

# 带你玩转不一样的 赫尔辛基

文：WTCF官网 图：全景

这里是一座古典美与现代美融为一体的都市，又是一座都市建筑与自然风光巧妙结合在一起的花园城。市内建筑多用浅色花岗岩建成，有“北方洁白城市”之称。在大海的衬托下，无论夏日海碧天蓝，还是冬季流冰遍浮，这座港口城市总是显得美丽洁净，被世人赞誉为“波罗的海的女儿”。这里是，赫尔辛基。



## 赫尔辛基不可错过的景点

在赫尔辛基的海港市场上，有一尊名叫“波罗的海的女儿”的铜像，是赫尔辛基的象征。赫尔辛基不仅是芬兰政治、经济、文化和商业中心，同时也是芬兰最大的港口城市和工业中心。

赫尔辛基最著名的建筑群要属位于市中心参议院广场上的赫尔辛基大教堂及其周围淡黄色的新古典主义风格的建筑。结构精美、历史悠久的赫尔辛基大教堂(Helsinki Cathedral)是一座福音路德教堂，堪称芬兰建筑的精华，同时也是赫尔辛基象征性的地标建筑。它由建筑师卡尔·路德维希·恩格尔(Carl Ludwig Engel)设计，于1852年竣工，成为当时充满帝国风格的赫尔辛基中心区的一部分。大教堂的大阶梯是感受赫尔辛基的最佳场所之一。

芬兰堡，是世界上最大的海事要塞之一。该城堡要塞建于1748年，由六个岛屿组成。

伴侣岛(Seurasaari Open-Air Museum)是赫尔辛基的户外博物馆岛，也是赫尔辛基市民非常喜爱的休闲场所和游泳沙滩，从市中心坐24路公交车15分钟就能抵达。从芬兰各地搜集运来的建筑展示了18世纪到20世纪以来芬兰农村建筑的历史传统，反映了工匠、农民和贵族的生活。

从岩石内部挖掘修建起来的岩石教堂是赫尔辛基最受欢迎的旅游景点之一。教堂由设计师蒂莫(Timo)和多莫·索马莱宁(Tuomo Suomalainen)设计，于1969年建成开放。鉴于其极佳的音响效果，岩石教堂也是非常受欢迎的音乐会举办场所。





康比静默礼拜堂(Kamppi Chapel of Silence)位于喧闹繁忙的纳林卡广场(Narinkka square)，康比购物中心前方，闹中取静，绝对是市中心一片罕见的安宁之地。作为芬兰创新木结构建筑的创举，该设计也在海外受到许多赞许和认可。2010年，康比静默礼拜堂获芝加哥雅典娜国际建筑奖。

爱斯普拉纳地公园(Esplenade Park)地处赫尔辛基市中心，是首都最受欢迎的公园之一，和这个城市一样有着200年的历史。如今，这里成了散步和休闲的好去处。公园中心矗立着芬兰民族诗人约翰·卢德维格·鲁内贝里(J.L.Runeberg)的雕像。

西贝柳斯公园隐没在丛林深处，是赫尔辛基最受欢迎的景点之一。纪念碑坐落在西贝柳斯公园内，由艺术家艾伊拉·希尔杜宁(Eila Hiltunen)设计，1967年落成。这座纪念碑由600余根钢管焊接而成，高8.5米，宽10.5米，纵深6.5米，重24吨，形状和线条令人联想起管风琴。纪念碑一侧是作曲家的胸像。



## 2016，在赫尔辛基可以体验到的新鲜事



### 01 在市中心尝试芬兰桑拿

芬兰桑拿文化正在赫尔辛基蓬勃复兴。2016年夏季，您能在市中心以各种全新的方式享受芬兰桑拿。比如，去豌豆岛(Hernesaari)体验即将开放的“蒸汽”桑拿休闲区，或者也可以选一个更为传统的公共桑拿试试。

### 02 新开发的休闲娱乐岛屿——瓦利岛

这个新开发的小岛正等着你去探索！瓦利岛(Vallisaari)将于2016年夏天向公众开放。小岛毗邻芬兰堡海上要塞，以前曾是芬兰国防军的军用岛。该岛以美丽的自然风光与多样的植被而闻名。2016年5月，从集市广场驶往小岛的渡轮已经开始运营。

### 03 在新建的赫尔辛基海水泳池内畅游

新建的赫尔辛基泳池(Helsinki Pool)水疗中心坐落在集市广场附近，于2016年春季向公众开放。全年都能在那里游泳、蒸桑拿，并享受美妙的海滨氛围。在海水池中畅游，在咖啡厅内休闲放松，同时感受市中心的独特气氛，多么悠哉！（收取入场费）

### 04 新建及装修一新的博物馆

对于喜爱参观博物馆的游客而言，赫尔辛基无疑是一片宝地。市中心就有不少值得一游的博物馆，其中包括2015年秋季开张的赫尔辛基艺术博物馆HAM，以及2016年春季重新开张的赫尔辛基城市博物馆。

### 05 骑着崭新的城市自行车在市内游览

2016年夏季，赫尔辛基将为游客们提供崭新的城市自行车，届时就可以在两个轮子上欣赏城市和海洋风光了。

### 06 豌豆岛海滩

在赫尔辛基炎热的夏日，想在棕榈树下聚会休闲？那就去半岛最南端的豌豆岛海滩(Hernesaaren ranta)吧，那里的娱乐设施将于2016年4月再次向公众开放！继2015年首次开张大获成功之后，2016年度，那里将会进驻更多的餐厅。

### 07 芬兰独立100周年

芬兰将于2017年庆祝其独立100周年。对于这一代芬兰人而言，这将是最为重要的庆典年。2017年期间，芬兰独立百年庆祝活动层出不穷、精彩纷呈。芬兰独立100周年庆典将由芬兰人民和芬兰的友好人士协同举办。总理办公室将负责编制100周年庆典活动内容。

## 赫尔辛基美食诱惑

在赫尔辛基，不用担心饿肚子，因为美食繁多，总有一款适合你。肉桂卷，直译的意思是“折耳”，它其实就是加了肉桂粉的面包卷。虽然芬兰并没有给肉桂卷注册专利，但芬兰人的肉桂卷真的可能是世界上最美味的。芬兰人通常会一边喝咖啡，一边吃上一个肉桂卷。芬兰人的咖啡消费量比其它欧洲国家都高，肉桂卷的消费量大概也是这样的吧。吃一个似乎太少，停不下来了？那就再来一个吧。

黑麦面包，用酸面团做成的黑麦面包(Ruisleipä)是芬兰人的主食。黑麦面包种类繁多，其中最受欢迎、也最为常见的就是“有洞的面包”(reikäleipa)。以前，芬兰人常常将面包挂在橡檐的杆子上。这种面包紧实、扁平而且非常重，但是住在海外的芬兰人会要求亲朋好友给他们邮寄黑麦面包，不管寄费有多贵。

烤肉肠，如果没有烤肉肠(Grillimakkara)，怎么还能算是一个完美的芬兰夏季呢？这些又大又肥的烧烤专用肉肠应该配上芥末酱和啤酒一起享用。芬兰人热爱烤肉肠。孩子们也是在夏季木屋吃着当作点心的烤肉肠长大的，冬天的时候，他们也会围着篝火烤肉肠呢。



鱼馅饼，鱼馅饼(Kalakukko)和卡累利阿派有点相似，但是个头更大，而且用了鱼作为原料。馅饼里面塞的通常是白鱈鱼，那是一种在芬兰东部湖区常见的小鱼，和鲑鱼有点像。鱼馅饼曾经是很受欢迎的午餐盒饭，因为里面囊括了一顿丰盛午餐所需要的所有原料。

卡累利阿派，种点心最初源自芬兰东部的卡累利阿地区，那里也是芬兰民族史诗《卡勒瓦拉》的神秘起源地。这部19世纪时编撰的宏伟史诗已经成为芬兰民族认同的一个重要组成部分。握在手中大小刚刚合适，放进嘴里咬上一口，就再也不舍得放下了。点心底部用黑麦制成，里面的馅则用了土豆、米饭或是胡萝卜。如果上面再铺上一层鸡蛋黄油的话，那就更美味了！



# Tour of the One and Only Helsinki

Text: WTCF Pictures: Quanjing

Helsinki is a metropolis with the perfect fusion of classical and modern beauty. It is a true garden city where modern architecture merges seamlessly into the natural landscape. Most of the downtown structures were built with light-coloured marble, as such the city is famously known as the “Northern White City”. Be it in a summer of blue skies and dark green seas, or a winter of floating ice, this port city always presents an image of clean and elegant beauty. This is Helsinki, “The Daughter of the Baltic Sea”.



## Helsinki's not be missed attractions

Erected in the Harbor Market of Helsinki, a statue entitled "The Daughter of the Baltic Sea" has long been seen as the symbol of this Finnish capital. The city is not only the political, economic, cultural and commercial center of Finland, but also the largest port city and industrial center of the country.

Helsinki's most famous architectural complex is by all means the Helsinki Cathedral and its surrounding neo-classical buildings in pale yellow, located in the city center's Senate Square. The historical Helsinki Cathedral is a Lutheran cathedral. Standing tall and elegant, the cathedral is the epitome of Finnish architecture and one of Helsinki's most distinctive landmarks. Designed by architect Carl Ludwig Engel, the construction was completed in 1852, adding to the imperial style skyline of downtown Helsinki. Walking up to the top of the staircase, you'll get the best panoramic view of the city.

Suomenlinna is one of the biggest sea fortresses

in the world, founded in 1748 and built by Field Marshal Count Augustin Ehrensvärd on islands off the coast of Helsinki.

Seurasaari Open-Air Museum is an island with an outdoor museum, entertainment facilities and sandy beaches. To get here, take bus No. 24 from the downtown area and within 15 minutes you'll be on the island. Once there, you can see a range of building styles collected from all over Finland on display, taking you through the history and tradition of Finnish rural architecture from the 18th century through to the 20th century.

Quarried out of the natural bedrock, Temppeliaukio Church (Rock Church) is one of Helsinki's most popular tourist attractions. The interior walls are created naturally by the rock. The church was designed by architects Timo and Tuomo Suomalainen and opened in 1969. Due to its excellent acoustics the church is a popular venue for concerts.

Kamppi Chapel of Silence is located in a corner of the Narinkkatori Square in

Helsinki, at the entrance of the Kamppi shopping center. The Chapel is intended to be a place where people can have a moment of silence and meet each other. It offers an opportunity to calm down in the middle of perhaps the busiest area in Finland. The entrance to the chapel doubles as an exhibition area as well where it is possible to meet the priest and the social worker.

Situated in the heart of Helsinki, the Esplanade Park serves as a promenade for travellers and a place to relax for the locals. The park and the Espa Stage host many popular events, including the Marimekko Fashion Show in June and the Jazz-Espa Concert series throughout July.

Sibelius Park, hidden deep in the woods and bushes, is one of the city's most favored attractions. It was unveiled on September 7th, 1967. The Sibelius Monument, resembling organ pipes, is made of welded steel with the bust of the composer on one side. The monument is one of Helsinki's most popular statues and one of the most well-known tourist attractions. The monument is 8.5 m high, 10.5 m wide, and 6.5 m deep. It is built with over 600 pipes and weighs 24 tons.





## 2016, the new things that can be experienced in Helsinki

### Experience Finnish Sauna in the Downtown

The sauna culture of Finland is reviving in Helsinki. In the summer of 2016, you can enjoy Finnish Sauna in the downtown in different new ways.

### Newly developed Islet for Entertainment—Vallisaari

This newly developed islet is waiting for you to explore it! Vallisaari will be opened to the public in the summer of 2016.

### Swim in the newly built Helsinki Pool

The newly built Spa Center of Helsinki Pool is located near Market Square. It was opened to the public in the spring of 2016.

### Newly built and renovated museums

For visitors who love museums, Helsinki is a perfect place. In the downtown, there are many museums worth visiting, including Helsinki Art Museum.

