

Good Morning Tai Kwun

Tai Kwun is opening its gates for early birds to take a sip of morning coffee and enjoy the dawning hours in the historical compound

Hong Kong, 28 May 2021, Friday



Beginning this June, Tai Kwun will rise earlier each morning as part of our “**Good Morning Tai Kwun**” activation, with gates opening up to the public at 8am until 11pm, along with Tai Kwun restaurants **Rise & Dine** offers and **Good Morning Tai Kwun – Urban Recharge** wellness activities happening from late June. During these exclusive early hours, the historic grounds of Tai Kwun is the perfect place to sip on some morning coffee, nibble on delectable breakfast plates and take in the cool breeze before the midday sun arrives. Providing a sophisticated yet relaxed atmosphere to kick off the summer mornings, Tai Kwun will host an array of events in late June for early risers, with wellness programmes and other surprises.

Greet the Day

As the day dawns crisp and clear, Hong Kong’s morning larks can now enter Tai Kwun from 8am to greet friends and join the community for the first flush of morning. **Rise & Dine** with Café Claudel and LockCha Tea House as they open at 8am for breakfast with all new menus in their gorgeous outdoor surroundings. Enjoy the first meal of the day outside, as you take in the heavenly sites of Tai Kwun and nibble on a sumptuous breakfast from Café Claudel or a traditional Cantonese style dim sum set from LockCha Tea House. To find out more on how to indulge in their breakfast offerings.



Café Claudel Breakfast Menu



LockCha Tea House traditional
Cantonese style dim sum set -
LockCha Cold Brew Tea

Starting from 28 June until 4 July, **Good Morning Tai Kwun – Urban Recharge** will host daily sessions for morning happenings from 8.30am. Early risers can start their day by stretching it all out with a variety of wellness sessions in partnership with lululemon that are sure to get the body moving and the mind ready for the day ahead. Join Tai Kwun Fans to receive an exclusive wellness gift (while stock lasts).



Tai Kwun in partnership with
lululemon (Reference Photo)



Rolling out a variety of outdoor morning wellness
sessions (Reference Photo)

After the wellness sessions have reached their end, participants needn't stop stretching their legs, as Tai Kwun will offer an **Exclusive Tai Kwun Guided Tour** every day after the morning fitness session. There's no better time to discover the historical significance of the unique heritage site than just before lunch.

Visitors can turn otherwise ordinary mornings into extraordinary ones as they explore all that "Good Morning Tai Kwun" has to offer. Laze in the luminous summer sun and perk yourself up along with family and friends this season with Tai Kwun.

For details about Good Morning Tai Kwun: Urban Recharge and registration details, stay tuned at <https://www.taikwun.hk/programme/detail/good-morning-tai-kwun/807>

Date: 28 June – 4 July, 2021

Time: 8.30AM – 10.30AM

(Online registration required, first reserved first served, limited slots per day.)

Visitor information

Tai Kwun adopts social distancing measures in compliance to the latest safety regulations. Visitors are required to wear surgical masks, undergo temperature screening, and either scan “LeaveHomeSafe” QR code or register personal particulars. Eating and drinking in public areas is temporarily not allowed. Participants of **Good Morning Tai Kwun – Urban Recharge** and **Exclusive Tai Kwun Guided Tour** shall comply with the prevailing public health safety measures applicable to those activities. The frequency of cleaning is being stepped up for high contact surfaces throughout the day, and hand sanitiser stations are available throughout Tai Kwun. Visitors are encouraged to plan their visits with the newly launched Visitor Planner via https://www.taikwun.hk/en/visitor_planner prior to visiting.

Programme details are subject to change; please refer to the Tai Kwun websites for news and updates.

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Editor's notes:

Please click [here](#) to download the hi-res images with captions and Rise & Dine breakfast menu.

About Tai Kwun — Centre for Heritage and Arts (Tai Kwun)

Tai Kwun is Hong Kong's Centre for Heritage and Arts — a cultural destination for inspiration, stimulation and enjoyment. We aspire to offer the best heritage and arts experiences, and to cultivate knowledge and appreciation of contemporary art, performing arts and history in the community.

Tai Kwun invites all visitors on a journey of discovery that unites across multiple genres of arts, heritage, culture and lifestyle in Hong Kong. Here, visitors will discover the rich heritage of the site through the thematic exhibitions and immersive public programmes that explore Hong Kong's history and culture, alongside a multitude of vibrant and inclusive contemporary art presentations and performing arts offerings all year round.

Opened in May 2018 and operating on a not-for-profit model, Tai Kwun is the fruition of a joint partnership between The Hong Kong Jockey Club and the HKSAR Government to conserve and revitalise the buildings of the historic Central Police Station compound, which represents one of the most significant revitalisation projects in Hong Kong. The site comprises three Declared Monuments of Hong Kong – the former Central Police Station, Central Magistracy and Victoria Prison – all of which have been meticulously conserved, with unfailing attention to authenticity. The site also includes two new buildings – JC

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Contemporary and JC Cube, by renowned architects Herzog & de Meuron – and several outdoor spaces – Parade Ground, Prison Yard and Laundry Steps – providing an exciting venue for public programmes presented by Tai Kwun and its partners.

Tai Kwun, which means “big station” in Chinese, is the colloquial name used by Hong Kong people to refer to the former police headquarters and the surrounding compound. The name has been adopted as a reminder of the historical importance of this living heritage site.

In 2019, Tai Kwun received the Award of Excellence in the 2019 UNESCO Asia-Pacific Awards for Cultural Heritage Conservation. This is the highest honour of the prestigious Awards, which bestows international recognition of the outstanding achievement in the conservation and revitalisation efforts of Tai Kwun.

For more information, please visit our website: <https://www.TaiKwun.hk>.

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