

# 地中海“跳岛”游

游览地中海，星罗棋布或大或小的岛是旅行中最难忘的体验。或历史遗迹悠久，或人文厚重，或自然风光迷人，或建筑至爱至美，坐着游艇游览、携爱人共赏落日、和朋友分享美食，终其一生，怎能将这些挚爱的小岛游遍？

文/明非 图/神致五月 全景 余良兵 严晗

## 圣托里尼岛

看世界最美的“日落爱琴海”

圣托里尼岛是爱琴海上的火山岛，是基克拉泽斯群岛中最南边的一座岛，面积不大，却是希腊最著名的岛屿之一，被誉为“爱琴海—地中海上的璀璨明珠”。

距离圣托里尼首府费拉市不远处就是极具特色的黑色沙滩：卡玛里海滩。由于火山地质，这里的沙是黑色的，水也呈现黑色，但是清凉干净，据说还可以美容。入夜之后，酒吧餐馆热闹非凡，各路驻唱歌手演绎着不同国度不同风情的民谣——音乐果然无国界。

静谧的伊亚镇则是另一种格调。伊亚镇建立在海边的悬崖上，是圣托里尼岛第二小镇，被认为是世界上观看落日最美的地方。在太阳落下的一瞬间，时间仿佛都停滞了，只有安宁和从容。

此外还有地中海上吹来的微风、舒适宜人的温度和空气、经典的传说中的蓝白房子……圣托里尼岛为人们带来了一万种可能。都说爱情能够让置身其中的人变成诗人，圣托里尼不仅能来这里的人变成诗人，还要变成画家、摄影家和艺术家……

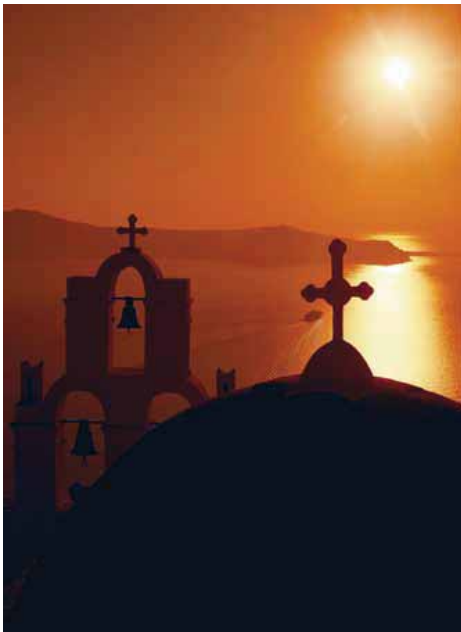
不过，如果你以为圣托里尼岛只有这些，那你可错了。20世纪下半叶，考古学家在该岛南部的阿科罗提利挖掘到古代都市遗址，发现了精彩的、三千多年前的壁画艺术，包括“春之图”、“打拳少年”、“渔夫”、“航海图”等作品，展现了当时人们的生活情景。

### TIPS

1. 交通：从雅典乘飞机1小时可到达圣托里尼岛；搭乘轮渡从雅典到圣托里尼岛大约用9小时，旅游旺季可乘快艇，4.5小时即可到达圣托里尼岛，但价格较贵。最好提前
2. 将轮渡和酒店订好，这样的话，多数酒店都会提供港口和机场的接送。
2. 圣托里尼的夏天充满了田园般的诗情画意，是游客观光旅游的最热门季节。







## 马耳他·瓦莱塔

### 古风穿越到现代，本色未变

马耳他是位于地中海中部的岛国，有“地中海心脏”之称，是著名的休闲度假地区，岛上不仅有蔚蓝的海水、清洁的沙滩和斑斓的海底世界，其历史遗迹和古老文化底蕴更加精妙完美、令人惊叹。因为曾经被多个国家统治，岛上融合了英伦痕迹、南欧风格和地中海风情。

踏上马耳他，仿佛瞬间穿越到了中世纪，回到了那个骑士精神傲世独立的时代。这里不“惊艳”，不“疯狂”，甚至不“热闹”，正如旧都姆迪那的名号“寂静之城”，这里是寂静而独特的。行走在浓郁厚重的历史积淀中，时间仿佛静止了一般。

马耳他首都瓦莱塔，是一座拥有近 500 年历史的欧洲古老文化名城，始建于 1566 年，至今仍保持着最古老和原始的面貌。瓦莱塔城由米开朗杰罗的助手弗朗西斯科·拉帕莱利设

