

01.08.17 星期二/Tue 2pm-4pm Fees: \$80 潘秀霞老师 Anna Phua	<u>失传马来经典面</u> 梭多亚艳汤面 印尼梭多马都拉配饭 榜鹅香蕉叶海鲜马来炒面	<u>Lost Artistic- Malay Classic Noodles</u> Mee Soto Ayam Soto Matura with Rice Banana Leaf Seafood Fried Mee Goreng
08.08.17 星期二/Tue 2pm-4pm Offer: \$195 潘秀霞老师 Anna Phua	<u>商业古早味卤面全套</u> <ul style="list-style-type: none">• 卤面汁• 卤肉• 酥炸沙鱼球,炸虾球• 五香卷• 辣椒酱• 秘制脆浆粉调法	<u>Commercial Traditional Lor Mee Set Menu</u> <ul style="list-style-type: none">• Lor Mee Soup• Stew Pork• Fried Fish, Fried Prawns Fitters• Five Spice Roll• Chilli Sauce• Secret Batter Premix Method
16.08.17 星期三/Wed 2pm-4pm Or 7pm-9pm 学费:\$80 特价: \$38 潘秀霞老师 Anna Phua	<u>9天瘦 3kg 饮食法</u> 每天运动 15 分钟-世界上最轻松的运动 (一边看电视一边做) 想瘦哪里就瘦哪里 (1) 早上第一杯清肠平坦小腹蔬果汁 (2) 午餐: 综合菇养麦面沙拉 (3) 晚餐: 蔬果南瓜汤	<u>9 Day Minus 3kg Diet</u> (Exercise 15 minutes a day – The World's Easiest Exercise to do while watching TV) (1) Colon Cleansing Breakfast Smoothie (2) Lunch: Mushroom Buckwheat Salad (3) Dinner: Fruit and Vegetable Pumpkin Soup
24.08.17 星期四/Thur 2pm-4pm Or 7pm-9pm 学费:\$80 潘秀霞老师 Anna Phua	<u>日本最新气泡酵素水</u> <u>(酵素功能: 加快新陈代谢, 抗氧化)</u> 三种酵素减重法 综合果酵素 黄梨酵素 乌梅山楂酵素 (消脂, 减重)	<u>Japan's latest brewing enzymes</u> <u>(Enzyme Function: Speed up metabolism and prevent oxidation)</u> Three kinds of enzymes weight loss method Assorted fruit enzymes Pineapple Enzyme Ebony Hawthorn enzymes (Eliminate fat, reduce weight)

Atrix Blg (opp Aljunied MRT)

82 Lorong 23 Geylang #01-03 Singapore 388409 tel: **6747 0069 or 6294 3588 or 90605747**

Email: coyaku@yahoo.com.sg 欢迎登陆我们的网站: www.annascookingarts.com.sg

28.08.17 星期一/Mon 2pm-4pm Fees : \$18 彬师傅 Chef Ben	<u>彬师傅拿手好菜</u> 烧汁排骨 香菇鸡饭 海米丝瓜 娘惹辣椒酱 椰奶十谷米	<u>Special Dishes by Chef Ben</u> Pork Ribs with Sauce Mushroom Chicken Rice Dried Shrimps Towel Gourd Nonya Chilli Paste Coconut Milk Grain Rice
31.08.17 星期四/Thur 2pm-4pm 学费:\$80 潘秀霞老师 Anna Phua	<u>商业香港商业养生甜品</u> (抗老化, 让您皮肤有光泽, 亮丽) <ul style="list-style-type: none"> • 杏仁糊 • 合桃糊 • 花生糊 • 芝麻糊 	<u>Business Popular H.K Healthy Dessert</u> (Anti-Aging & Skin-Brightening) <ul style="list-style-type: none"> • Almond Paste • Walnut Paste • Peanut Paste • Black Sesame Paste

***上课地址 : Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang
#01-03 Singapore 388409***

报名热线 : 67470069 / 62943588 / 90605747

Open hours: Mon~Fri 10.30am~7pm Sat 10.30am~5pm

1 天体内肝胆排毒法 (传统式/快速方法)

——养生达人潘秀霞 & 肝胆排毒自然疗法师陈思维老师

免费上课
名额仅限 30 位

先到先得
报名从速!

