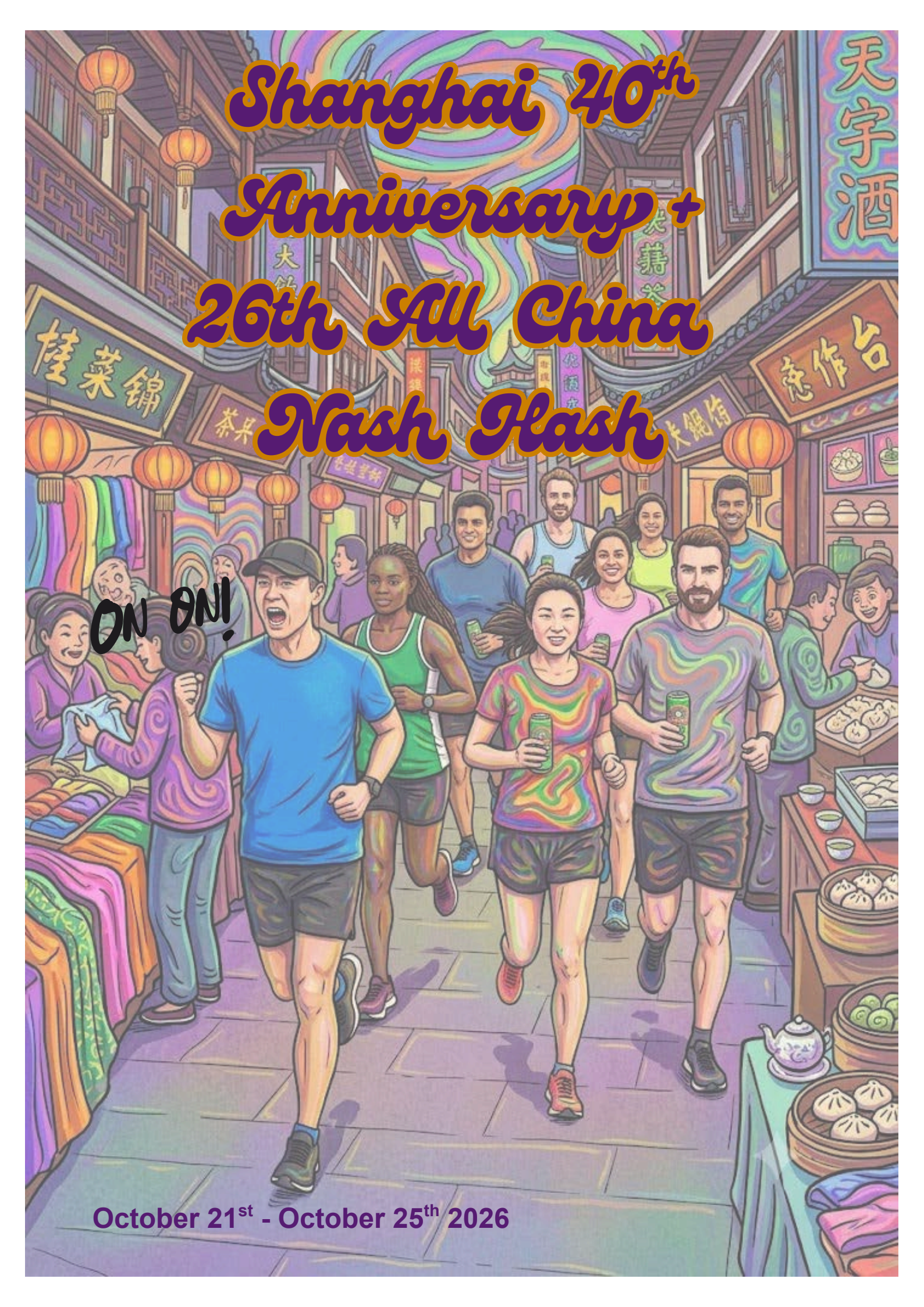




# Shanghai 40<sup>th</sup> Anniversary + 26th All China Wash Flash

ON ON!

October 21<sup>st</sup> - October 25<sup>th</sup> 2026

# 26<sup>TH</sup> ACNH SCHEDULE

## Wednesday Oct 21st

### Pre-Pre Lube Pudong Fullmoon Run

Chuan Master Boiled Fresh Fish (Pujiang Huanlesong Store), Room 103 & 142, No. 2699, Chenxing Road, Minhang District, Shanghai 川师傅水煮鲜活鱼(浦江欢乐颂店)

上海市闵行区陈行公路2699号103室、142室

Metro Station: Pujiang Town Station (Line 8) Exit 2

**meet at restaurant at 6:30 PM**

12-14 km run and 6 km walk

Hash cash: 120 RMB

## Thursday Oct 22nd

### Pre-Lube DOGS Family Run

Yifu Hunan Restaurant (Century Park Branch)  
羿府湘菜 (世纪公园店)

Huamu Road, Lane 999, Number 24

上海市浦东新区梅花路999弄24号(花木路地铁站4号口步行280米)

Metro Station: Huamu Road Station, Exit 4

**A-A trails**

**Meet at the restaurant**

**Run/walk start at 7 PM**

Hash cash: 120 RMB

## Friday, Oct 23rd

### Registration & POSH Family Run

Chalet Plus, 833 Renmin Road

Metro Station: Yuyuan Garden Station

(Lines 10 & 14) Exit 4

豫园街道人民路835号 (中星君亭酒店右翼)

Registration: Starts at 2 PM

POSH runs + walk: Start at 7 PM\*

**\*staggered start times**

Drinks at Chalet Plus starting from 8:30 PM.

