




# 可持续旅游 让城市生活更美好

Better City Life through Sustainable Tourism

策划/本刊编辑部

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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/槟城旅游局 图/全景、槟城旅游局



# 脚车上的 槟城，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，她的名字叫槟城。

高高的树上结槟榔。槟城，顾名思义，这里遍布槟榔树。作为马来西亚第二大城市，早在1786年，英国殖民政府就在槟城建立起了远东商业中心。今日的槟城，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。

整个槟城被马六甲海峡一分为二，一个叫槟岛，一个叫威省。槟城首府乔治市(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.

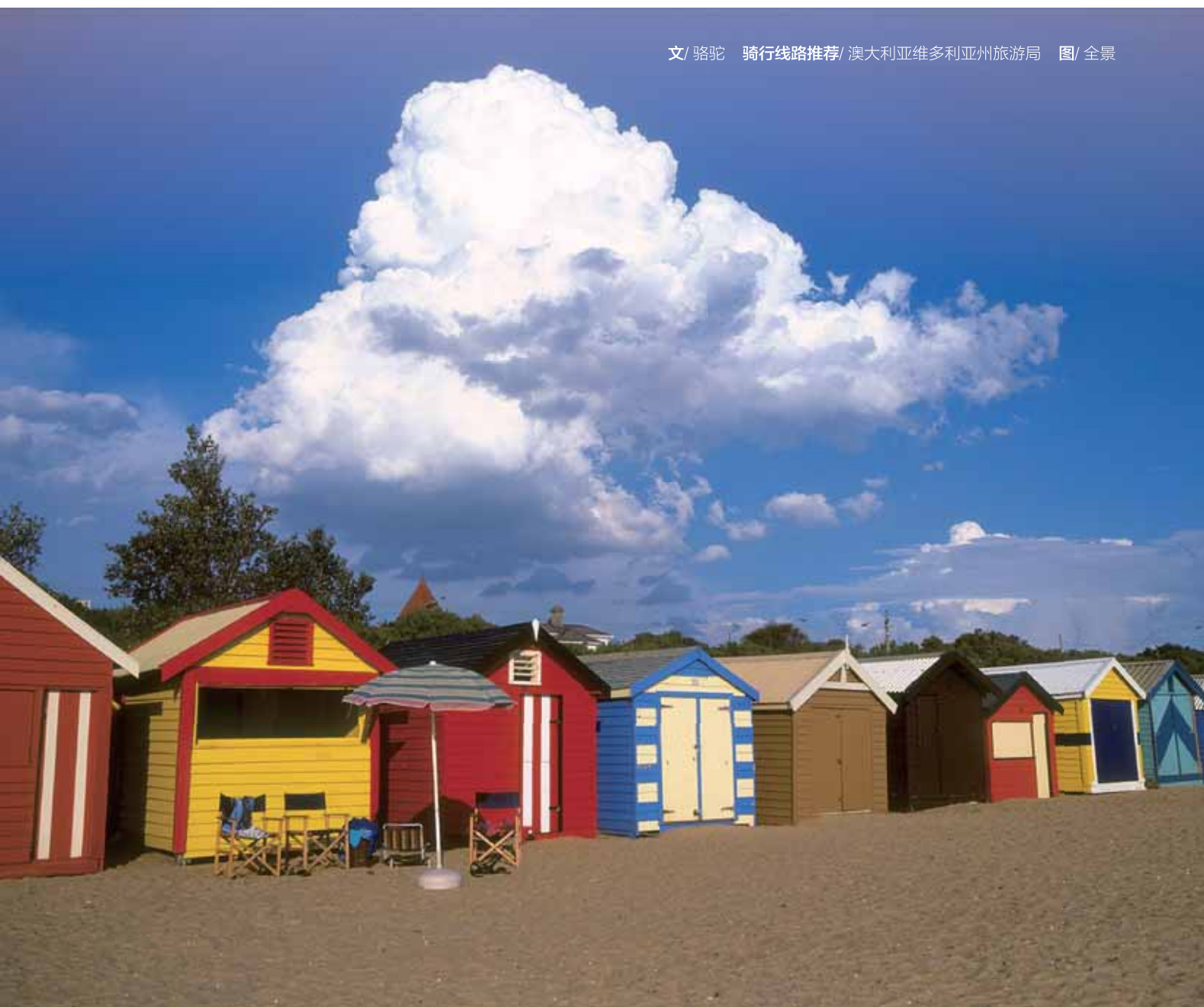
In addition to riding a bicycle, you can also call a unique Uncle Tricycle typical in Penang. Sitting on the front of the tricycle, tourists can enjoy the scenery along the street. The seats are surrounded by flowers that bring atmosphere from the tropical seas. The tricycle-riding uncle looks relaxed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