肝胆排毒是自然疗法，只用食疗和天然矿物质来排毒素和胆石。这会对肝、胆、胰、肾和肠有很大的益处。

舒缓慢性疾病：

- 1) 胆结石
- 2) 高胆固醇
- 3) 湿疹、皮肤过敏
- 4) 癌症
- 5) 脂肪肝
- 6) 便秘
- 7) 水肿

预防胜于治疗：

- 1) 全面排毒
- 2) 体重控制，2 周内让小腹平坦
- 3) 抗老化

示范：

超级保肝蔬果汁
10 天清肝排毒水

日期：12/8/17 星期六 (已满) 2/9/17 星期六

时间：下午 2 点-4 点

地点：Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03
Singapore 388409

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82 Lorong 23 Geylang #01-03 Singapore 388409 tel: **6747 0069 or 6294 3588 or 90605747**

Email: coyaku@yahoo.com.sg 欢迎登陆我们的网站: www.annascookingarts.com.sg

Easy 1-day Liver Gallbladder detox (Traditional vs Fast Method)

—Health Coach, Author, Cooking Celebrity Anna Phua
& Natural Liver Gallbladder Detox Consultant Mark Chan



Liver detoxification is a natural therapy which uses diet and natural minerals to discharge toxins and gallstones. The detox will enable the liver, gallbladder, pancreas, kidney and intestine have great healthy benefits.

Relieve chronic diseases:

- 1) Gallstone
- 2) High Cholesterol
- 3) Eczema, Skin Allergies
- 4) Cancer
- 5) Fatty Liver
- 6) Constipation
- 7) Edema

Prevention is better than cure:

- 1) Detox Process
- 2) Weight Control, Flatten Stomach within 2 weeks
- 3) Anti-aging

Juices demo by Teacher Ms Anna Phua

Super Liver Protection
10 Days Liver Cleansing Detox

Date : **12/8/17 Sat (Full) 2/9/17 Sat**

Time : **2pm-4pm**

Address : ***Atrix Blg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03 Singapore 388409***

Flora Sante' August Time Table

<p>11.08.17 星期五/Fri 2pm-4pm</p> <p>Fees : \$80 特价 : \$48</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>早、午、晚排毒餐（新）</u></p> <p>早餐：养颜排毒蔬果汁 午餐：韩式药膳绿豆鸡粥 晚餐：彩虹豆豆沙拉配味增酥梨沙拉</p>	<p><u>Breakfast, Lunch &Dinner Detox Meal (New)</u></p> <p>Breakfast: Beauty Detox Vegetable Fruit Juice Lunch: Korean Medicine Diet Green Bean Chicken Porridge Dinner: Rainbow Bean Salad with Miso Pear Salad</p>
<p>22.08.17 星期二/Tue 2pm-4pm</p> <p>Fees : \$80 特价 : \$48</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>越吃越年轻（ I ）（加强肠胃的五大功能）（新）</u></p> <p>什么食材能暖胃，帮助消化？ 如何选择好油？ 预防便秘，消除体内废物 健胃整肠，预防肥胖</p> <p>日式养生餐： 蒜味梅汁拌高酵素 番茄稀饭 红烧韭菜带鱼 萝卜金桔和风沙拉</p> <p><u>PS:</u> 如果参加（ I ）&（ II ）两堂讲座+食疗讲解+烹饪示范， 原价：\$160，特价：\$88</p>	<p><u>Eat More and Be Younger（ I ）(The five functions of strengthening the stomach) (New)</u></p> <p>What foods can warm up stomach, help digestion? How to choose a good oil? The prevention of constipation, elimination of body wastes Strengthen stomach and intestines, prevent obesity</p> <p>Japanese health food: Garlic Plum Sauce High Enzyme Tomato Rice Porridge Braised Leek Hairtail Radish Kumquat Wafu Salad</p> <p><u>PS:</u> If you participate in（ I ）&（ II ）two lectures + diet instruction + cooking demo, Fees: \$160, offer: \$88</p>