计，建筑布局整齐划一，横平竖直，像棋盘一般，浑然一体，一百多条狭长的城街，几乎每条都通向大海，果然不负“地中海之心”的称号。

由于地理位置重要，瓦莱塔历来是兵家必争之地。当年为抵御外敌，四面都有城堡护卫。岛上的建筑全部由一种黄土色的岩石建成，这种岩石在马耳他据说是取之不尽的，质地松软，可砍可锯，按需加工，房屋盖成后，经风吹日晒，石内水分蒸发干净，石质变得比砖块更加坚实。因造价低廉，瓦莱塔市区居民住房十分宽敞。

#### TIPS

1. 马耳他属于典型的亚热带地中海型气候，温和宜人，四季常青，每年的 1-10 月是马耳他的旅游旺季。
2. 马耳他 2004 年加入欧盟，2007 年成为申根国，因此地中海邮轮游客无需再办签证，出入很方便。



## 西西里岛

### 筑梦并且圆梦的地方

1787 年，歌德初抵西西里，在日记中写到：“如果不去西西里岛，就好像没有去过意大利。西西里是意大利的美丽之源。”这句话被广泛地流传了下来。

关于西西里，究竟有多少美丽传说？天堂电影院、海上钢琴师、碧海蓝天、教父……一部部经典电影选中了西西里，融入了对她的情感，引发着人们的遐想。

西西里岛是地中海上最大的岛屿，是意大利最富盛名的岛屿，在这里几乎能找到有关欧洲、有关度假的一切：蓝天、高山、碧海、沙滩、星空、橄榄树林、古城、美食、传说，以及美丽的男人和女人，一样不缺。沐浴在西西里金色的阳光下，享受着海边的礁石、开满鲜花的庭院、缠绕着花朵的藤蔓、可爱的昆虫、古老的纪念物以及地道的餐厅，比起意大利其他大城市那种高高在上的贵气，西西里给你的是更加令人心悸的自然之美、世俗之美和淳朴之美。传说中的黑手党只是个传说，西西里治安良好，人们热情善良。

而浓郁的文化气息，也是西西里的标签。西西里原住民的祖先来自马耳他，后来，古希腊人开始移民至西西里，带来了如今仍巍峨屹立的神庙和剧场。巴勒莫主教堂是见证西西里多元文化的最好佐证。同样一座建筑中可以找到不同风格的设计元素：右侧是哥特式的高耸塔楼，中部是拜占庭风格的穹顶，左侧是巴洛克风格钟楼。

#### TIPS

1. 最好的旅游时节是在 4—6 月，9 月末、10 月。这些时间天气较为温和，物价较低，游客也较少。要注意，在西西里的旅游淡季，许多船次车次会相应减少班次。所以查找班次
- 前，应注意所对应的是冬季时刻表。
2. 从那不勒斯、热那亚、撒丁岛的卡利亚里、马耳他和突尼斯都可以乘坐轮渡到达西西里。

## 米科诺斯岛

### 游走在 365 座小教堂迷宫中

米科诺斯岛是爱琴海基克拉泽斯群岛东部的小岛，只需十几分钟就可以横穿岛上的米科诺斯镇，但是岛上各色艺术品小店足够你慢慢悠悠地逛上一阵子。

白教堂是爱琴海上永恒的风景，也被称作是米科诺斯岛的名片标志。据称有 365 座被刷成白色的家族式小教堂散布在这座小岛上的街旁、巷间。小教堂是作为报答神明保佑外出的丈夫、儿子安然返回而建的，檐下的铃铛在微风中发出悦耳的声音，似乎是对冥冥神灵的回应与答谢。

米科诺斯镇素有迷宫之称。这源于岛上独特而分布无序的建筑，这些建筑被称为“基克拉泽斯群岛最引人注目的奇迹之一”。过去的米科诺斯经常有海盗出没，历史上还曾遭遇过土耳其人的入侵。据说这些建筑在中世纪时是防御工事，造成的曲折的街道小巷是入侵者的一大难题，甚至可以更有效地抵挡住夏季的风暴。

晶莹的蓝和炫目的白是米科诺斯的主色调，但不是全部的颜色，还有对比强烈的灿烂鲜艳的绿、红或橙跳跃在其间，那是门窗、桌椅、船、鲜花和阳光的颜色，似乎有一种五颜六色意面的图，整齐有序的摆放在架子上——那种简单朴素而亲切的美，无处不在。