Collect drink tokens for Friday night at registration.

## Saturday, Oct. 24<sup>th</sup>

### Main Event & Bash

La Burg, Moganshan Road entryway across from 1,000 Trees Mall, 5<sup>th</sup> floor of Furnishings Mall

La Burg 在月星家具购物中心楼上 (5楼) 从1000棵树的南入口对面的莫干山路的2号门进去坐直梯上去

Registration: from 9 AM at the street level entry to La Burg (for those who did not register on Friday)

Bus departures: Ballbuster & Rambo arrive at 10 AM for 10:30 AM departure. Wimps and Wankers meet at 10:30 AM for 11 AM departure.

**Please show your wristband as you get on the bus which matches the run distance you have selected.**

Bash: Buses will arrive back at La Burg for Saturday Bash. Collect drink tokens for Saturday Bash at arrival. Chinese buffet, drinks, entertainment, and live music by Red Zeppelin at La Burg until late.

## Sunday, Oct. 25<sup>th</sup>

### Rusty Man

Abbey Road, 3 Taojiang Road

桃江路3号

Metro station: Changshu Road Exit 4

(Lines 1 and 7)

Meet at Abbey Road at 8 AM

## Sunday, Oct. 25<sup>th</sup>

### Shanghai 40<sup>th</sup> Anniversary Run

Houtan Station Line 7, Exit 1

地铁7号线后滩站1号出口

**Meet at Exit 1 at 11 AM**

## Sunday, Oct. 25<sup>th</sup>

### Shanghai 40<sup>th</sup> Anniversary Banquet

Yu Li Xiang Hunan Restaurant 1333 Middle Huaihai Road in Xuhui District

徐汇区淮海中路1333号一楼御鲤湘

Metro Station: Changshu Road

(Line 1 - Exit 4 & Line 7- Exit 1)

**See photos on next page**

Time: 3 PM - 5 PM

**Red 40th Anniversary wristband holders only. Please note that the scheduling of the banquet is very strict. Be sure to be on time.**

## Detailed Instructions on how to find La Burg

La Burg entrance is opposite South 1,000 Trees entrance on Moganshan Road. Saturday morning registration will be at street level from 9 AM. The Saturday night bash will be at La Burg which is on the 5th floor using either elevator at the entrance.

### Taxi, Didi, or Cycling

By taxi, Didi, walking or bicycling, enter La Burg, Shanghai into the appropriate app, and it will find it. However ignore the fact it might say Aomen Road or even M50 Arts District, it's at neither, it's on Moganshan Road, accessible from the back entrance of Yuexing International Home Furnishings Mall, and opposite 1,000 Trees. **If the app says the destination is at Aomen road change the destination to 1,000 trees. This should re-route you to Moganshan road.**

### Metro Line 13

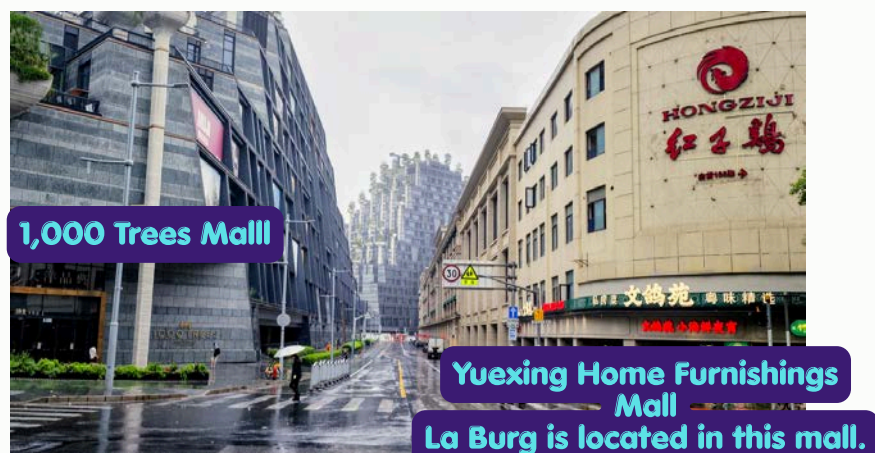
From Jiangning Road metro station, line 13, take exit 1 and immediately turn right onto Changhua Road, continue north over Putuo Road and Aomen Road for 445m, then turn right onto Moganshan Road.

