



布拉格 尼采的神秘之城

文、图 / 吴强

尼采说：“当我想以一个词来表达音乐时，我找到了维也纳；而当我想以一个词来表达神秘时，我只想到了布拉格。”



建筑博物馆

知道布拉格，继而去了解布拉格，和蔡依林的《布拉格广场》毫无关系，事实上，如果不是前同事说起，我都不知道世界上还有这么一首歌，也许是我真的OUT了，“布拉格之春”，让我知道了这里，也让我逐渐知道了杜布切克、米兰·昆德拉、卡夫卡、天鹅绒革命等一系列名字和事件，布拉格就这样成为了一个一心想要探访的城市。

伏尔塔瓦河流域，是全世界第一个整座城市被指定为世界遗产的城市，有着包括布拉格城堡在内的无数历史遗产。尼采说：“当我想以一个词来表达音乐时，我找到了维也纳；而当我想以一个词来表达神秘时，我只想到了布拉格。”

布拉格拥有为数众多的各个历史时期、各种风格的建筑，从罗马式、哥特式、文艺复兴、巴洛克、直到新艺术派和超现代主义，一应俱全，其中特别以巴洛克风格和哥特式风格的建筑最为明显，造型别致，工艺复杂多样，并且配以大量的绘画和雕塑，色彩也极为绚丽。登高远眺，满眼的红屋顶中，穿插着金色、绿色、黄色的尖耸教堂，看上去极具美感，

同时也从另一个角度体现了基于不同时代的社会思想的变革。

无处不在的“查理”

说起布拉格的历史，就不能不提及查理四世，这个号称“布拉格的骄傲”的人。查理四世，波西米亚国王、德意志国王、神圣罗马帝国皇帝，这位学者型统治者从小就决心把布拉格建成能与帝国首都的地位匹配的国际都会，后来周游列国的经历更丰富了他的蓝图。

他亲自参与布拉格的城市规划，修建塔楼、城墙等，还在布拉格附近兴建了卡尔斯腾堡。建立了布拉格大学，这是中欧第一所大学，并以重金聘请著名学者到布拉格大学任教，到查理四世去世时，这座新兴的大学已有11万学生。他还通过他的老师——罗马教皇克莱芒六世，使布拉格被提升为大主教区，使他的波希米亚王国取得了教会自治权。所以，现在在布拉格，到处都能看到查理的名字，横跨市中



Tips

晚上的时候最好去听一场音乐会，就在国家博物馆，虽然价格贵一点但是是一种享受。观众就坐在台阶上，是一种不同的体验。



心伏尔塔瓦河的著名古迹“查理桥”、新城市厅周围的大片绿地“查理广场”、中欧最古老的大学“查理大学”，还有布拉格附近历史最悠久的城堡“查理城堡”。如果你再走远些，捷克西部地名世界的温泉城——卡洛维发利的捷文意译就叫“查理的温泉”。

逛不够的老城

布拉格最值得流连的地方主要是城堡区和老城区，被伏尔塔瓦河一分为二，中间由查理大桥相连。

城堡区是这个城市的最高点，一直是布拉格王室的所在地，几世纪以来经过多次扩建，不仅保留许多雄伟建筑和历史文物，现在仍是捷克总统的居所。布拉格城堡有多样化的建筑风格，从古代的罗马式地基，到战争期间的后现代风格，每个年代的风格都或多或少在城堡上留下了痕迹。

维塔大教堂（Katedrala sv. Vít）是布拉格城堡最重要的地标，除了丰富的建筑特色外，也是布拉格城堡王室加冕与辞世后的长眠之所。用雄伟壮

Tips

布拉格是啤酒爱好者的天堂，在这里用不到一美元的钱，就可以买到两杯半升装的顶级皮尔森啤酒。捷克啤酒最有名的品牌有百威(Budvar)和皮尔森(Pilzensky Prazdroj)啤酒，当然布拉格当地产的斯达诺拉曼啤酒(Staropramen)也非常值得推荐。



观来形容它恰如其分，直到此时，我才发现相机的镜头不够用了，无论怎么后退，也不能完整地收进它的全部，后悔犯懒没有带广角，按说周围的广场也足够宽广，但我就是退到了墙根也做不到，这个教堂实在是有点太高了。几次努力后，我终于放弃了。教堂需要买票才能参观内部，不买的话也能进去，不过只能进入三分之一，很多精美的彩绘玻璃就看不到了。

登顶这个教堂，可以俯瞰布拉格城的全貌。布拉格的建筑以红色的屋顶为主，很有自己的特色。几天后我再次来到这里的时候，一场大雪过后，一片洁白，又是另外一种味道了。

站在查理大桥上，脚踏着古老的石板路，扶着久远的旧栏杆，暂且不管那些精美的雕塑，雄伟的城堡，只是静静地看着伏尔塔瓦河滚滚流淌，呼吸着迎面而来的微风，在和煦的阳光下晒晒自己，就是一种绝好的享受。大群的红嘴鸥在身边飞舞，鸣叫，

水面游弋的水鸟中，竟有许许多多洁白的大天鹅，不时间，它们排着队从我头顶飞过，距离是如此的接近，真是不敢相信，人与野生动物之间在城市里相处地竟能如此的和谐，恍惚间，感觉这里是一个不太真实的世界。

游走的乐趣

在布拉格，我觉得最好的旅行方式就是徒步，虽然这里的公交系统很发达，地铁，巴士可以连接到城市的任何角落，但票价稍贵，其实城市并不大，走路也花不了多少时间，还能更好地感受一下这个城市的文化氛围，也不会错过一些有价值的东西。

旧城广场，虽没有城堡广场那么雄伟，但却要热闹得多，夜幕降临后更是如此。这里是 11 至 12 世纪中欧贸易最重要的集市之一，欧洲各地的富商们在旧城广场周围修建起精美绝伦的巴洛克式豪宅，虽然同为巴洛克式，但建筑之间绝不雷同，我住的那家旅社也是这样一所住宅改造而成，豪华，精美。

广场上有一座建于 1410 年的钟楼，尽管钟楼的外墙墙皮因年代久远已部分剥落，但它却以精美别致的自鸣钟而闻名于世。每到整点，钟上的窗门便自动打开，钟声齐鸣，12 个圣徒如走马灯似地——在窗



Tips

在早上八点半前或者在傍晚七点后夕照时分登查理大桥较好，除了游客稀少景致开阔外，日升日落时分的美景是查理大桥之最。



卡夫卡曾经生活过的黄金巷；冬日的布拉格肃穆安宁。



口出现。这个复杂而又奇妙的自鸣钟，是 15 世纪中期由一位钳工用锤子、钳子、锉刀等工具建造的，至今走时准确，成为人们观赏的一件艺术珍品。

钟由三部分组成，即：圣徒雕像、钟盘、年历。每到正点时，象征时光消逝的小鬼首先拉响铃铛并不断点头，而土耳其人则不断摇头，象征始终不愿投降。钟右侧有两个寓意虚度时光的人物塑像，不断摇头，象征未享尽人间富贵，不愿离开人世。同时钟上部的十二个圣徒在打开的天窗后相继出现。当最后一个圣徒走过并把天窗关上时，天窗上面的金鸡扇动两翼后鸣啼，宣告报时结束。钟的中间部分为钟盘，根据中世纪地球为宇宙中心论制作，标明太阳和月球的运动。钟的最下部分是 12 个镶有圆框的组画，描写一年十二个月农村耕作的情景。年历两侧还装饰佩有宝剑、短杖和盾牌的天使和三个象征公正掌管城市的市民，这一具有独特艺术风