Flora Sante' August Time Table

<p>29.08.17 星期二/Tue 2pm-4pm</p> <p>Fees : \$80 特价 : \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>越吃越年轻 (II) (促进新陈代谢, 预防老化) (新)</u></p> <p>气、血、水的循环不顺, 会导致体内运作失衡, 而这正是老化开始的第一步, 因此, 促进新陈代谢, 改善体内能量的循环, 是最首要的功夫</p> <p>◆怎样促进气、血、水的循环? ◆什么食物可以通气、补血、活血、调节水分?</p> <p>日本养生餐 : 肉桂煨南瓜 香菇栗子烧鸡 酸辣汤 三色椒沙拉</p>	<p><u>Eat More and Be Younger (II) (promote metabolism, prevent aging) (New)</u></p> <p>The circulation of Qi, blood, and water is not smooth, can lead to an imbalance in the body's functioning. This is the first step in the process of aging. Therefore, it is the most important step to promote metabolism and improve the energy cycle of the body</p> <p>◆How to promote the blood circulation, gas, water? ◆What foods can ventilate, strengthen blood circulation, regulate water?</p> <p>Japanese health food: Stewed Pumpkin with Cinnamon Mushroom Chestnuts Roasted Chicken Chilli Sour Soup Three Colour Pepper Salad</p>
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请预先报名, 每班限 30 人 !

上课地址 : Wisma Atria, 435 Orchard #16-03 Singapore 238877
(lift is on the main road, opp Lucky's Plaza)

报名热线 : 67470069 / 62943588 / 90605747 (10.30am~7pm)



6D Uniquely Taiwan

Special Departure : 20 Oct 2017 (By Singapore Airlines)

Tour Code: TWN6UN

Day	Breakfast	Lunch	Dinner	Hotel or similar
1		→	台中又见一炊烟 No Menu Cuisine	4* Taichung Reve Hotel
2	In Hotel	Alishan Aboriginal Specialty	Leisure Farm Specialty	LongYun Leisure Farm
3	In Hotel	膳声民间 Creative Taiwanese Cuisine	Fengjia Night Market (own expense)	4* Taiching Reve Hotel
4	Taichung Traditional Second Market (own expense)	Du Xiao Yue Authentic Taiwanese cuisine	Addiciton Aquatic Development 《煮海》 Seafood	5* Courtyard by Marriott
5	In Hotel	Organic Mushroom Steamboat	Luodong Night Market (own expense)	Lakeshore Hotel Suao (with personal hotspring facilities)
6	In Hotel	Own Expense	→	—

Day 1 : Singapore → Taoyuan International Airport – Taichung Caffina Coffee Gallery (own expense)

Caffina Coffee Gallery : Library-inspired café with an exquisite display of desserts and baked goods. Rich, aromatic single-serving coffees are prepared by siphon or hand-pouring, and Italian premium coffees and flavored teas are also available, in addition to an international selection of roasted coffee beans. The centerpiece of Caffina's impressive interior design is its spiral staircase, decorated with a "tree of life" and two gigantic clocks at the top and bottom.

Day 02 : Taichung/Alishan Fengqihu Old Street –Tsou Aboriginal Village – Longyun Leisure Farm “Forest Bath”, making of Aiyu jelly & Mochi

FenQiHu Old Street : The halfway point along the Alishan Railway. Alishan was one of four major logging areas in Taiwan from the early part of the last century up to about two decades ago. Some of those involved in the forestry industry stayed behind after the logging had stopped, and their descendants continue to pass on the area's railway history and culture to visitors. FenQiHu's old street features souvenirs of its forestry railway heyday including railway lunchboxes and "train cakes". The shops along this street also sell local products such as Alishan wasabi pepper and salt, high mountain tea and Hinoki Chopsticks. Do not miss out the famous railway lunchbox when visiting the old street. (Lunchbox at own expense)

Tsou Cultural Tribe Village : The Tsous were the first people to settle in Alishan and are dwindling in their numbers. With deft hands and honed skills, the Tsous recreated a small Tsou tribal village for tourists to explore the rich culture of the aboriginals through and participation.

Day 03 : Chiayi – Taichung / Miyako Ophthalmology+Taro Ball Dessert+Authentic Fried Vegetable fritters (own expense) – Wuri Brewery – Warehouse No 20 – FengJia Night Market (own expense)

Miyako Ophthalmology : was an ophthalmic hospital, which was opened in the Japanese style of the original Japanese military hospital during World War II. This historic building has thus been refurbished and reopened with the name of Miyahara Ophthalmology, selling ice-cream, sun cake, pineapple cakes, and other homemade products.