### Metro Lines 3 & 4

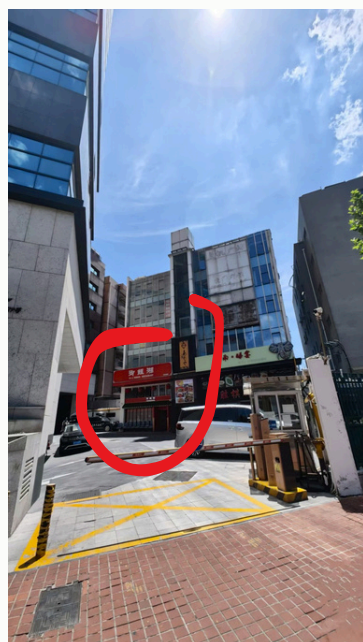
From Zhongtan Road metro station, lines 3&4, use exit 6, and head south on Zhongtan Road, over Qingshuiwan Road, over Suzhou Creek bridge past 1,000 Trees main entrance, after 750m turn left onto Moganshan Road. La Burg is 150m on your right as above.



The entryway where registration tables will be set up on Saturday and the entrance for the elevators to La Burg for the Saturday night bash is **opposite** of this South entryway for 1,000 Trees.



## Shanghai 40<sup>th</sup> Anniversary Banquet Location



Yu Li Xiang Hunan Restaurant 1333 Middle Huaihai Road in Xuhui District  
徐汇区淮海中路1333号一楼御鲤湘

Metro Station: Changshu Road (Line 1 - Exit 4 & Line 7- Exit 1)

The restaurant can be a bit tricky to spot so here are some photos taken from Middle Huaihai Road to help you find it for the banquet on Sunday, October 25<sup>th</sup>.

# Emergency Contact Numbers

**Police (公安) – 110:** This number is for all police-related emergencies, such as reporting a crime or needing police assistance. It's available 24/7, and operators can often speak basic English.

**Ambulance (急救) – 120:** Dial this number for medical emergencies requiring an ambulance. It's essential to clearly state your location and the nature of the emergency.

**Fire Department (消防) – 119:** This is the number to call in case of a fire. Quick response is critical, so ensure you provide clear details about your location.

## Pharmacies

Pharmacies are common in Shanghai. Look for signs that say 药房 (yàofáng) or 药店 (yàodiàn). Large chain pharmacies often sit near metro exits, residential compounds, and hospitals. They are useful for basic cold medicine, fever reducers, stomach medicine, bandages, disinfectant, masks, and simple over-the-counter items.

Do not assume every pharmacy is open 24 hours. If it is late at night, search in Amap or Apple Maps for 24小时药房, which means 24-hour pharmacy. If you are staying at a hotel, the front desk can usually tell you the nearest open pharmacy or help you order medicine delivery.



## Tourist Assistance (旅游服务) – 12345

This is a national hotline offering information and assistance to both locals and travelers. They can provide guidance in English and other languages.



The ACNH 26 organizers will be wearing red and orange shirts.

In the case of a medical emergency dial 120 first, but for minor but urgent matters such as issues with local police or minor injuries please seek out an organizer for assistance.



The Shanghai Hash House Harriers (SHH3) celebrates 40 years of Hashing in Shanghai by joining with the other Shanghai Hashes to host the 26th All China Nash Hash over the weekend of October 23-25, 2026. You are invited to participate by attending, not just this weekend, but at any of the Shanghai Hashes which have been taking place weekly for the past 40 years. For more information, read On On!

### Hashing in Shanghai

China today has Hashes in many cities, as do most Asian countries. Hashing is totally inclusive everywhere, and the Chinese Hashes have an interesting mix of local Chinese and foreigners (老外!) – indeed men and women of all persuasions.

The Shanghai Hash House Harriers (SHH3) first hit the trails on October 4, 1986, when Eva Stoltizer, Christian Burgmann, Larry Robinson, David Brooks, and Steve Brooke gathered for the city's very first Hash. After a short pause in 1987, the pack was brought back to life on July 10, 1989, by Robin "Silver Fox" Cox — and it's been running strong ever since.

From its early days as a Saturday and then Monday Hash, the group has settled into a Sunday tradition — 3pm in winter, 4pm in summer — mixing running, camaraderie, and a healthy dose of irreverence. By 2027 SHH3 will have met 2,000 times, in all weathers, even including typhoons!



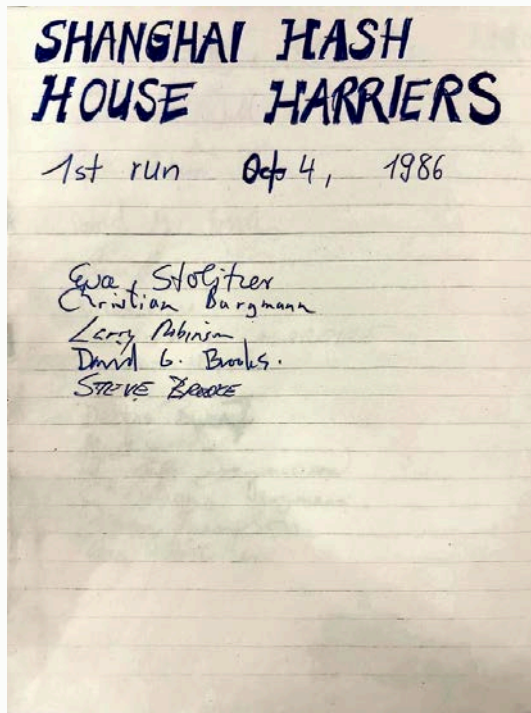
# Shanghai H3 Kennels

As in many cities in the world, Hashing is not restricted to a single group. SHH3 may have been first, but in 2000, the Shanghai China Taiping H3 was formed and now meets one Saturday each month (very approximately!) to transport city dwellers to the mountains of Jiangsu and Zhejiang. In June 2006, the Shanghai Drunken Dragon H3 first appeared, and today continues to drag the pack out into the countryside one or two Saturdays in the warmer months, by metro or bus, for iconic trails in the countryside surrounding Shanghai.

