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ENTERTAINMENT

top picks

- **Shanghai Centre Theatre** (p170)
Catch the acrobats of Shànghǎi's popular Shanghai Acrobatics Troupe.
- **Clubbing** (p171)
Party all night at one of Shànghǎi's hipper-than-hip clubs.
- **Traditional Chinese massage** (p177)
Balance your inner *qi*.
- **Cotton Club** (p174)
Swing by and dig the jazz.
- **Shanghai Grand Theatre** (p175)
Watch a world-class performance.

Perhaps in no other city does so much human energy go into the search for amusement as among the foreign population of Shànghǎi.

Journalist George Sokolsky, 1930s

A night on the town in Shànghǎi leaves many visitors wondering if they really are in China. Certainly, the crowds that pack the growing number of nightclubs are reminiscent of the West and the prices aren't much different either. Nevertheless, it would be an exaggeration to suggest that Shànghǎi can compare to London or New York when it comes to nightlife. Although increasing numbers of locals are joining in the fun, it is foreigners who drive the city's club scene and until that changes it'll remain somewhat limited.

Shànghǎi maintains a spirited rivalry with Běijīng for the title of China's cultural capital. Běijīng is still a better place to catch classical music, but plenty of international opera and ballet troupes visit Shànghǎi. Many fly in for the **China International Festival of Arts** (www.artsbird.com in November; p18). It's held in conjunction with the Shanghai Art Fair, which is Asia's biggest art event. Also worth checking is the Shanghai Biennale (p18), which takes place every September at the Shanghai Art Museum (p70) and presents a mixed bag of local and international artists.

The city can also boast the biggest and best film festival (p18) in China, in June, when a motley crew of Asian and Hollywood stars arrive to promote their movies. Some Broadway musicals make it to town too. When the ABBA show *Mamma Mia!* ran at the Shanghai Grand Theatre (p175) in 2006 it drew huge, enthusiastic crowds. There's a small but thriving jazz scene, and Shànghǎi is also the first stop on the mainland for high-profile pop and rock acts. Christina Aguilera and the Rolling Stones are among the more recent visitors.

Petrolheads from all over the world jet in for the Formula I Grand Prix (p18). Shànghǎi is now also an established stop on the golf and tennis pro tours. For details of the many parties and events that take place, check the local listings mags like *That's Shanghai* and www.smartshanghai.com.

NIGHTLIFE & THE ARTS

ACROBATICS

The Shànghǎi troupes are among the best in the world and a night watching them spinning plates on poles and contorting themselves into unfeasible anatomical positions never fails to entertain.

SHANGHAI CENTRE THEATRE

Map pp98-9
上海商城剧院 Shànghǎi Shāngchéng Jùyuàn
☎ 6279 8948; 1376 West Nanjing Rd, Jing'an;
静安南京西路1376号; tickets Y100-200;
☉ Jing'an Temple

The Shanghai Acrobatics Troupe (Shànghǎi Zájì Tuán) has popular performances here most nights at 7.30pm. It's a short but fun show and is high on the to-do list of most first-time visitors. Buy tickets a couple of days in advance from the ticket office on the right-hand side at the entrance to the Shanghai Centre.

SHANGHAI CIRCUS WORLD

Map pp58-9
上海马戏城 Shànghǎi Mǎxì Chéng
☎ 6652 2395; 2266 Gonghexin Rd, Zhabei;
闸北共和新路2266号; tickets Y80-580;
☉ Shanghai Circus World

Out on the far northern outskirts of town is this impressive complex. The shows combine awesome acrobatics with new-fangled multimedia elements. Shows start at 7.30pm. Tickets are available at the door, but booking ahead is advised.

CHINESE OPERA

The shrill falsetto, crashing cymbals, expressive masks and painted faces of Běijīng opera are what most people have in mind when they think of Chinese opera, though the art form actually has a number of different styles. A local predecessor to Běijīng opera is the melodic *Kūnjù* or *Kūnqū* (Kun opera, from nearby Kūnshān), one of the oldest existing forms of Chinese opera, and best known for its adaptation of the 16th-century erotic-love ghost story *The Peony Pavilion*. One of the

only Kun opera troupes in the country is based in Shànghǎi.

The main problem with going to see a traditional opera in Shànghǎi is that there's no English surtitles. But the plotlines are relatively simple, which makes following the action not impossible. Before snatching up tickets for *A Dream of Red Mansions* at the Shanghai Grand Theatre, try the Běijīng opera highlights show in Yifu Theatre (below) first.

KUN OPERA HOUSE

Map pp80-1
上海昆剧团 Shànghǎi Kūnjù Tuán
☎ 6433 1935; 9 Shaoying Rd, French Concession;
法租界绍兴路9号; taxi

Shànghǎi's Kun opera troupe is based in this old-time theatre. They are sometimes on tour abroad, but when they're in town there are usually weekly performances on Saturday afternoon at 1.30pm. Call to confirm.

YIFU THEATRE

Map p62
逸夫舞台 Yìfū Wútái
☎ 6322 5294; www.tianchan.com; 701 Fuzhou Rd, Renmin Square; 人民广场福州路701号; tickets Y30-380; ☉ People's Sq

One block east of Renmin Square, this is the main opera theatre in town and recognisable by the huge opera mask above the entrance. The theatre presents a popular programme of Beijing, Kun and Yue (Shaoying) opera. A Beijing opera highlights show is performed several times a week at 1.30pm and 7.15pm; pick up a brochure at the ticket office or check the website for exact dates. A shop in the lobby sells Peking Opera CDs.

CINEMAS

Běijīng allows in about 30 foreign (read Hollywood) movies per year, after they pass the censors' scissors of course. See the boxed text, p172, for a list of cinemas showing undubbed foreign films.

Over 150 films are screened at the annual **Shanghai International Film Festival** (www.siff.com in June; p18), though Cannes doesn't need to worry about the competition quite yet. For a better selection of arthouse cinema, sign up with **Maria's Choice** (mariaschoice-subscribe@topica.com), a private film club that arranges screenings of independent Chinese films with English subtitles at Kodak Cinema World (boxed text, p172). The Shanghai Science

& Technology Museum (p94) has an IMAX theatre (Jùmù Yíngyuán; tickets Y40).

