



Sports Leisure Travel

Enjoy the Beautiful City Life

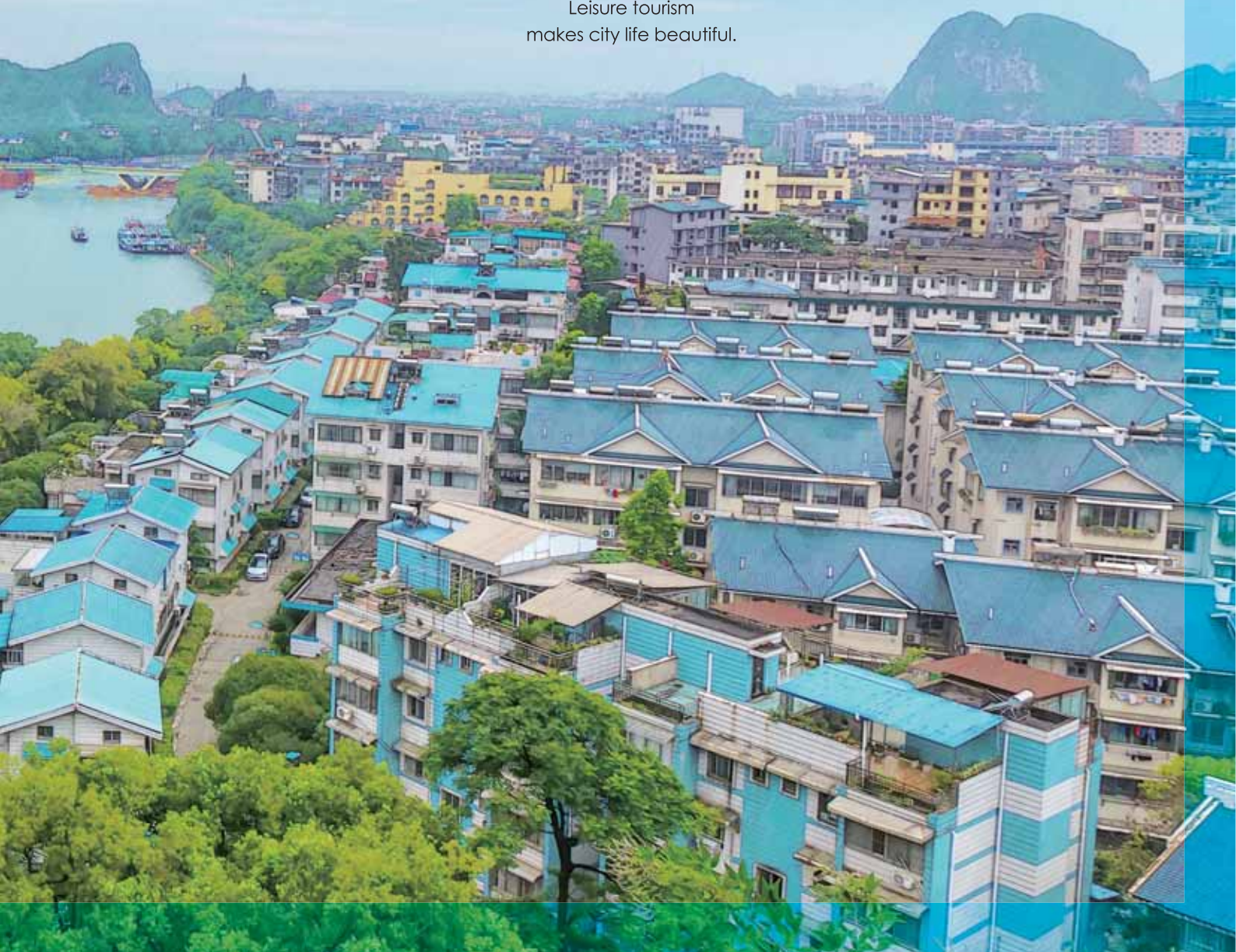
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未来的休闲，
旅游业打头。
休闲旅游，
将是好吃懒做图舒服，
好玩玩好求快活，
娱乐刺激追极限，
共享休闲成主流。
休闲的未来，
属于旅游业。
休闲旅游，
成就城市美好生活。

In the future,
Tourism will be the hottest leisure activity.
Leisure tourism
means to relax and unwind,
to indulge and have fun,
and to challenge yourself with mind-blowing new
things.
This is the new norm.
The future of the leisure sector
lies in tourism.
Leisure tourism
makes city life beautiful.



文 / 唐少敏 景点推荐 / 西班牙国家旅游局 图 / 全景

百年马德里 的传承： MADRID: A CENTURY- OLD LEGACY



坐落于西班牙中部，作为其首都以及最大城市的马德里，随着缓缓流淌的曼萨纳雷斯河一起飘过了千年时光。

建城于公元9世纪的马德里，是在摩尔人的边贸站“马格利特”的旧址上发展起来的都市。从这里南下，可与非洲大陆一水为限的直布罗陀海峡相通；一路向北，翻越比利牛斯山，可直抵欧洲腹地。马德里，因此成为“欧洲之门”。

打开这扇门，古老的文化艺术气息扑面而来，1962座超过百年历史的古老建筑，囊括了马德里从罗马时代至今的历史，千百年来文化积淀，使这座历史古城本身演化成了一座庞大的博物馆。若是称之为艺术之都，亦不为过。

当然，打开“欧洲之门”的，还有足球。

能够成为欧洲体坛上一颗璀璨的宝珠，与马德里和足球的结缘不无关系。1902年3月6日，马德里足球队正式成立。从这一刻开始，足球不仅成了这座城市的标志，也开启了它长达百年的辉煌之门。

如同无处不在的艺术品一样，这座城市里踢足球的人也是无处不在。不受场地限制，一人一球，哪怕只是颠球，都能玩得亦乐乎。如果想来一场酣畅淋漓的比赛，可到随处可见的

球场去。你可能无法相信，在马德里，有数量众多的公立足球场，并且大多不收租金，人们随时可以免费入场过把球瘾。语言不通不要紧，只要踏上球场，所有人都能心心相通。

在数量众多的足球场中，有一座球馆驰名世界，它就是圣地亚哥·伯纳乌球场。这座雄壮宏伟的银白色球馆，是马德里在体育界的地标建筑。它于1947年落成，以皇家马德里足球俱乐部前主席圣地亚哥·伯纳乌的名字命名，可容纳八万名观众，是西班牙不折不扣的足球圣地。每一个前往伯纳乌球馆的球迷，都如同朝圣者一般，在满怀虔诚的同时，见证着这里发生的每一个历史时刻。

在足球的世界里，马德里不仅扣开了“欧洲之门”，更是站上了世界之巅。

由现足坛巨星克里斯蒂亚诺·罗纳尔多、卡里姆·本泽马、加雷斯·贝尔等领衔的皇家马德里队再次夺得欧冠决赛冠军，“银河战舰”如愿以偿地获得了三连冠。夺冠后，皇马从主体育场出发，分别经过阿穆德纳圣母主教座堂、马德里大区府、马德里市政府、西贝雷斯广场，最后返回伯纳乌球场。皇马与万千球迷一同迎来了一场盛大的狂欢。







下面，就让我们沿着皇马夺冠庆典路线，来领略这座足球之城的别样风情吧。

阿穆德纳圣母主教座堂及王宫

阿穆德纳圣母主教座堂和与之毗邻的王宫组成了马德里最热门的游览区域之一。主教座堂采用巴洛克式建筑风格，外形优美，正对王宫，二者颜色十分契合。从卡洛斯三世到阿方索十三世，马德里王宫见证了一场时光之旅。尽管现在无王室成员居住，但这座王宫仍是西班牙王室的官方居所，走进王宫，仍能感受到那份保留完好的传统与精致。