格的自鸣钟吸引着来自世界各地的游客。

汰翁教堂，布拉格广场最引人瞩目的建筑，几乎我的每张照片都拍到了它，如果说仰高式的哥特式建筑，为的是达到一种仿如直达天顶的雄伟气息，那么属于后期哥特式的汰翁教堂，很完美地诠释了這個概念。

在这个广场上随便找个露天的咖啡厅兼酒吧随便要一杯扎啤，是再简单不过的享受。广场四周全是历史悠久的建筑物，感觉就像在博物馆里面，啤酒烤肉老建筑，人不知不觉就会陶醉在这个气氛里。

布拉格其实并没有什么天然的景致，但是来自斯拉夫东部、德国北部、法国西部和拉丁南部的多元文化，在布拉格被融合成一个综合体，以另一类独特的风格展现给世人。



Prague

A Mysterious City of Friedrich Nietzsche

Words & Photos / Wu Qiang

Nietzsche said, "When I sought for a word to express music, I found Vienna; when I sought for a word to express mystery, only Prague came to my mind."

Architecture museum

It had nothing to do with Jolin Choi's song Square of Prague that I knew Prague and went there. Actually, had my ex-colleague not mentioned it, I would never have known the song. Maybe I am indeed outdated. I knew the city from Prague Spring and gradually knew about Alexander Dubcek, Milan Kundera, Franz Kafka and Velvet Revolution and Prague was on my mind since then.

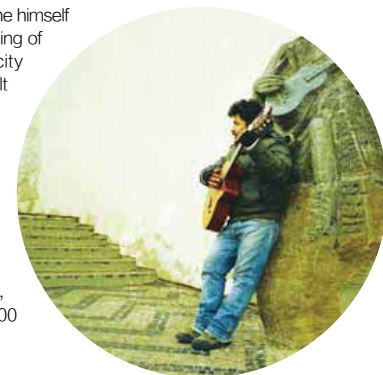
The extensive historic centre of Prague by Vltava River including the Prague Castle has been included in the UNESCO list of World Heritage Sites. Nietzsche said, "When I sought for a word to express music, I found Vienna; when I sought for a word to express mystery, only Prague came to my mind."

With a great amount of architecture of different historical periods and styles, Prague is home to Roman, Gothic, Renaissance, Baroque, Art Nouveau and Surrealistic buildings and especially features Baroque and Gothic building styles which emphasize creative designs and sophisticated techniques as well as a number of colorful paintings and sculptures. Ascending the mountains, you will see the red roofs throughout the city interspersed with golden, green and yellow pinnacles of churches. The beautiful view also well illustrates the changes of different eras.

Omnipresence of Charles

A man must be mentioned in the history of Prague, and he is Charles IV, the pride of Prague. Charles IV, the King of Bohemia, King of Germany and Holy Roman Emperor, was a scholarly king who strived to build Prague into a cosmopolitan city that can match its position as the capital of the empire. His visits to other countries helped him make the blueprint for the city and he himself participated in the city planning of Prague and had towers, city walls as well as castles built in and around Prague. It is worth mentioning that Charles IV founded the University of Prague, which was the first university in Central Europe. He also engaged famous scholars to teach in the university and by the time of his death, the university had had 110,000

Left page: A bird's-eye view of Prague
This page: Swans in Vltava River: A guitarist playing in the street



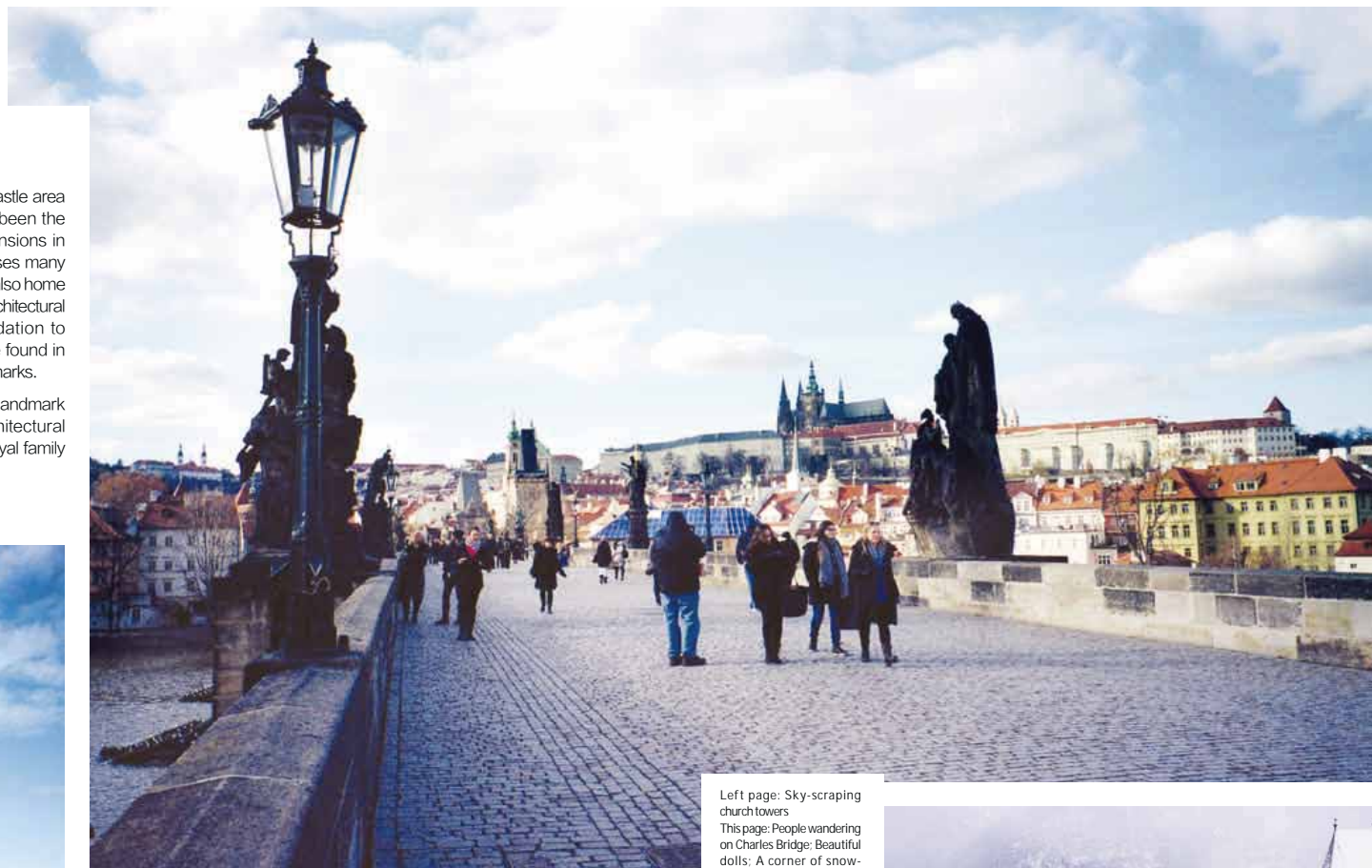
graduates. Charles IV also made Prague an archdiocese and gained autonomy for the church of Bohemia through his teacher Pope Clement VI. Therefore, his name is seen everywhere in Prague like the famous Charles Bridge over Vltava River, Charles Square and Charles University and Charles Castle. If you go farther, you may even find Charles' Hot Spring in the famous hot spring city in west Czech.

