



FACULTAD DE TURISMO Y FINANZAS

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DAY IN BEIJING: GASTRONOMY AND ARCHITECTURE

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**TÍTULO:
DAY IN BEIJING: GASTRONOMY AND ARCHITECTURE**

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ABSTRACT:

This paper aims at providing a detailed account of a guided tour of Beijing's city center. The tour is divided into two departures, which include a breakfast-lunch and dinner programme. Each section offers an itinerary which includes the monumental buildings to be visited. The main idea behind this project is to highlight the work done by the guides when explaining the monuments, focusing not only on the historical and artistic details but also enlivening the explanations with historical stories that capture the visitor's interest. In addition, this work also details the traditional Beijing breakfast, roast duck, and several special snacks. Information is provided for foreign visitors who love Chinese cuisine.

KEYWORDS:

Beijing, Architecture, Gastronomy, Culture, History.

RESUMEN :

El objetivo de este trabajo es ofrecer un detalle de una visita guiada por el centro de Pekín. La visita se divide en dos secciones, que incluyen un

programa de desayuno-almuerzo y cena. Cada sección ofrece un itinerario que incluye los edificios monumentales que se van a visitar. La idea principal de este proyecto es destacar el trabajo realizado por los guías a la hora de explicar los monumentos, centrándose no sólo en los detalles históricos y artísticos, sino también amenizando las explicaciones con anécdotas históricas que capten el interés del visitante. Además, esta obra también detalla el desayuno tradicional de Pekín, el pato asado, y varios aperitivos especiales. Se ofrece información para los visitantes extranjeros amantes de la cocina china.

PALABRAS CLAVES:

Peking, Arquitectura, Gastronomía, Cultura, Historia.

CONTENTS

INTRODUCTION	- 1 -
OBJECTIVE AND METHODOLOGY	- 2 -
JUSTIFICATION.....	- 2 -
OBJECTIVES.....	- 2 -
METHODOLOGY.....	- 3 -
CHAPTER 1. VISIT AND ITINERARY PLANNING	- 4 -
1.1. INTRODUCTION.....	- 4 -
1.2. GUIDED TOUR.....	- 4 -
1.2.1. MORNING SHIFT.....	- 4 -
1.2.2. EVENING SHIFT.....	- 6 -
CHAPTER 2. MORNING GUIDED TOUR: GASTRONOMY AND ARCHITECTURE	- 8 -
2.1. MORNING SHIFT.....	- 8 -
2.1.1. INTRODUCTION.....	- 8 -
2.1.2. TRADITIONAL BEIJING BREAKFAST.....	- 8 -
2.1.3. DASHILAR.....	- 12 -
2.1.4. THE FORBIDDEN CITY.....	- 16 -
2.2. LUNCH TIME.....	- 25 -
2.2.1. ROAST DUCK.....	- 25 -
CHAPTER 3. EVENING GUIDED TOUR: GASTRONOMY AND ARCHITECTURE ...	- 29 -
3.1. EVENING SHIFT.....	- 29 -
3.1.1. PRINCE KUNG'S MANSION.....	- 29 -
3.1.2. SOUTH LUOGU LANE.....	- 31 -
3.1.3. TRADITIONAL BEIJING SNACKS.....	- 32 -
3.1.4. TEMPLE OF HEAVEN.....	- 35 -
3.2. DINNER TIME.....	- 38 -
3.2.1. IMMERSIVE TRADITIONAL FOOD EXPERIENCE.....	- 38 -
CONCLUSION	- 39 -
BIBLIOGRAPHY	- 40 -
APPENDIX	- 42 -

INTRODUCTION

The design of a day trip to Beijing that combines both architectural and gastronomic is the main focus of this work.

Due to its historical architecture, classical culture, and specialty food, Beijing, China's capital, is a popular tourist destination for both domestic and international visitors. As a result, Beijing has become one of China's most popular tourist destinations.

Beijing is a well-known historical and cultural city with a more than 3,000-year history as a city and more than 860-year history as a capital, with five dynasties having their capital in this city. It has many historical sites and cultural attractions. Beijing has many monuments such as the Forbidden City, the Summer Palace, the Temple of Heaven, etc. The hutongs and courtyards, typical of the old city, are important cultural symbols of Beijing's history.

Because Beijing is China's administrative and cultural capital, the local cuisine combines the country's most popular culinary flavors, the most famous of which is the world-famous "Peking Duck". Over time and with the rise of various restaurants, an alternative form of food tasting has emerged in Beijing, which is an immersive experience of ancient cuisine dressed in traditional Chinese costume.

The typical trip time is three days or more due to the enormous geographical region of Beijing and the amount of attractions. There is no travel agency that can give a detailed and instructive day trip program for individuals who do not have enough time. Apart from that, most travel agencies only offer tours for tourists to visit the sites. For those international tourists who want to taste Chinese food, there is no opportunity to go and try the most authentic Chinese cuisine.

Therefore, I have designed a simple guided tour of the architecture and cuisine of downtown Beijing for one day, divided into two parts, morning and evening. It also includes a food tasting activity.

In the tour booklet we will also explain the history, culture and stories of the various attractions and specialties.

An extra reminder: while our one-day tour of Beijing allows you to fully experience the city's architecture and gastronomy, our overall itinerary is 15 hours long due to the number of attractions in the city. However, our 15 hours include three hours for breakfast, lunch and dinner, a total of three hours for transport between sights and attractions and a half hour break at the Forbidden City. So the actual touring time was only eight and a half hours.

However, as our whole trip lasts longer and is more strenuous, our Beijing day itinerary is mainly offered to younger people. Seniors over sixty-five years of age are advised to consider carefully when choosing one of our tours.

1. Hutong courtyards: Hutong is a northern Chinese dialect term for a narrow street or alley. The eight hutongs are neatly arranged to form a chessboard layout.

OBJECTIVE AND METHODOLOGY

JUSTIFICATION

The choice of this topic stems from one of my summer internship experiences. In the summer of 2019, I worked as a part-time intern at a travel agency in China, where my main job was to elaborate private travel itineraries for tourists.

During this time, I met a number of international guests and learned about their requirements. Some were in China on business and didn't have enough spare time to visit Beijing, but they were eager to take advantage of the occasion. There are also tourists who travel to Beijing solely to try local delicacies, but no tour operator will build an itinerary expressly to fit their needs. They are also unable to come alone to sample the meal due to the language barrier.

As a result, I have to organized a special tour of downtown Beijing for these guests, which will cover several famous points of interest as well as introducing them to the most authentic Beijing dishes, and the entire tour will take only one day.

The itinerary must be established in a practical and reasonable manner, including the amount of time spent at each place, the distance between sites, and so on. I had hoped to add the famous Great Wall, which was initially located in the suburbs, but time constraints forced me to remove it from the schedule.

As a result of these standards, the entire guide can be used as a model for an actual tour.

OBJECTIVES

The objectives of this work are as follows:

- The major goal of this paper is to create a trip itinerary for foreign tourists who are visiting Beijing for a short time and want to see both the sights and the food.
- First of all, we need to study a map of Beijing, plan the attractions in the city and select the most suitable buildings for foreign tourists. At the same time, realistic feasibility had to be considered.
- Once the sites have been selected, the entire tour should be designed. Offer both morning and evening shifts, and explain the route and fundamental activities for each shift.
- Once the itinerary has been designed, provide the visitor with an outline of the panoramic tour, indicating the means of transport to be used throughout the route and the duration of each attraction or activity to be visited.
- To offer information about the origin and history of each attraction and food.
- Historical stories about the sites will be included in order to make the visit more fascinating and exciting.

METHODOLOGY

The method I use in order to design a reasonably interesting tourist route is qualitative. The whole theoretical framework is very diverse in type. There are social networks, books, blogs, websites, personal experiences, etc.

The first step in creating a guidebook is to research what are the most popular attractions and cuisines for tourists. I mainly refer to many international and Chinese blogs and websites to find out what different tourists like most about Beijing and what types of Beijing food they want to try most.

After selecting these places and cuisines, I marked these areas on a map. The sites were then surveyed separately to find out the actual time. They were visited to select them based on time planning.

Secondly, throughout the tour, I need to explain the history of the city and the attractions to visitors. This requires to be documented about the basic history of Beijing. The historical story of each building, street in each dynasty, and the general historical evolution of the city of Beijing in different eras. So I collected a lot of reference books, including the origins and History of the Forbidden City and the Palace of the King, as well as the History of the "Roast Duck".