马德里大区政府

马德里大区政府是皇马此次夺冠庆典的必经之地。大区政府坐落在马德里最核心的地段——太阳门广场。广场得名于15世纪的城门，因为上面装饰着太阳图案，又因作为马德里的东大门每天面向太阳升起的方向，故得此名。广场上的“熊与草莓树”是游客们纷纷打卡的地标式雕塑。

西贝雷斯广场

西贝雷斯广场又称丰收女神广场。狮子拉车上的女神像也是艺术区普拉多大道起点。每当皇马取得冠军，西贝雷斯

广场便会迎来一场专属于球迷的狂欢。历届皇马队长会爬上雕塑，为女神佩戴围巾并献上深情一吻，这样的场景已经成为众多球迷心中最幸福的画面。

圣地亚哥·伯纳乌球场

位于马德里市中心大名鼎鼎金光闪闪的皇家马德里主场，除了球场本身，还有专门为球迷设计的展厅和博物馆。看到满墙blingbling闪瞎眼的奖杯，你就知道皇家马德里为什么“金光闪闪”了。这里不仅吸引着来自世界各地的球迷，也给普通游客一份难忘的体验。

如果球迷朋友时间不合适，或者赛事火热买不到票，也不用伤心。西班牙的足球文化以及西班牙人民对足球的热爱并不仅仅局限在球场上，酒吧、餐馆、广场，都可以成为球迷们狂欢的场所，有的酒吧还会在重大赛事时直接把电视和吧台搬到外面……来杯啤酒，要一小份塔帕斯 tapas，跟陌生人一起举杯欢呼或者抱头痛哭，这才是难得的观球体验。

再过两年，由西班牙国王阿方索十三世亲自更名的皇家马德里足球队，将在更名之后迎来百年华诞。马德里这座千年古城，也将在每天的朝霞升起之时，继续它的传奇之旅。

Madrid, the capital and largest city of Spain, sits in the center of the country. The Manzanares has been flowing through the city for a millennium.

Founded in the 9th century AD as a Moorish border fort



called Metragirta, the city is connected to the Strait of Gibraltar in the south which separates Gibraltar and Peninsular Spain in Europe from Morocco and Ceuta (Spain) in Africa; crossing the Pyrenees Mountains from the north of the city and you can get to the European hinterland. Hence it is known as the "Gate of Europe".

Open this gate and you are greeted with the artistic and cultural vibe of an ancient city, which is home to 1,962 century-old architectures offering a panorama of the city's development from the Roman times to this day. With hundreds of years of cultural riches, the historic Madrid is a colossal museum in its own right. It is no exaggeration to call it a City of Art either.

Of course there is another way of opening the "Gate of Europe": football.

Madrid's status as a gem on the crown of European sports has a lot to do with its football. On March 6, 1902, the Madrid Football Club was official founded. From then on football not only came to represent the city, but also ushered in a glorious century.

In Madrid, footballers are as ubiquitous as works of art. Locals can be found engrossed in playing a football, often outside the football field. Even the keepee uppie can keep them amused. If they need a match to blow

off some steam, they can always go to one of the football fields in the city. You might not believe it, but among a myriad of public fields here, most are free to enter and anyone can play to his heart's content. Once in the field, language is no longer a barrier: all speak the same language called football.

The Santiago Bernabéu Stadium is the cream of the crop and known to the world. This imposing silvery stadium, a sports landmark in the city was completed in 1947 and named after Santiago Bernabéu Yeste, former president of the Real Madrid Club de Fútbol. With a current seating capacity of 81,044, it is a football mecca in Spain. Every football fan goes to the stadium as awe-filled as a pilgrim and honored to bear witness to another historic moment at the Santiago Bernabéu Stadium.

In the world of football, Madrid not only knocks open the door to Europe, but also stands on top of the world. The Real Madrid Club de Fútbol, led by superstars like Cristiano Ronaldo, Karim Benzema and Gareth Bale, etc., won their third consecutive Champions League. To celebrate, the Real Madrid paraded from the main stadium past the La Catedral de la Almudena, the Plaza del Sol, the municipal government of Madrid, the Plaza de Cibeles and back to the Santiago Bernabéu Stadium. It was an ecstatic carnival for the team and its millions of fans alike.

Now let us revisit the landmarks that the triumphant Real Madrid passed to have a taste of the City of Football.

La Catedral de la Almudena y el Palacio Real

La Catedral de la Almudena and the adjacent Palacio Real are among the most celebrated tourist sites in Madrid. The cathedral features baroque style and elegant exterior, with its color well matched to that of the royal palace opposite to it. Inhabited by a succession of monarchs from Carlos III to Alfonso XIII, the Palacio Real is embedded in Spanish history. Although no member of the royal family lives there, it remains the official dwelling of the Spanish royal family.

Plaza del Sol

Real Madrid also walked past Plaza del Sol after winning the trophy in 2018. Located in the Puerta del Sol, the







focal point of the city center. Puerta del Sol (Spanish for “Gate of the Sun”) The Puerta del Sol originated as one of the gates in the city wall that surrounded Madrid in the 15th century. The name of the gate came from the rising sun which decorated the entry, as well as the fact that the gate was oriented to the east. Many tourists would pose in front of the iconic statue of The Bear and the Strawberry Tree.

Plaza de Cibeles

The fountain in Plaza de Cibeles depicting Cybele, Greek goddess of nature and fertility, steering a lion-drawn chariot, marks the beginning of the art zone Paseo del Prado. Each leader of the Real Madrid would climb onto the fountain, put a scarf around the goddess and kiss her tenderly, which has become the happiest moment in the heart of many Real Madrid fans.

Estadio Santiago Bernabéu

The fabled and glittering Santiago Bernabéu Stadium (Spanish: Estadio Santiago Bernabéu) located in

the city center is the home stadium of Real Madrid, complete with an exhibition hall and a museum designed for fans. Looking at the sparkling trophies all over the wall, you will understand why Real Madrid “glitters”. It is not only a must destination for football fans all over the world, but also offers a unique experience for the rest of tourists.

Not to worry if there is no football event scheduled during your visit, or if there is, but you cannot secure a ticket. The Spanish craze for football will spill out of the stadium and find its way to the bars, eateries and plazas filled with heady fans. When there is a major football match some bars would even move the TV and the bar counter outside...order a cup of beer and a small piece of tapas, raise the glass and cheer or cry on the shoulders of strangers can be as memorable as watching the game itself.

Two years later, the Real Madrid C.F. will celebrate its hundred-year anniversary. The millennia-old Madrid will continue its legendary journey when the morning glow heralds a new day.





文 / 咚咚 景点推荐 /Russia-Online.cn 图 / 全景

冰雪莫斯科

之城·

CITY OF ICE AND
SNOW: MOSCOW





“我多么想生活和死在巴黎，如果没有那样的土地——莫斯科。”

莫斯科，究竟有什么魅力，能让马雅可夫斯基为了她，宁愿舍弃世人眼中的浪漫之都巴黎。

在东欧平原中部，莫斯科河河畔，是建城于 1147 年，迄今已有近 900 年历史的欧洲古城莫斯科。

说起莫斯科，人们首先想到的是宏伟壮观、气势磅礴的高大建筑，庄严古老的红场，色彩艳丽的圣瓦西里大教堂，还有被称为世界第八大奇迹的克里姆林宫。然而，恐怕少有人知道，她还是世界上绿化最好的城市之一，被称为“森林中的首都”。

镶嵌在绿海之中的莫斯科，树木和人工湖比比皆是。掩映着上千座金碧辉煌的历史古迹和错落有致的现代建筑，为这座典雅庄重的城市增添了一抹活泼娇媚。

走在莫斯科街头，随处可见作画、演奏的艺人；夜晚，在莫斯科大学的草坪上，有人低声哼唱着《莫斯科郊外的晚上》；在莫斯科大剧院，小天鹅们正翩翩起舞；莫斯科地铁，犹如地下宫殿，穿行其间，仿佛穿梭于时光隧道。被公认为世界上最漂亮的莫斯科地铁，每个车站都由著名建筑师设计，庞大的