CLUBBING

Shànghǎi's clubs are mostly big, glossy places devoted to playing mainstream house, techno and hip-hop. An number of big-name DJs are flying in these days, which has helped boost interest among the locals. But for more interesting and alternative electronic sounds you'll do better to visit bars like Pirates (p186) and Bar Rouge (p182), which have DJ sets at the weekends. Check local listing mags and www.smartshanghai.com for up-to-date information.

ATTICA

Map p62
☎ 6373 3588; 11th fl, 15 The Bund, East Zhongshan No 2 Rd; 中山东二路15号11楼; admission Y100; ☎ 9pm-late Wed-Sat; ☉ East Nanjing Rd
Shànghǎi's club of the moment, Attica deserves most of the plaudits that have come its way thanks to its attention to the little details that make a successful club. It has a larger dance floor than most Chinese clubs, as well as two roof terraces and a small hip-hop room with fantastic views of Pūdōng. The crowd is young and enthusiastic. From Sunday to Tuesday it functions as a normal bar from 5pm until late.

BABYFACE

Map p62
☎ 6375 6667; Unit 101, Shanghai Sq, 138 Central Huaihai Rd; 淮海中路138号101房间; admission Y80; ☎ 9pm-2am; ☉ South Huangpi Rd
The Babyface brand has spread all across China; you can even find one in far-off Urumqi. Slightly soulless and with an

TICKETS

Tickets for all of Shànghǎi's performing arts events can be purchased at the venues where the performances take place. Tickets are also available from the **Shanghai Cultural Information & Booking Centre** (上海文化信息票务中心; Shànghǎi Wénhuà Xīnxī Piàowù Zhōngxīn; Map pp80-1; ☎ 6217 2426; www.culture.sh.cn in Chinese; 272 Fengxian Rd; 奉贤路272号; ☉ West Nanjing Rd), which is directly behind the Westgate Mall on West Nanjing Rd. It often has tickets available when other places have sold out. The office carries a handy monthly bilingual *Calendar of Performances in Shanghai*, although you can find the same information in the local press.

MOVIE SCREENINGS FOR FOREIGNERS

The following cinemas have Western movies in the original language – although often no more than one at a time. Matinéés are generally Y20 cheaper.

Cathay Theatre (国泰电影院; Guótài Diànyǐngyuàn; Map pp80–1; ☎ 5404 2095; 870 Central Huaihai Rd, French Concession; 法租界淮海中路870号; tickets Y20-70; 📍 South Shanxi Rd)

Kodak Cinema World (柯达电影世界; Kēdá Diànyǐng Shìjiè; Map p126; ☎ 6426 8181; 5th fl, Metro City, 1111 Zhaojiafang Rd; 肇嘉浜路1111号5楼; tickets Y45-90; 📍 Xujiahui)

Shanghai Film Art Centre (上海影城; Shànghǎi Yǐngchéng; Map pp120–1; ☎ 6280 4088; 160 Xinhua Rd, French Concession; 法租界新华路160号; tickets Y30-60; taxi) The main venue for the Shanghai International Film Festival.

Stellar Cinema City (星美正大影城; Xīngměi Zhèngdà Yǐngchéng; Map p90; ☎ 5047 8022; 8th fl, Superbrand Mall, 168 West Lujiarui Rd, Pūdōng; 浦东陆家嘴西路168号8楼; tickets Y70; 📍 Lujiarui)

Studio City (环艺电影城; Huányì Diànyǐngchéng; Map pp98–9; ☎ 6218 2173; 10th fl, Westgate Mall, 1038 West Nanjing Rd, Jing'an; 静安南京西路1038号; tickets Y60; 📍 West Nanjing Rd)

UME International Cineplex (国际影城; Guójì Yǐngchéng; Map pp80–1; ☎ 6373 3333; 4th fl, South Block, Xintiandi, French Concession; 法租界新天地南区4楼; tickets Y60-100; 📍 South Huangpi Rd)

Screenings of foreign films are also held at the **Alliance Française** (法语培训中心; Fǎyǔ Péixùn Zhōngxīn; Map p62; ☎ 6357 5388; www.alliancefrancaise.org.cn; 6th fl, 297 Wusong Rd; 吴淞路297号6楼), which shows French films (in French with Chinese subtitles) for free, and the **Goethe Institute** (歌德学院; Gēdé Xuéyuàn; Map p62; ☎ 6391 2068 ext 602; 102A Cross Tower, 318 Fuzhou Rd; 福州路318号102A室), showing films in German. Call for times.

irritating system for getting drinks, this is a locals place and foreigners are not always welcome. But there is a steady stream of top-name house DJs, and it's always busy.

BONBON Map pp80–1

☎ 133 2193 9299; 2nd fl, Yunhai Tower, 1329-31 Central Huaihai Rd; 淮海中路1329-31号2层; admission incl drink Y100; 🕒 8.30pm-3am Tue & Wed, 8.30pm-5am Thu-Sat; 📍 Changshu Rd
With the backing of the Godskitchen clubbing crew, Bonbon has become the destination of choice for a very young mixed crowd of Chinese and Westerners. The tunes are mainstream hip-hop party favourites that keep the small dance floor packed.

CALIFORNIA CLUB Map pp80–1

兰桂坊 Lánguì Fāng
☎ 5383 2328; Fuxing Park, 2 Gaolan Rd, French Concession; 法租界皋兰路2号, 复兴公园内; 🕒 9pm-2am Sun-Thu, 9pm-4am Fri & Sat; 📍 South Shanxi Rd
Located on the ground floor of the Upstairs at Park 97 complex, this place is rather more sophisticated than most of Shànghǎi's clubs. The dance floor is tiny, but the surrounding area is stylish. The 2nd floor hosts a different live band each night and is very popu-

lar with Hong Kong Chinese, well-heeled Shanghaiese and expats, who pack it out at weekends. Get here before midnight, or be prepared to queue. Admission prices vary.