### Visit the city with new city bicycles

In the summer of 2016, Helsinki will provide visitors with new city bicycles. With that, you can enjoy the city and sea scenery on two wheels.

### Hernesaaren Ranta

During the hot summer in Helsinki, do you want to have a party under palm trees? If the answer is yes, go to Hernesaaren ranta. The recreational facilities were opened to the public again in April, 2016.

### The 100th Anniversary of Finland's Independence

Finland will celebrate its 100th Anniversary of Independence in 2017. This will be the most important celebration for the Finnish people of this generation.

### The Tempting Cuisine of Helsinki

Korvapuusti translates into “slapped ears” in English but they are essentially cinnamon buns. And while Finland doesn't hold a patent for cinnamon buns, they might seriously make the best. Usually eaten with a cup of coffee (Finns consume more coffee and perhaps more cinnamon buns than any other European nation), it is difficult to stop at just one, or two.



Ruisleipä (rye bread) – made from sour dough, is a staple of the Finnish diet. There are many varieties but the most popular and widely available is reikäleipa, meaning “bread with a hole.” People used to hang their bread on poles from the rafters. It is dense, flat, and very heavy but Finns will have it sent through the post when they are living abroad. Never mind the cost.

A Finnish summer is not complete without grillimakkara. These big, fat sausages made for grilling are eaten with mustard and washed down with beer. Finns love them. Children grow up eating this snack food at the summer cottage, but also during winter around a campfire.

Karjalanpiirakka – These pastries originated in the eastern province of Karelia. This is the mythical birthplace of Kalevala; the epic 19th century poem that has become an essential part of the Finnish national identity.

Karjalanpiirakka or Karelian pies, as they are also known, fit into your hand and melt in your mouth. The crust was traditionally made with rye flour and filled with potatoes, rice or carrots. They are particularly delicious with an egg butter spread on top!



# 杭州西湖

## 游玩全攻略

文：WTCF官网 图：全景

杭州西湖主要由一山，二塔，三堤，三岛，五湖构成。其美景不仅春天独有，夏日里接天莲碧的荷花，秋夜中浸透月光的三潭，冬雪后疏影横斜的红梅，无论何时来，都会领略到她不同的风采。





## 西湖游船

行至西湖，自然要泛舟湖上。西湖游船种类(主要有国营电动船、包租手划船和自划船等)繁多，在不同西湖游船码头有不同类型游船线路可供游客选择。

### TIPS

- 1.西湖手划船是西湖游船中的一种。相对于大船，手划船别有一番情趣。特别是中秋节的夜晚，泛舟西湖别有一番滋味。手划船基本上报价的时候说是走全程，但是碰上旺季或者晚上，只会走单程路线，从湖滨到杨公堤或者从断桥到杨公堤。这些都要在上船之前问清楚，免得上船后才发现。
- 2.手划船可以坐4-6人，可以包船也可以拼船，但是不可以一人乘坐。由于西湖比较深，考虑到安全问题，天气不好时，游船停工。乘坐游船时要注意人身安全。

### TIPS

- 1.苏堤两岸的景色很出众，所以不必租自行车，如果一定要租的话也一定要在外面租了再进去，入口就有。里面租单车很贵，坑客的。
- 2.苏堤人虽多，却集中于雷峰塔、花港观鱼一带。越走人越少，直至曲院荷风一带人又开始变多。

## 苏堤春晓

苏堤俗称苏公堤，是“西湖十景”之首。当年苏东坡在杭州做官时开浚西湖，将西湖分成了内外两部分。堤上有映波、锁澜、望山、压堤、东浦、跨虹六桥，古朴美观。出花港观鱼东门，迎面的就是苏堤。

苏堤的美丽不仅在于它在秀丽的西湖中穿越而过，还因为堤上种满了形态优美的香樟树及其他各种植物，是一条全年都常绿的长堤。特别是到了春天，堤上桃花盛开，树发新叶，一派生机盎然的景象，加之春风和熙，令人心旷神怡。



### 曲院风荷

公园内大小荷花池中栽培了上百个品种的荷花，其中风荷景区特别迷人。莲叶田田，菡萏妖娆。水面上架设了造型各异的小桥，人从桥上过，如在荷中行，人倚花姿，花映人面。

岳湖景区保存了清代康熙皇帝题书的“曲院风荷”景碑小院，是仅存的两块康熙西湖十景原碑之一。竹素园原为清初西湖名园之一，竹石亭榭，曲水萦环，清幽雅致。

### 断桥残雪

离开平湖秋月由西向东走过白堤，堤的那一头就是断桥残雪。断桥是通往孤山的必经之路，孤山与里西湖银装素裹，格外动人。断桥享誉天下，很大程度上得益于《白蛇传》几段重要故事情节就发生在这里。所谓断桥残雪不是站在断桥上观雪，而是在对面的高处(包括山上)看整条堤，断桥比较凸出，上面的雪化了以后，远看就像断了银链一般，所以才有断桥残雪这个景。

### 平湖秋月

它是一片狭长的沿湖园林，宜赏月，宜品茗，宜休闲。西湖秋月之夜，自古公认为良辰美景，充满了诗情画意。其实美景又何止秋季，何止月夜，清骆成骧有撰有一副楹联：“穿牖而来夏日清风冬日日，卷帘相见前山明月后山山。”

#### TIPS

- 1.站在平湖秋月，可以欣赏西湖水面的全景。每年农历8月14日-16日，平湖秋月都将举办“月是西湖明”中秋赏月晚会。
- 2.白堤之平湖秋月有停车位，平时5元/小时，周六、日10元/小时，节假日15元/小时，春节20元/小时。
- 3.建议游玩路线：断桥——白堤——孤山——西冷印社(出门后即是楼外楼)；或秋瑾墓——潘天寿纪念馆——苏小小墓——平湖秋月——岳庙(苏堤)——赵公堤。



## 三潭印月

又称“小瀛洲”，是西湖中最大的一个岛，被誉为“西湖第一胜境”，是江南水上庭院艺术的代表作。三潭印月从岛上向湖上延伸。三座瓶形小石塔鼎足而立，一元纸币上的图案就是它了。环塔身分布五个小圆孔，中秋前后去看看，那时可以看到33个月亮，这时水天相映，塔中点燃灯烛，与明月上下争辉。赏月游湖者摇桨前来，搅动满湖银辉，天月，水月，塔月，心中之月，有“月光映潭，塔分为三”之说。

TIPS

小瀛洲上最佳拍摄地点在九曲桥、亭亭亭、开网亭、我心相印亭、九曲桥中段的低矮粉墙花鸟漏窗前、东西长堤之中段、小瀛洲东南岸(以三座石塔及湖面为背景)。

## 柳浪闻莺

柳浪闻莺是西湖十景之五，是昔日的南宋皇家御花园，分友谊、闻莺、聚景、南园四个景区。园林布局开朗、清新、雅丽、朴实。柳丛衬托着紫楠、雪松、广玉兰及碧桃、海棠、月季等异木名花。是欣赏西子浓妆淡抹的观景佳地，临水眺望，视野开阔，空气清新，令人心旷神怡。春日，黄莺在柳荫啼鸣，“柳浪闻莺”就此得名。

TIPS

清明时节去柳浪闻莺，柳树刚刚长出嫩绿的叶子，是柳浪闻莺最美的时候。



## 雷锋夕照

雷峰塔，曾是西湖的标志性景点，由吴越国王钱弘俶因为王妃生子而建。每当夕阳西下，塔影横空，别有一番景色，故被称为“雷锋夕照”。现在塔内唯一保存的古物，是在台基二层内，用玻璃罩着古塔残存的塔砖，还有原来遗址上出土的文物，除此之外，塔内布置都颇有现代风。

TIPS

- 1.雷峰塔内有电梯，建议可以先坐电梯上到顶层看看风景，站在塔顶各层的外廊，还能俯览西湖全景和周边的群山。再走下来看各层不同的展览，这样比较不会累。
- 2.雷峰塔拍摄攻略：雷锋夕照拍摄的最佳时间：夏天是拍摄雷锋夕照的最好季节，此时的太阳特别绚烂，晚霞也会很漂亮。根据太阳下山的时间，前后半个小时是拍摄雷锋夕照的最佳时间。一般夏季17:00-19:00，冬季16:00-16:00。宁可稍微早点到，可以在周围熟悉一下拍摄环境。雷锋夕照拍摄的最佳地点：雷峰塔旁边有个长桥公园，里面有个夕照亭，这里是拍摄雷锋夕照的最佳位置。位置非常好找，到了雷峰塔后，就在雷峰塔靠近西湖的一边，走过去不到3分钟。



### 南屏晚钟

南屏山主峰高百米，林木繁茂，石壁如屏，山脚下是净慈寺，傍晚钟声清越悠扬。南屏晚钟因而得名。南屏晚钟里的“钟”在净慈寺内，每天大概16:00左右，就可以听到大木槌撞击摆钟的声音，很雄厚，很有力，钟一敲，寺庙的味道就完全显现出来了。当然，不得不提的是，净慈寺也是济公修行和圆寂的地方，大雄宝殿西侧的济祖殿前是带有传奇色彩的运木古井，据说井底还留有济公运木时的最后一块木头。



### 双峰插云

双峰插云，西湖十景之八。所谓的双峰就是指的南高峰和北高峰，是天目山余脉的一支，遇西湖而分驰。南山、北山春秋佳日，岚翠雾白，塔尖入云，时隐时显，远望若仙境一般。

### 满陇桂雨

新西湖十景之五。南高峰与白鹤峰夹峙下的自然村落中，是一条山谷。满觉陇沿途山道边，植有七千多株桂花，有金桂、银桂、丹桂、四季桂等品种。每当金秋季节，珠英琼树，百花争艳，香飘数里，沁人肺腑。如逢露水重，往往随风洒落，密如雨珠，人行桂树丛中，沐“雨”披香，别有一番意趣，故被称为“满陇桂雨”。

TIPS

桂花为杭州市花，9月下旬-10月上旬将会举办西湖桂花节。



# All-in-one travel tips for West Lake in Hangzhou

Text: WTCF Pictures: Quanjing

Hangzhou's West Lake consists of one hill, two pagodas, three embankments, three islands and five lakes. The scenery changes from season to season with green lotus and flowers stretching to the horizon in summer, shimmering ponds in moonlit autumn nights, and shadows of plum blossoms on the winter snow. Each season offers a uniquely beautiful view.





## Cruise on West Lake

You can't visit West Lake without going on a boat trip. There are a variety of boats to choose from: electric boats, large manned rowing barges and small rowing boats providing different routes on the lake.

### TIPS

1. Different from those large boats, manned rowing boats on Western Lake offer a unique experience, particularly if you take the trip on the night of Mid-autumn Festival, it is a once in a lifetime experience. You are usually given a roundtrip price, but during peak seasons or for night tours, the routes are often reduced to one-way journeys setting off from either Hu Bin (lakeside) or from Broken Bridge and going to Mr. Yang's embankment. You are advised to clarify with the staff first before setting off to avoid any misunderstanding.
2. Each manned rowing boat has 4-6 seats. You can either pay to hire the whole boat or join others to make up a group and share the cost.