规模，华丽的装潢，独特的造型，不负它“地下艺术殿堂”的美誉。

莫斯科的独特，不只是她的绿，还有她的冷。

从每年 11 月的第一场雪开始，直到来年 4 月冰雪彻底融化，莫斯科把一年中一半的时光拿来与冰雪做伴。

每一个莫斯科人都是寒冷和冰雪的鉴赏家和玩赏家。

“严寒和太阳，美妙的日子！在蔚蓝的天空底下，白雪铺盖着，像条华丽的地毯，在太阳下闪着光芒；晶莹的森林黑光隐耀，枞树透过冰霜射出绿色，冻结的小河晶亮。整个房间被琥珀的光辉照得发亮……”是的，这就是诗人普希金笔下莫斯科的冬日。在他眼中，“严寒”竟是“美妙”的绝配。

“严寒”的确与“美妙”绝配。

在莫斯科，滑冰就是“家门口的体育运动”。每到冬天，莫斯科的几个重要公园，如高尔基公园、索科尔尼基公园等，都会建成设施完善的滑冰场。想想看，穿着滑冰鞋去小吃店，或是中途停下和讨吃食的小松鼠嬉戏一番，那不是一般的美妙。游人们既可以到红场滑冰场观看对外开放的表演，邂逅属于你的冰美人；也可以参加冰雪马拉松，体验一把在冰面上跑马拉松的感觉；或是参加冰上乒乓球赛，在你来我往中感受冰





雪之城的活力与美好。用美好的心情，装饰整个冬天。

雪是莫斯科人的纯色，是莫斯科人性格和文化的载体。冰雪文化不单单是晶莹剔透的冰灯和洁白如玉的雪雕，还有那不可胜数的冰雪服饰、冰雪画、冰雪书、冰雪剧、冰雪戏和冰雪歌。

莫斯科的冬天是漫长而又严酷的，然而这恰恰也是其真谛和魅力所在。下一个冬天，这座冰雪王国的无数风景等着你去解密探索。

克里姆林宫

克里姆林宫和莫斯科一起成长。11 和 12 世纪之交，博罗维茨基山冈上出现了一个斯拉夫居民点，这便是克里姆林宫的雏形。到 15 世纪末，克里姆林宫成了国家政权和宗教权力的所在地。18 至 19 世纪，俄罗斯首都迁到圣彼得堡，莫斯科

依然发挥着京都的作用。1918 年，莫斯科重新成为首都，克里姆林宫则成了最高权力机关的工作地点。如今，俄罗斯联邦总统的官邸就在克里姆林宫。

红场

红场是莫斯科市中心的广场，毗连克里姆林宫，是俄罗斯最具代表性的标志，是俄罗斯最古老的广场，是历史的见证，是莫斯科人的骄傲。

过不久，2018 世界杯将在莫斯科举行，世界球迷将用他们的热情来拥抱这座冰雪之城。



"I would want to live and die in Paris if there were not such a place as Moscow."

What is in Moscow that for Mayakovsky could eclipse Paris, the romantic city that people the world over dream about?

Moscow is situated on the banks of the Moskva River, which flows through the East European Plain in central Russia. Built in 1147, it boasts close to 900 years of history. When it comes to Moscow, most people would conjure up images of towering and dignified architectures, the solemn and historic Red Square, the bright-colored

Saint Basil's Cathedral, and the Kremlin, a finalist for the 7 New Wonders of the World. Perhaps few know that it is also one of cities boasting the best greening in the world, known as the "Capital in the Forest".

Moscow is embedded in the emerald sea of vegetation, dotted with trees and artificial lakes. Thousands of spectacular historical sites and modern edifices of varying heights add life and zest to this elegant and majestic city.

Street painters and musicians are everywhere in Moscow; at night on the meadow of Moscow State University, someone is humming the "Moscow Nights"; at the Bolshoi Theatre, little swans are pirouetting; the Moscow Metro is an underground palace where people lose sense of time and space. Designed by famous architects, with ambitious scale, grand décor and unique style, many Moscow Metro stations have been likened to an "artificial underground sun" and widely considered the most beautiful metro in the world.

Moscow is not only a green paradise, but a winter wonderland as well.

From the first snow in November to April when ice and snow completely thaw, Moscow spends half of the year in numbingly-cold weather.

Each Muscovite is a connoisseur of coldness, ice and snow.

"Cold frost and sunshine: day of wonder!

...

The snow below the bluish skies,

Like a majestic carpet lies,

And in the light of day it shimmers.

The woods are dusky. Through the frost

The greenish fir-trees are exposed;

And under ice, a river glitters."

Such the poet Pushkin wrote about the Moscow winter.

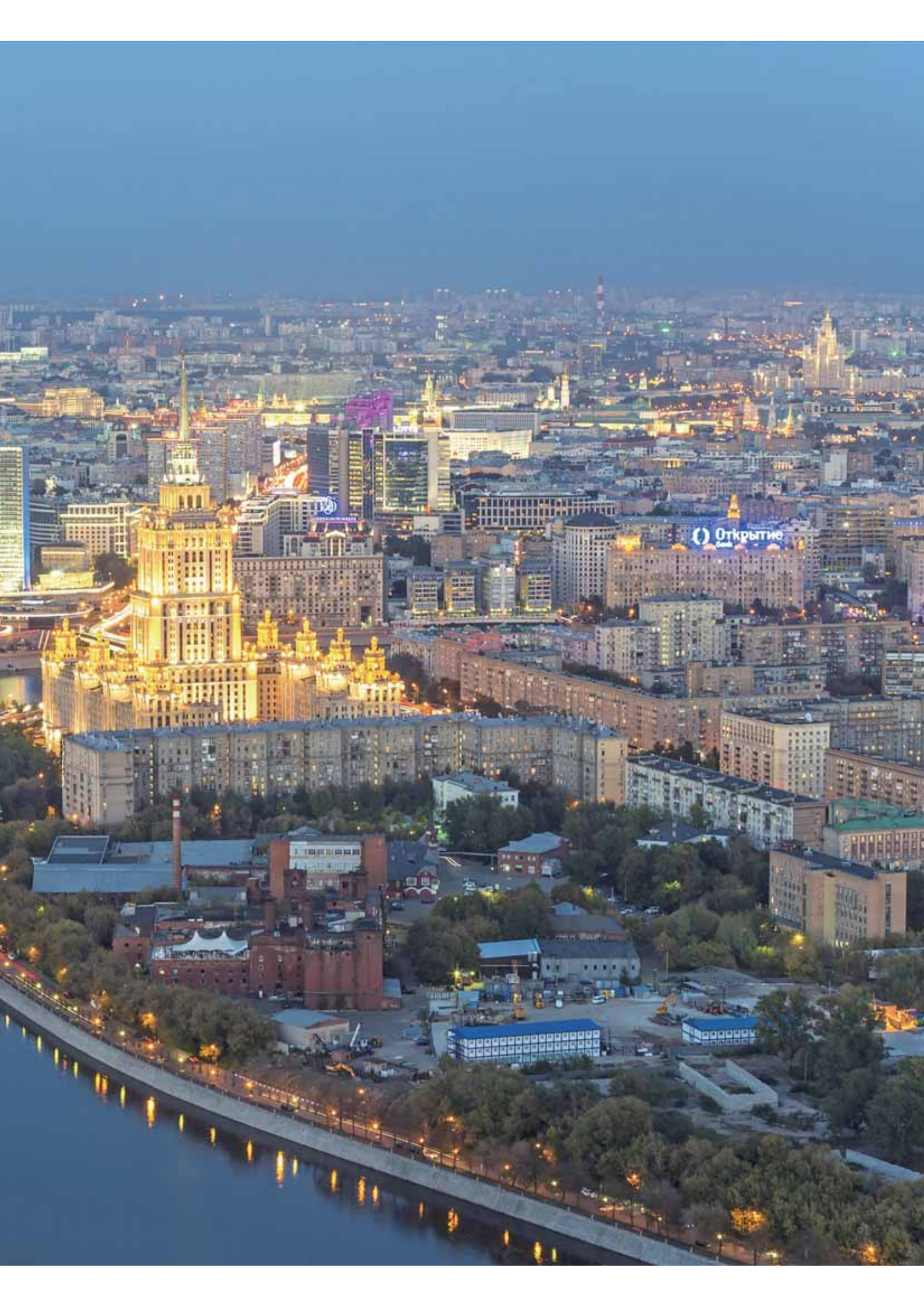
"Cold" and "wonder" can be mentioned in the same breath. The sensibility is quintessential Russian.

