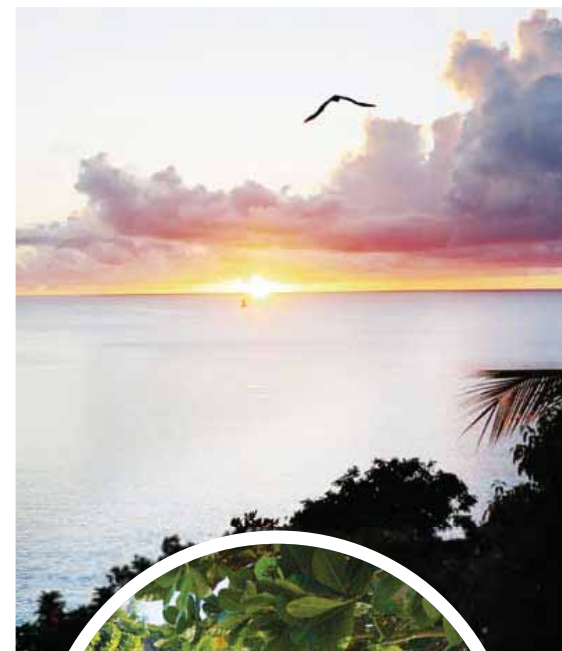
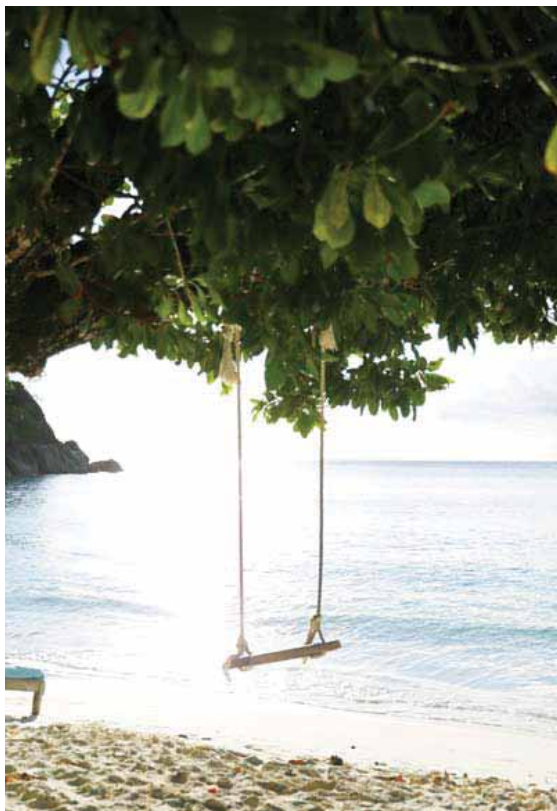




Where to Enjoy the  
Seaside Breeze  
in This Big World?

世界之大，  
去哪里凭海临风

文、图/风同学



车，穿过马埃岛波澜壮阔的滨海公路，驶入陡峭的盘山小径，两侧的树，如疯了似地狂野。

去过塞舌尔的人都知道，这里的路是何等狭窄与险峻，当车驶进酒店的大门，各种不可思议的转弯与爬升，让塞舌尔当地的司机也发了几句牢骚：每次来这里，开车都要很小心啊！

然后，眼前豁然开朗，一个如此优美平静的海湾，以及山上丛林中的高架别墅映入眼帘。不会吧，我竟然就要住在这里！Buggy司机见惯不怪地微笑着，接过我的行李，向着更陡峭的山间驶去。

路向天边延伸，在几乎无路可走的时候，终于，我的别墅到了。走下木台阶，穿过茂密的热带丛林，打开青蓝色的大门，就看到了蓝色的大海。不是那种惊涛拍岸的海，也不是那种海风轻拂的海，是水平如镜的，处子般宁静的海。

作为最爱的酒店品牌之一，四季真的是从不让人

失望，住过的那些四季酒店，无论是广州和华盛顿这样的城市酒店，亦或是佛罗伦萨这样的古堡酒店，或是塞舌尔这样的海岛度假酒店，四季总是能保持自己的调性。它不求惊世骇俗，也不玩酷炫，它是庄重的，大度的，温润的。

从我的露台望出去，那些高高悬崖丛林中一幢幢的别墅，就是这么拉风。这些房子，就好像是从巨大的花岗岩上自然生长出来的。每个别墅都有发呆亭，坐在这里发个呆，看个海，无比惬意。酒店园区的山间小径，处处鲜花盛开，最美的还是扶桑花，就连果盘都少不了扶桑的点缀。

绝大部分的海岛酒店，室内装饰都会遵循当地传统，采用当地元素。塞舌尔四季酒店却另辟蹊径，虽然有部分装饰材料来自当地，但整体的氛围，却

本页图：身体乳液和晒后乳液；夕阳西下，倦鸟归巢；随时都可泡在水里。  
左页图：每间别墅都有私人泳池，公共泳池就少有人光顾了；秋千架上惬意时光；这个美女是个研究海洋的科学家。

