

# Happenings at Mandarin Oriental, Hong Kong

Specialising in Exercise Physiology and Nutrition, **Dr. John O'Reilly and Dr. Sinead Sheridan** are experts in fitness, health and weight loss management. They provide a unique solution to the challenges of maintaining a work-life balance. Their one-on-one private consultation allows guests to gain valuable insight in achieving optimal health.

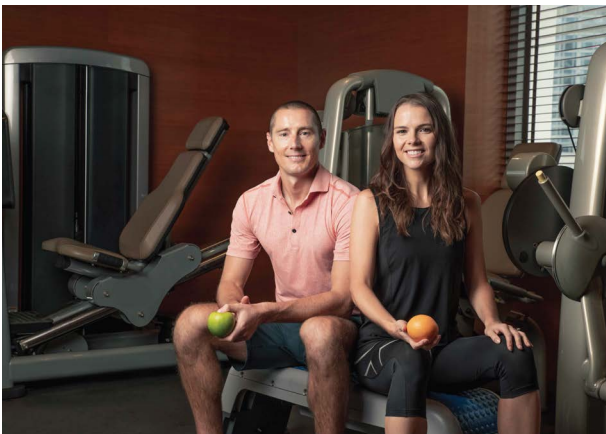
**Where:** The Mandarin Spa

24/F, Mandarin Oriental, Hong Kong

**When:** Available throughout the year

**Price:** HKD2,000\* for 60-minute private consultation

\*Prices are subject to 10% service charge



This Autumn, our Michelin-starred **Man Wah** features the best crab produce from around the world. Experience the delicacy of crab prepared several ways with our six-course tasting menu, or on the lunch and dinner à la carte menu. To complement the experience, ask the resident sommelier to pair the menu with the best wine.

**Where:** Man Wah

25/F, Mandarin Oriental, Hong Kong

**When:** From now until 30 November, 2018

**Price:** À la carte: from HKD118\* to HKD588\* /  
6-course Tasting Menu: HKD1,888\* per person

\*Prices are subject to 10% service charge

# Our Recommendations in the City



This year, **Clockenflap** is back with one of the most diverse and cutting-edge lineups Hong Kong has ever seen. The 3-day festival features an eclectic array of international artists, festival favourites and thrilling breakthrough performances. **Stay with us and receive an exclusive benefit on show tickets.**

**Where:** Central Harbourfront Event Space  
9 Lung Wo Road, Central

**When:** From 9 to 11 November, 2018

**Price:** Ranges from HKD820 to HKD1,410



Inspired by Lyon, France's "La Fête des Lumières" (The Festival of Lights), **Lumières Hong Kong** will be returning for the second consecutive year. The city will be enveloped by fantastic light installations, creating a magical atmosphere this festival is known for.

**Where:** Various locations including Tai Kwun, The Fringe Club, Statue Square, Kowloon Park

**When:** From 29 November to 2 December, 2018



**The Happy Valley Racecourse** is one of Hong Kong's most popular attractions amongst horse racing enthusiasts, visitors and locals. From September to July the following year, expect exciting evenings filled with live racing, music, food, drinks and more!

**Where:** Happy Valley Racecourse

Wong Nai Chung Road, Happy Valley

**When:** Every Wednesday night from 7:15pm

**Price:** HKD10 for General Stand Entrance

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