Charming Old Town

The castle area and Old Town are the most attractive areas in Prague which are divided by Vltava River

and connected by Charles Bridge. The castle area is the highest place in the city and has been the residence of the royal family. After extensions in several centuries, the place not only houses many majestic buildings and cultural relics but is also home to the president of Czech. A number of architectural styles from the ancient Roman foundation to postmodern buildings in wartime can be found in Prague Castle where each era has left its marks.

Katedrala sv. Vít is the most important landmark in Prague Castle. Besides its rich architectural features, it is also the place where the royal family



Left page: Sky-scraping church towers
This page: People wandering on Charles Bridge; Beautiful dolls; A corner of snow-covered Prague



held coronations and rest. It is indeed magnificent. Not until then did I realize my lens couldn't take a panorama of the cathedral. Though the square surrounding the cathedral is grand, I just couldn't make it for the cathedral is too high. How I regret not taking my wide angle one. After trying several times, I finally gave up. Visitors need to buy a ticket to visit the interior of the cathedral. Without a ticket, one could only see one third of it and would miss its large amount of exquisite stained glass. Mounting the cathedral, you will get a bird's-eye view of Prague. Most of the buildings in Prague are characterized

with red roofs. A few days later when I remounted the cathedral after snow, I found the whole city is blanketed with white snow, giving off a special flavor.

Standing on the flagstone path of Charles Bridge and leaning against the old railing, you will find it a great pleasure watching the flowing Vltava River while enjoying the breeze and bathed in the sunshine. What's more, the fine sculptures and stately castle are a feast for the eyes. A flock of gulls hovering around and screaming and swans flying over or swimming in water form such a beautiful picture. They were so close to people that I was amazed by the harmony between man and wildlife in the city. For a moment, I felt as if everything had been in a dreamlike world.

Walk through the city

I find the best way to tour Prague is by walking. Despite the developed public transport system that connects every corner of the city with subway and bus, the cost is a little bit high. Prague is actually not large and it doesn't take you much time to go somewhere by foot. Besides, you can also feel the cultural ambience of the city better without missing out on something valuable.

The Old Town Square, not so majestic as the Castle Square, is more crowded than the latter especially after nightfall. It was one of the most important fairs in the 11th and 12th centuries in Central Europe. Rich merchants from different areas of Europe built gorgeous Baroque mansions around Old Town Square. Despite the same style, these buildings vary from one another. The hotel I lived was converted from such a luxurious mansion.

A clock tower built in 1410 stands on the square. Though the exterior layer of the tower wall has



peeled off partially, the exquisite astronomical clock in it is well known all over the world. On the hour, the windows above the clock open, the clock rings and the Twelve Apostles appear in the windows one after another. This sophisticated and amazing clock built by a bench worker in the middle of the 15th century still works well and has become a precious work of art today.

The clock consists of three components: "The Walk of the Apostles", a calendar dial and the astronomical dial. On the hour, the skeleton flanking the clock signifying the lapse of time rings the bell and keeps nodding and immediately all the other figures flanking the clock shake their heads, side to side, signifying their unreadiness "to go". After the Twelve Apostles passed the windows above the clock one by one, the golden rooster above crows and flutters its wings to declare the end of the strike. The astronomical dial represents the position and movement of the Sun and Moon in the sky and displays various astronomical details. Twelve pictures depicting the scenes of farm work in twelve months are below the clock. An angel and three citizens stand on the two sides of the calendar plate. This clock with unique artistic characters has attracted tourists throughout the world.

Tyn Cathedral is the most eye-catching building in Old Town Square and it is in almost every photo of mine taken at the square. If high Gothic buildings were to create a majestic air, then Tyn Cathedral perfectly illustrates such a concept.

It is a simple pleasure to have a glass of beer at an alfresco café bar in the Old Town Square.

The surrounding historical buildings make you feel as if you were in a museum. You would be easily intoxicated by the vibe created by beer, BBQ and ancient buildings.

Prague actually has no special natural scenery but the cultures of East Slav and Latin as well as in North Germany and West France have been integrated to form the multiculture of Prague and to show its special characteristics to the world.



Left page: An artistic staircase; Prague delicacies
This page: An artist on Charles Bridge; Prague Astronomical Clock

交通：重庆有三座民用机场，分别是江北国际机场、万州五桥机场、黔江武陵山机场。去重庆游玩飞机一般到达江北机场。从江北机场可乘坐机场大巴、轻轨3号线或出租车到达市区。重庆市内有地铁、公交、出租车、轮渡等交通方式可供选择。

唤醒早晨瞌睡虫的必吃美食 重庆小面

清晨，刚一睁开眼，一碗热气腾腾，香气四溢的小面下肚，把遗留的夜晚痕迹一切都唤醒了。

对于重庆小面，就我听到对其的评价，完全可以和享誉中国、乃至世界的重庆火锅所一较高下。小面，是重庆人的早餐之一，行色匆匆的帅哥美女、绅士贵妇，在简陋的小店门前驻足，没有位置不要紧，站在马路牙子上、或者摆张凳子，就那样甩开腮帮子，享受美味小面带来的满足感。然后整整一个上午都会有幸福感所包围着，工作起来或许也会事半功倍了吧。

据说，网上有重庆小面五十强的排名，位于渝中区青年路77号万豪酒店写字楼斜对面的花市豌杂小面是重庆小面的前五强之一，生意确实非常不错，很多人就如我刚才说的，站在马路上一饱口福。

说起重庆最亲民的小面，那话匣子自然是无法关上了。起源于山城重庆的地方特色小吃小面，是一种汤面类型的麻辣素面，属于渝菜。做小面的面条经过发展与改良，到如今也是越来越多元化，除了我们常见到的小麦面粉，还有豌豆粉等等。想要品尝到一碗最正宗的重庆小面，佐料是关键所在，油辣子是灵魂，你还可以根据自己的口味，要求店家“干煽”（拌面）、“提黄”（偏生硬）、“加青”（多加蔬菜）、“重辣”（多加油辣子）等等。

无论你是一个去重庆旅行的人，还是外出回重庆的当地人，如果不能先吃顿火锅解馋，那么一定要先下碗小面，满足一下口舌的需求。

饭江湖 品一口穿越时光的滋味

山城人，似乎是与生俱来的美食家，无论是大小馆子，还是寻常百姓家，总能做出让你惊艳的美味，许多让我们十指大动的大菜，最初都是从百姓



食在重庆 做一个最幸福的吃货

文、图/黑米粒

川渝地区，向来被大小吃货誉为最能唤醒味蕾的地方。先不说吃了，此刻坐在电脑前仅仅是想想那些红红的辣油，香喷喷的火锅，就忍不住口舌生津，口水就要流下来了。





的餐桌上演变而来。提到重庆的又一特色江湖菜，用美食大咖的话说，是指相对于正宗菜而言，它扎根于民间，以一种菜系为基础，融合多家烹调手法，复合调味，从而达到一种让你意想不到的口舌享受。重庆湖广会馆的饭江湖便是这么一家隐藏于江边的饭馆。

