

在路上

总少不了
一杯咖啡的时间

文/TripAdvisor 猫途鹰 图/全景

著名诗人彼得·艾腾贝格 (Peter Altenberg) 曾说...
「我不在家，就在咖啡馆，
我不在咖啡馆，就在往咖啡馆的路上」。

午后的阳光洒进窗户，打在身上暖暖的，
听着音乐或看着书，慵懒而安逸的街道，
美好的事物总少不了一杯咖啡的陪伴。
今天 TripAdvisor 猫途鹰将推荐亚洲特色咖啡厅，
让你在旅行中歇歇脚喘口气，然后继续上路。



Time for a Cup of Coffee on the Road

Peter Altenberg, a famous poet, once said:
If I was not at home, that is, in the coffee shop;
if I'm not in a cafe, is in the way to the cafe.
Beautiful things cannot do without the company
of a cup of coffee.
Today, TripAdvisor will recommend you several
Asian style coffee shops.



暖心泰式小清新

泰国 / 清迈

Ristr8to Coffee

乍一看店面，一定会被充沛的阳光跟绿植深深吸引，再配上简单大方的木头桌椅和装饰，这家店特别适合一个人来，在这里喝杯咖啡，放空自己，忘却一切烦心事。

店里的每一杯咖啡都用心制作，牛奶和咖啡融合得恰到好处，口感很好，让人印象深刻！懂咖啡的朋友不容错过！点一杯澳新白咖 flat white，感受着浓郁香气和醇厚的口感，这简直是在清迈最好的放松方式。

📍地址：15/3 Nimmanhemin Road | Suthep, Muang, Chiang Mai 50200, Thailand

Cafe Arte

悠闲下午来一杯咖啡，看书上网绝对是一种享受。卡布奇诺或冰咖啡都是许多人会点的咖啡。端上来的热咖啡是用陶瓷杯装着，连杯托也是陶瓷，特别有味道。

店面比较小但是设计得很漂亮，让你感觉置身于某个朋友家的厨房，温馨又舒适。咖啡的味道、品相，还有非常 nice 的店主，都会是让你再次光顾它。

📍地址：Moon Muang Road., Soi 7 | T. Sri-Phum, A. Muang, Chiang Mai 50200, Thailand

Tiddin 2013

这家店最值得推荐的是外面的风景，如果你恰巧坐在岸边一侧，眼前就能看到 PingPing 河的河景。而家庭式的田园装

潢也让你分外惬意，或坐或躺随你开心。

Tiddin2013 提供了许多种类的咖啡供你选择，除了常见的焦糖玛琪朵和拿铁，不妨来个店家特调的冰咖啡 Ice Tiddin，你一定会喜欢。

📍地址：181/2 Charoenrat Rd | T. Watkate, Chiang Mai 50000, Thailand

体验当地热情活力

印尼 / 雅加达

Giyanti Coffee Roastery

印尼的咖啡非常有名，许多咖啡爱好者都会来这里寻找美味，而 Giyanti Coffee 更是他们的首选。店里摆着印尼独特的木制品跟染布装饰，丰富的配色让人心情放松。

店员们有非常专业的咖啡知识，客人可以试喝用不同咖啡豆磨出来的咖啡，店内还有不错的甜点。所有的咖啡豆都是每周新鲜出炉的，也可以提前打电话预订。

📍地址：Menteng Jln. Surabaya 20, Jakarta 10310, Indonesia

印尼 / 棉兰

Macehat Coffee

位于印度尼西亚棉兰的这家咖啡，算是当地的人气店家，当地人总爱相约来这儿唠嗑。建议挑个午后来这里品尝一杯香醇咖啡，体验本地人的生活，肯定十分有趣。

店面很小，室内座位不多，最受欢迎的就是牛油果漂浮咖啡，记得点上酸甜的春卷搭配着吃，更有印尼风味。

📍地址：Jln. Karo no. 20, Medan 20112, Indonesia





来跟萌宠们一起玩

日本 / 东京

Sakuragaoka Cafe

咖啡厅老板在露台上养了两只山羊，一黑一白，非常萌。建议选择阳台外或是店内靠窗的座位，这样就可以看到可爱的山羊啦！

室内的装潢则是走复古路线，轻松的氛围，让人觉得很放松很舒服。咖啡跟餐点制作也非常精细用心。

地址：东京都涩谷区23-3 Sakuragaokacho

Cat Café Calico 猫カフェ きゃりこ

这家咖啡馆中有 50 多只猫咪，属于规模比较大的咖啡馆，在这里不仅可以抚摸、拥抱猫咪，店里还提供漫画书。点上一杯咖啡，抱着猫咪靠在沙发上看漫画书，幸福感爆棚！

店主人对猫咪很用心，所有的猫咪都饲养得很好，吸引了许多猫奴们慕名而来，假期的预订总是爆满，建议还是平常来。

地址：东京都新宿区 1-16-2 KabukichoFuji Bldg.6F

Ra.a.g.f Rabbit and Grow Fat

在这家咖啡馆可以看到眼睛圆圆、身体胖胖的兔子！在这里不仅可以抚摸、拥抱小兔子们，而且还可以买点食物喂它们。

这家店很小，里面一共就两桌，只能容纳 6 至 8 人，但是来过的人都十分开心能与兔子们近距离接触，无论是大人还是小孩都能玩 high！

地址：东京都涩谷区神 前6-14-15

追星韩剧浪漫桥段

韩国 / 首尔

dal.komm COFFEE

因为《太阳的后裔》这部韩剧，dal.komm 咖啡厅成为剧迷们拜访首尔的重要景点之一。如果你是和另一半一块儿去，不如点杯咖啡或蜂蜜柚子汁，坐在落地窗边，重现浪漫桥段吧！

dal.komm 咖啡厅在首尔有多家分店，风格偏潮流时尚，就算不是韩剧粉丝，到这里感受流行文化也是不错的选择。

地址：首尔市中区太平路2街69-2（市厅店）

SUM CAFE

如果你是少女时代，EXO，东方神起或者 Red Velvet 的粉丝，那么你一定不会对 SM TOWN 里的 SM CAFE 非常熟悉吧。

店里摆放着全是偶像们的照片，你可以在咖啡厅里点到以艺人的名字命名的甜点，例如：东方神起冰激淋，Super Junior 冰激淋等。咖啡店吸引着无数迷哥迷妹们来与心爱的偶像自拍。

地址：首尔市江南区三成洞159 Coex Artium

Hakrim 学林咖啡厅

首尔大学路附近有一家拥有 50 年历史的老字号咖啡厅——学林咖啡厅，因为《来自星星的你》而爆红，剧中都教授就是和老友在这里畅聊人生的。要是想坐都教授坐过的位置，可要先订位喔。

咖啡厅里至今仍然保留着开店初期高雅且安逸的装饰，店主收藏了近一万多张 LP 唱片，所以店里总是播放着经典歌曲。特别推荐必点招牌：维也纳咖啡。

地址：首尔市钟路区明伦4街94-2号2楼

Warm and Refreshing

Thai Style

Chiangmai, Thailand

Ristr8to Coffee

At first sight of the shop, you will be lured by the luxury green plants in abundant sunshine, combined with plain wooden tables, chairs and decorations. This shop is very suitable for visiting alone. You can sit here, banishing yourself and forgetting about all trifles.

