



胡萨姆·侯赛尼
约旦哈希姆王国驻中国大使

Hussam Al Hussein
**Ambassador of the Hashemite
Kingdom of Jordan to China**

追忆玫瑰大地上的神奇文明 展望新国际环境下的合作

专访约旦哈希姆王国驻中国大使胡萨姆·侯赛尼

*Reminiscing the fantastic
civilization of the rose land and
looking forward to cooperation in
the new international environment*

**Interview with Hussam Al Hussein, Ambassador of
the Hashemite Kingdom of Jordan to China**

采访/谢诗佳 文字整理/王涛、孙志国 图/约旦旅游局、全景

Interviewer/Xie Shijia Editors/Wang Tao, Sun Zhiguo Image/Jordan Tourism Board, Quanjing

约旦这个神奇的西亚国家坐落在亚、欧、非三大洲的交汇之处，有着得天独厚的旅游业发展条件，从海滨到荒漠、从古城到现代都市无不散发着独特的魅力。

位于约旦南部的佩特拉是世界旅游城市联合会的城市会员，于2007年7月8日被评选为世界新七大奇迹之一，史密森学会杂志称其为“一生必去的28个地方之一”。凭借着保存完好的古建筑和异域风情的玫瑰红沙漠，佩特拉多年来一直是外国游客来约旦旅游的重要目的地和必经之地。

时至今日，依旧有人对约旦旅游业的繁荣充满好奇，“拥有众多的优质旅游资源”这个理由显然不足以解释约旦旅游业一直以来取得的成就。在合作与竞争并存的全球化背景下，约旦当下采取的措施与今后的目标同样在业内引起广泛的关注。带着这些问题，联合会专访了约旦驻华大使胡萨姆·侯赛尼，在他细致的介绍下探寻约旦的过去、现在与未来。

佩特拉古城：感受丝绸之路文明古国的独特魅力

佩特拉古城位于约旦的南部，建在 Jebel al-Madh-

bah 山坡上。侯赛尼大使告诉记者：“佩特拉的魅力在于它是展示古代最伟大的阿拉伯文明的建筑之一。这座城市是距今2500年前由阿拉伯部落纳巴泰建立的。纳巴泰人在建筑方面都是能工巧匠，同时深谙城市规划。佩特拉大部分的建筑不是平地而起，而是在沙石上雕刻出来的。”纳巴泰人不仅雕刻出了一栋栋宏伟的建筑，还设计了沙漠民族赖以生存的水利系统，这些使得这个民族最终建立了当时最为富庶的王国之一。

由于佩特拉位于亚、欧、非三大洲交汇处，这座城市很快成为了当时重要的贸易据点，进一步充实了王国的财富。在过去，佩特拉是丝绸之路上每个商人梦寐以求的乐园。“来自中国和其他国家的商人可以带着丝绸和各种香料在沙漠里跋涉数月，只为一睹这座玫瑰色山中‘玫瑰之城’的芳容。”

“如果您现在去佩特拉，您会惊讶地看到那些建筑依旧保存完好，即便过了两千多年依旧魅力不减。然而

这些建筑只是吸引游客的其中一个方面，佩特拉那伟大且悠久的历史才是真正震撼人心的因素。”

约旦位于中东的“心脏”地带——亚、欧、非三大洲的交汇处，这可不是普通的地理位置，而是古代世界上鲜有的文明交流的十字路口，有着丰富的历史积淀。游客到访约旦后所看到的不只是多样的自然风光以及文明古迹，他们还会了解约旦的历史并从中感受这个国家过去的辉煌。



辉煌的希腊与罗马古城遗存

约旦拥有得天独厚的地理位置，有着悠久的文明交流史，这在国内的每座城市都有体现。两千多年前，希腊建成了统称为“德卡波利斯”的十座重要的城市，其中六座坐落在今天约旦境内。侯赛尼大使说，约旦首都安曼就曾是“德卡波利斯”之一。罗马人在希腊的基础上，继续添砖加瓦，建造德卡波利斯。“在位于约旦北部的杰拉什，您能找到意大利境外保存最完整的古罗马城市。在乌姆盖斯、佩拉、伊尔比德也能找到‘德卡波利斯’的遗址，每座城市都见证了希腊、罗马帝国的辉煌岁月。作为伊斯兰国家，约旦境内也有许多穆斯林留下的遗址，比如宫殿和陵墓。”

除了文明古迹以外，约旦的生态旅游资源同样引人注目。位于佩特拉以南的瓦迪拉姆是联合国教科文组织指定的世界自然与文化混合遗产。“那里有着广袤的红色沙漠，一眼看去会让人以为是火星地貌，因此许多以火星为背景的科幻电影都在这里取景。游客到那里还会见到以太空舱为原型的帐篷。”

除了沙漠以外，位于约旦西南部的死海也是个不错的去处。“死海是世界上海拔最低的地方，水中的矿物质和周围的泥土有助于人体健康，对皮肤有呵护作用。由于海拔低，死海也是世界上氧浓度最高的地方，在那里待上几天便能让您感觉充满活力。”侯赛尼大使还推荐了位于红海附近的亚喀巴，那里是潜水爱好者的乐园，水下的珊瑚及多样生物足以让每位潜水者目不暇接。

重新开放海外游客入境 刺激旅游经济复苏

旅游业是约旦经济的主要支柱，为国民提供了大量的就业机会。尽管疫情对约旦的旅游业造成了重创，但约旦政府也采取了一系列措施来刺激旅游业复苏。约旦政府在疫情期间积极推行境内旅游，并推出旅游城市间的免费公共交通，发放旅游套票以重振旅游市场恢复信心。如今，约旦在抗击“新冠肺炎”疫情方面成效显著，游客可以在约旦度过安全且优雅的时光。