In addition to this, it is important to take into account the actual situation when creating the guidebook. It is therefore necessary to seek more information on details that are not included in the plan, such as the fees charged for each attraction for different age groups, whether there are additional fees for these attractions, and to investigate whether there are special exhibitions during the visit. This requires me to check the official websites of the each attractions or to ask friends who had been to the attraction through social networks.

To give visitors a better visualization of our tour planning, I also made my own tour map so that they could understand where our entire route starts and ends and what activities are to be done during each time period.

CHAPTER 1

VISITS AND ITINERARY PLANNING

1.1. INTRODUCTION

This is a brief description of the entire itinerary of the trip. Some map legends will be displayed to show you the monuments we will see and the path we will take.

The tour is divided into two departures, one in the morning and the other in the evening, and it must adhere to practical feasibility. The tour duration for each site, as well as the time required for transportation between the monuments are reasonable.

As China does not operate on daylight saving time, our travel guide is suitable for all year round. The itinerary and activities for each shift will be presented in one section.

1.2. GUIDED TOUR

1.2.1. MORNING SHIFT: Meeting point at Dashilar.

Timing: 8 hours. (Breakfast and lunch time included)

➤ Morning Itinerary

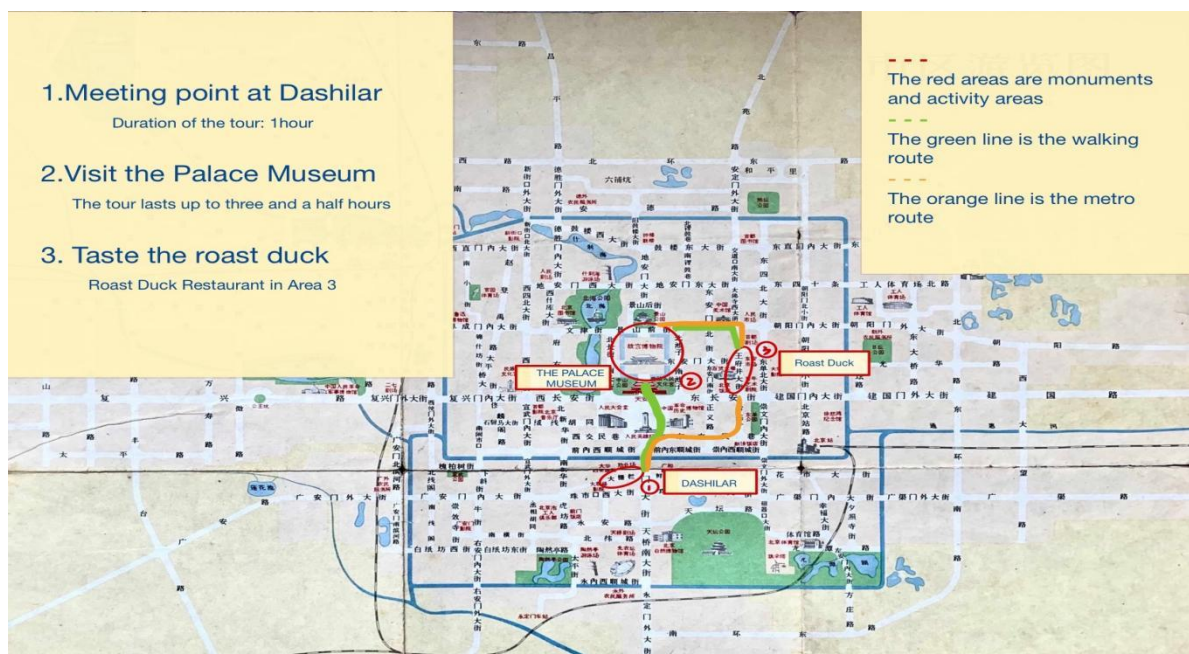


Figure 1.1 : Morning tour route

Source : own elaboration with the paint application

➤ Morning Programme

- ❖ 8:00 am. Meeting point at the Dashilar.
 - Dashilar has many old Beijing breakfast restaurants, so you will enjoy the most authentic Beijing breakfast here.
 - After breakfast, you will visit Dashilar, one of the most famous shopping streets in central Beijing. There are many different types of century-old shops in this shopping street: such as "Tong Rentang" for traditional Chinese medicine, "Rui Fuxiang" for cloth and silk, "Ma Juyuan" for hats, "Nei Liansheng" for shoes, "Zhang Yiyuan" for tea, and "Liu Biju" for pickles.
 - After visiting Dashilar, you can choose to walk or take the metro to your next attraction: the Forbidden City. Both the walk and the metro takes 30 minutes.

- ❖ 10:00 am. Start touring the Forbidden City.
 - Due to the size of the Forbidden City and the fact that you will only have three hours to explore it, you will only visit some of the most famous sights.
 - You will visit the main areas of the Forbidden City along the central axis: the Noon Gate, the Taihe Gate, the first three halls (Taihe Hall, Zhonghe Hall and Baohe Hall), the Hall of the Nurtured Heart and the three halls at the back (Qianqing Hall, Jiaotai Hall and Kunming Hall).
 - At this time, there is an exhibition of clocks and watches in the Forbidden City, so you will also find this exhibition in the Fengxian Hall in the Forbidden City.
 - After your tour of the Forbidden City, you will have a half hour break. You can pick up your favorite gifts in the gift area of the Forbidden City.
 - Afterwards, you can choose to walk or take the metro to our lunch spot: "Quanjude". Both the walk and the metro take 20 minutes.

- ❖ 14:00 pm. Lunch Time.
 - You will taste one of Beijing's most famous dishes: roast duck.
 - The Peking Roast Duck has become an imperial delicacy in the Yuan, Ming and Qing dynasties due to its distinctive fatness and tenderness. It has developed into a Beijing specialty, and has gradually gone global because of its unique flavor, becoming a popular Chinese cuisine worldwide.
 - You will have an hour and a half for lunch, after the lunch you can choose to walk or take the metro to the next attractions of the evening. Both the walk and the metro take 15 minutes.

1.2.2. EVENING SHIFT: Meeting point at the Prince Kung's Mansion.

Timing: 7 hours.