Every cup of coffee here is made diligently. Perfectly mixed milk and coffee leave delicious and impressive taste! This is a place that cannot be missed by coffee lovers! Order a cup of flat white, which is popular in Australia and New Zealand, to experience the strong flavor and mellow taste. This is rightly a perfect relaxation in Chiangmai.

Cafe Arte

In a relaxing afternoon, reading books and surfing the Internet while having a cup of coffee here is definitely an enjoyment. The cappuccino or ice coffee is popular among many visitors. Hot coffee is served in a stylish ceramic cup with a ceramic saucer.

The shop is small in size but beautifully designed, making you feel warm and comfortable like visiting a kitchen of your friends. The taste and condition of coffee and the very nice shopkeeper are all reasons for your next visit.

Tiddin 2013

What is most recommendable in this shop is the external scenery. If you are rightly seated along the bank, the river view of Pingping River will be unfolded in front of you. The pastoral decoration of family style makes you rather cozy. Sitting or lying will be up to your choice.

Tiddin2013 offers various kinds of choices. In addition to frequently seen caramel macchiato and latte, you may as well have a taste of the specially blended ice coffee Ice Tiddin. You will like it.

Experience Local

Passion and Vigor

Jakarta, Indonesia

Giyanti Coffee Roastery

Indonesian coffee is very famous. Many coffee lovers may arrive here for pursuing delicacies, and Giyanti Coffee is their first choice. The uniquely Indonesian woodwork and dyed cloth decorations arranged in the store as well as rich colors leave a relaxing atmosphere.

Staff here are very professional about coffee. Guests may taste coffee made with different coffee beans. There are also tasty desserts. All the coffee beans are freshly baked every week. You may reserve by phone in advance.

Medan, Indonesia

Macehat Coffee

This coffee shop in Medan, Indonesia is a popular shop. Local people love to date or chat here. It is advised to have



a cup of coffee here in afternoon to experience the life of the local people. It must be very interesting.

The shop is small in area with few seats. The most popular is avocado floating coffee. Remember to order the sweet and sour spring rolls for combination, which is in more Indonesian flavor.

Come and Play with

Lovely Pets

Tokyo, Japan

Sakuragaoka Cafe

The shopkeeper has two goats on the terrace, one in white and the other in black. They are lovely pets. It is advised to choose a seat on the balcony or by the window, so that



you will see them!

The interior decoration is in a vintage style bathed in a relaxing environment to make you at ease and comfortable. Their coffee and meals are very exquisite, too.

Cat Café Calico

This is a big coffee shop housing over 50 cats. You may touch and hug the cats here as well as reading the comics. Order a cup of coffee and read the comics in the sofa with a cat in hands. What a lovely experience!

The shopkeeper takes diligent care of these cats. These well-fed and lovely creatures attract many cat lovers. It is recommended for workday visits, for during holidays it

is always fully booked.

Ra.a.g.f Rabbit and Grow Fat

You will see chubby rabbits with round eyes here! You can touch and hug these rabbits, and also buy food to feed them.

This is a small shop with only two tables holding 6 to 8 people. But guests here are all happy to have a close contact with these rabbits. Both adults and children will have a great fun here!

Romantic Scene in

Korean Dramas

Seoul, South Korea

dal.komm COFFEE

Thanks to the TV drama called

Descendants of the Sun, dal.komm Coffee has become an important attraction for drama fans to visit in Seoul. If you go there with your sweetheart, you may have a cup of coffee or honey citron tea beside the French windows to imitate the romantic plot in the drama!

SUM CAFE

If you are a fan of Girls' Generation, EXO, TVXQ or Red Velvet, you must be very familiar with SM Cafe in SM Town.

The shop is full of photos and peripheral products of the idols. You may also order desserts which are named after the idols, such as TVXQ ice cream, Super Junior ice cream, etc. This cafe attract numerous fans to take selfies with their idols.

Hakrim

There is a half-century-old coffee shop near the University Avenue, Seoul. It is extremely famous for the TV drama called My Love From the Star. In the drama, the leading man Professor Do chatted with his old friend about his life. But if you want the seat that have been taken by Professor Do, you have to reserve in advance.

Until now, the cafe is kept elegant and peaceful just as its original atmosphere. The shopkeeper has collected nearly ten thousand LP records, so the cafe is reverberated with classic songs. The coffee you should never miss is Vienna coffee.

在内罗毕 这样购物 也时尚

Shopping in Nairobi

绿色购物，负责任旅行
Green shopping and responsible tour



文/肯尼亚旅游局 图/肯尼亚旅游局、全景

内罗毕，肯尼亚首都，世界上唯一一个以国家公园作为边境的都城。内罗毕国家公园与内罗毕市区仅用栅栏相隔，在公园内甚至能看到市区的高楼。内罗毕国家公园及其独具一格的旅游景观，使这里成为热门旅游城市。

如果你认为，来肯尼亚内罗毕，除了各种动物木雕，就是很难说好吃的肉干，那你就OUT啦。下面就让小编向你一一道来，趁下一个长假到来前，可以开始攒钱啦！

留下你的足迹，带走一片铜树叶

关于肯尼亚的旅行手册，大多会在扉页或是“实用贴士”第一条上提醒大家，“除了照片，请什么都不要带走”，“除了你的足迹，请什么都不要留下”。保护自然环境和野生动物及其栖息地是来肯尼亚旅游的每一位旅行者的承诺。爱极了肯尼亚的植被和生灵，那就带一片黄铜树叶回家吧，让肯尼亚的自然气息再停留得更久一些。

好物哪里买？

以上好物大部分来自以下店铺：

MATBRONZE Wildlife Art

地址：No.2 Kifaru Lane, Karen 00502, Nairobi

网址：www.matbronze.com

Utamaduni Craft Centre

地址：Bogani Road East, Off Langata South Road, Nairobi

网址：www.utamadunishops.com

Kazuri

地址：Mbagathi Ridge, Karen, Nairobi

网址：www.kazuri.com



记住它们，从脚印开始

比起把整只动物雕刻扛回家，带回一只动物脚印，会不会显得内敛闷骚又高逼格呢？

这些动物脚印出自肯尼亚艺术家之手。做成摆件的动物脚印大小不一，种类也不少，最受欢迎的是狮子和猎豹脚印，不过，瞪羚、长颈鹿、犀牛、大象的脚印也是萌萌哒招人爱。除了摆件，做成挂坠的脚印是女生的不二之选。

把脚印印在红酒支架上，别致又实用。年底送给爱酒人士，一定是最“笔芯”的圣诞礼物。

动物动物，欲罢不能那就统统拿下

几乎每个肯尼亚人都能在第一时间报出他们最爱的动物。种类多过十种的羚羊类型，他们大多都能说出不下六七种。

非洲的动物对它们来说，熟悉得像是家人。也正因为是这样，他们画笔下、刻刀下的动物们都有种与生俱来的灵动。还等什么呢，火山石雕刻、动物小像餐盘、油画、水彩画，统统收了。

串珠密密缝，带上风情和淳朴

大部分女生面对肯尼亚的彩色串珠制品是毫无抵御能力的。

串珠皮带、镶着串珠图案的包包、钥匙扣都是亮眼又不打眼的好物。

咖啡和茶，留住肯尼亚口感

想要把旅途中的美好时光拉长再拉长，或许把美食带回家最奏效。那就带上肯尼亚的咖啡和茶吧。有了肯尼亚的醇香口感相伴，焦躁漫长的工作日不再绝望。

肯尼亚的茶叶风靡全球，价格十分公道，当地超市是购买茶叶的好去处。

肯尼亚咖啡在世界咖啡列表中排名很靠前，Java这个咖啡品牌在肯尼亚比较流行，品类也多。AA等级的价格在6美金/250克左右。

大手笔，椅子箱子统统运回家

肯尼亚的木雕设计和工艺那是相当不错，尤其是海岸地区的拉穆岛，岛上的传统木工坊依旧延续着传统老手艺。

带回一把游猎折叠椅，或是一只《走出非洲》年代的旅行箱，想想就很酷。



Nairobi, the Capital of Kenya, is the only capital city in the world with a national park within its boundaries, making it a prime tourist destination as well, with several other tourist attractions. The park and the Nairobi downtown area is only separated by fences. We could even see the buildings of Nairobi from inside the park.