Indeed, "cold" can be "wonderful".

In Moscow, skating is a "backyard sport". In major parks in Moscow such as the Gorky Park and the Sokolniki Park, sophisticated skating rinks are built each winter. Enter an eatery with your ice skates on, and play with the squirrels begging for food when eating would be a







lot of fun. Visitors are welcome to the Red Square Ice Skating Rink for public shows and, if you are lucky, a serendipitous encounter with a Russian beauty, join an ice marathon to find what it is like to run on the ice, or participate in an ice table tennis competition to feel the vibrant pulse of the city. You can feel buoyed by the way Russians luxuriate in the cold throughout the winter. Snow white is the color of the character and culture of Muscovites, which involves not only the crystalline ice lamps or the marble-textured snow sculptures, but also innumerable clothing, paintings, books, operas, plays and songs on snow and ice.

The winter in Moscow is long and tough, which is also why the city is so fascinating. The winter wonderland awaits you in the next winter, with its countless wonders and surprises.

The Kremlin

The Kremlin was built and expanded as Moscow developed over time. Between the 11th and 12th

century, the Slavs occupied the south-western portion of Borovitsky Hill and built a fortified structure on it, which was the nascent form of the Kremlin. By the end of the 15th century, it already became the center of state power and religious authority. From the 18th to the 19th century, Russia moved its capital to Saint Petersburg but was still used for coronation ceremonies. In 1918, Moscow regained its capital role as seat of the organ of supreme power. At present it is the official residence of the President of Russia.

Red Square

Red Square is a city square in central Moscow adjacent to the Kremlin. As one of the most iconic locale in Russia and one of the oldest squares in Moscow, it is considered a witness to Russian history and a pride of Russians.

The 2018 FIFA World Cup will take place in Moscow soon. Football fans from all over the world will warm the cockles of the heart of this city of ice and snow.





文 / 唐少敏 景点 / 本刊编辑部整理 图 / 全景

航天城休斯敦 的疯狂：

THE CRAZE OF THE CITY
OF AEROSPACE: HUSTON







休斯敦这座城市很有趣，它在中国体育爱好者心中有着特殊的地位，哪怕是从未去过休斯敦，在看到这座城市名字的时候，人们依然会有一种奇妙的他乡遇故知的感觉。

因为一个人，一支球队，一项运动，让这个原本处于大洋彼岸的陌生都市，一下子有了家的味道。这个人就是姚明，这支球队叫作休斯敦火箭队，而这项运动，就叫篮球。

如果说，足球是最受欢迎的运动，那么，篮球就是参与人数最多的运动。自从 1891 年，詹姆斯·奈史密斯博士发明篮球以来，这项运动在极短的时间内席卷北美，并迅速扩散到全世界。1946 年，美国成立了世界上水平最高的篮球职业联赛组织 NBA。1967 年，得克萨斯州的休斯敦市迎来了属于自己的 NBA 球队，这座城市对于篮球的热情被彻底激活。

伴随热情而来的，还有这座城深入骨髓的航天情节。

游走在休斯敦街头，人们会不自觉地把目光聚焦到位于市中心的一个体育馆身上，它的名字叫丰田中心。有意思的是，所有将这里做为主场体育馆的球队，他们的名字里都有一个航天梦，休斯敦火箭队、休斯敦彗星队、休斯敦航空队，不管是男篮、女篮，还是冰上曲棍球队，都把航天梦和体育梦装进了自己球队的梦想里。体育文化与航天文化在这里完美地结合在了一起。无论是年逾古稀的老者，还是蹒跚学步的孩童，休斯

敦人都浸泡在这座城市浓厚的体育文化与航天文化氛围中。

曾几何时，在中国人眼中，休斯敦更多的是作为“太空之城”的身份出现的。这里是美国航空航天局下属约翰逊航天中心所在地，亦是任务监控中心所在地，第一个登上月球的太空人尼尔·阿姆斯特朗在月球上所说的第一个词“休斯敦”便是向这里发出的。

2002 年，在 NBA 选秀中，火箭队选中了来自中国的小巨人姚明，从那时起，中国人才真正了解了这座城市的篮球氛围有多么热烈。热情的中国球迷毫不掩饰自己对这支球队及这座城的热爱，秒变“火蜜”。

休斯敦球迷身上，有着得克萨斯州传统的牛仔老派气息，但他们并没有牛仔那种十足的狂野，反倒是多了几分航天之城所独有的沉着和冷静，他们在对球队的表达上有着不同于其他城市的风格。当球队领先时，他们会呐喊助威；当球队落后时，他们又不失冷静。他们对胜利充满渴望，却又不会用过于蛮横的方式来宣告自己的决心，儒雅而不失执著，这也许就是这座城市独有的气质吧。

球迷如此，城市如此，休斯敦火箭队的整体气质也是如此。他们比赛时风度翩翩，就像一位绅士。恰恰因为这样的风度，让这支队伍的争冠内心比其他球队都更加坚毅。姚明曾经







的主教练鲁迪·汤姆贾诺维奇有一句名言——“永远不要低估一颗冠军的心”，这既道出了这支球队的作风，又道出了这座城市坚忍不拔的性格。

休斯敦这座沉着冷静的航天之城，因为篮球的存在而变得充满激情，如同腾空的火箭，直指苍穹。

其实，除了拥有火箭队这支职业篮球队之外，休斯敦更是一座文化底蕴丰富的休闲城市，休斯敦是美国几个能拥有本地公司表演戏剧、芭蕾、歌剧和交响乐四种主要艺术的城市之一，这里拥有世界顶尖的艺术、蓬勃发展的商业、职业的运动赛，还有诱人的美食……

休斯敦遗产组织

在休斯敦历史公园旁，有一个迷你博物馆，可自由参观，是了解休斯敦城市起源和发展的地方。休斯敦遗产组织是非营利组织，致力于休斯敦文化遗产保护，常年举办展览、讲座等。

休斯敦太空中心

美国太空总署约翰逊宇航中心（NASA Johnson Space Center）官方观光中心，1969年人类登月遥控地。可以参观控制中心、宇航员训练中心和宇宙空间站内部。

休斯敦自然科学博物馆

全美游客最多的10大博物馆之一，休斯敦最大的博物馆，坐落在赫曼公园（Hermann Park）东北角，内含固定展区、特别展区、星际馆、MAX电影院及蝴蝶馆。

米勒露天剧场

位于赫曼公园旁，几乎每个周末晚上都有高水平的免费演出或电影，交响乐、芭蕾舞、歌舞、爵士乐等应有尽有。每年七月底到八月中，还有莎士比亚戏剧节。

Houston occupies a unique place in the heart of Chinese sports fans. Many of us who have never been to the city feel a strong affinity to it.

Because of a person, a team and a sport, a strange city across the Pacific Ocean feels like home. The person is Yao Ming; the team is the Houston Rockets and the sport is basketball.

