roundabout, Huairou District, Beijing 101405

### Event details

<b>Transportation</b>	<p>We encourage guests to come up by bus. Our leaving point will be the Trek Store just south of Chaoyang Park. Buses will be leaving at 09:00 sharp!  <a href="#">Click here for map location and directions.</a></p> <p>Round-Trip bus tickets to and from Mutianyu cost <b>RMB 80</b>.          To reserve your seat please email: <a href="mailto:bus@slowfoodsatursday.org">bus@slowfoodsatursday.org</a>          When you reserve please leave your name, phone number and number of people.  <b>We are happy to arrange private buses for groups of 30 and up.</b></p>
<b>Starting Point</b>	Roadhouse at Mutianyu, just north of the Mutianyu Roundabout
<b>Activities</b>	<ul style="list-style-type: none"> <li>● Food - of course!</li> <li>● Biking</li> <li>● Hiking</li> <li>● Orchard Walks</li> <li>● Stands &amp; Demonstrations</li> <li>● Food Treasure Hunt</li> <li>● More</li> </ul>

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## Slow Food Saturday

**Saturday 4 September 2010 from 10:30**

**Mutianyu, Beigou, Xinying, and Tianxianyu Villages**

**Starting from The Roadhouse, Just North of the Mutianyu Roundabout**

[The Schoolhouse at Mutianyu Great Wall](#) is a sustainable tourism enterprise that offers dining, lodging, and meeting solutions in unique settings just an hour from downtown Beijing. At The Schoolhouse we have redeployed existing village buildings to new uses, employ local people, support other locally-owned businesses, grow many of our own vegetables and fruits, procure foods locally in our Huairou District, and make almost everything fresh and homemade on our premises.

Slow Food is about the heritage of food, about its tradition and culture, and about connecting with friends over delicious tastes. The Slow Food movement advocates preserving cultural cuisine, and in doing so preserving local foods, farming and ways of life. Slow Food is the antithesis to large-scale commercial food production and today's fast-food culture. Slow Food brings back the joy in eating, and encourages us to connect over food. That is what we plan to do all day Saturday, as we tour Mutianyu and taste a variety of dishes made from the freshest local ingredients. We welcome you to come for a day to celebrate the pleasure of food traditions under the blue skies at Mutianyu Great Wall!

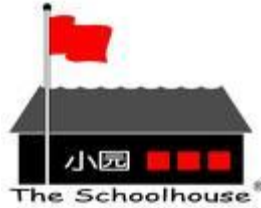
On 4 September the Schoolhouse, along with the Slow Food Beijing Convivium, invite you to enjoy a day of food and fun in the neighboring Great Wall International Cultural Villages of Mutianyu, Beigou, Xinying, and Tianxianyu. Below is a quick rundown of the activities. Join whichever one(s) you like!

## EATING

To put things simply, bring your appetite. From cucumbers you can pick from the vine to our renowned local chestnuts, from fresh corn from neighboring farms to organic breads, homemade cheeses, fresh fruits and more. At Slow Food Saturday our goal is to raise awareness of the natural bounty of the land and the importance of eating local, homemade foods. We are not interested in importing exotic flavors from afar. We are interested in connecting you with local restaurants, farmers and seasonal delicious tastes.

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In the villages of Mutianyu, Beigou, Xinying, and Tianxianyu local restaurants will have special dishes prepared for the occasion. From wild vegetables that aren't on menus to homemade ice-creams, our Slow Food stops will offer a feast for the senses.

## BIKING

For the sporty folks perhaps no better a way to enjoy the day, meet locals and taste foods fresh from the field than riding from village to village on bicycle. At the Roadhouse we will have bikes and helmets for rent available. Hop on two wheels, ride through the tiny bustling villages of Mutianyu, Beigou, Xinying, and Tianxianyu, with plenty of food stops in between. To reserve your bicycle please visit [Bicycle Kingdom](http://BicycleKingdom) or email us at [bikerental@slowfoodsatursday.org](mailto:bikerental@slowfoodsatursday.org).

Our friends at [The China Charity Challenge](http://TheChinaCharityChallenge) will organize the logistics of getting bikes to and from Beijing, and will direct a bicycle challenge through Mutianyu, Beigou, Xinying, and Tianxianyu, with plenty tasting stops along the route. Committed to environmental awareness, sustainable development and responsible travel, The China Charity Challenge organizes adventure travel challenges throughout China. To sign-up for our Slow Food Bike ride, please email us at [bikeride@slowfoodsatursday.org](mailto:bikeride@slowfoodsatursday.org). Please note that there will be no designated area to keep your personal belongings, so plan accordingly.

