



GP Beijing 2016 Travel Guide!

北京大奖赛旅行指南

General information

Time Zone: GMT +8

Language: Chinese (Spoken: Mandarin, Written: Simplified Script)

Most people on the street won't be able to speak English to you, so please prepare well, or call one of your friends in emergency.

Currency: RMB (Yuan) with symbol ¥

Exchange is not very convenient within the city, given that most banks are usually choked with long queues and accept only large bills. It's recommended to make exchange at the airport.

Though credit cards issued by international issuers are accepted by some (but not ALL) stores, generally speaking they are not very useful in China, you will have to pay in cash most times.

There is no tips in China, please don't give tips.

Electricity:

220V AC. Most hotels use universal plugs, or you may see this as well.



Public Transportation:

Public transportation is cheap in Beijing. It's highly recommended to get a metro card (available at the airport subway station) so you don't have to line up for tickets or keep changes on you. Initial purchase of the card costs ¥40, including a card deposit of ¥20, which you can get it back when returning it at the airport. The rest amount (¥20) is stored in your card that you can use to pay for transportation fare. You may charge it with any amount as your wish (as long as it's multiples of ten). Subway ticket starts at 3, (to 9),,, basically will only cost you less than 5 within the city. The bus starts from 2, if you use the card, you'll have 50% off.

WARNING:

traffic can be VERY BAD in Beijing, especially during rush hours. It's highly recommended to take public transportation during this time, even if taxi is seemingly cheap.

How to get to the event site and staff hotel:

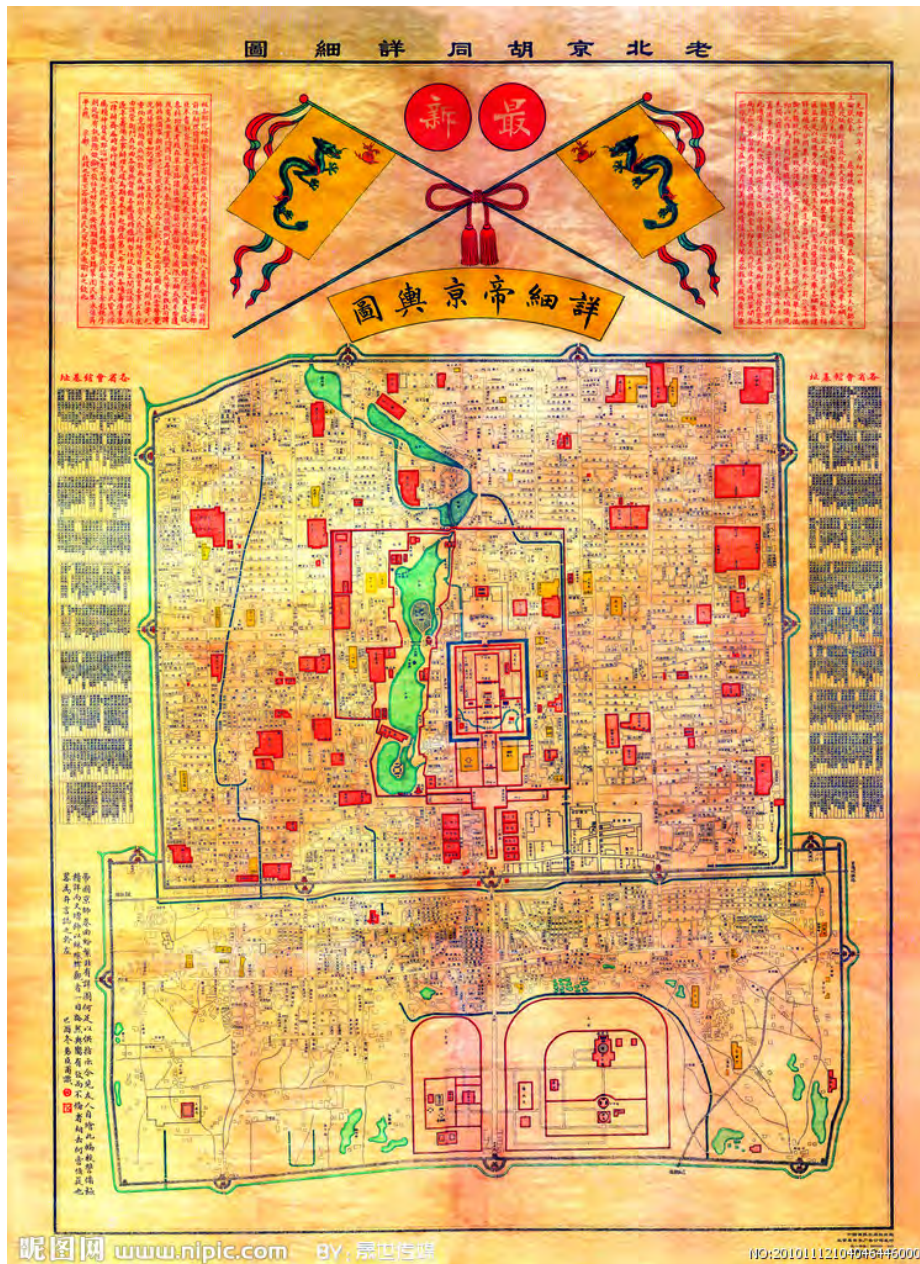
Event site for this event is the stadium of Yifangyuan Sports Jiankangcheng Multipurpose Gymnasium（颐方园体育健康城综合馆）.