The Shanghai DOGS H3 is usually men only and meets every Thursday at 7pm, the Shanghai POSH Hash is usually women only, once a month on Fridays. The Pudong Full Moon H3 meets on Wednesday evenings, once a month of course, in the Pudong countryside for a shiggy-packed adventure. The 7-ELEVEN H3 holds 2 runs a year – both on 7/11 (November 7th and July 11th). Founded on November 7th, 2020 by Gobblin' King, Kiddie Poo, and Stillett-Hoe as part of the Beijing Hash House Harriers, it became an independent kennel in 2022 and is now held by many other kennels globally.

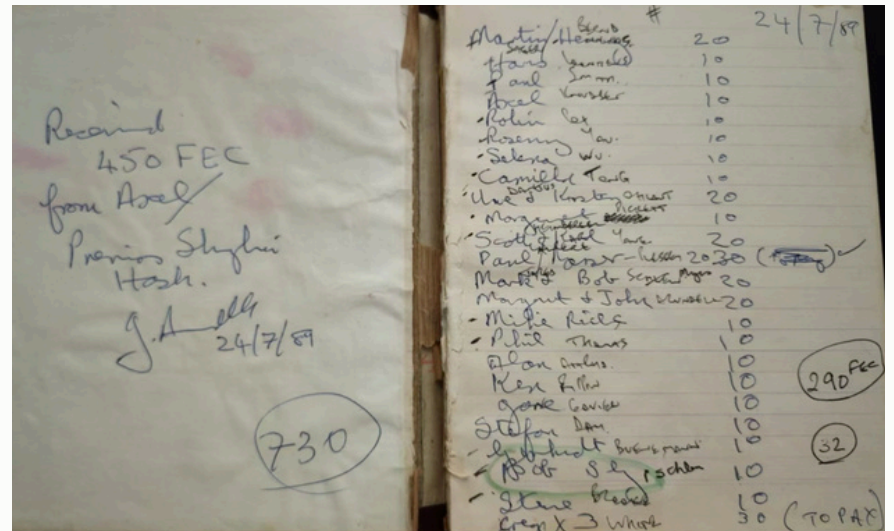
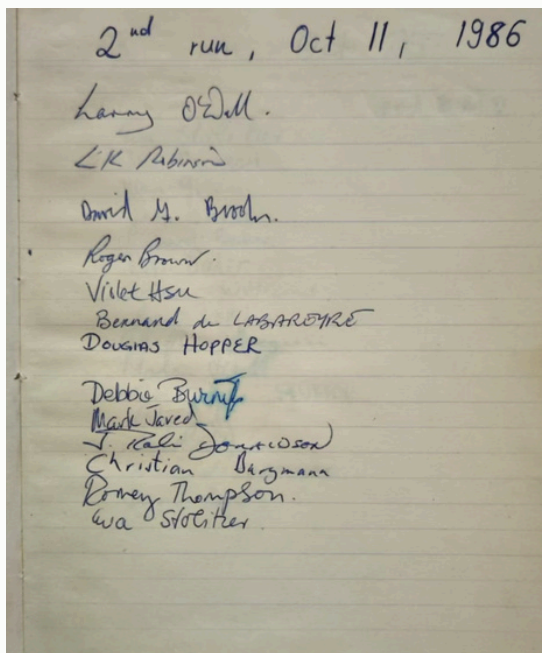


# Shanghai H3 History



Before the advent of the digital era, Shanghai Hashers had to sign in for the Saturday runs on this ancient medium called paper.

The first run in Shanghai took place 40 years ago. At the time mismanagement did not always note where the runs took place, but locations that were recorded include notable tourist spots around the city: the Shanghai Botanical Gardens in Xuhui, the Shanghai Zoo, and Jinjiang Paradise amusement park.



The same notebook that was used to record which Hashers attended each run was also used for bookkeeping. You might notice that there is no mention of RMB in the pages above, because from 1980 to 1994 foreigners in China were required to pay using a specialized currency called Foreign Exchange Certificates (FEC's).

# Shanghai H3 History

15<sup>th</sup> run Jan 17, 1986

Zoo run  
(detailed)

Eva Slotites  
Christian Barchmann  
INGRID FISCHER  
UWE DANJUS  
Bernard de LABATOLLE.  
Beno BERGMEYER  
Thierry FRADIN  
Korn Coleman  
Mark Javed

Trail marked by (expert) hares:  
David Brooks,  
JAKOB BROOKS

16<sup>th</sup> run Jan 24, 1986

Zoo run Part II  
partially detailed

Eva Slotites  
J. Robin Davidson  
Demaris Payne  
Zornard Lagerstedt  
INGRID FISCHER  
UWE DANJUS  
Thierry FRADIN,  
Genevieve Delie

Hares: David Brooks  
JAKOB BROOKS

As we can see from the notes about the two attempted runs at the Shanghai Zoo, the hares back in the 80's were just as top notch as they are today.



