Guangzhou Food & Canton Culture

Guangzhou - 5 days / 4 nights

Sample itinerary - Subject to availability

Travel style: tailor made

Overview

Morning tea, markets and the Cantonese kitchen, on foot.

The journey

Five days in the city Cantonese food culture calls home - morning tea taken seriously, markets that set the menus, and the treaty-port riverside of Shamian. A short, eating-first framework that pairs naturally with Hong Kong or the classic triangle cities.

Highlights

- Morning tea in a century-old teahouse
- Qingping market walk, then a hands-on Cantonese cooking session
- Shamian Island and the old treaty-port riverside
- Chen Clan Academy's Lingnan carvings
- Pearl River by night cruise

Day by day



Day 1 - Arrive Guangzhou

Met at the airport and driven into the old town - most arrivals reach the hotel by late afternoon. The first evening belongs to the neighbourhood: roast-meat shopfronts with their lacquered window rows, wonton-noodle counters that have been doing one thing for decades, and the guide's standing rule - join the queue of locals, it has never been wrong. No fixed programme; rest and adjust.

Meals: - - Hotel: Guangzhou, old town

Day 2 - Morning tea, then old Canton

At the teahouse when the doors open, while the trolleys are still full and the room is half regulars with their newspapers: the full dim-sum canon, ordered the Canton way. Afterwards the Chen Clan Academy, its roofs and ridges carrying the finest Lingnan carvings in the city, then the afternoon on foot through Yongqing Fang's restored lanes and the surviving arcade houses of Enning Road - an opera-teahouse courtyard usually closes it.

Meals: B, L - Hotel: Guangzhou



Day 3 - Market to wok

Qingping market with the cooking-class chef - herbs, dried seafood, the ingredient culture that makes Cantonese kitchens what they are - then a hands-on session: knife work, steaming times, and lunch as cooked. The afternoon crosses to Shamian Island for the colonnades and the riverside bench life of the old concession; at night the Pearl River cruise runs the lit bridges and towers from the water.

Meals: B, L - Hotel: Guangzhou

Day 4 - Slow Canton

A gentle morning among the tai chi groups and kite flyers of Yuexiu Park by the Five-Rams stone, then the Canton Tower viewpoint or the Guangdong Museum according to the group's mood. The afternoon is the city's own ritual: a dessert-shop crawl of double-skin milk and ginger curd, and an evening left open for the claypot-rice streets - the guide books nothing; the city performs.

Meals: B - Hotel: Guangzhou

Day 5 - Depart

Transfer to the airport timed backwards from check-in. With an afternoon flight there is room for one last morning-tea round - by now the group orders it without help. The China coordination team stays reachable until boarding, and this framework links cleanly to Hong Kong by through-train or to the classic triangle by rail for the next brief.

Meals: B - Hotel: -

What makes this journey different

- Morning tea in neighbourhood teahouses - trolleys, shared tables and the full dim-sum canon, not a hotel-buffet version.
- A wet-market walk and hands-on Cantonese cooking session with a local chef.
- Old Guangzhou on foot: Yongqing Fang's restored lanes, Enning Road's remaining arcade houses and Shamian Island's colonnades.
- Evenings left to the city's own food circuits - roast-meat shopfronts, claypot rice and dessert shops - with the guide's shortlist rather than a fixed dinner.

Where you stay

A four-star hotel in the old town, walking distance from the food streets and the metro; riverside five-star upgrades quoted on request.

Food & local life

Morning tea - har gow, siu mai, rice rolls - then roast goose from shopfronts with the queue to prove it, claypot rice, wonton noodles at their source, and the herbal-dessert shops that finish a Canton evening.

Included

+ Accommodation in the agreed grade, with breakfast
+ Private guide and private vehicle on touring days
+ All internal transport between cities as stated - high-speed rail, internal flights and transfers
+ Entrance fees for the sites named in the itinerary
+ Meals as stated (B = breakfast, L = lunch, D = dinner)
+ Drinking water in the vehicle, and a 24-hour emergency contact while the group is in China
+ Two morning-tea sessions and the cooking class

Not included

- International flights to and from China
- Chinese visa or visa-application costs
- Travel insurance, including medical and cancellation cover
- Meals not marked in the itinerary, drinks and personal spending
- Anything listed under subject to confirmation until it is confirmed

To be confirmed with suppliers

- morning-tea venue bookings - trolley rooms fill from opening
- cooking-class session days and market-access rules
- Pearl River cruise pier and sailing time
- Enning Road / Yongqing Fang renovation closures can change the walking route

Customisation

Every framework can be re-built around your client's dates, party size, hotel grade, pace and interests - or combined with scheduled small group departures where budget matters. Send us the brief and we will quote in writing.