# 新单车时代， 遇见最美墨尔本

Meet with Most Beautiful Melbourne  
in the New Era of Bicycles

文/ 骆驼 骑行线路推荐/ 澳大利亚维多利亚州旅游局 图/ 全景





墨尔本的美，是由内而外的。

作为澳大利亚第二大城市及维多利亚州首府，墨尔本毫不客气地把世界最适宜人类居住城市的殊荣收入囊中。英国《经济学家》周刊信息部发布的2017年世界最适宜人类居住城市排行榜中，墨尔本连续7年位居世界榜首！七连冠！就是这么任性！EIU's index是全球最权威的城市评价体系，在全球140座城市中，依据社会稳定、医疗、文化与环境、教育、基础设施等方面评分，按照得分排名。满100分的评分，墨尔本得了97.5分，成为榜单上最耀眼的存在！

墨尔本，不仅城市绿化覆盖率高达40%，公园、绿地、小动物更是她的标配。徜徉在绿树成荫的街道上，维多利亚式的建筑物格外亮眼，有轨电车穿梭于博物馆、歌剧院、画廊及有情调的小店之间，让她不能不颜值爆表。不仅如此，墨尔本还拥有最全的五项国际赛事标准场地，包括Melbourne Cricket Ground, Docklands Stadium, Rod Laver Arena, Hisense Arena 和 Olympic Park。澳大利亚网球公开赛、一级方程式赛车比赛……随便哪个都是拿得出手的国际顶级赛事。可以说，现在，已经没有哪个城市能超越逆天的墨尔本了！

要细细品味墨尔本的美，走路或骑行是再好不过的选择。

墨尔本是澳洲最热门的骑行体验目的地城市，其中又以大洋路为最佳骑行地。大洋路，位于墨尔本西部，是世界上最美的海滨公路，沿海岸线修成。全长276千米，沿途奇景迭出，几乎不到一公里就有一处绝景，夕阳斜照，群鸟飞舞，碧海蓝天。能在这里骑行，绝对是一种美的享受。

除了大洋路，墨尔本还有许多适合骑行的自行车道。

#### Capital City 车道

里程：29公里

历时：4小时

路况：良好

起点：南岸

从南岸充满活力的娱乐中心出发，沿着亚拉河(Yarra River)绿草如茵的河堤蜿蜒前行，途经维多利亚艺术中心(Victorian Arts Centre)、皇家植物园(Royal Botanic Gardens)、墨尔本板球场(MCG)、墨尔本公园(Melbourne Park)以及哥摩大宅(Como House)。将墨尔本最知名的文化、娱乐、体育和户外康乐设施连成一线，使该车道为众多骑行者所青睐。

#### Main Yarra 车道

里程：33公里

历时：5小时

路况：良好

起点：韦斯特福德公园  
(Westerfolds Park)

这段风景迷人的河畔车道从墨尔本的东郊一直延伸至CBD，途经古老的桉树林和水塘，最后到达南岸——墨尔本城市自行车道系统的枢纽。车道沿途的自然景观各异，既有宁静的灌木林地，也有开放的牧场。

墨尔本城郊的亚拉山谷(Yarra Valley)最适合轻





松骑行，全程没有大的起伏，途经的一个个古老的站台，不仅是骑行路上的阶段性标志，还在诉说着一段段往事。

骑行途中，有美丽的沙滩，比如 Brighton Beach。也可以看到最美的大海。

不一样的角度，不一样的天气，永远有不一样的风景。

当然，你如果只想在市中心转转，但又嫌坐公交太挤、

坐地铁太闷，不妨租一辆自行车。墨尔本拥有相对完善的城市公共自行车系统，你只需刷信用卡付押金就可以租用。选车，输入密码，走人，就是这么方便。还车时，推车入桩，绿灯亮，表示车已锁死，还车成功。如果车子有问题需要修理，还车时按下修理按钮就可以啦。

墨尔本是一个多元化的城市，包容性很强。



这里有最奇葩的建筑，你瞧，连咖啡馆也是这么有个性！

在墨尔本 CBD，坐落着 6 座澳洲最高建筑中的 5 座，其中最高的就是著名的 Eureka Tower，高达 297.3 米。

2010 年，墨尔本被 International Business Times 网站命名为“世界上最佳街头艺术”城市之一。

骑累了，想安享午后好时光，不妨来一杯香浓的咖啡，配上绝妙的下午茶点。

晚餐吃什么？墨尔本有世界各地的美食等你享用！

总之，在这里，你可以吃到世界各地的美食，见到不同的文化，感受当地人永远快乐、休闲的生活态度！

新单车时代，低碳出行，让我们遇见最美墨尔本。



亚拉河，是墨尔本的重要标志，谁能想到，19 世纪 80 年代之前，它也是传说中的“抹茶河”，而且被打趣地叫作“Smellbourne”！1897 年，被污染的亚拉河引发了大规模的流行性斑疹伤寒病，墨尔本城市规划部门于是兴建了长达 30 公里的污水排水系统，将其废弃污水排到 Werribee 进行处理。

Yarra River is the important symbol of Melbourne. But before the 1880s, it was known as the Smellbourne. In 1897, the polluted Yarra River aroused the epidemic typhus. Urban planning department in Melbourne built the 30-km sewage drainage system to discharge the wastewater into Werribee for treatment.