DKD Map pp80–1

☎ 6384 8777; 438 Central Huaihai Rd, French Concession; 法租界淮海中路438号; 🕒 9pm-4am Wed-Sat; 📍 South Huangpi Rd
This basement club is the only place in Shànghǎi that plays progressive house on a regular basis. As such, it's a mostly teeny-bopper-free zone. It's not as popular as it once was but it gets busy if a big-name DJ is playing. It's free to get in most nights.

DRAGON CLUB Map pp80–1

木易龙 Mùyìlóng
☎ 6433 2187; 156 Fenyang Rd, French Concession; 法租界汾阳路156号; 🕒 10pm-4am Wed & Thu, 10pm-8am Fri & Sat; 📍 Changshu Rd
More of an after-hours place than a genuine club, this is a good spot to head to when you don't want the night to end. It's usually free to get in and drinks start at Y50.

GUANDII Map pp80–1

官邸 Guāndǐ
☎ 5383 6020; Fuxing Park, 2 Gaolan Rd, French Concession; 法租界皋兰路2号, 复兴公园内;

admission Y60; 🕒 9pm-3am Sun-Thu, 8pm-5am Fri & Sat; 📍 South Shanxi Rd
Very close to California Club (opposite), Guandii hosts a similar crowd of young Hong Kong Chinese and upmarket Shanghaiese who like to flash their cash on Champagne and Chivas. The hip-hop room is for those who like a bit of West Coast-style bump and grind.

MINT Map pp98–9

☎ 6247 9666; 2nd fl, 333 Tongren Rd, Jing'an; 静安铜仁路333号2楼; admission Fri & Sat Y100; 🕒 6pm-2am Mon-Thu, 9pm-6am Fri & Sat; 📍 Jing'an Temple
Mint occupies the 2nd floor of Woo Villa, known as the Green House (p102), designed by Ladislav Hudec (p43) in 1938 and previously owned by the family of architect IM Pei. It's a stylish, intimate place that attracts both Western and local hipsters. On Thursdays there's a popular salsa night, while Friday is R&B. The rest of the time it's house. There's a cool feel, but you need to get here early on weekends. It's closed on Sunday.

PARAMOUNT BALLROOM Map pp80–1

百乐门 Bǎilèmén
☎ 6249 8866; 218 Yuyuan Rd, Jing'an; 静安豫园路218号; afternoon-tea dances Y80, evening ballroom dancing Y100; 🕒 1pm-12.30am; 📍 Jing'an Temple
For something a little different, this newly renovated old Art Deco theatre (the Paramount was the biggest nightclub in the 1930s) offers sedate afternoon-tea dances to the sounds of old-school jazz, or ballroom dancing in the evening. Dance partners are Y25 for 10 minutes. It makes for a nice nostalgia trip for those with a sense of humour.

PINK HOME Map pp80–1

同心恋 Tóng Xīn Liàn
☎ 5383 1199; 18 Gaolan Rd, French Concession;

GAY & LESBIAN SHÀNGHǎI

Shànghǎi is well ahead of the rest of the country in terms of general acceptance of gays and lesbians, though essentially that just means that gay bars and clubs are tolerated. Most locals choose to stay in the closet – many are married – and this isn't the place for public displays of affection. But there are tentative signs that attitudes to homosexuality in China are changing, at least in the big cities. There's more discussion of gay issues in the media, partly prompted by rising rates of HIV, and Shànghǎi is now home to the mainland's first gay and lesbian support line.

For visitors, Eddy's Bar (p185) and Pink Home (above) are the best introduction to gay Shànghǎi. There are a growing number of nightspots out there, but addresses change rapidly, and for now, many places prefer to stay underground. The Utopia website (www.utopia-asia.com/chinshan.htm) has up-to-date listings and a forum.

皋兰路18号; www.pinkhome.cn; admission Fri & Sat Y50; 🕒 9pm-late Wed-Sun; 📍 South Shanxi Rd
Walk down the psychedelic, neon-lit corridor to enter the most popular and upfront gay club in Shànghǎi. With a decent sound system and reasonably priced drinks, it pumps out hi-energy house for a friendly crowd intent on having fun. Next door is Hotel 101 (p198), China's first and only gay hotel.

KARAOKE

Karaoke is by far China's favourite leisure activity; there are karaoke places, ranging from the seedy to upmarket, all over town.

PARTYWORLD Map pp80–1

钱柜 Qián Guì
☎ 6374 1111; 109 Yandang Rd, inside Fuxing Park; 雁荡路109号, 复兴公园内; 🕒 8am-2am; 📍 South Huangpi Rd
Partyworld is the nation's leading karaoke chain and this monster branch gets going early in the morning for those who just can't wait to belt out a tune or two. There are plenty of English-language songs to choose from. Prices go from Y19 to Y265, depending on the number of people, size of the room you want and the time of day.

MUSIC

Rock & Pop

Shànghǎi has a lamentable live music scene. Although there are a number of local bands out there, playing everything from Britpop to metal and punk, they struggle to find suitable venues to play or audiences prepared to listen. Few get as far as landing a recording contract. Consequently, most bars feature nothing more exciting than a Filipino cover band.

There are regular gigs at the Shanghai Grand Stage (inside Shanghai Stadium) and at

Hongkou Stadium, but these are mostly sappy Cantonese crooners or the latest identikit Taiwanese act. Once in a while the odd Western singer and band, either mainstream like Norah Jones or superannuated like Eric Clapton and the Rolling Stones, passes through. But ticket prices for these gigs are high. Check www.shangaiist.com for news of when and where local bands are playing.

