

Population
18.8 million

Currency
Renminbi (RMB, also known as yuan), RMB 1 = 10 jiao

Opening hours
Most offices are open Monday to Friday, 9 am to 5 pm or 6 pm. Some bank branches open on Saturday mornings. Shopping centres and department stores are usually open seven days a week until 8 pm or 10 pm.

Internet
www.smartshanghai.com
www.cityweekend.com.cn/en/shanghai/
www.expats.com

Newspapers
Shanghai Daily: Local English-language daily
China Daily National English-language newspaper

Emergency numbers
Police: 110
Ambulance: 120
Fire: 119

Tourist information
The Shanghai Tourist Information and Service Centre has branches throughout the city. Main branches can be found at 561 Nanjing East Road, tel. +86 21 5353 1117, and at the railway station's south-west exit (303 Moling Road, +86 21 5123 4490).

SHANGHAI

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Shanghai is the shiniest gem in modern China's jewel box. It's a hip, contemporary city that's charging into the future with all the slick energy of its famous Maglev train. Yet if you veer away from the sleek highways and glitzy shopping streets you can still stumble upon a more traditional Shanghai, with all its character and aromas. In the tiny back streets, wet-market vendors peddle their wares - buckets of bright green vegetables, fish flapping in shallow plastic bowls and heaps of crayfish crawling over each other. In the parks at dawn, hordes of locals practice t'ai chi, sword movements and ballroom dancing.



THE CITY



© alfred smith

Shanghai's most famous street is the Bund. This was where the colonial merchants of the late nineteenth and early twentieth centuries built the headquarters for their trading firms and banks. Still today, these vast, august edifices boom of power - but now the roofs are topped with the red and yellow flags of the People's Republic and the buildings below house designer clothes shops as well as banking headquarters. Across the Huangpu River, there's a greater transformation still. Fifteen years ago, this was sleepy farmland - now, Pudong is a booming financial and economic district. Just back from the waterfront lays the old city, a tangle of tiny lanes where the locals still live as they have for decades. Even in these traditional lanes, though, the wrecking ball is wreaking its havoc: walk around them now before it's too late. Further west lays the French Concession, where large colonial houses are being rapidly converted into high-end bars and restaurants. For shoppers, Shanghai is still a kind of heaven. Markets are regularly being uprooted and rehoused as part of the urban planners' mission to make the city better and brighter than ever before. There are still fabulous deals to be had at the fabric market, wonderful trinkets and 'antiques' in Dongtai Road and good-value custom-made furniture for those with a shipping crate to spare.

DO & SEE



© Vesna Middelkoop

Shanghai is a wonderful city! Here you can find an amazing architecture in a lovely mix of old and new design, visit the Shanghai museum to get an insight of how the city used to be and how rapidly it has changed just within the last couple of years. If you like early mornings, you should visit one of Shanghai's park where thousands of people do their morning exercise every day.

The Bund

Shanghai's best-known street is impressive at any time of day, but it's at its most glam in the evening when floodlighting illuminates the colonial piles and the neon across the river in Pudong gaudily glitters. Take a stroll along the waterfront walkway and watch Shanghai go by.

Address: The Bund

Subway: Central Henan Road

Urban Planning Museum

It may sound a little weird, but this place is fascinating. There are photographic exhibitions of Shanghai old and new, but the pièce de résistance is a huge, fantastically detailed model of the way Shanghai will look in the decades to come.

Address: 100 Renmin Dadao

Subway: People's Square

Phone: +86 21 6318 4477

Shanghai Museum

The Urban Planning Museum features the future, while the



Shanghai Museum provides a glimpse into the past. Outstanding displays of 120,000 pieces including ancient Chinese ceramics, bronzes and paintings fill this five-storey space.

Address: 201 Renmin Avenue
Subway: People's Square
Phone: +86 21 6372 5300
Internet: www.shanghaimuseum.net

Fuxing Park

Anyone of Shanghai's parks is worthy of a visit, but this one has the advantage of being central. The best time to visit is around 7 am when hundreds, perhaps thousands, of locals gather for their daily exercise. Solitary old men practice t'ai chi formations of well-coiffed women dance with fans or spin through a waltz or three. The energy pulses through aerobic routines or the flying leaps of a sword dance - while others simply sit around and watch their caged birds sing.