You are outdated if you think you can only shop animal-shaped woodcarvings or dried meat in Kenya Nairobi. Well, please read the following part so that you can plan a trip to Kenya in your next holiday.

Leave your footprints and take a bronze leaf

Most travel guidebooks about Kenya would remind tourists on the front page or in the Tips, "Please don't take anything out of Kenya except photos", or "Please leave nothing in Kenya except your footprints". All travelers to Kenya are required to make commitment to preserving natural environment, wild animals and their habitats. Love plantation and wildlife deeply in Kenya? Just bring home a bronze leaf so that natural atmosphere of Kenya will stay longer with you.

Remember them by seeing their footprints

Compared with bringing home the animal-shaped woodcarving, is it more rational and low-profiled just to bring

home the footprint of an animal?

These animal footprints are made by Kenya artists. As the ornament for display, these animal footprints have different sizes. The most popular ones are footprints of lions or leopards. However, the footprints of gazelle, giraffe, rhinoceros and elephants are also very cute. In addition to display ornament, these footprints can also be made into pendants, which are so loved by girls.

It is really practical and imaginative to print footprints on the red wine support. It will be the most beloved Christmas gift for the fans of wines.

Take home all animals

All Kenya people have their favorite animals. And they can tell the names of almost all the more than 10 different gazelle species.

They are familiar with African animals like their family members. Because of this, the animals carved or painted by them have become so vivid. What are you waiting for? Just take home all the volcanic-stone carvings, plates with animal portraits, oil paintings and color paintings?

Bead string carries innocence and romance

Most girls would immediately fall in love with colored bead strings in Kenya.

The bead string belt, bags and key ring with bead string patterns are so attractive for tourists.



Kenya coffee and tea remind you of the country

Want to lengthen the beautiful hours in your travel? You had better bring home the local cuisine. We propose you bring home the Kenya coffee and tea because in their company, you will never be driven crazy by the long and dull working hours.

Kenya tea is popular in the world with affordable price. You can purchase tea in the local supermarket.

Kenya tea is at the top of world list of coffees. Java is a popular coffee brand in Kenya, which is presented in many types. The grade-AA coffee is sold at USD6 per 250 grams.

Bring home chairs and boxes from Kenya

Woodcarvings in Kenya are exquisitely designed and carved. On Lamu Island on the coastal region, in particular, woodcarving mills still carry on the traditional techniques.

Is it really cool to bring home a folding chair for hunting or the suitcase in the era of Out of Africa?

Where to buy?

Most of the above-mentioned items can be purchased in the following shops:

MATBRONZE Wildlife Art

Address: No.2 Kifaru Lane, Karen 00502, Nairobi

Website: www.matbronze.com

Utamaduni Craft Centre

Address: Bogani Road East, Off Langata South Road, Nairobi

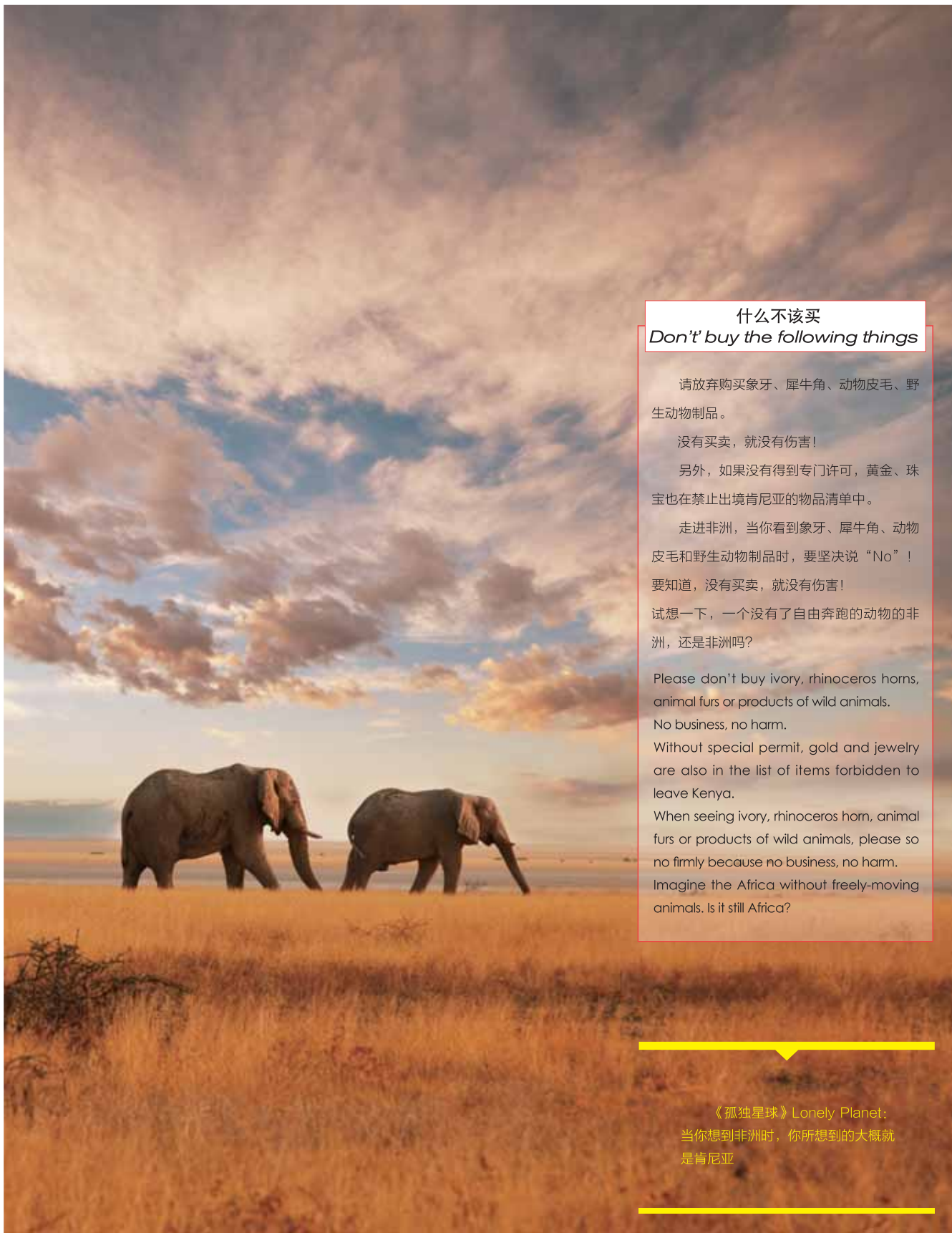
Website: www.utamadunishops.com

Kazuri

Address: Mbagathi Ridge, Karen, Nairobi

Website: www.kazuri.com





什么不该买

Don't buy the following things

请放弃购买象牙、犀牛角、动物皮毛、野生动物制品。

没有买卖，就没有伤害！

另外，如果没有得到专门许可，黄金、珠宝也在禁止出境肯尼亚的物品清单中。

走进非洲，当你看到象牙、犀牛角、动物皮毛和野生动物制品时，要坚决说“NO”！要知道，没有买卖，就没有伤害！

试想一下，一个没有了自由奔跑的动物的非洲，还是非洲吗？

Please don't buy ivory, rhinoceros horns, animal furs or products of wild animals. No business, no harm.