# Shanghai Kennel Spotlight: History of the DOGS

When the Distinguished Overseas Gentlemen of Shanghai (DOGS H3) held its first run on 6 August 2009, the aim was wonderfully simple: preserve the tradition of a gentlemen's Thursday evening.

The idea grew after a Hashers return from Hong Kong, where Thursday nights belonged to the Royal Southside Hash. Shanghai had no equivalent, so a few like-minded Hashers did what Hashers have always done when something was missing, they started one.

Since that first run, DOGS has become a permanent fixture of Shanghai Hashing. Every Thursday evening the pack gathers for what Hashing has always been about: a good trail, good company, plenty of laughs and a cold beer or two waiting at the end.

The kennel proudly maintains its gentlemen-only Thursday tradition, but not at the expense of hospitality. When Thursday falls on a public holiday, or when Shanghai hosts major Hashing events such as Nash Hash, the ladies are warmly welcomed to join the pack. Traditions are important, but so is sharing them.

DOGS has also left its mark on the wider Hashing community. The kennel played a key role in creating the now legendary Rusty Man Challenge, first unleashed during the China Nash Hash in Shanghai in 2013. Since then, Rusty Man has become a badge of honour, or survival, for Hashers willing to put themselves to the test.

Perhaps the most distinctive DOGS tradition began completely by accident. After the very first run, one of the founding members failed to make it home. As the hours passed, his increasingly concerned wife rang around the rest of the pack looking for him. Without missing a beat, everyone assured her that he was safely asleep in their spare room. Whether she believed them is another matter. The following Thursday he was christened 'Sleeping Ruff', the first official DOGS name. From then on, every newcomer receives a dedicated DOGS name on their very first run. It has become one of the kennel's defining traditions, and means that most DOGS members proudly carry two Hash names: one from their home kennel and one earned with the pack on a Thursday night.

More than sixteen years on, DOGS remains exactly what it was intended to be: a friendly Thursday kennel where good trails, good company and good beer matter far more than numbers. As Shanghai welcomes Hashers from across the region for Nash Hash, we look forward to sharing our city, our trails, and perhaps even sending a few visitors home with a DOGS name of their own.

On On!



# SHANGHAI TOILET RUNS, THE HISTORY



You might well ask why a toilet run? Good question. We have to go back to 2002 when I was working for American Standard (AS) at their ceramic factory in Xidu, Fengxian County, some 30 kilometres southwest of Shanghai city centre.

I should say at this time we owe a large vote of thanks to AS for allowing us free use of their site facilities without which these runs could not have happened. At that time I had already been a regular Sunday Hasher for 3 years, and it occurred to me that it might be a good idea to organise an out-of-town run and explore the countryside around the factory site. The then mismanagement committee agreed and so the first Toilet Run was born. Little did I realise that this phenomenon would last for nearly 20 years, 16 runs, touch hundreds of people, and become something of an institution.



The format for the runs was simple: I was the hare and Bollock Chops (Kevin McHale) was my co-hare on every run with the exception of the final run. I'll return to that run later. I would organise the factory site so we could use the car park for chalk talk and circle, and toilet facilities which were in the office complex. The run would always be a run through the countryside and the small villages dotted around the factory, and a dinner in a local restaurant in Xidu. The runs were usually once a year, although on 2 occasions there were 2 in a year. Not sure why that happened but I think it was due to popular demand. There were 2 tee shirt runs, 2006 and the final toilet run in 2020. Two of the outstanding features of all the runs were the circle down downs, carried out while sitting on a toilet, drinking from a piss pot, and a series of games during the dinner. Boat races, egg roulette, amongst others, all accompanied by numerous table songs and individual performances from talented individuals, and of course there was always a riotous journey home on the coach fuelled by copious quantities of local beer.



The final toilet run should have been 2014 as I retired from AS in 2015, and I no longer had the influence and ability to organise the event. In early 2020 my good friend and co-hare Bollock Chops passed away. This has quite an effect on me and I thought it would be a very nice idea to hold one last toilet run to commemorate all those runs and serve as a memorial run for Kevin. I floated the idea to the mismanagement committee and suggested it should be a T-shirt run. This was accepted and taken up with enthusiasm. The next problem and really the deciding factor was whether American Standard would allow me and the Hash back onto their site. Quite a big ask. However, they agreed and so the hash was on for October of that year. Of course I needed a new co-hare, Maths Factor was very happy to step up for the job, and Master Wanker volunteered to be the RA. Goldilocks agree to design the T-shirt.

The run took place on 25th of October on a glorious sunny day, about 50 hashers turned up for the bus ride out to the factory, and the whole afternoon was a great success. In the evening at the restaurant a slide show had been put together by Repeat Offender, covering many years of photos of the Shanghai Hash. This was shown throughout the dinner on an overhead projector. A web link was organised by 10,000 Licks and we were joined by Kevin's wife, Emily, from the UK, TBA, also from the UK, Head Job from Germany, and Wanking with Wolves from Cambodia. All spoke of their memories of Kevin and the toilet runs they had participated in over the years.