Address: Chongqing Road
Subway: Central Huaihai Road or Shanxi Road South
Opening hours: 6 am-6 pm
More Info: Entrance is at corner of Chongqing Road and Fuxing Road

Bund Tourist Tunnel

Run down there quick, before the lights are extinguished: there's talk of turning the Bund Tourist Tunnel into a tediously ordinary commuter line. In the meantime, it's the most entertaining way to cross between the Bund and Pudong. Pumping music, psychedelic neon and nebulous commentaries accompany your journey - it's showy, it's tacky and it's truly outrageous fun. It's sometimes called the Bund Sightseeing Tunnel.

Address: Zhongshan East 1st Road
Opening hours: 9 am-9.30 pm
More Info: Entrances are on the Bund at Nanjing Road East and in Pudong near the Riverside Promenade

Maglev

If you fly into Shanghai's international airport in Pudong, be sure to take the Maglev into town rather than a taxi. And if

you arrive in China by other means, you'd better make a special trip. The Maglev is China's futuristic magnetic levitation train and the fastest ride in its technological repertoire. The journey only lasts a few minutes, but during that time the train reaches a top speed of 430 kilometres per hour.

Address: Longyang Road
Subway: Longyang Road
Phone: +86 21 2890 7777
Internet: www.smtdc.com

Dragonfly Therapeutic Retreat

There's great massage to be had all over Shanghai - if you're in a hurry, just drop into one of the blind masseurs' centres that seem to pop up in every other street. If you want a more luxurious interlude, however, try one of the branches of Dragonfly Therapeutic Retreat. There are currently ten branches around Shanghai. All branches open seven days a week and hours vary. Go to the website for full details of opening hours.

Address: 20 Donghu Road
Phone: +86 21 5405 0008
Internet: www.dragonfly.net.cn
More Info: Central locations include 20 Donghu Road, There are further branches such as 206 Xinle Road and Villa 5

Jin Mao Tower

It's the view you're going for: on a clear day, Jin Mao Tower offers incredible 360 degree panoramas across city. It's 88 storeys high it's located at number 88 - had you guessed that eight is a lucky number for the Chinese? There are offices up to the 50th floor, then the Grand Hyatt hotel from floors 53 to 87. A public observation deck is located on the top floor. Otherwise, forget the lucky numbers and go for a drink at the Grand Hyatt's Cloud 9 bar, just one storey below.

Address: 88 Century Boulevard, Pudong
Subway: Lujiazui
Phone: +86 21 5047 6688
Internet: www.jinmao88.com



Old City

Step back in time as you wander these rickety old lanes. Particularly vibrant is the wet market at Dajing Road where stallholders sit behind colourful piles of vegetables, knead dough for pastries and chop meat with mighty cleavers.

Address: Dajing Road

Subway: Huangpi Road South

More Info: The old city is the area within the ring of Renmin Road and Zhonghua Road, just to the west of the river and Zhongshan Road. Dajing Road lies between Henan Road South and Renmin Road.

The Paramount

This Art Deco dance hall was the place to be seen in 1930s Shanghai (Charlie Chaplin once danced here) and now it's reopened for the twenty-first century crowd. The clientele is mostly older and the style is mostly ballroom. This place is a real throwback to the glamour of old Shanghai, so strap on your dancing shoes and take to the floor for a whirl.

Address: 218 Yuyuan Road

Subway: Jing'an Temple

Phone: +86 21 6249 8866

EATING



© Mitch Altman

The Chinese like to eat, and Shanghai considers the tastebuds to be a body part of the utmost importance. From chic and elegant international restaurants to local dumpling joints, in this city you can eat your way around the globe. Whether you like your portions tiny but exquisitely arranged, or you prefer a tangled mountain of noodles, you'll find it here. A note on tipping: it's officially prohibited in China. While it has become usual to tip tour guides on organized outings, it is not common to tip taxi drivers or the staff of bars and restaurants.