Without special permit, gold and jewelry are also in the list of items forbidden to leave Kenya.

When seeing ivory, rhinoceros horn, animal furs or products of wild animals, please say no firmly because no business, no harm.

Imagine the Africa without freely-moving animals. Is it still Africa?

《孤独星球》Lonely Planet:
当你想到非洲时，你所想到的大概就是肯尼亚

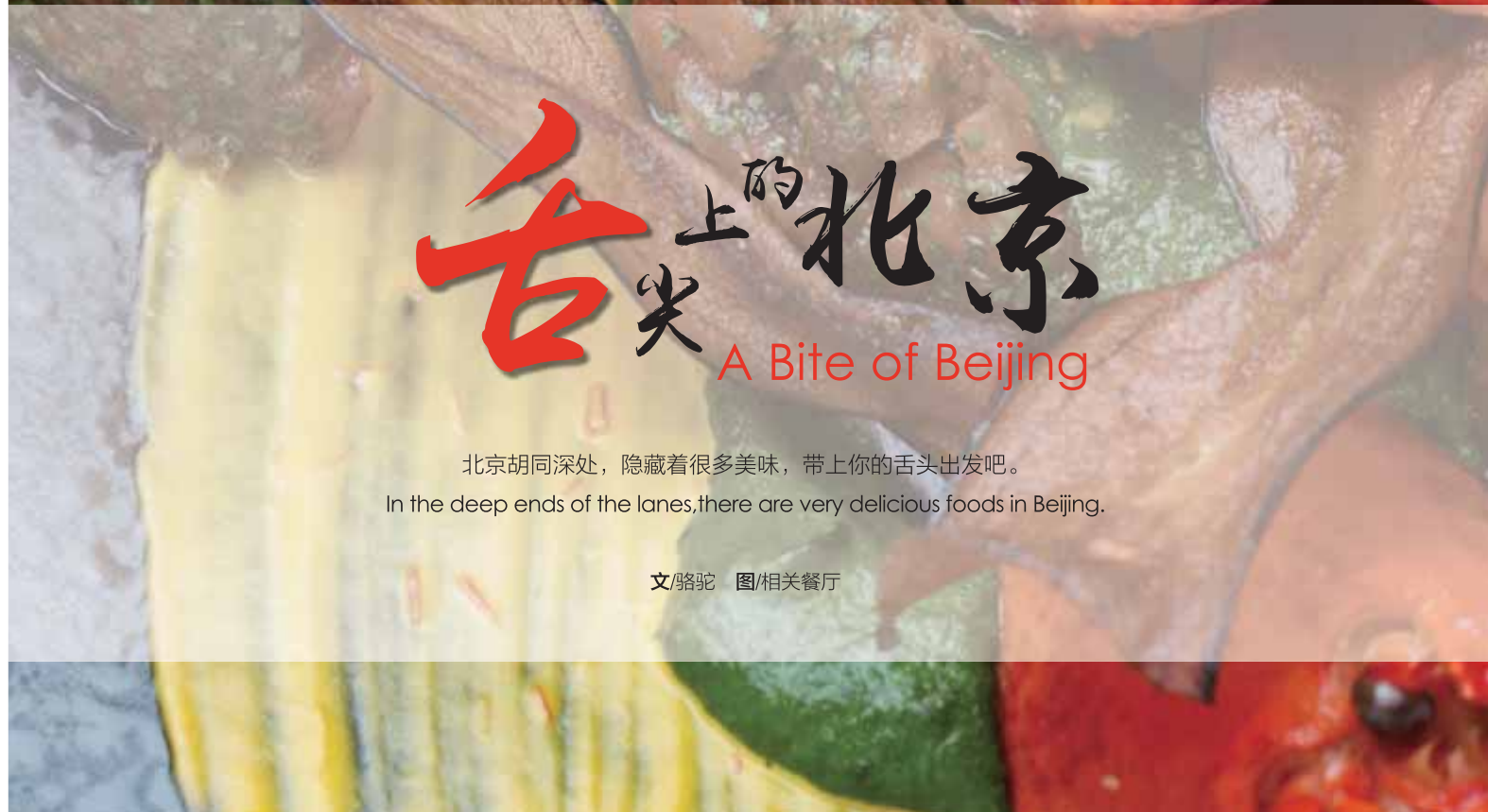


舌尖上的北京

A Bite of Beijing

北京胡同深处，隐藏着很多美味，带上你的舌头出发吧。
In the deep ends of the lanes, there are very delicious foods in Beijing.

文/骆驼 图/相关餐厅





Temple Restaurant Beijing (TRB)

敕建寺庙里的欧式西餐生产线

The European-style Western Food Production Line
in the Temple Constructed by the Imperial Order



御用印经厂、藏传佛教圣地、黑白电视机、欧式西餐厅……这些看似毫不相干的东西，在故宫东北角、景山东沿、北河沿街区曲折蜿蜒的胡同中，找到了他们共同的归宿。把它们紧紧联系在一起的，是有着600多年历史的“敕建智珠寺群”。这个曾经的御用印经厂，一度被用作生产黑白电视机的厂房，如今，又变成了欧式西餐生产线。常变常新的菜单，由TRB资深侍酒师悉心打造的“诱惑”酒单，令挑剔的食客惊喜连连。

Such seemingly unrelated things as the royal scripture-printing factory, the holy land of Tibetan Buddhism, the black and white TV, and Europe-

an style western food restaurant find their common destiny in the serpentine Hutongs at the northeast corner of the Forbidden City, along the east streets of Jingshan Hill and the streets of Beiheyuan. What tightly binds them together is the Zhizhu Temple Compound which was built by the imperial order with a history of over 600 years. The former royal scripture-printing factory used to be utilized as a black and white TV factory, but now becomes a European style western food production line. The timely innovated menu and the alluring wine list carefully created by the TRB senior sommelier will make the picky eaters surprise.