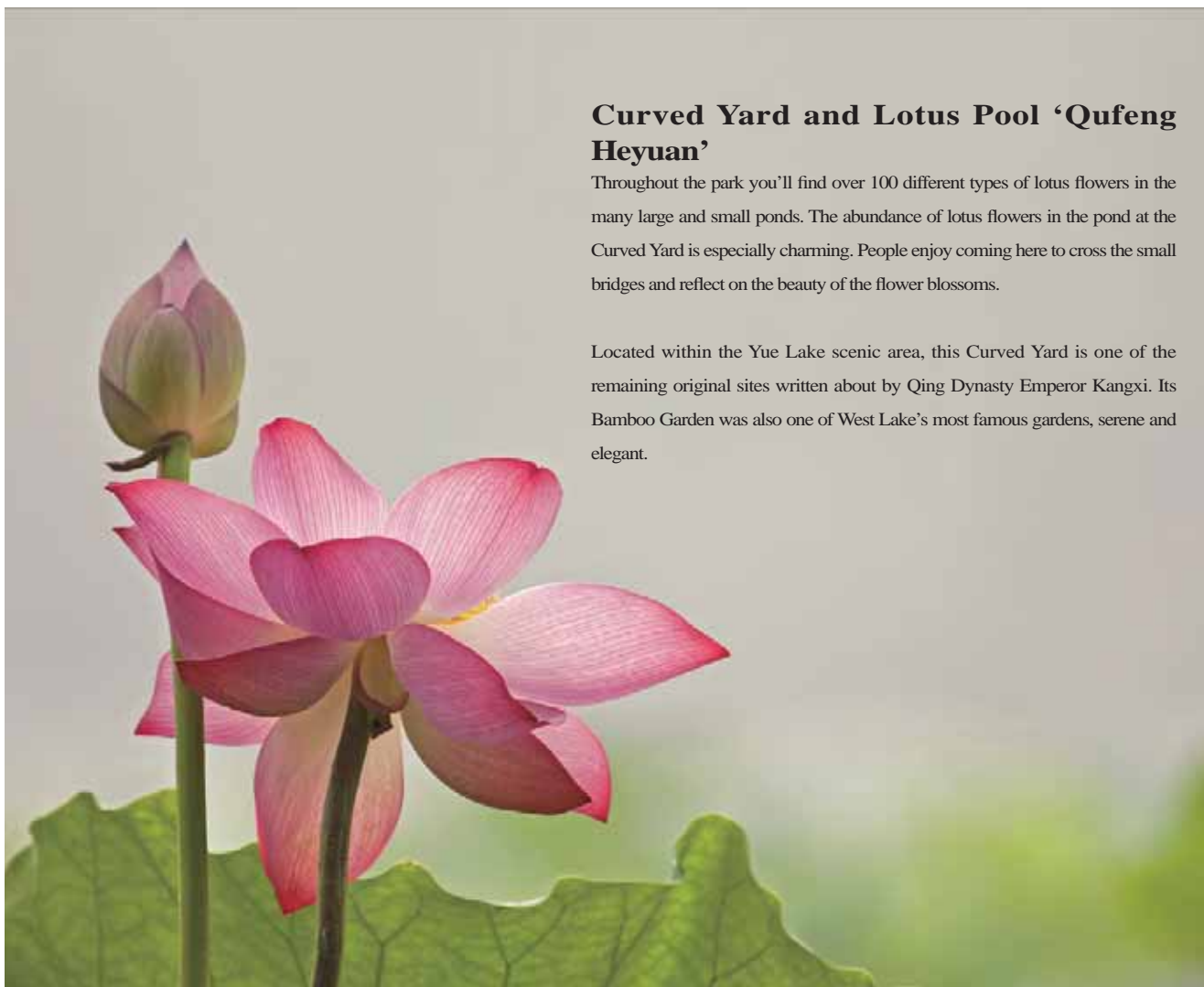
### TIPS

1. There is no need to rent a bike to enjoy the stunning scenery on either side of Su Causeway. If you do want to rent a bike then you'll need to rent one from outside the entrance. Bike rental inside is very expensive and a bit of a rip-off.
2. Many tourists come to Su Causeway, however most of them will stick to visiting the Lei Feng Pagoda and Fish Viewing at the Flower Pond 'Huagang Guanyu'. So, the further you walk along the causeway the less people there are. It will get busy again closer to the Curved Yard and Lotus Pool 'Quyuan Fenghe'.

## Dawn on the Su Causeway in Spring 'Suti Chunxiao'

Su Causeway is the most notable of West Lake's 10 famous scenic spots. In the years that famous poet Su Dongpo governed Hangzhou, he ordered the dredging of West Lake to build a causeway and separate the lake into two parts. This causeway was later named after him and features six stone-arched bridges named: Yingbo (reflecting the waves), Suolan (locking the waves), Wangshan (looking at distant hills), Yadi (causeway ballast), Dongpu (eastern ford), Kuahong (spanning rainbow). Once you leave the east gate of the Fish Viewing at the Flower Pond 'Huagang Guanyu', you'll find yourself at Su Causeway.

The beauty of Su Causeway is not just the way it crosses over West Lake, but also in its rich plant life such as the fragrant camphor trees which make it evergreen. Spring is particularly beautiful when peach blossoms are in full bloom and trees are full of fresh young leaves. This captivating sight coupled with a lovely spring breeze, really does make one feel carefree and relaxed.



### Curved Yard and Lotus Pool ‘Qufeng Heyuan’

Throughout the park you’ll find over 100 different types of lotus flowers in the many large and small ponds. The abundance of lotus flowers in the pond at the Curved Yard is especially charming. People enjoy coming here to cross the small bridges and reflect on the beauty of the flower blossoms.

Located within the Yue Lake scenic area, this Curved Yard is one of the remaining original sites written about by Qing Dynasty Emperor Kangxi. Its Bamboo Garden was also one of West Lake’s most famous gardens, serene and elegant.

### Melting Snow on the Broken Bridge ‘Duanqiao Canxue’

Leaving the Autumn Moon on a Calm Lake ‘Pinghu Qiuyue’, if you go from west to east across the Bai Causeway you’ll arrive at the Broken Bridge. This bridge is the only route to Gu Mountain and the view from here when Gu Mountain and West Lake are covered in snow is spectacular. The Broken Bridge is largely known for being the setting for the famous “Legend of the White Snake”. For the best view of melting snow here you do not stand on the bridge, but actually stand on the opposite embankment or hill. From there you will be able to see the whole scene of the protruding bridge and melting snow that glitters like a broken chain of silver.

### Autumn Moon on a Calm Lake ‘Pinghu Qiuyue’

This long and narrow garden side lake is the perfect place for admiring the moon, tasting tea and relaxing. The sight of the Autumn Moon at West Lake has been known for its beauty since ancient times and has been the inspiration for many poems and paintings. Actually its beauty lasts much longer than the autumn, as Qing Dynasty poet Luo Chengxiang wrote: “The breeze of summertime and sunshine of winter passes through the window, rolling up the curtain we see the bright moon in front of the mountain scenery”.

#### TIPS

1. From this site you can enjoy a panoramic view of the entire West Lake. Every year from 14th to 16th of August, a Mid-Autumn festival celebration is held here.
2. Bai Causeway is the closest area for parking spaces, usually it is 5 yuan/hour but the price increases on weekends to 10 yuan/hour, national holidays to 15 yuan/hour and Spring Festival to 20 yuan/hour.

3. We recommend taking the route: Broken Bridge - Bai Causeway - Gu Mountain - Xiling Print Company (after the gate is Louwai Lou restaurant). Another option is: Qiu Jin tomb - Pan Tianshou Memorial Hall - Su Xiaoxiao’s Tomb - Autumn Moon on a Calm Lake - Yue Temple (Su Causeway) - Zhao Gong Causeway.



### Three Pools Mirroring the Moon ‘Santan Yinyue’

Three Pools Mirroring the Moon is one of the southern Yangtze river’s masterpieces. Also known as “Little Yingzhou”, it is the largest island on West Lake and has been praised as a top rated scenic spot in the park. The three bottle shaped pagodas here are especially iconic and can be seen on any 1 yuan note of Chinese currency.

The structure of each of the pagodas has five holes. Around Mid-Autumn Festival candles are placed inside the pagodas and the candlelight that passes through the holes reflects on the water to resemble 33 moons. Those who come by boat to admire the full moon will see a silver sheen across the lake, as well as all the different moons including the one in the sky, its reflection in the water, the moons from the pagodas and the moon in your heart.

#### TIPS

The best place to take photos in Little Yingzhou is the zigzagged Bridge of Nine Turnings with its low walls and decorated windows, and buildings such as ‘Ting Ting Pavilion’ and ‘Kaiwang Pavilion’. The south eastern edge of Little Yingzhou also makes for a great photo, using the three stone towers and lake as the background.

### Orioles Singing in the Willows ‘Liulang Wenying’

Orioles Singing in the Willows ranks fifth in the list of the 10 scenes of West Lake. A former imperial garden of the Southern Song Dynasty, this public park is made up of four scenic spots named: Friendship ‘Youyi’, Singing Orioles ‘Wenying’, Gathering Point ‘Jujing’ and South Park ‘Nanyuan’. This ornamental garden exudes a simple elegance featuring willow trees, cedar trees, Yulan magnolia, a variety of peach trees, Chinese roses and many other flowers. This is also known as the preferred scenic spot of historically famous Chinese beauty Xi Shi for its waterfront view, unobscured horizon and fresh air which leaves one feeling refreshed. Its name came from the presence of oriole birds who arrive in springtime and sing from the willows.

#### TIPS

The optimal time of year to visit this scenic spot is around Qingming festival in April when you can see the young green leaves of the trees and hear the oriole birds singing.

## Sunset at Leifeng Pagoda ‘Leifeng Xizhao’

Leifeng Pagoda is one of West Lake’s most iconic spots. It was originally built at the order of King Qian Hongchu of the Wuyue Kingdom to celebrate the birth of his son. The pagoda looks especially majestic at sunset, when its shadow hangs in the air. These days historic relics of the tower can only be found inside the tower on the second floor, surrounded by a glass case you’ll find some remnants of the ancient brick tower, as well as some relics that have been excavated. Apart from this, the rest of the tower has been rebuilt and is made up of more modern elements.

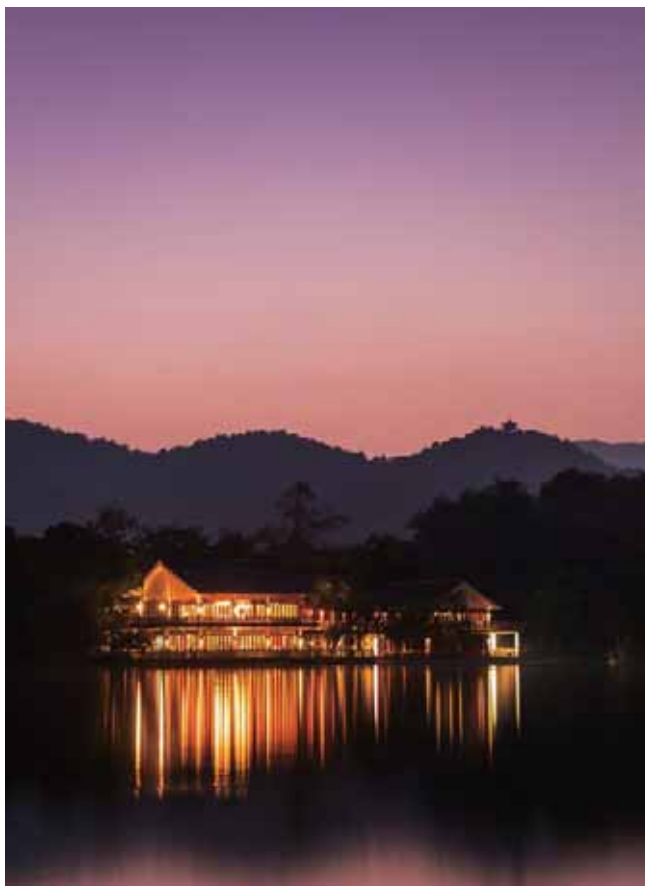
### TIPS

1. There is a lift inside the tower, its recommended to start off by taking this right up to the top level where you can enjoy a full view of West Lake and the surrounding mountains. From there you can walk down and see the different exhibitions on each floor, this method can help you avoid getting too tired from climbing up and down the tower.

