

知知港 生态农场 有机休闲游

Organic Tour @ Titi Eco Farm 11-13 March 2012

11 March 2012

6.10am	集合 Gathering at Textile Centre, 200, Jalan Sultan, Singapore 199018 (7min walk from Lavender MRT)
6.30am	启程 Depart for Titi Eco Farm (via Tuas Second Link)
	简单有机早餐 Simple Organic Breakfast onboard
12:00 PM	抵达知知港 Arrive at Titi Eco Farm
1:00 PM	养生有机午餐 Healthy Organic Vegan Lunch
2:00 PM	分配房间 Rooms allocation
3:00 PM	DIY活动 (面包制作) DIY Activities (bun/bread workshop)
7:00 PM	养生有机晚餐 Healthy Organic Vegan Dinner
8:30 PM	正确饮食法 Health Diet Sharing
9:30 PM	宵夜 Supper

12 March 2012

6:30 AM	八式动禅 Zen Movement (Optional)
7:00 AM	游览/讲解知知港有机农场 Guided tour at Titi Eco Farm
8:30 AM	养生有机早餐 Healthy Organic Vegan Breakfast
9:30 AM	DIY活动(白背叶糕制作) DIY Activities (Herbal Ang-ku Kueh Workshop)
11:30 AM	养生有机午餐 Healthy Organic Vegan Lunch
1:00 PM	自由活动 Free & Easy Time
4:00 PM	沙拉比赛 Salad Contest
5:00 PM	DIY活动 (擂茶制作) DIY Activities (Lei-Cha Workshop)
5:30 PM	养生有机晚餐 Healthy Organic Vegan Dinner
7:00 PM	分享~饮食健康 Diet Wellness sharing
9:00 PM	宵夜 Supper

13 March 2012

6:30 AM	八式动禅 Zen Movement (Optional)
6:45 AM	蒸汽泡脚排毒 Steam Foot Bath Detox (Optional)**
8:00 AM	养生有机早餐 Healthy Organic Vegan Breakfast
9:00 AM	自由活动 Free & Easy Time
10:30 AM	整理行李 Luggage packing
11:30 AM	养生有机午餐 Healthy Organic Vegan Lunch
12:30 PM	离开知知港 Depart Titi Eco Farm
5:00 PM	抵达诚信有机农场 Arrive at Zenxin Organic Park
	游览有机龙珠果园/草药园/菜园 Guided tour at Dragon Fruit Farm/Herb Garden/Vegetables Farm
6:00 PM	养生有机晚餐 Healthy Organic Vegan Dinner
7:15 PM	启程回新加坡 Depart for Singapore
9:30 PM	抵达新加坡 Arrive in Singapore (Drop off at AYE and Textile Centre only)

**** 不包括在团费里，有意者请自费 not included in package fee, interested participant to pay on his own**

*****行程表若临时更改，恕不预先通知**

*****Itinerary is subject to change without prior notice, in unforeseen circumstances**

旅费 Tour Fee:

SGD330 net (Twin-share basis) / SGD280 net (for child below 7y.o., twin share basis)

- choice of rooms on first register first serve basis 房间款式 先报名先选

- fee includes 11 organic meals, 2 nights accomodation, 25-seat Super VIP bus transport to and fro SG-Titi

备注 Special Notes:

- 1. Please purchase comprehensive travel insurance 自备全面的旅游保险**
- 2. Please check that all passports are valid for at least 8months 确定个人护照有效期至少8个月**
3. Participants' safety, belongings and health condition are their own responsibilities. Cielo Sereno and its associates should not be held responsible in case of unfavourable incidences. 自务个人安全 健康与贵重物品
4. Please bring medication if necessary 自备个人所需药物
5. Suggest bringing long sleeve garment, jacket, long pant, comfortable shoe and hat. 建议带长袖衣服、冷衣、帽子、舒服鞋袜
6. Please bring raincoat and/or umbrella 自备雨伞雨衣
7. Please bring recycle bags for shopping 自备环保袋购物
8. All meals arranged are vegan (w/o garlic and onion) 所有餐食无蛋奶,素料,味精,葱蒜
9. Map of Gathering Venue @ Textile Centre, 200, Jalan Sultan, Singapore 199018 provided below:



10. Url of venues to be visited:

(1) <http://www.titieco.com.my/>

(2) <http://zenxin.com.my/>