ARK LIVE HOUSE Map pp80-1

亚科音乐餐厅 Yàkè Yīnyuè Cāntīng

☎ 6326 8008; No 15, North Block, Xintiandi, Lane 181, Taicang Rd, French Concession; 法租界太仓路181弄新天地北区15号; Fri & Sat Y40; ☎ 5.30pm-1am; 📍 South Huangpi Rd

Incongruously located in the yuppie heart of Shànghǎi, this venue for Chinese bands, generally with an alternative edge, is the best place in town for live music. Weird Japanese acts and the occasional Western band end up here too. Gigs get going on Friday and Saturday from 9.30pm, but there are also occasional weekend afternoon concerts.

BANDU CABIN Map pp98-9

半度音乐 Bāndù Yīnyuè

☎ 6276 8267; 1st fl, Block 11, 50 Moganshan Rd; 莫干山路50号11号楼1层; ☎ 10am-6.30pm Sun-Fri, 10am-10pm Sat; 📍 Shanghai Railway Station

Tucked away in the Moganshan Rd Art Centre (p96), this laidback café-cum-bar is the epicentre of the local folk-music scene. It hosts folk singers and bands on Saturday at 8pm.

Jazz & Blues

Shànghǎi has a long tradition of jazz, going back to the 1920s when Russian and Filipino bands jammed together in the French Concession. The International Jazz Festival is a relatively recent event and generally takes place for a week in April. Some of the high-end hotels also have tame jazz bands.

COTTON CLUB Map pp80-1

棉花俱乐部 Miánhuā Jùlèbù

☎ 6437 7110; 8 West Fuxing Rd, French Concession; 法租界复兴西路8号; ☎ 7pm-2am Tue-Sun; 📍 Changshu Rd

Harlem it ain't, but this is still the best and longest-running bar for live jazz in Shànghǎi and features blues and jazz groups throughout the week. Wynton Marsalis

once stepped in to jam, forever sealing the Cotton Club's reputation as the best live-music haunt in town. The crowd here is younger than in the more portly hotel jazz scene and the drinks are reasonably priced. The music gets going at 9pm.

GLAMOUR BAR Map p62

魅力酒吧 Mèilì Jiǔbā

☎ 6350 9988; www.m-restaurantgroup.com; 6th fl, 5 the Bund (cnr of Guangdong Rd); 外滩广东路5号6楼; 📍 East Nanjing Rd

One of the nicest settings in town to hear some eclectic music, the Glamour Bar features monthly jazz and chamber-music concerts in its intimate surroundings. Jazz concerts generally fall on a weekend night, and classical music on a Sunday afternoon. Times and dates vary though, so check the website beforehand for specifics.

HOUSE OF BLUES & JAZZ Map pp80-1

布鲁斯爵士之屋 Bùlúsi Yuè Juéshì Zhīwū

☎ 6437 5280; 158 South Maoming Rd, French Concession; 法租界茂名南路158号; ☎ 7pm-2am Tue-Sun; 📍 South Shanxi Rd

This is a classy restaurant and bar for music lovers. The owner, a Chinese TV celebrity, has plastered the walls with old photos of jazz legends, and the in-house band (it changes every three months) delivers live music from 10pm to 1am. Sunday night is a free-for-all jam. Upstairs offers Western and Chinese food.

JZ CLUB Map pp80-1

☎ 6385 0269; 46 West Fuxing Rd; 法租界复兴西路46号; ☎ 9pm-3am; 📍 Changshu Rd

The atmosphere at JZ Club in the French Concession is a little too reverent and drinks are overpriced, but at least the music is the real thing. It's mostly contemporary jazz and fusion.

Classical Music

Local orchestras regularly perform, in addition to a growing number of international guests. For traditional Chinese music, look out for the Shanghai Traditional Chinese Music Ensemble or featured soloists.

CONSERVATORY OF MUSIC Map pp80-1

音乐学院 Yīnyuè Xuéyuàn

☎ 6431 1792; 20 Fenyang Rd, French Concession; 法租界汾阳路20号; tickets Y100-600; 📍 South Shanxi Rd

The auditorium here holds classical music performances (Chinese and Western) daily at 7.15pm and the musicians are often the stars of the future. The ticket office is on Fenyang Rd, north of the main entrance.

ORIENTAL ARTS CENTRE Map p95

上海东方艺术中心

Shànghǎi Dōngfāng Yìshù Zhōngxīn

☎ 6854 7757; 425 Dingxiang Rd, Pūdōng; 浦东丁香路425号; tickets Y200-2000; 📍 Science & Technology Museum

Home of the Shanghai Symphonic Orchestra, the Oriental Arts Centre is Shànghǎi's latest futuristic cultural edifice built to promote the city's status as an international arts centre. Whether or not the symphony is happy with the extraterrestrial design is anybody's guess, but it does blend in perfectly in Pūdōng.

SHANGHAI CONCERT HALL Map p62

上海音乐厅 Shànghǎi Yīnyuè Tīng

☎ 6386 2836; 523 East Yan'an Rd; 人民广场延安东路523号; tickets Y30-1000; 📍 People's Sq

In 2003, the government moved this classic 1930s building (all 5650 tons of it) 66m away from busy East Yan'an Rd to a quieter park-side location, a relocation that actually cost more than building a brand-new concert hall. It features smaller-scale concerts and local and international soloists.

THEATRE

The Shanghai Grand Theatre (right) and Shanghai Centre Theatre (p170) are the premier venues for local and international opera, ballet and drama productions. Several smaller theatres stage interesting performances, normally in Chinese only but sometimes with English subtitles.

LYCEUM THEATRE Map pp80-1

兰心大戏院 Lánxīn Dàxìyuàn

☎ 6256 5544; 57 South Maoming Rd, French Concession; 法租界茂名南路57号; tickets Y40-600; 📍 South Shanxi Rd

Completed in 1930, this Art Deco theatre is one of the oldest in Shànghǎi and once housed the British-run Shanghai Amateur Dramatic Society. Now all manner of acts are staged here, including children's performances, Chinese opera and classical ballet and music. The box office is up the street on Maoming Rd.