地址/Add:

沙滩北街23号/23 Shatan North Street

特色/Themed:

欧式西餐厅、葡萄酒晚宴、鸡尾酒晚宴
European Western Restaurant, Wine Banquet, Cocktail Banquet

地铁/Subway:

6号线南锣鼓巷站B出口
Exit B of Nanluoguxiang Station, Line 6



02

十八茶膳 18 Garden

当日本料理遇上中国茶

When Japanese Cuisine meets Chinese Tea

这里是僧格林沁宅邸的一部分。院主黄安希子是日本著名茶人，嗜爱中国本源的茶文化。中国的茶文化加上地道的日式精品餐，于是就有了十八茶膳这个名号。从来佳茗似佳人，浓妆淡抹总相宜。玲珑小院，四方独立空间，一帘幽梦，让你的南锣鼓巷之行回味无穷。

18 Garden is part of Prince Sengelinge's mansion. The landlord now is Ms. Aki-ko Ko, a Japanese tea master. 18 Garden is a mixture of Chinese tea culture and Japanese cuisine. Nice tea is just like the beauty, always charming either richly adorned or plainly dressed. Detached, exquisite courtyard, with fantasies behind the pearly curtain, will make your trip to Nanluoguxiang interesting and meaningful.

地址/Add:

南锣鼓巷板厂胡同18号

18 Banchang Hutong, Nanluoguxiang

特色/Themed:

上乘精品茶，意式、日式精品餐

Finest Quality Tea, Italian and Japanese Cuisine

地铁/Subway:

6号线南锣鼓巷站A出口

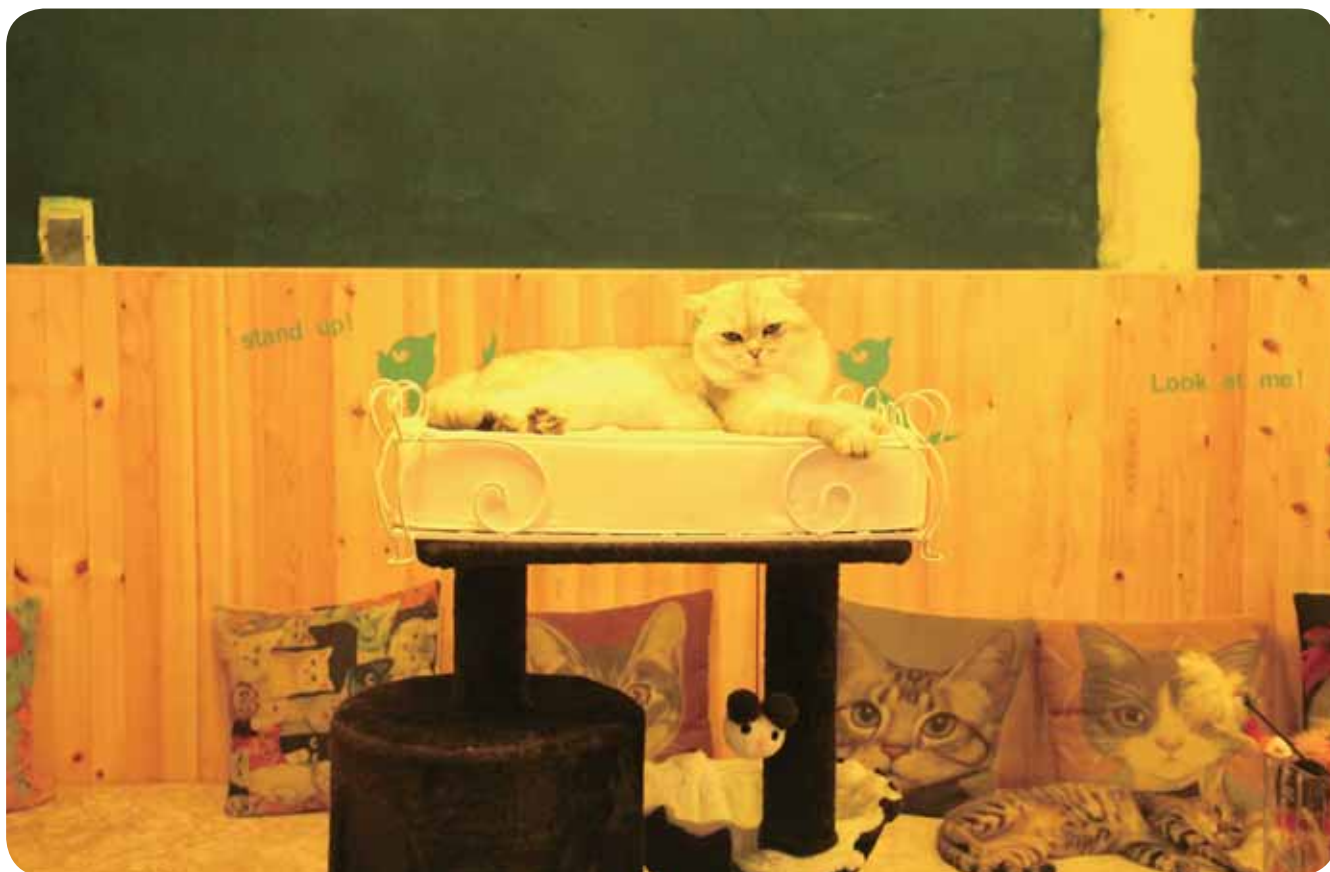
Exit A of Nanluoguxiang Station, Line 6

03

猫小院主题咖啡西餐厅 *Cat Theme Cafe*

爱猫人士的心灵驿站

The soul stage of the cat fanciers



地址/Add:

北锣鼓巷北下洼子胡同14号
14 Beixiwazi Hutong, Beiluoguxiang

特色/Themed:

西餐、猫咪
Western-style food, Cat

地铁/Subway:

2号线安定门地铁站B出口
Exit B of Andingmen Station, Line 2

在喧嚣的都市，不只有流浪的猫咪。猫小院，专门收容流浪的心，让繁忙的都市人给自己的心找一个家，让猫友们有一个心灵休憩之所。这里有高大通透的阳光房，有幽静沁凉的水系，有迎风摇曳的紫竹，甚至有和你说话的鸟，屋顶游弋的鱼和一棵漂亮的大树！你可以慵懒地窝在沙发里，和美丽猫咪放松游戏，曼妙的音乐和美酒不知哪个更令人心醉……

In the hustling and bustling capital, there are not only the tramping cats. The cat yard is a special place to

house the tramping cats, and let the cat fanciers have a rest place for their souls. In this court, there are big and transparent spacious sunrooms, a shady and cool water system, the purple bamboos waving in the breeze, even the birds that will communicate with you, the fish frolicking on the roof and a large beautiful tree. You may indolently nest yourself in a sofa and play with the cute cats. Whether is the beautiful music or the tasty wine more enchanting?

04

藏红花西餐厅 *Saffron Restaurant*

地中海风情等你来解

To understand the Mediterranean Love



小小的五道营胡同就是一个迷你的联合国。离爱琴海文明不远，是地中海风情。藏红花，一家主打西班牙海鲜饭和自制西班牙水果酒的西餐厅，店门外爬满了绿色的爬墙虎，让你没进店门，就嗅到了地中海的气息。新鲜的食材，高品质的橄榄油，没有任何添加剂，在这样一间超有爱的餐厅里用餐，谁能不解风情？

The small Wudaoying Hutong is just a mini United Nations. Not far from the Aegean Sea civilization is a Mediter-

anean style. Saffron is a western food restaurant which mainly operates Spanish sea-food meals and home-made Spanish fruit wine. Outside the restaurant climbs the green creepers everywhere, letting you smell the scent of the Mediterranean even without going inside. Fresh food ingredients and high-quality olive oil do not have any additives. Eating in such a super love restaurant, who can not understand love?