If football enjoys most popularity, basketball can pride





itself on the greatest number of players in the world. Since 1891 when it was invented by Dr. James Naismith, basketball quickly took the North America by storm and soon spread to all corners of the world. In 1946, the National Basketball Association (NBA), the most significant professional basketball league in the world, was founded in 1946. In 1967, Huston, Texas welcomed the first NBA team of its own. A citywide craze for basketball was instantly ignited. The craze is also wedded to the city's aerospace

culture.

In downtown Houston, the stadium Toyota Center is attention-grabbing. Interestingly, the arena is home to the Houston Rockets of the of the National Basketball Association, the Houston Comets of the Women's National Basketball Association as well as the Houston Aeros of the American Hockey League: all were named to pay homage to Huston's aerospace prowess. Grey-haired elders and toddlers alike are immersed in the perfect melding of sports and aerospace.



In the past, Houston was known to the Chinese as the City of Aerospace, as the NASA Johnson Space Center and the Mission Control Center are located here. The astronaut Neil Armstrong announced to the world, "Houston. Tranquility Base here. Eagle has landed" after guiding Apollo 11 to a safe touchdown.

In 2002, the Houston Rockets picked the Chinese basketball player Yao Ming in the 2002 NBA draft. It was only then that the Chinese fully understood the city's fervor for basketball and soon surrendered to the charm

of the team and the city.

Houston fans are endearingly old-fashioned, reminiscent of Texan cowboys but without the uncouthness. With the characteristic aplomb and patience of citizens of the City of Aerospace, they cheer to boost the morale of their teams when their beloved teams are doing well and show restraint when the teams fall behind. They crave success but would not flaunt their ambition. Their quiet unobtrusive persistence is admirable.

The city is like the fans, so is the Houston Rockets. Players behave gentlemanlike in competition. But beneath the suavity the team is more determined to win than other teams. Rudy Tomjanovich, a former coach of Yao Ming famously said, "Never underestimate the heart of a champion", from which we can glimpse the team's style and the city's gritty personality.

The high-tech and cool-headed City of Aerospace Basketball

is infused with passion like a fully fueled rocket.

Besides the professional basketball team Rockets, Houston is also proud of its cultural richness and leisure facilities and events. It is one of a small number of American cities with their own companies of opera, ballet, theater and symphony, four major art forms. Top-tier artworks, thriving commerce, professional sports games and mouth-watering delicacies are all available...

The Heritage Society

The Heritage Society Houston is a small museum beside the Sam Houston Park. Visitors are free to enter and explore the origin and development of the city. It is a NGO dedicated to heritage conservation, with year-round exhibitions and lectures, etc.

Space Center Houston

The Space Center Houston is the official visitor center of NASA Johnson Space Center and the control site of the moon landing in 1969. Visitors can access the Mission Control and astronaut training facilities. The International Space Station Gallery provides a look inside the space station.

Houston Museum of Natural Science

Houston Museum of Natural Science, situated in the northeast corner of the Hermann Park, is one of the 10 most-visited museums in America and the largest museum in Houston. The museum complex consists of a central facility with four floors of natural science halls and exhibits, the Burke Baker Planetarium, the Cockrell Butterfly Center, and the Wortham Giant Screen Theatre (formerly known as the Wortham IMAX Theatre).

Minute Maid Park

The Minute Maid Park, right by the Hermann Park, provides a full spectrum of quality but free performances like symphony, ballet, singing, dancing, jazz or movie screenings almost every weekend nights, completed with a Shakespeare Festival from late July to mid-August every year.



文 / 咚咚 图 / 全景

徜徉在青岛 风帆之城： ROAMING QINGDAO, THE SAILING CITY



“三面郁葱环碧海，一山高下尽红楼。”俞平伯先生在《游青岛杂记》中的诗句，一语道尽了红瓦绿树、碧海蓝天的青岛之美。

青岛东临黄海，地处亚欧大陆和太平洋交汇地带，这决定了它的历史文化在许多层面和意义上就是海洋文化。春秋战国时期，青岛及其所在的山东半岛，就是春秋“海王之国”齐国的要地。这里的海域作为海市蜃楼的多发区，一直是封建帝王心中孜孜以求的“蓬莱仙境”。到了近现代，西方殖民者打开中国国门的同时，也带来了西方文化，为这个“一山高下尽红楼”的城市平添了几分“洋味”。青岛因而一度被视为“德国的香港”“亚洲日内瓦”“东方威尼斯”。

青岛依山傍海，漫步老城区，脚下是碎石板铺就的道路，身边是朱红色花岗岩砌筑的建筑，沟沟坎坎，犹如历史画笔

晕染下的老人的容颜，不疾不徐，在轻吐着岁月流年。而不知在哪个转角，你就会偶遇一栋栋风格迥异的外国建筑，古希腊式、古罗马式、拜占庭式、巴洛克式、洛可可式、田园风式……就那么安然地散落在海边，耸立在山坡，错落有致地与梧桐、槐树、松树等相互掩映。

“红瓦、绿树、碧海、蓝天”成了青岛最为人称道的城市名片，岛城就像是一颗明珠被曲折蜿蜒的海岸线轻轻呵护着。潮起潮落，浪奔浪涌。这座因海而起、因海而兴的城市，因着大海，而与帆船结下了另一个深深的缘分。作为2008年举世瞩目的北京奥运会帆船项目比赛举办城市，青岛也开始以“帆船之都”的美誉走向世界。

事实上，早在1904年，青岛就有了德国皇家快艇俱乐部举办帆船比赛的记录，那时的比赛主要是为了娱乐和休闲，





但这也将西方的帆船运动带到了青岛。1936年，青岛帆船俱乐部举行了市长杯帆船竞赛。1937年，青岛还开始了女子帆船比赛。中华人民共和国成立后，青岛更是成为中国航海运动的摇篮，并成立了第一个航海俱乐部，设计制造了中国第一条帆板，并率先普及青少年帆船运动……

如今的奥帆中心，蓝天碧海，点点白帆，它们已然美成了青岛海岸的新画卷。但这个新地标的故事最早却要从燕儿岛说起。

燕儿岛位于青岛东部南端，是一个突出海中的岬角。小岛环绕于浮山湾，从空中俯瞰，犹如一只燕子飞入海中。一百多年前，这里只是一处静寂的荒芜之地，偶尔有渔民从此扬帆出海。由于日月潮汐与岬角海湾涡流的常年冲洗、磨砺、侵蚀，一个个奇形怪状的礁石遍布海滩。每到秋季大潮袭来之时，惊涛骇浪拍打着堤岸，激起高浪喷泻如雪，老远便能听到涛声，走到近前则是浪花翻滚犹如万马奔腾，蔚为大观，令人震撼，此景便被称为“燕岛秋潮”。2001年7月13日，北京申奥成功，这里最终被确定为奥运会帆船基地。2007年底，青岛奥

帆中心全部场馆工程完工，自此，这里先后成功举办了众多国际帆船赛事，其场馆硬件设施得到了国内外的一致好评，被国际业内人士誉为“亚洲最好的奥运场馆”。

北京奥运会结束已近十年，海还是那片海，平日里漫步于此，会看到一艘艘漂亮游艇停靠在码头上随波荡漾，星星点点的帆影在蔚蓝的大海上格外抢眼。而一旦有赛事在这里举办，竞技健儿们在大海上驰骋，千帆竞发，百舸争流，又随时会点燃这片海的激情。

但这都属于白天的奥帆，蓬勃的，生机的。在青岛，还有一个“晨栈桥，夜奥帆”的说法，不是白天不美，而是夜幕下的奥帆别有一种妖娆明艳的动情。耳畔是阵阵的涛声，脸庞是柔柔的海风，远处千楼万宇点缀在弯弯曲曲的海岸之间，若隐若现的灯光，像一道流光溢彩的丝带盘绕着奥帆。

2018年，上合组织峰会在青岛举办期间，奥帆基地又变身成为峰会的会议场馆，迎接四海宾客。正所谓：一方水土养一方人。大海的胸怀，哺育了岛城人民足够的包容和谦逊，脚下是历史的建筑，眼前是高耸入云的摩天大厦，现代时尚与古典

韵味就这么交相辉映，共同守护见证着这座山海相依的城市在岁月流转间焕发出新的生机，在新的时代扬帆起航。

In his *Desultory Notes on the Trip to Qingdao*, Chinese essayist Yu Pingbo encapsulated the beauty of Qingdao in the line, "the city is nestled on three sides by verdure near the turquoise sea; beneath a towering mountain red-brick buildings are all one can see".

