




可持续旅游 让城市生活更美好

Better City Life through Sustainable Tourism

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旅行的美好，在于和大自然友好相处后，体会到的一山一水一草一木的美；在于向目的地居民表达善意后，体会到的投之以桃报之以李的好。

在这个美好的季节里，与三五好友相约，或徒步，或骑行，或跳上一辆有轨电车，来一趟慢旅行，最后择一处环保酒店栖息，除了脚印和回忆，什么都不带走……这样的旅行，岂不美哉！

The beauty of travel lies in the beauty of every mountain, river, grass or tree we have tasted after getting along well with Mother Nature; it also lies in the good return we have got after expressing our goodwill to the residents in the destination. In this beautiful season, call three or five friends together, to take a slow trip on foot, or by bicycle riding, or by taking a tram, and finally choose a green hotel for inhabiting, nothing to take away except the footprints and memories... Isn't such a tour attractive enough?



文/骆驼 景点推荐/ 檳城旅游局 图/ 全景、檳城旅游局



脚车上的 檳城，优哉游哉

Penang, An Easy-touring City on Bicycles

在南国，有这样一个城市，她被《孤独星球》评为2014年全球最佳·美食旅行目的地，在2009年《纽约时报》44个必到景点中排名第二，ECA国际亚洲最适宜居住及工作城市中排名第八。其美食亦可圈可点，在2011年CNN世界50大美食排名中名列第七……这样一个既能饱眼福、又能饱口福的地方，就在离中国不远的马来西亚，她的名字叫檳城。

高高的树上结檳榔。檳城，顾名思义，这里遍布檳榔树。作为马来西亚第二大城市，早在1786年，英国殖民政府就在檳城建立起了远东商业中心。今日的檳城，经过了商业、旅游业发展的多重洗礼，汇集了英国、印度、马来、娘惹和中国的多元文化，成为了融合东西方文化独特情怀的现代化大都会。朴实的居民，悠闲的生活，美丽的英式别墅，熟悉的华人店屋，浓郁的南洋风情，

充满生活气息的涂鸦，还有接地气的美食，甚至那一碟散发着迷人香气的炭炒鸭蛋炒粿条……给了你爱上这座城的N个理由。

整个檳城被马六甲海峡一分为二，一个叫檳岛，一个叫威省。檳城首府乔治市(Georgetown)，其面积并不大，才20多平方公里。与其说乔治市是马来西亚的第二大都会，不如说她是一座开放的马来文化博物馆。弥漫大街小巷

的古建筑和充满文化气息的涂鸦壁画，使其在 2008 年被联合国教科文组织列为世界文化遗产，英国《卫报》也把“全球 15 大最佳壁画”与“2014 年全球第 8 最佳旅游去处”的桂冠戴在了她的头上。

而与这历史文化遗产、海滨热带岛屿和小宁静、慢生活最为匹配的游览方式，莫过于骑脚车。

脚车，这是马来华人对自行车的叫法。为了保护古迹，并鼓励人们绿色出行，槟城设有专门的自行车道，脚车租赁店遍布街巷，有些酒店也会向客人免费提供脚车。这种优哉游哉的出行方式，是我们深入这座城、体会悠闲慢生活的最好选择。

在古城旧街的趣味涂鸦里 寻觅古早味

来到槟城，几乎每个转角都会看见壁画。这里除了有画在墙上的或绚丽或斑驳的彩色壁画外，还有清新文艺范儿十足的幽默的铁丝网。

本头公巷处在乔治市临海的市中心，2012 年，一幅“姐弟共骑”的壁画成功地在槟城掀起了壁画热潮，古城内出现了大大小小的壁画，街头巷尾的壁画成为游客必到的打卡点和绝佳的自拍地。

所以，到了槟城，一定要尝试这个非常潮流的玩法，就是骑着脚车去寻觅趣味涂鸦里的古早味。你可以一边手拿寻宝图，一边按图索骥。当然，也可以按照自己的兴趣设定路线。你会发现，壁画涂鸦已融入到了乔治古城的血液里，惊喜会不断蹦出来。