谈到疫情对旅游业的影响，胡萨姆·侯赛尼大使表示希望国际间的旅行限制尽早放宽，欢迎海内外游客来到约旦。据了解，约旦旅游部表示约旦已经做好准备重

新开放海外游客入境，中国成为约旦首批允许外国游客入境的国家之一。

为了吸引更多中国游客，约旦有关部门一直在研究如何吸引中国游客来到约旦。“在研究过程中，我们总结出了中国游客境外旅游的几大目的：历史文化古迹、美食以及购物。提到美食和购物，我们能为中国游客提供传统佳肴和具有地方特色的商品。中国游客还有一大优势，即可以享受‘落地签’的待遇。”另外，约旦还开发出了 JordanPass 通行证，游客可以在网上购买并凭证逛遍约旦的各个景点。

侯赛尼大使表示，中国游客在约旦还能感受到约旦人民的热情，我相信这会让中国游客极为享受在约旦的时光。

加强“一带一路”倡议下中约旅游务实合作

“一带一路”在约旦引起了广泛反响。侯赛尼大使告



诉记者：“它不仅提倡经济合作，更为长远合作建立了许多文化交流渠道。”两千多年前，约旦曾是丝绸之路重要的组成部分。今天，“一带一路”倡议的提出以及约旦优越的地理位置使得约旦能够延续与古代丝绸之路沿线国家的联系。侯赛尼大使表示，约旦将进一步与“一带一路”国家合作，促成包含约旦及有关国家在内的旅游项目的发展。

对于联合会，侯赛尼大使指出，佩特拉作为联合会的城市会员，可以为联合会举办的会议、展会等活动提供场地。“我们热烈欢迎联合会来到约旦组织有关活动，

加强双方的务实合作与文化交流。”

作为一名驻外大使，当谈到在中国的工作感受时，胡萨姆·侯赛尼大使说：“在中国工作期间，我感受到了中国人民的热情好客，相信我的同事也会有同样的感受。”

另外，胡萨姆·侯赛尼大使也到过中国许多省份旅游。“中国在人民生活水平以及经济发展层面取得的成就和进步让我印象深刻。中国和约旦两国有着共同的价值观，我相信我在中国所获得的经验将鼓励我更好地为改善中国和约旦的关系而不断努力。”

Situated at the intersection of Asia, Europe and Africa, Jordan, the magical country of West Asia, is blessed with unique resources for the tourism industry, from seaside to desert, from ancient cities to modern ones.

Petra, located in southern Jordan, is a city member of

the World Tourism Cities Federation (WTCF) and was named one of the New Seven Wonders of the World on July 8, 2007, and the Smithsonian magazine called it one of the “28 Places to See before You Die”. With its well-preserved ancient architecture and exotic rose-red desert, Petra has been an important destination and a must-see for foreign tourists visiting Jordan over the years.

To date, some people are still curious about Jordan's tourism boom. It is obvious that “boasting a lot of quality tourism resources” is not sufficient to explain what Jordan's tourism industry has achieved. In the context of globalization with the coexistence of cooperation and competition, Jordan's current measures and future visions are also attracting widespread attention in the industry. With the questions in mind, the WTCF interviewed Hussam Al Husseini, Ambassador of the Hashemite Kingdom of Jordan to China, to explore Jordan's past, present and future in his detailed introduction.

The ancient city of Petra: experience the distinct charm of the ancient civilization along the Silk Road

Located in southern Jordan, the ancient city of Petra was built on the slopes of Jebel al-Madhbah. The Ambassador told the WTCF: “The charm of Petra is that it is one of the ancient buildings that showcase the greatest Arab civilizations. The city was founded 2500 years ago by the Nabataeans, an Arab tribe. The Nabataeans



were skilled craftsmen in architecture and well versed in urban planning. Most of the buildings in Petra were not built on the ground, but carved out of sandstone. The Nabataeans not only carved out magnificent buildings, but also designed the water system on which the desert people relied to survive, which enabled them to eventually establish one of the most affluent kingdoms of the time.”

As Petra was located at the junction of Asia, Europe and Africa, it soon became an essential trading stronghold of the time, further enriching the wealth of the kingdom. In the past, Petra was a place of dream for every merchant on the Silk Road. “Traders from China and other countries could trudge for months through the desert with silk and various spices, just to get a glimpse of this ‘Red Rose City’ in the rose-colored mountains.”

“If you visit Petra now, you will be amazed to find that the buildings are still intact and have retained their charm more than 2,000 years later. However, these buildings are only one aspect of Petra’s charm. The real astonishing factor for tourists is Petra’s great and long history.”

Ancient city ruins of glorious Greek and Rome

Blessed with a favorable geographical location, Jordan

has a long history of civilizational exchange, reflected in each city in the country. Over two thousand years ago, Greece built ten important cities, collectively known as Decapolis, six of which were situated in present-day Jordan. The Ambassador mentioned that Amman, the capital of Jordan, was one of the Decapolis. The Romans continued the construction of Decapolis on the Greek foundations. “In Jerash, seated in northern Jordan, you will find the most well-preserved ancient Roman city outside Italy. The ruins of ‘Decapolis’ can also be found in Umm Qais, Pella and Irbid, each of which witnessed the glorious years of Ancient Greece and the Roman Empire. As an Islamic country, Jordan also has many Muslim ruins, such as palaces and tombs.”

Jordan’s ecotourism resources are equally impressive as its historical sites. Wadi Rum located to the south of Petra is inscribed as a mixed natural and cultural world heritage site by UNESCO. “The vast red desert there can remind tourists of the landscape of Mars, which is why many science fiction movies set on Mars have been filmed here. Visitors to the area will also see camps taking the shape of space capsules.”

Apart from the desert, the Dead Sea, seated in southwestern Jordan, is a great place to visit. “The Dead Sea is the lowest point on the planet, and the minerals in

Jordan has a rich historical heritage, since it lies at the ‘heart’ of the Middle East, the intersection of Asia, Europe and Africa, which is no ordinary geographical location, but a crossroad of civilizational exchange rarely witnessed in the ancient world. Travelers to Jordan will not only view a variety of natural landscapes and historical sites, but also learn about its history and experience its past glory.



the water and the surrounding mud contribute to human health and confer protective effects on the skin. Due to its low altitude, the Dead Sea also has the highest oxygen concentration in the world. A few days there will make you feel energized.” The Ambassador also recommended Aqaba, located near the Red Sea. Aqaba is a paradise for divers, with ample underwater coral and diverse creatures to dazzle every diver.