Qingdao looks out to the Yellow Sea to the east, where the Eurasia meets the Pacific. In many aspects, Qingdao's history and culture are deeply embedded in its marine tradition. During the Spring and Autumn and the Warring States periods, the Shandong Peninsula, including Qingdao, was the center of Qi, a state of the Zhou dynasty in the Spring and Autumn period known as a "Maritime Power". Mirage recurs in this body of water, making it a "Fabled Abode of Immortals" that Chinese emperors dreamt of exploring. In early modern

China, Western colonists forced open the Chinese market and introduced Western culture to Qingdao, as is evident in the European-style red-brick buildings. For a time Qingdao was called the "German Hong Kong", the "Asian Geneva" and the "Oriental Venice".

They are not misnomers. The scenic Qingdao captivates flaneurs with gravel roads and scarlet granite buildings in the old town. The urban fabric reminds one of the wrinkled face of an old man. The leisurely pace of life here never changes. You might encounter a distinctive foreign architecture at the next corner, which can be Grecian, Roman, Byzantine, baroque, rococo or pastoral...They quietly sit on the coast and the mountains, surrounded by Chinese parasol trees, locust trees and pines.

Red tiles, green trees, turquoise sea and azure sky are hallmarks of Qingdao's scenic beauty. The coastal city











is framed by the undulating coastline where one can sit placidly and observe the ebbs and flows. Sea is the city's *raison d'être* and over time, Qingdao became associated with the sailing events. Along with Beijing's hosting of the 2008 Summer Olympics, Qingdao was the host city for the Olympic Sailing competitions which took place along the shoreline by the city. Its reputation as a "City of Sailing" has since spread far and wide.

In fact, the earliest sailing race in Qingdao dates back to 1904, held by the German Royal Yacht Club. Back then competitions were all about entertainment and leisure. But they served to transplant the sport to Qingdao. In 1936, the Tsingtao Yacht Club held the Mayor Cup Sailing Contest. In 1937 women began to compete in sailing races. After the People's Republic of China was founded, Qingdao became the cradle of Chinese sailing activities. It established the first sailing club, designed the first sailboard in China and took the lead in teaching teenagers to sail...

The Olympic Sailing Center is a picturesque attraction by the coast, with white sails set against the azure sky and the turquoise sea. This new landmark is situated in the Yan'er Island.

Yan'er Island is a promontory at the southern end of the east part of Qingdao. Circling the Fushan Bay, it looks like a swallow flying into the sea. Over a century ago it was only a desolate land where fishermen occasionally set sail, covered by grotesque rocks shaped by the steady

washing and battering of morning and evening tides as well as ocean vortices around the promontory. When the autumnal tidal surge hits, the ocean waves splatter on the embankment, producing snowflake-like water drops. The sound of the waves can be heard from afar. When they get near it is like thousands of horses galloping towards you. The spectacle is called the "Autumnal Tidal Surge of the Yan'er Island". On July 13, 2001, when Beijing successfully bid to host the 2008 Summer Olympics, Yan'er Island was designated as the site for the Olympic and Paralympic Sailing competitions. By the end of 2007, all the venues in the Qingdao Olympic Sailing Center were completed. After the Olympics it also succeeded in hosting an array of international sailing events. The facilities are widely acclaimed by the Chinese and foreigners alike. Some international experts referred to it as the "best Olympic sailing venue in Asia".

Nearly a decade has passed since the Beijing Olympics ended. Walking by the sea where sailors used to compete, you will find pretty yachts berthed by the dock. But the place can be reinvigorated by another regatta, when athletes fight to get ahead.

If the Olympic Sailing Center is vibrant and dynamic, at night it is a recommended destination (paired with the Zhanqiao Pier in the morning) for locals and visitors alike. When the night falls, the sailing center is particularly enchanting. You can hear the whisper of waves and feel the tender sea breeze. Edifices afar decorate the winding coast. Elusive lights encircle the sailing center like ribbons. In 2018 during the SCO Summit held in Qingdao, the Olympic Sailing Center was turned into a conference hall for Chinese and international guests. Like the sea that breeds Qingdao, Qingdao people are inclusive-minded and modest. Historical and elegant buildings and modern towering skyscrapers add radiance and beauty to each other when the rejuvenated scenic city set sail for new adventures.





文 / 何小雨 图 / 全景

迷失在桂林

山水之城

GETTING LOST IN THE
SCENIC CITY, GUILIN





如果你是坐着夜班火车到桂林，总会和一场雨不期而遇。夜色朦胧夜渐深，这时的你，不妨到靖江王城附近住下，安顿好后，出门溜一溜。

在桂林，沿着两江四湖徒步旅行，才是欣赏美景最好的方式。路旁一水儿的小店，米粉店、水果店、杂货铺，透出昏黄的灯光，路灯也被染黄了，泡在烟雨蒙蒙里。转到微笑堂商场的大路，忽然传来一阵沁人心脾的花香，混合着凉凉的水汽，清香得直接灌进了肺。抬头发现旁边院子里，有几株小绿叶嘟嘟的树上结着白色的小花朵儿，难道传说中的桂花香就这样不请自来了。

桂林，桂林，桂树成林。清风徐徐拂面而来，带着清凉透骨的花香，闻着骨头都酥了，香透了整座城。烟雨漓江就在不远处穿城流淌。两江四湖华灯初上，湖心岛上灯光绚丽，日月双塔闪耀，此时的雨水浸满了江，江又补满了雨水，人在画中，也在水中，仿佛飞升了上仙，与这座小城久违了。

下楼一夜听春雨，一夜好眠。

在啁啾的鸟声中醒来，满满的氧气。不妨去隔壁的王城走走。王城是桂林最有魅力的区域之一，这里是明代朱元璋封大哥的孙子朱守谦为靖江王之后修的府邸，已有 600 多年历史，至今仍保存着明代时修的城墙，是桂林城无价的遗产。民国时

期，这里曾是政府所在地，如今，则成了广西师范大学的一个校区。这里绿树如茵，桂花芳香，民国时期的老建筑和学校里琅琅的书声为这里平添了几分书卷气。即便是在校园里随便走走，也是舒适得很。

参观完王城，不妨去旁边的小巷子走走，这是桂林目前唯一仅存的老街区，在中华路和江南巷中的老房子里，依旧有各种市井生活，走走吃吃，不必介意起点和终点，随意才是得了这个城市的自在。偶遇一家小馆，进去坐着板凳吃完米粉，加酸萝卜酸笋酸菜，拌上点辣椒油，尽兴。旁边还有人打围炉（清水涮火锅），喝姜茶，吃马蹄糕，茶还可以续杯，烟雨天气真是尽兴。时不时听周围的老桂林人告诉你说某某糕好吃，你可以尝尝……当地人真好，和和气气的。