The best way to the venue is taking a subway. Take Line 10 to Chengshousi, get out from exit A, walk along the road and turn right an the first traffic light. It will take around 16 mins on foot, 1200 m. Kindly note that the road is under construction, so this will be the ONLY way to the venue. 。



Judge Hotel：阳光温特莱酒店（北京方庄店） Soluxe Winterless Hotel
The Judge hotel is just next to the venue, breakfast included.

City Structure of Beijing



When you look at the locations of Beijing, you see a lot of “men” (gates) here. Well, you see a lot of “-men” on the street, but the “men” you see on the map means gates in Chinese (门), they are where the original city gates used to be.

The original Beijing city (also spelt as Peking before) includes the Forbidden City (the Imperial Palace), the inner city and the outer city. The inner city has nine gates, and the outer city has seven gates.

Though Beijing is a much bigger city now, the Forbidden City is still the center of Beijing, with the second ring road along where the old city wall used to be, and subway line 2 under where the inner city wall used to be.

Sightseeing Recommendations

The Tiananmen Square (天安门广场)



The Tiananmen Square is the center of Beijing, as well as a symbol for the People's Republic of China.

The Monument to the People's Heroes towers over the center of the square. To its south lies Chairman Mao's Memorial Hall (opens Tuesday to Sunday 8:30AM to 11:30AM, as well as Tuesday and Thursday 2PM to 4PM. It requires ID verification, so please have your passport on you if you want to go there).

The Chinese Revolutionary Museum and the Chinese History Museum stand to the east of the square, the Great Hall of the People to the west and the magnificent Heavenly Peace Gate (aka. Tiananmen) to the north. The Gate Tower is adjoined on its left side by the Zhongshan Park and on the right side by the Working People's Palace of Culture. Opposite the tower in the far south is the Zhengyang Gate Tower. These fine and unique buildings arranged in perfect harmony add greater beauty and grandeur to the Tiananmen Square.

You will be able to go south to the Qianmen street, and north to the forbidden city from the Tiananmen Square.

Note: The Chinese national flag is always raised along with sunrise at the Tiananmen Square. If you want to see flag raising ceremony, it will be around 6AM during March 28th – 31st; all traffics will be stopped at that time.

Warning: Tiananmen square is a very sensitive location with security checks.

Direction:

Subway Line 1: TIANANMEN West, TIANANMEN East

Subway Line 2: QIANMEN

The Palace Museum (故宫) CLOSE AT 5PM



The Palace Museum is also known as the Forbidden City. This is the heart of Beijing, and was where the emperor used to live and work. The museum is directly to the north of the Tiananmen Square, though the Tiananmen gate tower.