出乎意料地充满北美田园风情。它一方面彰显着四季酒店来自加拿大，也让我想起自己在温哥华、在维多利亚睡过的那些临海度假酒店，是那样轻松、明快，充满了艺术风。

塞舌尔四季的主色调是青蓝色，甚至洗手间的小几和墙上的画，还有门与露台的色调，都是这样让人心情舒畅的青蓝。白色的木板墙，粗犷而天然。

明媚的午后，阳光透过室外的树木与纱窗照进来，心中就充满安宁的感觉。突然就理解了这样的田园风，就好像窗外那一湾宁静的海。海，有时候并不意味着远征，也象征着家园与守候。

除了提供常有的身体乳液，酒店还贴心地提供了晒后乳液。值得一提的是，酒店备品来自塞舌尔当地品牌 Yi-King。由一位法国女士创建的 Yi-King 品牌，除了材料全部来自于塞舌尔当地的有机植物，更融合了中国的五行学说与中药理论，按照

个人的出生日期，将产品分为天空、风、水、山、地、雷、火和湖八类。

在塞舌尔，无论住哪一家酒店，最亮丽的，永远是窗外的这片海。清晨，可以乘着酒店的橡皮艇出海；一场小雨过后，就会漫不经心地升起一弯彩虹；黄昏，一泳池都是绮丽的晚霞；日落时分，海鸟飞翔；夜晚，有最美的蚊帐相伴；深夜，海上美丽的星空，让人的心也碎成一颗颗小星星。

早餐，依然可以高冷地呆在度假村的上面，ZEZ 餐厅离房间非常近。餐厅门口有个古怪的乐器来自塞舌尔当地，是用椰子做的，名字叫做 ZEZ，餐厅因此得名。餐厅除了无敌海景，最大的亮点，就是那些来自马达加斯加的海鸟了。吃饭时也要小心，这些家伙可是完全不怕人，我那辛苦烤好的面包片，一不留神就被它们叼走了。

酒店的 Spa 室，位于整个山的最顶部，有着会



本页图：餐厅门口这个古怪的用椰子做的乐器就是 ZEZ；Kanne 餐厅每晚都有固定主题，当天上演的是当地风情的克里奥之夜；泳池倒影着最美的云。

右页图：无论在哪里，最亮丽的永远是窗外的这片海。



当凌绝顶的气势。Spa 产品，仍是 Yi-King 品牌。依照我的出生日期，来自印度的 Spa 技师 Rinku 神秘地告诉我：你是 lake person，用的是当地产的椰子按摩油，我成“湖人”了。再一听解释，真是很神。做 Spa 之前填写表格，我注明重点部分是脖子。然后湖人的产品上面就明写着，湖人最容易疲劳的部分，就是脖子！

泡脚的叶子，就来自本山头的肉桂树，海滩上的沙子是用来磨死皮的。酒店最常见的，就是这些肉桂树了，Spa 前喝的肉桂香草茶，用以安神。

海边的 Spa 小屋，有着秘境般的氛围，只听得涛声，只看得树影。Spa 技师 Rinku 来自印度北方，所以看起来很像尼泊尔人，别看她笑起来慈眉善目，下起手来可是“心狠手辣”。

还是第一次体验印度 Spa，与巴厘岛和泰式不同，下手明显力道十足，而且特别讲究身体的拉

伸。在 Spa 床上，我真心感觉自己就是一团面，被 Rinku 揉搓成各种瑜伽的姿势。不过后半部分，当神秘的音乐响起，按摩进入舒缓理疗阶段，那般舒畅通达的感觉，太美妙了。

四季酒店颠覆性的 Spa 理疗，是 Spa 后的食疗，将食疗做为整个 Spa 的延续，也难怪 Spa 的名字，就叫做 Hilltop fusion treatment。食物也是按上述原理分八种，给我们湖人的建议是：适宜温和的食物和酸甜口，还真对了！除了番茄大虾，沙拉的食材主要有番茄、薄荷、柠檬、菠菜、豆类等等，最主要也是最奇怪的一样食材就是藜麦了。

再出来时，已经是霞光满天，不是那种特别绚烂的晚霞，而是充满神秘色彩的紫色。也许是 Spa 的作用，也许是这魔幻的天光，当我沿着鲜花小径走向房间的时候，心中是那样的舒畅与安宁，那样的悠远与明澈。

Tips



最佳旅游季节：4—9月，此时是旱季，温度适中，不会下大雨，可以尽情享受阳光、沙滩，但也要注意防晒。这个季节是钓鱼的旺季。5—10月为旱季，凉爽少雨，空气通透，适合摄影，风较大，如果喜欢风帆运动，可在此时前往。



# Where to Enjoy the Seaside Breeze in This Big World?

Words & Pictures / Feng

The buggy drove on the vast coastal highway on the Mahe Island and then onto the precipitous zigzagging path with the trees on both sides passing by wildly.

Whoever has been to Seychelles must know how narrow and steep the roads there are. Driving through the gate to the resort, the buggy had to make

turns and climb inconceivably. Even the local driver could not help grumbling, "Great care must be taken whenever I drive here!"