Wuri Brewery started brewing from 1968. The exhibition room shows the making process of beer and different beers around the world. It produced the renowned Golden Metal Taiwan Beer, which won several prizes in international competitions and also the famous pineapple, mango fruit flavoured beer widely loved by the ladies. Another thing you should never miss in visiting the brewery is to taste is the refreshing 18 -day Beer!

Warehouse No 20 : Originally used for transportation and shipment, In 1998 it was transformed into a place for culture and art exchange and creating a new landmark for art in Taichung. Warehouse No. 20 consists of exhibition area, theatres, cafes, and free space for artists to create.

Fengjia Night Market : The largest night market in Taichung, a great place for variety of novel interesting & creative snacks and trendiest clothes at reasonable prices such as sweet potato bites, stinky tofu, takoyaki, etc.

Day 04 : Taichung Traditional Second Market – Lavender Garden – Mitsui Premium Outlet Mall – Huashan Creative Park – Addiction Aquatic Development

Traditional Second Market : A great place for traditional Taiwanese breakfast (own expense)

Lavender Farm : Lavender Cottage was established by two young ladies. They have successfully built a romantic hideaway where visitors could enjoy their own private moments without much disturbance. A Lavender Cottage, a dreamy garden, completed with its own restaurants, shops, merchandises and accommodation.

Mitsui Premium Outlet Mall : is the biggest shopping Mall in the north of Taiwan. It consist of Japanese brands, gourmet restaurants and movie theater in this entertaining park. The outlet is divided into indoor and outdoor area which let vistors have a variety of choices.

Huashan Creative Park: Huashan 1914 now serves as Taipei's primary creative arts center and a hosting ground for Taiwan's most significant cultural activities. Huashan 1914 is not only the heart of Taiwan's creative pulse, but also a bridge to a unique architectural past. The park has some shops selling unique products like Taiwan national ornaments and young artists products. There are some pop up flash shop as well as special restaurants and cafes.

Day 5 : Taipei – Yilan / SansingSpring Onion Farm (Onion Pancake D.I.Y) – Wangshan Pumpkin Farm – LuoDong Night Market

Pumpkin Farm : Eating pumpkin is good for the heart. The fiber, potassium, and vitamin C content in pumpkin all support heart health. Consuming adequate potassium is almost as important as decreasing sodium intake for the treatment of hypertension. A variety of fruits & vegetable especially gourd plant of over 300 spieces can be found at here for every season. Special unique agricultural product such as pumpkin smoothie and milk, pumpkin coffee, pumpkin PIZZA that's worth to taste can be found there too.

Sansing Spring Onion Farm : Spring onions add great nutritive and taste value to a dish and can be used in different ways. Get to learn of Sansing Spring Onion and experience farmers planting spring onion fun activity over here and try DIY your own onion pancake.

Shangrila Leisure Farm : Stay overnight at leisure farm to have unforgettable Taiwanese Farm stay experience. At night, you can join some programme such as sky lantern activity, making Tangyuan and have fun spinning top.

SanFu Leisure Farm (Pomelo Jam DIY + Enjoy a cup of purple coffee) : Oct is the Pomelo season and SanFu grows their pomelo fruit. Pomelo has a wide range of health benefits for digestive system, hair, skin as well as heart. Enjoy a session hands on making your pomelo jam and yes ! You can bring home to enjoy with your friends and family. You can visit the beautiful viewing pond in the Purple House garden where you'll find clear springs, lots of green foliage, and fish and fowl (including parrots) all playing about freely. You can enjoy the beautiful sight of the Purple House Café and enjoy a cup of Purple Coffee, a signature drink of the farm.

Luodong Night Market : It is one of the biggest and most crowded night markets in Taiwan. Surrounded by shops, is the center of the local shopping shopping. Luodong night market selling a variety of traditional flavor of snacks, goods, cheap clothing stores, shoe stores, snack bars and so on.

Day 06 : Yilan – Taipei → Singapore

Breakfast in hotel. Free at own leisure till meeting time for your flight back to Singapore. We hope that you will have wonderful holiday with Hong Thai Travel!