#### 2. A Leifeng Pagoda Photography Guide

The best season for photography at Leifeng Pagoda is the summer, at this time of year the sun is particularly bright which means you will be able to capture spectacular sunsets. Half an hour before and after sunset is the best time to take photos, in general this is 17:00-19:00 in the summer and 16:00-18:00 in the winter. If you like you can arrive slightly earlier and familiarise yourself with the area.

The best place to take photos is the Sunset Pavilion in Changqiao Park, next to the pagoda. It is very easy to find this location and is only three minutes walk from the pagoda on the side of West Lake.



## The Evening Bell at Nanping ‘Nanping Wanzhong’

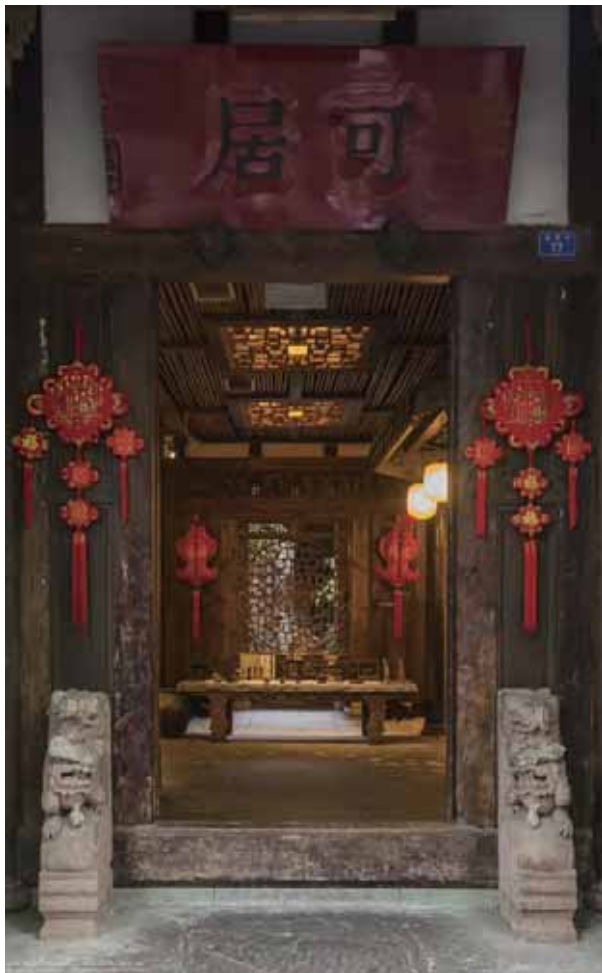
Nanping Hill stands at 100 metres high with lush forests and marvelous cliffs. At the foot of the hill is Jingci Temple inside where the melodious evening bell rings every day around 16:00. Once the bell has been struck by the large wooden mallet, you can feel the temple really come to life. It is also important to note that the temple is the location where Master Jigong practiced and eventually passed away. On the western side of the temple’s Hall of Great Strength you will see wonderful colours on the ancient timber. It is said this is the last remaining piece of timber to be used by Master Jigong to restore the temple after it burned down.

# 成都： 一个来了就不想走的城市

文：WTCF官网 图：全景

成都，又名蓉城，以美食美女安逸的生活节奏著名，总之是一个一年四季各个时候去都差别不大的地方，是一个来了就不想走的城市。





## 游宿在成都

成都地图上的红点中心指的就是天府广场，定位标记为远洋太古里，到了这里首先要选择住在哪里，从城市特点和发展速度来讲，一环内较为成熟，商圈较多，当然吃的玩的也多，例如宽窄巷子和春熙路等大家耳熟能详的也在一环内，所以对于旅游的人来讲，市中心附近是最为方便的选择；另外，随着地铁的铺展，成都贯通东南西北，只不过方向比较正，总体来讲将成都分成东南西北四个地方，城北城东方向，景点不多，发展较慢，不建议去，城南是政府南迁，发展较快，尤其是高新区和机场附近，比较现代化，设施齐全，单距离过远，如果不是工作或者是定居，也不建议去，毕竟现代化的建设哪个城市都有。

那么排除来选择去的，就剩下一些商圈多，美食多，或者是能典型代表成都特色的地方了。首先，就当属著名的春熙

路太古里地区了。这里成名已久，有传统的老步行街，也有前几年新开的IFS商场，更有远洋太古里这一成都现代标志性商圈，商场有各种菜系的连锁，周边的小街小道有各类的四川餐馆，像西北方向可直到宽窄巷子，向东方向离兰桂坊酒吧或九眼桥酒吧一条街等娱乐场所也近，可谓是综合后的首选。各位可根据预算进行酒店入住，像知名的四五星，或者是写字楼里的公寓式酒店都相当不错。这是答主平时周末进城里住的酒店，往下一眼望去太古里，IFS尽入眼中。

第二选择是宽窄巷子商圈，虽然它会像鼓浪屿凤凰古镇一样，一到节假日便人满为患，影响体验。但是环绕巷子周围的一些小街小道还是巨赞无比的。比如向北走几步的奎星楼街，吉祥街，两边是低低的老楼，两侧是各种地道的成都馆子，有种闹中取静的感觉。此外，兰桂坊九眼桥也是不错的选择。但

由于这里主要是以娱乐和酒吧闻名的街巷，住在这里相对喧嚣，如果太古里附近无房或者对喝酒娱乐有很强烈意愿的人可以来此。而且这里除了酒吧，也是拥有不少老店老街的，你可以约上三五好友，喝喝小酒，随便逛逛街道，更不失为是一大幸事。

而桐梓林北路也是推荐到访成都必去的游玩、住宿的地方之一。在一条笔直的大道上，就这么一转，便是另一番景象，静谧的街道，低低的楼层，茂密的林荫大树，两侧养眼的各种豪车，最主要的是走累了随意可以进一家馆子或咖啡厅，不用担心迷路，因为转过一个巷子又是另一番景象，可能是酒吧密布，觥筹交错；可能是辣香俱全，热闹无比；可能是安安静静，想喝壶清茶，总之，我喜欢它在快速发展中，依旧能保留着自己的节奏和特点，并且融入到现代化当中，或许这也是成都的一大特点吧。

## 品味在成都

游宿问题解决之后就该吃了，提起成都，大家第一反应是川菜，然后是辣，但是你若问来成都吃什么，多半的人无语，而且越是四川人越是如此，在住在成都之前，我们可以滔滔不绝的说出一堆譬如串串，兔头，火锅，牛蛙，但是越是住的久越发现说出来了，因为四川美食真的融入到了每家每户，也就是说其实吃什么都一样都不会不正宗。所以吧，随意一些，不要为吃的绞尽脑汁，也许你抬头看到的一家店，就是你值得去的。剩下的就是川菜了，像自贡菜等都比较著名，其实单说美食小吃，可能成都能写出上百种，而川菜的精髓主要在于调料，所以吃什么，真的不重要了。

最后，告诫大家，吃辣适度，过了



伤身，来这边吧，不要抱着时间有限要赶紧尽可能转完逛完的心态，因为这种快节奏的方式与成都整个节奏就不符合，安下

心来，慢慢体会，一次不行下次再来，你会发现，这里真的是一个值得从少年去到老年的地方。





# Chengdu: The City You Will Never Want to Leave

Text: WTCF Pictures: Quanjing

Chengdu (also named Rongcheng) is renowned for its delicious cuisine, beautiful women and easygoing pace of life. There is little difference between the seasons here, and one thing is for sure that no matter when you visit the chance is you will not want to leave.





## Staying in Chengdu

The red dot in centre of most Chengdu tourist maps marks Tianfu Square, and the pin shows the location of Sino-Ocean Taikoo Li. In order to choose the best place to stay you need to think about different factors. Inside the first ring road the city is very well developed, there are many shopping areas, restaurants and entertainment spots. Here you'll also find the famous Wide and Narrow Alleys and Chunxi Road pedestrian area. The chances are if you've heard of a place in Chengdu it will be located within the first ring road, it really is the best and most convenient choice for tourists to stay. Chengdu's subway system has grown significantly in recent years making it much easier to access different parts of the city. In general Chengdu can be split into four areas, north, south, east and west. In the eastern and northern parts of the city there is little in the way of interesting spots to visit and is not really recommended for tourism. In the south of the city you'll find it is quite developed with new high-tech zones around the airport and good facilities, however given its distance from the city centre we wouldn't recommend visiting here apart from business reasons – it's an area of modern construction you can see in any city.

Having excluded those areas you'll be happy to find what is left over is more representative of Chengdu featuring local characteristics as well as a large number of shopping districts and food areas. Let's start with the famous Sino-Ocean Taikoo Li shopping centre in the Chunxi Road area. This area is well known as a traditional pedestrian shopping street and following the opening of the IFS mall and Taikoo Li it has

become one of Chengdu's most modern landmarks. In the malls you will find all the major restaurant chains, and if you explore the small streets around them you will find many different types of local Sichuan cuisine. Heading west from here is the Wide and Narrow Alleys, and on the east there are bar streets Lan Kwai Fong and Jiuyanqiao. This area really is the best choice for a combination of entertainment options. Depending on your accommodation budget there are famous 4 and 5 star hotels, and also apartment style residences in office buildings which are a good choice. This is our main choice for weekend stays in the city. From here you can enjoy the view of both Taikoo Li and IFS.

Our second choice would be in the area of Wide and Narrow Alleys, the only issue is that similarly to Gulangyu Island in Taiwan and Fenghuang Town in Hunan province, the large number of tourists that come here around holidays can lessen the experience. Nevertheless, in just a few steps you can easily take yourself to enjoy the surrounding streets and alleyways. For example, just a short walk north is Kuixing Lou street and Jixiang Street. On both sides of these streets are the traditional low buildings and a variety of authentic Chengdu eateries where you have the chance to experience the hustle and bustle of local life. If hotels in the Taikoo Li area are full, Lan Kwai Fong and Jiuyanqiao can be good choices but only if you do not mind noise. However if you are interested in experience Chengdu's lively nightlife and entertainment options, it is the perfect place to meet some friends for drinks and explore the streets. Apart from the bars here, you can also see many old alleys and shops



### Tastes of Chengdu

Once you have worked out where to stay the next step is find out where you should eat. Upon mentioning Chengdu to any Chinese person, they will first think of Sichuan cuisine, then of how spicy it is. Surprisingly when it comes to food recommendations many people will not know what to say, even more so people from Sichuan. People who have never lived in Chengdu will suggest a million things such as barbecue, rabbit head, hotpot and bullfrog. However for anyone who has lived in the city it is much harder to define Sichuan cuisine as it has been so integrated into the home cooking of households across China. Really what we are saying is that it does not matter what you eat, it will all be authentic. There is no need to stress about finding places to eat in Chengdu, take it easy and you will find

plenty of delicious food as you go. Sichuan food is relatively well known and we could easily list over 100 different types of Chengdu snacks, but what is really important in this style of cooking is the seasoning. As for what exactly you eat, it does not really matter.

A couple of last suggestions: be careful of the level of Spiciness, if you have too much it can be harmful to your health. Also, when you arrive in Chengdu do not rush around trying to see everything that you can. If you do you will be completely out of sync with the city's rhythm. It is best to take your time in Chengdu, slowly experience the city and if one visit is not enough you can always come back. It won't take you long to realize this is a great city to grow old in.