The beauty of Melbourne is seen both internally and externally.

As the second largest city in Australia and capital city of Victoria, Melbourne is known as the World's Most Livable City for 2017 published in the Economist, ranking No. 1 for seven years in a row in the list of World's Most Livable Cities. EIS's Index is the most authoritarian city evaluation system in the world. The Index gives scores to 140 world cities in terms of social stability, medical service, culture and environment, education and infrastructures and the full score is 100. Melbourne, getting 97.5 scores, becomes the most brilliant

city in the list.

Melbourne not only has 40% green space coverage rate. Parks, green space and little animals are seen everywhere in the city. On the tree-lined streets in Melbourne, Victoria buildings are extremely attractive. Tramcars drive between museums, opera houses, galleries and romantic shops, making the city more fascinating. Even more, Melbourne has the most holistic standard venues for Modern Pentathlon, including Melbourne Cricket Ground, Docklands Stadium, Rod Laver Arena, Hisense Arena and Olympic Park. It is also the host city of Australian Open,







FIA Formula 1 World Championship and other top events in the world. No other city can do better than Melbourne in this regard. To experience the beauty of Melbourne, walking or cycling is the best choice. Melbourne is the most popular destination for cycling experience, in particular the Great Ocean Road. Lying in the west of Melbourne, the Great Ocean Road is the most beautiful coastal road in the world. Stretching 276 km, the Great Ocean Road one attractive scenic spot for every km you drive. With birds, blue sky and sea, it is the greatest luck of cyclists. In addition to the Great Ocean Road, there are many other roads in Melbourne suitable for cycling.



#### Capital City Bikeway

Length: 29km

Duration: 4 hours

Conditions: Good

Starting point: Southern coast

Starting with the energetic entertainment center on southern coast, you can cycle along the bank of Yarra River with stretches of lawns along it, pass the Victorian Arts Center, Royal Botanic Gardens, MCG, Melbourne Park and Como House. Connecting the most famous culture, entertainment, sport and outdoor recreation facilities, the bikeway is favored by many cyclists.

#### Main Yarra Bikeway

Length: 33km

Duration: 5 hours

Conditions: Good

Starting point: Westerfolds Park

The riverside bikeway with attractive scenery stretches from the eastern suburb to CBD of Melbourne, passing the old eucalyptus woods and pond before reaching the southern coast, thus constituting the hub of bikeway systems in Melbourne. The natural landscapes along the bikeway differ vastly, including the tranquil bushes and open pasture.

Yarra Valley in the suburb of Melbourne is most suitable for leisurely cycling because it does not have evident rise and fall. The old platforms on the way are not only symbols of stages, but also contain past stores. You will see the most beautiful beaches on the way, such as Brighton

Beach, and the pretties sea.

Different scenery is seen in different weather and from different perspectives.

Of course, you can also rent a bicycle if you only want to tour the downtown and don't want to take the crowded public bus or poorly-ventilated subway. Melbourne has well-developed urban public bicycle system. You can pay the deposit by showing credit card and rent a bicycle. Select a bicycle, enter the password and you can go. So easy, isn't it? When returning the bicycle, just push it to the stake and the green light will be on, showing the bicycle is locked. If it needs repair, just press the repair button.

As a diverse city, Melbourne is quite tolerant. Here you can find the weird buildings. Look, the café looks so special.

In the CBD of Melbourne, you can see five of the 6 tallest buildings in Australia, including the 297.3-meter Eureka Tower.

In 2010, Melbourne was named by International Business Times as a city with Best Street Art in the world.

Want to enjoy the tranquil afternoon hour after the cycling? Just have a cup of coffee and snacks.

What for dinner? In Melbourne, you can find cuisines from all parts of the world.

Anyway, you have access to cuisines and cultures from all parts of the world, and experience the local people's happy and leisure life attitude.

In the new era of cycles, let's make low-carbon travels and meet with the most beautiful Melbourne.



03

# 伦敦，复古骑行尽显百年英伦风

In London, the Tweed Run Shows the Classic British Style



如果给你十种遇见伦敦的方式，你会选择什么？

你有没有想过：穿上爷爷的老派时髦西装，或奶奶压箱底的碎花旗袍，抑或收藏市集里淘来的英伦外套，骑着经典的复古单车，游走于伦敦的街头巷尾，那将是怎样的一场穿越之旅！

这样的场景，如今就出现了伦敦街头，并波及全球，它有个名字，叫“复古骑行”（The Tweed Run）。

The Tweed Run，字面意思就是“穿着粗花呢”的骑行。从1960年开始，正式流行起来的粗花呢，成为英伦复古风里经久不衰的面料。当一件文化感十足的粗花呢外套，遇见老式自行车，他们的组合又出现在欧洲最大的都市里，那种视觉冲击，绝对会成为这座城市最靓丽的景观。