NOTE: You can only enter from the south entrance and leave from the north exit. There will be a lot of black taxi try to give you a ride, don't take them. Bus 109, 101, 619 and 609 will all take you to DONGSI station on line 5, or bus 609 on the north side of the street will take you to BEIHAI NORTH on line 6.

Direction:

Subway Line 1: TIANANMEN West, TIANANMEN East

The Qianmen Street (前门大街)



The commercial street took shape about 570 years ago and reached its peak of importance in the 1920s and 1930s, garlanded with restaurants, theaters, silk stores and tea houses. It was renovated right before the Olympics.

Direction:

Subway Line 2: QIANMEN

Nan Luo Gu Xiang (南锣鼓巷)



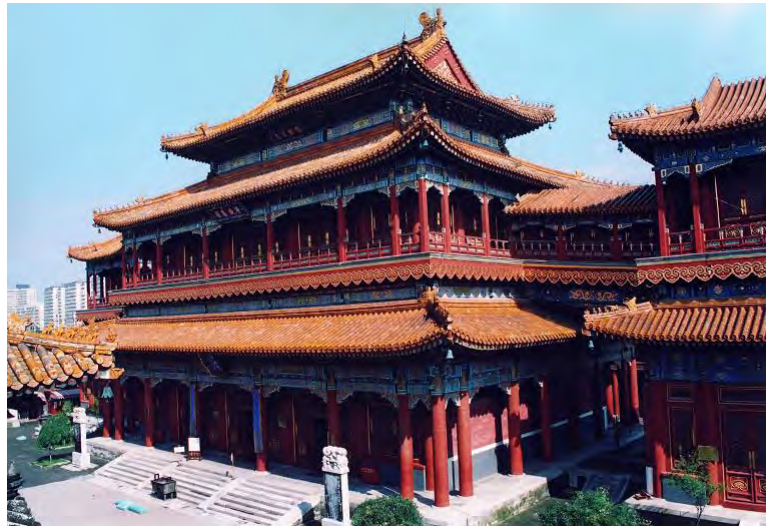
This is a very small street, but it gathered a lot of restaurants, bars, small food counters and other shops. Be ware that sometimes you have to line up for a while in order to get the food your are looking for.

NOTE: the south entrance is under construction for subway connection, you will be able to find it by following other people.

Direction:

Subway Line 6: NANLUOGUXIANG

The Yonghe Lama Temple (雍和宫) **CLOSE AT 5PM**



The Tibet lama temple located within Beijing city, also one of the largest Buddhism temple in the city.

Direction:

Subway Line 2 or 5: YONGHEGONG Lama Temple

The Temple of Heaven (天坛) SIGHTS CLOSE AT 5PM



Tian Tan, or the Temple of Heaven, is where dynastic rulers in China used to worship the heaven. The temple plus subsidiary buildings and a surrounding garden covers an area five times the size of the Forbidden City. As Chinese emperors called themselves *Tianzi*, or the son of heaven, they had to cede supremacy to the heaven in terms of abiding.

Direction:

Subway Line 5: Tiantandongmen

The Summer Palace (颐和园) CLOSE AT 6PM, CLEAR AT 8PM



The Summer Palace was first built in 1153 and served as an imperial palace for short stays away from the capital. Empress Dowager Cixi rebuilt it in 1888 with a large sum of money which had been appropriated to build a Chinese navy. This rebuilding of the Summer Palace directly made the country go down.

Direction:

Subway Line 4: Beigongmen

The Great Wall of China (长城) CLOSE AT 7PM



One of the seven wonders in the world!

The Great Wall of China is an ancient Chinese fortification built in order to protect China from raids by the Mongols and Turkic tribes. The majority of the existing wall was reconstructed from the end of the 14th century until the beginning of the 17th century, during the Ming Dynasty,. It was preceded by several walls built since as early as the 3rd century BC. The Wall stretches over a formidable 6,350 km (3,946 miles).