Reopening the entry of international visitors to stimulate the tourism recovery

As a major sector of the Jordanian economy, tourism provides vast employment opportunities for Jordanians. Although Jordan’s tourism industry has been affected by COVID-19, the Jordanian government has also taken a series of measures to boost its recovery. The government actively promoted domestic tourism amidst the epidemic and introduced free public transportation between tourist cities and issued travel packages to revive confidence in the tourism market. Now that Jordan has achieved remarkable anti-epidemic outcomes, visitors can spend their time in Jordan safely and gracefully.

Speaking of the impact of the epidemic on tourism, Ambassador Hussam Al Hussein expressed his hope that international travel restrictions would be eased as soon as possible, so foreign visitors would be welcomed to Jordan. As we know, the Ministry of Tourism and Antiquities has indicated that Jordan is ready to reopen entry to overseas tourists, with the Chinese becoming one of the first foreign tourists allowed in Jordan.

The Jordanian authorities have been trying to find ways to attract more Chinese tourists. “In the course of our research, we have summarized several major attractions for Chinese tourists traveling abroad: historical and cultural relics, food, and shopping. As for food and shopping, Chinese tourists can taste our traditional delicacies and buy goods with local characteristics here. Chinese tourists also enjoy the preferential treatment, i.e., they can obtain a visa on arrival.” In addition, Jordan has also developed the Jordan Pass that can be purchased online and allows tourists to visit various

scenic spots in Jordan.

The Ambassador added: “Chinese tourists will also feel the warmth of our people in Jordan, and I believe it will help Chinese tourists immensely enjoy their time in our country.”

Strengthening practical cooperation in tourism between China and Jordan under the Belt and Road Initiative

China’s Belt and Road Initiative has generated a wide range of reactions in Jordan. Ambassador Hussam Al Hussein told us: “It promotes not only economic cooperation, but also establishes many cultural exchange channels for long-term cooperation.” More than 2,000 years ago, Jordan was a crucial part of the Silk Road. Today, the Belt and Road Initiative and Jordan’s unique geographical location allow Jordan to continue its ties with the countries along the ancient Silk Road. The Ambassador pointed out that Jordan will further cooperate with countries of the Belt and Road Initiative to facilitate the growth of tourism programs that include Jordan and related countries.

Ambassador Hussam Al Hussein noted that Petra, a city member of the WTFC, can provide a venue for conferences, exhibitions and other events organized by it. “We warmly welcome the WTFC to Jordan to organize relevant activities and strengthen practical cooperation and cultural exchanges between the two sides.” said he.

As an ambassador to China, Hussam Al Hussein expressed his feelings about working here: “During my work in China, I have felt the hospitality of the Chinese people and I’m sure that my colleagues have felt the same.”

In addition, he has traveled to many provinces in China. “I am impressed by the achievements and progress China has made in terms of people’s living standards as well as economic development. China and Jordan share common values, and I am convinced that the experience I gained in China will encourage me to continue my efforts to improve relations between our two countries.”



佩特拉

失落的玫红古城

资料来源/约旦旅游局 文字整理/孙志国 图/约旦旅游局

拥有“古代世界第八大奇迹”之称的佩特拉是约旦境内最有价值的瑰宝，也是约旦最热门的观光景区。几千年后的今天，人们依旧能从它那宏伟且具有几何美感的沙石建筑中感受它曾经的繁华。

2500年前的辉煌，200年前重见天日

2500年前，阿拉伯部落纳巴泰来到这片充满沙漠和红色沙石的不毛之地，他们决定在这里打造让自己安





电影《印第安纳琼斯和圣战奇兵》的结局在此拍摄，而这高耸的古迹外观只是佩特拉的第一个秘密。



身的地方。部落里的能工巧匠因地制宜，在玫瑰色的峭壁上凿出了令人赞叹的建筑——从宫殿、庙宇到房屋、剧场一应俱全。这些纳巴泰人绝不是随性的艺术家，他们脑海里始终有着城市规划的蓝图，古城里的水利系统就是最好的证明。

处于亚欧非三大洲交汇处的佩特拉很快成了东西方贸易的中心，丝绸与香料贸易不仅让这里变得富庶，也让古希腊人和古罗马人分外眼红。最终，在公元 106 年，强盛的罗马帝国吞并了佩特拉，而曾经主宰这里的纳巴泰人也逐渐消失在历史的长河中。佩特拉在接下来的几个世纪里丧失了贸易中心的地位，最终在公元 14 世纪被西方彻底遗忘。

1812年，一名瑞士旅行者约翰·路德维希·布克哈特说服其向导带领他来到这个传说中失落城市的所在地。他悄悄地画下草图，写下笔记，记录道：“照情况看来威地穆萨的废墟可能就是古代佩特拉的遗址。”1929年，英国人开始挖掘佩特拉遗址，使得古城终于重见天日。1985年，佩特拉被联合国教科文组织列入世界遗产名录。

请慢慢走啊，你脚下是2000多年前的城市

佩特拉的主要观光景点是古城本身。游客通常需要至少一天的时间来探访这座古城，然而即便在此停留一个星期都不一定能转遍这里。

从游客服务中心后的入口出发，穿过夹在两座巨岩间的蜿蜒蛇道，嵌在峭壁中的卡兹尼宫便映入眼帘。卡兹尼宫是佩特拉的代表性建筑。几个世纪风沙的侵蚀让宫殿的房檐和石柱表面变得粗糙，人们依旧能看出这是2500年前纳巴泰工匠按照左右对称结构雕刻的。古希腊风格的雕饰显示了伊斯兰教诞生前古希腊文化对这一地区的影响。如今，为了保护这座屹立了2000多年的宫殿，游客无法进入宫殿一探究竟，只能站在外面感受它的壮观。

经过各式的走道和山坡后，映入眼帘的是数以千计在岩石上雕凿而成的墓穴，被称为皇家陵墓。夕阳西下的时候，岩石在阳光下呈现出玫瑰般的红色。建于公元1世纪的露天剧场位于墓群旁边，可容纳3000名观众，具有古希腊风格。剧场后面的女儿宫是古城现存唯一一座独立式建筑。不同于其他嵌在巨岩与峭壁的建筑，女儿宫由红色沙石制