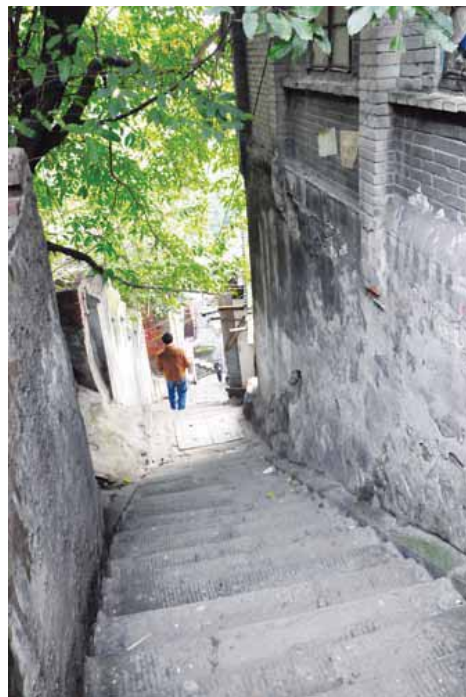
饭江湖的门口做的很隐蔽，从湖广会馆出来，拐个弯，如果不是有当地朋友带领，我定是不会找到的。我觉得我们是从人家饭馆的后门进去的，穿过后厨狭长的巷道，有几个阿姨正在处理辣椒，红红的辣椒装满了一盆盆，摆在石台上，矮墙上也放着泡好的辣椒，路过的餐桌上也是已经吃了一半的辣椒佐餐的美食，辣椒真正的无处不在啊，空气里都是辣椒香喷喷的味道，如果使劲吸一口气，想必

会喷嚏连天了。

饭江湖装修犹如古代的古驿站码头之类的地方，看起来稍显简陋的饭堂，也遇合着当时的情境。走进饭江湖的饭堂，古色古香的装修风格，简易质朴的木桌子，显示出江湖味的长条木凳，一下子那种江湖气息便突出来了，怪不得老板用了“饭江湖”这个名字。

落座后，伙计呈上和饭店风格相同的菜单，看着一个个文绉绉、富有江湖气息的菜名，直接晕倒在餐桌上，对于我这个伪江湖迷，点菜的任务还是交给店家来替我选择吧。等着上菜的空档，伙计将餐具先摆上了桌，看着这具有代表性的餐具，脑海中立马浮现大块吃肉，大口喝酒的画面，此刻我才真正感受到了一种穿越的味道。

选择在饭江湖吃饭，除了他们早已名声在外的人气，更是要吃味道、特色、创意，还有嘉陵江岸山城的风景。饭江湖绝对的充满了江湖气息，吃得



关于这道美味的历史，说得上来的人估计就屈指可数了。起源于明末清初年间，嘉陵江畔、朝天门等地方，码头上的船工、纤夫，将买来的牛毛肚、猪黄喉、鸭肠、牛血旺等食材，洗干净，切成小块，在放有食用油、豆豉、辣椒之类的九宫格汤锅中煮熟食用。这种即经济实惠，又干净卫生的吃法，受到了这些劳动人民的喜爱，慢慢地越传越广，直到民国时期，重庆市内一家小饭馆才将重庆火锅变得高大上了一些。

重庆火锅的发展延续到今天，已经成为了遍及大江南北、塞外边疆，各路吃货所追捧的一道极为经典的美食。从最初的九宫格，到后来的大铜锅；从重庆的辣锅，再到各地演变而来的各种养生锅；从单一的蘸料，到如今各种花样百出的小料，让喜好美食的人们也是大快朵颐，大呼过瘾。

一直在想，为什么大家都那么爱吃重庆火锅呢？细细想来，究其原因，我想不外乎以下几点：1、口味。香醇四溢的辣味，伴随着红彤彤的油锅，食欲大开应该就该说是火锅了。2、促进感情。想想看，大家围坐一团，融洽地吃一顿饭，推杯换盏间所有的不愉快都化解在这浓浓的氛围中了。3、能普遍满足各种食客的好喜。

重庆的美食，不仅仅只有以上提到的这些，比如洪崖洞的各种重庆小吃，渝菜中的各种大餐，来重庆，定能让你胖三圈，就这你还不回去，各种流连忘返。

所以，爱 TA，就带 TA 来重庆吧……

尽兴的时候，你还可以挥毫泼墨，留下你的墨宝，一展你的江湖大侠风范。

说了这么多，饭菜也该上桌了。看着伙计们穿梭在饭桌前，不一会儿的功夫一桌子眼花缭乱的各色重庆美食，便摆满了长条桌。竹林偶遇、文房四宝、江湖水煮……别疑惑，你没有看错，这些都是菜名。听着这些菜名，再看看色香味俱佳的那些美食，这真正的是要来一场“血雨腥风”的口舌之战了。至于这些菜品的味道，这里我卖个关子，因为只有你真正的来吃吃看，才能深切体会到我所说的“血雨腥风”了……

正如网上评价的那般：江湖宴中吃文化，文化里面谈江湖，重庆湖广会馆的饭江湖绝对是江湖菜里非常有特色的江湖美味。

重庆火锅 不吃等于没有来过重庆

有多少人，有多少吃货，去重庆旅行，就仅仅是为了吃一口辣油沸腾，红油满溢的重庆火锅。我想，这个答案，问十个人，至少有九个人会跟我说，是！

重庆火锅喜欢吃的人很多，可是如果追问一下

Tips

晚上的洪崖洞，在灯光的映照下，让这个有2300多年历史，代表巴渝特色建筑的“吊脚楼”建筑群，赋予了更多的神秘与风情。洪崖洞四层的美食一条街，更是让这里充满了活色生香……