#### TIPS

1. 交通：从圣托里尼乘船可以到米科诺斯岛；或从雅典机场搭乘飞机前往，约 45 分钟到达。
2. 米科诺斯岛每年 4-10 月开放。



科西嘉岛  
找寻幸福神秘的四叶草

科西嘉岛是地中海第四大岛，隶属法国。因自然风光优美，被简单粗暴地称为“美丽岛”。属地中海气候，冬季温和，夏不酷热，碧波环绕，草木森郁。

传说很久以前，科西嘉岛上有一颗愿望树，叶子多为三瓣叶片，叫作三叶草。据说谁找到有四瓣叶片的叶子，即四叶草（也称幸福草），谁就会得到幸福。传说中，正是因为有这种神秘的三叶草，所以科西嘉岛上诞生了法兰西第一帝国的缔造者拿破仑（1769—1821）。在地中海的所有岛屿中，科西嘉岛或许是最漂亮的一个，像一片树叶，最特别之处是一种在其他地方闻不到的气味，这是一种名叫智利果酒的丛林气息。

TIPS

1. 岛上港口之间有铁路线连接。和法国本土有班轮和班机来往。岛内有铁路，也有公路，交通十分便利。
2. 属于地中海气候，每年4月到11月都适合旅游。

克里特岛  
带你进入一个奥妙非凡的世界

希腊的第一大岛和古老的文明中心，是诸多希腊神话的发源地。位于地中海之中，爱琴海之南，四周碧波万顷，岛上则以崎岖山地为主体，北部平原种植油橄榄、葡萄、柑橘等。岛上风景多姿，有海岸、断崖、深谷、沙滩、岬角等各色自然景观，素有“海上花园”的美称。

克里特岛的橄榄油世界闻名，虽然产量不多，但被认为是顶级精品，岛上长寿者很多，患病率低，各国医学家认为与他们食用的橄榄油中含的微量元素息息相关。

王宫是克里特文明最伟大的创造，著名的克诺索斯王宫始建于公元前1900年左右，米诺斯国王宫殿遗址。规模宏大，厅堂房间总数在1500间以上，各层各处都有楼梯相连，走廊曲折，厅堂错落，天井众多，奥妙非凡，希腊神话中称之为“迷宫”——关于爱琴海的传说中的迷宫指的就是这里。不仅如此，宫内的采光和空气流通系统以及当时人们的生活用具同样让人震撼；更有为数众多的生动有趣的壁画被认为是克里特文明的瑰宝。

TIPS

1. 克里特天气的特点是冬季温和多雨；夏季炎热干燥，可以选择5月和9月来岛上旅游，天气适度且避开了高峰。
2. 当地使用的语言为希腊语和英语。



苏塞  
地中海的花园港

苏塞，突尼斯第三大城市，位于哈马迈特港南岸，正如其名字的含义——“海上珍宝”一样，苏塞·是突尼斯最美的海滨城市，被誉为“地中海的花园港”。

和其他历史悠久的城市一样，苏塞包括老城（南区）和新城（北区），由于历史原因，老城区极具阿拉伯风格，与新建设起来的现代化都市形成对比。老城有城墙环绕，基本上保存完好，建筑的颜色多为蓝、白、黄三色，站在老城区高处环视蓝色的地中海及层层叠叠地坐落在山坡上的小楼，掩映在椰枣丛中，十分美观，令人心旷神怡。

TIPS

- 机场里有很多换钱的地方，随便找一家都可以换钱，不过各家的汇率有微小区别，受每天的汇率影响。一定要保留好兑换的单子，如果出境想把没用完的第纳尔换回美元或者欧元，需要有当时的兑换单子才可以换回去。

丹吉尔  
站上海峡 跨越梦想

丹吉尔位于直布罗陀海峡的丹吉尔湾口，是摩洛哥北部海港，坐落在世界交通的十字路口，与世界100多个港口相连通，历来为兵家必争之地。史学家证实，丹吉尔建于公元前6世纪，是世界上最古老的城市之一，曾先后被各个不同民族占领，也因此留下了很多名胜古迹及珍贵的艺术品和文物。

