

双城记 这是一个最好的时代

A Tale of Two Cities It is the Best of Times

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这是一个光明的季节，光明把城市之光照进了三对姐妹城市：西安—爱丁堡、昆明—苏黎世、厦门—惠灵顿。
这是一个智慧的年代，智慧让城市之间跨越千山万水，集思广益，共享发展成果，共同可持续发展。
这是一个最好的时代，创新、协调、绿色、开放、共享，让我们的城市生活更美好。

This is the brightest of seasons. Brightness showers its light on three pairs of sister cities: Xi'an-Edinburgh, Kunming-Zurich and Xiamen-Wellington.

This is a time of intelligence, which connect cities far away from one another so that they can share their insights and ideas, the fruits of development as well as sustainable development opportunities.

This is the best of times. Innovation, coordination, environmental protection, openness and sharing make our cities better places.



西安 **爱丁堡** *Xi'an-Edinburgh*

1985年4月16日，古都西安和古城爱丁堡跨越了8000公里的直线距离，将她们的手紧紧握在了一起，这一天，两座城正式结为“友好城市”。

昆明 **苏黎世** *Kunming & Zurich*

1982年2月17日，昆明与苏黎世正式结为友好城市。这一牵手，就是三十多年。迄今为止，苏黎世只同中国昆明保持着唯一的友好城市关系。

厦门 **惠灵顿** *Xiamen & Wellington*

在地球南端，厦门有个“好朋友”叫惠灵顿。厦门于1986年起与惠灵顿开展友好交往。1987年6月23日，两市正式结为友好城市。



Tale of Two Cities *Xi'an-Edinburgh*



文 / 骆驼 景点推荐 / 爱丁堡旅游局、西安市旅游发展委员会 图 / 全景

双城记

之 西安 & 爱丁堡



A photograph of Edinburgh Castle, a large stone fortress, perched on a rocky hillside. The foreground is filled with lush green grass and several trees with bright yellow-green foliage, suggesting a spring or early summer setting. The sky is overcast with grey clouds. A large, semi-transparent white text overlay reads 'EDINBURGH' across the middle of the image. A solid green vertical bar is on the left side of the frame.

EDINBURGH

在北纬 34° 的中国大地上，有一座城，她是中国古丝绸之路的起点，曾经作为中国首都和政治、经济、文化中心长达 1100 多年。她就是古都西安。

从西安向北跨越 20 个纬度，在北纬 55° 的苏格兰，有一座城，她于公元 1329 年建市。林立的古堡、高耸的尖塔和古典石柱让她成为戏剧舞台上欧洲中世纪风格的天然布景。她就是古城爱丁堡。

1985 年 4 月 16 日，古都西安和古城爱丁堡跨越了 8000 公里的直线距离，将她们的手紧紧握在了一起，这一天，两座城正式结为“友好城市”。

At a latitude of 34° North, China, a city, the starting point of the ancient Silk Road, once acted as the capital and political, economic and cultural center of China for over 1,100 years. The city is Xi'an.

20° away at the northern latitude, in Scotland (a latitude of 55° North), a city built in 1329 boasts rivaling castles, towering steeples and classical columns, all staples of the medieval European culture. The city is Edinburgh.

On April 16, 1985, the two ancient cities 8,000 km apart, Xi'an and Edinburgh, joined hands: from that day on they became "sister cities".



世界古都 & 文化古城

World Ancient Capital & Historic Cultural City

世界古都——西安

World Ancient Capital: Xi'an

西安，是中国四大古都之一，联合国教科文组织于1981年确定的“世界历史名城”。她是中国历史上建都朝代最多、帝都历史最长的古都。

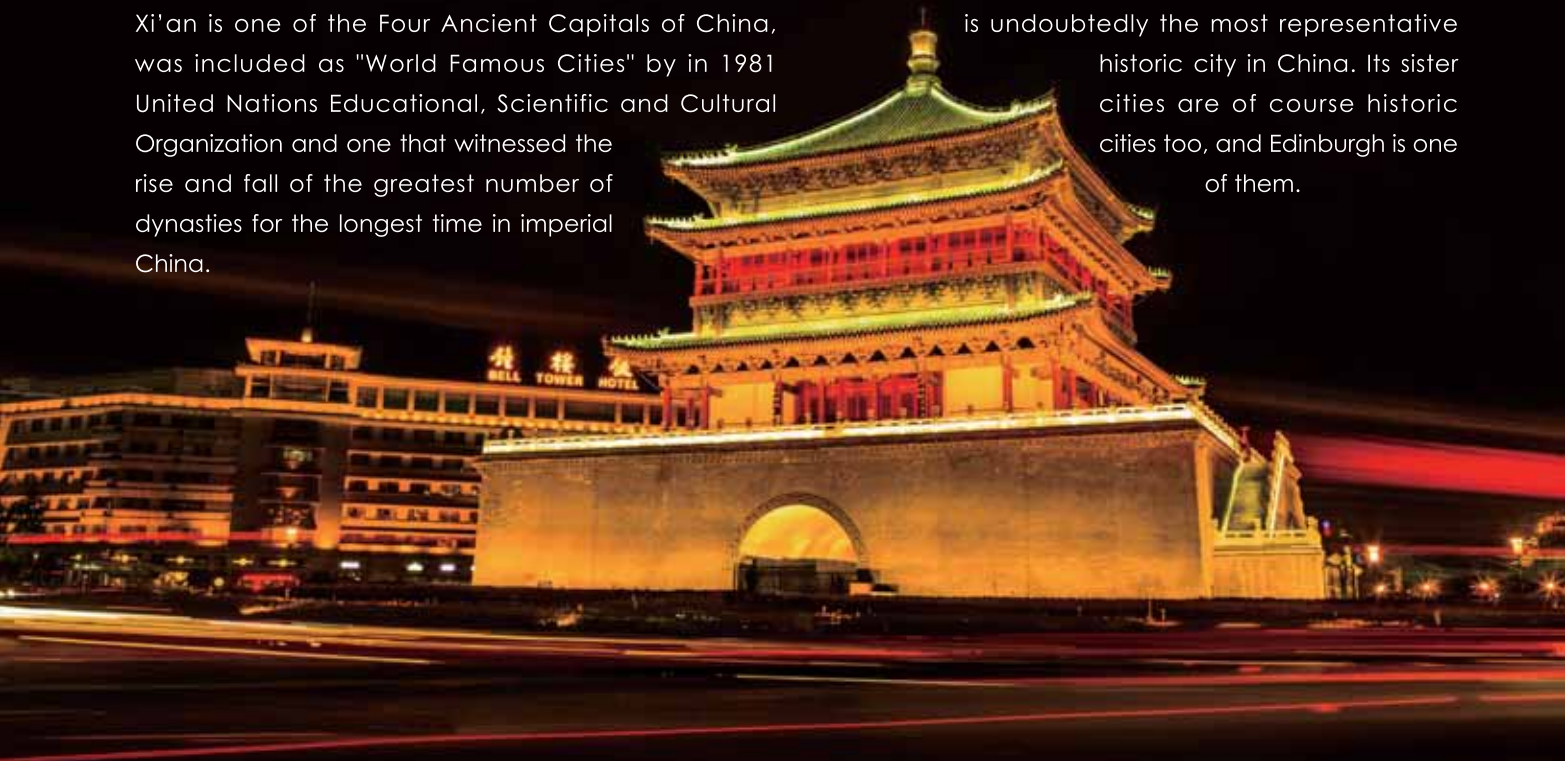
大家都知道，中国现在的首都是北京，而在古代，中国的政治、经济、文化中心曾几度是长安，也就是现在的陕西省西安市。秦中自古帝王州。在中国历史上，共有大小13个王朝在长安建都，先后有71位皇帝在这里加冕登基。

西安地区是中华民族的发祥地之一。远在五六十万年前旧石器时代的“蓝田猿人”和新石器时代的“半坡”先人就在附近流域活动。作为13朝历史的都城，古往今来东西方文化交流的中心，古丝绸之路的起点，西安当仁不让地成为中国最具有代表性的历史文化名城。历史文化城市自然要结交同类型的城市。爱丁堡，就是其中的典型代表。

Xi'an is one of the Four Ancient Capitals of China, was included as "World Famous Cities" by in 1981 United Nations Educational, Scientific and Cultural Organization and one that witnessed the rise and fall of the greatest number of dynasties for the longest time in imperial China.

It is well-known that Beijing is now the capital of China. However, in the ancient times, Chang'an, around now Xi'an City in Shaanxi Province, was ever the political, economic and cultural center of China for a couple of times. Guanzhong (Guanzhong is also named Qinzhong) was ever the capital of many empires since the ancient times. In Chinese history, Chang'an was chosen as the capital by 13 empires altogether, and there were 71 emperors crowned here.

Xi'an is one of the cradles of the Chinese civilization. The Lantian Man in the Palaeolithic age 500,000-600,000 years ago and Banpo ancestors in the Neolithic Age were active in the valley area close by. As capital of 13 dynasties it had been the center of cultural communication between China and the West. As starting point of the ancient Silk Road Xi'an is undoubtedly the most representative historic city in China. Its sister cities are of course historic cities too, and Edinburgh is one of them.



文化古城——爱丁堡 Historic Cultural City: Edinburgh

爱丁堡，苏格兰首府及其旅游文化中心，于公元 1329 年建市。

格子裙、威士忌、悠扬的风笛……说起苏格兰，人们会不由自主地想起这些非常具有当地特色的文化象征。而爱丁堡，作为苏格兰首府，是最能体现苏格兰风格的城市。这里拥有众多古教堂和华丽的维多利亚时代建筑。苏格兰国家博物馆、苏格兰国家图书馆和苏格兰国家画廊等重要文化机构也都位于爱丁堡。2004 年，爱丁堡成为世界上第一座文学之城。

一个是世界古都，一个是文化古城，西安和爱丁堡在对历史文化的保护上惺惺相惜。她们的古老，以及凝固在建筑上的历史，让联合国教科文组织对她们情有独钟。截至 2016 年，西安有两项六处遗产被列入《世界遗产名录》，分别是：秦始皇陵及兵马俑、大雁塔、小雁塔、唐长安城大明宫遗址、汉长安城未央宫遗址、兴教寺塔。爱丁堡的旧城和新城一起被列入《世界遗产名录》。

Edinburgh, built in 1329, is the capital and tourist and cultural hub of Scotland.

Plaid skirt, whisky and the melodious bagpipe music, among others, are cultural symbols of Scotland that are easily called to mind. As its capital Edinburgh epitomizes Scotland culture, with a wealth of ancient churches and splendid Victorian architectures. Prestigious cultural institutions like National Museum of Scotland, National Library of Scotland and Scottish National Gallery are also located in Edinburgh. In 2004 it was designated as a "City of Literature".

