

Urban Explorer Dora's Travel Itinerary

"Hong Kong is a very fast-paced city, which has its benefits and also its downfalls. People here are very efficient and quick with whatever they are doing. However, the concept of "work to live" seems to take precedence, so often times there are people that do not take the time to truly live."

Slowood

Kennedy Town, Discovery Bay, Sha Tin

This retail concept that offers eco alternatives for all your daily necessities is truly a labour of love for Dora. With a wide array of products sourced from Canada, New Zealand, Netherlands and locally, every product coheres to the principles of zero waste, sustainability and harmony so you can enjoy an eco-lifestyle right in the heart of Hong Kong. You can easily spend over an hour in their stores sifting through all the incredible offerings they stock - from food items to skincare and homeware.

The Mushroom Initiative and Regenerative Farming

Tai Po

Established in April 2018 by The Mushroom Initiative, this innovative farmland located in Tai Po experiments with regenerative farming practises. This non-governmental organisation aims to restore soil ecology to enhance the health of soil and plants, support their practice with solid soil science while emphasising the importance of data collection in the field for outcome assessment. Dora recommends that you make a visit here to learn about their sustainable practises and the science behind growing mushrooms while nurturing the environment.

Duen Kee Tea House

Chuen Lung Village

If you are looking for some peace and tranquillity, head on up to the hills of Tai Mo Shan and feast on some self-service dim sum! This family-run restaurant is not your traditional eatery for "yum cha"; it covers all of two floors where the upper floor offers covered seating and the lower floor consists of both indoor seating and al fresco dining on its patio. You cannot leave without trying their signature pork and shrimp dumplings (also known as "siu mai" in Cantonese) and their glutinous rice with chicken wrapped in lotus leaves.

Lantau Blue

Shek Pik

Make a sweet escape from the bustling city to Shek Pik in South Lantau where you can find Indigo 11:50, the first tie dye natural dye design studio in Hong Kong. A friend of Dora's, this humble and quaint studio set against a beautiful lush and mountainous backdrop is set up by Mr. Max To, an individual who is truly passionate about making natural indigo tie-dyed products in which he visited Taiwan to master this traditional art. Here, you can experiment with making tie-dyed totes and tee-shirts by signing up for one of their cool workshops.

Kaffee House

Tai Po

If you really want to be at one with nature while consuming coffee and fine pastries, Kaffee House is truly a place that embodies slow living. This café is situated on the ground floor of a traditional house that has been fully refurbished with wooden and wicker furniture and nude toned furnishings so it looks fresh and modern. It is probably one of the most Instagrammable places in our books!

Victoria Peak Garden

Central

To get some fresh air and greenery, hike up to Victoria Peak for some exercise (or the taxi or tram if you prefer) and finish off at Victoria Peak Garden, a Chinese style garden near the summit of Victoria Peak. Super quaint on the weekends, this spacious garden was once a summer residence for the Governor of Hong Kong during the colonial era, also known as the Mountain Lodge. It has since been demolished, but the beautiful greenery remains, an ideal place for a morning stroll.

Camping in Hong Kong

Hong Kong is so much more than just skyscrapers and shopping malls! There are tons of outdoor trails, nature reserves, parks and beaches for you to enjoy. Dora recommends you try camping in Hong Kong so you can be surrounded by the natural beauty that the city has to offer. There are numerous beaches like Tai Long Sai Wan and Pui O Beach, as well as camping sites around the city (Tin Wan, Tung Ping Chau, Tap Mun - to name a few) where you can enjoy the great outdoors.