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特别出发：10月20日
(新航)

团号：TWN6UN

天数	早餐	午餐	晚餐	酒店住宿或同级
1		→	台中又见一炊烟无菜单料理	4* 台中威汀城市酒店
2	酒店内	阿里山山地风味餐	休闲农场私家宴	龙云休闲农场
3	酒店内	膳声民间创意料理	逢甲夜市台中	4* 台中威汀城市酒店
4	台中第二市场自理	百年台南度小月担仔面	上引水产 《煮海》海鲜料理	5* 六福万怡酒店
5	酒店内	有机菇菇火锅	罗东夜市自理	烟波大饭店苏澳 (附有私人温泉设施)
6	酒店内	自理	→	-

第一天：新加坡 → 桃园机场 - 台中格调咖啡厅 CAFFAINA (自费)

【台中格调咖啡厅 CAFFAINA】赞为最有质感，气派及艺廊风格的咖啡厅。这咖啡厅的菜单与众不同，餐点的食物不含糊，且有自制甜点，二十三种贝果，面包餐点，让人目不暇给。当然，配搭甜点的饮料也不赖，咖啡奶浓密却顺口好喝，也有精品咖啡。

第二天：台中/ 阿里山奋起湖老街 - 优游吧斯邹族文化部落 - 龙云休闲农场“森林浴”，搓爱玉子，打麻吉

【奋起湖老街】阿里山森林铁道的中继站 也是台湾最高的百年老街。早期的阿里山蒸汽火车在此转换车头或休息等，如今已成为文物区。火车站下方还保留着一条百年历史约 500 公尺长的老街，街道的店面还便卖着一些传统蜜饯、野生爱玉、芥末椒盐粉，糕点，火车饼及桧木筷子几乎是现今市道非常少见的物品。阿里山的特产呛辣山葵，也是老街常见的农产品。铁路盒饭，为铁路车站或列车车厢内所贩售的盒饭，是许多旅客闻名前来奋起湖尝尝。

【优游吧斯邹族文化部落】-「阿里山邹族文化部落」秉持以邹族文化结构为核心价值，以丰富的文化特色与丰沛的接待热情，真诚感动每位来自各地的旅人，期待能带给每位参访者，以「深度旅游」方式认识邹族，并透过「参与」更了解邹族；更贴切地满足游客一探「高山青」这首歌的意境。

第三天：嘉义-台中/官原眼科+老芋仔芋圆+古早味炸蔬菜 (餐饮自费) - 乌日啤酒厂 - 20 号仓库 - 逢甲夜市 (自费)

【官原眼科】这并不是医院，而是二次大战中由日本人宫原武雄建立最规模的私人医院之一，因二次大战结束，日本人被逼返回，台湾政府就把眼科医院改为办公室，经过一番讨论后，才成为今天可享受有下午茶的“宫原眼科”。这里售卖冰淇淋，太阳饼，凤梨酥，且有自制产品。

【乌日啤酒厂】乌日啤酒厂从民国 57 年生产至今，从原料、水质、制程到成品，都经过严格的品质管制。生产的啤酒深受国人喜爱，研发了畅销的「金牌啤酒」及凤梨，芒果口味水果啤酒。厂里有啤酒文物馆，介绍啤酒历史及了解各国啤酒文化，啤酒制作，包装展示等。还有展售中心，售卖各种产品和试吃，也可试喝“台啤 18 天啤酒”。

【20 号仓库】车站主体近百年的历史和建筑特色。是铁道仓库艺术再生计划中的首站，号仓库规划为行政中心、主展场、咖啡厅与创意商店。

【逢甲夜市】全台美食夜市第一名。这里的小吃不但多样化且又有创意，每隔一段时间还会有不同的新奇小吃出现，好吃好玩又好买。著名小吃包括地瓜球、红茶臭豆腐、海陆大丸、章鱼小丸子、黄金左右腿、波西飞薯等肯定能让您十指大动。

第四天：台中第二市场 - 薰衣草园 - 林口三井名牌城 - 华山文化创意产业园区 - 上引水产

【台中第二市场】到台中游玩，除了逛景点、有特色的咖啡厅，还有绝对不能错过的是品尝在地传统小吃！看起来像旧时代的建筑物，第二市场必吃美食：王记菜头粿糯米肠、阿妈相思面、老赖红茶、颜记肉包、李海鲁肉饭等。

【薰衣草园】充满薰衣草的山谷里，除了都市的尘嚣喧闹，只有微风暖暖吹拂的薰衣草田，充满着喜乐的鸟语和香草的芬芳。薰衣草森林不只有薰衣草，还种满了各式各样的西方香草，不同种类的花花草草也做成了以花材为主题的料理、日常用品等。园区里布满了可爱的摆饰，还有让游客更贴近大自然的徒步区，强调人与环境结合的薰衣草森林，也在树下规划了游客悠闲用餐的区域，园区内的香草市集、许愿树平台等，也是园方贴心的设计与规划。