As a world ancient capital and a historic cultural city, Xi'an and Edinburgh find much common ground in preservation. Both are also favorites of the UNESCO with their history and heritage. By 2016, 6 heritages of 2 categories joined the World Heritage List: Mausoleum of the First Qin Emperor (Terracotta Army), Greater Wild Goose Pagoda, Lesser Wild Goose Pagoda, site of the Daminggong Palace of Chang'an City in Tang dynasty, Weiyang Palace of Chang'an City in Han dynasty and Xingjiao Temple, etc. The Old and New Towns of Edinburgh were also included in the List.



秦腔 & 风笛

Shaanxi Opera & Bagpipes

西安有秦腔，爱丁堡有风笛。当激越、高亢、苍凉的秦腔遇上粗犷、有力、嘹亮的风笛，将碰撞出怎样的火花？

Shaanxi Opera is to Xi'an what bagpipe is to Edinburgh. What chemistry would the encounter between the impassioned, sonorous and desolate Shaanxi Opera and the rough, powerful and resonant bagpipe engender?

秦腔

Shaanxi Opera

秦腔是中国国家级非物质文化遗产。来到西安，一定要听当地人吼上几句秦腔。诞生在帝王之地的秦腔，自然少不了不凡的气度，霸气、大气和秦腔如影随形。这种气势，来自于诞生她的土地特有的人文地理和历史环境的滋养。秦的霸气，汉的大气，唐的万千气象，都在这里汇聚；几千年的历史，都在这里沉淀。汇聚、沉淀的结果就是让秦腔的骨子里流淌着大气、高亢而又有一丝苍凉的血液。

Shaanxi Opera is a national intangible cultural heritage in China. If you have a chance to experience the charm of Shaanxi Opera, I believe that you will surely

be affected by its passionate, high-pitched, and bleak atmosphere. Shaanxi Opera originating on this "imperial land", was naturally endowed with the extraordinary magnitude of tolerance, arrogance and generosity.

Just imagine, what an opera with such a momentum that could almost crush the stage! The momentum comes from its birthland - the Eight-Hundred-Li Qin's Land, upon which the Opera was nourished by the unique human geography and historical environment. It was on this land where arrogance of the Qin Dynasty, generosity of the Han Dynasty, and magnificence of the Tang Dynasty met and thousands of years of history were precipitated. As a result of such meeting and precipitation, flowing in Shaanxi Opera is the blood of being generous, high-pitched but a bit desolate.



秦腔的传统绝技——顶灯

The Unique Traditional Skills of Shaanxi Opera—Lamp Heading

顶灯，就是将点着的油灯顶在头上同时要表演各种动作，比如行走、跪地、仰卧、翻转、钻桌、钻椅、上桌等。Heading the lamp is to put the lamp lit on the top of the head and at the same time to perform a variety of actions, such as walking, kneeling, lying, turning, going through under the table, going through under the chair and climbing up the table, etc.

风笛 Bagpipes

与秦腔的气质相符，苏格兰高地风笛的发音粗犷有力、音色嘹亮、采用各种装饰音，适用于表现英雄气概。17至18世纪受到英国军队的影响，风笛瞬间成为苏格兰很重要的演奏乐器。19世纪，风笛竞赛更是在苏格兰民间风起云涌，因而造就出许多著名的风笛手。风笛，更多的时候还是出现在苏格兰人的狂欢节上。天性活泼，能歌善舞的苏格兰人民常会在闲暇时分吹起风笛，跳起欢快的民间舞蹈。风笛早已升华为苏格兰文化中不可或缺的一部分，它的节奏和旋律已融进苏格兰人民的血液里。

Similar to Shaanxi Opera, bagpipes in Scottish Highlands are masculine and resonant with a variety of grace notes to express heroic sentiments. Under the influence of the British army in the 17th to 18th century bagpipe became an important musical instrument in Scotland. In the 19th century bagpipe competition raged among the Scottish and many famous players emerged. More often than not bagpipes are found in the carnivals of the country. Convivial and ready to sing and dance, the Scottish would play the bagpipes accompanied by joyful folk dance. Bagpipes have become an integral part in Scottish culture. Its rhythm and melody have entered the blood stream of its people.

身着格子裙的苏格兰人在演奏风笛

城市探索

City Exploration

西安

说起中国古代史，一个绕不开的地理区域就是关中。而作为关中地区的精华核心所在，西安自然也就成了串联中国历史记忆的一座名城。

一朝步入西安，一日读懂千年。如果一定要知道西安的魅力在哪里，那么只有身临其境，才能体会她的魅力。

兵马俑

来到西安，怎能错过秦始皇陵兵马俑。

“千古一帝”秦始皇不仅第一次统一了中国，还给后人留下了巨大的宝藏，秦始皇陵是世界上规模最大、结构最奇特、内涵最丰富的帝王陵墓之一，秦始皇陵兵马俑是可以同埃及金字塔和古希腊雕塑相媲美的世界人类文化的宝贵财富，是西安最壮观的古迹，是世界考古史上最伟大的发现之一，被誉为“世界第八大奇迹”。

80 万帝国工匠，40 载物勒工名，160 种工艺，细雕精烧

千人千面，两千年前匠心之作，铸就世界的奇迹！考古人 1 万个日夜潜心研创色彩保护技术，千年匠心一脉传承，成就瑰宝光彩绽放！

逛完了兵马俑，还能顺便去秦始皇帝陵以及华清池和骊山公园转转。

大雁塔

大雁塔，位于西安市大慈恩寺内。唐永徽三年（公元 652 年），玄奘法师为保存由天竺经丝绸之路带回长安的佛骨、舍利和梵文经典，亲自主持修建了大雁塔，每层皆存舍利。大雁塔所在的大慈恩寺是中国大乘佛教的圣地，是丝绸之路人类精神文明与和平交往的象征。

在庄重古朴的大雁塔外，时尚现代的大雁塔北广场成为新时代中国年轻人的最爱。亚洲最大的喷泉广场就在这里，每天晚上，都会上演最精彩的音乐喷泉秀。

大清真寺

化觉巷清真大寺是中国建筑雄伟、环境清幽、规模宏大、保存最完整并驰名世界的伊斯兰寺院之一。因规模比西安其他清真寺大而得名。建筑大师梁思成评价化觉寺是用“中国传统的建筑艺术形式建成的一座伊斯兰教寺院”。中国传统建筑和伊斯兰建筑艺术风格如此和谐地结合，令人赞叹，因而被联合国教科文组织列为世界伊斯兰文物之一。



西安钟鼓楼

距离大清真寺仅一箭之遥的便是西安鼓楼，大家可以顺便去鼓楼、钟楼、明城墙，还可以在回民一条街逛吃逛吃。到西安吃小吃，回民街是必选之地。

西安钟楼和位于西安市中心，明城墙内东西南北四条大街的交会处，是中国现存钟楼中形制最大、保存最完整的一座，与鼓楼相对。鼓楼是西安的标志性建筑。

明城墙

逛完钟鼓楼，还可以去明城墙上骑行一圈。这个厚度大过“身高”的城墙，是中国现存规模最大、保存最完整的古代城垣。古老的城墙矗立在城市中，让厚重的历史本原和文化底蕴中掺杂了许多市井烟火。

大明宫国家遗址公园

显赫的朝代必定有显赫的宫殿。作为中国唐朝的皇宫，大明宫是当时全世界最辉煌壮丽的宫殿群，也是唐朝的政治中心和国家象征。由唐大明宫所开创的宫殿建筑布置方式，奠定了中国以及东亚的宫殿制度，是唐以后中国宫殿建筑范本，对中国明清故宫及日本和韩国等东亚宫殿建筑产生了重要影响。大明宫始建于唐太宗贞观八年（634年），先后有17位唐朝皇帝在此处理朝政，历时达200余年。历史上记载的大明宫总占地3.5平方公里，大约是北京故宫的4.5倍。





Xi'an

Learners of ancient Chinese history will find it impossible to bypass a geographic concept Guanzhong (literally: "Inside the Pass"). Xi'an, the centerpiece of Guanzhong area, is naturally a famous city stringing together a number of Chinese historical milestones.

A visit to China is like turning pages of a millennium-long history. You must actually be there to fully grasp its charm.

Terracotta Army

You should never miss the Terracotta Army in the Mausoleum of the First Qin Emperor once you come to Xi'an.

Qin Shi Huang, the first emperor in imperial China, not only united China for the first time, but also left with him invaluable legacies. The Mausoleum of the First Qin Emperor is one of world's largest, most fantastically structured and richest imperial mausoleums. The Terracotta Army is in the same league with Egyptian pyramids and ancient Greek sculptures, which are all treasures of human civilization. It is the most spectacular site in Xi'an, one of the greatest archaeological discoveries in the world, and acclaimed as "the Eighth

Wonder of the World".

0.8 million craftsmen and laborers of the empire took 40 years to make the timeless work of art and 160 techniques to wrought thousands of figures of thousands of individual faces. A world wonder indeed! Archaeological scholars spent 10 thousand days and nights to innovate color preserving technologies, an act that constitutes an extension of the craftsmanship thousands of years ago. See how the figures glitter!

When you finish appreciating the Terracotta Army, also visit the Mausoleum of the First Qin Emperor, Huaqing Pool and the Park of Mount Li.

Greater Wild Goose Pagoda

The Greater Wild Goose Pagoda is inside the Da Ci'en Temple complex. In the 3rd year of Yonghui in Tang (652 AD), the Buddhist translator and traveler Xuanzang supervised the construction of the pagoda to preserve Buddha statues, Buddhist relics and Sanskrit canons he brought to Chang'an along the Silk Road from India. Each floor enshrines some Buddhist relics. The Da Ci'en Temple is a sanctuary of Chinese mahayana and a symbol of the spirit and peaceful communication along the Silk Road. Away from the majestic and unadorned Greater Wild Goose Pagoda is the Greater Wild Goose Pagoda



North Square, a haunting place of Chinese youngsters and the biggest fountain square in Asia, where brilliant fountain shows are given each night.

Great Mosque of Xi'an

Great Mosque of Xi'an on the Huajue Lane is one of the most magnificent, sequestered, largest and best preserved mosques with world renown, greater in size than all the other mosques in Xi'an, hence its name. Master architect Liang Sicheng called it a "mosque built after the style of traditional Chinese architectural art". Visitors are impressed by the harmonious fusion of ancient Chinese and Islamic architectural styles. As a result it was added to the UNESCO Islamic Heritage.

Xi'an Bell and Drum Tower

A stone's throw from the Great Mosque is Xi'an Drum Tower. You can have a look at the Bell Tower, the Drum Tower and the Ming city wall, and sample local delicacies on the Hui people street nearby, which is a must visit for gourmets.