SHANGHAI ARTS THEATRE Map pp98-9

上海剧院 Shànghǎi Jùyuàn

☎ 6256 8282; 466 Jiangning Rd, Jing'an; 静安江宁路466号; tickets Y80-680; 📍 West Nanjing Rd

Located north of West Nanjing Rd, this theatre stages an eclectic mixture of Chinese drama and classical Chinese and Western music.

SHANGHAI DRAMATIC ARTS CENTRE

Map pp80-1

上海话剧艺术中心

Shànghǎi Huàjù Yìshù Zhōngxīn

☎ 6473 4567, 6433 4546 for English; 288 Anfu Rd; 安富路288号; tickets Y100-800; 📍 Changshu Rd

The best place in Shànghǎi to catch English-language plays, or Chinese adaptations of Western classics with English subtitles, this theatre has a reputation for pushing the buttons of the censors. Recent productions include *The Heidi Chronicles* and *The Tempest*. Some of China's finest thespians, such as Ge You, have trodden the boards here.

SHANGHAI GRAND THEATRE Map p62

上海大剧院 Shànghǎi Dàjùyuàn

☎ 6386 8686; www.shgtheatre.com; 300 Renmin Ave, Renmin Square; 人民广场人民大道300号; tickets Y200-1200; 📍 People's Sq

Shànghǎi's state-of-the-art concert venue hosts everything from Broadway musicals to symphonies, ballets, operas and performances by internationally acclaimed classical soloists.

SPORTS & ACTIVITIES

There are gyms galore in Shànghǎi, and if team sports are your thing there's no shortage of expat clubs, ranging from softball to football (soccer), basketball and even fencing. See local listings magazines for contact details, or check the sport forum on www.shanghaiexpat.com. Even those who eschew exercise can keep mind and body unified in one of the city's dozens of massage centres (p177) – a definite Shànghǎi treat.

DANCE

JAZZ DU FUNK Map pp98-9

☎ 5239 9922; Bldg C, UDC Innovative Plaza, 125 North Jiangsu Rd; 江苏北路125号C楼; 📍 Zhongshan Park

Lessons in everything from ballet to tap, via belly dancing, flamenco and salsa, are

available here at beginner, intermediate or advanced levels. The teachers are professional and speak English. A course of 20 classes is Y1600. Children's classes are Y650 for eight sessions.

FOOTBALL

There's no shortage of amateur footy teams in Shànghǎi, ranging from those that take the game very seriously, and compete in the grandly named Shanghai International Football League, to more socially orientated teams. Check local listing mags for further details, or ask at Big Bamboo (p188) or O'Malley's (p186), which both run teams.

GYMS

Most top-end hotels provide gyms free for their guests, with steep membership for everyone else. But there are gyms all over town now, offering everything from Pilates to yoga and taichi, as well as the usual work-out facilities.

CLARK HATCH FITNESS CENTRE

Map pp80-1
克拉克海奇健身中心
Kèlākè Hǎiqí Jiànshēn Zhōngxīn
☎ 6212 9998; Radisson Plaza Xingguo Hotel, 78 Xingguo Rd, French Concession; 法租界兴国路78号兴国宾馆内; ☎ 6am-11pm; taxi
Facilities include a heated pool, aerobics, yoga and taichi classes, a spa, trainers and a squash court. A day here will set you back Y200. A one-month membership costs Y1500, a year is Y12,880.

FITNESS FIRST Map pp98-9

健乐菲力斯 Jiànle Fēilisi
☎ 6288 0152; www.fitnessfirst.com.hk; Plaza 66, 1266 West Nanjing Rd, Jing'an; 静安南京西路1266号66房间; ☎ 6.30am-11pm Mon-Fri, 8am-10pm Sat & Sun; ☉ West Nanjing Rd
Another chain, with facilities including exercise studios, a large range of fitness equipment, a sauna and solarium. It offers classes and personal training, massage and aromatherapy. Non-members can pay Y200 a day. Otherwise, membership (three months minimum) is Y2100.

KERRY GYM Map pp98-9

嘉里健身中心 Jiālǐ Jiànshēn Zhōngxīn
☎ 6279 4625; 2nd fl, Kerry Centre, 1515 West Nanjing Rd, Jing'an; 静安南京西路1515号嘉里中心2楼; ☎ 6am-11pm; ☉ Jing'an Temple

Facilities here include an indoor swimming pool, outdoor tennis courts and aerobics and taichi classes. A month-long membership is Y2500, or it's Y12,000 for a year.

MEGAFIT Map pp80-1

美格菲健身中心 Měigéféi Jiànshēn Zhōngxīn
☎ 5383 6633; 398 Central Huaihai Rd, French Concession; 法租界淮海中路398号;
☎ 6.30am-11pm Mon-Fri, 9am-9pm Sat & Sun;
☉ South Huangpi Rd
This gym opposite Shanghai Central Plaza is the cheapest place for visitors, with a day rate of Y100 and Y500 for one month. A year-long membership is a very reasonable Y2950. Top-end equipment in the gym, and lots of group classes including taichi, yoga and Pilates.

MARTIAL ARTS

Early morning taichi (*tàijí quán*; 太极拳) on the Bund is one of the classic images of Shànghǎi. If you're interested in learning either taichi or one of the harder martial arts (*wǔshù*; 武术) styles, there are a number of schools around town offering a range of classes for everyone from kids to adults. There are also aikido, karate and taekwon do groups.

Serious students of the more esoteric Chinese martial arts will have to network to find a genuine teacher who will accept a foreigner as their student. You can also try showing up on early mornings in the local park and following alongside a group of practitioners (ask first), though it helps if you can speak some Chinese.

LONGWU INTERNATIONAL KUNG FU CENTRE Map pp80-1

龙武功夫馆 Lóngwú Gōngfū Guǎn
☎ 5465 0042; 215 South Shanxi Rd, French Concession; 法租界陕西南路215号; ☎ 7am-9pm;
☉ South Shanxi Rd
Coaches from Shànghǎi's martial arts teams give classes in Chinese, Japanese and Korean martial arts. The largest centre in the city, it also offers children's classes on weekend mornings and lessons in English. Prices are Y100 per class or Y1500 for three months. Kids classes are Y900 for 30 sessions.