Then the land was abruptly open and clear. A graceful and tranquil bay and an overhead villa among the trees in the mountain heaved in sight. Incredible! I'll be staying here?! The buggy driver

smiled, gave me my luggage and drove back to the steep valley.

The path stretched towards the horizon. When there was almost no way to go, I finally arrived at my villa. Descending along the wooden steps, walking through the dense tropical jungle and opening the ultramarine gate, I saw the blue sea which was not billowing or flicking but was serenely impressive at rest.

One of my favorite brands, Four Seasons Resort Seychelles did not disappoint me. No matter the city hotel in Guangzhou and Washington, the old castle hotel in Florence or the island hotel in Seychelles, the Four Seasons Resort Seychelles I had lived in could always maintain their own characteristics, not astounding or cool, but solemn, generous and gentle.

Seen from my balcony, the villas in the jungle beside the high cliffs looked so cool. These houses seemed to have naturally grown on the gigantic granites. In each villa there was a pavilion for the visitors to enjoy the peace of mind. It was incomparably pleasant to be lost in thought and appreciate the seascape there. Along the valley path in the park of the hotel, flowers were blooming luxuriantly and the hibiscus rosa-sinensis bloomed the most gorgeously. Even the fruit trays would not do without the dressing of hibiscus rosa-sinensis.

The interior decoration of most island hotels would follow the local traditions and adopt the local elements. However, Four Seasons Resort Seychelles opened up a new path. Although part of the decorative materials came from the local area, the entire atmosphere unexpectedly displayed the pastoral style of North America, highlighting that Four Seasons hotel originated in Canada and reminding me of the relaxing, lively and artistic oceanside resorts where I had lived in Vancouver and Victoria.

The dominant hue of Four Seasons Resort Seychelles was ultramarine. Even the locker in the rest room, the paintings on the walls, the door and the balcony were all painted in pleasurable ultramarine. The white wood siding walls also seemed rough and natural.

In the sunny afternoon, the sun shone through the outdoor trees and screen windows. My heart was flooded with a sense of serenity. It suddenly struck me that the pastoral scenes looked like the tranquil sea outside the window which sometimes did not symbolize expedition but the homeland and



This page: Furniture in the washing room  
Left page: Villas on the rocky mountain

Tips



**Best travel season**  
From April to September. It is the dry season when the temperature is moderate and there is no heavy rain. Tourists can enjoy the sunshine and beach sufficiently, but measures should be taken to prevent from sunburn. It is the best season to fish dorado. In the dry season from May to October, it is cool and has little rain, and the air is transparent and fit for photography. If you love windsurfing, you may go in this windy season.

expectation.

Apart from regular body lotion, the Resort also considerably provided after-sun lotion. What was worth mentioning was that all the spares of the Resort were products branded Yi-King which was founded by a French lady. All the materials came from the local organic plants in Seychelles.

Integrating the Chinese Five-element Theory and the theory of traditional Chinese medicine, as well as in accordance with the date

of birth of the customers, the products could be divided into eight categories, namely, sky, wind, water, mountain, earth, thunder, fire and lake etc.

In whichever hotel in Seychelles,

the most beautiful was always the sea outside the window. In the morning I could go out to sea in a rubber dinghy provided by the hotel; after drizzles, a rainbow would simply rise in the sky; at dusk, the gorgeous sunset glow drifted on the surface of the swimming pool; when the sun went down, the seabirds flew cheerfully over the sea; in the dark hours, the most beautiful mosquito net would accompany you to a sound dream; late at night, in the beautiful starry sky above the sea shone the intoxicating starlets.

I could still proudly stay in the resort to have breakfast because the ZEZ Restaurant was extremely close to my room. A strange musical instrument at the door of the restaurant came from Seychelles, which was made of coconut and named ZEZ, hence the name of the restaurant. In addition to its super river view, what highlighted the resort were the seabirds from Madagascar. You should be cautious during the meal because they were not afraid of people. They even carried off the sliced bread I had laboriously

baked when I wasn't paying attention.

The Spa room of the resort lied on the peak of the whole mountain in an imposing manner. The Spa products were also of Yi-King brand. Rinku, the Indian Spa technician, secretly told me I was a lake person judging from my birthday and I was given the coconut massage oil produced in the local area. I became a "lake person"! Her further explanation sounded amazingly correct. When I filled in the form before the Spa, I stressed my neck prior massage. Then the products for the lake person wrote clearly that the neck of the lake person felt the most serious fatigue!

The leaves for foot bath came from the cinnamon trees from the mountain top and the sand on the beach was used to wash away the dead skin cells. The cinnamon trees were most commonly seen in the Resort. The cinnamon vanilla tea I drank before the Spa was used to soothe the nerves.

A mysterious atmosphere pervaded the seaside Spa hut where only the sound of billows could be heard and the tree shadows could be noticed. Rinku, the Spa technician, came from North India. So she looked like a Nepalese. Despite her benign smiling countenance, she behaved "heartlessly and cruelly" during the massage.