作的砖块搭建而成，如今这座23米高的宏伟宫殿只剩下三面墙，却依旧能让游客感受到它曾经的辉煌。

爬上岩石刻成的900多级阶梯，便会来到许多游客必游之处——宏伟的代尔修道院。从外观看来，修道院很像卡兹尼宫，但没有卡兹尼宫那样繁杂的雕饰。在拜占庭帝国统治时期，这里是基督教的修道院。

参观完代尔修道院后顺阶梯而下，便是佩特拉考古博物馆。博物馆藏品包括从新石器时代至拜占庭统治时期从佩特拉发掘出的文物，无论是简易的陶罐，古希腊式浮雕，亦或是贵金属首饰，都能让每位游客间接了解这里奢华的生活方式。

佩特拉之夜——和古城的灵魂对话

瑞士人布克哈特和后来英国考古团队的到来使得人



们认识到佩特拉的历史价值。近年来，随着喜欢户外探险的玩家的增加，这里独特的自然风光也日益受到人们的青睐。就拿入口与卡兹尼宫之间的蛇道来说，两侧的岩壁色彩斑驳，高耸的岩石凸显出人的渺小，因此蛇道也是摄影师喜欢的背景。

佩特拉原本就是登高的好地方。登上沙石砌成的台阶，来到修道院前方，便可以把古城的大部分以及远处的沙漠、巨石尽收眼底，在晴朗无云的时候，蔚蓝天空与玫瑰红的大地相互映衬，异常壮观。如果想像古代商队那样游历佩特拉，可以在穿过蛇道后租一匹毛驴。这些训练有素的动物能载着游客上下阶梯，是沙漠环境下最佳的代步工具，也为游客提供了便利。需要注意的是，佩特拉有着众多的悬崖峭壁，因此骑驴时请务必小心。

来到佩特拉的游客还可以通过夜游的方式来获得更

为奇特的体验。夜游活动仅在每周一、三、四开放，持续时间为晚上 08:30 至 10:00。在此期间，游客从服务中心出发，穿过两旁摆有蜡烛的小路到达卡兹尼宫前，此时宫殿入口也摆满了蜡烛，游客们席地而坐，像 2000 多年前的当地居民和外来商贾那样聆听从宫殿传