丹吉尔气候宜人，白色房子搭配彩色装饰，掩映在山野和大海之间，风光旖旎。作为非洲到欧洲的最近点，隔海眺望西班牙是丹吉尔吸引游客的一大法宝。城内显得开放而大气，新城区的建筑及规划多为欧式风格；老城区则喧哗热闹，街巷狭长而密集，对于初访者来说，就像进了迷宫一样，会一次又一次地迷失方向。交错纷杂的房屋在夕阳中泛着淡淡的蓝色——画家马蒂斯形容丹吉尔“光线是如此柔和，与地中海完全不同”。

TIPS

- 在城市里游玩可以打的也可以坐公交。打的时候要坚持让司机打表计费。



# “Island Hopping” Tour in the Mediterranean

The scattered islands, big or small, in the Mediterranean are most unforgettable during the tour for their long history, profound culture, breath-taking natural landscape and magnificent buildings. It is such a delight to tour in the yacht, enjoy the sunset with your sweetheart and share delicacies with friends. How can you have a thorough travel on these small islands during your lifetime?

Words / Mingfei    Photos / Shen Zhi Wu Yue    Qianjing    Yu Liangbing



## Santorini The most gorgeous “Aegean Sea sunset”

Santorini is a volcanic island on the Aegean Sea in the southernmost part of the Cyclades Islands. Despite its small size, it is one of the most celebrated islands in Greece and reputed to be “a Bright Pearl on the Aegean Sea—Mediterranean”.

Not long away from Firá, the capital city of Santorini, lies the characteristic black beach, namely, the Kamari Beach. Because of its volcanic geology, the sand there is black and the water also looks black, but it is cool and clean and plays a beautifying function as it is said. At nightfall, the bars and restaurants will be extraordinarily bustling and singers of different styles will perform ballads of different styles and countries. As is true, music is borderless.

Of another style, the serene Oia on the seaside precipice is the second biggest town of Santorini and is regarded as the most beautiful site in the world to see the sunset. The instant the sun sets, time seems to stagnate, leaving only tranquility and calmness.

In addition, it also features breeze drifting from the Mediterranean, comfortable and pleasant temperature and air and blue and white houses in classic legends. There are a myriad of possibilities on Santorini. It is usually said that people in love may become natural poets. Santorini cannot simply turn the tourists into poets, but also painters, photographers and artists.

Nevertheless, it is wrong if you think Santorini has nothing else appealing. In the latter half of the 20th century, the archaeologists excavated the ruins of the ancient city in Akrotiri in the south of the island and discovered the wonderful murals more than 3,000 years ago including the works of “Painting of Spring” “Shadowboxing Boy”, “Fisherman” and “Painting of Navigation” which show the scenes of people’s life in those periods.

### TIPS

1. Transportation: It takes 1 hour to fly from Athens to Santorini by air; about 9 hours by ferry and 4.5 hours by yacht in peak seasons at a high expense. It’s better to reserve the ferry and hotel in advance so that many hotels can offer delivery service at the port or airport.
2. The summer in Santorini is idyllic and poetic and promises the best season for tourism.

Mykonos Island  
Travel in a labyrinth of 365 chapels

Mykonos Island is a small island in the east of Kiklandes on the Aegean Sea. It only takes more than 10 minutes to cross Mykonos Town. But you can slowly and leisurely go shopping in the artwork stores of diverse characteristics on the island.

The White Chapel is a permanent view on the Aegean Sea and is also called a visiting card of Mykonos Island. It is said that 365 white familial style chapels are scattered along the streets and in the lanes on the small island. They were built in reward for the deities' divine help for the safety of the family. The tinkling bells under the eaves uttered a sweet tone seemingly to respond to and express appreciations for the deities.

Mykonos has a long reputation as a labyrinth because of its unique buildings in unordered distribution. Such buildings are renowned as "one of the attracting wonders of Kiklandes". Mykonos used to be encroached by the pirates and the Turkish. It is said that these buildings were built as fortifications in the Middle Ages. The zigzagging streets and lanes posed a major headache for the invaders and even could more effectively withstand the storms in the summer.

Crystal blue and dazzling white constitute the dominant hues of Mykonos. In addition, bright green, red or orange in stark contrast skip in between, which are the colors of the doors, windows, tables, chairs, ships, flowers and the sun.

Even Spaghetti is made colorful and is hung on the shelves neatly and in order. The simple and amiable beauty pervades everywhere.

TIPS

1. Transportation: From Santorini to Mykonos Island by boat; from Athens Airport to Mykonos Island by air (about 45 mins).

