

Vegetarian Gourmet Tour to Kuala Lumpur

8th Feb 2012 (Wed)

- 10.30pm Gather at **Grassland**, #01-24/26, **Golden Mile Complex**, - Remember to bring passport (6month validity) and jacket Beach Road
- 11.30pm Depart for Kuala Lumpur

9th Feb 2012 (Thurs)

- 5.00am Arrival at Kuala Lumpur - take a short walk to Furama Hotel
- 5.15am Early and nap at **Furama** Bukit Bintang Hotel - <http://www.furama.com/bukitbintang/hoteloverview.php>
- 9.30am *Breakfast @ **VegeGood** Restaurant / Low Yat Plaza - Humble local style vegetarian
- 11.00am Health Talk/Cooking Class at TzuChi - Visit Jingsi Café and TzuChi Cultural Centre
- 1.00pm *Organic Lunch @ **Woods Bio Marche** / Jln Bukit Bintang - Organic Macrobiotic Cuisine / Organic Shopping
- 2.30pm Visit to **Justlife** @ Garden Shopping Centre - Organic shopping @ **Justlife** (www.justlifeshop.com)
- 6.30pm Dinner @ **Pure Mind** Vegetarian Restaurant /Jln Imbi - Sumptuous Natural Vegetarian Cuisine
- 7.30pm Return to Furama Hotel - Good rest and free time

10th Feb 2012 (Fri)

- 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
- 12.00pm *Organic Lunch @ **Nalanda Book Café**, Seri Petaling - all natural organic lunch (<http://www.facebook.com/nalandabookcafe>), followed by organic shopping @ **Harmony Life**
- 3.00pm Visit to Western KL Organic Community & Cooking Class - Health talk/Food demo @ **Green Meadow** + visit to 2 other organic outlets in SS2
- 6.30pm Visit to Country Farm, Bangsar Village S.C. and Woods Macrobiotics, Bangsar - Organic outlet visit (optional/filler)
- 7.00pm Dinner at **Nature** Vegetarian Restaurant - Sumptuous Natural Vegetarian Cuisine
- 8.45pm Back to Furama Hotel - Transit/Take a break and to pick up luggage
- 9.45pm Depart for **Grassland** Pick-up point, Opp Berjaya Time Sq
- 10.00pm Arrive at Grassland Pickup point
- 11.00pm Depart for Singapore

11th Feb 2012 (Sat)

- 6.00am Arrival at **Golden Mile**, Beach Road, SG - home sweet home

*expense not included in package

** itinerary is subject to change, without prior notice, upon unprecedented circumstances

Investment: **SGD277** (+ **SGD83** for SG-KL return VIP coach fare) = **SGD360**

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)

Registration: + Contact Mr Wong via email (kee_yew@yahoo.com) or mobile (91175756)