It was the first time when I experienced the Indian Spa which was different from those of Bali and Thai styles. It applied manifestly more strength and particularly emphasized body stretching. On the Spa bed, I sincerely felt as if I were a piece of dough kneaded by Rinku into various yoga postures. But when the unearthly music rang out in the latter part and the massage entered the relieving physiotherapy stage, I found it marvelously comfortable.

The ground-breaking Spa therapy of the Four Seasons Resort Seychelles was the dietary therapy after the Spa which was the extension of the entire process. It was no wonder the Spa was named as Hilltop fusion treatment. The food was categorized into eight sorts in the light of the afore-mentioned principles. We lake persons were advised to eat soft food with sour and sweet flavor. That was really right! In addition to Prawns in Tomato Sauce, the salad was made of such following food materials as tomatoes, mint, lemon, spinach and beans etc. Among these, the most important and strangest was the quinoa.

When I walked out, the sky was kindled by the setting sun which were not the particularly splendid sunset



glows but the mysterious purple glows. Effected by the Spa and the fantastic skylight, I felt relaxed, comfortable, composed in mind and lost in the bright atmosphere and the distant future when I returned to my room along the path thronged by gaily flowers.

This page: Cooking ingredients; A guest room in Four Seasons Resort Seychelles

Right page: Birds sitting at a table in the hotel Beautifully decorated food





# 伦敦色香密地

## 新考文特花园花卉市场

文、图 / 行者老潮

大家也许都知道，伦敦有一个露天市场叫做考文特花园，那里有不少潮流时装店，也有很多的鲜花卖，被旅行者们列为伦敦必游景点。但是，伦敦还有一个叫做新考文特花园市场 (New Covent Garden Market) 的地方，伦敦当局将它作为考文特花园市场的搬迁地，所以称为新考文特花园市场。



在英国旅行，设计师女儿说，要带我去伦敦一个色香俱全的地方，一般游客都不知道，这立即引起了我的兴趣。它就是新考文特花园花卉市场——伦敦最大的花卉市场，伦敦花店 75% 的鲜花都是来自这里，因为它是一个鲜花批发市场，鲜有一股游客光顾。

新考文特花园市场 (New Covent Garden Market)，也叫新科芬园市场，或者新高云花园市场。它位于伦敦沃克斯豪尔 (Vauxhall) 和巴特西 (Battersea) 之间，伦敦西南部的九榆树，该市场占地 23 公顷，是英国最大的水果、蔬菜和花卉批发市场。

新考文特花园市场开市是在 1974 年 11 月 11 日，在 1971 年已经开始对前九榆树机车厂开始了改造施工，因为建造整个市场的目的，是将在伦敦市中心的考文特花园的花卉销售业务直接转移过来。

新考文特花园市场开业之后，生意一直不错，也逐步为人们所接受，大家纷纷从原来的考文特花园市场过来批发鲜花，在全世界的花卉市场名气中，新考文特花园市场仅次于荷兰的阿尔斯梅尔 (Aalsmeer) 花卉市场。

这里拥有超过两百家的企业，从业人员超过两千五百人，伦敦花店 75% 的鲜花都来自这里。这里的花卉不单枝零售，一般 10—12 支起，市场根据店家的订单进货，凌晨批发到伦敦的花店，于是伦敦的各个花店都有鲜花当天销售。

凌晨四、五点天还未亮，花市就开张了，大型花店会派车来拖运订购的鲜花或请批发商直送到店；小花店的采购人员自己开着小面包车来挑选当季花卉；甚至街边报摊花亭的主人也会来挑上几把，在地铁站口售卖。约早上 8:30，城市开始苏醒的时候，这里便开始收市，伦敦当日的鲜花已然静静抵达各个销售点，花枝招展地等待客人光顾。

除了鲜花之外，新考文特花园市场还售卖包括水果、蔬菜等农作物。这里是伦敦鲜花和食材的集散地，是花艺设计师和美食家最常光顾的去处。市场为伦敦 40% 的顶级餐馆、酒店、学校、监狱、

本页图：花市的鲜花新鲜丰富，还有配套产品出售。



本页图：超大型仓储显示了超高的物流管理水平。



1. 去新考文特花园市场，乘坐地铁即可到达，坐浅蓝色的维多利亚 (Victoria) 地铁线，到沃克斯豪尔 (Vauxhall) 站3号出口，过马路之后，左转一直走，大约不到10分钟，就能看到新考文特花园市场。
2. 花卉市场批发的营业时间为周一至周五04:00至08:30，周六会开到9-10点。水果和蔬菜市场的营业时间是周一至周六从00:00左右至06:00，周日休息。

医院提供水果、蔬菜和花卉等。

新考文特花园市场也不只是店家的人去批发，也会有些早起的伦敦主妇，以及一些晨练后的人散步到这里，买一大把鲜花回家，布置在家中，在这里买花能享受伦敦最低批发价，有时约为零售市价的 1/5。

为了保鲜，花卉市场是一个封闭的恒温市内市场。市场提供的花卉，植物，树叶，杂物和室内装饰品，来自英国和来自世界各地，品种十分丰富，各种鲜花应有尽有，我们进去之后，惊叹不已。

