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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.