# 索菲亚

## 风景迷人的花园城市

文: WTCF官网 图: 全景



## 能喝的温泉水 边泡边喝不亦乐乎

索非亚是一个风景迷人的旅游胜地，是闻名世界的花园城市。它的街道、广场、住宅区掩映在一片葱绿之中，市区有多处林荫大道、草坪和花园。建筑物大都为白色或浅黄色，与缤纷的花木相映，显得格外恬静清雅。街道上有许多花店、花摊，市民们普遍喜欢种花和赠花，最受欢迎的是经久不谢的石竹花、郁金香和红玫瑰。从索非亚广场沿宽广的、用陶瓷砖铺成的俄罗斯林荫大道前行到鹰桥，在这不到一公里的路，就有4座美丽的花园。

索非亚有多处温泉，水温在40℃左右。市中心的

巴尔干旅馆，还保存有建于5世纪的罗马浴室遗迹。除温泉外，这里还有不少甘泉，为市民、游客饮水而设的饮水店遍布全市。

索非亚在被奥斯曼帝国占领期间，城市受到很大破坏，古建筑物中只有两座基督教早期建筑——公元2世纪建造的圣乔治教堂和4世纪初建造的圣索非亚教堂留存下来。市中心广场有季米特洛夫陵墓、政府大厦、民族画廊，几乎所有的大街都从中心广场分支出去。广场附近有革命博物馆、亚历山大·涅夫斯基大教堂等。教堂旁边是保加利亚著名作家瓦佐夫陵墓，墓前立有他的胸像。

索非亚与外界交通方便，沟通亚德里亚海、中欧和多瑙河、黑海、爱琴海的重要交通线穿过山口或峡谷经过这里，是欧洲交通中心之一。

索非亚的许多花园里有精美的喷泉，条条水柱从造型为跳跃的鱼口、虾口的喷水管里射向空中，水雾在阳光映射下，现出道道彩虹，真有些让人眼花缭乱。市区和郊区还有许多温泉，泉水晶莹透亮，不含任何沉淀物，喝起来有一丝淡淡的甜味，索非亚许多居民长年饮用，这些被誉为“长寿水”的温泉水，也为游客们所喜爱。





### 成长但不老 保留欧洲城市建筑特点

索非亚市区著名建筑很多，有圣乔治教堂、圣索非亚教堂、波亚那教堂、德拉格勒夫茨修道院、议会大厦、国家歌剧院、索非亚大学、考古博物馆、人种学博物馆等。索非亚正是以它宜人的气候、多彩的风光和著名的古迹吸引着大量游客，使它成为欧洲著名的游览胜地。

保加利亚首都索非亚，位于巴尔干山区的索非亚盆地南部，维托沙山、留林山和洛赞山环绕四周，气候温和，绿树成荫，历史上是从中欧到西亚的交通要冲。这座静卧在青山绿岭环绕中的城市，既具有现代化都市的繁华景象，也有着美丽迷人的自然景色，因而，不仅在保加利亚，就是在全欧洲也享有“花园城市”的美称。

索非亚的座右铭是“成长，但不老”（It grows, but does not age）。虽然城市一直在变化，但是保持了使她成为欧洲城市的文化和建筑特点。

作为索非亚的象征，市中心是“圣索非亚教

堂”，其他建筑和地方也是城市的象征。最有名的纪念碑式的教堂是“圣涅夫斯基”教堂。这是一座中央族长式独立的保加利亚东正教教堂。钟楼高50.52米，中央部分以镀金装饰，顶部有一个纯金十字架。保加利亚和俄罗斯的工匠们制作了木雕、石制浅浮雕、教堂用品和圣像画。“伊万·瓦左夫”国家剧院在某种程度上讲像是索非亚的第二个象征。它按照20世纪初著名的直线式风格建成。“国家议会大厦”、“国家美术馆”、“国家民俗博物馆”表现了保加利亚人的审美观。“国家美术馆”收藏有12 000件艺术品。从远处可看见的是由俄罗斯移民于1912-1914年建立的“俄罗斯教堂”。在“总统”及“喜来登饭店”的内院有一个“圆形建筑”，于4世纪改造成“圣格奥尔基”教堂。在城市的正中心是完整的罗马文化遗留下来的建筑群。





### 玫瑰、葡萄 享誉全球



“鲍里索瓦花园”是索非亚市民喜爱的娱乐休闲好去处。还有城市花园、“国家剧院”前面的花园、原“王宫”后面的小花园。

在南面，索非亚的上方是这个城市的真正象征——“维多萨山脉”。这座山脉主要由花岗岩形成。独特的自然风光被称为“石河”，特别是在“金桥”地区。在这座山上还有极好的滑雪条件。

保加利亚中部、巴尔干山脉南麓地区，土壤肥沃，气候温和，雨水充足，极宜玫瑰生长。几百年前，保加利亚人就开始在此营造大片玫瑰园。大概上天对此地格外垂爱，除观赏玫瑰，还赐给这里一种与众不同的产油玫瑰——从中可提炼被称为“液体黄金”的玫瑰油。人们因此给保国中部小城卡赞勒克以西长90公里、宽10多公里的山谷取了个颇为浪漫的名字——“玫瑰谷”。

保加利亚玫瑰油产量和出口都居世界第一，其中“玫瑰谷”的产量占全国的1/4，在国际上颇负盛名。

由于这种玫瑰只能在每年的5月中旬到6月中旬采集，因此，每年6月的第一个星期天，保加利亚都要在“玫瑰谷”举行盛大的“玫瑰节”。

“玫瑰节”最早只是民间一种庆贺丰收的自娱自乐方式，规模并不大。70到80年代，是“玫瑰节”的鼎盛时期，每逢这天，卡赞勒克就成了玫瑰花的海洋，保加利亚人甚至动用滑翔机在卡城上空盘旋，抛撒玫瑰花瓣和玫瑰香水。这些年，由于经济不景气、囊中羞涩，保加利亚人已经没那么豪气，但“玫瑰节”仍保留了评选“玫瑰女王”、表演民间歌舞等内容，并加入了国际科技交流和招商引资等活动。

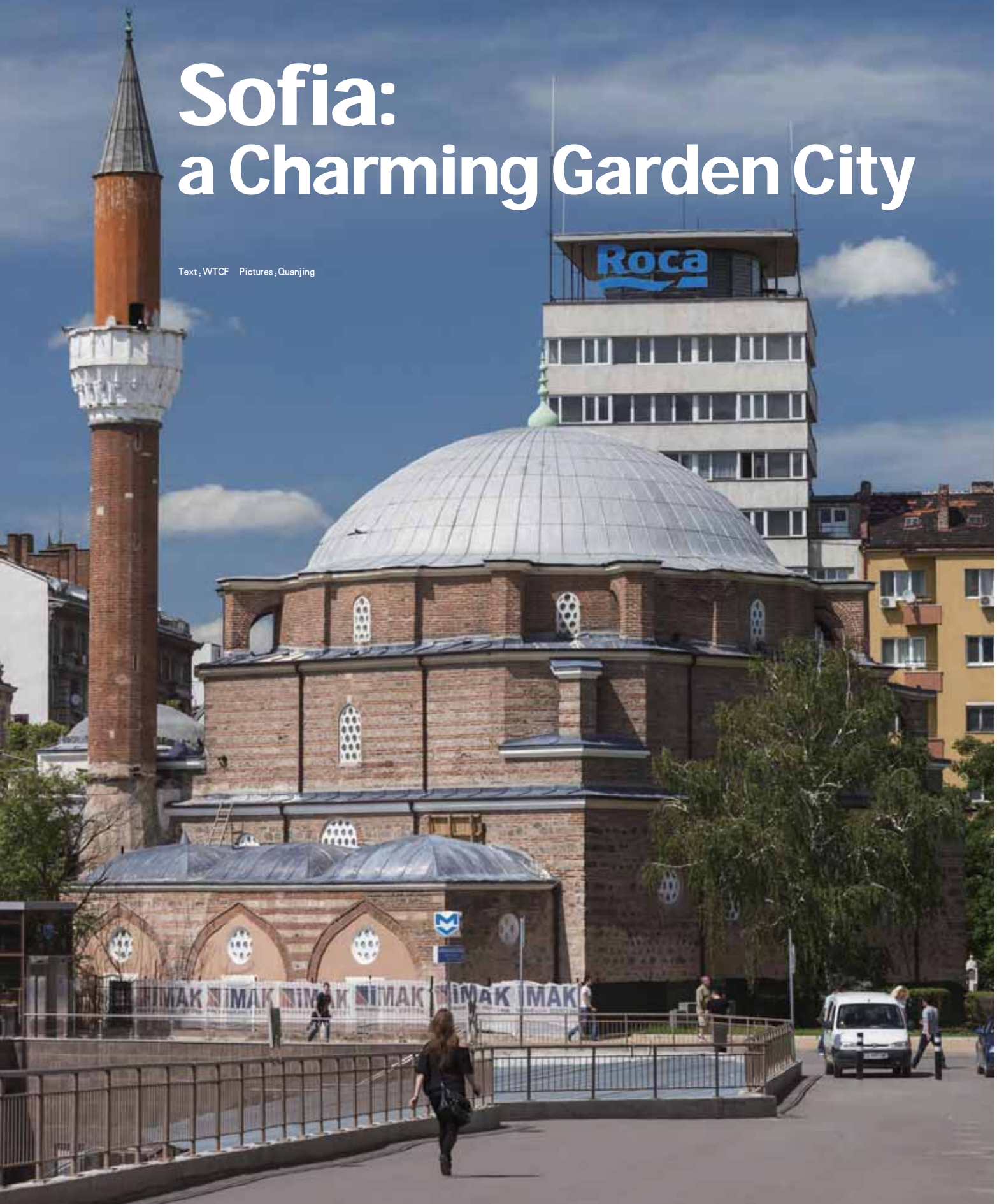
保加利亚的玫瑰香水有着淡淡的粉红色外观，有着五月收成的保加利亚玫瑰的清香，玫瑰的名字来自神话中之处女性守护神，狩猎女神和月亮女神，DIANA，自古以来被称之为“花之皇后”是忠贞爱情的代表和见证。

保加利亚盛产葡萄，酿造葡萄酒有悠的历史，几乎家家户户都有这种手艺。虽然法律明文规定，葡萄酒的生产和批发、贸易均由国家专营。但种植葡萄的农户有权自己酿造，数量不限，只是每户超过150公斤，其超量部分就需要纳税。因而实际上葡萄酒的生产，在农间是不受限制的，保加利亚的葡萄酒分红、白两类，据说有100多个品种，外地人当然感到不好记，而当地人却对各种酒名，都能如数家珍，并且各有所好。根据午餐的规模，一边喝着葡萄酒，一边继续吃着其它的肉、菜，最后的一道，则多半是烤面包或者是一盘烧土豆。

TRAVELER 旅行家

# Sofia: a Charming Garden City

Text: WTCF Pictures: Quanjing



## Exquisite Garden Fountains

Recognised across the world as the city of gardens, Sofia is a delightful place to visit as a tourist. The streets, squares and residential areas here are all nestled in lush green and there are countless tree-lined boulevards, lawns and gardens. The majority of buildings are white or pale-yellow to match the diverse flowers and plant life which creates an extraordinarily elegant and peaceful scene. As the city's residents enjoy both growing and gifting flowers, you'll notice the many flower shops and stalls that line the streets. Particularly popular flowers are China pinks, tulips and red roses. In the less than 1 kilometre walk from Sofia's main square along the wide Russian, ceramic paved boulevard up to Eagle Bridge, there are four lovely gardens.

Sofia has many hot springs which have a water temperature of around 40°C. In the centre of the city is the Hotel Balkan built in the remains of a 5th Century Roman bath. In addition to hot springs, there are many mineral water springs for city residents' use, and for tourists mineral water shops have been set up all over the city.

When Sofia was seized by the Ottoman Empire, it was greatly damaged with only two ancient Christian buildings having survived: the Church of St. George built in the 2nd century; and the Saint Sofia Church built at the beginning of the 4th century. The city's central Battenberg Square has the Georgi Dimitrov Mausoleum, government buildings, the National Art Gallery and is the starting point from where most of the major streets branch out. Near the square is also a revolutionary museum, the St. Alexander Nevsky Cathedral and other sites. Next to the cathedral is the tomb of famous Bulgarian writer Ivan Vazov in front of which is a sculpture of his chest.

Sofia is extremely well connected to the outside world. Many links to the Adriatic Sea, Central Europe, the Danube, Black Sea and Aegean Sea pass through here making it one of Europe's most important transport hubs.