➤ Evening Itinerary

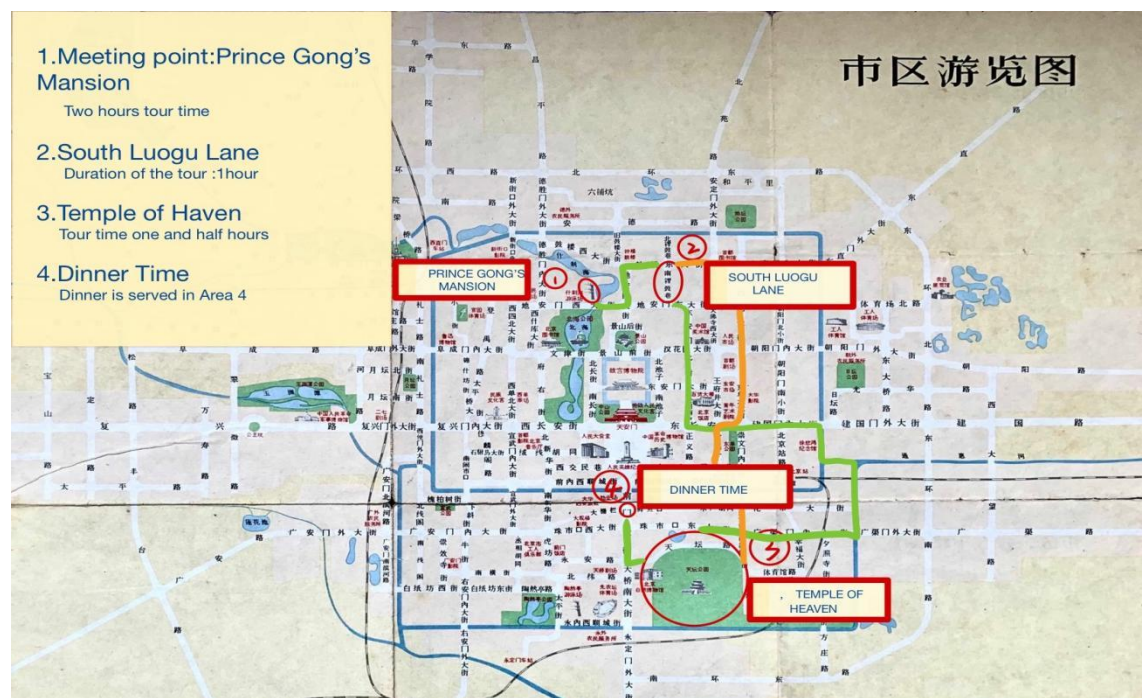


Figure 1.2 : Evening tour route

Source : own elaboration with the paint application

➤ Evening Programme

- ❖ 16:00 pm. Meeting point: Prince Kung's Mansion.
 - You will spend two hours exploring the Prince Kung's Mansion and Gardens.
 - The Prince Kung's Mansion was the largest royal complex of the Qing dynasty, and it endured the historical process of the Qing dynasty from its heyday to its downfall, carrying a wealth of historical and cultural information, thus giving rise to the saying that "one Prince Kung's Mansion is half the history of the Qing dynasty".
 - After the tour, you will walk to the next attraction. Walk time twenty minutes.
- ❖ 18:30 pm. Shopping and Snacking Tours in the South Luogu Lane.
 - The South Luogu Lane is another famous commercial street in Beijing. It is also one of the oldest neighbourhoods in Beijing. It is a Chinese hutong courtyard form of the Yuan Dynasty that has been preserved intact, and is the largest, highest-grade and most resourceful district of traditional residential houses in the checkerboard style. It is also the street with the most old Beijing style.
 - You will have one hour to explore the area, where you can buy Beijing gifts

and sample local snacks.

- After visiting the South Luogu Lane you will take the metro to the Temple of Heaven. The underground ride lasts 30 minutes.

❖ 20:00 pm. Visiting the Temple of Heaven.

- You will have an hour and a half to explore the Temple of Heaven Park.
- Built in the first half of the 15th century, the Temple of Heaven is a well-preserved complex of altar and temple buildings set in the midst of royal gardens and surrounded by planted pine trees. The Temple of Heaven was also the place where the emperors of the Ming and Qing dynasties worshipped heaven and earth.
- After your visit to the Temple of Heaven, you will take the metro to your dinner venue. The underground ride lasts 30 minutes.

❖ 22:00 pm. Dinner Time.

- The name of the place where you will have your dinner is the "palace feast". This is a form of immersive culinary experience that has emerged in Beijing in recent years. You can dress up in classical Chinese traditional costumes and enjoy a bespoke gourmet set menu. And while you enjoy your meal, the restaurant will also provide you with a song and dance performance, allowing you to fully experience the lifestyle of the ancient emperors.
- After dinner, you will finish your day's tour and return to your accommodation for a rest.

CHAPTER 2

MORNING SHIFT GUIDED TOUR: GASTRONOMY AND ARCHITECTURE

2.1. MORNING SHIFT

2.1.1. INTRODUCTION:JOIN THE TOUR'S WELCOME CEREMONY

Good morning everyone and welcome to Beijing. As your guide, I will be accompanying you through the day's journey. First of all, I will explain to you the itinerary in our travel guide.

First, I will guide you through a traditional Beijing breakfast. There are many different kinds of Beijing breakfasts. I will introduce you to each of them and you can choose your favorite one to taste.

After breakfast, we will explore Dashilar, a shopping street, and then we will go to the Forbidden City.

The tour of the Forbidden City lasts three hours and during this time I will also lead you through the watch exhibition. After the tour, we will have a half hour break where you can go to the gift area to pick up your favorite gifts, take photos or just relax.

At lunchtime we will go to the "Quanjudu" restaurant on Wangfujing Street for a duck tasting. During this time, I will also explain the history and story of Peking roast duck.

After lunch, we will start our evening tour. Our first stop is at the Prince Kung's Mansion, also known as the "Little Forbidden City". The overall tour lasts two hours. After the tour we will walk to the nearby the South Luogu Lane.

The South Luogu Lane is a famous shopping street where you can buy local gifts for your family and friends and sample Beijing's snacks. There are many different types of Beijing snacks and I will introduce you to them all.

Afterwards, we will visit the Temple of Heaven, a very traditional Chinese architectural attraction, where we will spend an hour and a half.

After the tour, we will take you on a traditional palace style dinner, which will give you an immersive experience of an ancient Chinese court dinner.

After dinner, we will end the day's tour and you will return to your accommodation to rest.

2.1.2. TRADITIONAL BEIJING BREAKFAST

Our journey is both an architectural and gastronomy experience, so our first stop is to take you through a traditional Beijing breakfast, and before you taste the food, allow me to introduce you to the importance of breakfast to the Chinese.

When old Beijingers meet, the first greeting is: "Have you eaten yet". This is a polite custom and a way of giving importance to eating breakfast.

《Breakfast China》 is a micro-documentary that focuses on the specialties found in breakfasts across China. Behind these dishes are not only the deliciousness of the food, but also the rituals of ordinary life and the unique breakfast memories of the locals, evoking the strong nostalgia of a homesick traveller. The breakfast items selected for the documentary come from small shops across the country, with local characteristics and a local flavor. They have become, to a certain extent, symbols of a certain region's culture, as well as objects and symbols that connect the wanderers with their hometowns far away, thus expressing a strong nostalgia for their hometowns that goes beyond the original meaning of food. (Linlu Wei , 2021).

Food is a source of emotion for the Chinese, so you can get a taste of the different local cultures from each place's breakfast. Next we will taste a traditional local breakfast with Beijing's character and culture.

I will first introduce you to a few of the Beijing breakfast, after which you can buy and taste them at your own choice.

a) Miancha (Seasoned Millet Mush)



Figure 2.1 : Miancha (Seasoned Millet Mush)

Source: www.sina.com.cn

Seasoned Millet Mush is genuine breakfast with traditional Beijing flavor.

Seasoned millet mush, known in Chinese as *miancha*, is not tea, but the mush made of millet flour with sesame sauce on the top. The sesame sauce should be in a spiral shape on the top. The most important part is not its taste, but the approach of eating the mush. Old Beijingers do not use spoons or chopsticks. They take the bowls with one hand, and drink the mush along the bowl side. Seasoned millet mush is very hot and must be sipped. The millet mush and sesame sauce flow together to the bowl side before you can swallow it down. Thus, with every sip you can have both sesame sauce and millet mush. Beijingers love this approach and this taste. This approach is an art form and only old Beijingers can do that.

b) Chaogan (Stewed Liver)



Figure 2.2: Chaogan (Stewed Liver)

Source: www.sina.com.cn

Stewed liver is a traditional Beijing snack made from the liver and large intestine of a pig, with garlic as the main ingredient and thickened with starch.

Traditionally, Beijingers do not eat fried liver with spoons and chopsticks, but serve it in a whole bowl. So if someone eats fried liver with spoon and chopsticks, the old Beijingers will know at first glance that the person is definitely not a Beijinger. A bowl of fried liver is served with soy milk and a bun dipped in vinegar, which is what many Beijingers prefer.

c) Douzhir (Fermented Bean Drink)



Figure 2.3 : Douzhir (Fermented Bean Drink)

Source: www.jucanw.com.cn

The bean juice is unique to Beijing and is made from water-ground mung beans, the starch is removed and the light greenish broth is left to ferment and boil. It is said that bean juice was introduced to the royal family as early as the Qianlong period. "There is a saying in old Beijing that if you don't drink bean juice, you are not considered an authentic Beijinger". Because of the unique smell and taste of bean juice, it is difficult to get used to it unless you have been exposed to it for a long time.

To drink bean juice, it must be hot, served with finely shredded pickles, drizzled with spicy oil, and served with two "charred rings".

d) Mending Roubing (Meat Pie Door Nails)



Figure 2.4 : Mending Roubing (Meat Pie Door Nails)

Source: www.baike.sogou.com.cn

The meat pie door nails is a traditional Beijing snack and is a meat pie. It is named because it is shaped like the door nails on the city gates in ancient times. And it is said that the meat pie door nail has an auspicious meaning.

The meat pie door nails is not very different from a regular pie, except that the pie is flat, while the meat pie is a cylinder about 3cm high and 5cm in diameter. The filling is traditionally beef and shallots.

e) Luzhu (Pork Stew With Bread)



Figure 2.5 : Luzhu (Pork Stew With Bread)

Source: www.tripadvisor.com.cn

Luzhu is a traditional Beijing snack that originated in Nanheng street in the south of Beijing. It is said that during the Guangxu period because food cooked with five-flowered meat was expensive, people used pork head and offal instead, which was spread by folk cooking masters and over time resulted in the creation of Luzhu.