2. Mykonos Island is open to the public during April through October each year.

Malta-Valletta  
Antiquities traveling to the modern society without the change of the original form

An island country in the middle of the Mediterranean reputed to be "the Heart of Mediterranean", Malta is a marked holiday resort featuring azure sea water, clean beach, gorgeous underwater world, marvelous and amazing historical sites and ancient culture. Having been under the reign of many countries, the island integrates the styles of England, South Europe and Mediterranean.

Upon my first step onto Malta, I seemed to have traveled to the Middle Ages and came to the era of proud and independent chivalry. It was not "amazing," "crazy" or "bustling". Just as the nickname of Mdina "The Silent City" suggests, it is quiet and special. Walking in the profound historical accumulation, I felt that the time seemed to become static.

Valletta, capital city of Malta, established in 1566, is a famous ancient cultural city in Europe and still keeps the most original ancient appearance even now. Valletta was designed by Francisco Rapale, assistant of Michelangelo, featuring a neat and uniform architectural composition, as horizontal and vertical as a checkerboard in its entirety. More than 100 narrow and long streets in the city almost all led to the sea, just worthy of the fame of "the Heart of Mediterranean".

Due to its pivotal location, Valletta has historically been a hotly contested spot. In the ancient past, it was guarded with castles in all directions to resist foreign enemies. All the buildings on the island were uniformly built with floppy ocher rocks which could be hewed, sawn and processed as needed and were said to be inexhaustible in Malta. After the houses were completed, the water in the rocks evaporated because of the exposure to the weather and the stone turned solid than bricks. Thanks to the low cost, the residents in Valletta could live in very spacious houses.

TIPS

1. Malta features the typical subtropical Mediterranean climate, warm, pleasant, comfortable and ever-green all year round. The period during January through October is the peak tourist season in Malta.

2. Malta joined the European Union in 2004 and became a Schengen country in 2007. Therefore, the tourists of MSC Cruise do not need to get a visa and can get in and out of it conveniently.



Sicily  
A place to build and realize the dream

Arriving in Sicily for the first time in 1787, Goethe wrote in his diary, "If you do not go to Sicily, you seem not to have been to Italy. Sicily is the source of the beauty of Italy." His sentences were widely spread.

How many beautiful stories are there about Sicily? Cinema Paradiso, The Legend of 1900, The Big Blue, The Godfather... A series of classic movies chose the setting of Sicily, integrated the emotions for her and aroused people's reverie.

Sicily is the largest island on the Mediterranean and the most famous island in Italy. It is here that you can find anything about Europe and holiday: the blue sky, high mountains, azure sea, beach, starry sky, olive trees, ancient cities, delicacies, legends and beautiful and handsome men and women etc. You can bask in the golden sunlight of Sicily and enjoy the seaside reefs, courtyards of flowers in bloom, vines intertwining on the flowers, lovely insects, ancient souvenirs and authentic restaurants. Compared to other Italian metropolises with the luxury and nobility, Sicily presents you a more touching natural beauty, worldly beauty and unsophisticated beauty. The Mafia in the legend is just a legend. Sicily is characterized by its orderly public security and enthusiastic and kind people.

Its profound culture is also the label of Sicily. The indigenous ancestors of Sicily came from Malta. Later, ancient Greeks began to immigrate into Sicily and brought there the temples and theatres still towering today. Cattedrale di Palermo is the best witness of the diverse culture of Sicily. Different design elements can be found in the same building: the Gothic tower is on the right, the Byzantine dome in the middle and the Baroque bell tower on the left.

TIPS

1. The best tourist season lasts from April to June and from late September to October because of its comparatively mild weather, low price and few tourists. It should be noted that sailings will be reduced in slack seasons in Sicily. So please pay attention to the latest timetable for the sailing shifts in winter.

2. You can arrive in Sicily by ferry from Naples, Genoa, Cagliari on Sardinia, Malta and Tunisia.







### Corse

Look for happy and mysterious four-leaf clovers

Corse is the fourth largest island in the Mediterranean under the jurisdiction of France. Thanks to its picturesque natural scenery, it was simply named the “Beautiful Island”. It features the Mediterranean climate of mild winter and cool summer, encirclement of bluish waves and dismal grass and forests.