WUSHU CENTRE Map pp98-9

武术中心 Wǔshù Zhōngxīn
☎ 6258 0973; No 2, Lane 591, West Nanjing Rd, Renmin Square; 人民广场南京西路591弄2号;
☉ West Nanjing Rd

Down an alley off West Nanjing Rd, the affable but serious guys at this centre teach karate and aikido, in both Chinese and English. Costs run from Y450 for three months to Y1200 for a year.

WUYI CHINESE KUNGFU CENTRE

Map pp80-1
武懿国术馆 Wǔyì Guóshù Guǎn
☎ 137 0168 5893; Room 311, 3rd fl, International Artists' Factory, No 3, Lane 210, Taikang Rd, French Concession; 法租界泰康路210弄3号3楼311;
☉ South Shanxi Rd
English-language taichi classes on Thursday and Sunday and *wǔshù* classes on Tuesday, Thursday and Saturday for adults and kids. It's Y600 per month.

MASSAGE & SPAS

Chinese massage, known as *tuiná* (推拿; literally push-grab), is an integral part of traditional Chinese medicine (TCM), and is primarily concerned with your body's *qi* (energy) and the meridians, or energy channels, through which it flows. A good masseuse or acupuncturist will look for *qi* blockages and keep your body in balance by working with a combination of specific pressure points, which are located along the body's meridians.

Even if you're the type who raises an eyebrow and a bout of scepticism at the mere mention of the word *qi*, look at the quantitative side of it. You might be stressed from work, or worn out after a day of pounding the pavement or a night of drinking way too much. Massages do wonders for relaxing both your body and mind, and in Shànghǎi they come at a fraction of the price you'd probably be paying at home. For more details, see the boxed text, p178.

MOTOR RACING

The regular Chinese roads can sometimes resemble racetracks, but the real thing is now available too.

FORMULA 1 GRAND PRIX

off Map pp58-9
上海国际赛车场 Shànghǎi Guójí Sàichē Chǎng
☎ 9682 6999; www.ich.sh.cn; Shanghai International Circuit, Anting Town, Jiāding District; 嘉定区安亭镇
Every October, the Formula 1 circus comes to this impressive, state-of-the-art circuit,

which is 40 minutes northwest of the city centre. It's one of the most glamorous events on the Shànghǎi calendar, and tickets, costing from Y380 to Y3980, get snapped up very quickly. Book ahead through the website, or visit a friendly ticket tout.

OUTDOOR ACTIVITIES

There are a surprising number of adventure sports on offer in and around the city. Cycling through rush-hour traffic is the easiest and cheapest way to get a few thrills, but there are other options too, including rock climbing and sailing, that may not be so life-threatening.

Cycling

Shànghǎi's mad traffic can make cycling the city's most stressful, if not potentially lethal, activity. However, the French Concession offers some charming areas for biking, and the ambitious can make longer excursions out of the city to places like Shěshān and even Sūzhōu.

WOLF'S MOUNTAIN BIKE CLUB

☎ 138 0195 3000; wolfs@263.net
Wolf's runs popular biking excursions around and out of town and can also find every kind of widget or accessory you may need. Contact the owner, Lao Wang. Check listings magazines for current contact details.

Golf

Golf in China is the preserve of business-people, the nouveau riche and expats. It's one of the city's most expensive pastimes. In fact, you can pick up a basic set of clubs at one of the many golf shops around town for about the same price as a day's green fees. The clubs listed below are also open to nonmembers.

Binhai Golf Club (滨海高尔夫俱乐部; Binhǎi Gāo'ěrfú Jùlèbù; off Map pp58-9; ☎ 5805 8888; www.binhaigolf.com; Binhai Resort, Baiyulan Dadao, Púdōng; 浦东南汇滨海东大公路东首; Y1010 Mon-Fri, Y1780 Sat & Sun; ☎ 5.30am-8pm)

Shanghai International Golf & Country Club (上海国际高尔夫俱乐部; Shànghǎi Guójí Gāo'ěrfú Jùlèbù; off Map pp58-9; ☎ 5972 8111; sigc@sh163a.sta.net.cn; Xinyang village, Zhūjiājāo, Qīngpǔ County; 青浦区

BECAUSE YOU DESERVE IT!

Neighbourhood Massage Parlours

Neighbourhood massage parlours (recognisable by the pair of feet pasted on the door and reclining armchairs inside) offer a herbal medicine soak for your feet, an hour-long foot massage and a chance to catch up on all the local gossip. And all this from around ¥50 an hour. Two things to remember: Chinese massage is relaxing, but not necessarily gentle, and if the masseuse is only wearing a negligee, it's not going to be a foot massage. Alternatively, your masseuse might be wearing dark glasses—in China, it's traditionally a job for the blind.

Lulu Massage (璐璐盲人按摩中心; Lùlù Mángrén Ànmó Zhōngxīn; Map pp80–1; ☎ 6473 2634; 597 Central Fuxing Rd, French Concession; 法租界复兴中路597号; ☎ noon–2am; 📍 South Shanxi Rd) This is a typical blind massage parlour, offering 45-minute full-body massages for ¥40, one-hour full-body massages for ¥60, and one-hour foot massages for ¥42. Regulars can purchase discount cards.

Shanghai Qigong Institute (上海气功研究所; Shànghǎi Qìgōng Yánjiūsuǒ; Map pp80–1; ☎ 5306 4832; 218 Nanchang Rd, French Concession; 法租界南昌路218号; ☎ 8am–4.30pm; 📍 South Shanxi Rd) Part of Shànghǎi's Traditional Chinese Medicine school, the Qigong Institute offers qì gōng treatments and massage (¥250), as well as acupuncture sessions (¥150). If you have a specific problem, this is a good place to seek treatment. No English is spoken.

Deluxe Massage Centres

To achieve a greater sense of inner peace, book a session at one of the more deluxe massage centres. Most follow a similar formula of serene, candlelit private rooms, and you get your own set of PJs.