Luzhu is a combination of roast pancakes and stewed pork intestines and lungs cooked together, complemented by fried tofu slices, marinade, with garlic sauce, soy bean curd sauce, coriander and other side ingredients, and is quite popular.

After breakfast, we will start our tour of Dashilar

2.1.3. DASHILAR



Figure 2.6 : DASHILAR

Source : www.inf.news.com.cn

Dashilar, a famous commercial street outside Qianmen in Beijing. Since 1420, after more than 500 years of evolution, it has gradually developed into a commercial street full of shops. 36 shops of 11 trades are located in Dashilar.

"The name Dashilar was inherited from the Ming Dynasty when iron fences were placed during the "night ban", and has a history of 580 years. Today, Dashilar and the surrounding hutongs are full of stalls, restaurants and shops. Many of the old shops and signboards have survived for decades and centuries. Walking through Dashilar, you can not only feel the prosperity of the city and appreciate the hospitality of the Beijing people, but also appreciate the long history and cultural profundity of Beijing. " (Zhengsheng Xu,2002)

On this street there are many century-old shops that are still open to this day. There are many different kinds of shops, such as cloth shops, shoe shops, hat shops, tea shops and so on.

There is an old saying in Beijing: "Ma Juyuan" (hat shop) on your head, "Bada Xiang" (silk shop) on your body and "Nei Liansheng" (shoe shop) on your feet. This phrase sums up very graphically the close relationship between the long-established shops in Dashilar and the life of the citizens.

Next, you will have one hour to explore the shopping street. I will first introduce you to the history of a few century-old shops, after which you can visit on your own.

a) Tongrentang



Figure 2.7 : Tongrentang

Source: www.tongrentang.com

Tongrentang is a shop selling Chinese medicine. The founder, Mr. Le, started out by selling Chinese herbs from street to street, and later founded the first Tongrentang pharmacy in 1669. In 1702, Tongrentang moved to Dashilar Street.

Because of its excellent products, Tongrentang also supplied Chinese medicine to the Imperial Palace from 1723 .

After hundreds of years of development, Tongrentang has become a chain of pharmacies in China and is still making and supplying medicines to people today.

b) Ruifuxiang



Figure 2.8 : Ruifuxiang

Source: www.sohu.com

Ruifuxiang is a century-old shop that sells clothes. Its founder, Mr Meng, was in the cloth business in Jinan and started the first Ruifuxiang shop. He later opened a chain of shops in Shanghai, Qingdao and other places. The scale of the business gradually expanded and the variety of products offered grew, adding high-end goods such as damask and leather goods. (Bruce, C. 2003)

In 1893, when foreign cloth came into China, Mr Meng began to set up cloth shops in Beijing, establishing the first Ruifuxiang shop in Beijing.

By the end of the nineteenth century, Ruifuxiang had become the largest silk and cloth shop in Beijing. Its exquisite products were popular with domestic and international visitors.

The first national flag after the founding of New China in 1949 was also supplied by the Ruifuxiang shop.

To this day, the Beijing Ruifuxiang Shop is still open on Dashilar Street, providing customers with fine and beautiful cloth.

After a hundred years, the Ruifuxiang Silk and Cloth Shop in Beijing has largely maintained its original architectural style, with its patio-style house structure and the stone carvings and canopies on the facade still well preserved. The business area is over a thousand square meters.

c) Ma Juyuan



Figure 2.9 : Ma Juyuan

Source : www.badidu.com

Ma Juyuan, situated on Beijing's Dashilar Street, is a long-established Chinese shop. It was built in 1817 and has a history of 205 years. In the late nineteenth century, there was an old saying in Beijing: "Ma Juyuan" (hat shop) on your head, "Bada Xiang" (silk shop) on your body and "Nei Liansheng" (shoe shop) on your feet. The "Ma Juyuan" in this saying refers to this shop. At that time, Wearing Ma Juyuan's hats was a symbol of wealth, which shows the status of Ma Juyuan's hats in people's hearts.

d) Nei Liansheng



Figure 2.10 : Nei Liansheng

Source: www.badidu.com

Nei Liansheng is a shoe shop located on the street of Dashilar, famous for its production of cloth shoes with a thousand-layer sole.

The founder of Nei Liansheng, Zhao Ting, learned his trade in the capital in the early years of his life in a shoe workshop. After accumulating a wealth of customer contacts and some management experience, he set up Nei Liansheng shoe shop with the financial support of a wealthy merchant.

The founder, Zhao Ting, analysed the state of the shoe industry in Beijing at the time and decided to make shoes for state officials, so at the time, wearing Nei Liansheng's shoes was also a symbol of wealth.

The word "Nei" means imperial palace, and "Liansheng" means to be promoted to the third level in the imperial palace.

e) Zhang Yiyuan



Figure 2.11 : Zhang Yiyuan

Source: www.badidu.com

Zhang Yiyuan is a long-established tea house in Beijing, located on Dashilar Street. Since its creation, it has lived up to the expectations of being the most famous old tea house in Beijing after a century of hardships.

In the past, people said that the seven words of the old people's home life were firewood, rice, oil, salt, sauce, vinegar and tea. When old Beijingers talk about tea, they will think of "Zhang Yiyuan".

Zhang Wenqing, the founder of Zhang Yiyuan Tea House, set up his tea stall in 1896. Later, because of the success of the tea stall, he opened his first official tea shop in 1908 on Dashilar Street.

After the opening of the tea shop, it gained fame due to its superior quality, excellent address and proper operation. Today, Zhang Yiyuan Tea Shop has become one of the most famous tea shops in China.

f) Liubiju



Figure 2.12 : Liubiju

Source: www.badidu.com

Liubiju is a shop that sells pickled vegetables, a must-have snack in many Beijing households and one of the famous snacks for Chinese state banquets, which has a high historical and cultural value. (Bruce, C. 2003)

It is one of the oldest and most notable of Beijing's pickled vegetable shops, having been established in 1530, almost five hundred years ago.

2.1.4. THE FORBIDDEN CITY



Figure 2.13 : THE FORBIDDEN CITY

Source: www.badidu.com

The second stop on our morning shift tour is one of the most famous sights in Beijing and China: the Forbidden City. Our total tour time here is three hours, including an exhibition of clocks and watches. During this time I will explain each building in the Forbidden City in turn.

The Forbidden City, the royal palace of China's Ming and Qing dynasties, is situated in the center of Beijing's central axis and is the essence of ancient Chinese palace architecture. The Forbidden City in Beijing is centered on three major halls, covering an area of 720,000 square meters, with a building area of about 150,000 square meters, more than 70 large and small palaces, and over 9,000 houses. It is one of the largest and best-preserved wooden structures of ancient architecture in the world. (Anna,2021)

The Forbidden City is one of the five largest palaces in the world, along with Versailles, Buckingham Palace, the White House and the Kremlin. It is also listed as a World Heritage Site by the United Nations Educational, Scientific and Cultural Organization.

The Forbidden City was built in 1406 and largely completed in 1420 by the Ming emperor Zhu Di. The palace is surrounded by a 12-meter-high, 3,400-meter-long palace wall in the form of a rectangular citadel, surrounded by a 52-meter-wide moat, forming a tightly walled citadel. After its construction, the Forbidden City went through two dynasties, the Ming and the Qing. It lasted for about 500 years until the end of the Qing dynasty in 1911, with twenty-four emperors passing through the Ming and Qing dynasties. It is synonymous with the supreme ruling core of the Ming and Qing dynasties. The 500-year history of the Ming and Qing courts encompasses the activities of the emperors and empresses, the hierarchy, power struggles and

religious rituals. At the time, it was considered a crime for ordinary people to even approach the area near the Forbidden City walls. As the Ming and Qing courts were the supreme ruling centers of a highly developed feudal system, unusual events often revolved around the transmission and security of imperial power.

"If you love history, the most important place you should visit in Beijing is the Forbidden City. The Forbidden City with its yellow tiles and red walls, carved white jade fences and overlapping palaces is a majestic sight.

Through the corridors of time, how many sorrows and joys, how many people have come and gone in a hurry to walk through this palace to savor Chinese history in the wide palace square. Passing through the main gate of the old imperial city, the gatehouse of Tiananmen, northbound along the brick-paved road, a large group of lofty and grand buildings gives one the feeling of being between heaven and earth in a philosophical sense." (Anna,2021)

The Forbidden City Museum houses millions of precious works of art from all dynasties of China, accounting for more than 1/6 of the country's cultural relics, many of which are unique national treasures.