Xi'an Bell Tower stands at the junction of the east, west, north and south streets within the Ming city wall at the city center. Opposite to the Drum Tower, another Xi'an landmark, it is the largest and best preserved existing bell tower in China.

Ming City Wall

After visiting the Bell and Drum Tower, we suggest you cycle around the Ming city wall, which is thicker than an ordinary man's height, and the largest and best preserved ancient city wall in China. The hustle and bustle of the city seems to have rubbed off on the ancient wall that epitomizes history and deeply rooted culture.

Daming Palace Site Park

A great dynasty necessarily built great palaces. As the imperial palace of Tang dynasty Daming Palace was the most grandiose and imposing palace complex in the world of the time, and the political center and state symbol of the dynasty. Daming Palace laid the groundwork of Chinese and Asian palace design and construction, a paradigm for all later Chinese imperial palaces. The Forbidden City and other Asian palatial architectures in Japan and Korea are also under its influence. Daming Palace was first built in the 8th year of Zhenguan under Emperor Taizong of Tang's reign (634 AD). For over 200 years it was the place where 17 emperors used to attend to affairs of state. According to history the palace covers 3.5 sq. km, about 4.5 times the size of the Forbidden City.

爱丁堡

走入爱丁堡，就仿佛翻开了带有浓重奇幻色彩的浪漫书卷，一下子便能吸引住人。爱丁堡是一座古老的城市，古老的建筑、城堡、教堂与街道总是让人产生时光凝固在中世纪的错觉。而这座城市的传奇历史与人们世代相传的灵异故事更是给这里蒙上了一层神秘的面纱。

爱丁堡也有充满书卷气的一面，剧院、博物馆、画廊遍布这座不大的城市。著名的爱丁堡国际艺术节汇聚来自世界各地的一流文艺团体，每年艺术节期间吸引了众多艺术爱好者前往。

爱丁堡充满了历史的厚重感，也留下了各种迷幻色彩的传奇故事。爱丁堡是一个值得细细品味的地方，你可以花一天两天暴走完各个景点，也可以安排5-7天，慢慢体会属于这座古城的味道。你可以漫步皇家英里大道，触摸爱丁堡城市的脉搏，也可以站在卡尔顿山上俯瞰爱丁堡全城，感受历史的厚重沧桑，或是坐在大象咖啡馆中喝一杯咖啡，想象着与哈利波特在魔法学校相遇。

爱丁堡城堡

爱丁堡城堡 (Edinburgh Castle) 是整个爱丁堡精神的象征，作为曾经的皇宫和军事要塞，它见证了苏格兰的历史沧桑。这里拥有爱丁堡最古老的建筑——圣玛格丽特礼拜堂。苏格兰王冠和权杖、富有传奇色彩的命运之石也都在这里展出。

大象咖啡馆

大象咖啡馆 (Elephant House) 是爱丁堡最好的咖啡馆之一，而让它名声大噪的，是《哈利波特》的作者 J.K. 罗琳。随着小说的畅销，慕名而来的拜访者络绎不绝。

皇家英里大道

皇家英里大道 (Royal Mile) 也是去爱丁堡的必到之处。这里连接着女王和皇室官邸的荷里路德宫以及爱丁堡城堡，可以沿着石头铺就的道路漫步游览。荷里路德宫 (Palace of Holyroodhouse)、途径圣吉尔斯大教堂 (St Giles' Cathedral)、玛丽金小巷原址 (The Real Mary King's Close)、威士忌体验中心 (The Scotch Whisky Experience) 及暗箱博物馆 (Camera



Obscura) 等多个城内知名的景点都可以到达，同时还可以欣赏城市建筑风光。

除此之外，司各特纪念塔 (Scott Monument)、卡尔顿山 (Calton Hill)、苏格兰国家博物馆 (National Museum of Scotland)、苏格兰国家美术馆 (Scottish National Gallery)、皇家游艇不列颠尼亚号 (The Royal Yacht Britannia) 等也是去到爱丁堡不容错过的景点。还可以从爱丁堡出发，去往苏格兰高地探访尼斯湖 Loch Ness、威廉堡 Fort William、科河谷 Glen Coe 等地区。

【外部交通】

- ✈ 爱丁堡机场 (Edinburgh Airport) 位于爱丁堡市中心以西 12 公里。土耳其航空、法国航空、荷兰皇家航空、英国航空、阿提哈德航空、卡塔尔航空、芬兰航空等多个国际航空公司开通了飞往爱丁堡的航线，可以选择从北京、上海、成都、广州、武汉、香港等机场出发，另外，Easyjet、Ryanair 等廉价航空公司也有从英国其他城市或者欧洲城市来往爱丁堡的航班。
- 🚆 爱丁堡有三处火车站。Waverley 火车站是爱丁堡的主火车站，位

于市中心，开往英国各大城市的列车均从这里发车。Haymarket 火车站是爱丁堡的第二大火车站，开往爱丁堡西部、北部或周边的火车会在这里停靠。新开通的 Gateway 火车站是爱丁堡第三个火车站，由爱丁堡往返珀斯、邓迪和因弗尼斯的火车在这里停靠。

- 🚌 爱丁堡巴士站位于圣安德鲁斯广场的东北角幕崔斯购物街 Multrees Walk 旁。长途巴士可以把爱丁堡和所有苏格兰主要城市和英格兰的大部分城市连接起来。

【内部交通】

爱丁堡的景点基本上都集中在王子街和皇家英里大道附近，一般情况步行就可以，不过要是到距离市中比较远的宾馆或者到爱丁堡海边去玩就要乘坐巴士了。这里的巴士非常多，为了方便出行，可购买一天的通票，一天内无限次使用。

- 🚌 主要由洛锡安巴士 (Lothian Buses) 提供这座城市及周边地区的交通服务，大多数线路都会经过王子街 (Princes Street)。除普通公交外，洛锡安巴士也运营爱丁堡的旅游巴士、夜间巴士和机场巴士。
- 🚲 骑自行车游览爱丁堡是一种很好的选择，当然，为了避免迷路，要事先制定游览线路。



Edinburgh

Stepping on the land of Edinburgh is like opening a romantic and fantastic book. You are immediately

drawn to it. It is a city sealed in time: antique architectures like castles and churches as well as streets and alleys transport visitors to the Middle Ages. The legendary history and paranormal anecdotes passed

down from generation to generation shroud the city in a veil of mystery. Edinburgh is also a destination for culture vultures. Though small, it is dotted with theaters, museums and galleries. Edinburgh Art Festival, for example, brings together the top-notch cultural and artistic groups from all over the world to perform and countless art lovers to participate. Edinburgh is full of historical gravitas and all kinds of fantastic legends. It is also a



place to be appreciated slowly and attentively. You can browse all the sites in a day or two, but it is more advisable to spend 5 to 7 days to relish the old city's flavor. You can stroll along the Royal Mile to feel the pulse of the city, or overlook the whole Edinburgh on Calton Hill and visualize all its vicissitudes, or sit at the Elephant House nursing a cup of coffee, and imagine how Harry Potter meets Hogwarts School of Witchcraft and Wizardry.

Edinburgh Castle

Edinburgh Castle constitutes the spiritual symbol of Edinburgh, bearing witness to the historic moments in Scottish history as former palace and fortress. It is also where the oldest architecture in the city, St Margaret's Chapel, stands. The crown and sceptre as well as the legendary Stone of Destiny of the monarchs of Scotland are also displayed here.

Elephant House

Elephant House is one of the best cafes in Edinburgh, and became known to the world because of one of its patrons, J.K. Rowling, author of *Harry Potter*. The best-selling book series bring streams of visitors.

Royal Mile


Royal Mile is also a destination you cannot miss in Edinburgh, a paved thoroughfare connecting The


Palace of Holyroodhouse, the official residence of Queen Elizabeth II, the British monarch in Scotland, and Edinburgh Castle. Other famous sites like St Giles' Cathedral, the Real Mary King's Close, the Scotch Whisky Experience and Camera Obscura can also be found along the way, as well as the streetscape.

Scott Monument, Calton Hill, National Museum of Scotland, Scottish National Gallery and the Royal Yacht Britannia, etc., are worth your visit too. You can also depart from Edinburgh to explore places like Loch Ness, Fort William and Glen Coe in Scottish Highlands.

[How to Get to Edinburgh]


 **Plane:** Edinburgh Airport is situated 12 km west of Edinburgh's city center. Turkish Airlines, Air France, KLM Royal Dutch Airlines, British Airways, Etihad Airways and Finnair, etc., all have flights to Edinburgh. You can depart from airports in Beijing, Shanghai, Chengdu, Guangzhou, Wuhan and Hong Kong, etc. In addition, budget airlines like Easyjet and Ryanair also offer flights to Edinburgh from or to other cities in the UK or European cities.


 **Train:** Edinburgh has three train stations. Waverley is the main one located in the urban center, where trains to all major cities of UK depart. Haymarket is the second largest train station in Edinburgh, where trains to west, north or surrounding places of Edinburgh stop. The newly opened Gateway is the third one, where trains running between Edinburgh and Perth, Dundee and Inverness stop.

 **Bus:** Edinburgh's long-distance bus station is located beside Multrees Walk, a shopping street in the northeast corner of St Andrews Square. The route of the long-distance bus connects Edinburgh to all major Scottish cities and most British cities.

[How to Get to Edinburgh's Sites]

Edinburgh's tourist sites basically cluster around Princess Street and Royal Mile. Visitors can just walk there. But if you live in suburban hotels or plan to go to the beach taking bus is necessary. There are plenty of buses to take. For convenience's sake it is advisable to buy a through ticket that can be used however many times you like within a day.

 **Bus:** Lothian Buses is the main supplier of transportation service in and surrounding the city. Most routes pass the Princes Street. Aside from ordinary buses it also operates tourist buses, night buses and airport buses.

 **Bicycle:** Touring around Edinburgh by bike is a good idea. Of course if you don't want to get lost, make sightseeing plans in advance.