地址/Add:

五道营胡同64号院
64 Wudaoying Hutong

特色/Themed:

西班牙菜、自制西班牙水果酒
Spanish Cuisine, Home-made Spanish Fruit Wine

地铁/Subway:

2号线、5号线雍和宫站D出口
Exit D of Lama Temple Station, Line 2 or 5

05

猜火车电影餐厅 *Trainspotting Restaurant*

中国民间独立电影放映与酒吧放映的先行者

A Pioneer of the Chinese Folk Independent Film Screening and Bar Screening



我们将镜头拉到方家胡同——北京工业史上重要的“机床胡同”。远远地，一列火车驶来，穿过皇城里的“迷你798”，驶向胡同尽头的“LOFT”，悬浮于草坪上。白色的火车车厢上赫然写着“猜火车电影餐厅”几个字。乘客们手里握着“高速行驶，缓慢生活”的车票，开始了一段奇妙的文化与美食之旅。白盒子里的人，沉浸在私人影像表达的世界中；白盒子外的人，沉浸在将老厂房与新建筑完美合成的对话景观中。历史就这样照进了现实。

Let's focus our lens on Fangjia Hutong—the important Jichuang Hutong in the industrial history of Bei-

jing. From far away, you can see a train approaching, going through the “mini 798” in the imperial city and to the “LOFT” at the end of the Hutong, and suspending on the lawn. On the white train carriage impressively writes a few words “Train-spotting Restaurant”. Passengers holding the ticket of “high speed, slow life” begin a fantastic culture and fine food trip. People in the white box are immersed in a world expressed by the private images; while people outside the white box are immersed in the view of the dialogue between the old buildings and new buildings that are perfectly

synthesized. The history is so shining into the reality.

地址/Add:

安定门内大街方家胡同46号
46 Fangjia Hutong, Andingmennei Street

特色/Themed:

云南菜、贵州菜、电影
Yunnan Cuisine, Guizhou Cuisine, film

地铁/Subway:

2号线安定门站B出口
Exit B of Andingmen Station, Line 2



06

壹条龙饭庄 *Yitiaolong Restaurant*

在龙降之地品纯正涮肉

Savor the best boiled meat at the restaurant which once received the emperor

地址/Add:

前门大街27号

27 Qianmen Street

特色/Themed:

老北京火锅

Traditional Beijing Hotpot

地铁/Subway:

2号线前门站C出口

Exit C of Qianmen Station, Line 2

在熙熙攘攘的前门大街上，一个三层小楼优雅别致，独特的清代庭院风格给人耳目一新的感觉。这里，就是大名鼎鼎的老字号“壹条龙饭庄”。金字招牌上遒劲有力的“壹条龙”几个字书写着它的沧桑和辉煌，现代化的经营理念释放着它的活力和光芒。曾经，它让光绪帝胃口大开；如今，寻常百姓常来这里犒劳自己。

In the bustling Qianmen Street, there is an elegant three-storey building whose unique style of the Qing dynasty courtyard leaving people an impression of being new and fresh. This is the famous time-honored brand "Yitiaolong Restaurant". The characters "Yitiaolong" (meaning one dragon) on the gold-lettered signboard have witnessed its vicissitudes of life and past glories, and its modern management concept has released its vitality and radiance. Once upon a time, it whetted the appetite of Emperor Guangxu; nowadays, ordinary people frequent the restaurant to treat themselves.



金台夕照会馆 *Xizhao Temple Hotel*

让心放飞在禅意的北京

Let your heart fly in Zen Beijing



金台夕照，昔日的“燕京八景”之一，春秋战国时期燕昭王为招纳天下贤士而修建的黄金台，如今，已变身成着力打造“禅意、诗意、适意”意境的文化主题酒店。您来到这里，洗去一身疲累，听泠泠琴声，可处清都之地而远烦忧；细品禅茶，一啜一饮间，于造化中而近天然。偶食佛家素斋，清珍淡馐，和胃养生益好年；闲看百年槐荫，自在窗前，参透禅机得欣然。

"Jintai Xizhao" is one of the former "Eight Great Sceneries in old Beijing". This Gold Terrace built by the Zhao King of Yan State of the Spring and Autumn Period, has now become the "Zen, poetic and agreeable" mood of the new culture theme hotel. When you come here, you can wash away the fatigue, listen to euphonious melodies, forget about all the worries and cares; You can taste the tea in the mood of Zen, and between sips of drink, get yourself closer to nature. The Buddhist vegetarian food here, plain but delicate, is good for your health. Take a leisurely look at the shade of pagoda trees through the window, reading the pith of Zen in absolute comfort.

地址/Add:

夕照寺中街15号

15 Xizhaosi Middle Street

特色/Themed:

官府菜

Royal Cuisine

地铁/Subway:

5号线崇文门站换乘公交12路夕照寺北口站
Chongwenmen Station, Line 5, transfer to
Bus 12 to Xizhaosibeikou Station

迪拜

夜未眠

— 24小时游迪拜

文、图/迪拜旅游局

当有超多可看和可做的事时，谁还需要睡觉？无论在迪拜短暂停留还是想尽量压缩行程，在一中的任何时间段，这里都有无限新奇供您体验。下面为您推荐24小时游览迪拜不夜城的最佳线路。

Who needs sleep when there's so much to see and do? Whether you're in Dubai on a stopover or you just fancy squeezing as much as possible out of your trip, there's always a host of things to experience no matter what time it is. Read on for our 24-hour guide to the city that never sleeps.

🕒 早上5点

Al Aweer市场

在Al Aweer中央果蔬市场开始你的一天吧，这里有迪拜最新鲜的水果和蔬菜，并且全都可以和卖家砍价。在这个嘈杂而繁忙的市场里，充满着各种各样的景象、色彩、声音和气味，能够为你提供一次不同于普通超市的特别体验。另外别忘了拍照哦！



🕒 早上6点半

Al Qudra自行车道

拥有绝美的日出景色，Al Qudra自行车道绝对是冒险爱好者必去的景点之一。沿着86公里长的自行车道骑行，你可以欣赏到迪拜沙漠的奇异景色，甚至还有可能在沿途看到当地的野生动物，比如令人肃然起敬的大羚羊。



🕒 上午8点半

在风筝海滩的浪花边享用早餐

如果能伴随着阿拉伯海湾的清澈海水在时髦的餐厅、咖啡厅或新概念餐厅吃饭的话，美食家们一定会感觉到自己被宠坏了。而在风筝海滩的餐厅，你不但能欣赏到美不胜收的景色，还能在吃饭时感受着沙子流过脚尖的感觉。包括Park House、The Surf Café和Al IjazaCafeteria在内的一些餐厅都提供经典的套餐菜式。



🕒 上午11点

参观哈利法塔观景台

如果不登上世界最高建筑哈利法塔的顶端，你的迪拜之旅将是不完整的。在哈利法塔的观景台，你可以通过360度全景落地玻璃窗，无障碍地自由欣赏整个城市的沙漠、海洋和其他美景。露天平台上还提供数码望远镜，可以体验虚拟时间旅行，感受一下现在的城市景观在过去和未来分别是什么样子的。





5am



Al Aweer Central Fruit and Vegetable Market

Kick-start your day at Al Aweer Central Fruit and Vegetable Market, home to the country's freshest fruit and vegetables, all available at bargain prices. This buzzing market is full of sights, colours, sounds and smells, offering an experience far removed from your average supermarket. Don't forget your camera!