The Forbidden City can be broadly divided into two main parts, with the south being the area of political activity, the outer court. The north is the living area, the inner court. The three main halls of the outer court, Taihe Hall, Zhonghe Hall and Baohe Hall, are the most attractive buildings in the Forbidden City. The inner court is where the emperor went about his daily business and where his concubines lived. As shown in the image below.

We have a longer tour of the Forbidden City, three hours, and I will explain each building as we go along.

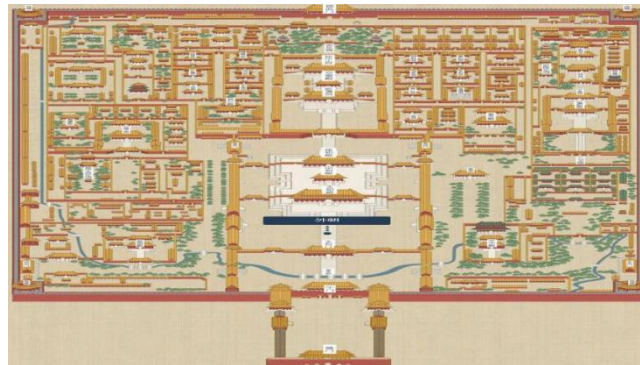


Figure 2.14: THE FORBIDDEN CITY

Source: www.dpm.org.cn

a) Four Gate of The Forbidden City

Next, you will tour the Forbidden City along the central axis.

The Forbidden City has four gates, the main gate being called the Noon Gate. Its shape is concave and magnificent. There are five elaborate Hanbai jade arch bridges leading to the Taihe Gate behind the Noon Gate. The eastern gate is named Dong Hua Men, the western gate is named Xi Hua Men and the northern gate is named

Shen Wu Men. The four corners of the Forbidden City have elaborate and delicate corner towers, which are 27.5 meters high.

a.1) Noon Gate



Figure 2.15 : Noon Gate

Source: www.baidu.com

The main gate of the Forbidden City is called the 'Wu Gate', commonly known as the Five Phoenix Tower. The three sides are connected by a 12-metre-high platform on the east, west and north, which surrounds a square square. There is one group of buildings. The main building is a 9-room wide hall with four pavilions built on the two walls projecting from the top of the hall. Each of the two pavilions is connected by a long corridor of 13 houses.

This shape of gatehouse is known as the 'Que Gate', the highest form of gate in ancient China. This group of buildings on the city, the situation is lofty and magnificent, is the first peak in the Forbidden City palace complex.

The Gate of the Noon was the place where the emperor issued his edicts and ordered his expeditions. Whenever the emperor's imperial decree was read out, all the civil and military officials had to gather in the square in front of the Gate to listen to the decree. The main gate in the Noon Gate is normally only accessible to the Emperor. When the emperor's wedding, the empress can enter once, the three top three in the temple exams can come out of this door once. Ministers of civil and military affairs enter and leave the east side door, and princes of the clan enter and leave the west side door.

a.2) Taihe Gate



Figure 2.16: Taihe Gate

Source: www.baidu.com

Go through the Noon Gate, walk across the Taihe Bridge and there in front of you is the Taihe Gate.

The Taihe Gate is the largest palace gate in the Forbidden City and the main entrance to the outer palace. It was built in 1420 and was then called Fengtian Gate. It was destroyed by fire in 1875 and rebuilt the following year. It has a surface of 9 rooms and a depth of 4 rooms, with a floor area of 1,300 square meters, covered with a heavy eaves hipped roof and a Chinese white jade plinth, with the beams and pillars painted in Chinese seal colors.

A pair of bronze lions (pictured below) and four bronze tripods were cast during the Ming Dynasty. During the Ming Dynasty, the emperor was here to receive court officials, issue edicts and deal with political affairs.



Figure 2.17: Bronze Lions

Source: www.baidu.com

b) Three Halls of The Forbidden City

Inside the Taihe Gate, in an open courtyard of over 30,000 square meters, is the center of the outer court: the Hall of Taihe, the Hall of Zhonghe and the Hall of Baohe, collectively known as the Three Great Halls. These 3 halls are the main buildings in the Palace, they are different in height and shape, roof forms are also different, appear rich and diverse and not dull.

The Taihe Hall, the Zhonghe Hall and the Baohe Hall are all built on 8-metre-high I-beam abutments made of Chinese white jade, with Taihe in front, Zhonghe in the middle and Baohe in the back. From a distance, it looks like a mythical palace. The three tiers of the pedestal overlap, with the edges of each tier decorated with carved Chinese white jade balustrades, pillars and dragon heads, and three tiers of stone steps in the middle carved with coiled dragons, waves and flowing clouds. On the 25,000 square meter platform there are 1,415 carved balustrades, 1,460 pillars with dragons and phoenixes, and 1,138 dragon heads. Decorated with such an abundance of Chinese white jade, with overlapping and undulating shapes, this is a decorative art with a unique style in ancient Chinese architecture. This decoration, in turn, functions structurally as a drainage pipe for the platform. Small holes are also carved out of the taps that protrude under the platform. In the rainy season water flows from the tap and

a thousand dragons spray water in a spectacular manner. This is a scientific and artistic design.

b.1) Taihe Hall



Figure 2.18: Taihe Hall

Source: www.baidu.com

The Taihe Hall, commonly known as the 'Golden Palace', is 35.05 meters high, 63 meters east to west and 35 meters north to south, with an area of about 2,380 square meters. The area is the largest of the Forbidden City halls, and the shape is also the highest specification, the most opulent buildings.

Taihe Hall is a four-slope hall, with a long ridge from east to west and two diagonal hanging ridges at the front and back, thus forming a five-ridged, four-slope roof. The eaves have 10 beasts in the corners, a special feature of ancient Chinese architecture. From about the Ming Dynasty in the 14th century, this form of architecture was the highest ranking form of palace in the feudal dynasty.

The Taihe Hall has 72 pillars with a diameter of 1 meter, six of which surround the imperial throne with drained gold lacquered coiled dragon pillars. The hall has leaching powder gold lacquer wooden pillars and exquisite coiled dragon algae well, the middle of the hall is a symbol of feudal imperial power-gold lacquer carved dragon throne, located in the hall on a 2-metre high platform, resting on the gold lacquer carved dragon throne, the imperial throne in front of the beautiful shape of the crane, furnace, tripod, behind the carved dragon screen.(As shown in the picture below)



Figure 2.19: Taihe Hall

Source: www.baidu.com

The Taihe Hall is the largest wooden structure in the Forbidden City and the largest wooden hall in China. The entire hall is decorated in gilded splendor and solemn splendor. The Taihe Hall was the place where the Emperor held major ceremonies. It is where the Emperor's accession, birthday, wedding and New Year's Day were celebrated.

b.2) Zhonghe Hall



Figure 2.20: Zhonghe Hall

Source: www.baidu.com

The Zhonghe Hall is the place where the Emperor takes a short break and practices his rituals before going to hold a ceremony. The Emperor stayed here for a short while before going to Taihe Hall to receive the salute from the cabinet ministers and officials of the Ministry of Rites, and then went into Taihe Hall for the ceremony. In addition, the emperor sacrificed to heaven and earth and the temple before, but also here to review the content of the sacrificial text.

b.3) Baohe Hall



Figure 2.21: Baohe Hall

Source: www.baidu.com

The Baohe Hall, behind the Zhonghe Hall. The Baohe Hall is 27 meters high and has a floor area of 580 square meters. The Baohe Hall was the venue for the Emperor's annual New Year's Eve banquet for foreign princes. The Baohe Hall was also the place where the imperial examinations were held.

c) Hall of Mental Cultivation



Figure 2.22: Hall of Mental Cultivation

Source: www.baidu.com

The Hall of Mental Cultivation, west of the Qianqing Palace at the inner court, was built in the Ming Dynasty. The Hall of Mental Cultivation is a group of separate courtyards surrounded by red walls, measuring about 94.8 meters in length from north to south and 81.3 meters in width from east to west, covering an area of about 7,707 square meters.

There are 18 buildings within the Hall of Mental Cultivation, with a total construction area of about 3,887 square meters. The Hall of Mental Cultivation was the actual residence of the emperor in the mid to late Qing Dynasty.