2009年，一群热衷复古文化的英国人出于对19世纪本土绅士文化的怀念，开始每年举办这项与众不同的骑行活动，目的在于唤起人们对轻巧便捷而又有益于环境的自行车的怀念和热爱。参加活动的人，必须穿着具有英伦风的粗花呢服装，骑着复古款自行车，途经伦敦最有代表性的建筑和景点。泰晤士河、大本钟、英国议会大厦……无一不成为这项活动的背景。

到今年，The Tweed Run已然成了全民大狂欢。参加活动的人，展现着英伦风特有的情怀和魅力。就好像伍迪·艾伦在《午夜巴黎》里对黄金时代的完美诠释一样，英国人正以自己的方式纪念着属于他们的黄金时代。

下面，让我们也加入到 The Tweed Run 的队伍中，脚踩老式

自行车，去领略伦敦这个国际大都市的特有魅力。

首先经过的是伦敦的地标性建筑——大本钟（Big Ben）和国会大厦（Houses of Parliament）。

大本钟，即伊丽莎白塔（Elizabeth Tower），旧称大本钟（Big Ben），即威斯敏斯特宫钟塔，是世界上著名的哥特式建筑之一，英国国会会议厅附属钟楼（Clock Tower）的大报时钟。钟楼位于国会大厦的一端。

伦敦眼（The London Eye），是世界上首座观景摩天轮，为庆祝新千年而建造，因此又称“千禧摩天轮”。想要鸟瞰伦敦，可登高一试。伦敦眼的脚下流淌的就是泰晤士河。

伦敦塔桥（Tower Bridge）也是伦敦的地标建筑，因在伦敦塔（Tower of London）附近而得名。它始建于1886年，是一座上开悬索桥，横跨泰晤士河，是从泰晤士河口算起的第一座桥。



文/ 骆驼、SOME 图/ 全景、The Tweed Run活动官网





圣保罗大教堂 (St Paul's Cathedral)，是伦敦的宗教中心，世界第二大圆顶教堂，于17世纪末建成。为华丽的巴洛克风格，覆有巨大的穹顶，塔顶是眺望伦敦市区的绝佳地点。1981年，这里曾举行过戴安娜与

查尔斯的婚礼大典。

当然，伦敦的美景数不胜数，一次骑行怎能看尽她的繁华与复古。

2018年的The Tweed Run我们再见。





If there are ten ways to meet London, which one will you choose? Have you ever thought that: wearing your Grandpa's old-fashioned stylish suits, your Grandma's cheongsam, or your British-style coat bought from the fair, riding a classic retro bike across

London's streets, what a time travel it will be! You can see such a scenario in the streets of London, and it is becoming popular across the globe. It is called "The Tweed Run". The Tweed Run literally means riding "in tweed". Twee, which has been

popular since 1960, has become a time-honored fabric in the retro British-style fashion. When a tweed coat with a strong cultural sense is matched with a classic bike, this combination appears in the largest metropolis in Europe, and its visual shock will

definitely become the most beautiful view in the city.

In 2009, in order to memorize their gentry culture of the 19th century, some British, who were enthusiastic about the retro culture started hold this unique riding activity annually. Their purpose is to rouse our memory and love for bikes, which are convenient and environment-friendly. Participants must wear British-style tweed clothes, and ride classic bikes along the most iconic architectures and scenic spots in London. The Thames River, the Big Ben, the Palace of Westminster... All these are in the background of this activity.

This year, the Tweed Run has become a big party for all. The participants show the unique feelings and charisma of the British style. Just like Woody Allen's perfect interpretation of the Golden Age in the *Midnight in Paris*, the British people are memorizing their own golden age in their own way.

Next, we will join the Tweed Run, and ride classic bikes to learn the unique charm of this international metropolis, London.

First, we will pass two landmarks of London, the Big Ben and the Houses of Parliament. The Big Ben, also called the Elizabeth Tower, is the Great Bell of the clock at the Palace of Westminster and one of the most famous Gothic architectures in the world. It is also the clock in the Clock Tower of the Houses of Parliament.

The London Eye is the first viewing Ferris wheel in the world and was built for the new millennium, so it was also called the "Millennium Wheel". If you



want to see London in the bird's view, you can come here and have a try. The Thames River is flowing under the London Eye.

The Tower Bridge is also a landmark of London. It was named as it was near the Tower of London. Built in 1886, it is a suspension bridge over the Thames River, and the first bridge from the estuary of the River.

Built at the end of the 17th Century, St Paul's Cathedral is the religious center of London, and the second largest dome cathedral in the world. This cathedral is built in the English Baroque style with a giant dome. This is a perfect place to overlook the downtown of London. In 1981, HRH Prince Charles and Diana, Princess of Wales held their wedding here.

Of course, London has numerous scenic spots, and you cannot appreciate its prosperity and ancient



culture through only one ride. In 2018, let's meet in the Tweed Run.