市内乘坐111、112、151、181、215，洪崖洞站下车即到。



Enjoy Chongqing Cuisine Be the Happiest Foodie

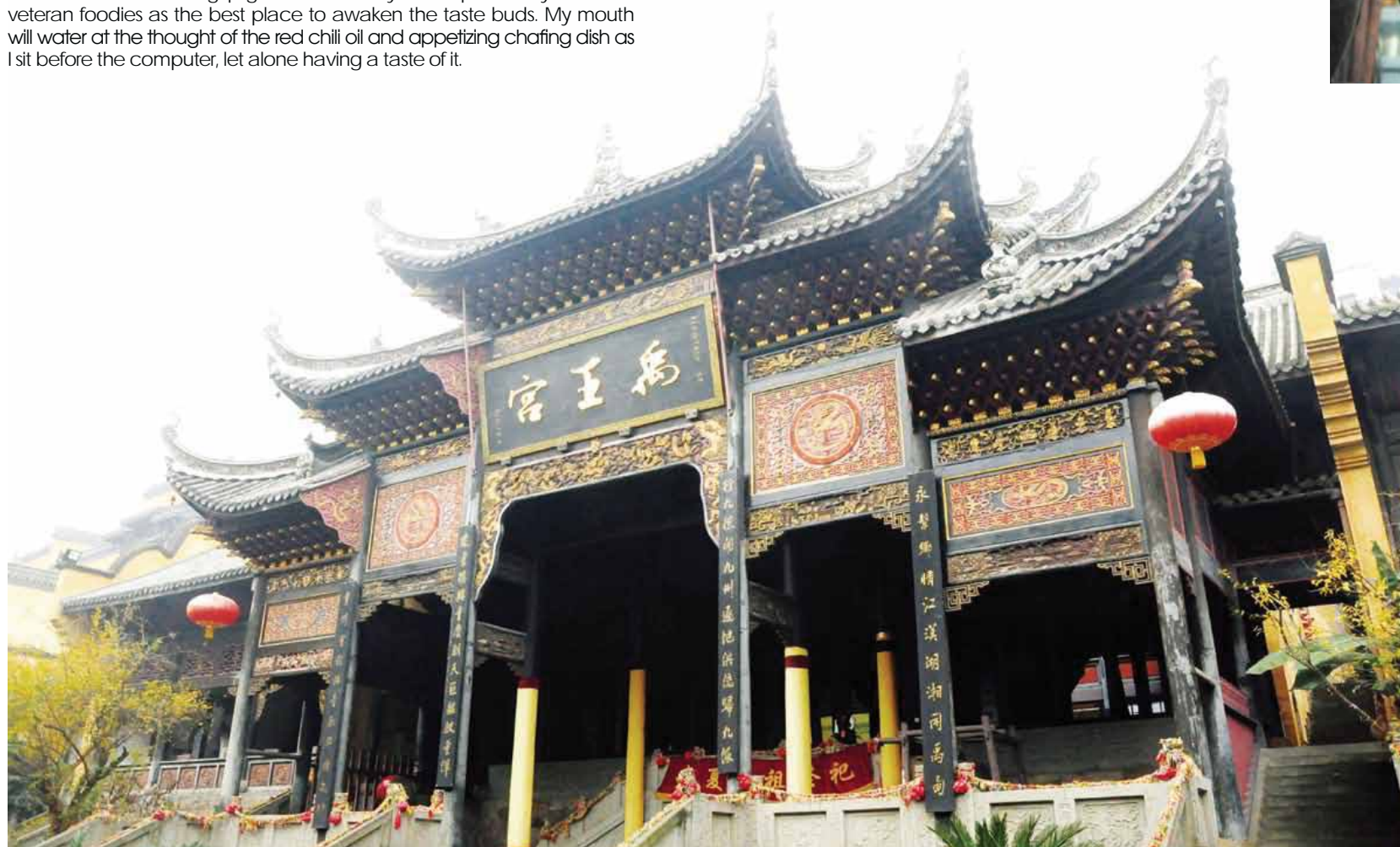
Words & Photos / Heimili

The Sichuan and Chongqing area has always been praised by new and veteran foodies as the best place to awaken the taste buds. My mouth will water at the thought of the red chili oil and appetizing chafing dish as I sit before the computer, let alone having a taste of it.

Indispensable delicacy waking up the sleepyheads in the morning: Chongqing noodles

A bowl of piping-hot and delicious Chongqing noodles after you get up in the morning will awaken everything left over from the night before.

The praise for Chongqing noodles as I have heard can definitely compete with Chongqing chafing dishes widely known in China and even



the world. Noodles serve as a sort of breakfast of the Chongqingese. Handsome boys and belles in a hurry, gentlemen and ladies will stop in front of a humble store. It doesn't matter if there is no vacancy. Standing on the curb or sitting on a stool, they can still make a good chew and enjoy the satisfaction brought by the delicious noodles. They will be overwhelmed by happiness for the entire morning and work more efficiently.

It is said that the ranking of top 50 Chongqing noodles has been listed online. Miscellaneous Pea Noodles in the flower fair diagonally opposite the office building of Marriott Hotel at No.77, Qingnian Rd., Yuzhong District stands as one of the top 5. Its business is fairly good and many diners stand on the curb and enjoy the special treat just as I mentioned.

It's a long story to talk about the most popular Chongqing noodles. It originated from the local special noodles which were spicy vegetarian noodles with soup cooked in Chongqing flavor. The noodles are now more diversified after development and improvement. In addition to the usually seen noodles made from wheat flour, there are also noodles made from pea flour. The seasonings are the key to the most authentic Chongqing noodles and the oil chili is the soul. You can also ask the shop owner to cook the noodles of little soup with the seasonings heavily covering the noodles, stew the noodles harder or add more vegetables or oil chili according to your taste.

Whether you are a traveler to Chongqing or a returning local Chongqingese, if you cannot enjoy a chafing dish, you must have a bowl of Chongqing noodles to satisfy a craving for good food.



Fanjianghu Restaurant: Taste the feeling of travelling through time

The Chongqingese seem to be born gourmets. Either the restaurants or ordinary households can cook amazing delicacies. Many appealing famous dishes initially came from the dining table of the common people. To the gourmets, the special folk Chongqing dishes refer to a special cuisine popular with the folks cooked in diverse techniques with composite seasonings so as to offer you a surprising experience of

taste. Fanjianghu Restaurant in Hunan & Hubei Club of Chongqing is a restaurant hidden on the riverside.

The gate to Fanjianghu Restaurant is rather secluded. Walking out of Hunan & Hubei Club and making a turn, you will find it. But without the lead of local friends, I could not have found it. I felt we entered the restaurant from the back door after crossing the narrow lane along the kitchen. Several women were processing red chili in pots and placing the pots on the stone platform. Well soaked chili was also placed on the short walls. On the tables we passed by were the remaining chili delicacies with staple food. The chili was commonly seen everywhere! The air was permeated with savory chili. If we had exerted our strength to breathe, we would have sneezed incessantly!

Fanjianghu Restaurant was decorated like an ancient courier station or wharf. The seemingly humble dining hall well matched the circumstances then. The antique decoration style, simple and unvarnished wooden tables in the dining hall and the benches of

the tinge of the underworld highlighted the style of the underworld. No wonder the boss named it as "Fanjianghu Restaurant" (meaning "restaurant of the underworld").

After we took seats, a waiter presented the menu of the same style of the restaurant to us. Looking at the genteel dish names with the tinge of the underworld, we were about to directly faint onto the dining table. Though I was a bit interested in the underworld, I entrusted the restaurant owner to order the dishes. When we waited for the dishes, the waiter placed the tableware on the table. Looking at the representative tableware, I instantly thought of the scene of gluttony with meat and liquor. At that moment, I really felt the sense of travelling through time.

We chose to dine in Fanjianghu Restaurant because of its high popularity, flavor, characteristics and originality as well as the landscape of Chongqing along the Jialing River. Fanjianghu Restaurant was full of the tinges of the underworld. If you enjoy yourself to the full, you can write calligraphy with a brush and display your demeanor of a swordsman.

During such a long interval, the dishes were served on the table. The waiters shuffled and in an instant various dazzling Chongqing delicacies were placed on the long table. Accidental Encountering in the Bamboo Forest, the Four Precious Articles of the Writing Table and Poaching in the Underworld... Don't get confused! Just as you see, they are all dish names. Hearing these dish names and watching the delicacies of pleasant color, aroma and taste, we felt a "vehement" battle with the dishes. As for the taste of the dishes, please allow me to hide it from



you. Only when you come to taste them can you personally experience the "vehement" chewing of the dishes.

Just as the comment online: Fanjianghu Restaurant supplies food of cultural tastes and culture about the underworld is talked about in the restaurant. Fanjianghu Restaurant of Hunan & Hubei Club in Chongqing was definitely a restaurant featuring characteristic delicacies of the underworld.