Crystal Jade

Scrumptious dumplings and much else, this place serves the best of Shanghainese and Cantonese cuisine.

Address: 2F-12A, Lane 123, Xinye Lu, South Block Xintiandi Plaza

Subway: Central Huaihai Road

Phone: +86 21 6385 8752

More Info: 2/F, House 6-7, South Block Xintiandi, Lane 123, Xingye Road

Di Shui Dong

Popular for its good-value, casual dining, it serves robust Hunanese flavours in rustic surroundings. The ribs are recommended!

Address: 2F, 56 Maoming Road South

Phone: +86 21 6253 2689

M On The Bund

Created by Australian restaurateur Michelle Garnaut, M on the Bund serves high-end Western food in classy surroundings. With its terrace overlooking the Bund, it has



one of the best locations in town.

Address: 7F, 5 The Bund
Subway: Central Henan Road
Phone: +86 21 6350 9988
Internet: www.m-onthebund.com

South Beauty

Since the company was founded in 2000, this restaurant chain has enjoyed tremendous success and popularity. It now has 19 branches serving fabulous, spicy Sichuan food in stylish surroundings.

Address: 881 Yan'an Road
Subway: Jing'an Temple or Shanxi Road South
Phone: +86 21 6247 6682

Char Grill and Bar

This delicious restaurant is located at Hotel Indigo and offers a great view and an even better menu. They serve steak, sea food and delicious deserts.

Address: No.585 Zhongshan Dong Er Road
Phone: +86 21 330 299 95
Internet: www.char-thebund.com
More Info: 29-31 Floors, top of Hotel Indigo Shanghai on the Bund

CAFES



© Thomas Berg

The cafe culture is not as widely spread in Shanghai as for example Paris, but it is possible to find places which serve lovely coffee and the perfect sweet to go with it.

Element Fresh

This place is spreading a little healthiness across Shanghai. The Nanjing Road West location was where it all started, but now Element Fresh is serving its stellar sandwiches, salads and smoothies in Wuxing Road, Huaihai Road, Xintiandi, People's Square and Lujiazui. And nobody's complaining.

Address: Shanghai Centre, East Retail Plaza, 1376 Nanjing Road West
Subway: Jing'an Temple / Shimen No. 1 Road
Phone: +86 21 6279 8682
Internet: www.elementfresh.com
More Info: Room 122

Kommune

Kommune is a great little courtyard café off the boutique shopping street of Tai Kang Road. It serves sandwiches, salads, lasagna, etc.

Address: The Yard, No. 7 Lane, 210 Tai Kang Road
Subway: Shanxi Road South
Phone: +86 21 6466 2416

Antique Garden Shanghai

Antique Garden offers a sanctuary in the busy Shanghai. Lovely Jazz music is often played in the background and they serve coffee, beer, wine and champagne. Can get very busy on Saturdays and Sundays.



Address: 44 Sinan Road, Luwan
Phone: +86 21 538 210 55

Zoe's

Zoe's has a European charm to it as the architecture is Swedish! They offer their guests a range of alternatives from salads to pizzas, coffee and smoothies.

Address: 338 Nan Jing Xi Road
Phone: +86 21 5375 6812
Internet: www.zoe cafe.com
More Info: Ground Floor A, Tian An Center

Abbey Road Café & Bar

Abbey Road has a lovely bamboo garden which offers shade on a hot summer day. They have a western menu and the music is a mix between rock and blues.

Address: 45 Yueyang lu
Phone: +86 21 6431 6787
Internet: www.abbeyroad-shanghai.com
More Info: On the corner of Dongping Lu

BARS & NIGHTLIFE



© *tengri555*

Some cities just don't like to sleep, and Shanghai is one of those in which you can party until daylight - and then start over. Like everything in Shanghai, the bar scene is developing fast with new venues opening by the month. Gone are the grey days when fun was frowned upon as a bourgeois pursuit. Contemporary Shanghai is making up for lost time with everything from pulsating house music to sultry jazz.

Bar Rouge

Bar rouge is a posers' heaven with an amazing view! Dress chic and don't forget your sunglasses.