出的贝都因音乐。在那一刻，古与今的界线暂时变得模糊，抖动的烛光与那充满灵气的音乐似乎正竭力证明一件事：佩特拉不是一现的昙花，它的灵魂成功地延续到了现在。

最佳参观时间

早晨和傍晚

住宿

古城外的威地穆萨城镇及邻近地区可提供不同价位的住宿设施，建议前往佩特拉的游客在游览的前一天入住酒店。

餐饮

当地旅馆中有各国风味的餐厅。城镇内有数家供应传统菜肴的餐厅和快餐店。

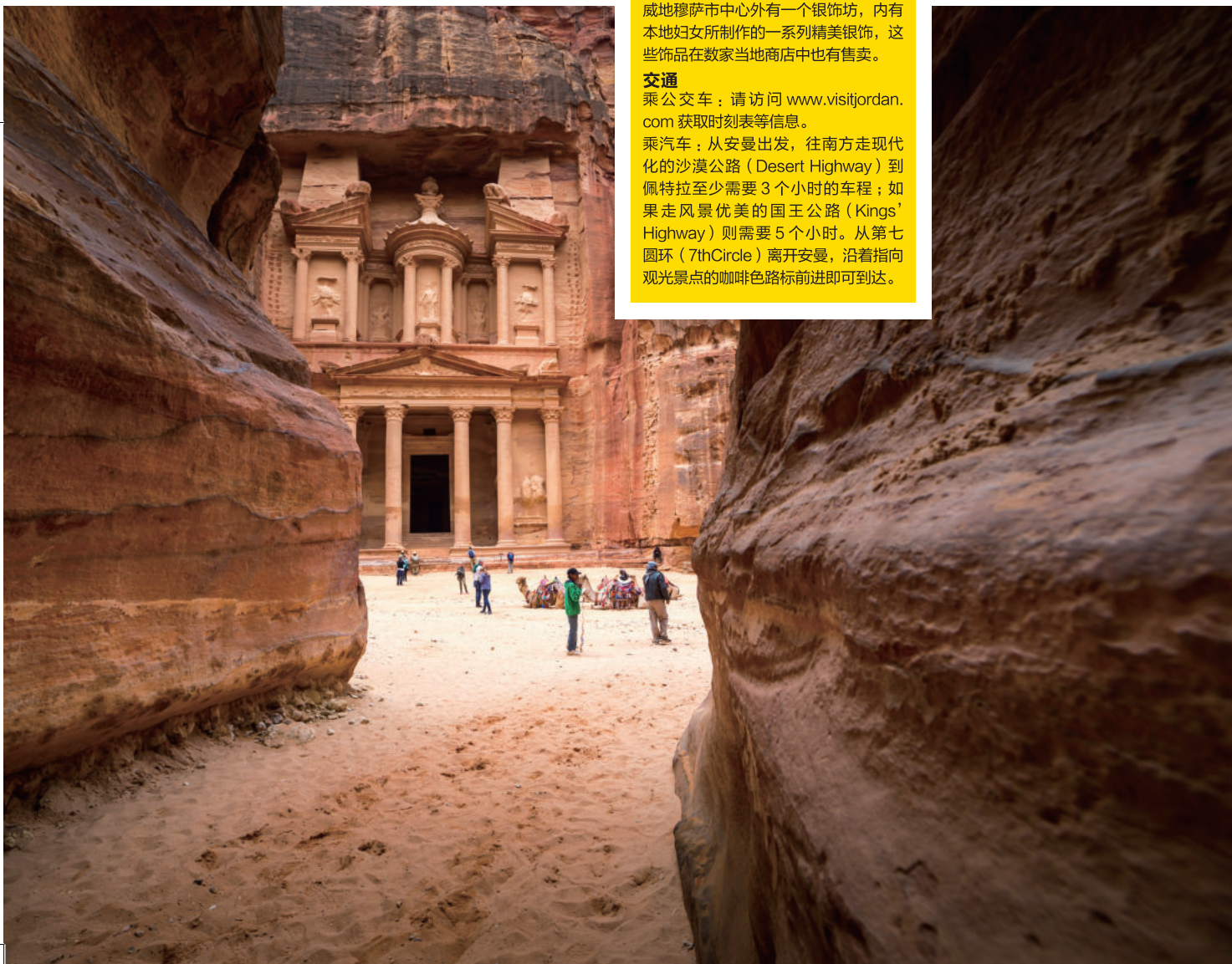
购物

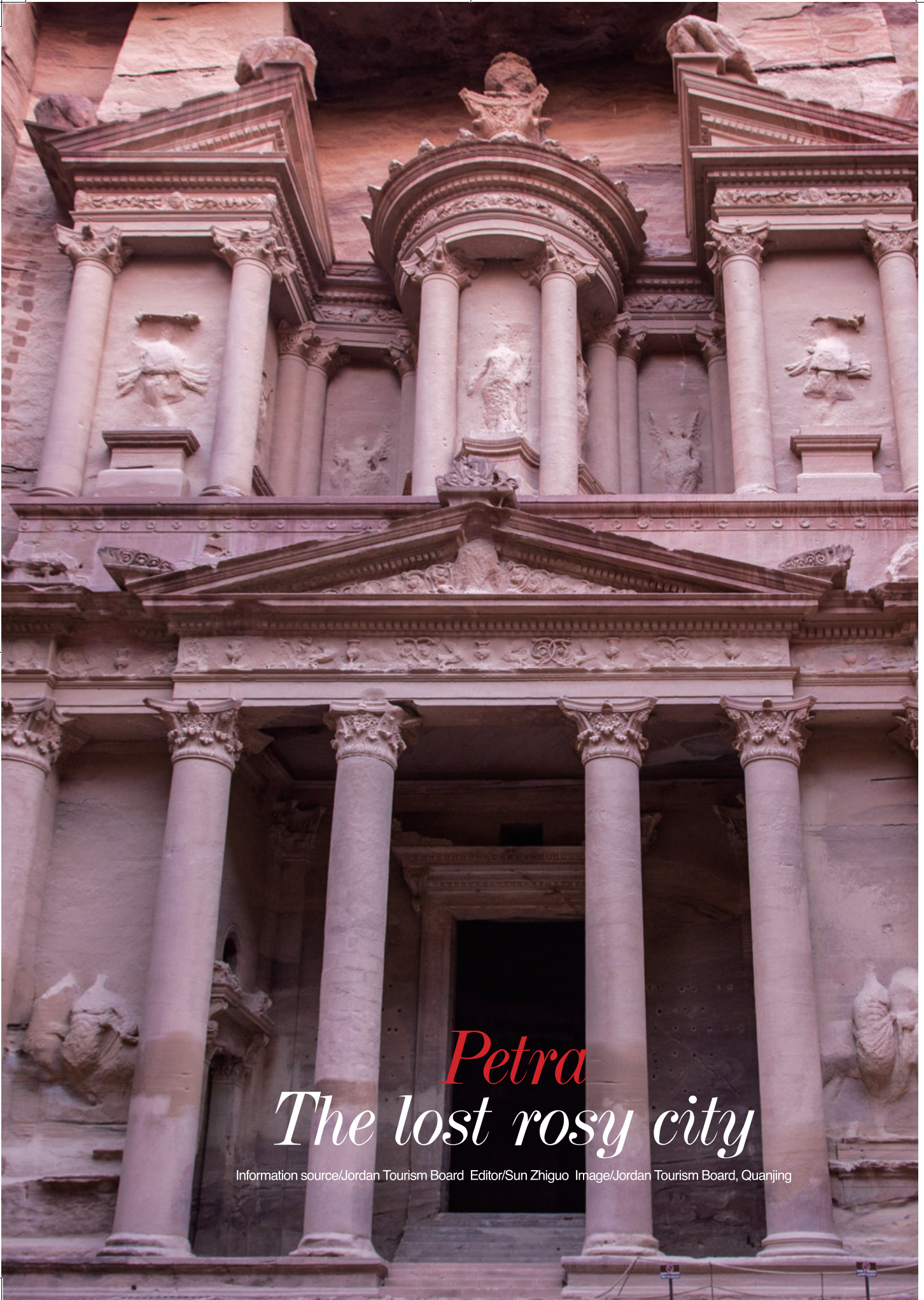
除了佩特拉古城中的工匠铺，威地穆萨有许多贩卖当地产品的商店，出售纳巴泰风格的陶器、银制品及串珠饰品。这些商品大都是出自当地贝都因人之手。威地穆萨市中心外有一个银饰坊，内有本地妇女所制作的一系列精美银饰，这些饰品在数家当地商店中也有售卖。

交通

乘公交车：请访问 www.visitjordan.com 获取时刻表等信息。

乘汽车：从安曼出发，往南方走现代化的沙漠公路（Desert Highway）到佩特拉至少需要 3 个小时的车程；如果走风景优美的国王公路（Kings' Highway）则需要 5 个小时。从第七圆环（7th Circle）离开安曼，沿着指向观光景点的咖啡色路标前进即可到达。





Petra
The lost rosy city

Information source/Jordan Tourism Board Editor/Sun Zhiguo Image/Jordan Tourism Board, Quanjing

Petra, known as the eighth wonder of the ancient world, is the most valuable treasure and the most popular tourist attraction in Jordan. Thousands of years later, one can still savor its past prosperity in its magnificent and sandstone buildings in the shapes demonstrating geometric aesthetic.

The splendor 2,500 years ago reappeared 200 years ago

When Nabataeans, an Arab tribe, arrived at this barren land of desert and reddish sandstone 2,500 years ago, they decided to make it their home. The tribe's skilled craftsmen chiseled terrific buildings out of the rose-colored cliffs: from palaces and temples to houses and theaters. These Nabataeans were never spontaneous artists; they always had a blueprint for urban planning in mind, as evidenced by the ancient city's water system.