6.30am



Al Qudra Cycling Track

Offering breath-taking sunrise views, Al Qudra Cycling Track is a must-visit for adventure seekers. The 86-kilometre-long bike track boasts amazing vistas of Dubai's desert dunes, and as you make your way along the path you may even get a glimpse of the local wildlife, such as the majestic oryx (plus the odd horse and rider).

8.30am



Breakfast by the waves at Kite Beach

Foodies will be spoilt for choice by the selection of trendy restaurants, cafés and quirky food concepts, all just a stone's throw from the clear waters of the Arabian Gulf. Kite Beach's promenade boasts some picturesque spots to relax and tuck into tasty fare while feeling the sand between your toes – including Park House, The Surf Café and Al Ijaza Cafeteria, which serves up old-school classics to grab and go.

11am



Visit the viewing deck of Burj Khalifa

No visit to Dubai is complete without a visit to the top of Burj Khalifa, the world's tallest building – offering unobstructed, 360-degree views of the city, desert and ocean through a floor-to-ceiling glass-walled perimeter. The open-air terrace features digitally powered telescopes that provide virtual time travel with real-time views of the past and the future.



下午1点

在谢赫穆罕默德文化中心享用午餐

谢赫穆罕默德文化中心位于迪拜最古老的遗址之一的阿法迪历史区，这里提供传统的阿联酋式午餐。用餐的地方在一幢修缮过的漂亮风塔屋内，这里颇具气氛，你可以一边用餐，一边和当地人闲聊阿联酋的文化、风俗和宗教信仰。



下午3点

在水世界冒险乐园消暑

位于棕榈岛亚特兰蒂斯酒店的水世界冒险乐园，最近刚被猫途鹰（TripAdvisor）评为迪拜最棒的水上公园，是家庭休闲娱乐的完美去处。破纪录的摩天轮和滑梯等娱乐设施、与鲨鱼和鳐鱼亲密接触、在700米长的私人海滩上休闲放松……多种活动供你选择。



晚上8点

在“会跳舞的喷泉”边享用晚餐

从迪拜市中心的许多餐厅都可以看到迷人的迪拜喷泉。无论是在Madeleine Café & Boulangerie体验法式浪漫，还是在泰国餐厅Thiptara享受放松的环境，又或者是在Serafina的露天阳台享用美味的意大利餐，这些风景如画的餐厅都是观看迪拜最受欢迎的“声与光”编舞喷泉表演的首选之地。



晚上10点半

在卓美亚城堡酒店小酌一杯

卓美亚城堡酒店是欣赏迪拜这个城市的最棒的地点之一，在这里能看到阿拉伯湾的全景、雄伟的帆船酒店的和一条美丽的人工河。不但如此，这里还拥有40多个世界级餐厅和酒吧，你可以在Kalsa PoolBar、BahriBar或者The Agency酒吧一边喝着酒一边欣赏城市的美景，也可以选择波利尼西亚风格的Polynesian-themed Trader Vic酒吧听一场现场音乐表演。



1pm



Lunch at Sheikh Mohammed Centre for Cultural Understanding

Located in Al Fahidi Historical Neighbourhood, one of the oldest in Dubai, the Sheikh Mohammed Centre for Cultural Understanding (SMCCU) serves traditional Emirati lunch in the ambience of a beautifully restored wind-tower house where visitors can enjoy a meal with local flair while chatting with an Emirati host about UAE culture, customs and religion. Whatever questions you may have – no matter how sensitive – don't be afraid to ask.

3pm



Cool off at Aquaventure

Recently named the Best Waterpark in Dubai by TripAdvisor, Aquaventure at Atlantis, The Palm offers the perfect splash-filled break for the entire family. Choose from record-breaking rides and slides, close encounters with sharks and rays, or spread out and relax on 700 metres of private beach.

8pm



Dinner by the dancing fountains

Watch the mesmerising Dubai Fountain from a number of dining options in Downtown Dubai. Whether you opt for the faux-French feel at Madeleine Café & Boulangerie, the relaxing ambience at Thai eatery Thiptara, or delicious Italian dishes enjoyed on the outdoor terrace at Serafina, the picturesque settings are prime spots to take in the beauty and charm of Dubai's most popular son-et-lumière show.