各种各样的鲜花琳琅满目，让人目不暇接，不只是好看，拍照也非常美，于是我们手机、相机一起来。

这里的鲜花品种十分齐全，绝对不是国内花卉市场可以比拟的，仅仅只是玫瑰，就有几十个品种，牡丹与芍药也有十几个品种。凡是你能够想象的花，这里几乎都有。

我对鲜花的了解非常有限，很多花卉叫不上名字，也有许多在国内从未见过的鲜花。因为是批发市场，所有的鲜花都是一包包装的，除了大型花卉之外，没有单独一支的。各种高档的兰花

和郁金香等花卉，都会用单独的纸盒存放，避免运送中被压坏。

这里还有许多观赏植物，小型和大型都有，还有一些配合花卉插花用的各类藤蔓植物等等。在市场里面，我们还发现了不少盆景，虽然没有中国式的松树造型的，不过也都很精致。在架子上，密密麻麻排满了各种植物与花卉。当然这里也少不了花瓶，各种各样造型的花瓶，各种色彩，可以与鲜花搭配。还有各种花盆，瓷的、玻璃的、木的，金属的，你可以很容易买到与鲜花相配的各种配套装饰品。

市场里面还有花卉、色彩相关的书籍销售，难怪很多网站将新考文特花园花卉市场列为插花园艺师、花卉设计师等职业人士必去的世界大型花市之一。

新考文特花园花卉市场里面，还有一家咖啡店，逛累了的时候，可以在这里坐坐，喝点咖啡，吃吃点心，陶醉在鲜花的缤纷色彩和醉人香气中。

如果你去英国旅行，看惯了伦敦的古老和贵族风，不妨到新考文特花园花卉市场去转转，会给你一种非常强烈的视觉冲击，一定会带来完全不同的旅行感受。

# A Secret Beautiful and Fragrant Paradise

## The New Covent Garden Market

Words & Pictures /Traveler Laohu

We all may know that there is an open market called Covent Garden housing many fashion boutiques, selling countless flowers and ranking as an indispensable destination in London. Nevertheless, there is a place called the New Covent Garden Market in London. The London authorities have also taken it as the site for the relocation of the Covent Garden Market. Hence its name is the New Covent Garden Market.



When I was traveling in the UK, my daughter, a designer, planned to take me to a place imbued with beauty and fragrance which was rarely known to ordinary tourists. The suggestion highly prompted my curiosity. What she took me to was the New Covent Garden Market—the largest flower market in London. Seventy-five percent flowers sold in flower shops in London come from there. Since it is a wholesaling flower market, it is an unfamiliar name to ordinary tourists.

The New Covent Garden Market situates itself in the area of Nine Elms, in southwest London and between Vauxhall and Battersea. Covering an area of 23 ha., the market stands as the largest fruit, vegetable and flower wholesale market in the UK.

The New Covent Garden Market was opened on November 11, 1974. The former Nine Elms Locomotive Works had been rebuilt in 1971 because the entire market was established to directly transfer the flower business of the Covent Garden in central London to the new site.



After its opening, the New Covent Garden Market has seen good business and has been gradually accepted by the customers who go there to buy flowers in bulk. In terms of the popularity of worldwide flower markets, the New Covent Garden Market is only second to Aalsmeer Flower Market in Netherlands.

This page: A variety of fresh flowers sold at the flower market



More than 200 enterprises have been registered there, offering employment to more than 2,500 and 75% of wholesaling flowers in London. The flowers there are not retailed but purchased by at least 10–12 generally. In accordance with the order, the market wholesales flowers to the flower shops in London at daybreak so that all the shops have flowers to sell.

At 4 or 5 o' clock before daybreak, the flower market starts business and large flower shops will dispatch vehicles to transport the ordered flowers or ask the wholesalers to deliver the flowers directly to their shops; the purchasers of small flower shops will drive their mini vans to select flowers in season; even the curbside newspaper and flower stand owners will come there to select a few bunches and sell them at the entrance of the subway station. When the city begins to wake up at about 8:30 a.m., the market will be closed. By that time the flowers have been silently delivered to all the outlets in London, gorgeously awaiting the favor of the customers.

In addition to flowers, the New Covent Garden Market also sells agricultural produce including fruits and vegetables etc. The distribution center of flowers and food materials and the best place most frequented by floral designers and gourmets in London, the market supplies 40% of the top restaurants, hotels, schools, prisons and hospitals in London with fruits, vegetables and flowers etc.

The New Covent Garden Market is not merely the wholesaling market for flower shops but also for housewives getting up early and those who walk there after their morning exercise. They come there to buy a large bunch of flowers to decorate their house at the minimum wholesale price which is

sometimes one fifth of the retail price.

To retain freshness, it was designed as an enclosed thermostat market. The flowers, plants, leaves, sundries and interior ornaments supplied in the market come from the UK or from all over the whole world. We were all amazed at the variety of flowers we found there!

All assortments of flowers, too many to see, were sold in the market, not only good-looking but also ideal for photography. So we took photos of the flowers with both mobile phones and cameras.