# 多伦多， 宜居城市的 极致“枫”彩

Toronto, a Livable City Famous  
for Maples

如果，多伦多于你，只是层林尽染的枫树大道和冰雪覆盖的市中心，那么，你真的应该停下脚步，好好体验一番当地人的生活，感受这个宜居城市的多元文化和极致“枫”彩。

在印第安语中，“多伦多”意为“聚会之地”。一个“聚”字，道出了多伦多的城市性格——包容。100多年来，多伦多吸引了世界各地不同文化背景的人来此定居，让这个城市由内而外散发着多元的气息。

租一部单车，随意走上街头，你可能会被乔治雅典娜和新古典主义风格的奥斯古德厅（Osgoode Hall）吸引，或者惊叹于集罗马复兴式和法国哥特式建筑风格于一体的古德翰大楼（Gooderham Building），又或者驻足于爱德华时期的堆叠式剧院 Elgin and Winter Garden Theatres……在这里，你会时时刻刻感受到多元文化互相交融的独特魅力。

多伦多联合车站（Union Station），被认为是北美最大最令人震惊的火车站之一，被奉为加拿大国家历史遗迹。特色的新古典主义建筑风格，内部构造有教堂式的宏伟。车站与地铁相邻，游客出行十分方便。

Old city hall 老市政厅，曾是 1899-1966 年间市议会的重要地点，也是多伦多市最重要、规模较大的建筑之一，重要的建筑标志就是钟塔。

古德翰大楼 Gooderham Building 是多伦多市的一个重要的地标性建筑，集罗马复兴式，法国哥特式建筑为一体，是“熨斗型大厦”的早期典型例子。这个建筑以狭窄的楔形和后墙的壁画出名。

堆叠式剧院 Elgin and Winter Garden Theatres，是世界上仅存的爱德华时期的堆叠式剧院。曾是沉默剧和杂剧的表演中心，

04.



现在，这里经常举办音乐会，还有电影演出。坐在古典浪漫的剧院里，看一场电影，一定难以抑制自己穿越时空的强烈愿望吧。

随着《The Economist》将全球宜居城市的殊荣颁给多伦多，这个“最适合生活、工作和娱乐的城市”再一



文 / 白慕豪、MORI 图 / 全景、纳森、多伦多旅游局

次成为全球旅行的焦点。一个世界级宜居城市，不应该只是建筑和空间的集合，更重要的，居住在这里的人无时无刻不在感受她的包容。不同的语言、不同的风俗习惯，带给多伦多极致的“枫”彩。

当然，你也可以选择静静地在城市小道上感受百年时空的质感，又或者融

入当地的乡土市集，用最真切的味蕾感受本土与全球味觉的融合。

下面，就让我们租一部单车，来一场最贴地气的观光。

在多伦多，很多地方都提供详细的资料给那些热爱骑行的人们。如果你想了解详细的骑行路线，可以查询

Ride The City 网站，这里有详细的从一个地方到另一个地方的骑行路线。另外，如果你想了解更多有关于自行车安全的信息，可以点击 Cycle Toronto handbook 查询。

## The Drake Hotel 体会皇后西街现代艺术的酷

The Drake Hotel 由一间具有 121 年历史的旧建筑改建而成，虽以酒店为名，但在这栋三层的小楼中，只有 19 间设计各异的客房，其余的空间则集合了风格各异、令人惊喜连连的独立咖啡屋、时尚潮店 fashion store 等。午后在这里小憩，享受阳光的爱抚与街头美好，也是一种别样的休闲。地下一层的 livehouse 则是当地知名乐队的最爱，每次演出都是人气爆棚。

## Graffiti Alley 多伦多最多彩的涂鸦街

这条位于皇后西街的小巷，位于 Spadina Avenue 到 Portland Street 之间，你可以在全多伦多最多彩的涂鸦街寻找来自世界各地的著名涂鸦艺术家的作品，从经典的卡通形象到极具当地特色的涂鸦，随手一拍就是一张超级大片。

## 肯辛顿市场 嬉皮士的聚集地

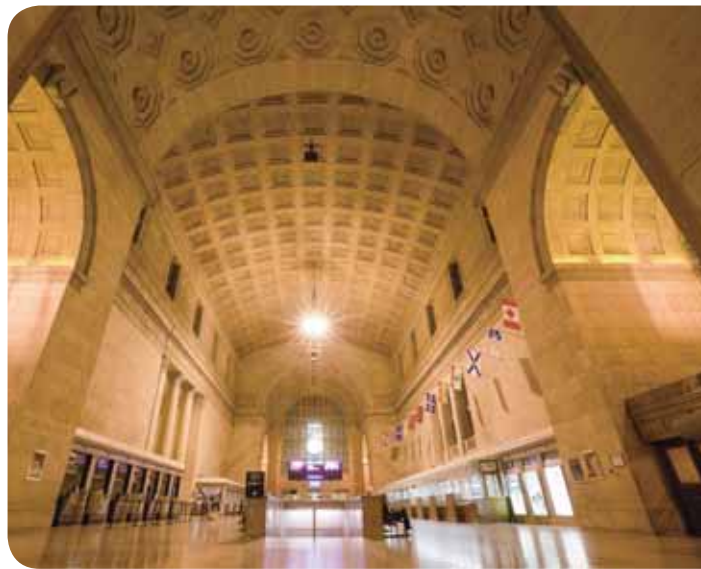
若说多伦多是个充满自在与张扬的城市，肯辛顿市场便是这个城市中最具野性之美的所在。这里早期是犹太人的聚集地，号称“犹太街”。与皇后西街相比，这里更加充满波西米亚风情。街道上各色店铺与涂鸦相互融合，骑行累了，在街边的咖啡店点上一杯香浓的咖啡，把自己裹在这波西米亚风情中，一定也是很美的感受。多伦多最棒的古着二手商店隐秘在色彩鲜艳的维多利亚式古建筑中。这里还融合了大量美食、音乐等流行艺术，俨然变成了多伦多民族大团结的嘉年华！