Many of Sofia's gardens feature lovely fountains, water trickles from the mouths of jumping fish, shrimp spray shots of water into the air, with the water mist catching rays of sunlight to create rainbows, it can really be a dazzling sight. There are many hot spring both in the city and its outskirts, the

water in these springs is glittering and translucent without any sediment. Many of the city residents will drink this water, which if you have the chance to taste, has a slight sweetness. Known to increase longevity, this water is enjoyed by many people who choose to visit.







## The Culture and Architecture of a European City

Sofia is the home of many famous buildings including the Church of St. George, the Saint Sofia Church, Boyana Church, Parliament, the monastery, National Opera and Ballet, Sofia University, National Ecclesiastical History-Archeological Museum, Ethnographic Museum and others. The climate in Sofia is pleasant with colourful scenery and many famous monuments that make it a popular destination for tourists in Europe.

The Bulgarian capital Sofia is found in the Balkan mountains in the south of the Sofia Valley. Surrounded on all sides by mountains including the iconic Vitosha, the city enjoys a mild climate, the shade of trees and a rich history as the transport hub between Central Europe and Western Asia. Resting in these green mountains, the city is not only a bustling modern metropolis, but also a mountain retreat with stunning natural scenery. As such, in both Bulgaria and in the rest of

Europe it enjoys the title of 'Garden City'.

Sofia's motto is "It grows, but does not age", meaning that although the city is constantly changing, it places great importance in maintaining the cultural and architectural characteristics of a European city.

While the most iconic of Sofia's buildings is the Saint Sofia Church, there are many other important symbols of the city. One of these is the famous St. Alexander Nevsky Cathedral which serves as the cathedral church of the Patriarch of Bulgaria. The cathedral bell tower reaches a height of 50.52 metres, the central dome is decorated with gold and the top features a gold cross. Bulgarian and Russian craftsmen have created wood carvings, stone bas-relief, articles for use in the church and religious art. The Ivan Vazov National Theatre is in some ways the second symbol of the city, built in the 20th Century in the famous linear style.

## World Famous Roses and Grapes

Borisova Gradina (Boris Garden) is the most loved garden by Sofia's residents. There is also the City Garden, the garden in front of the National Theatre and the small garden behind the original palace.

The Vitosha mountain massif in the south of Sofia is arguably the truest symbol of the city. This mountain is largely made of up granite, and the unique natural scenery features stone rivers particularly around the Golden Bridges. In winter the snow conditions make it a fantastic place to come for winter sports such as skiing.

Located at south of the Balkans, central Bulgaria enjoys a warm climate with fertile soil and abundant rainfall making it an ideal place for cultivating roses. A few hundred years ago, the Bulgarian people created a large rose garden. Perhaps this was particularly loved by God as apart from being aesthetically pleasing He also bestowed upon them a high quality oil-producing rose. Once extracted, this rose oil is basically liquid gold. As a result, the canyon area around the small town of Kazanlak in Central Bulgaria, of around 90 kilometres long and over 10 kilometres wide, took on the rather romantic name of 'Rose Valley'.


Bulgaria has remained the No.1 country for rose oil production and export, 'Rose Valley' produces a quarter of the national total and enjoys an international reputation. Due to the fact this rose can only be harvested every year between the middle of May and June, a national 'Rose Festival' is held in 'Rose Valley' on the first Sunday of June annually to celebrate roses and rose oil.

Rose water from Bulgaria has slight pink colouring and the light scent of the roses harvested each May. The name of the rose comes from the Roman legend of the virgin Goddess Diana of Hunting and the Moon. Since ancient times she was known as the Flower Empress and the representative of loyalty and love.

Bulgaria also enjoys a long history of grape and wine production, it is likely that every Bulgarian family has some skill in this craft. Even though the national law states that the production and trade of wine can only be done by state owned companies, a large number of grape farmers have winemaking rights. It is only if a farmer has produced more than 150 kilograms of wine that they need to pay tax.

In reality there are very little restrictions on home-based winemaking. Between white and red wines there are over 100 varieties in Bulgaria, while it is difficult for outsiders to remember all the varieties, locals are of course very familiar with them and have their preferences. Drinking wine is a very important part of lunchtime when locals eat meat, vegetables with either toasted bread or potatoes.





# 巴黎人真正会去的10处秘地

文:WTCF官网 图:全景

第一次去巴黎游玩，像埃菲尔铁塔、香榭丽舍大道之类的地标，游人是绝对不会错过的，但这些地方真的是去一次足矣，再访这座城，不妨到下面这10个地方逛逛，体验一回当地人的生活吧。

## 01 The Marché des Enfants Rouges 露天市场

位于巴黎玛黑区的Le Marché des Enfants Rouges据说是这座城市中最古老的市场，1615年就存在，每天午后都非常热闹。虽然面积并不大，但里面的摊位却像个小联合国，除了海鲜、蔬果、面包、鲜花、酒和法国特产之外，这里还有不少高人气的小吃摊，比如日本料理、意大利菜、黎巴嫩菜，以及据说是巴黎最好的摩洛哥菜等等，味道还蛮地道的，而且重点是价格也比较亲民，无需花大钱就能吃得又饱又好。

在熟食摊点选完食物后，大可以拿到市场两侧的露天座位慢慢享用，自在舒服。每逢周末的午饭时间，小吃摊都会大排长龙，但千万不要放弃哦，真的值得一吃！

## 02 Saint-Ouen Flea Market 圣图安跳蚤市场

如果你爱淘旧货，那么请一定要到位于巴黎北部的圣图安跳蚤市场去挖宝。这是全欧洲最大的旧货市场，组成至今已有过百年历史，占地面积足足有7公顷，摊位就超过两千个。

无论你想找的是古旧的家具家品、法风的别致餐具小物，还是蕾丝服饰、书籍、钱币，这里都能找到，不过要耐心一点，注意及时补充体力。市场一般只在礼拜六、礼拜天和礼拜一开放。



## 03 The Canal Saint-Martin 圣马丁运河

圣马丁运河全长4.5公里，露天的部分沿线有许多熟铁桥和杨树，不少巴黎人都爱在运河边上野餐晒太阳，或者跑跑步，放空一下大脑，在这里度过午后是种尤为写意的享受。这里是巴黎人的秘密后花园，但因为电影《天使爱美丽》而变得有名，原本安静的运河如今渐渐被外人发掘，但幸好还不至于发展到被游客攻占的程度。

## 04 Du Pain et des Idées 面包店

如果你打算到圣马丁运河逛逛，那么这家面包店你一定要去拜访！虽说网络上有名气的十有八九都是名过其实，但门外常排起人龙的Du pain et des idées面包店算是例外。镇店招牌Pain des amis友谊面包、橄榄油面包、牛角包，还有咸奶油焦糖苹果塔等等都非常值得一试。不过周末不开门，平日到了晚上基本都卖得差不多了，而且有些款式一周只供应几天，所以各位一定要提前做好功课哦！



## 05 The Comptoir Général 商店

位于Quai de Jemmapes区的这家商店是非常不一般的存在，它是咖啡厅、酒吧，同时还是一个艺术空间、旧物博物馆和商店。其前身是幢废弃的酒店，改造后融入了一点波西米亚风格，虽然看着稍微有点颓废，但处处细节都带着法式的优雅。这是一处让人暂忘城市烦嚣的仙境，如果不赶时间，不妨带本好书在这里消磨一下时间吧。

## 06 The Parc des Buttes-Chaumont 秀蒙丘公园

公园属于英国园林风格，有着悬崖峭壁、山洞和湖，景色怡人但游客却不多，爱晒太阳的巴黎人常到这里享受户外时光和野餐晒太阳。这个公园是在1867年由拿破仑为人民所建造的，前身非常坎坷，曾经当过刑场、垃圾场。

## 07 Rue Montorgueil 蒙特吉尔街

想伪装一回巴黎人体验他们的日常生活，历史悠久的蒙特吉尔街你很有必要去一下。这条街上聚集了很多光看就觉得出品非常好的餐厅、糕饼店和咖啡馆，平日非常热闹，走过路过都可以闻到阵阵香味，引诱得你食指大动，不过最讨厌的是会

让人选择困难症发作。

## 08 The Passage des Panoramas 廊巷

别光顾着去知名的百货公司Shopping啦，巴黎这座城市中的廊巷反而会为你带来意外的惊喜。首先要介绍的是巴黎现存最老的廊巷Passage des Panoramas，建于1799年，这里藏着各种别具风情的餐厅商铺，尤其适合怀旧收藏家们。

## 09 Breizh Café 可丽饼店

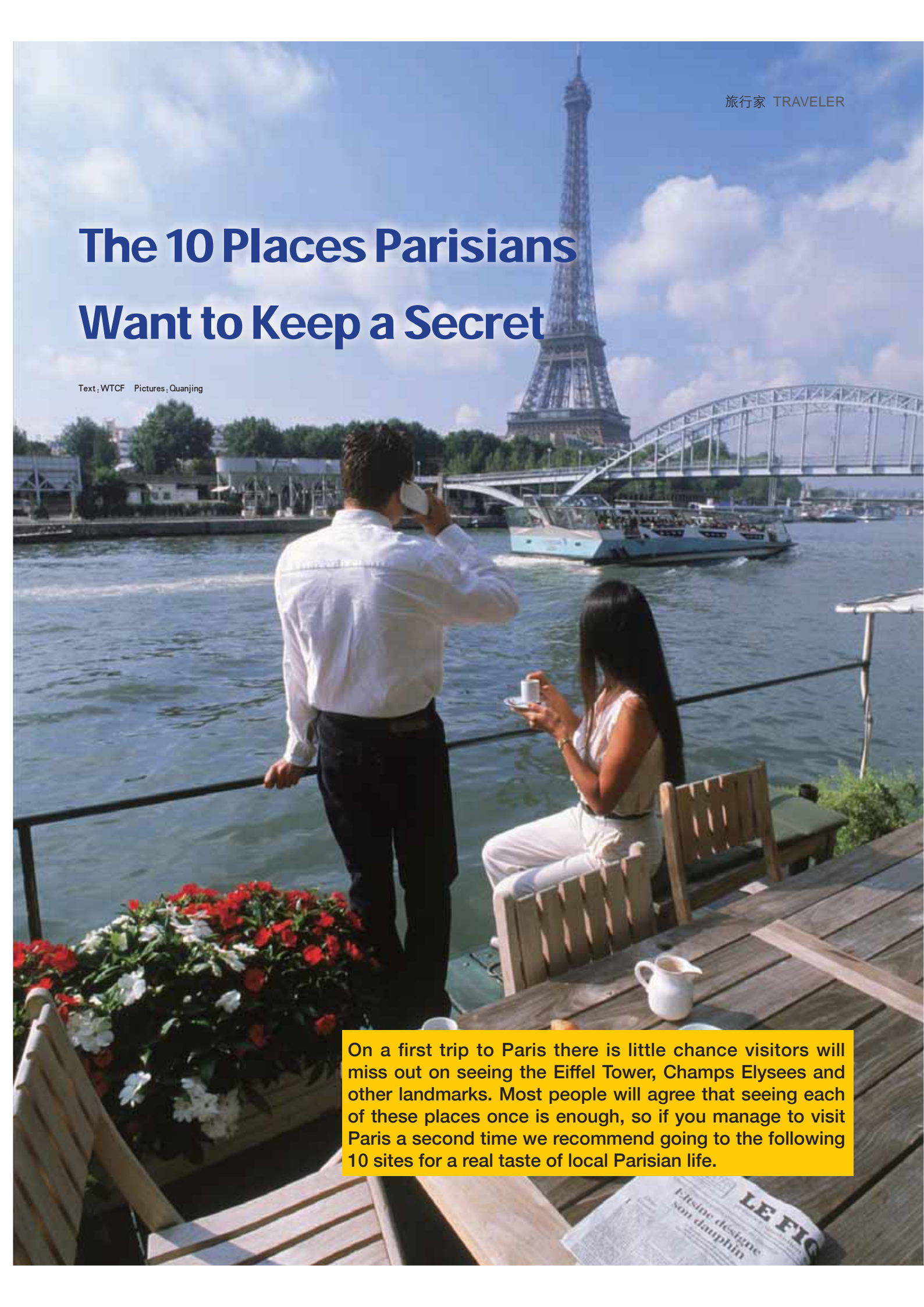
到巴黎旅游，是不是怎么也该吃份可丽饼呢？Breizh Café被誉为巴黎最棒的布列塔尼可丽饼店，全部采用有机食材，可丽饼有咸甜两种可选，口味也很多。

## 10 The Musée d'Orsay 奥赛博物馆

这里是巴黎当今三大艺术宝库之一，前身为闲置的火车站，如今收藏着史上最多的印象派艺术作品。这里游客没有罗浮宫多，但展品同样精彩，因此如果游玩巴黎时一定要去博物馆，我们推荐你到奥赛。另外，有时间的话记得顺便在奥赛博物馆内的Le Restaurant用餐哦，装潢美得像在皇宫里。

# The 10 Places Parisians Want to Keep a Secret

Text: WTCF Pictures: Quanjing



On a first trip to Paris there is little chance visitors will miss out on seeing the Eiffel Tower, Champs Elysees and other landmarks. Most people will agree that seeing each of these places once is enough, so if you manage to visit Paris a second time we recommend going to the following 10 sites for a real taste of local Parisian life.