The flowers there featured a complete variety which could not be compared to the domestic flower market. There were dozens of kinds of rose and more than a dozen types of peony and Chinese herbaceous peony. Whatever flowers you could imagine were available there.

I had limited knowledge of flowers. I didn't know the names of many flowers and I had never seen many flowers before at home. Since all the flowers in the wholesale market were all packaged in bunches, not a single flower, apart from the large ones, was independently packaged. The upmarket orchids and tulips of all assortments etc. were stored in separate boxes to prevent any damage during the delivery.

There were also many plants, big and small, for appreciation, and various vine plants for flower arrangement etc. In the market we also found many delicate miniature gardens. The shelves were dotted with all sorts of plants and flowers in addition to colorful vases in diverse shapes to match the flowers. Flowerpots of porcelain, glass, wood or metal were also supplied there. You could easily buy all ornaments matching the flowers in the market.

It also sold books on flowers and colors. No wonder so many websites listed the New Covent Garden Market as one of the indispensable worldwide large flower markets for professional flower arrangers and flower designers etc.

There was also a coffee shop in the New Covent Garden Market where the tourists could have a rest, drink coffee, taste light refreshments and indulge themselves in the colorful flowers of intoxicating fragrance.

If you feel bored with the accustomed antiquity and nobility of London during your travel there, you can have a tour in the New Covent Garden Market which will definitely exert exceedingly strong visual impact on you and bring you the different travel experience.



This page: The good taste and high flower planting technique of the English are reflected by the booming flower market  
Left page: A variety of fresh flowers sold at the flower market

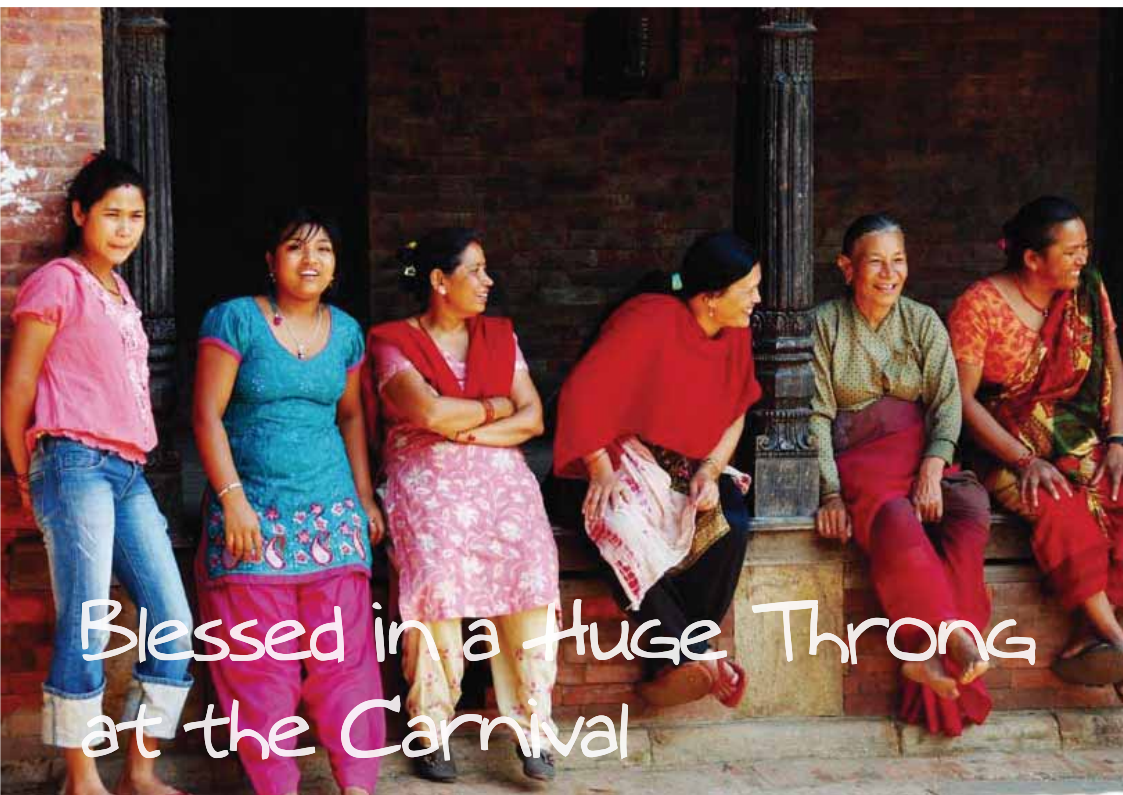
Tips



1. You can arrive at the New Covent Garden Market by taking the light blue Victoria Line, exiting at Gate 3 at the Vauxhall Station, walking across the road, turning left and walking directly for about no more than 10 min.
2. The business hours of the wholesaling flower market are 04:00–08:30 from Monday to Friday and 04:00–9:00–10:00 on Saturday. The fruit and vegetable market is run during 00:00–06:00 from Monday to Saturday and closed on Sunday.