如果不满足于市中心的景致，你还可以尝试尝试周边骑行游。

## 多伦多湖心岛 (Toronto Islands)

去湖心岛需要乘坐轮渡，不过时间很短。最重要的是，带自行车登船可是免费的哟。这里安静平和，是多伦多浪漫的休闲胜地之一。多伦多最好的海滩，最美的 Centreville Amusement Park 公园，静候你的光临。





## 马丁·古德曼小道 (Martin Goodman Trail)

这条自行车道几乎跨越了整个多伦多，在这里，可以欣赏到多伦多和安大略湖最好的全景。最人性化的是，这里有滨水双车道，你可以用最悠闲的方式来一次慢旅行。途中会经过在 Molson 圆形剧场附近的 Echo Beach 海滩，你可在 Sugar Beach 稍停片刻，也可以花上一整天的时间在 Cherry Beach 海滩静静发呆。

## Leslie 街行车道 (Leslie Street Spit)

Leslie 街行车道是位于东区的一座葱葱郁郁的城市公园里，也被称为汤米·汤普森公园 (Tommy Thompson Park)。这里生活着超过 300 种鸟类，是重要的鸟自然保护区。你想找一个不错的地方欣赏加拿大国庆烟花表演的话，这里将是一个不错的选择。但要记住，这里只在周末开放。

## Beltline

它位于多伦多的中心地带，名叫 Kay Gardner Beltline Park 公园。在这里骑行仿佛置身在大森林中，坑坑洼洼的小路有大树遮阴，有时还会连着桥，或是需要横跨铁轨。这里是多伦多最好的骑行目的地之一，一路上的小颠簸很受骑行者喜爱。





If Toronto is only the beautiful Maple Avenue and a snow-covered downtown area to you, then you really need to stop and experience the lifestyle of the locals and feel the diverse culture and ultimate “Maples” colors of this livable city.

In the Indian language, “Toronto” means “the place of gathering.” The word “gathering” shows the character of the city — inclusive. For more than 100 years, Toronto has attracted people from different cultural backgrounds all over the world who have settled down and creating a diverse atmosphere in the city.

Riding a bicycle along the streets, you may be fascinated by George Athena and the neoclassical Osgood Hall, or amazed at the Gooderham Building, which combines the Rome Renaissance and the French Gothic architecture, or even stop at the Elgin and Winter Garden Theatres, which is a pair of Edwardian stacked theatres... Here, you will always feel the unique charm of multicultural integration.

Toronto Union Station is considered as one of the largest and most astonishing stations in North America and regarded as one of Canada's historical relics. It boasts a unique neoclassical architectural style and looks as magnificent as a cathedral inside. The station is adjacent to the subway, so it is very convenient for tourists to travel around.

The Old City Hall old city hall, which was the home of the Toronto City Council from 1899 to 1966, is also one of the most important and

largest buildings in Toronto, with the Clock Tower as one of its important architectural symbols.

The Gooderham Building is an important landmark in Toronto, which combines the Rome Renaissance and the French Gothic architecture and serves as a typical example of an early flatiron building. The building is well-known both for its narrow wedge shape and for the mural on its back wall.

The stacked the Elgin and Winter Garden Theatres is the only existing Edwardian theatres in the world, which used to be a performing center for silent dramas and poetic dramas. Now, concerts are held and movies shown here. Sitting in the romantic classical theater and watching a movie, it will be hard for you to hold back the strong desire to go through time and space.

After The Economist listed Toronto among the world's most livable cities, the “most suitable city for life, work and entertainment” has once again become the focus of global travel. A world-class livable city should not just be a collection of buildings



and spaces, but more importantly, people living here should feel her inclusiveness at all times. Different languages and different customs bring ultimate “Maple” colors to Toronto.

Of course, you can also choose to feel the century-old city strolling along a small urban trail silently, or taste the fusion of local and global flavors with your taste buds at a local market.

So let's rent a bicycle and go on a most intimate sightseeing tour.

In Toronto, enthusiastic cyclists are provided with detailed information about many places. If you want to learn about in detail, you can visit the Ride The City website, which shows detailed cycling routes from one place to another. In addition, if you want to learn more about bicycle safety, you can click on the Cycle Toronto Handbook.