As hinted in the title of the last run, it was the Final Toilet Run, the end of an era, now a part of the history of the Shanghai Hash.

**Major Hornblower.**





## **24 Years, Several Names, and No Sign of Stopping**

There are probably easier ways to spend a Hash weekend.

You could run the trail, drink the beer, sing a few songs and eventually fall over like everyone else. Or you could do all of that while also transporting guitars, amplifiers, drums, keyboards and a saxophone across China, finding somewhere to set them up, doing a soundcheck and then playing three sets of rock music to several hundred Hashers.

Red Zeppelin have somehow been choosing the second option since 2002.

The band began in Shanghai simply as The Hash Band, formed by a group of Hashers who also happened to play instruments. Names and line-ups changed over the years, Rock Suey and Hai-Jinks were among the incarnations, before Red Zeppelin eventually stuck.

One link right back to the beginning remains. Hornblower, one of the original members, is still playing with the band today, more than two decades after it all started.

That longevity is probably the most remarkable thing about Red Zeppelin. This isn't a professional cover band hired to play Hash events. The musicians themselves are Hashers. They travel to the events, join in the weekend and then climb onto the stage afterwards.

And everything on stage is live.

There are no backing tracks quietly filling in the missing pieces. Depending on the current line-up there are guitars, bass, drums, keyboards, bagpipes, saxophone and several people sharing vocal duties. It isn't always polished and it isn't supposed to be. A Red Zeppelin gig has much the same philosophy as the Hash itself: get everyone involved, don't take yourself too seriously and keep going.

The music has changed considerably in 24 years too.

A current Red Zeppelin set can start with Elvis and wander through the Kinks, the Clash, AC/DC, Led Zeppelin, Joan Jett, and the Rolling Stones before arriving at Nirvana, Green Day, Blur, Blink-182, Kaiser Chiefs, Arctic Monkeys and Jet. On a recent set list, Paint It Black shared a page with All the Small Things, Highway to Hell, Song 2, I Bet You Look Good on the Dancefloor, and Smells Like Teen Spirit.

There is even Sweet Caroline.

Some things are apparently unavoidable.

The objective has never been to recreate one particular era of rock. The songs are there because they work live. If several hundred Hashers know the chorus, or can convincingly pretend they do after enough beer, it probably belongs somewhere in the set.

And lately Red Zeppelin have been getting around.

The 2024 gigs included Shanghai, the All China Nash Hash in Hong Kong and the traditional end-of-year Santa Hash. The following year's Year of the Snake Tour took the band through Suzhou and Shanghai and north to Beijing for the 2025 All China Nash Hash, Shekou AGM, before finishing the year back in Shanghai.

For 2026, subtlety has once again been rejected.

This is the Year of the Fire Horse, which naturally means the Genghis Khan Tour. Wuxi's Yangtze River Delta Hash kicked things off on 18 April, followed by Wenzhou in May, the All China Nash Hash in Shanghai in October, and Santa Hash in December.

Twenty-four years after a few Shanghai Hashers first decided that what a Hash really needed was a live band, Red Zeppelin are still doing it.

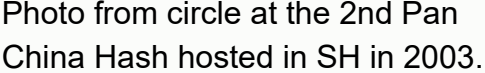
The personnel have changed. The songs have changed. The name changed several times before anyone finally stopped changing it.

But the basic idea hasn't.

Run. Drink. Rock. Repeat.



# Retrospectives



Hornblower, delivered.



Hangover Run from Grub & Groove bar.

# 40 Years of Shenanigans in Shanghai





# 2026 Highlights Across China

## Shanghai Hashes - Drunken Dragon H3 and Taiping H3

In a desperate attempt to ensure that our trails avoid the flat, concrete jungle of Shanghai, we have done a lot of 'joint' Hashes with Hangzhou and Wenzhou. When I say joint I mean that we have turned up and enjoyed their fantastic hospitality.

Autumn started with a bang as we hosted the Mandarin Island Hash - our annual trip to the orange islands just a short journey (unless there is a traffic accident in the underground tunnel) to the orange islands. Notable events included two visiting 'mandarins' joining the trail, the hare live haring on an e-skateboard and falling flat on his back, and the pack having to move the stash a km from the bus to the restaurant .

December saw the Santa Hash, an annual event with five Hashes in five days including a Saturday night performance at Homefield by the fabulous Red Zepellin. Almost fifty Hashers joined the run and "On On" raising money for Heart to Heart. As the author of this post proved himself true mismanagement material by not bringing the raffle tickets or all of the prizes to the finish, we will never know how much could have been raised , but at least two life-saving operations on young Chinese children were made possible this year thanks to Hashers getting pissed and running/stumbling-- excellent work people!

2026 saw the year of the Firehorse with Shanghai hosting the Yangtze River Delta Hash, organised by Noisy Pussy and Squeaky Rider in nearby (ahem, pretty far away) Wuxi in order to give us some elevation. A hundred Hashers did a Red Dress Run, an absolutely killer Ballbuster Saturday run in the hills followed by the Rusty Man, and a calamitous Wankers trail in a park-- this was a great weekend of Hashing. Away trips to Wenzhou and Hangzhou then we rounded off the year with some local Saturday runs exploring the shiggy of Shanghai!