顺着正阳步行街，走着走着就来到了杉湖，杉湖南岸的李宗仁官邸建于民国时期，李宗仁在 1948 年当“中华民国”代总统的时候，曾在这里住过一年。

桂林本是环城水系，城中的两江四湖指的是漓江、桃花江、杉湖、桂湖、榕湖、木龙湖。从北侧一路向西，穿桥到达榕湖，走到古南门，继续往前走，到迎宾桥右转就到了桂湖，再一路走，就到了木龙湖南侧，此时可以暂时离开水系，沿着中山北路向南，就到了桂林八路军办事处纪念馆。然后转上叠



彩路到叠彩公园，右转便是漓江，沿着漓江一路走上解放桥，这段路上有不少咖啡馆和书店，格调都很好，累了不妨进去坐坐。

倘若还有力气，还可以计划一次漓江上游徒步游。从桂林市出发到冠岩，一路上可以看到不少古镇，体会另一番风味。可以从净瓶山大桥出发，在父子岩附近过渡，之后便到了龙门乡大龙门村。村子里有石街小巷直通码头。沿江而下就到了小龙门村的磨盘山旅游公路，走过大圩古镇，度过丽江大桥，沿着江的右岸而下，个把小时就可以走到毛州岛。岛上有不少农家乐，可以选择住上一晚。此后沿着公路南行到潜径村，坐船沿江而下，经过南亭村，便可以一路过渡到冠岩南边的上桃源村。再走两个小时至下桃源村，就到了杨堤，眼前便是最精华的地段，位于阳朔境内的杨堤——兴坪。

桂林山水之美，似乎只有徒步的时候，才能更深切地接触和体会到。徒步的时候，人的皮肤被阳光照得闪闪发光，每个人都变得神采奕奕；夜幕降临后，精神焕发的你还可以东游西逛……

真正的桂林是看不见的，只能偶遇。

徒步在桂林，迷失在山水之城。

If you arrive in Guilin by a night train, chances are that you will be greeted by a rainfall. Find a hotel near the Jingjiang Royal Residence when the night darkens the street, leave your luggage in the room and go out for a walk.

The best way to take in the scenery of Guilin is to saunter along the Two Rivers and Four Lakes Resort. The warm light from the rice noodle stalls, fruit shops and groceries on the way glows in the misty rain. Step on the main road in front of the Weixiaotang Department Store, and the refreshing and moist flower fragrance suddenly fills your lung. You raise your head and discover little white buds on trees with small fleshy leaves. You wonder if it is the smell of the sweet-scented Osmanthus.

In Chinese, "Guilin" literally means "Osmanthus grove". The fresh flower fragrance spread in the air of the city is intoxicating. The misty Li River is flowing nearby through Guilin. Evening lights are lit on the Two Rivers and Four Lakes. The mid-like island is decorated with colorful lighting. The Sun and Moon Pagodas are shining. The







river level is raised by the rain. You feel like walking in the wonderland in the Chinese landscape scroll.

The spring rain is soothing music for a good night's sleep.

Wake up amid the chirping of birds and feel refreshed. Visit the Jingjiang Royal Residence close by, which is one of the most charming areas in Guilin. The residence was built after Zhu Shouqian, grandson of the elder brother of Hongwu Emperor Zhu Yuanzhang became the first Prince of Jingjiang over six centuries ago. The walls dating to Ming dynasty remain unchanged, now preserved as priceless heritage in Guilin. It used to be the government of Guangxi Province in the days of the Republic of China. Now the site serves as one of the campuses of the Guangxi Normal University, with lush trees, the fragrance of the sweet-scented Osmanthus in the air, early modern Chinese architectures and the rhythmic sound of students reciting classics. A casual stroll on campus is relaxing.

After visiting the Jingjiang Royal Residence, walk on to the nearby alleys to explore the only surviving old street block in Guilin. Glimpse the traditional way of life in the weather-worn houses in Zhonghua Road and the Jiangnan Alley and stop to sample local delicacies any minute you like. Sit on a stool at a food stall, and treat yourself to a bowl of rice noodle before adding some sour pickled turnips, bamboo shoots and Chinese cabbage blended with capsicol, when neighboring diners are sitting around a hot pot with mild broth. Ginger tea and water chestnut cakes are highly recommended. The tea can be refilled. Old locals will obligingly tell you what desserts are worth tasting. They are nice and easy going chaps.

Walk along the Zhengyang Pedestrian Street and arrive at the Shan Lake. Li Zongren lived in the Residence of Li Zongren on the south bank as the acting President of "the Republic of China" in 1948.

Originally, Guilin's water system circled around the city.





The so-called Two Rivers and Four Lakes are the Li River, the Taohua River, the Shan Lake, the Gui Lake, the Rong Lake and the Mulong Lake. Start from the north part of the city and go westward, cross a bridge to arrive at the Rong Lake and the Ancient South Gate. Continue walking, get to the Yingbin Bridge, turn right, and the Gui Lake is in sight. Then find your way to the south side of the Mulong Lake and leave the city water system for a while to visit the Eighth Route Army Guilin Office located in the south part of the Zhongshan North Road. Explore the Diecai Park on the Diecai Road. The Li River is on the right. Stroll along the river bank and ascend on the Jiefang Bridge. There are some chic and atmospheric cafes and bookstores along the way to take a rest. If you are still in good shape, plan a hiking on the upstream of Li River. There is no shortage of unique ancient towns between Guilin city and the Guanyan Scenic Resort. Start from the Jingpingshan Bridge, catch a ferry near the Fuzi Cave, and arrive at the Major Longmen Village. There are stone-paved alleys leading

directly to the dock. Float downstream and get to the Mopan Mountain Tourist Road in the Minor Longmen Village. Pass the Daxu Old Town and the Lijiang Bridge, walk along the right bank of the river for a couple of hours to arrive at the Maozhou Island. Spend a night at one of the farm stays. Amble along the road southward and get to the Qianjing Village, cruise downstream, pass the Nanting Village until you arrive at the Upper Taoyuan Village in the south side of the Guanyan Scenic Resort. Walk for another two hours to the Down Taoyuan Village and the Yangti Dyke. From the Yangti Dyke to the Xingping Fishing Village is the most wonderful part of the trip.

The beauty of Guilin's landscape is best captured when hiking. You feel invigorated, your skin glistening under the sun. When night falls you will remain energetic enough to discover more hidden gem destinations...

The true essence of Guilin is only grasped at unexpected moments.

Wander leisurely and get lost in the scenic city Guilin.





文 / 何小雨 图 / 全景

骑行在厦门 海上花园：

CYCLING ACROSS THE
COASTAL GARDEN
CITY: XIAMEN



Tips

城市骑行小贴士 Tips for cycling in the city:

1. 城市骑行需注意交通安全，特别注意来往车辆和行人，观光时锁好爱车。
Pay attention to the traffic and passers-by. Remember to lock the bicycle when you stop to visit a destination.
2. 自行车道皆为红色沥青路面，骑行时注意不要骑到马路上去了。
Stay on the cycle track with the red asphalt coating.
3. 骑行前需掌握相关骑行技能，并检查车辆情况。
Learn cycling and check the bicycle before your trip.
4. 很多区域现已提供共享单车服务，非常方便。
Many places have been equipped with bicycle sharing systems, which is convenient.