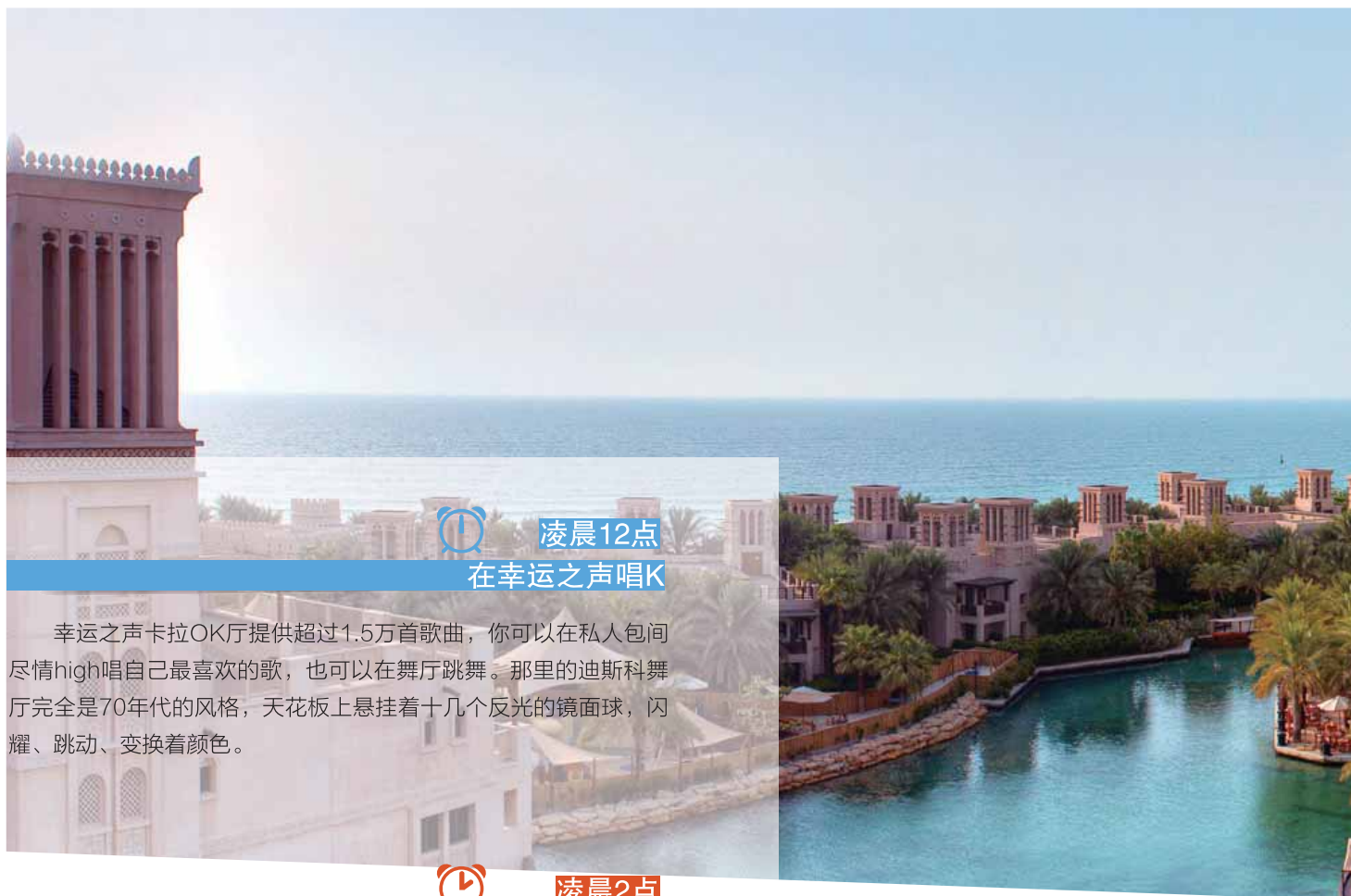
10.30pm



Drinks with a view at Madinat Jumeirah

Panoramic views of the Arabian Gulf, the billowing 'sail' of the Burj al Arab and a beautiful man-made creek make Madinat Jumeirah one of Dubai's top locations to take in the splendour and charm of the city. With more than 40 world-class restaurants and lounges to choose from, visitors can enjoy the views and an accompanying drink at Kalsa Pool Bar, Bahri Bar and The Agency, or groove to the live music at Polynesian-themed Trader Vic's.





凌晨12点 在幸运之声唱K

幸运之声卡拉OK厅提供超过1.5万首歌曲，你可以在私人包间尽情high唱自己最喜欢的歌，也可以在舞厅跳舞。那里的迪斯科舞厅完全是70年代的风格，天花板上悬挂着十几个反光的镜面球，闪耀、跳动、变换着颜色。



凌晨2点 来顿夜宵

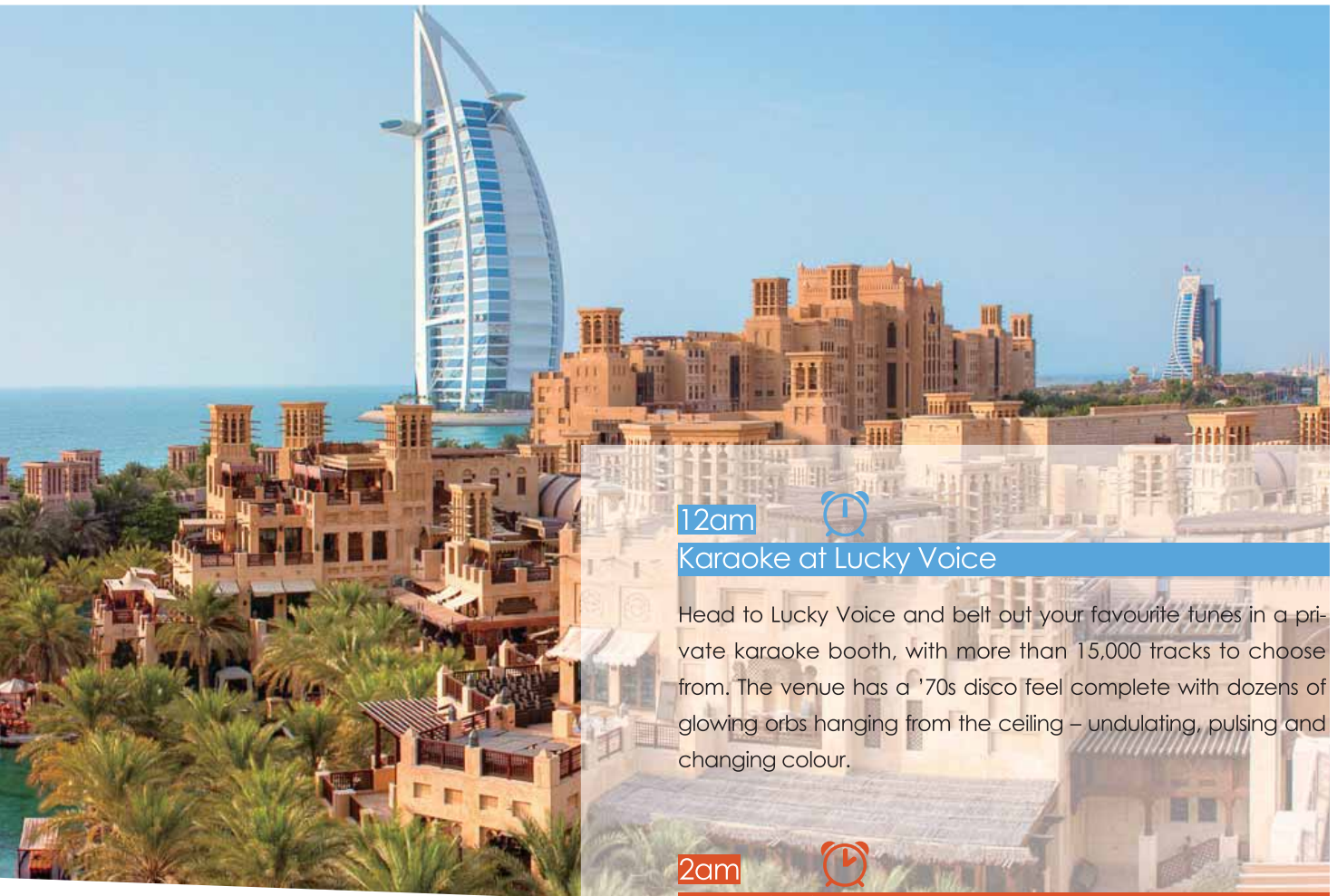
迪拜有着各种各样的“打烊后选择”，大半夜也可以简单地吃点东西甚至是大吃一顿。你可以去Al Reef Lebanese烘焙坊吃经典的奶酪薄饼，在Zaroob吃点街头小吃和馅饼，或者去SALT吃美味的汉堡、薯条和奶昔（奇多鸡肉汉堡是必点的哦）。



凌晨4点 坐热气球在沙漠中看日出

如果你还没有睡意，可以飞到1200米的高空去看日出和金色沙漠，还有如绿宝石般的绿洲，那里也是大羚羊、瞪羚和骆驼们的自然栖息地。提供热气球观光服务的公司有Balloon Adventures, Sindbad Balloons和Platinum Heritage等。别再犹豫了，马上起飞吧。





12am



Karaoke at Lucky Voice

Head to Lucky Voice and belt out your favourite tunes in a private karaoke booth, with more than 15,000 tracks to choose from. The venue has a '70s disco feel complete with dozens of glowing orbs hanging from the ceiling – undulating, pulsing and changing colour.

2am



Post-midnight meals

Dubai boasts all manner of after-hour options for a quick bite or even a full-blown meal in the small hours of the night. Bite into a classic cheese manakish at Al Reef Lebanese Bakery, chow down on Levantine street food and shawarmas at Zaroob, or head to SALT for a tasty menu of burgers (the Cheetos Chicken Burger is a must), fries and shakes.



4am



Sunrise hot air balloon ride over the desert

If you're still awake, take in the sunrise and see the golden hues of the desert as you drift 1,200 metres above the dunes, over emerald-green oases with oryx, gazelles and wandering camels in their natural habitat below. Soar the skies with the teams at Balloon Adventures, Sindbad Balloons or Platinum Heritage for a mesmerising sky-high tour, from pick-up to take-off.