P.S. Did you know – there is elevation in Shanghai and you can now go up the 4,800 cm man-made Twin Hills (双子山) in Pudong... get those oxygen tanks and ice picks ready. On On!



## Hangzhou H3 Revival!

Hashers from Hangzhou, Shanghai Suzhou and Beijing joined to celebrate the revival of the Hangzhou Hash in March. Congratulations to Anal and mismanagement for bringing it back. Notable events of the day/weekend include Singaporn not being the one with his cock out in the circle, Horizontal Shit Stains haring the only run in Hangzhou that managed to avoid canals, parks and scenery despite spending 3 days scouting in the previous week (he had found a lot of toilets... everyone has to have a hobby), oh and then Anal being caught twice as one of the hares.

To celebrate the one year resurrection that matters... fuck Easter, there was the 300th run and one-year anniversary in May. Notable events - Hangzhou mismanagement realizing that Tsingtao that is not old Tsingtao is shit and not fit for consumption! Happy Ending having photos of the 100th run way back in the 90s??? And a Hangover Run that actually did not use roads as Horizontal was not haring!! Onon!

## Xi'an H3 Northern Alliance

Xi'an Hash hosted the second annual Northern Alliance. From the signup list, we already knew this Hash would be a roaring good time. Friday noon started off with what could be the greatest Rusty Bitch of the year, black pudding for breakfast and rotten eggs at the dragon egg and spoon, which didn't deter Hiking Club from taking home the grand prize and rumor has it, it's her new favorite toy. The Friday evening Red Dress Run through the Muslim Quarter, saw multiple pussies being petted courtesy of Hot Pussy Popper. Saturday saw the beer hidden in the middle of a lake, the evil hare Indiana Bones forcing Hashers to swim out for their once-a-year bath and murder vans thanks to the utter self-assurance of Rip the Tip. The RA Swarcockski was sleeping on the job so Sunday dawned dour and dreech, which didn't stop the pack from limping around the hangover trail and crowning Natural Airbags 'Hash Queen of the North'.



## Guangzhou H3 Hot Spring Hash

The “Notorious” Guangzhou Hot Spring Hash happened twice this year. Once in January before Chinese New Year and once in March after Chinese New Year. The Saturday trail in January was widely regarded as the best trail of the year, only to be usurped by the Saturday trail of the March Hot Spring Hash. Three visiting hares, Begging to Swallow, Natural Airbags, and Apeshit hared more between these Hashes than they have in their home Hashes. Both Hashes were absolute drunken messes so, of course, wonderful successes.



## Fuzhou H3 Innaguration

Fuzhou's first kennel was founded by former Huandaolu H3 (Xiamen) hare raiser Lost Cumming this past April at the inaugural Bridges of Love run, where Hashers shouted “I love you” to each other as they explored the iconic Love Island. In addition to the Bridges of Love run, we also had a special Star Wars May the 4th run with light (side) and dark (side) beer and a convenience store crawl with 10 stops in 6 kilometers! We've had a great time Hashing along the Min River, hiking up and down mountains in sweaty 36 degree weather, and drinking lots of cold beer. Both old friends from Xiamen and new friends from Fuzhou have come to drink, run, and drink some more at our new little kennel! Sadly, our founder had to move to Guangzhou recently, but luckily Just “Sunny” enthusiastically stepped up to take over GM duties. She desperately needs a Hash name, so come on over to Fuzhou to get her named! On On! 🍻



## Shenyang H3 8 Year Anniversary



SYH3 marked 8 years of running, drinking, and general mayhem with a two-part Anniversary, joined by multiple city hashers who came to celebrate with us. Friday's full-moon city hash had the pack out late, fueled by beer and bad decisions - let's just say the moon wasn't the only thing full that night. Saturday brought our classic afternoon trail: predictably shitty route (complete with paddle boats across the river and retro Hash marks that stumped more than a few), copious amounts of beer, and a finish at a KTV joint where Eminem got reinterpreted in ways he never imagined. Exposures happened, songs were screamed, homemade Anniversary cake was shared, and another year of irreplaceable Hash family insanity was sealed. Cheers to 8 more!



## Tianjin-TEDA 700<sup>th</sup> Hash

Tianjin-TEDA Hash House Harriers celebrated their 700th Hash in May 2026. BJH3 joined as well for their monthly Full Moon Hash and brought a lot of joy into the city at the Haihe riverside. This Red Dress Hash was also held to raise some money to support a place called Shine Children's home, in the Tanggu area where kids with special needs find a home.

Almost 190 liters of beer for 50 people brought us through the beautiful day and we all enjoyed good shitty trails. At the end we circled under a huge domed tent, where two of our Hash Harriers got their deserved names: welcum to Gandalf the Whore and Shot Meister!

On On 🍻🍻🍻



# ACNH 2026 Sponsors

## Yu Li Xiang

Our ACNH2026 sponsor, Yu Li Xiang, is an authentic Hunan restaurant featuring richly aromatic dishes at very affordable prices. The Shanghai Hash House Harriers are very grateful to Allan (余道兵) and Kristin (李鑫), our hosts for the Sunday banquet.