You are not going to see the entire wall with one trip, but there are people who spent weeks to walk along the wall. There are several tourist points along the wall, Ba Da Ling (八达岭) is the easiest one to go with public transportation.

NOTE: it may take almost the entire day to go since the wall is fairly far away from the city. If you have the metro card, you don't have to line up for the train ticket.

Direction:

Subway Line 2 or 4 or 13: XIZHIMEN then transfer to tour train S2 (Train nos. S2XX) for Yanqing at Beijing North Station, leave at Badaling Station (single journey ticket for the tour train: ¥6)

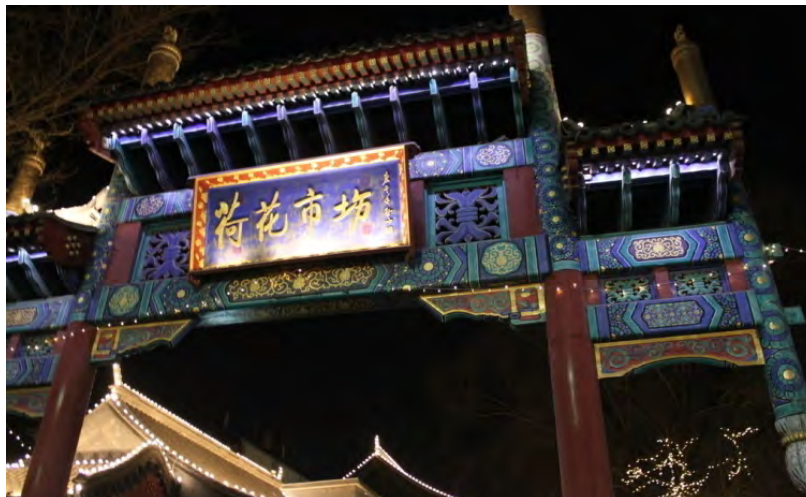
The Olympic Park（奥林匹克公园） **CLOSE AT 8PM**



The stadiums used for 2008 Beijing Olympic. The two major ones are the “bird nest” stadium and the “water cube” swimming center.

Direction: Subway Line 8: Olympic Sports Center

The Back Sea（后海）



The lake next to the forbidden city had been divided into four parts – the south sea, the middle sea, the north sea and the back sea. The part contains the south and middle sea is where the centre government locate; the north sea is a large park locate to the north west of the forbidden city. The back sea however is known to have the best modern life in Beijing. There are a lot of bars, restaurants and shops around this area, best to go during evening.

Direction: Subway Line 6: BEIHAI North

Recommended Route For One Day

Start with the Tiananmen Square area, go south to Qianmen street (optional), then north to the forbidden city. After exit from the north exit, turn left for a bit, you can enter the North Sea (Beihai) park. You can spend some time in the park, then to the north exit where the Back Sea is. Take subway line 6 for 1 stop to Nan Luo Gu Xiang (at NANLUOGUXIANG station) for some food.

WARNING: do not take taxi from the north exit of the Forbidden City, nor the rickshaw tours. You may want to have some food with you since there is no real food until you reach the Back Sea.

If you have more time, then the great wall is your best choice; if you leave early and come back afternoon, you may have time to go to other sights, such like the Olympic Park.



Food

China is well known for its food. Based on area, Chinese food is mainly divided into eight cuisines categories each with very unique style and well known courses, they are: Lu cuisine (鲁菜) from Shandong, Chuan cuisine (川菜) from Sichuan, Su cuisine (苏菜) from Jiangsu, Yue cuisine or also known as Cantonese cuisine (粤菜) from Guangdong and Hong Kong, Min cuisine (闽菜) from Fujian, Zhe cuisine (浙菜) from Zhejiang, Xiang cuisine (湘菜) from Hunan, and Hui cuisine (徽菜) from Anhui. Aside from those eight major cuisines, there are also many smaller categories, such like Beijing area has its own cuisine category. You can find all of those restaurant in Beijing, as well as many other restaurants with new cuisines and foreign cuisines.