Although it was primarily a place of government for the emperor, the Hall of Mental Cultivation was responsible for many functions at the same time, and could be described as a composite space for office, living, meetings and banquets. Its southernmost side was the Treasury, a storage space, and the northern side of the Treasury was the Imperial Dining Room, which provided food and drink for the Hall. The main hall on the north side has a variety of functions such as office, living and touring. In contrast to the Qianqing Palace and other palaces with a single function, the Hall of Mental Cultivation had a variety of functions derived from the emperor's living needs, and the emperor was able to fulfil his various needs here

As the actual residence of the emperor in the mid- to late-Qing period, the Hall of Mental Cultivation is of great value, from its architectural essence to the scientific, artistic and cultural information it contains. There are probably three reasons for this: firstly, the building itself contains a wealth of information on a wide range of levels. Secondly, the building and its internal artefacts reflect the highest level of the time, reflecting the highest level of technology and art of the time. The third is that the Hall of Mental Cultivation was a space of imperial activity, a de facto 'power space' for the empire, reflecting the habits and rituals of the emperor's life and the direction of the whole empire. (Anna,2021)

d) Inner Court

The back half of the Forbidden City building is called the Inner Court, which is centered on the Qianqing Palace, the Jiaotai Palace and the Kunning Palace, with six palaces to the east and west, where the emperor conducted his daily affairs and where he and his concubines lived.

d.1) Qianqing Palace



Figure 2.23: Qianqing Palace

Source: www.baidu.com

The Qianqing Palace is at the forefront of the inner court of the Forbidden City. The Qianqing Palace is the main hall of the inner court and is 20 meters high. In the center of the palace is a throne with a plaque reading 'The Great Light of Justice'. There are warm pavilions at either end. The Qianqing Palace was the bedchamber of the feudal emperor. It was the place where the emperor lived and dealt with government affairs before the Kangxi period. After the Qing Yongzheng Emperor moved to the Yangxin Hall, but still here to read reports, select officials and summon ministers.

d.2) Kunming Palace



Figure 2.24: Kunming Palace

Source: www.baidu.com

The Kunming Palace is at the end of the 'inner court'. Kunming Palace was the Empress's bedchamber, with warming pavilions at both ends. In the Qing dynasty, it was converted into a place of worship for the gods. One of the East Nunnery for the emperor's wedding chamber, there were three emperors, had their weddings here.

d.3) Jiaotai Palace



Figure 2.25: Jiaotai Palace

Source: www.baidu.com

The Jiaotai Palace is located between the Qianqing Palace and the Kunning Palace, and has the meaning of "the union of heaven and earth, peace and happiness". It was built in the Ming Dynasty. In the Ming and Qing dynasties, the hall was the place where the birthday celebrations of the Queen were held.

e) Watch and Clock Exhibition



Figure 2.26: Watch and Clock Exhibition

Source: www.baidu.com

The Forbidden City has a Clock and Watch Gallery, which exhibits throughout the year a collection of Chinese and foreign chime clocks from the Ming and Qing dynasties.

In 2022, there will be a new exhibition of clocks and watches, entitled 'The Forbidden City and Summer Palace Collection of Chimes'. Unlike traditional Chinese bells that sound long and distant, the sound of a chime clock is more like an eight-tone box with a mechanical touch, crisp and pleasant to the ear.

The exhibition is located on the east side of the Qianqing Palace, so you can go and see it on your own after our tour of the Palace.

f) Imperial Garden



Figure 2.27: Imperial Garden

Source: www.baidu.com

To the north of the Kunning Palace is the Imperial Garden. The imperial garden contains towering pines and cypresses, precious flowers and trees, rocks and pavilions. Formerly known as the Queen's Garden of the Palace, the Imperial Garden covers an area of over 11,000 square meters and has more than 20 buildings. The architecture of the gardens follows a pattern of primary and secondary complementarity and symmetry, with a compact, classical and rich layout.

In the north-east of the imperial garden is the Duixiu Hill, which is made of Taihu stone. On the hill are built the Imperial Pavilion, two pavilions called Wanchun Pavilion and Qianqiu Pavilion, which are arguably the most magnificent of all the ancient pavilions preserved to date.

At this point, our tour of the Forbidden City ends and you will have half an hour to rest and choose your favorite gift from the gift area in the Imperial Garden, or take a break in the Imperial Garden on your own.

2.2. LUNCH TIME

2.2.1. ROAST DUCK



Figure 2.28: Beijing Roast Duck

Source: www.baidu.com

It is lunchtime and we'll be taking you to try Beijing's famous roast duck. Before lunch, I will introduce you to the history and story of roast duck.

Roast duck is a world-renowned Beijing dish that originated in China during the Northern and Southern Dynasties, when it was already a famous dish at court.

“In the 1980s, many foreigners came to China with four wishes: one was to climb the Great Wall, two was to visit the Forbidden City, three was to meet Qian Zhongshu,

and four was to "eat Peking duck". (Lei Han,2020)

There are many different kinds of snacks in Beijing, but not many of them are "hard dishes". If we have to rank them, there is no doubt that roast duck is the first. The nostalgia of Beijingers will never be complete without such a duck, and who doesn't eat roast duck several times a year, even if you are a tourist?. Even if you are a tourist, if you go to Beijing without having eaten a roast duck, I am afraid you will be ashamed to say that you have been to Beijing. (Lei Han,2020)

The Peking duck has become a worthy representative of Beijing cuisine, but it is not actually a local food of Beijing origin. One of the most widespread stories is that it started out as a Nanjing dish called "Jinling sliced duck". When an emperor of the Ming Dynasty moved the capital to Beijing, he brought the dish with him.

Although Beijing went through two dynasties, roast duck was always a favorite dish at the court. Later, with the fall of the Qing Dynasty and the end of feudalism in China, roast duck went from the imperial palace to every household and became the famous "Peking Duck".

There are two main ways to cook Peking duck: "Stewed Roast" and "Hanging Roast". The representative of the "Stewed Roast" is the "Bian Yifang", which was founded in the Ming Dynasty, and has a history of 600 years. The "Hanging Roast" came later, around the middle of the Qing Dynasty, and the most famous of this genre is "Quanjude".

The "Stewing Furnace" is a floor oven, built of brick and clay, about one meter square in size, and is characterized by the fact that the duck is not roasted in the open fire, but by the charcoal fire inside the oven and the hot walls of the stewing furnace. Because of the blind fire, it requires a high level of skill and the chef must be able to control the temperature of the oven. If the temperature is too high, the duck will be burnt, and if not, it will be undercooked. This method produces a duck with a crispy skin, white and tender meat and a delicious flavor. This method of roasting is shown in the picture below.



Figure 2.29: Stewed Roast

Source: www.baidu.com

Hanging oven roast duck is fueled by fruitwood such as jujube and pear wood, with an open fire. The fruitwood is smokeless, the bottom fire is strong and the burning time is long. The roasted duck is oily and full, jujube red in color, with crispy skin, charred on the outside and tender on the inside, and with a fresh smell of fruitwood. Instead of opening the duck, the chef just makes a small hole in the duck and

removes the internal organs, then fills the duck's stomach with a variety of seasoned water, seals the hole and hangs it over the fire to roast. This method does not allow the duck to lose water due to being roasted, but also allows the skin to swell and not be softened, resulting in a thin and crispy skin, making it the best part of the duck. This method of roasting is shown in the picture below.



Figure 2.30: Hanging Roast

Source: www.baidu.com

The duck we are tasting today is Hanging Oven Roast Duck.

Roast duck is one of Beijing's most famous dishes, and as time goes on, there are more and more ways to eat it. The most elaborate of these is the "slicing" of the duck. Strictly speaking, a roast duck must be sliced in 108 pieces in order for the knife skills to be perfected. Nowadays, the duck slicers at famous roast duck restaurants are required to slice more than 90 pieces of duck, no less than 450g. There are generally three ways to slice a duck, the traditional way is to slice the duck without separating the skin from the flesh, and each slice should be sliced with the flesh attached, including two kinds of slices, the willow blade and the fish scale slice. The third method, which has only been introduced in recent years, is to separate the flesh from the skin. At present, most of the major roast duck restaurants in Beijing will slice the duck in front of the diners.

Once the duck is sliced and served, the most traditional way to eat it is with shredded spring onions, cucumber strips and sweet sauce, "rolled" in lotus leaf cakes, or "sandwiched" in small roast cakes. This way of eating can neutralize the greasiness of the roast duck to the greatest extent and express the freshness of its flavor. As shown in the picture.