Blessed in a Huge Throng  
at the Carnival

## 淹没在加德满都节日里

文、图/行走的强子

悠闲自在的生活态度和多姿多彩的节日构成了尼泊尔人幸福的源泉。尼泊尔被称作世界上节日最多的国家，一年365天，基本上天天都有节日。在一年中任何的时间去尼泊尔，你都有可能碰到有趣的节日。

据说，尼泊尔每年有三百多个节日，这里的节日大都与宗教、农时有关，政府规定放假的节日有近50个，如“洒红节、佛诞节、圣线节、神牛节、女人节、德赛因节”等，形式多种多样，庙会、跳舞、游行，花样繁多。

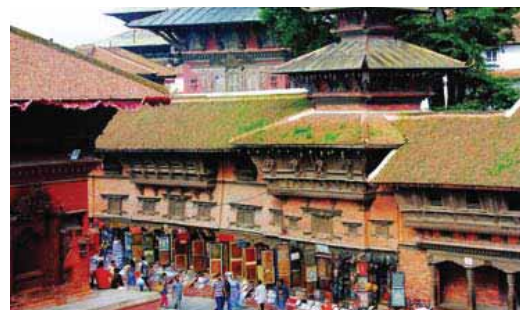
在加德满都停留的时间里，我非常有幸地赶上了三个节日：神牛节、女人节和被誉为“南亚狂欢周”

的宰牲节。

神牛节始于中世纪，起初只是人们怀念死去亲人的一项宗教仪式活动，小孩子会被打扮成牛的样子来游行。这一天，居住在尼泊尔全国各地的尼瓦尔人都会举行庆祝活动。

加都当然也不例外，每天游行的人们都会跳着棍子舞、吹着笛子，欢快地打着手鼓穿梭在古城的大街小巷，全城的人都会汇集在古城的广场等待着游行队伍的到来，放眼望去，广场的神庙里、台阶上到处都坐满了身着节日盛装的尼瓦尔人，每个人脸上都挂着笑容，沉浸在节日的欢乐中。

而这些只是欢乐的开始，女人节的盛况才是这



座古城的重头戏。

女人节又名蒂吉节，每年的八到九月举行，一般会持续三天，第一天是最快乐的日子，妇女们大多外出购物，当天晚上，她们会做出丰盛的饭菜和许多甜食，到了午夜，节日才算真正开始，很多平时关系好的妇女聚在一起，带着白天做出的饭菜，一边吃，一边聊天，尽情享受节日的欢乐，聚会一直持续到黎明才结束。第二天是女人节最重要的一天，妇女们在净身沐浴后穿上最漂亮的衣服，戴上金银首饰，把自己打扮成新娘模样，成群结队开始游行，前往附近的湿婆庙，向湿婆神敬献鲜花，许下自己的心愿，然后在此歌舞娱乐。有趣的是，在节日的最后一天，所有妇女从早到晚都不能吃任何东西，必须斋戒一天。虔诚的妇女想通过此举为丈夫祈求好运，对她们而言，家庭是她们的一切。令人惊讶的是，妇女们在禁食的情况下经过一天的

祷告和娱乐，仍不显得疲倦，与其说是对宗教信仰支撑着她们，倒不如说是她们对未来美好生活的渴望分外强烈。

宰牲节是尼泊尔一年一度最大的节日。九月底十月初月圆之前的两个星期，从新月一直到满月，全国放假。在这期间会有持续15天左右的庆祝活动，可谓是南亚版的狂欢节。

其中，最热闹的要数第八天跟第九天。在加德满都杜巴广场的周边，你将看到震撼并且血腥的宰牲场面。节日期间，会有各种游行和祭祀活动，人们会接受长辈们的祝福。走在大街上，真的是人山人海，随处可见穿着盛装的尼泊尔少女，好像全城人都走出了家门，观看节日期间的庆典活动，比中国的春节还要热闹。每个人都会从移动的供台上取一点小东西回家，驱除邪魔祝福平安永远是人们生生不息的主题。