Chongqing chafing dish: Failing to taste it, you would have seemingly not been to Chongqing

How many people or foodies go to Chongqing simply to taste the Chongqing chafing dish of boiling and brimming red chili oil? I believe at least nine out of ten will answer "Yes!"

Many people favor Chongqing chafing dish. But I'm afraid only a few know its history. Dating from the late Ming dynasty and the early Qing dynasty, the boatmen and boat trackers at the wharfs along the bank of Jialing River and in Chaotianmen bought beef omasum, pig tracheas, duck intestines and ox blood beancurd etc, washed them clean, sliced them into small pieces and steamed them in the squared-up soup pot with edible oil, fermented soya beans and chili etc. The economical, practical, clean and healthful way of eating won popularity among the laboring people and spread farther and farther. It was not until the Republic of China era that the first eatery in Chongqing supplied Chongqing chafing dish as a high-end dish.

Chongqing chafing dish today has become a classic delicacy favored by various foodies from all corners of the world. From the squared-up soup pot at the very start to the later big copper pot; from the

spicy chafing dish of Chongqing to diverse healthcare chafing dishes evolving everywhere else; from the simplex condiment sauce to various seasonings; all kinds of the chafing dish drive the diners to glut themselves with the delicacies and enjoy the food to their heart's content.

I have been wondering why Chongqing chafing dish is so popular. After meticulous consideration, I have concluded the following reasons: 1. Its taste. The savory and mellow spicy chafing dish of red chili oil is appetizing. 2. Its effects to promote interpersonal emotions. Just think about it that the diners eat harmoniously from the same pot and all the displeasure will dissolve in the toast in the strong friendly atmosphere. 3. Its possibility to satisfy the favors of different gourmets.

The delicacies of Chongqing are not merely what I have mentioned above, such as Chongqing snacks of Hongyadong stilted house complex, sumptuous meals in Chongqing cuisine. You are bound to get fatter in Chongqing. And you will feel reluctant to leave.

So, if you love someone, take him or her to Chongqing.



Tips

The Hongyadong stilted house complex in the evening adds more mystery and appeals under the light to the "stilted building complex" representing the buildings with Chongqing characteristics of more than 2,300 years. The four-storey Hongyadong Food Street additionally makes the site colorful and lively--

Take bus line 111, 112, 151, 181 or 215 in the city and get off at the Hongyadong Stop.



Tips

Transportation: There are three airports in Chongqing, namely Jiangbei International Airport, Wujiao Airport in Wanzhou, and Qianjiang Wulingshan Airport. Most of the flights arrive at Jiangbei International Airport. Passengers can take airport shuttle bus, light rail line 3 or taxi to the downtown. In the city, they can travel by subway, bus, taxi, ferry, etc.



金边 向水而生

文、图 / 喻添旧

这些虔诚的仪式参与者中，不乏染着红发的时尚女孩，或塞着耳机用手机听歌的青春少女，她们与北京、首尔或是吉隆坡的年轻人没有区别。



同饮一河水

也许没有任何其他一座东南亚的首都如金边这样有着清晰的历史脉络和单一的城市传说了。传说一名叫做“Penh”的老妇人，在湄公河畔发现了四座佛像，仿佛是神明的引领，她将佛像供奉在附近的小山上，山下逐渐发展出的城镇就是金边（Phnom Penh，“Penh”的山）。

城市向水而生

穿城而过的湄公河为积重难喘的国家带来了活力复苏的可能。金边这座曾被称为“四面城”的新首都既可以接纳洞里萨湖出产的丰富物产——鱼货和陶瓷，也可以控制通往河流上游老挝的贸易，更可以轻松囊括由越南三角洲地区中转的来自中国的进口商品。

农业再也无法成为国家的经济支柱，尽管新首都的水利资源比起旧时代丰富了无数倍。你若是通过方便的陆路边境由越南进入柬埔寨，会感觉到两个国家农业发展水平的明显差距。前者的农田一年收割两到三季，机械化助力着东南亚优良稻米的出口；而金边的道路两侧却大部分时间都是充满凄凉

感的白黄色，瘦弱的牛行走在田间，不是在耕地而是在觅食。这种眼前即视的情景变化跟气候和地域无关，国界像一道闸门，切断了同样接受湄公河水滋养的两块相邻土地的联系。

伤痛正在愈合

如今的金边被认为是一座“时尚”“现代”的“都市”，我想这很大一部分原因在于起初金边人放弃了吴哥式的建设规则：没有站在高高的山上才可俯瞰全景的佛塔，没有用巨石搭建成的寺庙群，没有纪录国家历史和君王功绩的浮雕墙，亦没有宽阔流淌并由神像守护的护城河——洞里萨湖和湄公河在此会聚就已经足够了。



Tips

1月-2月间是前往金边的最佳季节，气温相对较低，而且雨水不多，干爽宜人。每年的11-4月为旱季，其中4月最为炎热；接着是5月-10月的雨季，9月-10月几乎每天午后都有大雨。

柬埔寨有一种古老有趣的民俗，用服装色彩表示日期，有“七彩星期”之说：星期一穿嫩黄色，星期二穿紫色，星期三穿绿色，星期四穿灰色或浅蓝色，星期五穿青色，星期六穿黑色，星期天穿红色。



在经过了命途多舛的600年之后，金边人仍然会对宗教有真正意义上的虔诚，祈祷和朝拜不停歇地在湄公河畔点燃城市的热情。过去岁月里，泰国和越南的反复侵入令金边人到今天都对这两位邻居感到不悦；法国人拥有的“印度支那”的“保护”范围也包含了柬埔寨，他们曾经捏住了柬埔寨的仅有经济咽喉（木材砍伐），但至少为金边留下了今天仍在使用的城市格局体系；之后的“红色高棉”几乎摧毁了国家一切古老的荣耀，也包括人们精神的信仰，这种如埋葬整个世界一样的破坏比起吴哥帝国时期的任何一次变革都更加惨痛。现在的金边人宁愿选择遗忘或者闭口不谈，伤痛正在愈合，就像湄公河上的航船驶过后合拢的波澜。

Tips

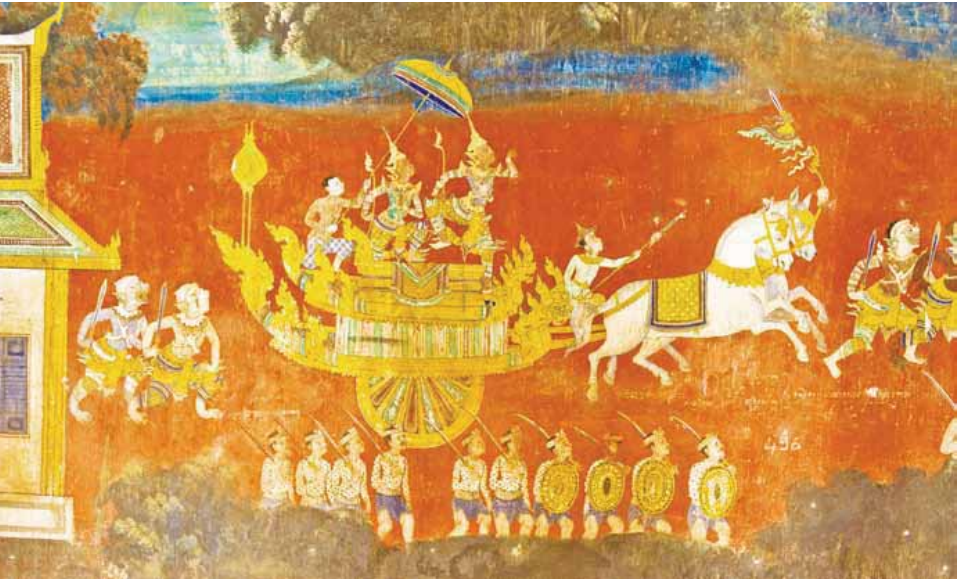
游客用餐一般可看到看上去比较正规的餐馆，均有柬文、英文、中文（或法文）菜单。但若服务好，可适当给\$1或一两千瑞尔，他们会很高兴的。