Address: 7F, 18 The Bund
Subway: Central Henan Road
Phone: +86 21 6339 1199
Internet: www.bar-rouge-shanghai.com

Barbarossa

Barbarossa holds three floors of Arabic opulence beside a lake in People's Park. Everyday between 5 pm-8 pm drinks are 50% off!

Address: 231 Nanjing Road West
Phone: +86 21 6318 0220
More Info: (Inside People's Park)

Cottons

The eponymous drinking hole of Cotton Ding, this popular venue has recently moved to a new home in a French Concession villa. The most intriguing element is its circular bed with the white voile drapes. But anyone not needing a snooze can enjoy the torch-lit courtyard and the enticing sofas indoors.

Address: 132 An Ting Road
Subway: Hengshan Road
Phone: +86 21 6433 7995
Internet: www.cottons-shanghai.com

Glamour Bar

M on the Bund's Glamour Bar moved during the summer to a glorious new floor all of its own. It bills itself a 'bar for grown-ups' - its décor features hand-painted Chinese screens and an oval chrome bar - and, of course, the amazing view over the Bund and the river for which M is famous. The Glamour Bar hosts an array of interesting events from live jazz to literary readings. It is also the home to the Shanghai International Literary Festival each March.

Address: 6/F, 5 The Bund
Subway: Central Henan Road



Internet: www.m-onthebund.com

Monsoon

A part of the new Pier One complex at Suzhou Creek, Monsoon's best feature is a glorious, relaxed rooftop terrace. For colder days, there are sofas to lounge in. Go for dinner at Mimoso and kick back here with digestifs afterwards. Then squeeze into your dancing shoes at Minx, the nightclub in the same building.

Address: 88 Yichang Road, Suzhou Creek
Subway: Zhenping Road
Phone: +86 21 5155 8311

New Heights

New Heights is a bang on the Bund and it's all about the view. Settle on the capacious terrace and watch the world go by.

Address: 7F, The Bund
Subway: Central Henan Road
Phone: +86 21 6321 0909
Internet: www.threeonthebund.com

House Of Blues And Jazz

House of Blues and Jazz is a relaxed venue which often hosts international bands. Great place for good music and a glass of wine.

Address: 60 Fuzhou Lu
Phone: +86 021 6323 2779
Internet: www.houseofbluesandjazz.com

SHOPPING



© Dermot Roantree

If you like things made to measure, Shanghai is a shopping Mecca. The Fabric Market has recently been pulled up from its down-at-the-heel roots and relocated to 399 Lujiabang Road. Cashmere coats, silk dresses, work suits and shirts - all can be created just the way you like them. Some items are also sold off the peg if you're going for custom-made, it's a good idea to bring a garment for copying.

For knick-knacks and so-called antiques, head to Dongtai Road where several streets of stalls sell everything from Chairman Mao memorabilia to Buddhas, 1920s gramophones and Tibetan painted sideboards. For 'antique' furniture and other things decorative, head to Hongqiao Road in the west of the city.

Meanwhile, Tai Kang Road features more upscale boutiques selling jewellery, pottery and leatherwear, while Xintiandi has everything from clothes to cushions to cocktails. Shanghai's main shopping streets are the pedestrianized and neon-decorated Nanjing Road at the high-street end of the market (check out the wonderful chopsticks shop at number 387 if you need gifts to take home) and Huaihai Road where the designer labels hang out. And then, of course, there's the Bund. Try Three on the Bund for seven floors of glamour (including the Shanghai Gallery of Art) www.threeonthebund.com.



SLEEPING



© Dermot Roantree

As one of the most important business cities in China, finding a hotel is far from a problem. It is recommended to do your booking in advance if you are on a budget.

Grand Hyatt

Located in the prestigious Jin Mao Tower in Pudong, this hotel doesn't start till the 53rd floor. With its outlook over the river and the Bund, these are probably the best bedroom views in the city. Service is impeccable too.

Address: Jin Mao Tower, 88 Century Boulevard
Subway: Luziajui
Phone: +86 21 5049 1234
Internet: www.shanghai.grand.hyatt.com

88 Xintiandi

In a central location on the Puxi side of the river, 88 is chic and boutique with Chinese tones. There's a pool, gym, squash court and so on, and the rooms have kitchen facilities.