États de  
son dauphin  
**LE FIGARO**



## 01 The Marché des Enfants Rouges

Located in Le Marais historic district of Paris, Le Marché des Enfants Rouges is the oldest covered market in the city dating all the way back to 1615. Despite being fairly small, every afternoon it comes alive with stalls from all corners of the world. In addition to seafood, fruit & vegetables, bread, flowers, wine and other French produce, the market has many other popular snack stalls featuring Japanese, Italian and Lebanese cuisine, as well as the best Moroccan food in Paris. The flavours here are definitely both authentic and great value for money. Even in Paris you can eat well without breaking the bank.

Once you have collected your cooked food from the stalls, you can enjoy it in the outdoor seating areas found on both sides of the market. On weekends be prepared for long queues, but even then it is definitely worth the wait!

## 02 Saint-Ouen Flea Market

If you enjoy searching for second-hand bargains, then the Saint-Ouen Flea Market in northern Paris will be a treasure trove for you. This is Europe's largest flea market and has been around for over 100 years. In the 7 hectares that it covers there are more than two thousand stalls.

Whether you are looking for old furniture or household goods, chic French knick-knacks, lace textiles, books or coins, it call all be found here. Just

remember, take your time and conserve your energy. Generally the market is open Saturdays, Sundays and Mondays only.

## 03 The Canal Saint-Martin

The total length of the Canal Saint-Martin is 4.5 kilometres, along it you will see many wrought-iron bridges and poplar trees. Parisians love coming to sit at the edge of the canal for a picnic in the sun or to run along the canal, it is the ideal place to relax and enjoy a peaceful afternoon. While this was the secret garden of Paris, it has become more widely known after being used as one of the locations in the film 'Amelie'. More and more outsiders are gradually discovering this once quiet canal, but thankfully it has not yet caught the attention of the city's many tourists.

## 04 Du Pain et des Idées

If you plan to visit the Canal Saint-Martin, then you cannot miss a trip to this bakery. While we often find that internet-famous places quickly lose their appeal, the queues of people lined up outside Du pain et des idées are surely proof that it is an exception. Signature treats include the Pain des Amis, olive bread, croissants and salted caramel apple tower, all of which are worth a try. It is closed on weekends and you'll find it almost sold out each evening, with some pastries only being sold on certain days make sure to do your homework in advance!



## 05 The Comptoir Général

Located in the Quai de Jemmapes district, The Comptoir General is much more than an average store. It comprises a coffee shop, bar, art space, antique museum and shop. Built in an abandoned hotel, it has been transformed with a Bohemian style that while a little decadent, is filled with elegant French detail. This is paradise for those who want a peaceful respite from the city's throng. If you are not in a rush, you might as well bring a book and really take your time to enjoy this place.

## 06 The Parc des Buttes-Chaumont

Landscaped in the style of a traditional British garden, here you will find delightful cliffs, caves and lakes without all the tourists. Parisians often come here to enjoy the outdoors and have picnics while basking in the sunshine. This park was originally built by Napoleon III for the working class in 1867, taking the place of what was once an execution grounds and dump site.

## 07 Rue Montorgueil

If you want to disguise yourself as a Parisian going about their daily business, then a trip to the historical Rue Montorgueil is the place for you. You only need to have a look at the numerous restaurants gathered on this street to know there is plenty of tasty food here. Walking by the lively pastry shops and cafes through bursts of delicious scents you will definitely be lured in. The only downside of

coming here is having to make the difficult choice of what to taste.

## 08 The Passage des Panoramas

If you want to shop in Paris don't bother going to the well-known department stores when the various alleyways of this city provide many unexpected and pleasant surprises. Built in 1799, the Passage des Panoramas is one of the city's oldest alleys, hidden away here you'll find a range of different restaurants and shops suitable for any artifact collector.

## 09 Breizh Café

Eating crepes is a must for anyone who travels to Paris. Hailed by Parisians as the best place for just that, Breizh Café only uses organic ingredients and has a variety of choices both sweet and savoury.

## 10 The Musée d'Orsay

This museum is one of Paris' three great art treasures. Housed in what used to be a grand railway station, the building now contains the history's largest collection of Impressionist art work. While far less visitors come here than the Louvre, the exhibitions are just as impressive, which is why if you want to visit a Paris museum the Musée d'Orsay is definitely our recommendation. If you have the time, the museum restaurant is as beautiful as a palace and well worth a visit.



# 牵着宝贝去汉堡旅行

文: WTCF官网 图: 全景

2016年正值德国汉堡和中国上海建立友好城市30周年，上千场交流活动在两个城市间展开，越来越多的国人对这个亲水之都产生了浓厚的兴趣与期待。

正值假期，家长们既希望在暑期增长孩子的阅历和知识，又希望在相互陪伴中找到放松身心、增长感情的方式。而旅行无疑是家长陪伴孩子“行万里路”的最佳选择。

## 动手制作德式面包

去德国肯定会尝尝当地的面包，不过光是尝尝怎么够！我们为您准备了有趣又温馨的面包制作体验——深入当地面包房里，爸爸妈妈们带着小朋友一起动手制作德式面包。把爱揉进面团里，烘焙面包的同时，也烘焙出更多的乐趣与爱。和宝贝一起动手做的面包，味道一定很特别。

## 音乐大都市之体验——汉堡易北爱乐音乐厅

汉堡，欧洲音乐之都。这里集聚古典音乐、歌剧、流行音乐，不仅拥有巴赫，也有披头士。德中的音乐文化交流也在汉堡频繁上演，每年都会举办汉堡国际青少年音乐节、中国时代

节、音乐文化夏令营等各类活动。汉堡易北爱乐音乐厅，将于2017年1月开幕，是汉堡市一座崭新的地标建筑，同时也是世界范围内最杰出的音乐厅之一。

## 哈根贝克动物园

去欧洲最人文的哈根贝克动物园，那里动物们被自然地区隔开，自由散步，而不是关在笼子里。那里集动物、公园和文化于一体，小朋友可以对动物，对自然获得十分独特的体验。那里不仅是动物园，也是教会人们尊重自然，与自然和谐相处的地方。而且小朋友还可以参加游戏环节，在园内寻找德国人及小动物合影，收集最多的小朋友可以获得小礼品一份哟。





## 汉堡微缩景观世界

坐落在汉堡仓库城中的“微缩景观世界”是世界上最大的铁路模型博物馆。馆内铺设共十二公里超长的迷你铁路网，铁

路沿线的村舍、城镇、居民的日常生活甚至节日的庆典、路边孩童的嬉闹打架等无不栩栩如生，逼真万分，为热爱铁路主题的小伙伴修筑一个童话般的模型世界。

# Take Your Little One to Hamburg

Text: WTCF Pictures: Quanjing

In 2016 Hamburg and Shanghai celebrated their 30th anniversary of being twin cities. During this time there have been over a thousand exchange activities establishing a strong connection between citizens from this Chinese water city and German fort city.

When it reaches the summer holiday period, parents hope that it is an opportunity for their children to experience and learn. They also hope to find a way to relax in each other's company and also to build stronger bonds. Beyond any doubt, the best way to achieve this is to take a long trip together to some far off place.





## German Bread Making

Travelling to Germany you most certainly will have the chance to taste the local bread, well we think that just tasting is not enough. Taking a bread making class in a local bakery is an enjoyable experience for both parents and children. Together you knead love into the dough, bake the bread and enjoy the wonderful memories that it brings. Any bread that is made jointly by parent and child is definitely going to taste particularly special.

## The Music of a Metropolis - Hamburg's Elbphilharmonie

Hamburg is the capital of European music. It is the meeting point of everything from classical, opera and pop, from Bach to the Beatles. The city often holds musical and cultural events, including the annual Hamburg International Youth Music Festival, the China Time festival and summer camps. The

Elbphilharmonie concert hall, which is due to open in January 2017, will not only be a new landmark of Hamburg but also one of the most remarkable concert halls in the world.

## Tierpark Hagenbeck

Tierpark Hagenbeck is often referred to as the most humane zoo in all of Europe. Instead of being in cages animals here are free to walk in open enclosures surrounded by moats similar to their natural habitat. Coming here provides the unique opportunity for children to see animals, experience nature and culture all in one. This is not only a zoo, but also a place to learn about how to be respectful and live in harmony with nature. There are also many fun games for kids to participate in, for example searching for group photos of Germans and small animals, and the kid who manages to collect the most receives a small gift.



## Hamburg's Miniature World

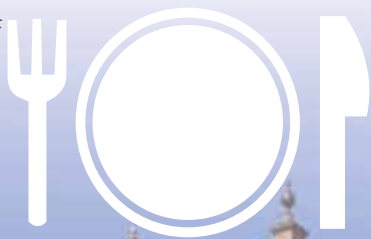
If you head to Hamburg's warehouse district you'll find Miniatur Wunderland, or "miniature world", the world's largest model railway museum. The museum has a miniature railway line stretching 12 kilometres, along which there are miniature

cottages, towns, people living their daily life and even holding celebrations. The children playing and fighting on the street are almost lively enough to be real. For anyone who has a love of trains, this extremely lifelike model world has been built just for you.



