

01 Grounding Neighbourhood



After a long journey, hours of sitting in an airplane and travelling at a speed, which we are as a species not built to travel, it is always a good thing to have a grounding neighborhood walk. Stretch your feet and slow down. That's the way one can truly arrive in a new place. This walk will moreover help you to get an orientation where you get the most important things for daily life; in particular the stretch of Zhenning Rd | 镇宁路 between Yuyuan and Xinzha Rd is a microcosmos of Chinese cuisine and you will see a lot of mouth watering and authentic food which has made it even to [New York](#) as the [wechat](#) community was told.

Leaving Xinan Towers | 欣安大厦 and turning right on Zhenning Rd | 镇宁路, we walk North on the intersection of three districts: to the right of Zhenning Rd | 镇宁路 we are in Jingan | 静安区, to the left in Changning | 长宁区 and once we reach Changshou Rd 长寿路 respectively Suzhou Creek | 苏州河, we are already in Putuo District | 普陀区. The southern end of Zhenning Rd | 镇宁路 ends at the intersection with Huashan Rd | 华山路 and Changle Rd | 长乐路, where Xuhui Districts | 徐汇区 and the former French Concession | 法租界 begins. We will explore the area south of our starting point in another walk and head today on the right pavement North to Xinzha Rd | 新闸路 and turn there back South on the left pavement to Dongzhuang Rd | 东诸安浜路.

Jingan and Changning districts are home to large parts of concession heritage architecture and due their central location to high-end residential and commercial buildings. Putuo district is the largest of the seven downtown districts and was for most of its existence industrial in character; only during the last few years the city government decided to move industry out of Shanghai or at least into the suburban district and converted Putuo into a new residential and commercial area, in particular the southern part in the vicinity of Suzhou Creek, which is now a much coveted high end residential turf.

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The following list indicates and explains stops along the walk in line with the order of the pictures shown on the website.

1. Intersection Donzhuanbang/Zhenning
2. Zhenning 270: closest fruit vendor
3. Intersection Yuyuan/Zhenning
4. Yuyuan 666: 忘记葱油饼 Wang Ji Pancake > get your first fix whether breakfast or afternoon snack
5. Zhenning 360: 公馆烤味 > grilled poultry for geese neck lovers
6. Zhenning 386: 沁沁面馆 > traditional breakfast (油条, 麻团, 豆奶) from 4 am; Henan noodles | 河南拉面 all day
7. Zhenning 392: 时鲜蔬菜 > get your veggies from here if you don't bother for the fresh market
8. Zhenning 392: 寿衣香烛店 > everything you need for a proper temple visit, ancestral rites, superstitious customs or funerals
9. Zhenning 394: 名优茶 > trade your opium for tea
10. Zhenning 396: 定做皮鞋 > broken shoes, belts or leather bags? Let them repair here
11. Zhenning 400: 整新洗衣店 > laundry day? That's the right place
12. Zhenning 420: 海王星辰 nepstar drugstore > western and Chinese medication
13. Zhenning 434: Zhenning Rd Fresh Market starts here and stretches up to Xinzha Rd
14. Zhenning 434: 新镇江 > ricebased delicacies like Tangyuan | 汤圆 or Xiaolong | 小笼
15. Zhenning 440: 天下皮仓 world leather warehouse > your pitstop for 凉皮, a great cold dish made of seasoned noodles; moreover a selection of Chinese bread and pancakes
16. Intersection Xinzha/Zhenning > cross here after you have checked out the Zhenning Rd fresh market | 镇宁路市场 and return South on the left side pavement.
17. Zhenning 449: 全家 family mart, JP convenience store. Closest stop for daily commodities like toast bread, tooth brush, etc.
18. Zhenning 433: 食家面馆 > noodle house, which sells northeastern pancakes | 东北并
19. Zhenning 407: 一朝鲜包子 > Steamed buns with all sorts of fillings, traditionally eaten for breakfast or as a snack during the day
20. Zhenning 407: 千里香 福建混沌王 > Hundun are yet another traditional dish, boiled ravioli soup with several fillings
21. Zhenning 385-375: 1088 > upscale restaurant located in a renovated English concession building > check out the neighborhood for more colonial architecture

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22. Zhenning 367: take a peek into this colonial building in which much of 1088's staff lives. It's a brilliant example how buildings which were designed for a Western upper social class have been converted into lower class dwellings and sadly suffer therefrom.
23. Zhenning 365: 快客 > Chinese version of Family Mart, closer but less organized
24. Zhenning 359: 东北虎 Northeastern Tiger > Northeast Chinese street BBQ; fun experience for late evening street dining; meat and veggie skewers grilled in lots of chili
25. Yuyuan 698: Brut Café Cake; tastefully design neighborhood cafe; sit down for a coffee on the wooden outdoor stairs and check out Yuyuan 699, a massive colonial park villa which is located across the road. After having seen the living conditions at Zhenning 369, this is a telling piece of architecture about the city's poor wealth gap | 贫富差
26. Zhenning 275-255: if one of the three 渔光准 compound gates are open (usually 255), walk inside and get a feeling for colonial middle class architecture. You will notice that the roughly 80 year old buildings have probably not been renovated since construction and instead of one family residing in one building each floor is occupied by a different household.