For many years a favourite dinner location for the Shanghai Hashes, there are now three locations in Shanghai: The original Yu Li Xiang restaurant at 1135 Beijing West Road in Jing'an District, opened in 2016. **The location for the banquet at 1333 Middle Huaihai Road in Xuhui District** opened in 2021, and the latest location at Madang Road, SOHO Fuxing Plaza, Huangpu District opened in 2024. The daily hours for all three are 10:00am to 10:30pm.



Allan (left), Kristin (right), and their son Thomas (middle)

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Southern Africa — the Okavango Delta, Namibia, Cape Town, and the Cape of Good Hope. And, of course, Victoria Falls.

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From the Great Migration to starlit desert skies, from wildlife to tribal culture .

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we take "Africa" apart into countless details, each one shaped to fit you.

**Travel Africa, Together.**

# Eager Beaver's Shanghai Recs for Where to get Tipsy

## Popular Shanghai Watering Holes

La Burg  
Chalet Plus  
The Rooster  
Abbey Road  
Tacolicious  
Zeitgeist

Elf Rider's Bar: 上海市黄浦区瑞金二路街道茂名南路16号



## Free Flow Wine Bars

Free flow wine bars:

iBarrel  
Blac+Blac

## More Places For Beer!

Goose Island Taproom  
Paulaner  
Dean's Bottle Shop  
The Beer Lady



Registration for the 26th ACNH will be at Chalet Plus on Friday and the POSH Friday routes will also start from Chalet Plus.

## Speakeasies

Speak Low  
Avenue Joffre  
Sober Company (INS)  
The Senator Saloon  
The Union Trading Company



The Saturday night bash for the 26<sup>th</sup> ACNH will be at La Burg.

# Genie's Top 4 Hidden Gems in Shanghai

## 1. Grab a Hello Bike and Ride the “Ju-Fu-Chang” Streets

Forget the tour bus. Grab a shared bike and cruise under the plane trees through Julu Road, Fumin Road and Changle Road — leafy streets filled with old villas, lane houses, cafés, tiny bars and independent shops. Locals even have a nickname for this little neighbourhood: 巨富长 Jù-Fù-Cháng, made from the first character of each of the three street names. No fixed route needed — just ride, wander and stop whenever something catches your eye.

## 2. Walk the River — Just Not The Bund

Shanghai has kilometres of fantastic waterfront that many visitors never discover. Pick a stretch and keep walking — each one shows you a completely different side of the city.

Suzhou Creek → North Bund: Start around Zhapu Bridge 乍浦桥 and follow the creek past historic bridges, old warehouses and restored buildings towards North Bund. Look out for the rather hidden viewing platform beside the Russian Consulate, near the Regent Shanghai on the Bund, before continuing towards North Bund Navigation Park 北外滩航海公园.

West Bund Gate M area: A newer, more contemporary riverside experience with a long promenade, futuristic architecture, major art museums, cafés and eateries. Expect runners, cyclists, families and an impressive number of very well-groomed Shanghai dogs — real dogs, not the DOGS.

## 3. Eat Your Way Around Former French Concession (South Shaanxi Road Station Lines 1, 10, and 12 Exit 7)

Come hungry. Start with a jianbing 煎饼 at 280 South Xiangyang Road — batter, egg, scallions, sauce, chilli and a ridiculously crunchy cracker folded together while you watch. Eat it immediately while it's hot. Jianbing isn't originally Shanghaiese, but this particular stall makes them lighter, crispier and, in my opinion, better than many I've tried in Beijing. Sorry, friends from BJH3. Then head towards the South Xiangyang Road / Fuxing Road area and look out for cong you bing 葱油饼 stand at the corner, Shanghai-style scallion pancakes: crispy outside, chewy inside and fragrant with spring onion. While you're there, go full old-school Shanghai breakfast at Xiaotaoyuan (小桃园) with youtiao 油条 (fried dough sticks), doujiang 豆浆 (soy milk), shaobing 烧饼, fluffy steam pork buns (小肉包) and, if you're feeling adventurous, xian doujiang 咸豆浆 — savoury soy milk seasoned with vinegar and soy sauce, usually topped with pickles, dried shrimp, spring onion and crispy pieces of youtiao. Cheap, comforting, slightly chaotic and best enjoyed while people-watching.

BONUS: If you need caffeine afterwards, COPLUSDE is next door, Aloha is opposite to COPLUSDE and Café Del Volcan around nearby Yongkang Road are all within a few minutes' walk. Stinky Swallower can confirm. Luckin Coffee is also hidden across the street from Xiaotaoyuan 小桃园 — the coconut latte never goes wrong.

## 4. Have a Night Out at C-Park

One of Shanghai's newer hangouts, increasingly popular with the young — and those who believe they will always be young. Come for the retro, indie, alternative music, drinks, dive bars, live houses and general party atmosphere. Nothing too fancy or polished — just lots of little places to explore and see where the night takes you.

If INS (all kinds of EDM) is the big, flashy nightlife complex, C-Park is its more spontaneous cousin. Come casually dressed, grab a drink and follow the music. Don't get into trouble. Drink responsibly. Or at least try.