Figure 2.31: Beijing Roast Duck

Source: www.baidu.com

There is a very interesting story about Peking duck, which President Nixon tasted at a state dinner party when he visited China in 1972. The President and his entourage were full of praise for this Oriental delicacy. Politicians believe that Nixon's visit to China changed the world landscape at the time and, according to the American press, his trip to China was free advertising for Peking duck and at the same time changed the status of Peking duck worldwide, allowing it to 'fly' from China to the world.

You have the next hour and a half to savor this delicacy, so enjoy your lunchtime.

CHAPTER 3

EVENING SHIFT GUIDED TOUR: GASTRONOMY AND ARCHITECTURE

3.1. EVENING SHIFT

3.1.1. PRINCE KUNG'S MANSION



Figure 3.1: Prince Kung's Mansion

Source: www.baidu.com

"The best preserved and most typical Qing dynasty royal residence in Beijing today is the Prince Kung's Mansion. Its existence not only allows people today to get a glimpse of this special architectural complex of royal residences, but it is also historically and culturally important as a residence that witnessed the rise and fall of the Qing Dynasty and experienced the lives of princes and nobles." (Shantao Shi, 2015)

The Prince Kung's Mansion, located in the west of Beijing, covers an area of 6.112 hectares.

It was built by order of Heshen, a university scholar, in 1780 and given to Prince Kung in 1851, hence the name of the residence.

It was the largest royal residence complex of the Qing Dynasty, and it has endured the history of the Qing Dynasty from its heyday to its demise, carrying a wealth of historical and cultural information, hence the saying "a single residence of Prince Kung's Mansion is half of the history of the Qing Dynasty".

Here you have two hours to explore the area and I will first introduce you to the two main attractions.

a) Yin'an Hall



Figure 3.2: Yin'an Hall

Source: www.baidu.com

The Hall of Yin'an is commonly known as the Hall of Yinluang, the most important building of Prince Kung's Mansion. In the early 20th century, due to an accidental fire, the main hall, together with the east and west halls, was burnt down, and the courtyard of the Hall of Yin'an is now being rebuilt.

The Yin'an Hall has supporting buildings to the east and west, each nine rooms wide and covered with grey tiles. Other royal residences were at most seven rooms wide, and there were more single-story buildings with five rooms wide. The county king has a five-room annex.

b) Jiale Hall



Figure 3.3: Jiale Hall

Source: www.baidu.com

A building of the Heshen period. It has a plaque with the title 'Jia Le Tang'. The plaque is suspected to have been given to Heshen by the Qianlong emperor, but the plaque is unsigned and unmarked, so there is no way to confirm this, but Heshen kept a collection of poems from Jiale Hall, suggesting that it was the name of Heshen's room. During the reign of Prince Kung, Jiale Hall was mainly used as a place of worship for the royal family, containing tablets of ancestors and gods, and was dominated by shamanistic rituals.

3.1.2. SOUTH LUOGU LANE



Figure 3.4: South Luogu Lane

Source: www.baidu.com

There are many hutongs in Beijing, large and small, which not only serve as the city's special streets and lanes, but are also a part of the daily life of the people and are steeped in history and culture.

Some of these hutongs have been transformed into commercial streets with local characteristics in response to urban planning and development, the most famous of which is South Luogu Lane .

"When you mention South Luogu Lane , the first thing that strikes you is that it's just a business card with character, but for those who haven't been here before it's a strong attraction, like two magnets meeting, and you must go and see this epitome of a hutong with the characteristics of old Beijing. In fact this hutong has both traditional hutong scenery and brand new streets with historical and cultural aspects after renovation, a lot of main streets with a modern atmosphere and small hutongs that imply a different flavor." (Lidong Zhao, 2020)

South Luogu Lane is a hutong, 8 meters wide and 787 meters long, built during the Yuan Dynasty. It is one of the oldest neighborhoods in Beijing, with a history of over 740 years. It is also one of the 25 planned old city conservation areas. It is named Luo Guo Alley because it is high in the middle and low in the north and south, like a hunchbacked man. In the Qing Dynasty, in 1750, the "Full Map of the Capital" was drawn up and renamed South Luogu Lane.

It is one of the oldest neighborhoods in Beijing, and is the largest, highest-ranking and richest area of traditional residential houses of the chessboard style, with the texture of the Yuan dynasty hutong courtyards preserved intact, as well as the richest street of old Beijing. The surrounding hutongs contain a wide variety of mansions and houses of various shapes and sizes.

South Luogu Lane and its surroundings were once the center of the city during the Yuan Dynasty, and during the Ming and Qing Dynasties it was a place of great wealth and prestige, with streets and alleys filled with dignitaries and numerous royal residences, until the Qing dynasty fell and South Luogu Lane's prosperity slowly fell away.

South Luogu Lane runs north-south, with eight hutongs neatly arranged from east to west in a "fish bone" shape, continuing the "chessboard" pattern that has been in place since ancient times, and the whole area is like a large centipede, hence the

name Centipede Street. It is said that in the past there were two ancient wells at the northernmost part of South Luogu Lane, which happened to be the two eyes of this centipede. This overall texture of the hutongs and courtyards is the embodiment of the Yuan Dynasty's chessboard-style urban architectural pattern. Next, you will have an hour to explore the site on your own, where you can sample a variety of snacks and pick up local souvenirs in the shops.

3.1.3. TRADITIONAL BEIJING SNACKS

Snack is a general term for a type of food that has a specific style of taste. It is an essential feature of a region, and a major object of nostalgia for those who have left home. All over the world there is a wide variety of snacks, which vary according to local customs, with distinctive features and unique flavors. In modern times, snacks are not usually eaten to satisfy the appetite, but rather to learn about local customs and eating habits.

Beijing's snacks have a long history and a wide variety of ingredients, each of which has a unique flavor. South Luogu Lane is an important commercial street in Beijing, with countless snack shops located on the street, so you can enjoy a snack while you explore. Before the tour I will introduce you to a few of the snack specialities and their historical stories.

a) Soybean Cake



Figure 3.5: Soybean Cake

Source: www.baidu.com

Soybean Cake is one of the traditional snacks of old Beijing, with a distinctive yellow, white and red color. It is named "Donkey Roll" because the soybean noodles sprinkled on the final product resemble the yellow soil raised by the wild donkeys rolling around in the old Beijing countryside. The ingredients used in the making of Soybean Cake include rice flour, soybean flour, sugar, sesame oil, cinnamon, green and red silk and melon seeds. The outer layer of the Soybean Cake is covered with bean noodles and is golden in color. The bean fragrance and sweetness of the filling makes it soft in the mouth and gives it a unique flavor.

b) Pea Cake



Figure 3.6: Pea Cake

Source: www.baidu.com

Pea Cake, also known as pea yellowing, is a traditional Beijing snack and a seasonal delicacy in Beijing in spring. The peas are usually grated, peeled, washed, boiled, fried in sugar, condensed and cut into pieces. The finished product is light yellow in appearance and has a sweet, refreshing taste.

The peas were originally a folk snack, usually made with small dates, and were commonly known as brown peas, which were sold at temple fairs and other occasions on a wheelbarrow covered with a wet blue cloth. It was later introduced to the palace and improved by the Qing Palace's Imperial Kitchen, commonly known as fine pea yolk, and was known as a palace snack, along with kidney bean cake.

c) Steamed rice cakes with sweet stuffing



Figure 3.7: Steamed rice cakes with sweet stuffing

Source: www.baidu.com

Ai Wo Wo is a long-established Beijing snack that is popular with the public.

The main ingredients used in its preparation include an outer crust made of glutinous rice flour and flour. The filling inside is varied and includes nutritious natural ingredients such as walnuts, sesame seeds, melon seeds and mashed yam, which are sticky and soft, sweet in taste and white in color, often decorated with red hawthorn cake for a beautiful and festive look. It is often decorated with red hawthorn pudding, which is beautiful and festive. It is called "Ai Wo Wo" because of the thin powdered grits on the outside of the skin and the concave shape on top.