Tale of Two Cities *Kunming & Zurich*

文 / 骆驼 景点推荐 / 苏黎世旅游局、昆明市旅游发展委员会 图 / 全景

双城记

之 昆明 & 苏黎世





在中国西南，有一片高原，叫云贵高原。高原上有座城，她三面环山，城南临水，中国人都叫她“春城”。这里常如二三月，花枝不断四时春。

春城往北，跨越 20 个纬度，来到欧洲中部，在高山环绕的瑞士高原上，也有一座城，城南临湖，引水穿城。这里风景入画，不是天堂却胜似天堂。

湖光山色的两座城，一座叫昆明，一座叫苏黎世。

昆明的平均海拔高出友城 3.5 倍，人口多出 16 倍，面积大出 217 倍，纬度差约 20°。1982 年 2 月 17 日，昆明与苏黎世正式结为友好城市。这一牵手，就是三十多年。迄今为止，苏黎世只同中国昆明保持着唯一的友好城市关系。

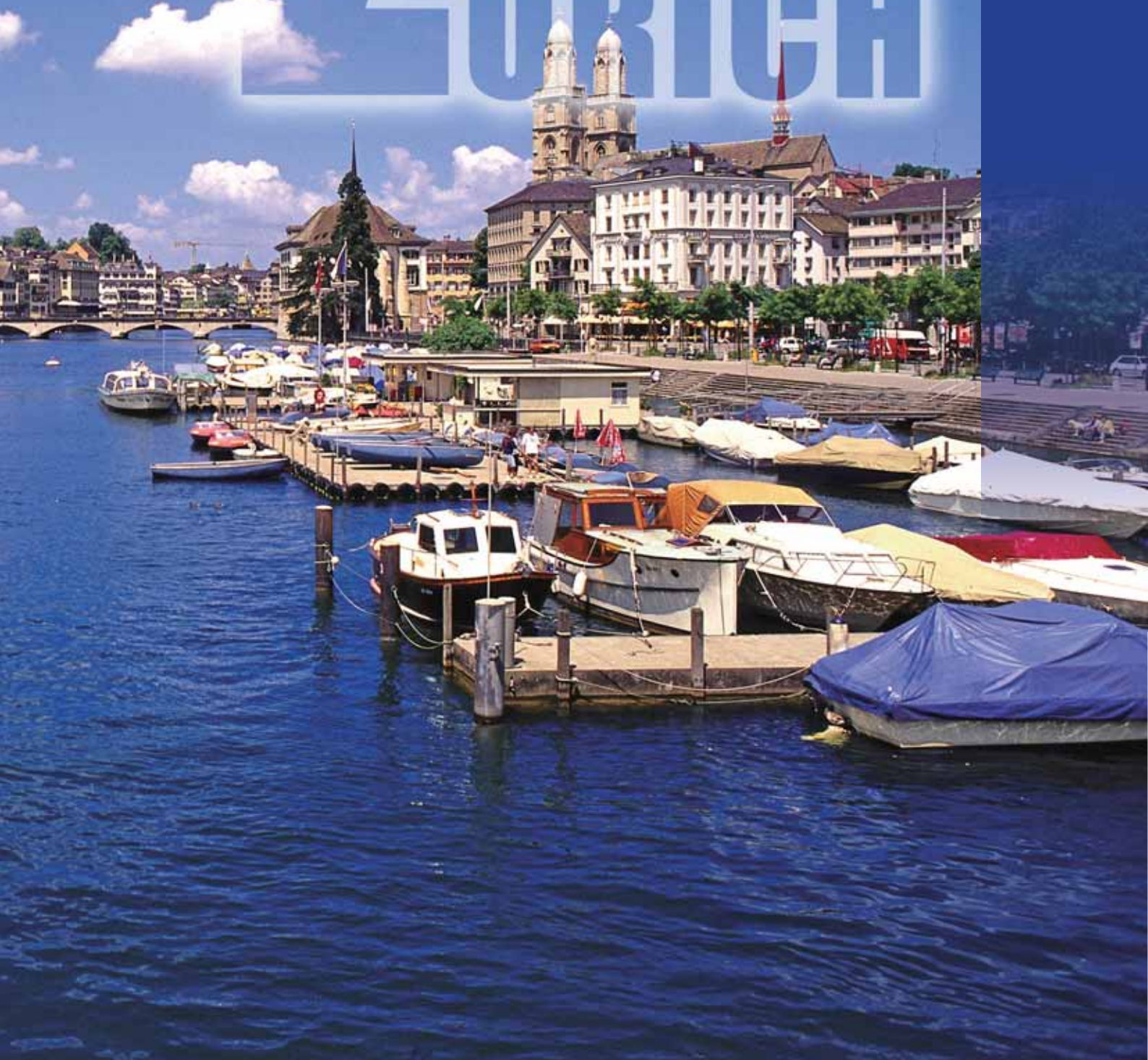
In southwest China there is a plateau called the Yunnan-Guizhou Plateau, on which a city was built ringed by mountains on three sides and a lake on the south side. The Chinese call it 'Spring City', as the weather here is often like that in February and March, where the flowers continue to blossom.

20° away at the northern latitude, in central Europe, on the Swiss Plateau embraced by mountains, a city was built with its south side facing a lake, the water of which is channeled into the city. Boasting picturesque landscape, it is better than the Paradise.

The two cities, where mountains and lake bring out the charm of each other, are Kunming and Zurich.

The average elevation of Kunming is 3.5 times higher than its sister city, 16 times more in population, and 217 times larger. On February 17, 1982, Kunming and Zurich became formally sister cities. Three decades have passed, and Kunming remains the only sister city of Zurich.

ZURICH



春城花园&水乡天堂

The Spring Garden City & The Water Town Paradise

春城花园——昆明

The Spring Garden City: Kunming

如果有人问，昆明的代表景点是哪里？那么答案一定是：昆明本身就是一个大景区，是一个鲜花满园、四季如春的大花园。

昆明，中国云南省省会，历史文化名城，中国宜居城市之一，东亚大陆与中南半岛、南亚次大陆各国进行经贸往来及政治联系的陆路枢纽，亚洲 5 小时航空圈的中心。“中国国际旅游交易会”“中国昆明国际旅游节”等使昆明成为中国主要的

会展城市之一。

昆明地处云贵高原中部，市中心在北纬 25°，海拔约 1891 米。由于地处低纬度高原而形成了“四季如春”的气候，再加上高原湖泊——滇池这个巨大加湿器和温度调节器的调节，使这里空气清新、天高云淡、阳光明媚、鲜花常开。

昆明是中国首批历史文化名城，有 3 万多年的人类生活史、2400 多年的滇中文化史、1240 多年的建城史，拥有独特的历史文化、民族文化、生态文化、佛教文化、都市时尚文化和边疆异域文化。



If anyone asks what site best represents Kunming, the answer would definitely be: the city itself, which is a huge scenic area in its entirety, where flowers constantly blossom and all four seasons feel like spring.

Kunming, capital of Yunnan Province, China, is a Famous Cultural and Historic city, one of the most livable cities in China, the land economic and commercial hub and a meeting place for political communication for countries in the East Asian continent, Indo-China Peninsula and the South Asian Sub-Continent, and center of the five-hour-flight radius of Asia. Events like "China International Travel Mart" and "Kunming International Tourism Festival, China" make Kunming one of the major MICE cities of China.

Kunming is located at the center of the Yunnan-Guizhou Plateau, its city center on 25° north, and its elevation 1,891 meter. Due to its position at a low-latitude plateau, the weather is always like spring, and thanks to Dian Lake, a plateau lake which acts as a humidifier and a natural temperature adjuster, the place enjoys fresh air, clear sky, bright sunshine and flowers in all seasons.

Kunming is one of the first batch of Famous Cultural and Historic Cities of China, inhabited by humans for over 30,000 years. The cultural history of central Yunan dates back more than 2,400 years. Kunming itself, built more than 1,240 years ago, is home to special historical, ethnic, ecological, Buddhist, metropolitan and border and exotic culture.





水乡天堂——苏黎世

The Water Town Paradise: Zurich

如果有天堂，天堂应该是图书馆的模样；而对于瑞士苏黎世人来说，人间天堂就在身旁。作为世界上最宜居的城市之一，苏黎世能够满足一个人对一座城的所有想象。

苏黎世人把这座城叫做 Alpine Metropolis，即阿尔卑斯山脚下的大都会，这是苏黎世人对这座城表达骄傲的一种特有方式：这里既保留着阿尔卑斯山最原始的纯真，又有大都市的时尚和现代。

苏黎世（Zürich），位于北纬 47°，是瑞士联邦最大的城市、苏黎世州首府、欧洲金融中心、世界上生活质量最高的城市之一。

城南一望之地，便是阿尔卑斯山，山脚下的苏黎世湖犹如一面镜子，镶嵌在城南的雪山中，把苏黎世城装扮得如诗如画。利马特河穿城而过，将苏黎世分成东西两岸，西岸是金岸，东岸为银岸。苏黎世古城的所有精彩都在这金银两岸。

Zürich，在克里特语中是“水乡”的意思。被雪山和湖泊环绕的苏黎世人依山傍湖建起了一座世界级的大都市，无论作为一个景点还是作为一个城市，这里都堪称天堂！

苏黎世城的历史超过 2000 年，最早的人类活动可追溯到公元前 3000 年左右，石器时代和铜器时代的居住地遗迹如今仍残留在利马特河左岸的林登霍夫山丘上，成为苏黎世最珍贵的文化遗产之一。

漫步在苏黎世古老的街巷，厚重而鲜活的历史就在脚下。古老的建筑、中世纪的教堂、家族传承的钟表企业……无一不在说明这是一座有故事的城。

Borges said, 'I have always imagined that Paradise will be a kind of library.' For Zurich locals, the Paradise is home. As one of the most livable cities in the world, Zurich has everything one can imagine of a city.

Locals call it "Alpine Metropolis", a special way to

express their pride in the place, which preserves the pristine nature of the Alps, and showcases the fashion and modernity of a metropolis.

Zurich, at 47° north, is the largest city of Swiss Confederation, capital of Canton of Zurich, financial center of Europe, and one of the cities with the best quality of life in the world.

Looking southward in the city you will see the Alps, at the foot of which the serene Zurich Lake is like a mirror and mounted among the snow mountains like a jewel that make the city shine. The Limmat flows through Zurich, separating it into the east bank (the gold bank) and the west bank (the silver bank). The cream of the old city is concentrated on the two banks.

In Crete language Zurich means "water town". Earliest settlers built a city amid snow mountains and a lake, which is Paradise both as a scenic area and a metropolis!

Zurich's history dates back more than 2,000 years. The earliest human activities took place in around 3,000 BC. Relics of residential sites of the Stone Age and Bronze Age can still be found on the Lindenhof on the left bank of Limmat as one of the most priceless cultural heritage of Zurich.

Rambling around the antique streets and alleys you feel the intensity and vividness of history under your feet. Ancient architectures, medieval churches and family owned timepiece makers passed down through generation...each has a story about the city of its own.