因乔治市的壁画涂鸦惟妙惟肖，引得人们纷纷驻足合影，2014 年，乔治市还被《时代周刊》评为“全球十大自拍城市”第十名。



十大最佳廉价预算旅游地区 及背包旅行旅游地

一座城的记忆，储存在她的建筑里。槟城的记忆，储存在本头公巷老街两边的老建筑里。这里的建筑，动辄百两边的老建筑里。这里的建筑，动辄百年以上，建筑风格各不相同，骑楼，中式小院，洋房……应有尽有，诠释着这座城的包容和厚重。

本头公巷最大的亮点，就是大部分的门头、店铺招牌、装饰，全是用中文来书写。第一次到达本头公巷时，还误以为进入了国内一条老街，满满的都是熟悉的文字、熟悉的格调。

本头公巷东端就是有名的“姓周桥”。注重亲缘关系的槟城华人建立了各种姓氏桥。临近傍晚时分，骑脚车前往姓周桥，可以感受一下清凉的海风与奔放的热带植物。脚车要停在附近，只能步行入内。姓周桥看起来像一个小小的渔村，搭着木板向大海延伸，留给游人的通道并不宽，两边的房屋错落有致，除了售卖纪念品的小摊外，这里还住着一些老华人，他们在游人如织的街巷里，依旧淡然自在地过着悠闲的生活。



Love Lane小路是背包客的天堂，集中了很多背包客栈和各色小吃，也有很多墙壁斑驳的传统“骑楼”分布巷中，是体验槟城慢生活的最好开始。踩着午后的阳光漫步街上，无论是路边的花草还是和你一样无所事事的猫咪，一切都是最好的安排。

除了壁画，槟城还有各种各样的博物馆吸引眼球。侨生博物馆、颠倒博物馆、玩具博物馆、战争博物馆、相机博物馆、食物狂想馆……多种主题的博物馆，总有一款适合你。

2016年，槟城荣登《福布斯》“十大最佳廉价预算旅游地区及背包旅行旅游目的地”榜首。

美食天堂

骑脚车的旅途中当然少不了美食。槟城美食的多样化令人叹为观止，被誉为“美食天堂”，叻沙、福建面、娘惹糕点、沙爹、蚵仔煎、印度煎饼、肉骨茶等让人口水流一地。如果喜欢重口味，不能不尝试大名鼎鼎的猫山王榴

槌。在槟城吃榴槌已经成为人们日常生活的一部分。这里的榴槌颜色更深更黄，味道也更浓郁。

除了骑脚车，你也可以叫上独具槟城特色的阿伯三轮车。游客坐在前面观赏着街景风光，被花朵簇拥的座位洋溢着热带海洋气息，背后踩车的阿伯气定神闲，黝黑的脸庞上刻着深深的皱纹，写满了槟城的沧桑与安详。

In 2014, the city in Southern Hemisphere was rated in the Global Planet as the World Best Destination for Cuisine Tour in 2014; it ranked No. 2 in the 44 Places to Go in 2009 published in New York Times; and ranks No. 8 in Most Livable and Workable Asian Cities rated by ECA. Food in the city took the 7th place in CNN's 2011 World's 50 Most Delicious Foods. This city is Penang in Malaysia, which is not far from China, where you can enjoy the most delicious food and most fascinating scenery. Areca-nuts grow on trees, which





are seen everywhere in Penang. As the second largest city in Malaysia, Penang was built by the British colonial government into the Far East commercial center in 1786 A.D. After centuries of development in commerce and tourism industry, Penang has gathered diverse cultures from UK, India, Malaysia, Nyonya and China, thus becoming a metropolitan city where the east meets with the west. Here you can find the plain residents, leisurely life, fascinating British townhouses, familiar Chinese shops, dense style in Southeastern Asia, graffiti full of life atmosphere, delicious food and fried duck eggs and fried noodles, which will make you fall into love with this city. Penang is divided by Malacca





Strait into Penang Island and Seberang Perai. Georgetown, the capital city of Penang, covers only a little more than 20 square km. Georgetown is not only the second-largest city in Malaysia. It is more of an open museum of Malay culture. Because of the ancient buildings seen everywhere and the graffiti walls are full of cultural atmosphere, Georgetown was listed as the World Cultural Heritage by UNESCO in 2008. The Guardian also gave it the titles of 15 Best Wall Paintings in the World and took the 8th place in the Best Places to Go in 2014.