Granted with the location at the intersection of Asia,

The final scenes of the movie “Indiana Jones and the Last Crusade” was filmed here, and the facade of this towering monument is only the first secret of Petra.

Europe and Africa, Petra soon became the center of trade between East and West. The silk and spice trade made it wealthy, thus draw malicious attention from ancient Greeks and Romans. Eventually, the mighty Roman Empire annexed Petra in 106 A.D. The Nabataeans, who had once dominated the area, gradually disappeared from recorded history. Petra lost its status as a trading center for the next few centuries and was finally forgotten by the West in the 14th century A.D.

In 1812, Johann Ludwig Burckhardt, a Swiss traveler, persuaded his guide to lead him to this legendary lost city. He quietly sketched and noted: “It appears that the ruins of Wadi Musa may be the site of ancient Petra.” In 1929, the British began excavating the ruins of Petra, bringing the ancient city back to life. In 1985, it was offi-



cially declared a UNESCO World Heritage Site.

Please stroll gently through the city with a history of over 2000 years

The main tourist attraction in Petra is the city itself. Sightseers usually need at least a day to explore the ancient city, but even a week's stay here may not be enough to cover every inch of it.

Starting from the entrance behind the Visitor Center, you will come upon the Khazneh Palace embedded in the cliff after walking through a winding narrow valley known as "Siq" between two giant rocks. The Khazneh Palace is a representative building of Petra. The eaves and pillars of the palace are rough due to erosion by sand and wind for centuries, but one can still see that they were carved by Nabataean craftsmen 2500 years ago in a symmetrical structure. The ancient Greek-style carvings show the influence of ancient Greek culture on the area in the Pre-Islamic Era. Today, visitors are not allowed to enter the palace standing for more than 2,000 years and can only stand outside to feel its grandeur for protective purposes, which has been standing for more than 2,000 years.

After passing through various walkways and hillsides, you will see thousands of tombs carved into the rock, known as the Royal Tombs. As the sun sets, the rocks glow rosy red in the sunlight. The Theater in the ancient Greek style, built in the 1st century A.D., is located next to the tombs and can accommodate 3,000 spectators. The Qasr al-Bint behind the Theater is the only remaining freestanding building in the ancient city. Unlike other buildings embedded in huge rocks and cliffs, this palace is built of bricks made of red sandstone. Today, this magnificent 23-meter-high palace only has three walls left, but visitors can still sense its past glory.

Climbing more than 900 steps carved into the rock, you will come to the magnificent Ad Deir (the Monastery), a must-see site for many visitors. From the outside, the Monastery looks much like the Khazneh Palace, but without the elaborate carvings of the latter. It was repurposed as a Christian monastery in the Byzantine period.



After visiting Ad Deir, you will get to Petra Archaeological Museum by walking down the steps. The museum's collection includes artifacts excavated from Petra from the Neolithic period to the Byzantine period. Be it simple pots, ancient Greek reliefs, or precious metal jewelry, visitors can always have indirect comprehension of the luxurious lifestyle of the area.

Petra by Night: talking with the soul of the ancient city

Thanks to Johann Ludwig Burckhardt and the subsequent British archaeological team, the public began to



Best time to visit

Morning & Evening

Accommodation

An extensive range of accommodation to suit all budgets is available in and around the town of Wadi Musa. You are advised to check into a hotel the day before you visit Petra.

Dining

There are restaurants with exotic flavors in the local hotels. Several restaurants are serving traditional dishes and fast food in the town.

Shopping

Apart from the artisans' stalls inside the Petra site, there are many stores in Wadi Musa that sell local products, such as Nabataean-style pottery, silverware and beaded jewelry. These are mainly produced locally by the Bedouins. There is a silver workshop just outside the center of Wadi Musa, with a range of beautiful silver jewelry made by local women, which are also sold in several local stores.

Transportation

Buses: For more information about buses and schedules, please visit www.visitjordan.com.

Cars: It takes at least three hours to drive south along the modern Desert Highway from Amman to Petra, or five hours on the scenic Kings' Highway. You will arrive after leaving Amman at the 7th Circle and following the coffee-colored signs pointing to sightseeing spots.

recognize the historical value of Petra. In recent years, the unique natural beauty has become increasingly popular with the increasing number of tourists who enjoy outdoor adventures. Take the Siq between the entrance and the Khazneh Palace for instance: the rock walls are colorful on both sides and, with their towering heights, highlight the tininess of people, thus making the valley a favorite backdrop for photographers.

Petra has always been an excellent place for ascending. When you climb the sandstone steps in front of the monastery, you can have a panoramic view of most of the ancient city and the desert and boulders in the distance. On a clear, cloudless day, you will enjoy the spectacular scenery of the blue sky against the rose-red earth. If you want to travel through Petra like the ancient caravans, you can rent a donkey after crossing the Siq. These well-trained animals can carry visitors up and down the steps, serving

as the best means of transportation in the desert and offering convenience for visitors. It should be noted that there are many cliffs at Petra, so you need to be careful when riding a donkey.

Travelers to Petra can also have a more exotic experience by participating Petra by Night. Petra by Night takes place on Mondays, Wednesdays and Thursdays. The Petra by Night experience goes from 8:30 pm until 10:30 pm. During this time, visitors set out from the service center and walk through a path lined with candles to reach the Khazneh Palace. The entrance to the palace is also filled with candles, and visitors sit on the floor and listen to the Bedouin music emanating from inside, just like the locals and foreign merchants did more than 2,000 years ago. At that moment, the boundary

between the past and the present became temporarily blurred, and the shivering candlelight and the inspirational music seemed to be trying their best to prove one thing: Petra is not a fleeting blossom, but its soul has successfully continued to this day.