Address: 380 Huangpi Road South
Subway: Huangpi Road South
Phone: +86 21 5383 8833
Internet: www.88xintiandi.com

Ruijin Guesthouse

Surrounded by seven hectares of gardens, colonial-style villas and a number of good bars and restaurants, you can't beat the location. The estate was once home to the Morriss Family, who owned China's first English-language newspaper. The rooms are huge and it's in a good French

Concession position. There are several buildings and their style differs: ask to take a look before you choose.

Taking a room in a lower-grade Chinese hotel can be a challenging experience. For those on a budget, however, the following is reliable.

Address: 118 Ruijin No. 2 Road
Subway: Shanxi Road South
Phone: +86 21 6472 5222
Internet: www.ruijinhotelsh.com

Captain Hostel

It's backpacker basic and the location is unbeatable. Most of the rooms are dorms (with an intriguing maritime theme to the bunk beds), but there are also doubles and singles. Captain Hostel is affiliated to Youth Hostels International.

Address: 37 Fuzhou Road
Subway: Central Henan Road
Phone: +86 21 6323 5053

Holiday Inn Shanghai Pudong Kangqiao

Holiday Inn offers great service and a comfortable stay to a valuable price. They have a nice pool and is well recommended both for families and for business.

Address: No.1088 Xiuyan Road
Phone: +86 21 877 859 5095
Internet: www.holidayinn.com
More Info: Pudong New Area



ESSENTIAL INFORMATION



© Aapo Haapanen

Airport

Shanghai has two airports: the international airport in Pudong, 35 km from the city centre, and Hongqiao Airport, which handles domestic flights, 15 km from downtown.

From the Pudong Airport, the most enthralling way to travel is on the Maglev to Longyang Road in Pudong (RMB 50, runs from 7 am to 9 pm and leaves every 15-20 minutes.) There's an underground station and a taxi rank at Longyang Road for onward travel.

A taxi from Pudong Airport to the city centre takes up to an hour and a taxi from Hongqiao Airport will take 30-45 minutes. Make sure you have your destination written in Chinese.

Both airports have regular shuttle buses to many areas in the city the major hotels have desks at the airport and will arrange transfer.

Internet: www.shanghaiairport.com
www.smtdc.com

Public Transport

One of the best ways to travel is by the rapidly expanding Metro network, which is reliable, good value and easy to negotiate (all directions are in English as well as Chinese).

Buses are usually busy and the network can be complicated to negotiate for non-speakers of Chinese. The 911, which runs along Huaihai Road, can be useful.

A more courageous - and, arguably, interesting - way to tour Shanghai is by bicycle. Most hotels and hostels can rent you a pair of wheels.

Taxis

The traffic in Shanghai can be heavy, but taxis are easy to flag down - tariffs start at RMB 11. Be aware that most taxi drivers only speak Chinese and may not understand English. A great solution comes from a set-up called Guanxii: you text the English name of your destination to 885 074 and back it comes in Chinese characters. Just show your phone to your taxi driver.

Post

The main post office is at 276 Sichuan Road North (between Tiantong Road and Beisuzhou Road, but there are branches all over town. The Shanghai Centre branch (1376 Nanjing Road West) and the branch at 212 Xinhua Road have staff who speak some English. Open 8 am-5 pm.

Pharmacy

For medical problems go to English-speaking Parkway Health, which has branches across the city.