To tour the world cultural heritages and the seashore aquatic island featuring tranquility and slow life, the best approach is to ride on bicycles. To protect the historical sites and encourage people to make green travels, Penang has built special bikeways and bicycle lease shops are seen almost everywhere. Even some hotels would provide free bicycles to their guests. As a result, it is the best choice for us to experience the leisurely and slow life in this city.

The funny graffiti on old streets in the ancient city

Wall paintings can be seen on almost all streets in Penang. In addition to the colorful or half-finished color wall paintings, there are also the humorous and refreshingly artistic wire paintings. Armenian Street lies in seaside downtown in Georgetown. In 2012, a graffiti entitled Little Children on A Bicycle aroused the wave of wall paintings in Penang, which triggered many wall paintings in the ancient town, which attract many tourists to enjoy and make selfies.

You have to try the stylish selfie in Penang, by riding on a bicycle and looking for the ancient taste in graffiti. Holding a map in hand, or set a route of your own interest. You can find the graffiti has been instilled in the blood of Georgetown and surprises would occur frequently.

People would stop in front of these vivid graffiti and take photos. In 2014, Georgetown was listed in the Times Magazine as the 10th place in the World 10 Most Selfiest Cities.





Top 10 Inexpensive Tourism Destinations and Backpacking Destination

Memory of a city is stored in her buildings. And memory of Penang is stored in old buildings along the Armenian Street. Most of these buildings are more than 100 years old, which have different styles, arcade buildings, Chinese courtyards, and western houses, explaining the tolerance and history of the city.

Highlight point of Armenian Street is that most of the entrance signboards, shop signs and decorations are written in the Chinese characters. For tourists coming to the Armenian Street for the first time, they would think they are on a street in China because of the familiar characters and styles.

The famous Clan Jetty lies right on the eastern end of Armenian Street. The Chinese people in Penang, who emphasize on genetic relationship, have built bridges of many surnames. In the almost dusk hours, you can ride a bicycle to Clan Jetty to experience

the cool coastal breeze and enjoy the tropical plants. Remember you should park the bicycle close-by and walk inside. Clan Jetty looks like a small fishery village, extending into the sea on the wood board. The passage left for tourists is not wide enough. The houses along the passage are well-arranged. In addition to street vendors selling souvenirs, there are some elderly Chinese people who live an easy and leisurely life in the region crowded with tourists.

Love Lane is the paradise of backpackers, where they can find many guesthouses for backpackers and various snacks. Along the Love Lane there are many old and traditional arcade buildings for you to experience the slow life in Penang. Walking slowly on the lane in the afternoon sunlight, you will find everything is the best arrangement, including the grass and flowers on the roadside and the idle cats just like you.

In addition to the graffiti, Penang has many museums in various topics, such as the Pinang Peranakan Mansion, Upside Down Museum, Toy Museum, War Museum, Camera Museum and Wonder Food Museum. Definitely, you will love at least one of them. In 2016, Penang was placed on the top of the list



of Top 10 Inexpensive Tourism Destinations and Backpacking Destination published in Forbes.

Paradise of cuisines

Cuisines are indispensable for bicycle tours. Penang, known as the Paradise of Cuisines, has most amazingly diverse cuisines. You will be greatly attracted by the laksa, Fujian noodles, nonya kueh, satay, oyster omelette, Indian pancake and Bak-Kut-The, etc. If you love something strong, you can try the most famous Cat Mountain King durian. Eating durian has become an integral part of people living in Penang. Penang durian has deeper yellow color and stronger flavor.

In addition to riding a bicycle, you can also call a unique Uncle Tricycle typical in Penang. Sitting on the front of the tricycle, tourists can enjoy the scenery along the street. The seats are surrounded by flowers that bring atmosphere from the tropical seas. The tricycle-riding uncle looks relaxed though the dark face has deep wrinkles, showing the history and tranquility of Penang.