河岸边的祈祷

没有豪华的高楼大厦，即使是通常被认为是黄金地段的滨河路。高大的椰树和殖民时期风格的酒

店扼守着街道两侧，酒店屋顶的露台安置着太阳浴躺椅，在雨季到来之前的日子里尤其受到欧洲游客的欢迎，他们在远离喧嚣的地方享受着与湄公河有关的优雅旅行。摩托车呼啸而过，搅动着河上来的热风，穿过一辆辆属于权贵阶层的大型汽车和属于“金边穷人”的脚力三轮。渡船往返于宽阔的河道两岸，它们几乎都不具有游览功能，而只是构成城市公共交通的必要工具。

当太阳偏西，洒下金色光辉的时候，河岸上聚满了人，一场祈祷的仪式马上就要开始。所有人都带有鲜明的标签，他们属于不同的阶级，不同的职业，怀着不同的目的，扮演不同的角色，他们有着不同的精神状态，享受不同的生活品质，他们每人都是组成新时代的金边人的不可缺席的一份子。农民或小商贩将含苞待放的花朵捆扎——它们是粉色或白色的，并与削掉表皮的椰子和三支香束组合在一起。面色憔悴，泥垢满身的孩子——他们大多是无家可



老城中被丢弃一旁的佛像；
金边皇宫；祈佛。



归的乞丐——以低廉的价格售卖椰子蜡灯（确实也不值什么大价钱），以便换取一天的晚餐。

“One dollar, let them free!”一位提着笼子的妇女向我推荐她的商品，笼子里装满扑腾乱蹦的活麻雀。金边人认为买下两只被困的麻雀抛向空中，可以借由“解救生命”来消除孽障或实现愿望，这个过程必须伴随双手合十的闭目祈祷才有效。不管实际效果如何，花费 1 美金寻求心理安慰对于城市中人来说确实不算什么，但基本上没有外国游客参与到这个被称作“放生”的游戏中来。

朝拜在河边的亭子里举行，无数鲜花和香支插入祭坛，再转通过神职人员的双手堆满亭子窗口外的垃圾箱，这看起来十分浪费。祈祷跪求之后，人们获得的回馈的是供过的水果——香蕉或龙眼居多，数量并不确定。这些虔诚的仪式参与者中，不乏染着红发的时尚女孩，或塞着耳机用手机听歌的青春少女，“放生”麻雀后，她们在FACEBOOK上如日记一般写下期待实现的愿望，她们与北京、首尔或是吉隆坡的年轻人没有区别。

在仪式的外围，更加随意的“对人生奥义的追寻”也在发生着，用宽大的帽子遮住整个头脸的人以扑克牌占卜命运，她的客人也是漂亮的女士，在金边这个城市里，女士尤其喜欢以看似传统的方式改变令自己不满意的生活现状。

老城中温暖的笑容

那些跟随父母家人而来的孩子并不参与仪式，河边的空草地是他们的游乐场。他们穿着鲜艳的衣裤和花裙子，根本不介意红配绿的撞色搭配。一只气球，几个伙伴就能快乐地度过整个黄昏，直到夜幕下的街灯将影子拉长。无忧无虑的天性是什么时候被改变的呢？向身外之界祈祷是因为什么成为习惯的呢？或许心界与眼界有关，世界大了，心就变了。

金边的许多老旧居民小区都如中国常说的城中村一样存在。长久以来的随意搭建令窄如胡同的楼间路变成了缺少出口的迷宫，看起来年代久远的佛像浮雕竖立在小区入口，好像你正要进入一座寺庙。奇怪的物件组合到处都是，配电箱顺着电线杆一路向上排列，仙人掌粗壮地生长，砖墙上的蓝色玻璃窗从来没有被打开过。但却没有人关门，家门口是

人们最喜欢耗费掉一天无聊时光的地方。未完成的破败佛像堆满院落——这里的许多人家正在政府的支持下，进行恢复传统佛像制作工艺的工作，堆放更多的是最便捷的交通工具——摩托车。

所有人都对到访的陌生人无比欢迎，尤其是对中国人，这来自于两个国家从未有过交恶的历史。剪刀手和微笑是世界通用语言，无论大人还是孩子，都毫不吝惜于自己的热情。金边的老城区里没有欺诈也没有骚扰，这与东南亚很多国家的今日状况都不一样。

Tips

阿莫克是最受欢迎的传统高棉美食之一，几乎在各个柬埔寨餐馆都可以吃到。做法就是将肉类，或者其他材料裹在香蕉叶中烘烤，再加入椰汁、椰浆、柠檬汁及当地蔬菜和各种香料，然后加入主料烹制，最后盛在椰子壳或者瓷碗中，很有当地特色。一般鱼、鸡肉、牛肉等几种不同种类的选择。



PHNOM PENH WATERSIDE DEVELOPMENT

Words & Photos / Yu Tianju

Many fashionable young girls who participate in the religious ceremonies wear red-dyed hairs or listen to the songs on the phone over the earphones. They have no distinction from those of Beijing, Seoul or Kuala Lumpur.



Drinking water from the same river

Probably no other capital cities in Southeast Asia are like Phnom Penh that has the crystal-clear historical context and the simplex city legend. Legend has it that an old woman named "Penh" discovered four Buddha statues along the Mekong Riverfront. Seemingly led by the deities, she consecrated the Buddha statues on the hill nearby and the town called Phnom Penh gradually came into being below the Penh Mountain.

City formed along river

The Mekong River zigzagging through the city might



revive the severely-devastated country. Phnom Penh, the new capital city which was once called "the City in All Directions", can take in such abundant products as the fishes yielded from the Tonlé Sap Lake and the porcelain, control the trade to the upstream Laos and easily receive the commodities imported from China and transferred from the Vietnamese Delta.

Agriculture cannot stand as the economic pillar of the country any more, although the water resources of the new capital have improved by a myriad of times than the past. If you set foot in Cambodia from Vietnam through the convenient land route, you may spot the marked gap between the agricultural development levels of the two countries. The farmland of Vietnam can see two or three harvests a year and mechanization does fuel the export of the good rice of Southeast Asia; however, both sides of the roads in Phnom Penh feature desolating white yellow most of the time and the emaciated cattle walk in the field to forage rather than plough. The scenes meeting your eyes have nothing to do with the climate and territory. The national boundary is like a gate cutting off the contact between two neighboring pieces of land nurtured by the Mekong River.

