




索菲亚

风景迷人的花园城市

文:WTCTF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。

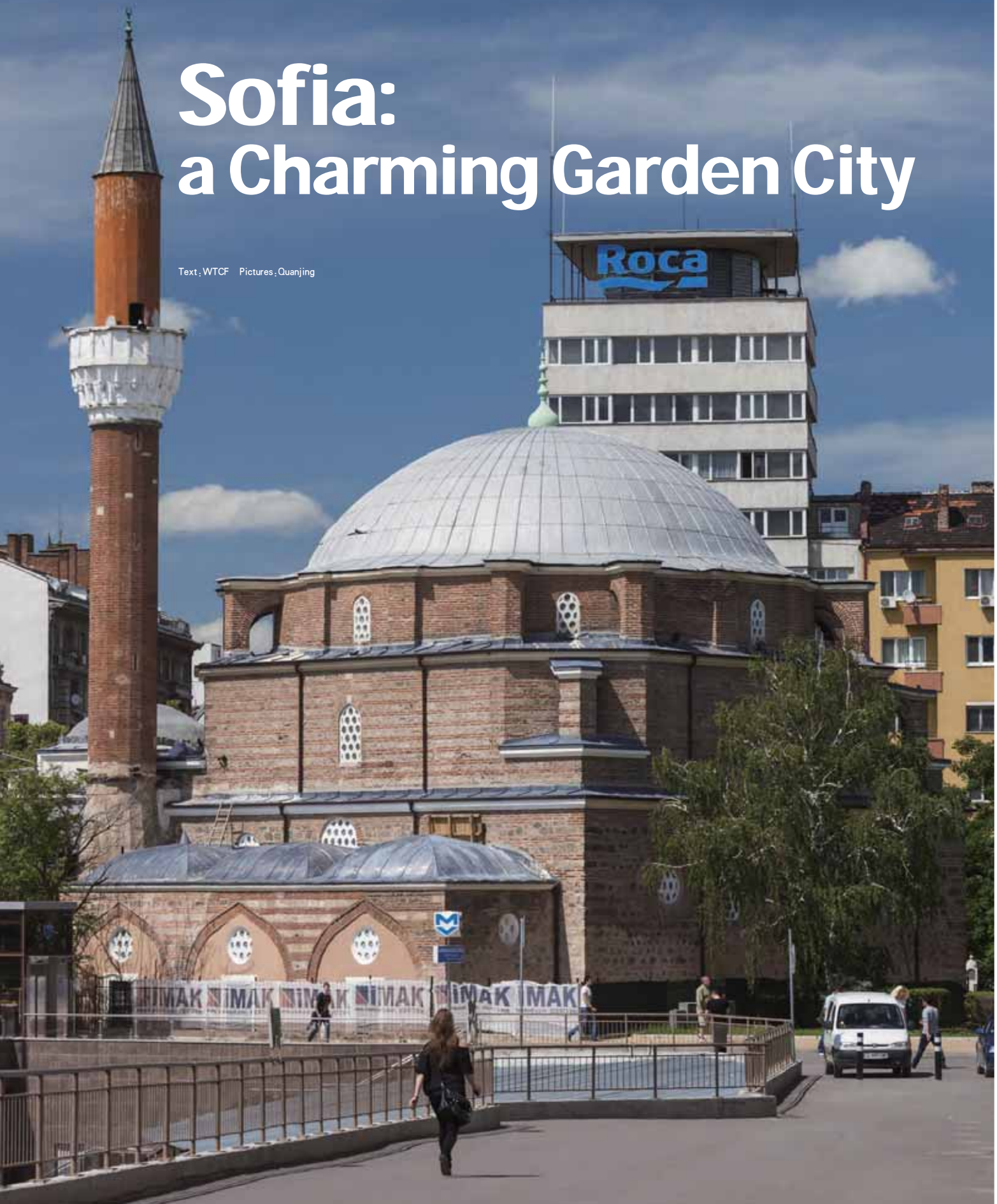
保加利亚的玫瑰香水有着淡淡的粉红色外观，有着五月收成的保加利亚玫瑰的清香，玫瑰的名字来自神话中之处女性守护神，狩猎女神和月亮女神，DIANA，自古以来被称之为“花之皇后”是忠贞爱情的代表和见证。

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.