# 马德里美食不思议

文:莹莹 图:全景



作为欧洲南部最大的城市，西班牙首都马德里虽然历史悠久不如伦敦，繁华富庶不比巴黎，甚至当它安静地伫立在伊比利亚半岛时，也常常引不起太多旅行者的注意。但是，当真正深入这座城市后，从古典与现代交融的环境里，涌现的是足球文化、斗牛文化等融合和谐的艺术气质。尤其值得一提的是，当这些艺术气质搭配上迷醉味蕾的西班牙美食后，带来的是蔡依林歌词里的“马德里，不思议”的迷离体验。





## 伊比利亚半岛美食汇

就像马德里这座城市的包容一样，这里的美食也融合了伊比利亚半岛多样的烹饪风格，丰富而多味，呈现出清新、新鲜、颜色丰富的特点。此外，由于这里三面环海，海鲜也是当地人擅长烹饪的菜肴，而气候的影响，又让这里的饮食呈现典型的地中海餐饮特征：喜用橄榄油、番茄、鱼类、大蒜等，煎炸类食物占据烹饪方式“半壁江山”，海鲜烩饭、伊比利亚火腿等美食成为其典型代表而享誉全球。

马德里肉汤（cocido madrileño），一种用火将豌豆、红萝卜、芹菜、土豆、甘蓝菜等蔬菜与牛肉、猪肉等杂肉一同焖煮而成的多汁菜肴，口味鲜美，营养丰富，是马德里的最知名菜肴之一，也是最值得品尝的“主厨推荐”。此外，能代表马德里味道的另一道代表菜牛肚（callos），盛名于马德里各大知名餐厅。

同时，大蒜浓汤（sopa de ajo）、蜗牛餐（caracoles）、土豆煎蛋饼（tortilla de patatas）、烤海鲷（besugo al horno）等马德里的知名菜肴，也都是当地口碑甚好的代表菜品。尤其值得一提的是，鲑鱼在马德里菜肴中的地位非常高，它几乎是每道菜中必不可少的佐料。

也许西班牙人慵懒闲适的生活作风，缘于温暖湿润的地中海气候浸润，但换个角度，这种恬淡的心理状态，其实何尝不是一种享受生活的态度。

## 在美味中品尝传统和时尚

很多西班牙大厨选择在马德里开餐厅，让马德里的美食百味汇聚，也从另一个角度彰显了马德里这座城市包容并蓄的风格。在马德里，米其林高端大厨David Muñoz, Ramón Freixa 和 Sergi Arola都开有自己的门店，不但展示了精致的米其林大餐，也让人能体会到整体餐厅的“马德里氛围”。

除了时尚现代的米其林大餐，在马德里还有传统古典的美食小吃，其代表就是圣米盖尔市场。在今天，因为其浓郁的文化氛围，圣米盖尔市场已被当地宣布为文化景点，成为马德里市内最时尚的空间之一。这里能吃能逛，汇聚了来自各地的美







食爱好者，汇聚了来自各地的美味餐饮：La Casa del Bacalao的传统腌鳕鱼、La Boucherie的欧洲肉品、Il Pastaio的新鲜面食、Jugosa的水果汁、Horno San Onofre的甜点……这些美味的各色食材、餐品，组成了这个让人难忘的市场。

除了传统的圣米盖尔市场，在马德里还有一家算得上西班牙“老字号”的餐厅：波丁餐厅（Sobrino de Botín）。这家餐厅建于1725年，是世界上历史最悠久的餐馆之一，在诸如海明威的《太阳照常升起》、弗雷德里克·福赛思的《眼镜蛇》等关于马德里的小说里，都能发现它的踪影。波丁餐厅主营西班牙传统菜系，至今使用的仍然是当年开业时用的木烤炉，别有一番原始风情，其招牌菜是烤乳猪、烤羊肉等，值得一去。

除了波丁餐厅外，在马德里还有一家代表性的餐厅：Viridiana餐厅。

今天，Abraham García的名字似乎已成为品质保证，由Abraham大厨开的这间有30多年历史的Viridiana餐厅也不例外。这里的菜式融合了西班牙本土和国际范的风格，餐厅内是斗牛和Viridiana同名电影的主题装饰，典雅幽静，传统食材在大厨的精心烹制下，演绎中欧洲菜系、地中海菜系、西班牙传统菜

系、现代菜系等多国风情，风味别具。

## 特色小吃点亮街头美食

当然，除了特色美食和传统餐厅外，去到一个地方旅游，街头巷尾的小吃必不可少，因为这种看起来不起眼的食物，往往最接地气，也最能反映出一座城市的味道。在马德里，Tapas就是这样的代表。

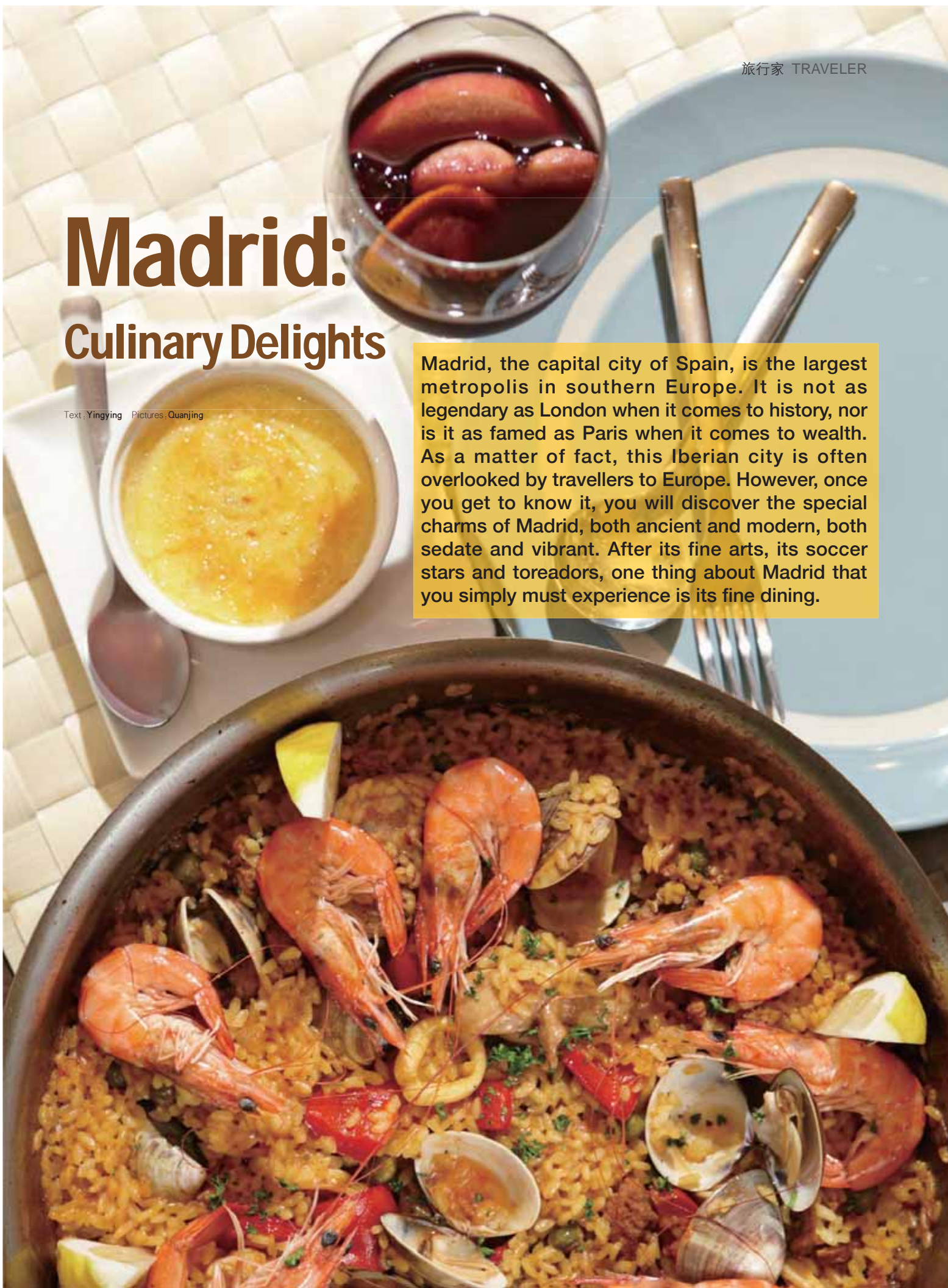
Tapas在西语里有“盖住”的意思。据说旧时西班牙餐厅酒吧给客人上酒时，会将遮挡物盖到杯子上，美观的同时还能防止酒被弄脏。久而久之，这碟盖住杯子的小菜成了一种独立的小吃，并发展成样式繁多的美食文化，成为西班牙酒吧里不可或缺的下酒小食。

初次见到这种西班牙风味的特色小吃，你会觉得它像极了日本的“寿司”，因此也有人直接称其为“西班牙寿司”。不过，和日本寿司中放米饭不同，Tapas把米饭换成了面包，同时根据地中海的饮食习惯，把寿司上的生鱼片换成了不同食材。

# Madrid: Culinary Delights

Text: Yingying Pictures: Quanjing

Madrid, the capital city of Spain, is the largest metropolis in southern Europe. It is not as legendary as London when it comes to history, nor is it as famed as Paris when it comes to wealth. As a matter of fact, this Iberian city is often overlooked by travellers to Europe. However, once you get to know it, you will discover the special charms of Madrid, both ancient and modern, both sedate and vibrant. After its fine arts, its soccer stars and toreadors, one thing about Madrid that you simply must experience is its fine dining.





## A Smorgasbord of Iberian Cuisines

Every style of Iberian regional cooking finds a place in Madrid, making the city one of the richest gastronomic capitals of Europe. Food in this city is diverse, fresh, loaded with tastes and rich in colours. Seafood is a local specialty, due to Spain's proximity to the sea. The Mediterranean cooking style finds its fullest expression here, featuring ingredients such as olive oil, tomato, fish and garlic. A major cooking method is frying. The whole world knows seafood paella and jamón ibérico, but there is much more to explore about Spanish gastronomy.

Cocido madrileño is a traditional chickpea-based stew prepared with beef or



pork with additional potatoes, cabbage, celery, turnips, green beans and a few other vegetables. It is a most famous hearty dish from Madrid, a must-try for visitors. Another traditional dish of Madrid is callos, a stew that contains beef tripe and chickpeas, blood sausages and bell peppers.

Other representative dishes are sopa de ajo (garlic soup), caracoles (snails), tortilla de patatas (potato omelette), and besugo al horno (baked sea bream). It's worth mentioning that cod seems to occupy a special status in Spanish cuisine. You can find it in many dishes on the dining table.

Many visitors may notice life carries on at a slower pace in Spain, perhaps an influence of the warm and relaxing Mediterranean climate. This laid-back lifestyle is perhaps exactly what we all need to live life to the full.



## A Fusion of Tradition and Fashion

Many Spanish celebrity chefs choose to open restaurants in Madrid, adding to the glamour of this gastronomical capital city. Celebrity chefs, David Muñoz, Ramón Freixa and Sergi Arola, all have their own Michelin starred restaurants, offering both star awarded dishes and great dining atmospheres.

For a more traditional taste, head for the Market of San Miguel in central Madrid. It's not only a traditional grocery market, but also a trendy location for gourmet food, a great place for both food sampling and shopping. The vendors sell a wide variety of delicacies: preserved cod from La Casa del Bacalao, processed meat from La Boucherie, fresh pasta from Il Pastaio, fruit juice from Jugosa, baked

desserts from *Homo San Onofre* ... You'll find it a truly ideal place for leisure both during the day and by night.

After the Market of San Miguel, you must also visit the oldest restaurant in the world according to the Guinness Book of Records, *Restaurante Sobrino de Botín*, founded in 1725. The restaurant also appeared in many novels about Madrid, most notably Hemingway's *The Sun Also Rises*, and Frederick Forsyth's *Icon and the Cobra*. The secret of its power of longevity remains in its fine *cochinillo asado* (roast suckling pig) and *cerdo asado* (roast lamb).

Another favourite restaurant of Madrid is *Restaurante Viridiana*. It was founded by celebrity Chef Abraham García more than 30 years ago as a tribute to the great 1961 film, *Viridiana*. The restaurant features an imaginative menu of fusion dishes, clearly influenced by multiple Mediterranean countries, but still respectful of basic Spanish cooking. The internal décor produces an elegant and intimate ambience. Chef Abraham has created a perfect combination of traditional Spanish ingredients with a diversity of cooking styles: central European, Mediterranean, traditional Spanish and modern fusion.

## Tapas Bars

After all the special restaurants, you must also try local street food. What truly represent a city's characteristic tastes are very often its humble street bites. In Madrid, they are the Tapas.

"Tapas" originally involved empty plates. Legend has it that, back in the old days, bartenders in Seville would cover - or *tapar* - wine glasses with a small plate in order to protect the drink from fruit flies. Later on they began to place a simple slice of food on top of the plate. These plates developed into small dishes of varying tapas, and became the hallmark of Spanish bar food.

If you see tapas for the first time, you might think it resembles Japanese sushi. As a matter of fact, some people do call it "Spanish sushi". The difference, however, is that, instead of rice, tapas has bread, and it replaces raw fish with different ingredients of the Mediterranean style.