The healing pains

The present Phnom Penh is regarded as a "fashionable" and "modern" "metropolis". From my viewpoint, this is mostly because at the very beginning the people of Phnom Penh gave up the Angkor-style construction pattern featuring pagodas whose panorama could be overlooked only on

Tips

January and February promise the best season for tourism in Phnom Penh, featuring relatively low temperature, less rain, and a dry and pleasant weather. The period from November to April next year composes the dry season and it is the hottest in April; May through October constitute the rainy season and it pours almost every afternoon during September through October.

There prevails an old and interesting custom in Cambodia to mark the date by means of the color of clothes. Hence the phenomenon of "colorful week" exists: The Cambodians should wear bright yellow clothes on Monday, purple on Tuesday, green on Wednesday, grey or light blue on Thursday; cyan on Friday; black on Saturday and red on Sunday.

high mountains, temples built with boulders, relief walls recording the national history and the feats of the monarchs and moats of running water blessed by Buddha statues. Only the Tonlé Lake and the Mekong River converging here is enough.

After 600 years of ups and downs, the people of Phnom Penh are still genuinely devout to their religions; their prayer and worship along the Mekong River incessantly kindle the blazing ardor of the city. The repeated invasions of Thailand and Vietnam into



Phnom Penh in the past still brings the people of Phnom Penh extremely unpleasant feelings for its two neighbors today. The scope of "patron" of the French over "Indochina" also included Cambodia and the French once strangled the only economic outlet (timber felling) of Cambodia. Nonetheless, at least, they left

the present city pattern of Phnom Penh. The "Khmer Rouge" almost destroyed all the ancient glories of the country including their spiritual beliefs. Such destruction similar to burying the whole world was bitterer than any revolution in the Angkor Empire. Now the people of Phnom Penh would rather choose to forget it or make no mention of it. Their pains are healing, just like the folding waves on the Mekong River after the steamers roll by.

Prayer at the riverside

No luxury high-rises stand in Phnom Penh, even in the prime Riverside Road. Tall coconut trees and hotels in the style of the colonial period guard on both sides of the streets and deck chairs for sun bath are arranged on the terraces of the roofs of the hotels, which are especially popular with the European visitors before the rainy season who come to enjoy the graceful travel along the Mekong River free from insanity. The motorbikes roar by and stir the hot wind over the river blowing large cars of the bigwigs and the feet-driven three-wheel vehicles of "the poor in Phnom Penh". The ferryboats traveling on the vast watercourse are not

utilized for sightseeing but are simply indispensable traffic tools in the city.

When the sun went slightly westwards and gave off the golden brilliance, the river banks were crowded with people waiting for a praying ceremony to begin. All the people with distinct labels belonged to different social classes, had diverse occupations, played different roles for different purposes, lived in different mental states and enjoyed different quality of life, each of whom was an indispensable part composing Phnom Penh in the new era. The farmers or petty dealers bundled up pink or white flowers in bud together with a peeled coconut and a bunch of three incenses. The emaciated children with dirt all over were mostly homeless beggars who sold palm wax lamps at a low price (indeed cheap) for supper.

"One dollar, let them free!" A woman carrying a cage recommended her goods to me, with the encaged sparrows thumping in it. The people of Phnom Penh hold it that buying two engaged sparrows and setting them free in the sky could remove the evil creatures from them or realize their dreams thanks to their kind practice of "saving the life" and it works only when the worshippers put their palms together devoutly and pray with their eyes closed. No matter how the actual effects would be, it is really not a big deal for the urbanites to spend one dollar seeking psychological comfort. Nevertheless, basically no foreign visitors join in the game of "freeing captive animals".

The worship was held in the riverside pavilion. Numerous flowers and incenses were inserted into the altar and then put into the dustbins outside the pavilion by the clergies. What a waste it seems to be! After kneeling and praying, the people got an



A lovely boy in an alleyway of Phnom Penh:
Exquisite fresco



Tips

The tourists can dine in standard restaurants where Cambodian, English, Chinese (or French) menus are served. But you can tip the waiters with \$1 or 1,000-2,000 riel for their satisfactory service, and they will be fairly happy.



Flower and man: A lady setting sparrows free



composition can be seen everywhere; the distribution boxes are arranged upwards along the telegraph poles; the cactuses grow sturdily and the blue glass windows in the brick walls have never been opened. Nonetheless, the door is always left open because doorstep is the best place where the local people would like to spend a boring day. The ruined unfinished Buddha statues are scattered here and there

uncertain number of fruit offerings (chiefly bananas or longans) as returns. The participants of the religious ceremony included fashionable young girls wearing red-dyed hairs or listening to the music on the phones over the earphones. After "freeing the sparrows", they noted down their wishes on FACEBOOK just like writing diaries. They were not different from the young counterparts in Beijing, Seoul or Kuala Lumpur.

On the periphery of the ceremony, the casual "pursuit for the profound meaning of life" came up. A woman with a wide hat covering her head and face was practicing divination with cards. Her customers were also pretty ladies in the city of Phnom Penh who were especially fond of changing their unsatisfactory living conditions in the seemingly traditional manner.

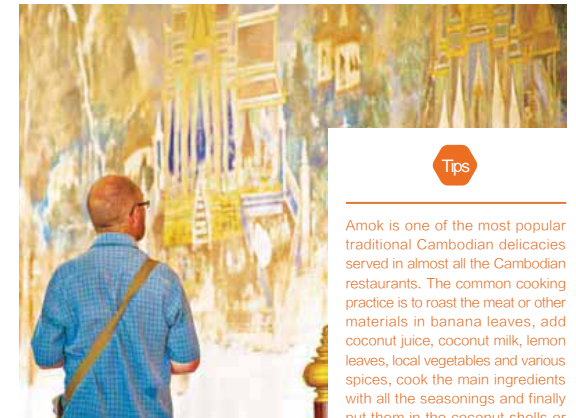
Heartwarming smiles

The children coming along with their parents did not pray. The empty riverside grassland seemed to be their playing ground. They wore clothes, trousers and skirts of bright colors and did not mind the matching of red and green. With a balloon, the children could cheerfully play till the dusk fell and the streetlights lengthened the shadows in the gathering darkness. When was the happy-go-lucky nature changed? How did praying to an unseen world develop to be a habit? Maybe the mind was related with the field of vision. If the world turned bigger, the mind would tiptoe after the change.

Many old and dilapidated residential quarters in Phnom Penh exist like the villages in the Chinese cities. The random construction for a long time turn the roads between the buildings as narrow as lanes to be the labyrinths lacking outlets; the reliefs of Buddha statues seeming to have a long history erect at the entrance to the quarters and it looks as if you might enter a temple. Strange object

in the courtyard. Many families are engaged in restoring the Buddha statues in the traditional way with governmental support. Motorbikes, the most convenient transport tools, are also piled up there.

Everyone there warmly welcome the arrival of visitors, especially Chinese tourists because the two nations have never been on bad terms before. The "victory" gesture and smiles are the universal languages and both the adults and the children do not spare their enthusiasm. There is no fraud or harassment in the old city of Phnom Penh, which is different from the present situation in many other Southeast Asian countries.



Tips

Amok is one of the most popular traditional Cambodian delicacies served in almost all the Cambodian restaurants. The common cooking practice is to roast the meat or other materials in banana leaves, add coconut juice, coconut milk, lemon leaves, local vegetables and various spices, cook the main ingredients with all the seasonings and finally put them in the coconut shells or porcelain bowls. It is a signature dish with local characteristics. A variety of flavors such as fish, chicken and beef can be served for your choice.