

# Singapore Heritage Fest –

## Expedition ‘H’

**13<sup>th</sup> & 20<sup>th</sup> Aug 2010**  
**9.30pm to 2.00am**

### **INSOMNIAC’S TRAIL: Discovering Lives in Between™**

More than just clubs, pubs and bars, discover a different side to Singapore’s nightlife as we explore narrow lorongs and back alleys. Ever wondered where our migrant workers end up after sundown on their days-off? Visit the streets of nightless days where Man, fruits and food are at one. Walk through one of the most historic places in Singapore and be enchanted by life after midnight. Grab the golden opportunity to visit a place of worship during Ramadan and be enchanted by its amazing architecture. The perfect night trail for insomniacs.

**14<sup>th</sup> & 21<sup>st</sup> Aug 2010**  
**9.00am to 1.30pm**

### **THE TRADITIONAL TOUCH: Healing the Asian Way™**

Embark on this journey and learn about some of the most ancient living traditions of healing. Discover your primary “dosha” and delve into a millennia-old system of medicine that arose out of the Indian subcontinent. Heard of cups that are not used for drinking and needles not used for sewing? Discover the mouth-watering truth behind bird’s nest. Explore also Indonesia’s medicinal culture and learn how ailment and disease can be healed through aromatics, herbs and spices. A lucky few can look forward to some touch therapy and pampering treats on the trail.

**14<sup>th</sup> & 21<sup>st</sup> Aug 2010**  
**2.00pm to 6.30pm**

### **TALL TALES: The Lowdown on Singapore's Myths™**

Travel back to the 14th century to unravel the mystery surrounding the tomb of Singapore’s last ancient king. Trace the origins of famous figures from our misty past and be amazed at their incredible feats of power. Learn about secret tunnels (did they or did they not connect to an island?); and uncover the myths surrounding the Second World War. Get the inside scoop on how Christmas was Singapore’s and whether this was a case of dispossession or purely misconception. Stand tall (very tall) and hear even taller tales about a tranquil island that hides a terrifying past. Come on this tour and brace yourself as we bring these tall tales down to size. Our historic legends, myths and scandalous secrets will never be the same again.

**Tickets Selling Fast! Join Us Now!**  
**Visit [www.heritagefest.sg](http://www.heritagefest.sg) to book.**

# Singapore Heritage Fest –

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**15<sup>th</sup> & 22<sup>nd</sup> Aug 2010**  
**9.00am to 1.30pm**

### **FROM PLOUGH TO PLATE: The Singapore Food Revolution™**

Trace Singapore’s food revolution from its agricultural origins to its trendy dining experiences available now. Join us on this gastronomic adventure where we start off at a lively but largely ignored countryside. We then move on to our very own motley crew of ‘al fresco’ style eateries located all under one airy roof. Catch the uphill buzz amidst well-preserved military barracks where we will discover the latest fad in Singapore’s favourite pastime. Start your Sunday morning by filling yourself up with delectable delights on this food trail with a difference.

**15<sup>th</sup> & 22<sup>nd</sup> Aug 2010**  
**2.00pm to 6.30pm**

### **ON ABRAHAM’S TRAIL: Exploring Middle Eastern Faiths™**

Abraham was the father of the three Middle Eastern faiths. What of Abraham’s children? Join us as we move from synagogue to church to mosque. Trace the roots of these monotheistic religions in Singapore all the way to their place of origin and be amazed by the thread of common similarities that runs through all three faiths. While eternal conflicts have besieged religion, on this trail, appreciate the values of peace, compassion and tolerance that distinguish the Jews, Christians and Muslims. Explore these ancient religions and learn how they are practised by communities in Singapore today.

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