## The Drake Hotel, where you can feel Queen Street West's modern art

The Drake Hotel was rebuilt from old building with a history of 121 years. Now it is a hotel, but there are only 19 differently designed guestrooms in the three-story building and the rest of the space is occupied by a collection of amazing cafés and fashion stores in various styles. Having a break and enjoying the sunshine and street scenery here in the afternoon is a special relaxation. Livehouse at the basement is the place sought after by well-known local bands, and it is always fully filled for each show.



## Graffiti Alley, the most colorful street in Toronto

This alley, located in Queen Street West, runs from Spadina Avenue to Portland Street. It is Toronto's most colorful graffiti alley where you can find works by famous graffiti artists from all over the world, from classic cartoon images to local graffiti with local characteristics. You will be amazed by every snapshot you take casually.

## Kensington Market, where hippies gather

If Toronto is considered a free, flamboyant city, Kensington Market shows the most savage beauty across the city. It was an early Jewish settlement known as the “Jewish Market.” Compared with Queen Street West, the market feels more Bohemian, with shops and graffiti mixing together along the street. If you feel tired riding the bicycle, you can order a cup of fragrant coffee



## Toronto Islands

You need to take a ferry to visit the Toronto Islands but the trip won't take you much time. It is important to remember that you won't be charged for bringing your bicycle aboard. The Toronto Islands are one of the romantic leisure resorts in the city, with the best beach and the beautiful Centreville Amusement Park waiting for you.

## Martin Goodman Trail

The Martin Goodman Trail almost traverses the entire area of Toronto. Here you can enjoy the best panoramic view of Toronto and Lake Ontario. What's the most human-oriented here is the two-lane waterfront, along which you can travel slowly in the most leisurely manner. Along the lane you will pass the Echo Beach in the vicinity of the Molson Amphitheatre. You can stop on the Sugar Beach for a moment or spend a whole day staring into space

in silence on the Cherry Beach.

## Leslie Street Spit

The Leslie Street Spit, also known as Tommy Thompson Park, is a lush city park located in the east end of the city. There are more than 300 species of birds living here, so it is an important natural reserve for birds. If you want to enjoy the fireworks show on Canada Day, the park will be a good choice. But remember, it only opens on weekends.

## Beltline

It is located in the center of Toronto and called the Kay Gardner Beltline Park. It seems as if you were cycling in a forest with the bumpy paths shaded by big trees. Sometimes you have to cross a bridge or rail tracks. The park is one of Toronto's best cycling destinations and the slightly bumpy paths here are very popular with cycling enthusiasts.

in a coffee shop on the street and immerse yourself in the Bohemian atmosphere. That would definitely be very enjoyable. Toronto's best second-hand clothing store is secretly located in a brightly-colored Victorian building, and the gourmet food, music and pop art here have turned the place into a carnival for national unity in Toronto!

If you are tired of traveling around the downtown area, you can also try to ride around.







文 / EuroNews Simon 图 / 全景



# 音乐之城维也纳： 赴一场电车之约

Vienna, To encounter the music city,  
let's date with the tram

维也纳，奥地利首都，著名的音乐之都，世界最宜居的城市。

你是否曾在维也纳老式的有轨电车里，从初始站一直坐到终点站？虽然听起来有点疯，但这其实是欣赏维也纳美景的好方法！你不仅可以饱览街道两旁的古典建筑，还可以发现许多平时容易忽略的细节：某处精致的咖啡馆，抑或是店家漂亮的雕花招牌……

今天，小编给大家整理了最适合欣赏维也纳城市景观的4条有轨电车线路，大家可以挑一个阳光灿烂的午后，带上你最喜欢的音乐，来一次绿色出行之旅！

Vienna, the Austrian federal capital, is the most livable

city in the world.

Have you ever taken the old-styled Tramcar in Vienna from the first stop to the last one? Though sounding crazy, it is actually the best way to appreciate the beautiful scenery of Vienna. You cannot only enjoy the classic buildings along the street, but also find some details easy to be neglected: a boutique café somewhere, or the beautiful carved shop sign...

Here we propose four Tramcar routes that are most suitable for you to enjoy the beautiful urban scenery in Vienna. In a sunny afternoon, you can bring your favorite music to make a green travel.



## 01 38路有轨电车/Tramcar 38

**起点 Starting point:** Schottentor,1090

**终点 Ending point:** Grinzing,1190

38 路有轨电车从 Schottentor 发车，小编建议你最好坐在靠近车门的位置，这样子你就可以在电车到达 Jonas Reindl 站或者 Kaffeeküche 站时，跳下车打包一杯咖啡，然后跳回车上。

买好咖啡后，38 路车会带你经由 Währinger straÙe 开出中心城区，这一路上你会看到许多维也纳最现代的建筑景观，还会穿过 19 区的部分区域。

整个过程你会发现景色变得越来越贴近大自然，行人的年纪也会变得越来越大。当你逐渐习惯了城市到乡村的转变时，在这趟旅途的终点，等着你的，是维也纳的酒庄。

一杯平价又好喝的奥地利葡萄酒，是对自己这趟旅途的最好奖赏。

Tramcar 38 starts with Schottentor. We propose you sit close to the door so that you can jump off when it reaches Jonas Reindl or Kaffeeküche station and

buy a cup of coffee before hurrying back onto the Tramcar.