文明的十字路口： 看罗马古城、沙洲楼阁 与帝国街巷

资料来源/约旦旅游局 文字整理/孙志国、占心怡 图/约旦旅游局

地中海的惠风为约旦带来了阵阵凉意，烈日炙烤着这里的大漠。历史上，觊觎过这个三大洲十字路口的希腊人、罗马人、土耳其人甚至蒙古人都曾将自己的手伸向这片宝地。兵戎、铁骑与外国商人也将来元素——包括建筑风格、生活方式等带到这里。约旦境内不乏文化交流的产物。除了佩特拉以外，约旦还有许多诉说着不同民族峥嵘岁月的古迹，让每位游客能够进一步了解这个文明十字路口上的国家。

杰拉什：地中海征服者的遗产

两千多年前，希腊人在今天的约旦、叙利亚和以色列建立了被统称为“德卡波利斯”的十座殖民城市，其中有六座位于今天约旦境内。随后称霸地中海的罗马人为了彰显罗马、希腊文化的优越性，大力推动德卡波利斯的建设。如今，留存在约旦的古罗马遗址数量众多，其中德卡波利斯之一的杰拉什保留最为完好。





如今杰拉什保留下来的大部分建筑修建于罗马皇帝埃利乌斯·哈德良执政时期。哈德良拱门位于古城入口处，屹立于千余载，无声歌颂着哈德良的丰功伟绩。宏大的竞技场就在拱门的左后方，两旁的观众席和沙地赛道意味着这里曾是当地人赛马的场所。今天，竞技场中上演的罗马军队与战车体验活动不容错过：数十名全副武装的“罗马士兵”展开操练，“角斗士”上演“殊死搏斗”，当然也有当年罗马人喜爱的赛马，比赛规则依旧遵循近两千年



杰拉什

· 游玩贴士

您可以在南门附近的游客服务中心获得观光指南、地图及其他详细信息。

· 交通

驾车或乘坐出租车：从安曼的运动城换乘处（Sport City Interchange）朝西北方向行驶。杰拉什位于安曼 51 公里处。

搭乘公交车：许多公司提供一般行程服务，您可搭乘空调游览车从安曼出发。如需更多信息，请登录约旦旅游局网站 www.visitjordan.com。

前的传统。

位于竞技场不远处的宙斯神庙见证着这里的一切，虽然只剩下数根饱经风雨侵蚀的石柱与坍塌的石墙，人们依旧可以根据这些残垣断壁想象出它曾经的规模。神庙西边的南剧场则具有希腊风格，观众席呈现出半圆形，可容纳 3000 人，舞台规模足以上演一场话剧，整个剧场至今仍在在使用。位于古城最北端的剧场也采用了类似的配置。从神庙出发，沿路北上就能到达集市遗址，地面中间的正八边形凹槽里面有着十字形状的石雕。闭上眼睛，或许还能听见昔日小贩的叫卖声和居民讨价还价的喊声。

从四面门继续北上，一路上连排的石柱擎天而立，踏上柱廊大街，便可一览千年前罗马街道的风采。接着走下去就可以到达古城内最大的神庙——阿尔忒弥斯神庙，十几根高大的石柱贯穿悠悠的岁月，然而神庙的全貌却不得而知。

如果您选择在 7 月到访杰拉什，那在游览古迹之余千万不要错过杰拉什文化艺术节。这一文化盛会始

于 1981 年，如今吸引着来自全世界的观众前来观看。届时，来自多个国家的诗人、歌手、乐队和舞蹈团齐聚景区的两座罗马剧场、阿尔忒弥斯神庙和广场，为观众带来阿拉伯诗歌朗诵和传统歌舞。来自中国的杂技团和来自高加索国家的舞者也参加了近几年的杰拉什文化艺术节，让约旦观众感受到了异国艺术的魅力。

离开杰拉什后，您还可以在约旦的其他城市寻觅罗马人的踪迹。位于曾经的德卡波利斯之一、约旦首都安曼的罗马剧场始建于公元 2 世纪，可容纳 6000 人。这座古老剧场巧妙充分地利用了声学原理，使呈环形的观众席可以全方位接收来自舞台的声音。虽历经光阴洗礼，它至今仍作为表演场地，举办了很多艺术文化活动。位于约旦北端的乌姆盖斯也有许多遗迹。如果您是考古爱好者，那一定要去乌姆盖斯西南部的佩拉，那里出土了许多文物，至今仍有尚待挖掘的地方。

沙漠古堡：艺术与实用主义

掬一捧沙，散在风里，千百年的过往或许早已消散，不倒的城堡却不曾忘记发生的故事。约旦的大漠里，散落着早期伊斯兰教的艺术与建筑特色之瑰宝，丰富璀璨的历史以独特的形式长存于世。杰出的马赛克制品、壁画、石块及灰泥雕刻、绘图，无不受到波斯、希腊-罗马、拜占庭传统精髓的启发，尽展文化交融之精彩。

沙漠城堡聚集于安曼的东部和南部，用途颇多，而之所以称为城堡，是归功于其宏伟的高度。它们或是沙漠商队的转运站，或是农业和贸易中心、休闲展览馆，亦或是前哨基地，以帮助远方统治者同当地贝都因人建立良好的关系。一座典型的沙漠城堡，并不只是一栋建筑，而是由不同建筑组成的

大院。高大的围墙内可能包括一幢巨大的主宅以及澡堂、储藏区和其他农业建筑，或许还配有一座清真寺。

众多城堡之中，当属阿姆拉城堡保存完善，现已被联合国教科文组织列为世界遗产。这里曾是阿拉伯伍麦叶王朝（公元661年-750年）时期供国王度假的宫殿，半圆形的屋顶体现着阿拉伯人对几何知识的掌握。如今，阿姆拉城堡虽已人去楼空，游客还是可以一探古堡内留下的珍奇壁画和彩色马赛克艺术品。壁画上的人物栩栩如生，极具希腊、罗马的艺术风格。位于阿姆拉城堡西



沙漠古堡

· 建议路线

从安曼出发，沿机场公路乘车向南，再转向阿兹拉克。您可以在途经东方沙漠期间依次参观哈拉伯特城堡、阿兹拉克城堡、阿姆拉城堡及哈拉那城堡，反向参观亦可。穆沙塔城堡位于安曼南部的阿利亚皇后国际机场附近。



俯视，城堡外墙排列成正方形，四角有圆柱衔接，除了入口那面墙以外的剩下三面墙中央也设有石柱，极尽几何之美。城堡设有宽阔的内院与 60 个房间，其中一个房间专门用于祷告。哈拉伯特城堡遗址残存建筑的围墙也大体采用了正方形的结构，这些建筑都已经过重建，可以让游客细致了解城堡建筑的风格。