滇池 Dian Lake

在昆明市的西南部，有约 330 平方千米的地区被一大片水域覆盖，它犹如一颗巨大的心脏，赋予昆明这座城市强大的生命和活力。这片水域就是滇池。

滇池，古名滇南泽，呈弦月形，面积 330 平方千米，是中国第六大内陆淡水湖，平均水深 5 米，最深处 8 米，湖面海拔 1886 米，是名副其实的高原明珠。湖域全部在昆明市境内。

这里原来居住着称为“滇”或“滇棘”的古代部落，在中国历史上的战国时期，这里还建立起了滇国。

滇池周围有大小数十个山峰，山环水抱，天光云影，周围风景名胜众多，与西山森林公园、大观公园等隔水相望，与云南民族村、中国国家体育训练基地、云南民族博物馆等相连成片。由海埂至西山龙门有空中索道连接民族村与西山公园，可在空中观赏滇池风光。

历史上，滇池一度水位下降、水质恶化。在友城苏黎世的帮助下，昆明首次编制完成了《昆明城市排水规划》和《昆明市给水规划》（1988—2000 年）。2008 年，两座友城又启动了“昆明滇池国际城市湿地项目”，湿地项目建设完成后，2011 年与 2007 年相比，滇池湖滨带内的居民区、农作物面积大幅缩小的同时，湖滨湿地面积增加了 141.4%，其中，湿地植物群落面积占湖滨带总面积的比例更高达 92.2%，滇池湖滨湿地生态系统已初步形成。

Situated in southwest Kunming the lake covers around 330 sq. km, like a huge heart that serves as the source of life and dynamism of Kunming.

Dian Lake, called Dian Nan Ze (“Yunnan south pool”) is crescent-shaped. It is the sixth largest inland freshwater lake in China, 5 meters deep in average, and 8 meters at the lowest point. At 1,886m it is a jewel on the plateau. The lake area is completely within Kunming City.

It used to be inhabited by tribes called “Dian” or “Dianji”. During the Period of Warring States Dian Kingdom was established.

Dian Lake is surrounded by dozens of peaks of various heights. Clouds above are reflected on the lake. Scenic attractions abound in this area: Xishan Forest Park and Daguan Park face each other across the lake and are integrated with Yunnan Nationalities Village, China National Sports Training Base and Yunnan Nationalities Museum to form a whole. Between Haigeng and Xishan Dragon Gate there is a cableway connecting to Yunnan Nationalities Village and Xishan Forest Park, in which you can overlook the whole lake.

Water level of Dian Lake once dropped and the water quality worsened. With the help of its sister city Zurich,

Kunming compiled the first “Kunming Drainage Planning” and “Kunming Water Supply Planning” (1988-2000). In 2008, the two cities co-initiated “International Urban Wetland Project in Dian Lake, Kunming”. After the project completed in 2011, residential and agricultural area have been greatly reduced while lakeside wetland expanded 141.4% when compared with 2007. The coverage of phytocoenosis in the wetland accounts for as much as 92.2% of the total area. A lakeside wetland ecosystem has taken form in Dian Lake.



滇池&苏黎世湖

Dian Lake & Zurich Lake

昆明城南有个湖，叫滇池；苏黎世城南也有个湖，叫苏黎世湖。

There is a lake in the south of Kunming: Dian Lake; the south of Zurich also has a lake: Zurich Lake.

苏黎世湖 Zurich Lake

苏黎世有着自己的“母亲湖”——苏黎世湖，它是镶嵌在这座城市南部的一块珍贵的翡翠。在天气晴好的日子里，人们向南可以看到远处的阿尔卑斯山脉。

苏黎世湖 (Zurich Lake)，瑞士著名的冰蚀湖，在瑞士高原东北部，湖的北段尽头深入苏黎世市中心。湖面面积 88 平方千米，海拔 406 米，呈新月形。湖最深处 143 米，部分湖段可以通航，有渔业，湖岸缓坡上布满了葡萄园和果园。

苏黎世湖的北段引入了利马特河，河水穿城而过，清澈见底。许多市民骄傲地说，苏黎世湖水可以直接饮用。事实上，40 年前，苏黎世湖曾因工业发展成为污染重灾区，后来，苏黎世人建立了发达的城市污水处理系统，使用了上千个地下摄像机监测下水道情况，实时了解地下管道是否畅通，并收集全市所有的工业和生活污水，经过机械、生物、化学、渗透等处理全部净化后，再重新流入连通苏黎世湖的利马特河中。如今，从苏黎世湖湖畔看过去，湖水清澈见底，游鱼成群，湖面上白天鹅、野鸭随处可见。

Zurich also has a “mother lake”: Zurich Lake, a valuable jadeite jade in the southern city. When the weather is fine people can glimpse the Alps in the south direction.

Zurich Lake is a renowned ice-scour lake in Switzerland. Located in the northeast part of the Swiss Plateau its north end penetrates into the city center of Zurich. It covers 88 sq. km at 406m and is crescent shaped. The deepest point is 143m deep. Sections of the lake are navigable. Fishing is operated there. Vineyards and orchards cover the lakeside gentle slopes.

The north end of Zurich Lake joins Limmat River which runs through the city and is transparent and clear. Some citizens even proudly tell visitors it is drinkable. In fact, 40 years ago Zurich Lake used to be severely polluted by industrial development. Later locals established advanced sewage disposal system and deployed more than 1000 underground cameras to monitor the condition of sewers, check whether they are blocked, and collect all industrial and sanitary sewage, which flows back to Zurich Lake and Limmat River after completely going through the mechanical, biological, chemical and permeating process. Today, stand by the Zurich Lake and you will be delighted by the sight of limpid lake water, swarms of swimming fish, as well as white swans and wild ducks gliding across the lake.



城市探索

City Exploration

昆明

春城昆明，一个温暖的名字，一个人人向往的城市。

昆明老街

昆明老街位于文明街历史街区，位于昆明市商业核心区，始建于公元 1119 年，距今已有 900 年的历史，是昆明市中心



目前仅存的最后一块能代表老昆明风貌的历史街区，是昆明市仅存面积最大、保存清代和民国时期特色民居建筑、商铺最多的片区。

当你走在昆明老街上，你一定想不到，这条老街的保护离不开友城苏黎世的帮助。从1993年起，瑞士专家就参与了昆明旧城的保护工作。从1996年至今，昆明市政府一直与苏黎世开展“昆明—苏黎世友城合作的老城保护项目”。对昆明行政辖区内的历史村镇、乡土建筑遗产进行全面、



广泛调查，完成了亟待重点保护的历史村镇、历史街区名录。昆明主城区的文明街历史街区规划保护，荣获中国人居环境范例奖。

石林景区

位于昆明市石林彝族自治县境内，素有“天下第一奇观”的美誉。石林属典型喀斯特地貌，由大小石林、乃古石林、大叠水、长湖等片区构成，区内石峰、石芽、落水洞、地下河遍布，峰林幻化成各种形态，剑状、塔状、蘑菇状及不规则柱状等，千奇百怪美轮美奂。来昆明，石林是必去之地。

翠湖

翠湖，原为滇池的一部分，元代疏浚海口，滇池水位降低后逐渐与滇池分离开。每年冬季，千万只红嘴鸥会到此越冬，游人可与鸟同乐，其乐融融。

以翠湖为中心，周边分布着许多美食点，公园外环绕的四条街（翠湖东路、翠湖南路、翠湖西路、翠湖北路）上布满特色小店、咖啡馆和酒吧。此外，翠湖公园附近有云南讲武堂旧址、云南大学等，可一并游玩。

值得一提的是，在苏黎世，昆明市政府仿翠湖公园的格局，赠建了一座优雅别致的“中国园”。这座漂亮的园林深受全体苏黎世人的喜爱。不管有事没事，他们总爱到“中国园”转一转。

云南民族村

云南民族村紧邻滇池，是体验云南多民族文化风情的绝佳去处。不仅可以欣赏到云南25个少数民族的特色建筑，还可以在寨子里看到民俗表演，手艺人展示民族传统的制作工艺等。

昆都

“走遍大街小巷，不如昆都一趟。”昆都可以说一直是春城夜场文化的引领者，这座不夜城里美食、时尚、娱乐、休闲应有尽有。昆都夜市聚集了各种小吃，其中，烧烤和海鲜粥最受青睐。

花之城

作为全球首个花园式商城，“花之城”被称为“昆明的最后一站”。

它不仅是云南的旅游名片、地标性旅游胜地，也是游客购物、赏花、观景的最好去处。一站式的购物模式，让游客在云南所见过的特色、特产，一次性买齐。全花卉覆盖的商场，使游客仿佛来到花的海洋。

Kunming

The Spring City Kunming is synonymous with warmth and hospitality. It is a dream place of every Chinese.

Kunming Old Street

Kunming Old Street is situated in Wenming Street Historical Block at the commercial center of Kunming. Built in 1119 it dates back 900 years. It is the last and existing historical block representing old Kunming street scape, and the largest area preserving the largest number of residential and commercial architectures of Qing and Republic of China.

Walking on the Kunming Old Street you will never imagine that Kunming's sister city Zurich was involved in its protection. Swiss experts have joined efforts protecting the old town in Kunming since 1993. From 1996 till now Kunming municipal government has been undertaking "Old Town Protection Project of Kunming-Zurich Sister-City Cooperation" with Zurich, comprehensively surveying historical villages and towns as well as vernacular architectural heritage within the administrative scope of Kunming. They have completed inventorying historical villages, towns and street blocks. Protection and planning of Wenming Street Historical Block of Old Town of Kunming won China Habitat Environment Example Prize.

Stone Forest Scenic Area

Located in Shilin Yi Nationality Autonomous County, it is a "First Wonder Under Heaven" featuring typical karst topography and main attractions like Greater & Lesser Stone Forests, Naigu Stone Forest, Dadie Waterfall and Long Lake, etc. The scenic area is studded by rock peaks, clints, ponors and underground rivers. Stones take numerous shapes: sword, pagoda, mushroom and informal columns, which is a kaleidoscopic sight. When you visit Kunming the Stone Forest can't be missed.

Green Lake

Green Lake used to be a part of Dian Lake, but

has become an independent lake now because of the decreasing water level of Dian Lake after the dredging in Yuan dynasty. Now the park is for daily leisure and playing with seagulls in winter for locals and travelers in Kunming.

The Green Lake is surrounded by many food stalls. Four streets (Green Lake East Road, Green Lake South Road, Green Lake West Road and Green Lake North Road) outside are full of boutique shops, cafes and bars. In addition, the site of Yunnan Military Academy and Yunnan University are also worth your visit.

It is worth mentioning that Kunming municipal government built an elegant and sophisticated "Chinese Garden" in Zurich after the layout of Green Lake Park as a gift. The garden is a favorite of Zurich locals who often spend some time in it.

Yunnan Nationalities Village

Yunnan Nationalities Village is close to Dian Lake, and the best choice for those curious about the multi-ethnic culture in Yunnan. The village displays vernacular architectures of 25 nationalities and stages folk performances. There are also ethnic craftsmen showing how to make handicrafts.