海风柔软地吹拂过来，高大的大王椰子树摇曳生姿，远处湛蓝的海水在阳光的照射下无比柔软……这就是厦门，一座真正意义上的海上花园城市。

2009年，在厦门拍摄的一部电影《疯狂的赛车》，让自行车和这座岛城结下了不解之缘。在这座慢节奏的城市，自行车骑行游，无疑是打开它的最好方式。

而厦门最美的海岸线，就在环岛路上，它以一条“最美海上自行车道”惊艳全国。

这条通往“星辰大海”的海上自行车道，全长约20.6公里，这个长度，足以让你在此雕琢时光，尽情享受独一无二的骑行乐趣。

海上自行车道最精华的一段，是厦门水上运动中心那段长2.6公里的水上骑行步道，它是集美区环杏林湾步道海上自行车道路口。置身其中，左侧是高楼林立的集美新城，右侧是与闽南红砖相互映衬的嘉庚故里，古今交汇的景致浑然天成。而此时，你的脚下，是杏林湾湖水的粼粼波光。

从高空俯瞰，这段水上骑行步道犹如一条鲜红的飘带，向蔚蓝的大海不断延伸……在海中央，环绕着侨乡集美最宝贵的绿肺，椰风棕影，鹭鸟飞翔，视野和心情也跟着开阔起来。

自行车道附近的白城和曾厝垵都设有自行车租赁点。当然，随着共享单车的逐渐覆盖，你也可以来一段随性的骑行。厦门的很多酒店和民宿都提供自行车租赁服务，可以提前电话询问。

骑行一般从厦大白城沙滩开始，迎着海风，夹在大王椰子树和形状很像菠萝的加拿利海枣树的行道树中舒适前行。行道树整齐繁茂，摇曳着热带风情，地上绿植遍栽，平平常常的水泥立柱子上也常常爬满了藤蔓植物。

很快，你就会看见第一个景点——胡里山炮台，这是清代光绪皇帝在厦门建造的八个守护炮台之一，它既有欧洲风格又有明清建筑特色，如今仅存胡里山一处。清政府当年花了白银30万两买来两尊德国克虏伯大炮，如今也是仅存一座在景区战坪区的东炮台了。

接下来，经过珍珠湾和书法广场，就来到了最文艺的海边村庄——曾厝垵。“曾厝垵”，其实就是闽南语“曾村”的发音。不过，这里早已没有了闽南建筑的红砖大厝，取而代之的是一个文艺范儿十足的咖啡馆、西餐厅、奶茶店、民宿客栈。店里常有驻唱歌手，人们听着动心，便会进去点一杯饮料，放空一切，把自己融入这慢生活中。

这里还有着各式各样洋气的小杂货铺、超级大的青芒果摊位，各色闽南风味小吃。如果说，此前的歌手让人的心情空灵，那么，此时不妨接一接地气儿，饮食烟火一番。心满意足后继续上路。

此时前行，路上能遇见的主要就是骑行的人了。经过一段









长长的下坡之后，就来到了风景极佳的黄厝海滩。沿着海滩有一段沿海的自行车专用道，骑行起来十分享受。

这里是目前厦门环岛路上最美的海滩，想近距离接触大海，这里是最好的选择。每天下午还有很多婚纱摄影的新人们在此拍照，洁白的婚纱，蓝天碧海，细软沙滩上许下一生的承诺。也有出挑的黑色婚纱配上五颜六色的气球，活力四射。从岸边转过头来看向沙滩，很多小宝宝在玩沙子、放风筝，人生的幸福切换，可能就在这一转头的瞬间。

此时，不妨坐在海边，听一听海浪的声音，感受风从所有方向吹来的随性，沉淀一下旅行的心情。或者，坐在一棵大榕树下，仔细倾听这座满目绿色的城市的声音。这时候，你会忽然体会到“清新厦门”简直是再妥帖不过的说法了。这时候，你也会想起在刚刚经过的曾厝垵村口，有一棵大榕树，环岛路专门为它让道。这座城市的柔软与用心，让人也变得柔软起来。

继续骑行，到“一国两制，统一中国”的标语下合影留念后，很快就到本次骑行的终点国际会议展览中心了。一路上还可以看到不少展示厦门马拉松赛的城市雕塑。从 2003 年起，

厦门便开始举办国际马拉松赛，迄今已经有 15 个年头。2017 年，厦门还举行了首届国际自行车公开赛——一场场赛事，与其说是比赛实况直播，倒不如说是厦门时尚风景大片的上映。

厦门的清新之美，让人一见倾心，不自觉间更是走了心，让人忍不住一来再来，不断与它重逢。

The soft sea breeze shakes the tall Roystonea regia trees. Azure sea water sparkles under the sun...Xiamen is really a coastal garden city.

Starting from the film Crazy Racing shot in Xiamen in 2009, cycling has come to be regarded as the best way to explore the leisurely paced city.

Xiamen built the Island Ring Road along the most beautiful coastline. Its beautiful Marine Cycle Track has caught the imagination of the whole China.

The track measures 20.6 km, long enough for you to cycle to your heart's content.

The best part of the Marine Cycle Track is the 2.6-km water cycle and pedestrian track near the Xiamen



Water Sports Center, which leads to the Xinglin Bay Pedestrian Track in Jimei District. The Jimei New City with high-rises is on its left side and the red-bricked Tan Kah Kee's Hometown on the right. The juxtaposition of modern and historical streetscapes is intriguing. Underneath, water of the Xinglin Bay sparkles.

Seen from above, the water cycle and pedestrian track extends into the sea like a red ribbon... In the middle of the sea is the most valued green lung in Jimei, where a majority of locals have settled abroad. The sight of coconut trees, palm trees, birds and herons is bracing.

Both the Baicheng Beach and the Zengcuoan Village near the cycle track offer cycle renting services. Of course, you can also grab a vehicle of the bicycle sharing system and hit the road. Many hotels and Bed & Breakfasts in Xiamen rent bicycles too. Call to make an enquiry before you go.

The cycling trip usually starts from the Baicheng Beach outside the Xiamen University. Pedal along the road lined by *Roystonea regia* trees and tress of *Phoenix canariensis* that looks like pineapple. The luxuriant trees fill the place with tropical vibe. Even columns of the concrete flyover are covered with vines.

Very soon the first scenic spot, the Huli Mountain Fort, appears. It is the only surviving one of the eight defense forts that the Qing Emperor Guangxu ordered to build, blending European and Ming and Qing architectural styles. One of the two Krupp cannons that the Qing court bought from Germany for 300,000 silver dollars can still be found in the East Fort in the Battlement Area.

Cycle past the Pearl Bay and Calligraphy Square, and stop at the most artsy seaside village, Zengcuoan. In Southern Fujian dialect, "Zeng Village" is pronounced as "Zengcuoan". But the Southern Fujian style palatial



traditional residences called “dacuo” have been replaced by indie pop and artsy cafes, Western restaurants, milk tea stalls and Bed & Breakfasts, many with their own resident singers whose performance can lure you inside. Order a drink and surrender yourself to the life in the slow lane.

There are also Western style boutiques, large green mango stalls and a rich variety of Southern Fujian delicacies. If the music of resident singers can be transcendent, tasty food brings you back to the lovely everyday life. Start off again when your stomach is full.

Pedal on and there is no much to see besides other cyclers. After descending a long slope, you arrive at the picturesque Huangcuo Beach. A cycle track built along the coast offers pleasant cycling experience.

This is the most beautiful beach along the Island Ring Road and the best place to get close to the sea. Every afternoon the beach is crammed with newlyweds taking pictures. Dressed in white wedding gowns, they vow to love each other for the rest of their lives, with the blue sky, white clouds and soft sand as their witness. Some defy the norm by wearing black gowns and



holding colorful balloons. You turn your head and find babies playing sand and flying kites. All are having their moments of happiness.

You can sit by the sea, listen to the waves, feel the direction of the wind and fall into deep thoughts, or find a large old banian and try to communicate with it. You suddenly remember that a section of Island Ring Road makes way for a banian at the entrance of the Zengcuoan Village. The city does have a tender heart. Your own heart is now filled with tenderness.

Ride on, pose in front of the slogan "Unify China under

the principle of 'one country, two systems'", before arriving at the destination of this trip, the Xiamen International Conference and Exhibition Center. There is also an array of urban sculptures for the Xiamen International Marathon, an annual event that has been held for 15 editions since 2003. In 2017, the city hosted the first International Cycling Championship. The live broadcasts of these events are like documentaries of the scenic city.

The refreshing charm of Xiamen will definitely bring you back again and again.

