

Vegetarian Gourmet Tour to Kuala Lumpur

7th Dec 2011 (Wed)

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| 10.30pm | Gather at Woodlands Train Check Point | - Remember to bring passport (6month validity) and jacket |
| 11.30pm | Depart for Kuala Lumpur | |

8th Dec 2011 (Thurs)

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| 7am | Arrival at Kuala Lumpur | - take LRT to Furama Hotel |
| 8am | Arrival at Furama Bukit Bintang Hotel | - http://www.furama.com/bukitbintang/hoteloverview.php |
| 9.30am | *Breakfast @ VegeGood Restaurant / Low Yat Plaza | - Humble local style vegetarian |
| 10.30pm | Visit Central Market + Petaling Street(Chinatown) | - Visit Local Art Market and Chinatown |
| 1.00pm | *Organic Lunch @ Woods Bio Marche / Jln Bukit Bintang | - Organic Macrobiotic Cuisine / Organic Shopping |
| 2.15pm | Quick visit to Jingsi Café | - A nice veg café just next to Woods |
| 3.45pm | Visit to Justlife @ Garden Shopping Centre | - Organic shopping @ Justlife (www.justlifeshop.com) |
| 5.45pm | Dinner @ Pure Mind Vegetarian Restaurant /Jln Imbi | - Sumptuous Natural Vegetarian Cuisine |
| 7.30pm | Return to Furama Hotel | - Good rest and free time |

9th Dec 2011 (Fri)

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| 8.30am | Breakfast at Furama Hotel | - Hotel breakfast provided |
| 9.45am | Check out and store luggage at the concierge | - will be going out whole day |
| 10.00am | Get on chartered bus and depart for suburb organic tour | |
| 10.20am | Visit to Southern KL Organic Community | - visit to BMS Organics (www.bmsorganics.com) and 2 other mini organic outlets |
| 12.30pm | *Organic Lunch @Nalanda Café, Seri Petaling | - all natural organic lunch, followed by health food demo @ Harmony Life (provisional) |
| 3.00pm | Visit to Western KL Organic Community | - Health talk/Food demo @Green Meadow (provisional) + visit to 2 other organic outlets in SS2 |
| 5.30pm | Visit to Country Farm and Woods, Bangsar | - Organic outlet visit (optional/filler) |
| 6.30pm | Dinner at Nature Vegetarian Restaurant | - Sumptuous Natural Vegetarian Cuisine |
| 8.30pm | Back to Furama Hotel | - Take a break and to pick up luggage |
| 9.30pm | Depart for KL Sentral | |
| 10.00pm | Arrive at KL Sentral | |
| 11.00pm | Depart for Singapore | |

10th Dec 2011 (Sat)

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| 7.00am | Arrival at Woodlands Train Checkpoint, SG | - home sweet home |
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*expense not included in package

Investment: **SGD190** (+ **SGD92** for SG-KL return train fare with bed) = **SGD282**

Package includes:

- _one night accomodation, twin share
- _two banquet style natural vegetarian dinners
- _chartered 10-seater van transport, intra KL city for 1 day
- _health talk and simple food demos

Package excludes:

- x travel insurance
- x intra-KL public transport (LRT/Monorail)