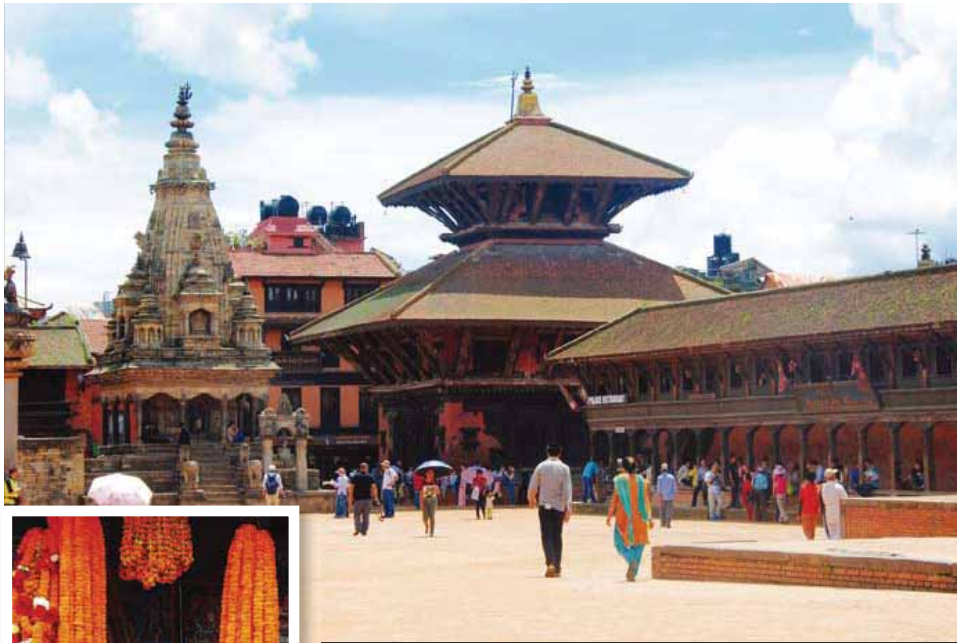
Tips



杜巴(Durbar)在尼泊尔语中意为皇宫，杜巴广场也就是皇宫广场的意思。加都杜巴广场集中了尼泊尔12世纪至19世纪间的古典寺庙建筑和宫殿，其绘画、建筑、文化、陶艺等尼瓦尔文化年代久远，庙宇融合了尼泊尔北方艺术和南方神话哲学，并且被一代代地继承了下来，宝塔、石雕、宫殿等历史遗迹保存完好，在2015年的地震中不幸部分被毁。

本页图：色彩鲜艳的妇女服饰是尼泊尔一道亮丽的风景线。

右页图：杜巴广场是城市活动的中心；博大哈塔的眼睛神秘深邃；各种神灵享受着一年四季不断的香火。



## Blessed in a Huge Throng at the Carnival

Words & Pictures / Traveler Qiangzi

The blessedness of the Nepalese not merely sources from their leisurely and unfettered life attitude but also from their varied and colorful festivals. Nepal, reputed as a country with the most festivals in the world, features a festival almost every day all year round. Whenever arriving in Nepal, you may happen to enjoy an interesting festival.

It is said that there are more than 300 festivals in Nepal each year, and the Nepalese spend almost

one third of a year celebrating festivals, which mostly concern religion and the farming seasons. There are nearly 50 statutory festivals, such as Holi, Buddha Jayanti, Raksha Bandhan, Gai Jatra, Teej Festival and Dashain, celebrated in diverse forms, like temple fair, dancing and parade etc. Through such a variety of festivals, tourists can further know the social customs, culture and arts of Nepal.

During my stay in Kathmandu, I was very lucky to witness three festivals, namely Gai Jatra, Teej Festival and Dasain which is renowned as the "Carnival Week in South Asia". It is said that they are grand festivals in the local area.

Gai Jatra dates very far back to the Middle Ages. At the very beginning it is simply a religious memorial ceremony for the departed and the children will parade dressed up like a cow. The Newars throughout the country will hold a celebration on that day.

Kathmandu is no exception. The Nepalese on parade will dance the stick dance, play the flutes and frame drums, and walk through the streets and lanes in the ancient city merrily. All the people in the city will come together and wait for the parade in the market of the ancient city. Looking around, I saw the Newars suited for the festival sitting in the temple or on the steps of the market, each of whom was smilingly immersed in the festive joy.

And that is merely the prelude of great happiness. The Teej Festival highlights the spectacular ancient city.

Teej Festival is usually celebrated for three days during August and September each year. The first day promises the utmost joy, when the women usually go shopping in the daytime and prepare good meals and sweetmeats in the evening. The festival does not genuinely begin until midnight when the women on good terms get together, chatting, eating the food cooked during the day, and enjoying the festival to their heart's content till dawn. The second day is the most important, when women take a bath, dress themselves in their most beautiful attires, wear gold or silver jewelry like a bride, parade to the Siva Temple nearby to offer fresh flowers respectfully to Lord Siva and make wishes, and sing and dance

for entertainment. What's interesting is that women must fast on the last day of the festival, and they are not allowed to eat anything from morning till night. The devout women hope to pray for good luck for their husbands. To them, family means everything. It is exceedingly amazing that the women do not seem fatigued after all the praying and entertainment during a whole day of fasting. It is better to say that it is their exceptionally strong yearning for their bright future rather than their religious belief that supported them.

Dasain stands as the largest annual festival in Nepal. It is a national holiday for two weeks from late September to early October, from crescent to the full moon. There is a celebration of roughly 15 days during this period, hailed as the "Carnival in South Asia".

The most boisterous scenes occur on the ninth and tenth days. On the ninth day, many cows and other domestic animals will be slaughtered. Around the Kathmandu Durbar Square, the shocking and bloody scene comes on stage. On the tenth day, people will accept blessings from the elders. How crowded it is in the street! Fully-dressed Nepal girls can be seen everywhere and seemingly all the people in the whole city walk out of their house to watch the festive activities for celebration. It looks even livelier than the Chinese Spring Festival.

Everyone will take small objects from the mobile altar to bless them safe. Driving off evil spirits and praying for blessing and peace are always the themes of human beings.

This page: The Nepalese sitting leisurely; The Nepalese celebrating their festival  
Left page: Durbar Square; A vendor