Phone: +86 21 6445 5999
Internet: www.parkwayhealth.cn
More Info: (24-hour healthline)

Dentist

Parkway Health

Phone: +86 21 6445 5999
Internet: www.parkwayhealth.cn
More Info: (24-hour healthline)

Telephone

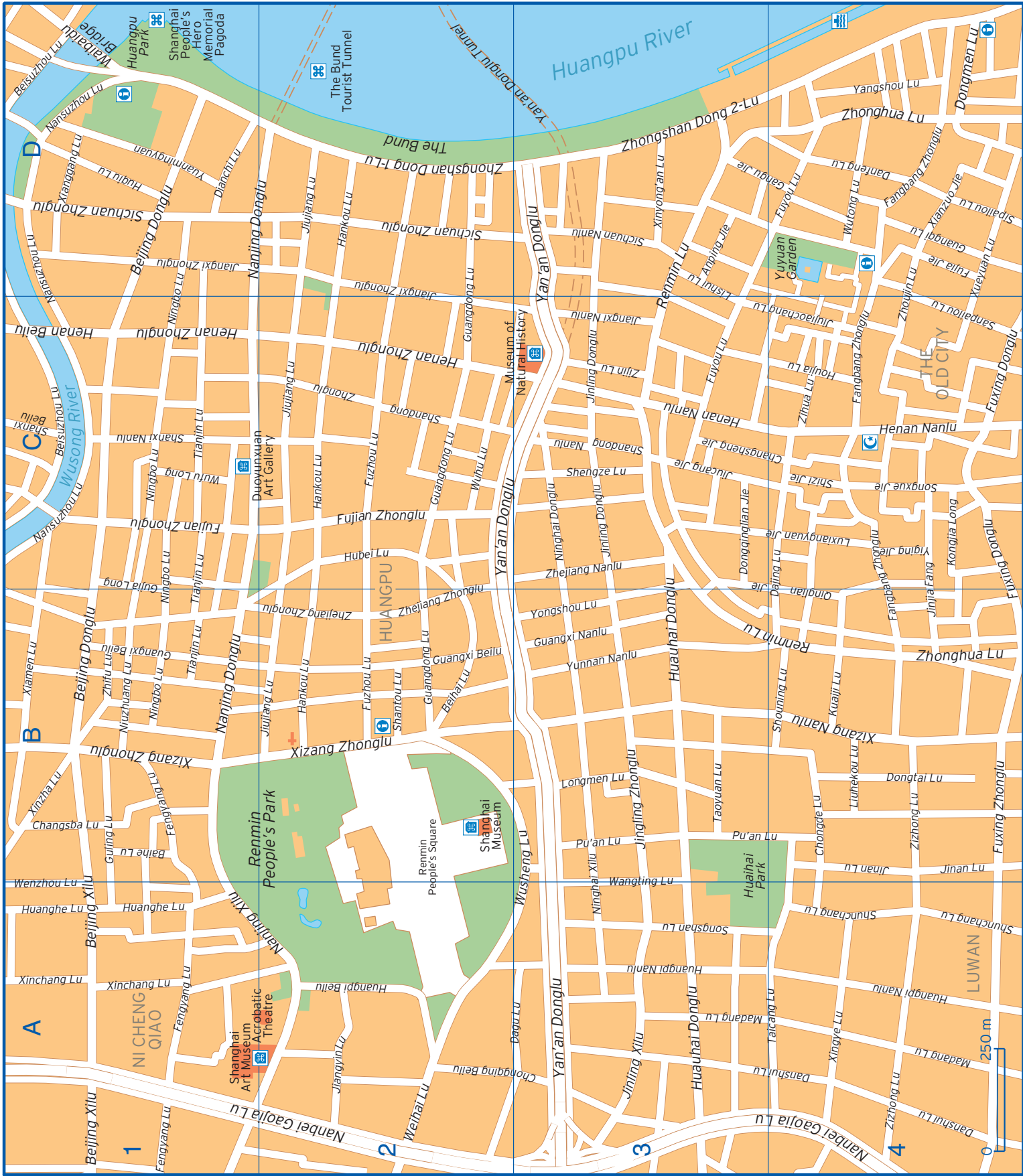
Country code: +86
Area code: (0)21



Electricity

220 V / 50 Hz







Anping Jie	D3	Huqiu Lu	D1	Sipailou Lu	D4
Baihe Lu	B1	Jiangxi Nanlu	C3	Songshan Lu	A3
Beihai Lu	B2	Jiangxi Zhonglu	D1 D2	Songxue Jie	C4
Beijing Donglu	B1 D1	Jiangyin Lu	A2	Taicang Lu	A4
Beijing Xilu	A1 B1	Jinan Lu	B4	Taoyuan Lu	B3
Beisuzhou Lu	C1 D1	Jingling Zhonglu	B3	The Bund	D2
Changhsba Lu	B1	Jinjia Fang	B4 C4	Tianjin Lu	B1 C1
Changsheng Jie	C3 C4	Jinling Donglu	C3	Waibaidu Bridge	D1
Chongde Lu	B4	Jinling Xilu	A3	Wangting Lu	A3
Chongqing Beilu	A2 A3	Jiucang Jie	C3	Weihai Lu	A2
Dagu Lu	A3	Jiujiang Lu	B2 C2 D2	Wenzhou Lu	A1
Dajing Lu	B4 C4	Jiujiaochang Lu	C3 C4	Wufu Long	C1
Danfeng Lu	D4	Kongjia Long	C4	Wuhu Lu	C2
Danshui Lu	A3 A4	Kuaiji Lu	B4	Wusheng Lu	A3 B3
Dianchi Lu	D1	Lishui Lu	D3	Wutong Lu	D4
Dongmen Lu	D4	Liuhekou Lu	B4	Xiamen Lu	B1
Dongqinglian Jie	C3	Longmen Lu	B3	Xianggang Lu	D1
Dongtai Lu	B4	Luxiangyuan Jie	C3 C4	Xianzuo Jie	D4
Fangbang Zhonglu	B4 C4 D4	Madang Lu	A3 A4	Xinchang Lu	A1