After that, Tramcar 38 will drive you through Währinger straÙe and take you out of the downtown. In this process, you can see many modern architectures in Vienna and pass some regions in District 19.

You will find scenery is approaching nature and age of pedestrians is becoming older. When gradually getting used to the shift from urban to rural area, you are getting closer to Vienna chateau, the ending point of this journey.

A glass of affordable wine is the best reward for the travel.

## 02 D路有轨电车/Tramcar D

**起点 Starting point:** Alfred-Adler-Strasse,1100

**终点 Ending point:** Nussdorf, Beethovengang,1190

D 路车从维也纳 10 区出发，终点站在 19 区。这一路上你会看到车厢里有各式各样的反差和面孔，让你怀疑

自己是否真的认识这座城市。

D 路车还会经过维也纳的一些著名文化景点：在开上环线之前，它会先经过美景宫 Belvedere palace，然后是黑山广场 Schwarzenbergplatz，小高潮是经过国家歌剧院 Opera！

不仅如此，还有城堡剧院 Burgtheater、国会大厦 Parliament、市政厅 Rathaus 等一系列景点静静地等着你。

当电车进入 19 区“富人区”时，眼前会是完全不同的景观：宏伟的巴洛克建筑消失了，电车被绿树和独栋别墅环绕，好一派田园风光。

如果你喜欢爬山，D 路车的终点站就是维也纳著名爬山线路的起点。

Tramcar D starts with District 10 and ends in District 19 in Vienna. On the way you can see various faces and sharp contrasts, leaving you to doubt whether you really know the city.

Tramcar D also passes some famous cultural spots in Vienna. Before driving onto the Ring Road, you will first see Belvedere palace and Schwarzenbergplatz before passing by the National Opera.

Even more, you can see many other scenic spots including Burgtheater, Parliament and Rathaus, etc.

When the Tramcar passes by District 19, which is a wealthy one, you will see different scenes. The grand Baroque buildings are not seen. Instead, you will enjoy the countryside scenery featuring green trees and townhouses.

If you love mountain climbing, the ending point of Tramcar D is just the starting point of the famous mountain-climbing route in Vienna.

### 03 1路有轨电车/Tramcar 1

**起点 Starting point:** Prater Hauptallee

**终点 Ending point:** Stefan Fadinger Platz

在维也纳“环线”（Ring Tram）开通之前，1 路电车是以前的游客专列。时至今日，1 路电车仍然会经过维也纳城中最美的区域，其中不乏“环线”会经过的建筑和林荫大道。

1 路车起点在维也纳最大的公园 Prater，发车不久，就会经过旅行团最爱的景点之一的百水公寓 Hundertwasserhaus，你一定会爱上它造型各异的窗户！





一路上，你还会经过维也纳大学主校区、城堡剧院 Burgtheater、国会大厦 Parliament、市政厅 Rathaus 和 MQ 的双子博物馆。

之后，电车会穿过 4 区、5 区，一路开到位于 10 区的终点站，Stefan Fadinger Platz。

Even before the Ring Tram was opened in Vienna, the Tramcar 1 was the special route for tourists. Nowadays, Tramcar 1 also passes most beautiful region in Vienna, and those buildings and boulevards passed by the Ring Tram.

Not long after it starts with Prater, the largest park in Vienna, Tramcar 1 will pass Hundertwasserhaus, which is one of the favorite scenic spots of tourists. You will definitely love its windows with various patterns.

On the way, you will pass the main campus of Vienna University, Burgtheater, Parliament, Rathaus and Museum in MQ.

After that, the tramcar will past District 4 and District 4 before reaching Stefan Fadinger Platz, the ending point in District 10.

#### 04 49路有轨电车/Tramcar 49

**起点 Starting point:** Dr. Karl Renner Ring

**终点 Ending point:** Bujattigasse

49 路电车从 1 区出发，经过人民剧院 Volkstheater 后进入维也纳著名的文艺青年聚集地——7 区，这时，你一定要多看看街道两边各种精致小店和咖啡馆！

在离开 7 区后，49 路车会停靠在 Loritz-Platz 地铁站，在这里，你会看到维也纳中央图书馆 Hauptbücherei。

之后，列车会继续往维也纳外围开，在到达终点 Hütteldorf 之前，还会经过 Rudolfsheimer Pfarrkirche（一个巨大的教堂）。

Tramcar 49 starts with District 1 and passes Volkstheater before it reaches District 7, a famous place favored by art-loving young people. Here you can find many boutique shops and cafés along the street.

After leaving District 7, Tramcar 49 will park in metro station Loritz-Platz, where you will see Hauptbücherei in Vienna.

After that, the train will continue to drive in the periphery of Vienna. Before reaching the ending point Hütteldorf, it will pass a large church called Rudolfsheimer Pfarrkirche.