【林口Outlet Park】为日商三井不动产的海外投资据点之一，也是北台湾最大的outlet商场。林口Outlet Park规划为精品，影城，书城和美食的综合娱乐中心。楼层规划为室内和室外，约有 200 多家商店，以供客人多元化的选择。

【华山文化创意产业园区】华山文创区前身是台北酒厂，经历过多年历史的交织，建筑物都带著岁月痕迹。园区内都比较多售卖自家制作的精品，台湾民族风的饰物及一些 pop up store 快闪店。也有许多特色餐厅及咖啡厅。

第五天：台北-宜兰/ 三星葱园 (葱油饼 DIY) - 旺山南瓜园 - 三富农场 (制作柚子果酱+品尝紫咖啡) - 罗东夜市

【三星葱园 (葱油饼 DIY)】-三星葱园+葱油饼 DIY：来到三星乡，一定不能错过鼎鼎有名的三星葱。到三星葱园体验三星农村一日农夫的生活！依照不同季节下田体验摘葱，拔葱的乐趣。随后跟着导师的指示，揉面团，杆面团，自己做葱油饼。

【旺山南瓜园】南瓜营养丰富，含有淀粉、蛋白质、胡萝卜素、维生素B、维生素C和钙、磷等成分。南瓜含有丰富的胡萝卜素和维生素C，可以健脾，预防胃炎，防治夜盲症，护肝，使皮肤变得细嫩，并有中和致癌物质的作用。旺山南瓜园研发了附加产品如南瓜牛奶，南瓜咖啡，南瓜脆饼，南瓜米粉等等，让游客们品尝即健康优美为的食品。旺山南瓜园主要摘种葫芦科植物，品种来自世界五大洲，约 300 种以上，吸引了不少游客前来观赏

【三富农场 (制作柚子果酱+品尝紫咖啡)】体验制作新鲜柚子果酱的乐趣！三富农场内的紫屋森林庭园，有美丽的池畔风光与可爱动物，可在这儿喂鱼赏鹅或是与家人朋友谈天说地，室内外均设有雅座。时而宁静、时而热闹，在此品味香醇顺口的紫色咖啡，是很棒的午后享受。

【罗东夜市】周围商店林立，是当地逛街购物的中心。罗东夜市贩卖各种传统风味的小吃、商品，平价服饰店、鞋店、小吃店等。

第六天：宜兰/ - 桃园机场送机 - 新加坡

早餐于酒店，自由活动至集合时间前往桃园机场搭乘豪华客机飞返温暖的家园新加坡。希望康泰为你精心安排的行程能让你留下美好的回忆。我们愿下次再度与你同行。



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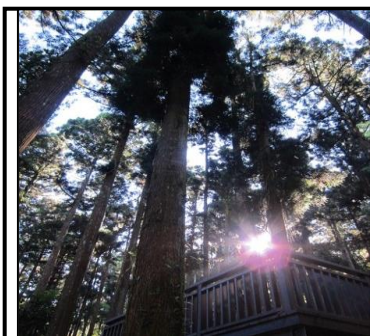
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與著名【養生達人】潘秀霞老師同游



潘老师是一个国际食品及饮料顾问，拥有日本和台湾食品企业经营理念的专业知识。在美食界里，潘老师是个对食品知识很有研究的美食家。喜欢创新的她经常把她的灵感和高超的烹饪技能结合起来，创造美味食谱。最近几年，潘老师开始钻研与养生有关的养生食材，开始撰写多本养生食谱，出版 7 本养生食谱。

拥有 40 年经验的她也是个媒体红人。她会经常出现在报章，电视，电台，杂志，讲座，烹饪示范会上。在潘秀霞烹饪剧场，潘老师至少有 1000 位学员，在丰富的人生里，潘老师也在新加坡 365 防癌教育协会担任食疗顾问及委员。



