

# 25/25 Shanghai China

Shanghai is a word on everyone's lips but while the marvel of it is in the canopy of glossy buildings and neon lights, the charm is in the undergrowth of *lilongs* and street life. Shanghai is China's centre of business and as such everyone and everything moves at a fast-pace whether it be working, shopping, eating or drinking. Take part and pleasure in these national past-times but be sure to restore your yin and yang by rising early in the morning at least once.

## Essentials

- 01 Learn two phrases: "Ni hao" will earn you winning smiles from locals. "Bu yao" (said repeatedly) will keep the hawkers at bay.
- 02 Pedestrian crossings mean nothing – wait for the green man (and even then...).
- 03 Other than the most high-end, shops and restaurants do not accept credit cards. Always carry cash.
- 04 Bargaining is part of the fun but always smile when doing so.
- 05 Mobile phones at the dinner table are signs of great popularity.

## Guide/Info

### Hotels

#### Independent and easy

**Jia**  
931 Nanjing Xi Lu  
(entrance on  
Taixing Lu)  
+ 86 21 6217 9000  
[jiashanghai.com](http://jiashanghai.com)

#### Dependable chain

**Four Seasons**  
500 Weihai Lu  
+ 86 21 6256 8888  
[fourseasons.com/shanghai](http://fourseasons.com/shanghai)

#### Premium

**Park Hyatt Shanghai**  
100 Century Avenue  
+ 86 21 6888 1234  
[shanghai.park.hyatt.com](http://shanghai.park.hyatt.com)

### Dining

#### Fast breakfast

**Wagas**  
Citic Square, 1168  
Nanjing Xi Lu,  
LG 11A  
+ 86 21 5292 5228  
[wagas.com.cn](http://wagas.com.cn)

#### Business breakfast

**Room Twenty-Eight**  
183 Jiao Zhou Lu  
+ 86 21 5172 1300  
[urbnhotels.com/RoomtwentyeightBarEvents](http://urbnhotels.com/RoomtwentyeightBarEvents)

#### Mid-morning coffee

**Coffee Tree**  
Ferguson Lane,  
376 Wukang Lu  
+ 86 21 6466 0361

#### Working lunch with colleagues

**Crystal Jade**  
2F 6-7 South Block  
Xintiandi  
Lane 123,  
Xingye Lu  
+ 86 21 6385 8752

#### Need-to-impress-clients lunch

**Whampoa Club**  
24F, 3 Zhongshan  
Dong Yi Lu,  
3 on the Bund  
+ 86 21 6321 3737  
[threeonthebund.com](http://threeonthebund.com)

#### Lunch on your own

**Bull Noodles**  
Room 3B,  
291 Fumin Lu  
+ 86 21 6170 1299

#### Afternoon tea/drink

**Ginger**  
299 Fuxing Xi Lu  
+ 86 21 6433 9437  
[gingercafe.cn](http://gingercafe.cn)

#### Dinner on your own

**Franck**  
Ferguson Lane, 376  
Wukang Lu  
+ 86 21 6437 6465  
[franck.com.cn](http://franck.com.cn)

#### Private dinner

**T8**  
8 North Block Xintiandi,  
Lane 181, Tai Cang Lu  
+ 86 21 6355 8999  
[t8shanghai.com](http://t8shanghai.com)

#### Big dinner with partner/clients

**Lost Heaven**  
38 Gaoyou Lu  
+ 86 21 6433 5126

#### Late drinks

**Glamour Bar**  
6F 20 Guangdong Lu near  
5 Zhongshan Dong Yi Lu  
(The Bund)  
+ 86 21 6350 9988

#### Late bite

**Hengshan Café**  
308 Hengshan Lu  
+ 86 21 6471 7127

#### On the tiles

**Lounge 18**  
4F 18 Zhongshan  
Dong Yi Lu  
(The Bund)  
+ 86 21 6323 8399  
[lounge18.com](http://lounge18.com)

### Reading

#### Chaterhouse Booktrader

Shanghai Centre,  
1376 Nanjing Xi Lu  
+ 86 21 6279 7633  
[chaterhouse.com.cn](http://chaterhouse.com.cn)

### Thank you

**Song Fang**  
Maison de Thé  
227 Yongjia Lu  
+ 86 21 6433 8283

### Shopping

#### Something you can't get anywhere else

**Porcelaine from Platane**  
156 Taikang Lu  
+ 86 21 6433 6387

#### Lost luggage – where to buy shirts, socks and underwear

**Grand Gateway Plaza**  
1 Hongqiao Lu  
by Huashan Lu, Xujiahui  
+ 86 21 6404 0111

#### Something for the kids

**Children's Market**  
10 Pu'an Lu,  
People's Square

#### Something for someone you love

**Ba Yan Ka La**  
Ferguson Lane,  
376 Wukang Lu  
+ 86 21 6126 7600

#### Something for yourself

**KID cashmere**  
91 Fuxing Xi  
Lu Room 1A  
+ 86 21 6437 3788  
+ 86 1300 32 829 29  
[kid.uk.com](http://kid.uk.com)

### Two-hour tour

- 01 **Walk Shanghai**  
For planned or bespoke walking tours of different parts of the city.  
+ 86 21 6445 5133  
[walkshanghai.com](http://walkshanghai.com)
- 02 **The Bund**  
Stroll the wide walk beside the Huangpu river past the city's historic buildings.
- 03 **M50 Art District**  
Galleries and studios line this art suburb, Moganshan Road.

### Limousine/car

**Shanghai Limousine**  
+ 86 21 5466 7368  
[shanghai Limo.com](http://shanghai Limo.com)

### Transport

Flag a taxi – they're abundant, cheap and the best way to weave through the traffic. Don't bother with buses or the metro.

### Fitness

#### Good Gym

**One Wellness**  
2F 98 Yanping Lu Block C  
+ 86 21 6267 1550  
[onewellness.com.cn](http://onewellness.com.cn)

#### Tai chi

With the locals in any of the city's parks from 06.00.

#### Alternative diversion

Boot camp in the park People's Square, Fuxing Park, Century Park  
[eternity-fitness.com](http://eternity-fitness.com)