Lu cuisine (鲁菜) is featured by a variety of cooking techniques and salty taste. The typical dish is sweet and sour carp (糖醋鲤鱼).



Chuan cuisine (川菜) is well known for its pungency and spiciness resulting from liberal use of garlic and chili peppers, as well as the unique flavor of the Sichuan peppercorn and pepper. The typical dish is Mapo Tofu (麻婆豆腐).

Su cuisine (苏菜) consists of the styles of Yangzhou, Nanjing, Suzhou and Zhenjiang dishes with much less heavy species compare to other cuisines and requires accurate timing. The typical dish is stew dry tofu (大煮干丝).



Yue or Cantonese cuisine (粤菜) is the most known Chinese cuisine in western culture due to the early relocation of Hong Kong businessmen. Dim sum is a typical part of Cantonese cuisine.



Min cuisine (闽菜) is influenced by Fujian's coastal position and mountainous terrain, with special slicing techniques to enhance the flavor, aroma and texture of seafood. The typical dish is Pretenders (佛跳墙).

Zhe cuisine (浙菜) has a fresh, soft flavor with a mellow fragrance. The typical dish is Longjing tea shrimp (龙井虾仁).



Xiang cuisine (湘菜) is known for its hot and sour flavor and deep color. The typical dish is Chili fish head (剁椒鱼头).



Hui cuisine (徽菜) is derived from the native cooking styles of the mountain region in China and is similar to Jiangsu cuisine, but with more on a wide variety of local herbs and vegetables. The typical dish is Ham turtle stew (火腿炖甲鱼).



Beijing cuisine (京菜) is no one of the major eight cuisines of China, but it has a lot of rules and never stingy on materials. Peking (Beijing) roasted duck (北京烤鸭) is the typical dish, the ducks used in this dish had been seriously selected and feed for three generations before cooking.

Restaurants Recommendation in Beijing

Bei-Xin-Chao Braised Dishes

Local cuisine in Beijing, braised pig's lover, intestine and lung.

Must Try: Braised Dishes

Average Cost: RMB 26

Opening Hours: 11:00-14:00 17:30-04:00

Address: No. 141, Donsi North Big Street.
Metro Xin-Chao station, Line 5.



Hai-Wan-Ju

Local Beijing cuisine, noodles, tofu, pig organs.

Must Try: Noodles, Pig's intestine

Average Cost: RMB 52

Opening Hours: 11:00 – 21:30/22:00 (Weekend)

Address: Haidian District, No. 2, Huayuan Road.

Metro Mu-Dan-Yuan station, Line 10

Yao's Fried Liver

Fried Liver is a traditional Beijing cuisine, fried liver and intestine with garlic. USA's VP Joe Biden had also visited this restaurant.

Must Try: Fried Liver, bun.

Average Cost RMB 25

Opening hours: 6:00 – 22:00

Address: No. 331, Gu-Lo East Big Streets.



Quanjudu Peking Roast Duck

Beijing's most famous cuisine, being loved by governors, leaders of countries around the world, and tourists.

Must Try: Roast Duck

Average Cost: RMB 138

Opening Hours: 11:00-14:00 17:00-21:00

Address: No. 57, West Big Street. Metro BeihaiBei station, Line 6.

Please print this page and keep it with you.

Emergency numbers:

Edwin: (+86) 13683228679

- In case you get lost, try to ask someone who looks educated to borrow a phone, you can show him this:

我的朋友不会中文，他可能需要帮助，请您联系我，我的电话号码是13683228679，非常感谢。

(My friend doesn't speak Chinese and he may need help, please contact me, my number is 13683228679, thank you very much.)

- In case you go to a restaurant without a picture menu:

请给我一份英文菜单。

(Please give me English menu.)

- In case they don't have one...

请给我一份主食和两个最受欢迎的菜。请先告诉我是什么做的以及价格。

(Please give me a main dish and two most popular dishes. Please let me know what is it and the price first.)

- In case you need to buy anything, if they don't have a price on it:

多少钱？

(How much?)