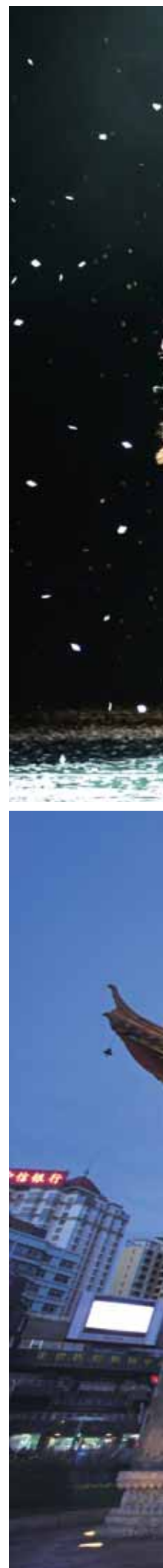
Kundu

"Kundu tops all the streets and alleys in Kunming". It is fair to say that Kundu is a pioneer in night life in the Spring City. This city that never sleeps is a casserole of cuisine, fashion, entertainment and leisure. The Kundu Night Fair offers a complete range of snacks. Barbecue and seafood congee are the most popular.

City of Flowers

As the first garden shopping mall in the world, and the "Last Stop of Kunming".

It is a gateway to Yunnan tourism, a landmark tourist site, and a destination for visitors to go shopping, and see the flowers and landscaping. The one-stop shopping model ensures you can buy all the specialties of Yunnan you can find. The mall is so decorated that visitors find themselves in a sea of flowers.





苏黎世

双塔大教堂是苏黎世的传统标志，最早由查理曼大帝下令修建，大教堂守护着苏黎世东岸的古城，那里不仅有历史悠久的艺术馆、古董店和书店，还有达达主义问世的酒吧，以及活色生香的夜生活场所。苏黎世西岸则拥有昔日依山而建的防御工事，其周边沿着山势起伏的小巷，是星罗棋布的时尚品牌店铺，而由部分防御建筑演变而成的著名的班霍夫大街，则使苏黎世享有了购物天堂的盛誉。

Day 1

在苏黎世的第一顿午餐，就在 Hiltl 吃吧。这是世界上第一家素食主义餐厅，距今已经有 117 年的历史。

吃饱了之后干什么？当然是买买买啦！直接杀向班霍夫大街。有个夸张的说法，有人坐飞机飞越大半个地球，只为了在班霍夫大街购物的这一下午。这条只有 1.4 公里的大街是瑞士最有名的购物街，名牌时装、珠宝、香水、钟表……即使不买，光看看也会让人觉得赏心悦目。

逛完班霍夫大街，不妨到利马特河乘坐游船，感受一下苏黎世的老城区吧！这段旅途的亮点包括了瑞士国家博物馆、苏黎世双塔大教堂 Grossmünster、Lindenhof 广场和苏黎世市政厅。

苏黎世湖当然是不能缺少的一站。坐完游船，就在苏黎世湖边散散步吧！

接下来，来点艺术气息。距离苏黎世湖不远的 Museum Heidi Weber 是瑞士著名建筑师、城市规划师勒·柯布西耶的杰作，来这里沾沾艺术家的灵气吧！

晚饭就在湖边吃，从 Zurichhorn 坐船来到 Zurich Enge，在 Seerestaurant Quai 61 享用一顿“湖景大餐”，结束这美好的一天！

Day 2

第二天的第一站，去苏黎世国家博物馆 National Museum Zurich 了解一下瑞士和欧洲过去！苏黎世国家博物馆是瑞士最大的综合性博物馆，于 1898 建立，在这里可以看到整个欧洲过去几千年的文明史。

参观完博物馆，从苏黎世火车站乘火车到 Zurich Hardbrücke，在 Frau Gerolds Garten 的露天餐厅享用一顿大餐。

接下来，又可以任性买买买啦！去位于苏黎世西区的 Viadukt 逛逛，这里有各种品牌的商店，包括时尚品牌和运动品牌的旗舰店。

下午的时光，如果天气好的话，游泳是个不错的选择！Lower Letten River Pool 是苏黎世水流最湍急的泳池，来挑战一下自己吧！

晚饭当然要在 Restaurant Viadukt 吃啦！这里不定期的会有音乐会，运气好的话，你还能边吃饭边欣赏一场音乐会呢！

吃过晚饭之后，可以登上同样位于苏黎世西区的 Prime Tower 的顶层酒吧，一边品尝鸡尾酒，一边俯瞰苏黎世的夜景。就这样结束这短暂的旅程吧！

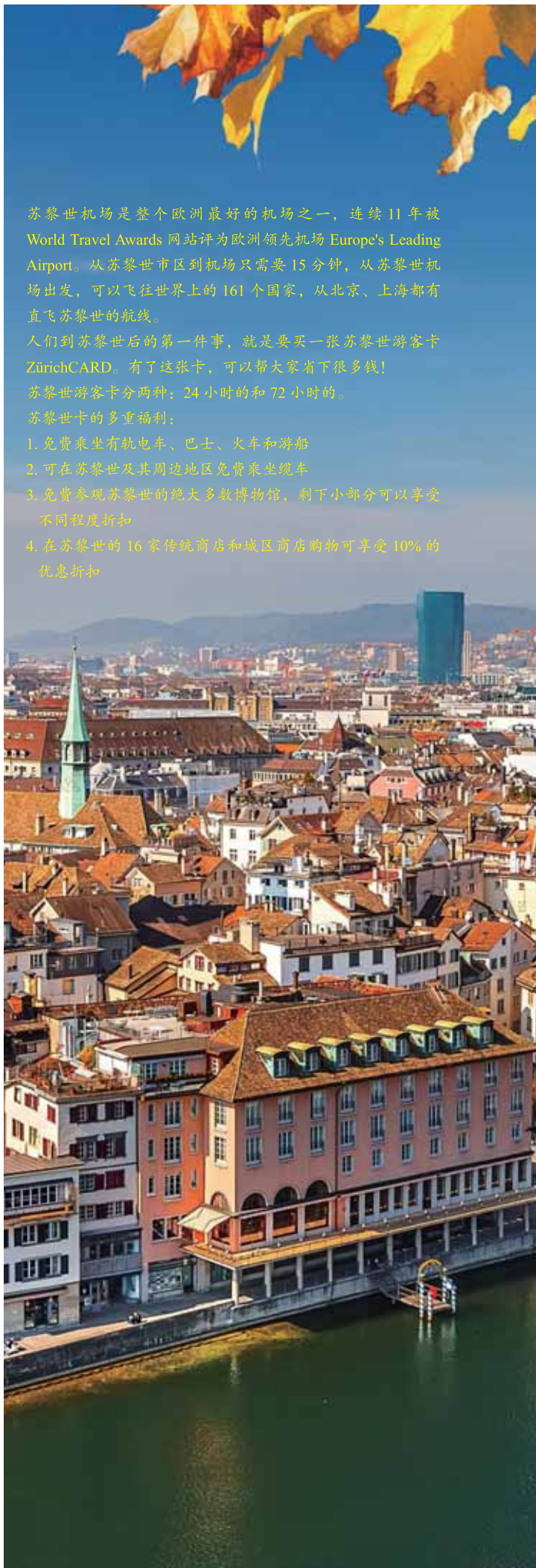
苏黎世机场是整个欧洲最好的机场之一，连续 11 年被 World Travel Awards 网站评为欧洲领先机场 Europe's Leading Airport。从苏黎世市区到机场只需要 15 分钟，从苏黎世机场出发，可以飞往世界上的 161 个国家，从北京、上海都有直飞苏黎世的航线。

人们到苏黎世后的第一件事，就是要买一张苏黎世游客卡 ZürichCARD。有了这张卡，可以帮大家省下很多钱！

苏黎世游客卡分两种：24 小时的和 72 小时的。

苏黎世卡的多重福利：

1. 免费乘坐有轨电车、巴士、火车和游船
2. 可在苏黎世及其周边地区免费乘坐缆车
3. 免费参观苏黎世的绝大多数博物馆，剩下小部分可以享受不同程度折扣
4. 在苏黎世的 16 家传统商店和城区商店购物可享受 10% 的优惠折扣



5. 在苏黎世的 23 家餐馆可获得意外惊喜和更多实惠

6. 参加苏黎世城市游览可享受优惠折扣
苏黎世游客卡在机场、苏黎世主火车站、苏黎世市区及周边的瑞士国铁自动售票机以及苏黎世的很多酒店都可以买到。价格如下：

1. 有效期 24 小时的苏黎世游客卡：

成年人：24 瑞士法郎 / 儿童（6-16 岁）
16 瑞士法郎

2. 有效期 72 小时的苏黎世游客卡：

成年人：48 瑞士法郎 / 儿童（6-16 岁）
32 瑞士法郎

有了这张卡，就可以开始城市探索之旅啦！



Zurich

Day 1

The first breakfast in Zurich should be taken at Hiltl, the world's first vegetarian restaurant built 117 years from now.

What to do after you feel stuffed? Shopping, of course. Go directly to Bahnhofstrasse. It is said that people can fly over half the globe only to spend an afternoon at

Bahnhofstrasse. Though only 1.4-mile-long, it is the most famous shopping street in Switzerland, where you can find the best garment, jewel, perfume and timepieces of luxury brands...Window shopping alone is pleasant enough.

After finishing visiting the Bahnhofstrasse, go boating on the Limmat River and enjoy the sight of the old town! The trip consists of Swiss National Museum, Grossmünster, Lindenhof Square and Town Hall (Rathaus), Zurich.

Zurich Lake is of course on the itinerary. After going ashore, have a walk by the Zurich Lake!

And then...it's time to get artsy. Not far away from Zurich Lake is Museum Heidi Weber, a masterpiece by Swiss architectural and planning icon Le Corbusier. You



will find his art inspiring and exhilarating!

Have supper by the lake: take a boat from Zurichhorn to Zurich Enge, and treat yourself to the "Lakeview meal" at Seerestaurant Quai 61 to conclude the great day!

Day 2

The first stop on the second day is National Museum Zurich, so that you can be better informed of the past of Switzerland and Europe. Founded in 1898, it is the largest comprehensive museum in Switzerland, telling the story of European civilization in the past millennia.

Then go to Zurich Hardbrücke from Zurich Main Train Station, and have a hearty meal at the open-air restaurant of Frau Gerolds Garten.

Time for shopping spree again! Check Viadukt in Zurich west lined by flagship shops of fashion brands and sports brands alike.

If the weather is good, swim in the afternoon would be a good idea! Lower Letten River Pool features the most

rapid stream in Switzerland. Challenge yourself!