Fengyang Lu	A1 B1	Nanbei Gaojia Lu	A1 A2 A3 A4	Xingye Lu	A4
Fujia Jie	D4	Nanjing Donglu	B1 D1 D2	Xinyong'an Lu	D3
Fujian Zhonglu	C1 C2	Nanjing Xilu	A1 A2	Xinzha Lu	B1
Fuxing Donglu	B4 C4	Nansuzhou Lu	C1 D1	Xizang Nanlu	B4
Fuxing Zhonglu	B4	Ningbo Lu	B1 C1 D1	Xizang Zhonglu	B1 B2
Fuyou Lu	C3 D4	Ninghai Donglu	C3	Xueyuan Lu	C4 D4
Fuzhou Lu	B2 C2	Ninghai Xilu	A3 B3	Yangshou Lu	D4
Gangu Jie	D3 D4	Niuzhuang Lu	B1	Yan'an Donglu	A3 C2 C3 D3
Guangdong Lu	B2 C2 D2	Pu'an Lu	B3 B4	Yan'an Donglu Tunnel	D2 D3
Guangqi Lu	D4	Qinglian Jie	B4 C3 C4	Yiging Jie	C4
Guangxi Beilu	B1 B2	Renmin Lu	B3 B4 C3 D3	Yongshou Lu	B3
Guangxi Nanlu	B3	Renmin People's Square	B2	Yuanmingyuan	D1
Gujiia Long	C1	Sanpailou Lu	C4	Yunnan Nanlu	B3
Guling Lu	B1	Shandong Nanlu	C3	Zhejiang Nanlu	C3
Hankou Lu	B2 C2 D2	Shandong Zhonglu	C2	Zhejiang Zhonglu	B2
Henan Beilu	C1	Shantou Lu	B2	Zhifu Lu	B1
Henan Nanlu	C3 C4	Shanxi Beilu	C1	Zhonghua Lu	B4 D4
Henan Zhonglu	C1 C2	Shanxi Nanlu	C1	Zhongshan Dong 1-Lu	D2
Houjia Lu	C4	Shengze Lu	C3	Zhongshan Dong 2-Lu	D3
Huanghe Lu	A1	Shizi Jie	C4	Zhoujin Lu	C4 D4
Huangpi Beilu	A2	Shouning Lu	B4	Zihua Lu	C4
Huangpi Nanlu	A3 A4	Shunchang Lu	A4	Zijin Lu	C3
Huauhai Donglu	A3 B3 C3	Sichuan Nanlu	D3	Zizhong Lu	A4 B4
Hubei Lu	C2	Sichuan Zhonglu	D1 D2		