「都市里的东西这儿全没有！」这是龙云山庄庄主登雅元每次送给上山朋友的第一句自我介绍，确实，环绕在龙云山庄四周无价的好山好水，以及自然森林景观的极致风格，因为这是老天爷给的最珍贵赏赐，步入龙云山庄深林密菁，杉木林树荫蔽天的环境中，人也变得更与自然融为一体，都被芬多精与负离子清得干干净净。而且晚上在睡觉的时候真的会有在森林睡觉的感觉，可以听到细微的大自然的声音。龙云以自然行程的规划深受游客的喜爱，在此连食物都是使用有机肥，完全无农药和化学肥料的使用。庄主致力于将龙云规划与设计成更要让好朋友們每次上山都有著回家的感觉，除了软体客房与旅游导览的服务让人激赏，石棹当地必产的高山乌龙茶，及明日叶的生产与行销更是十分专业。

【明日叶】名字由来是今日叶子摘了，明天又长出叶子，属芹科植物。相传是秦始皇派人寻找的「长生不老药」，据说也是日本天皇养生秘方，是癌的剋星、血液清道夫。在日本火山爆发后，最先长出的植物就是明日叶，因具旺盛生命力而引起注目。明日叶可以提供丰富的叶绿素、维生素、食物纤维、蛋白质、16 种氨基酸和人体所需的 20 多种矿物质和特殊物质。日本伊豆长寿岛当地居民少有罹患癌症和高血压等疾病可能食用了与明日叶有关养生饮食。



【老芋仔芋圆】- 芋头又称芋、芋艿，天南星科植物的地下球茎，形状、肉质因品种而异，通常食用的为小芋头，却有多种养生功能。芋头能排除身体内多余的钾，调节身体的电解质平衡，促进血液循环。芋头含有一种黏液蛋白，被人体吸收后能产生免疫球蛋白，提高免疫系统，也能消毒消肿。不仅如此，芋头还有美容养颜的功效，保护肠胃口腔，清除体内的毒素，因此有滋养肌肤的奥妙。



【古早味炸蔬菜】- 出名的炸蔬菜饼，以南瓜酥和芋头酥综合成圆形的蔬菜饼，每一口都可以吃到两种馅料，也有好几种选择如双胞胎，蔬菜饼，花生饼，地瓜酥和红豆饼。



【膳馨-民间创作料理】讲究原之原味摆脱重油重盐的菜肴，改为简单烹煮方式，严选最新鲜及道地的食材，佐以健康料理手法，重现事物的本位。膳馨也不定期推出具有特色的季节料理，也有客制化服务，饮食卫生程度也经过严格的考量。透过传统食材与创新料理的融合，传承台湾日常饮食风情。



【度小月】，原自 1985 年，度小月已有近一世纪的浓厚历史，最出名的菜肴就是担仔面。一碗 Q 弹的面，配上虾，浓郁的汤头，剁肉，炸蒜头和黑醋，简直让人垂涎三尺！



【又见一炊烟】，最著名的就是它极富日本味的庭园区，一个美丽典雅写意禅风空间，到访人无不沉醉其中，日式建建筑浓浓的禅意，在园区内静静发酵著，一股沉稳的魅力，日式回廊很寺意、很沉静很像某间在日本街巷里隐身的质感餐厅。早晨、夕阳与晚景各有迷人风采，坐在回廊里听风赏景，缓慢宁静的节奏，像能留住时光，慢慢融入其中，品味主厨精心现做的当令鲜美料理，自然的美好滋味不止在味蕾化开，也在心里蔓延。



近年极受欢迎的台北必食美食之地【上引水产】，售卖着物超所值来自世界各地的海鲜。一只只鲜红的帝王蟹及龙虾等看了都令人迫不及待的想冲进去寻找美味海鲜。市场也提供现场处理海鲜服务，代客烹调美食。当然也售卖一盒盒的寿司、刺身、海胆等方便大家直接即开即吃。

行程注意:

1. 在国际或当地重大节日活动举行期间，酒店住宿可能无法按照行程安排。
2. 团队如有合并或行程顺序更改，恕不预先告知，将以当地旅行社之安排为准。
3. 5 是当地酒店星级评价为准，相等于国际 4 星酒店星级评价。
4. 所有的酒店星级评价均以当地为标准。如遇当地酒店客满等因素，将以同等级的酒店取代。
5. 房间是根据酒店的分配，康泰旅游或当地旅行社将不负责所分配到的房型差异。
6. 若中英文行程版本出现不符之处，将以中文版本为依据。
7. 团体全程将以华语讲解。

**特色餐厅，若遇到突发状况可能无法按照行程作安排，将有其他的餐厅取代。



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