Dragonfly (悠庭保健会所; Yóutíng Bǎojiàn Hùisuǒ; Map pp80–1; ☎ 5405 0008; 20 Donghu Rd, French Concession; 法租界东湖路20号; ☎ 10am–2am; 📍 South Shanxi Rd) Offering hour-long Chinese body massage (¥135), Japanese-style shiatsu (¥135) and aroma oil massage (¥225) in soothing surroundings. There's also a two-hour hangover relief treatment (¥270) to help with detoxification. There are other branches at 206 Xinle Rd (Map pp80–1) and 84 Nanchang Rd (Map pp80–1) and elsewhere around town.

Green Massage (青专业按摩; Qīng Zhuānyè Ànmó; Map p74; ☎ 5386 0222; 58 Taicang Rd; 太仓路58号; ☎ 10.30am–2.30am; 📍 South Huangpi Rd) Forty-five minute *tuina* and shiatsu massages (¥98), Chinese cupping (¥10) and a skin revitalisation treatment (¥10).

Luxury Spas

For those who love to pamper themselves, you can't skip the luxury spas. From seaweed body masks to a G5 massage designed to break down fatty deposits, the following offer the most privileged treatments in town.

Banyan Tree (悦榕庄; Yuèróng Zhuāng; Map p62; ☎ 6335 1888; 3rd fl, Westin Shanghai, 88 Central Henan Rd, The Bund; 外滩河南中路88号威斯汀酒店3楼; ☎ 10am–midnight; 📍 East Nanjing Rd) A range of two- to three-hour Thai and Balinese massage sessions from ¥1000. Staff recommend an apple or black-sesame body scrub, followed by a melon and aloe facial scrub, topped with a honey cucumber mask. An hour-long massage is ¥780, plus 5% service charge.

Evian Spa (依云水疗中心; Yīyún Shuǐliáo Zhōngxīn; Map p62; ☎ 6321 6622; 2nd fl, Three on the Bund, 3 East Zhongshan No 1 Rd, The Bund; 外滩中山东1路3号2楼; ☎ 10am–10pm; 📍 East Nanjing Rd) Japanese serenity, French luxury and beautifying facials, manicures and aromatherapy massages, from ¥480.

Mandara Spa (蔓达梦; Màndá Mèng; Map pp98–9; ☎ 5359 4969; 6th fl, JW Marriot Tomorrow Square, 399 West Nanjing Rd; 南京西路399号6楼; ☎ 10am–10pm; 📍 People's Sq) Thai spa offering facials, aromatherapy, hot stone and Chinese massages (from ¥860). You can also invigorate yourself with the three-hour 'stress eliminator' package (¥1720). There's a 15% service charge here.

朱家角盈朱路61号; ¥780 Mon–Fri, ¥1180 Sat & Sun; ☎ 7am–7pm Mon–Fri, 6am–7pm Sat–Sun)

Big hitters staying in the Grand Hyatt can simply go to **Lujiazui Golf Club** (陆家嘴高尔夫俱乐部; Lùjiāzǔi Gāo'ěrfú Jùlèbù; Map p90; ☎ 6887 1700; 501 Yincheng Rd, Pūdōng; 银城路501号; 📍 Lujiazui), an enclosed driving range next door.

Hiking

Shànghǎi is as flat and concrete as they come, but there are a number of decent hiking spots within a few hours' drive if you know where to look – and if you have transportation. The easiest way to get out of town is to sign up for one of the weekend trips organised by outdoor stores like Yè Huò Hùwài Yǒngpīn Diàn (p141).

The **YANA Outdoors Club** (☎ 6248 3494; www.withyana.com) also organises some interesting weekend trips as well as longer excursions throughout China. Check the website for details.

Rock Climbing

Mountains are in short supply in Shànghǎi, but the odd climbing wall around town will satiate rockheads.

MASTERHAND CLIMBING CLUB

Map p104

攀岩俱乐部 Pānyán Jùlèbù

☎ 5696 6657; Hongkou Stadium, 21 Upper Stand, 444 Dongjiangwan Rd, Hóngkǒu; 虹口东江湾路444号; ☎ 10am–10pm; 📍 Hongkou Stadium

There are five walls here with marked routes, as well as some bouldering workouts. Fees are ¥40 without time limit and harnesses are provided. Beginners can sign up for 14 classes for ¥1290. It's on the 2nd level at gate 21.

Running

Eccentric expat organisation Hash House Harriers ('drinkers with a running problem') originated in Malaysia. The Shànghǎi chapter organises runs most Sunday afternoons, at 3pm in the winter and 4pm in the summer, followed by a meal and plenty of beer. Check the website www.shanghaihh.com for details.

Water Sports

For a city by the sea, there's surprisingly little water-borne sports activity in Shànghǎi. What there is mostly takes place inland on Dianshan Lake.

SHANGHAI BOAT AND YACHT CLUB

www.shanghaiyachtclub.com

SBYC organises outings at the Shanghai Water Sports Centre on Dianshan Lake, about 50 minutes' drive from Shànghǎi. Members currently meet at 10am on Sunday at Oscar's Pub, across the road from the Cotton Club in the French Concession; nonmembers are welcome to tag along for a sail.

SHANLONG DRAGONBOAT TEAM

dragonboat@yahoo.com

For something more physical, try competitive dragon-boat racing held at Dianshan

Lake. The Shanlong Dragonboat team meets Sunday mornings in Gǔběi.

RUGBY

Local heroes, the Shanghai Hairy Crabs, take on expat rivals such as the Beijing Devils. Practice is held every Saturday afternoon at the Shanghai Football Club ground opposite Carrefour in Pūdōng's Jinqiáo district. Check www.shanghaifootballclub.com for contact details.

SNOOKER

Snooker tournaments get big TV audiences in China and there are a number of places around town to practise your pots.