Without question, the supper is to be had at Restaurant Viadukt! If you are lucky, you will be eating while listening to one of the irregularly scheduled concert!

When dinner is finished, you can mount to the rooftop bar of Prime Tower which is also in Zurich west. Sip cocktail while overlooking the nightscape of the city. Thus concludes your short trip!



Zurich Airport, one of the best airports in Europe, has been rated as "Europe's Leading Airport" by World Travel Awards website for 11 consecutive years. It takes only 15 minutes to arrive at the airport from the city center. From the airport you can fly to 161 countries. Both Beijing and Shanghai have direct flights to Zurich.

The first thing you arrive at Zurich is to buy yourself a ZürichCARD, which can save a lot of money.

ZürichCARD has two varieties: the 24-hour one and the 72-hour one.

ZürichCARD holders enjoy multiple benefits:

1. Taking tramcar, bus, train and sightseeing boat for free
2. Taking cable car in Zurich and surrounding areas for free
3. Visiting most of the museums in Zurich for free, and enjoying varying discounts in the rest.
4. Enjoying a 10% off discount in 16 traditional shops and urban center shops.
5. Surprises and more premium in 23 restaurants in Zurich
6. Discounts of sightseeing services in the city

The ZürichCARD can be bought at the airport, the Zurich Main Train Station, the city center, ticket vending machines at Swiss Federal Railways and many hotels in Zurich. Please find prices below:

1. The 24-hour ZürichCARD:
Adults: 24 CHF/ Children (6-16): 16 CHF
2. The 72-hour ZürichCARD:
Adults: 48 CHF/ Children (6-16): 32 CHF

Embark on your city exploration trip with this card in hand.

Grossmünster, a traditional landmark of Zurich, was originally commissioned by Charlemagne and now protects the old city on the east bank with art museums, antique shops and book stores of long standing, as well as Cabaret Voltaire, the bar where Dadaism was born, as well as sensuous night life haunts. The west bank is still dominated by fortifications built alongside the mountains. Small alleys that undulate with the mountain are dotted by fashion boutique shops. The reputed Bahnhofstrasse, parts of which are former fortifications makes Zurich a Paradise of shopping too.





Tale of Two Cities *Xiamen & Wellington*

文 / 骆驼 景点推荐 / 新西兰旅游局、厦门旅游发展委员会 图 / 全景



双城记

之 厦门 & 惠灵顿

on





WELLINGTON

在北回归线偏北约 1.5° 的中国东南沿海，有一座城，她面朝大海，四时花开。城在海上，海在城中；白鹭红花，绿水青山。她的名字叫“厦门”。

在南回归线往南约 20° 的新西兰北岛，有一座城，她依山傍水，四季如春。城在港湾，湾在城中；青山白云，碧海苍穹。她的名字叫“惠灵顿”。

坐拥大海的两座港湾城市远隔重洋，跨越南北两个半球、60 多个纬度线，于 1987 年 6 月 23 日，正式结为友好城市。

About 1.5° north to the Tropic of Cancer, in the Southeast coast of China, a city is known to look out to sea, with blossoms in all four seasons. The city is built above and alongside the sea, and home to egrets, glowing blossoms, green hills and turquoise water. The city is called "Xiamen".

Around 20° south of the Tropic of Capricorn, in New Zealand's North Island, there is a scenic city always warm like spring. The city is built in and alongside the harbor; green hills, white clouds, turquoise sea and azure sky form a stunning picture. The city is Wellington.

Two coastal cities from two hemispheres and 60 lines of latitude apart shook their hands on June 23, 1987, and became partner towns.

海之城 & 风之都

A City of Sea & a Metropolis of Wind

海之城——厦门

A City of Sea: Xiamen

厦门，中国东南沿海经济特区，福建省副省级城市，为现代化国际性港口风景旅游城市，拥有中国第一批国家 5A 级旅游景区——鼓浪屿，还有天竺山森林公园、五缘湾湿地等多个生态景区。这些，都成就了厦门这个高颜值的生态花园之城。

厦门位于北纬 24°，台湾海峡西岸中部、闽南金三角的中心，全市土地面积 1573.16 平方公里，其中，厦门本岛土地面积 141.09 平方公里（含鼓浪屿），海域面积约 390 平方公里。可以说，厦门是名副其实的海上之城。

从高空俯瞰厦门，厦门，就像是一个绿洲。绿，是厦门的底色。在厦门，大大小小的公园无数，这些公园又为厦门增加了一抹绿。除了那一抹绿，让厦门人更加引以为傲的是那一抹“厦门蓝”。

抬头就见厦门蓝，随处可闻花语香。当然，除了“天空蓝”，厦门还有一种蓝，叫做“深海蓝”。深海蓝，白鹭飞。这，就是厦门的颜色。

Xiamen is a special economic zone in Southeast China, a sub-provincial city in Fujian, and a scenic tourist city with international harbor, with Gulangyu Island, one of the first National AAAAA Tourist Attraction as well as several ecological sites like Mt. Tianzhu National Forest Park and Wuyuanwan Wetland Park, etc. Xiamen is indeed a beautiful ecological garden city.

At 24° North, central part of the west bank of Taiwan Strait and center of Minnan Golden Triangle, Xiamen covers 1,573.16 sq. km. Land covers 141.09 sq. km (Gulangyu Island included) and sea covers 390 sq. km. It is fair to say Xiamen is a town of the sea.

Looking from above Xiamen is like an oasis, that is, the city's theme color is green. Xiamen has countless gardens of varying sizes, which contribute to the greenery that Xiamen is known of. Besides green Xiamen locals are also proud of another color: "Xiamen blue".

The blue hue of the sky above the city is a blessing. Of course there is another shade of blue: deep sea blue. White egrets flying against the deep blue sea: this is the pallet of Xiamen.



风之都——惠灵顿

A Metropolis of Wind: Wellington

惠灵顿，新西兰首都及其第二大城市，世界最佳深水港口城市之一，地球最南端的首都。

惠灵顿位于新西兰北岛的南端，隔库克海峡与南岛相望，面积为 266 平方公里。她三面依山，一面临海，怀抱着尼科尔逊天然良港，轮廓犹如古罗马圆形剧场。

惠灵顿所处的南纬 41°，正好在南半球西风带，这里濒临海湾，加之地势较高，时常受到海风的侵袭，一年之中大部分日子都刮风，加上库克海峡对风的影响，惠灵顿因而有了“风之城”的称号。

惠灵顿不仅是人们穿越库克海峡时搭乘渡轮的停留之所，而且是一个位于北岛南端的美食爱好者的梦想之地。这里的阳光、沙滩、咖啡、美食一定会令你难以忘怀。

Wellington is the capital city and second most populous urban area of New Zealand with one of the best deep-

water harbors in the world. It is the southernmost capital city on the globe.

Wellington is at the south-western tip of the North Island, between Cook Strait and the Rimutaka Range, facing the South Island. It covers 266 sq. km, with mountains on three sides and sea on one side and embracing the natural Port Nicholson like the Coliseum of Ancient Rome.

Wellington, at 41° South, falls within the westerlies of the Southern Hemisphere. Due to its closeness to the sea and high elevation, it is often exposed to see winds. Most days of the year are windy. With Cook Strait's impact on the wind the city is known by the nickname "Windy Wellington".

Wellington is more than a stop where people board the ship to cross the Cook Strait. It is also a dreamland of gourmets at the south-western tip of the North Island. Its sunshine, beach, coffee and cuisine are unforgettable.





海与风的对话

Dialogue Between the Sea and the Wind

厦门与惠灵顿，就像海与风，海因风而壮丽，风因海而长远。虽然远隔重洋，海之城与风之都却成了最佳拍档。

在厦门市，有惠灵顿路，厦门园博苑建有惠灵顿园，厦门图书馆开设了惠灵顿角，厦门大学设有中国唯一的新西兰研究中心。

在惠灵顿，维多利亚大学拥有新西兰唯一的中国研究中心。每年农历春节，厦门小白鹭民间舞蹈团都会把鹭岛人民的友情送到惠灵顿，而邀请厦门的文艺团体参加演出已经成为两座友城的惯例。

惠灵顿、厦门两市的港口，结成中新唯一的友好港。

Xiamen and Wellington are like sea and the wind: sea is made spectacular by the wind while the wind travels far because of the sea.

Though separated by vast oceans, the city of sea and

the metropolis of wind become best partners.

Xiamen downtown has a road called Wellington Road. Xiamen Yuanboyuan Expo Garden displays a Wellington Garden. Xiamen Library has founded a Wellington Corner, and Xiamen University established the only research institute on New Zealand in China, New Zealand Research Center.

In Wellington, Victoria University owns the only research institute on China, Contemporary China Research Center. On each Chinese New Year, Xiamen Little White Egret Folk Dance Troupe would perform for Wellington locals to express the good will of people on the "Egret Island". It has become a rule for Wellington to invite Xiamen artistic and literary groups to perform.

Wellington and Xiamen, two harbor cities, become the only pair of partner harbor towns between China and New Zealand.



城市探索

City Exploration

厦门

“鹭岛”厦门风景怡人，高颜值的好去处不胜枚举——白鹭洲的音乐喷泉、3D水舞曼妙多姿，百年老街中山路的骑楼流光溢彩，被誉为“女王皇冠上的宝石”的鼓浪屿带有浓郁闽南建筑风格，厦门大学被称为中国“最美丽大学”。这里还有世界上最美丽的马拉松赛道——环岛路，“城市绿肺”——五缘湾湿地公园，中国首条、世界最长的空中自行车道，厦门“最美海景地铁”的1号线跨海而来。

时尚

傍晚的筲筴咖啡一条街，弥漫着咖啡的香气，微风徐徐、

撩得行人缓缓，这就是时尚生活的味道。

十一月或十二月的厦门正逢国际时尚周，众多时尚大咖云集，时尚事物在这里爆炸，全新创意在这里破土而出。

这就是厦门的魅力，山、海、湖错落有致，西洋、南洋风格的建筑与闽南民居争奇斗妍；更重要的是，厦门那颗时尚的“心”，一种由时尚消费衍生出的时尚生活方式，营造出的时尚氛围。