Legend has it that very long ago, there was a Wishing Tree covered with three-leaf clovers on Corse. It is said that anyone who found the four-leaf clovers (also called “Happy Grass”) would be blessed. In the legend, it was just because of the mysterious three-leaf clovers that Napoleon (1769—1821) who founded the First Empire of France was born on Corse. Maybe Corse is the most beautiful island among the counterparts in the Mediterranean. It is just like a leaf and the greatest specialty is the scent that cannot be smelt elsewhere. It is the smell of the jungle for Chili fruit wine.

#### TIPS

1. The ports on the island are connected by railway lines. Passenger liners and airlines are available between the island and France. The transport on the island is convenient because of its railway and highway.
2. It features Mediterranean climate, suitable for traveling during April through November.

### Crete Island

Bring you to an extrao rdinarly mysterious world

The biggest island and the center of ancient civilization of Greece, Crete Island was the source of numerous Greek

mythologies. It lies in the Mediterranean and to the south of the Aegean Sea, surrounded by a large expanse of bluish waves. The island features rugged mountains with olives, grapes, oranges and tangerines planted in the North Plain. Thanks to its varied natural landscape composed of coasts, precipices, deep valleys, beaches and capes, the island has always enjoyed the fame of the “Sea Garden”.

The olive oil on the Crete Island is world well known. Despite the low yield, it is regarded as the top-grade quality goods. Many people on the island live a long life and benefit from a low morbidity, which is regarded by the doctors all over the world as closely related with the microelements in the olive oil they eat.

The palace was the greatest creation of the Cretan civilization. The noted Palace of Knossos was built in 1900 BC or so on the remains of the former palace of the King of Minos. Of a grand scale, it has totally more than 1,500 halls and rooms linked by stairs everywhere. With its circuitous corridors, scattered halls, numerous courtyards and extraordinary mysteries, it was renowned as “labyrinth” in Greek mythology — the labyrinth in the legend about the Aegean Sea. Moreover, the lighting and air circulation system in the palace and the appliances people used in daily life are also surprising; numerous lively and interesting murals are taken as the treasures of the Cretan civilization.

#### TIPS

1. Crete features a mild and rainy winter and a hot and dry summer. May and September are the best months for visiting on the island, when the climate is moderate and it is off the peak season.
2. Greek and English are the languages used in the local area.



### Sousse

Garden and Port City on the Mediterranean Sea

Sousse is the third largest city in Tunisia lying on the south of Gulf of Ha marnet. Sousse, meaning the “Pearl on the Sea”, is the most beautiful coastal city in Tunisia and it is reputed to be “Garden and Port City on the Mediterranean Sea”.

Sousse comprises the old city (south) and the new city (north) as other cities with prosperous history. Sousse’ s old city has retained the solidly Arabian features due to its long history, which are in sharp contrast with the newly constructed metropolis. The old city is surrounded by the city walls which are basically well preserved. Most of the buildings here are in blue, white, and yellow. Standing high on the old city and looking around the blue Mediterranean Sea or rows of beautiful houses hiding in the grove of date palm on the hillside really makes you feel relaxed and happy.

#### TIPS

- There are many places in the airport where you can exchange money. You can pick up one randomly but the rates may be a little different and subject to daily exchange rate.
- Please keep your exchange receipt if you want to change the remaining dinars back into US dollars or euros when leaving the country. You cannot do this without the receipt.



### Tangier

Fulfill your dream in the strait

Tangier is located at the entrance to the Bay of Tangier on the Strait of Gibraltar. It is a city with a harbor in northern Morocco. It stands at the crossroads and connects over 100 ports around the world with military strategic significance. According to historians, the city Tangier was built in 600 BC, one of the oldest cities in the world. Since then, Tangier has been ruled by different cultures successively, which have bestowed numerous historic sites as well as valuable artworks and antiquities on it.

Tangier has pleasant climate and is dominated by white houses with colorful decorations. The houses are half-veiled in mountains and wide sea which compose picturesque scenery. Tangier is the nearest place to Europe among other African cities. Numerous tourists, therefore, tourists are attracted here to overlook Spain which is only a strait away. Tangier is an inclusive city with European-style buildings in the new town and narrow and crowded streets in the old town. New visitors to the old town may get lost again and again as in a maze. In Tangier, houses variable in size and appearance gleam with light blue under the sunset — “The light is so soft that it is totally different from that in the Mediterranean Sea,” the painter Henri Matisse described.

#### TIPS

- Taxis and buses are available in the city. Please require taxi drivers to use taximeter.