## ON FOOT

If you wish a more relaxed pace, go on foot to savor the fresh air and take in the breathtaking surroundings. Pass by traditional courtyard homes that always welcome guests and roadside stalls with fruits and nuts plucked fresh from nearby orchards. Stop by local restaurants and try their specialties.

Our partners at [Stretch-A-Leg](http://Stretch-A-Leg) will be organizing Great Wall hikes that explore the village surroundings. Learn about our local flora and fauna on the way up to Tower 21, with its breathtaking views. Stretch-A-Leg specializes in historical walking tours, exploring off-the-beaten path sights, hiking at the wild Great Wall, and traveling to unique destinations around China. Great Wall hikes are limited to 15 guests, so sign up fast at [hike@slowfoodsatursday.org](mailto:hike@slowfoodsatursday.org).

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## ORCHARD WALKS

Tending orchards and raising fruits and nuts was long a way of life for locals. Though times are changing and agriculture no longer the main source of income, villages in Bohai Township are all dotted with chestnut, walnut, apricot, peach, pear, persimmon orchards and more. And at harvest time the villagers still gather to collect their troves of fruits and nuts and celebrate their bounties.

Our friends at [Hias Gourmet](#) lead experiential culinary events and travel in China, and true to form at Slow Food Saturday they will be leading orchard walks around our villages. Join them for a leisurely stroll as they share information on local agriculture and food traditions, as well as stories on local life and villagers. To sign up for our orchard walk, please send an email to [orchardwalk@slowfoodsaturday.org](mailto:orchardwalk@slowfoodsaturday.org).

## FOOD TREASURE HUNT

We will have a food treasure hunt through the villages of Mutianyu, Beigou, Xinying, and Tianxianyu. You will be given a compass and will follow clues with friends as you search through our villages. At each stop you be expected to answer a culinary question before moving onto the next challenge. A perfect and fun event for families, and all.

Our food treasure hunt will be put on by [The Hutong](#), the most authentic venue in Beijing to discover Chinese heritage and customs and immerse yourself in Chinese cultural and traditional activities. To take part, email us at [treasurehunt@slowfoodsaturday.org](mailto:treasurehunt@slowfoodsaturday.org).

## THE ROADHOUSE

[The Roadhouse](#) will act as a meeting point and highlight culinary artisans that put their heart and soul into providing nourishing, delicious, slow foods. Boulangerie Nanda will have an organic bread station with demonstrations. [Le Fromager de Pekin](#) will have a cheese station and share some secrets of making fromage. We will have our own sorghum and brown sugar dumpling station.

In the afternoon sit outside in the Roadhouse courtyard and enjoy a drink under the Great Wall. Take a stroll in our vegetable garden and find out more about our sustainable foods program, and enjoy some cucumbers fresh off the vine.

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HIAS GOURMET  
CULINARY EDUCATION & EVENTS  
CHINA

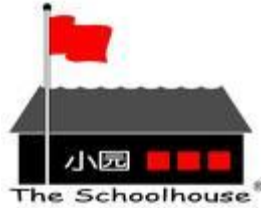


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## ACCOMMODATION

If you wish to unwind and spend a night up at Mutianyu Great Wall, there are many choices – from luxurious village getaways to local guesthouses. We encourage you to consider the many lodging options in our wonderful communities. There will be a nighttime movie screening at The Schoolhouse. Why not make a night of it under the stars and on Sunday, wake up to the Great Wall and the wonderful colors of Nature. For more lodging options contact us at [info@slowfoodsatursday.org](mailto:info@slowfoodsatursday.org).

## PRIZES

All registered participants will be entered to win a free dinner at the Moon Festival celebration at [Xiaolumian](#) on 22 September. Red lanterns, moon viewing, crisp fall evening, honest food, live folk music. To register simply shoot us an email at [register@slowfoodsatursday.org](mailto:register@slowfoodsatursday.org).

That's not all. Bring your cameras as there will be a photo contest, with the best Slow Foods picture being awarded a free night at [The Brickyard Inn & Retreat Center](#), Mutianyu Great Wall's newest place to stay.

## MORE

At Slow Food Saturday there will be demonstrations of the stone milling of grain and of cooking techniques. In addition to local farmers, there will be local artisans selling their products, local musicians and dancing troupes. There will be more. So bring an unbiased stomach and a desire to connect over delicious foods. We look forward to seeing you on Saturday 4 September, to take part in the festivities with us, and help foster a community of Beijingers who care about their food – how it was made, where it comes from, and how it tastes.

Slow Food Saturday contact email: [info@slowfoodsatursday.org](mailto:info@slowfoodsatursday.org)  
Slow Food Beijing Convivium email: [slowfoodbeijing-owner@yahoogroups.com](mailto:slowfoodbeijing-owner@yahoogroups.com)  
To become an official Slow Food member please [CLICK HERE](#)

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