文艺范儿+小清新

骨子里就透着文艺气质的厦门人在这座城市中静静体会慢生活带来的文艺范和小清新。

在沙坡尾，仿佛可以瞥见威尼斯的身影。这里依旧有人烟，可以看见打鱼归来的渔民卖鱼，可以见到周边居民在岸上歇凉。晚霞，倒影，你就是行走其间最美的风景。

艺术西区是厦门沙坡尾避风坞边上兴起的年轻文化艺术区。这里包含了雕塑、陶艺、版画、服饰设计、手作木艺、动漫、音乐、纸艺、影像等艺术元素，年轻人在这里分享个性的



生活态度。

铁路文化公园里老式的火车车厢，刻着岁月痕迹的铁轨和枕木，两边夹道成荫的绿树和绽放的三角梅，闹中取静，文艺范儿十足。

慢生活

华新路是安静的，窄窄的小巷，漂亮的欧式别墅，没有游人如织的喧闹，只有静谧的生活气息。这里会让人不自觉地放慢脚步，体会这份生活的从容自在。

南普陀的梵音不绝，香火鼎盛。听着从千年古刹传来的钟声，这就是属于厦门市民游客的禅意古韵慢生活。

厦门随处可见的茶馆、茶庄，一张方桌、一把小壶、几盏清茶，一人读报，或三两围坐，茗茶阵阵飘香，人物谈笑风生，飘散的不仅仅是一种饮茶之风，更是厦门人淡泊优雅的生活态度。

厦门这座城市之所以有温度，正因为它的平凡普通，一边是车水马龙川流不息，另一边是八市喧闹的叫卖声，在拼命工

作之余，来市场感受生活的烟火气也是种不错的选择。

筲箕湖畔，时而有人跑步健身，时而有人遛狗散步，悠然自得的和谐慢生活，你是否也会停下脚步，用心感受这份生活气息？

古早味

厦门的美食，是任何人都无法抗拒的美味。由于厦门靠海，海鲜便成了餐桌上必不可少的美食。

注重保护自然

厦门人还有一颗保护自然的心。早在 1991 年，厦门就建立了文昌鱼保护区，1995 年又建立大屿岛白鹭自然保护区和中华白海豚自然保护区。2000 年，三个保护区合并申报为厦门珍稀海洋物种国家级自然保护区。2012 年，厦门又建立起五缘湾栗喉蜂虎自然保护区。给“最美鸟儿”一个家。五缘湾栗喉蜂虎自然保护区内有植物 174 种，除分布有栗喉蜂虎外，还成为厦门岛内最重要的候鸟过境和越冬地。





Xiamen

The “Egret Island” Xiamen boasts pleasant scenery and numerous stunning sights: the captivating music fountain and 3D water dance in Bailuzhou Park, the splendid tong lau on the century-old street Zhongshan Road, the Southern Fujian style architectures on the “queen’s crown jewel” Gulangyu Island as well as Xiamen University, the most beautiful university in Chin. There are also the most beautiful marathon trail in the world,



Huandao Road, the “urban green lung” Wuyuanwan Wetland Park, China's first and world's longest cycling trail in the air, as well as the Line 1 of the cross-sea Xiamen Subway with the most beautiful seascape.

Fashion

Yundang Coffee Street at dusk is filled with the aroma of coffee. Gentle winds blow and passersby slow down. This is the flavor of a fashionable life.

The international fashion week in Xiamen fall on November or December, bringing together fashion icons. Fashion items vie for attention. Creativity and innovation are key words.

Such is the charm of Xiamen, where mountains, the sea and lakes are weaved together, where Western, Southeast Asian and southern Fujian compete. More

importantly, Xiamen is fashionable in its soul. A fashionable lifestyle generated by luxury consumption brings about the fashion atmosphere.

Artsy + Indie Pop

Xiamen locals, artsy to the bone, slowly enjoy the artsy and indie pop style developed by living a slow life. Shapowei is reminiscent of Venice. It is still populated by fishermen who sell fish after fishing, or residents relaxing in a cool place. The sunset glow and reflections are gorgeous. Shapowei Art Zone is an emerging art and cultural hub in Bifengwu. Through the medium of sculpture, pottery, engraving, costume design, wood craft, animation, music, paper art and video young people express their edgy attitude. Old style train carriages in Xiamen Railway Culture Park, weather-worn rails and sleepers, green trees that line the railway and blossoming bougainvillea spectabilis make the place more sequestered and artsy.

Slow Life

Huaxin Road is quiet. Narrow lanes and pretty European villas are far removed from the crowd of visitors and more serene. One voluntarily slows down his steps to feel the leisurely and hushed way of life.

The bell of the South Putuo Temple rings one. Rare and extraordinary is the Dharma. The temple serves to spread the Buddha's message and benefit the mortals. Listening to the bell of the millennium-old temple is a unique Buddhist slow life style of citizens and visitors alike.

Everywhere in Xiamen there are tea houses and tea shops, where a customer reads newspaper alone or several people chat at one table with a small tea pot and some tea cups. The aroma of the tea permeates the place. It is not only the aroma that permeates, but also the unhurried and elegant attitude of Xiamen people.

Xiamen has human touch as it is just like any other city with the hustle and bustle of cars and passersby and the shouts of peddlers at the Eighth Food Market. When off work, the sight of the ordinary life of ordinary people is relaxing.

By the Yundang Lake people are jogging or walking the dog, enjoying a life on the slow lane. Will you also slow down and adjust to the rhythm of true life?

Remembered Tastes of Traditional Cuisine

Xiamen cuisine is a temptation that no one can resist. As Xiamen is a coastal city seafood is indispensable in Xiamen cuisine.

A City of Preservationists

Xiamen locals are also preservationists. In 1991 the city established an amphibious preservation area. In 1995 it founded Dayu Island Egret Natural Reserve and Chinese White Dolphin Natural Reserve. In 2000 three reserves are combined as Xiamen Rare Marine Species National Natural Reserve. In 2012 Xiamen developed yet another natural reserve for Merops philippinus in Wuyuanwan to build a home for this beautiful bird. Wuyuanwan Merops Philippinus Natural Reserve hosts 174 plant. It is not only a habitat of Merops philippinus, but also the most important place for migratory birds to pass through or spend winter.







惠灵顿

2011年，惠灵顿被《孤独星球》评为“世界最酷的小型首都”。无论是山峦海湾、咖啡佳肴还是多样文化艺术，这座小城包容着百态各异的美好，因为包容，所以才酷。

体验惠灵顿

无论你是在惠灵顿的城内金色沙滩——东方湾享受休闲惬意时光，还是深入到无数的博物馆、美术馆和剧场，都能感受到这座城市文化脉动。如果你对户外活动感兴趣，惠灵顿为你准备了动感十足的冒险活动，如山地自行车和海岸皮划艇，更有在港口和周围山间风景优美的徒步线路。你还可以尝试穿越著名的麦克罗山自行车道饱览壮观雄奇的山景，或者漫步跨海人行桥欣赏惠灵顿最美丽的海滨。乘坐城市缆车来到山上的 Kelburn 咖啡馆，整座城市的迷人景色一览无余，在这里享受一支冰激凌更是令人心旷神怡。

新西兰国家博物馆蒂帕帕博物馆 (Te Papa Tongarewa) 地处惠灵顿海滨地区，是世界最佳互动型博物馆之一。Te Papa 是当地语言，意思是“我们的地方”。

享受美食

惠灵顿汇集了众多的熟食店、咖啡馆和餐馆，是美食佳酿的天堂。作为新西兰的美食之都，惠灵顿以隐秘难寻的酒吧、风格古怪的咖啡馆，屡获殊荣的餐厅和美味的咖啡而声名远扬。向考特尼大街或古巴街进发，去寻找更多的美食吧。

指环王

对于指环王迷来说，惠灵顿是彼得·杰克逊的威塔工作室和威塔之家的故里，在这里你可以了解到电影神奇的幕后制作。一日游游客如果想感受“中土”风光，这里也是不错的出发场所。2012年11月28日，惠灵顿迎来了“霍比特人：意外之旅”的世界首演。如果你是超级指环王迷，可千万不要错过这个探访威塔故里的重要一站哦！

走进惠灵顿

如果你想去南岛，在惠灵顿有岛际渡轮，无论有车没车都方便搭乘。渡轮每日发班，船程3个小时，乘客能欣赏到全世界最壮丽的美景。渡轮准时从惠灵顿出发，带您穿过马尔堡峡湾，欣赏迷人的风光，最终停靠在南岛北端风景如画的小镇皮克顿。

来到新西兰经典葡萄酒小道，踏上一次带您穿越新西兰顶级葡萄酒产区的奇趣旅程，绝对不容错过，而惠灵顿正是您开始品酒旅程的绝佳之地。乘车或渡轮几小时便可到达马尔堡、怀拉拉帕和霍克斯湾，这里将带给您终生难忘的美酒之旅。

Wellington

In 2011 Wellington was listed as one of the top 10 cities, “Cool-with-a-capital-C”. Hills, coasts, coffee, cuisine as well as diversified art scene are alive in this small city. It is cool because it is inclusive.

Experiencing Wellington

Whether you are in the downtown Golden Beach Oriental Bay having a leisurely vacation, or delve into local museums, art galleries and theaters, you can invariably feel the cultural dynamics of the city. If you are more outdoorsy, Wellington is the place for stimulating sport adventures like mountain cycling and coastal kayaking, and offers picturesque hiking route in the harbor and amid surrounding mountains. You can take in the magnificent spectacle of the mountains by cycling through the McLaren bike lane, or appreciate the most beautiful coast in Wellington by rambling

on the City to Sea Bridge. Either way, take the city's cable car to the Kelburn cafe on the mountain for a commanding view of the cityscape. A ice cream would add extra piquancy.

Museum of New Zealand Te Papa Tongarewa is located in the coastal area of Wellington. It is one of the best interactive museums in the world. Te Papa in local language means “our place”.

Delicacies

Wellington is home to a host of delicatessen, cafes and restaurants, a Paradise of wining and dining. As the gourmet city of New Zealand the city is widely known for bars tucked away off the street, eccentric cafes, award-winning restaurants and yummy coffees. Head for Courtenay Place or Cuba Street for more!

The Lord of the Rings

For fans of the Lord of the Rings Wellington is also where Peter Jackson's Weta Studio and Weta Cave were





built. There you'll discover film making tricks behind the curtain. To really experience the "Middle-earth" it is a good starting point. On November 28, 2012, *The Hobbit: An Unexpected Journey* was premiered in Wellington. If you are a super fan don't miss this important stop and home of Weta.

Wellington Closer-up

If it is the South Island that you'd like to visit, there are ferryboat between the islands when buses are not available. The ferryboats operate every day. Each trip takes 3 hours and visitors can take in the most spectacular sights in the world. The ferryboats depart punctually to take you through the scenic Marlborough Sounds and stops at a small town called Picton on the northern tip of the South Island.

Then go to the Classic New Zealand Wine Trail for an intriguing journey in the top wine region in New Zealand. Wellington is the best place for wine tasting. It takes only a few hours to get to Marlborough, Wairarapa and Hawkes Bay. The wine trip is bound to be unforgettable.