There is a legend that it is of Uyghur origin. In 1758, when the Qing government was putting down a rebellion, the Ipalhan family was called to the capital with their

family after they had been instrumental in putting down the rebellion. Iparghan was summoned to the palace at the age of 26. She was named Princess Rong. Not only was she beautiful, but she naturally exuded a fragrant fragrance and was much favored by the Qianlong Emperor, hence her name, Consort Fragrance. She was a Uyghur Muslim and in order to make her happy, the Qianlong Emperor respected her habits so much that he had a Uyghur cook named Nuyimat in the palace to cook halal meals for her.

d) Caramel treats



Figure 3.8: Caramel treats

Source: www.baidu.com

Caramel treats is the translation of the Manchu word ⁺之+甜+之 (sacima). It is a Manchu specialty sweet pastry. It is made by frying the noodles and then mixing them with sugar before serving them in small pieces. Caramel treats has a beige color, a fluffy texture, a sweet taste and a rich cinnamon and honey flavor. Caramel treats originated as a sacrifice outside of the Qing Dynasty. It became popular in Beijing after the Manchus entered the country and became one of the Beijing-style seasonal pastries, an important snack at the time. Local residents even used Caramel treats as one of the tributes for the Mid-Autumn Festival.

e) Fried ginger slices



Figure 3.9: Fried ginger slices

Source: www.baidu.com

It is not only a traditional Beijing snack, but also a variety of Beijing tea cuisine. The tea dish is a ceremonial food of the Manchu and Hui ethnic groups. When the Manchus set up a banquet, they used to use tea and tea food first, then cold meat, hot

dishes, sweets, soups, etc., and must serve them in order. Hui people do not drink alcohol, but for the sake of etiquette, more tea instead of alcohol, and therefore tea dishes are essential.

3.1.4. TEMPLE OF HEAVEN



Figure 3.10: Temple of Heaven

Source: www.baidu.com

According to historical records, the formal worship of heaven and earth dates back to the Xia Dynasty in the second millennium B.C., when the slave society was still in place. The ancient Chinese emperors, who called themselves the "Son of Heaven", held heaven and earth in high esteem. The Temple of Heaven was built in 1420 as a place for the Ming and Qing emperors to worship the heaven and to celebrate the bountiful harvest of the five grains.

The main buildings of the Temple of Heaven are the Hall of Prayer for Good Harvests, the Imperial Vault of Heaven and the Circular Mound Altar. The walls of the Temple of Heaven are square in the south and circular in the north, symbolizing the circle of heaven and square of earth. The Circular Mound Altar is in the south and the Qigu altar in the north, both on the same north-south axis with a wall separating them.

You will have an hour to explore the area, first I will introduce you to some of the main attractions and then you can visit on your own.

a) Hall of Prayer for Good Harvests

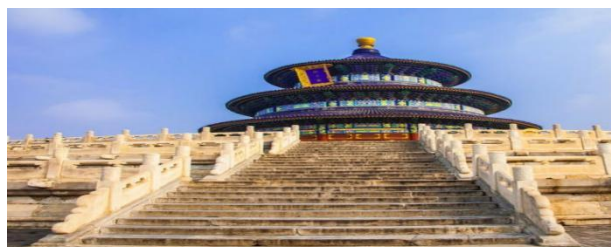


Figure 3.11: Hall of Prayer for Good Harvests

Source: www.baidu.com

The Hall of Prayer for Good Harvests is supported by 28 large golden pillars arranged in a circular pattern, the four 'dragon well pillars' in the middle, 19.2 meters high and 1.2 meters in diameter, support the upper eaves; the 12 golden pillars in the middle

support the second eaves. The outer 12 pillars support the third eave. The four 'dragon well pillars' in the middle of the hall symbolise the four seasons of the year: spring, summer, autumn and winter; the twelve large pillars in the middle layer, slightly thinner than the dragon well pillars, are called golden pillars and symbolize the 12 months of the year; the twelve pillars in the outer layer are called eaves pillars and symbolize the 12 hours of the day. There are 24 pillars on the middle and outer levels, symbolizing the 24 solar terms.

b) Imperial Vault of Heaven



Figure 3.12: Imperial Vault of Heaven

Source: www.baidu.com

The Imperial Vault of Heaven is a place for the worship of the gods at the Circular Mound Altar, and there is a very interesting architectural structure in this building: the first three stone slabs in front of the Royal Dome of the Rock, counting from the north, are the "Three Sound Stones".

When standing on the first slab and striking the palm, only one echo can be heard; when standing on the second slab and striking the palm, two echoes can be heard; when standing on the third slab and striking the palm, three echoes can be heard in succession. This is why the three slabs are called the Three Sound Stones, and some people refer to the third slab as the "Three Sound Stone".

c) Circular Mound Altar



Figure 3.13: Circular Mound Altar

Source: www.baidu.com

The Circular Mound Altar is the place where the winter solstice ceremony is held. Circular Mound Altar was a three-tiered blue glazed circular altar during the Ming Dynasty, but was expanded in 1749 and changed from blue glazing to an eye-green

stone table top with Chinese white jade pillars and columns. The shape of the Circular Mound Altar is circular, symbolizing the heavens. The three-tier altar system is 5.17 meters high, the lower tier 54.92 meters in diameter and the upper tier 23.65 meters in diameter, with nine steps on each of the four sides of each tier. In the center of the upper level is a round stone, with nine circles of stones on the outside and inside, with the balustrade and pillars also using nine or multiples of nine to symbolize the number 'heaven'.

d) The Altar of Prayer for Grain



Figure 3.14: The Altar of Prayer for Grain

Source: www.baidu.com

The Altar of Prayer for Grain was built in the 18th year of the Ming Dynasty (1420). In front of the altar there is a wide, high and straight road, built with city bricks and stones, more than 3 meters above the ground, known as the sacred road, also known as the Dan Hsiang Bridge. In the middle of the sacred road, there is a rectangular platform projecting to the east, which is called the Suit Terrace, with carved stone railings on three sides, where the emperor washed and changed his clothes during the ritual. Every year, when the prayer ceremony is held in the Altar of Prayer for Grain, a movable house is first built on this platform. The emperor went to the Altar of Prayer for Grain from the Zhai Palace to perform his rituals, first changing his dress in this house. When the Ming emperor arrived here, he had to take off his shoes and then go to the Altar of Prayer for Grain. This was a sign of cleanliness, not to bring dust to the altar of the gods.

3.2. DINNER TIME

3.2.1. IMMERSIVE TRADITIONAL FOOD EXPERIENCE



Figure 3.15: Immersive Traditional Food Experience

Source: www.baidu.com

As China's tourism industry continues to grow and tourists' expectations of Beijing tourism increase, a number of new tourism industries have gradually arisen. These industries have been combined with traditional Chinese culture and local ethnic characteristics to create highly distinctive dining and entertainment venues."In China's urban economic development, due to the high correlation and significant integration benefits of the three major industries of commerce, tourism and culture, the integration model, which combines a thriving commercial area, a tourist destination and a cultural showcase, is in full swing across the country, with four basic forms of integrated commercial, tourism and cultural complexes, distinctive towns, historical and cultural districts and shopping districts being formed " (Xudong He, 2021).

In Beijing, there is such an emerging form of dining: Immersive Traditional Food Experience. As Beijing was the political and cultural center of two Chinese dynasties, has the most famous Forbidden City and has a vast and sophisticated Chinese food culture, many visitors are interested in the imperial court banquets.

In order to give visitors an in-depth experience of the palace cuisine, one such restaurant has been opened in the center of Beijing. Visitors can dress in the traditional costumes of the various Chinese dynasties provided for them by the restaurant and enjoy the food while watching the court singing and dancing. This format gives visitors the illusion of travelling back in time.

CONCLUSION

The main objective of this project is to research and develop a day trip itinerary to the center of Beijing. On the one hand, this guidebook can be offered to travel agencies without short trips to Beijing, and on the other hand, it can be used as a personal travel guide.

By creating the itinerary, I found that a day in Beijing, although short, is enough to allow tourists with little time to see both the monumental architecture of the city and to taste the local specialities.

In this work, I have used mainly qualitative methods to get the basic information needed for the guidebook, which I obtained by looking through books, searching the web and consulting friends around me.

Although I did use surveys on various social media platforms to obtain information on the preferences of different foreign visitors to Beijing, I did not use a quantitative approach and did not publish questionnaires on social media platforms to obtain more extensive and detailed information. For further research, I would recommend to use quantitative data as an improvement for this area.

For future use, the guide could also be translated into other languages (e.g. Chinese and Spanish, the world's first and second most spoken languages) for foreign visitors who are not fluent in English. Also more innovative things should be added to the guidebook, such as stories about each of the monuments and the different Emperors of the Ming and Qing Dynasties of China.

The work of the guide I propose in this work can be used as basic description and can be fixed in other different ways depending on the requirements of the tourist.

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APPENDIX