JIN DU BILLIARDS CLUB

Map pp80–1

锦都桌球俱乐部 Jīn Dū Zhuō Qiú Jùlèbù

☎ 6473 5846; 3rd fl, 277 Wuxing Rd; 五星路277号3楼; ☎ 24hr; 📍 Hengshan Rd

Walk up the stairs past the poster of Stephen Hendry in his permed pomp and grab a game against the lads dreaming of becoming the next Ding Junhui, the young Chinese snooker player many believe will be world champion one day. This place never closes and the tables, from ¥14 to ¥35, are in good condition. They serve beer (¥12) too.

SPECTATOR SPORTS

Shanghai Stadium (上海体育场; Shànghǎi Tìyùchǎng; Map p126) seats 80,000 spectators for major sports events and occasional soft-rock concerts.

Shanghai Shenhua is the city's top football team and local matches are played in Hongkou Stadium (虹口足球场; Hóngkǒu Zúqiúchǎng; Map p104) in north Shànghǎi. The local basketball team is the Shanghai Sharks, who haven't been the same since Yao Ming departed for the Houston Rockets and NBA in 2002. They play at **Luwan Stadium** (卢湾体育场; Lúwān Tìyùchǎng; Map pp80–1; ☎ 6467 5358; 128 Zhaojiajiang Rd; 肇嘉浜路128号).

Other big draws include the annual Shanghai Open tennis tournament, and the Volvo China Open golf tournament in April.

SQUASH

The squash (壁球; bì qiú) courts at **Hotel Equatorial** (国际贵都大酒店; Map pp80–1; ☎ 6248 1688; www.equatorial.com/sha; 65 West Yan'an Rd, French Concession; 法租界延安西路65号; 📍 Jing'an Temple) can

be rented for Y120 per hour, plus the Y15 per person entrance fee as well as Y30 for a racquet. For a cheaper hit, there are also courts at Hongkou Stadium (Map p104), on the 5th floor opposite the main entrance. Charges are Y35 per hour, plus Y10 for a racquet and Y3 for balls.

SWIMMING

All top-end hotels have pools; however, if swimming is your thing and you're coming in winter, make sure your hotel has an indoor pool.

MANDARIN CITY Map pp120-1

明都城游泳池 *Míngdūchéng Yóuyǒng Chí*
☎ 6405 8814; 788 Hongxu Rd, entrance at nr Guyang & Shuicheng Rds, Hongqiao; 虹桥虹许路788号; ☎ 7.30am-9pm; taxi

This outdoor pool is particularly popular with expats – possibly more for pool-side lounging (got to work on that tan) than actual swimming. It's Y60 for adults and Y30 for kids.

ORIENTAL RIVERSIDE HOTEL Map p90

东方滨江大酒店 *Dōng Fāng Bīnjiāng Dàjiǔdiàn*
☎ 5037 0000; 2727 Riverside Ave, Pūdōng; 浦东滨江大道2727号; ☎ 6.30am-11.30pm; ☉ Lujiazui

Head over to Pūdōng to check out this great circular pool, enclosed in a glass dome with views of the Bund. Entry is Y80, Y40 for kids under 1.2m.

SHANGHAI SWIMMING POOL Map p126

上海游泳池 *Shànghǎi Yóuyǒng Chí*
☎ 6438 2372; South Zhongshan No 2 Rd, Xujiahui; 徐家汇中山南二路; ☎ 7am-10pm; ☉ Shanghai Stadium

Public swimming pools in China wouldn't be your first choice to do laps, although they are considerably cheaper than hotel pools. A shop next door sells swimming gear. Tickets are Y25 before 5.30pm, Y30 after. Kids under 1.2m get in for half price. It's just near Shanghai Stadium.

TENNIS

There are several places to play tennis (网球; *wǎng qiú*). Reserve courts in advance, especially at the weekend.

CHANGNING TENNIS CLUB Map pp80-1

长宁网球俱乐部 *Chángníng Wǎngqiú Jùlèbù*
☎ 6252 4436; Lane 1038, Caojiayan Rd, French Concession; 法租界曹家沿路1038弄; ☎ 6am-10pm; ☉ Jiangsu Rd

These hard courts are fairly central, in the French Concession off Huashan Rd, next to Time Passage (p186). It's Y60 per hour during day, Y70 in the evening. There's also a small shop selling tennis equipment.

XIANXIA TENNIS CENTRE Map p123

仙霞网球中心 *Xiānxiá Wǎngqiú Zhōngxīn*
☎ 6262 8327; 1885 Hongqiao Rd, Hongqiao; 虹桥路1885号; ☎ 6am-10pm; ☉ Shuicheng Rd

This is a premier site. Weekdays cost Y40 per hour for daytime play and Y80 for the evening (Y60/100 on weekends), with Y30 racquet hire. Courts are a bit cheaper between 6am and 8am. Reception is in the north side of the tennis stadium.

YOGA

Popular with both well-heeled locals and expats, yoga classes aren't cheap in Shànghǎi but there are plenty of options to choose from.

BREEZE YOGA Map p123

双元论瑜伽中心 *Shuāngyuánlùn Yújiā Zhōngxīn*
☎ 6295 9068; www.breezeyoga.com; Xijiao Sports Center, 1949 Hongqiao Rd, Hongqiao; 虹桥路1949号; ☎ 8.30am-9pm; taxi

Out near Gǔběi, this is a good yoga centre for expats. There are beginner, intermediate and advanced classes for Hatha yoga and Vinyasa flow yoga. A 30-pass card costs Y3000 or it's Y140 for individual classes.

Y+ Map pp80-1

Y+瑜伽会馆 *Yújiā Huiguǎn*
☎ 6433 4330; www.yplus.com.cn; 299-2 West Fuxing Rd, French Concession; 法租界复兴西路299-2号; taxi

Shànghǎi's poshest and most popular yoga centre offers a full range of classes in Ash-tanga yoga for both men and women, along with hot (Bikram) yoga, which takes place in a heated room to aid stretching and toning. Classes run daily from 10am to 8.45pm. Individual classes start at Y200, 50 cost Y5600 or a year's membership is Y9600.

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