沙漠城堡中最为壮观的当属阿兹拉克城堡。该城堡由玄武岩建成，外墙长达 80 米，设有数座用于监视、防卫的塔楼，极具威慑力。这里最初是罗马人统治地中海东岸时期建造的军事要塞。伍麦叶王朝时期，这里增建了清真寺。20 世纪初期的阿拉伯起义期间，支援约旦的英国联络官 T·E·劳伦斯将这里用作军事基地，在城堡外墙一块磨白的石板上还能找到关于这段历史的文字记录。

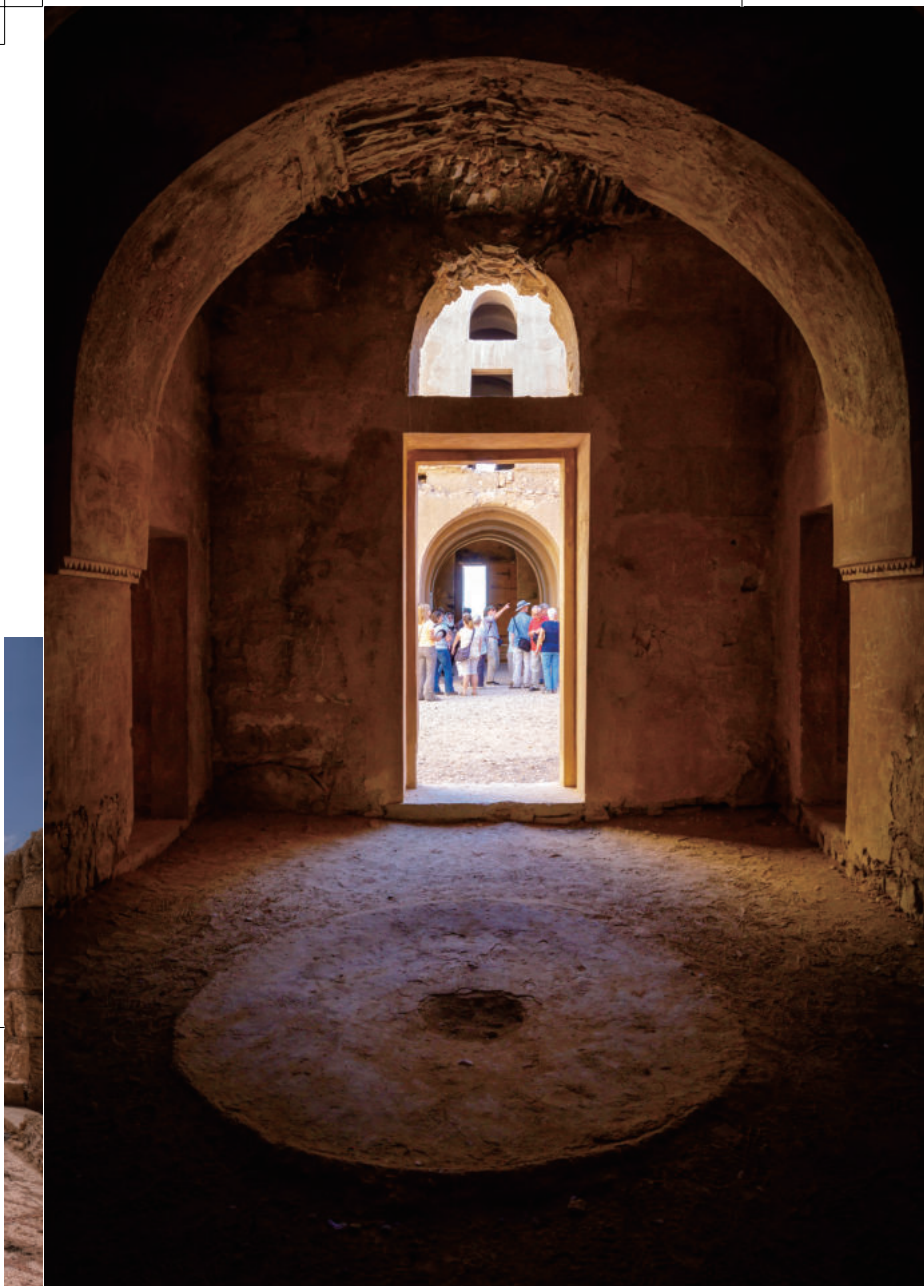
萨尔特：熙攘的帝国街巷

约旦河谷与东边沙漠间，温和的气候、肥沃的土壤为人类建立聚落提供了近乎完美的条件，而这里自古亦是兵家必争之地。罗马人、希腊人以及马穆鲁克人都曾占领过这里，推动了当地城市的建立和发展。19 世纪末期，这里迎来了繁荣的顶峰。奥斯曼土耳其人将它作为区域行政中心，并鼓励来自帝国各地的人民在此安居。城市地位的提升，吸引许多富商纷纷带着财富而来，兴建起富丽堂皇的住所。新兴的商人阶层促成新城包容多元的氛围，欧洲与中东的元素风格共同成就了辉煌的建筑。这就是依山而建的萨尔特，至今生活的烟火气依旧在这里喷薄出无限生机。

游览萨尔特最好的方式是在城区漫步，沿途欣赏黄砂岩房屋与精巧的小巷。依山而建的萨尔特富有层次感，城市融合了土耳其和欧洲的建筑风格，同时拥有充满阿

部的穆沙塔城堡则是石刻爱好者必去的地方。穆沙塔城堡始建于公元 8 世纪，却一直没有竣工。即便如此，游客还是能在这座不完整的宫殿内找到精美的石刻。不论是对称建造的拱门，还是刻有动植物形状花纹的墙砖都能让每一位游客大开眼界。

位于安曼东部 65 公里处的哈拉那城堡融入了伊斯兰教早期艺术风格，门窗均被设计得较为狭窄。从空中





萨尔特

· 购物

Al-Hammam 街的商店提供各式各样的纪念品。

· 交通

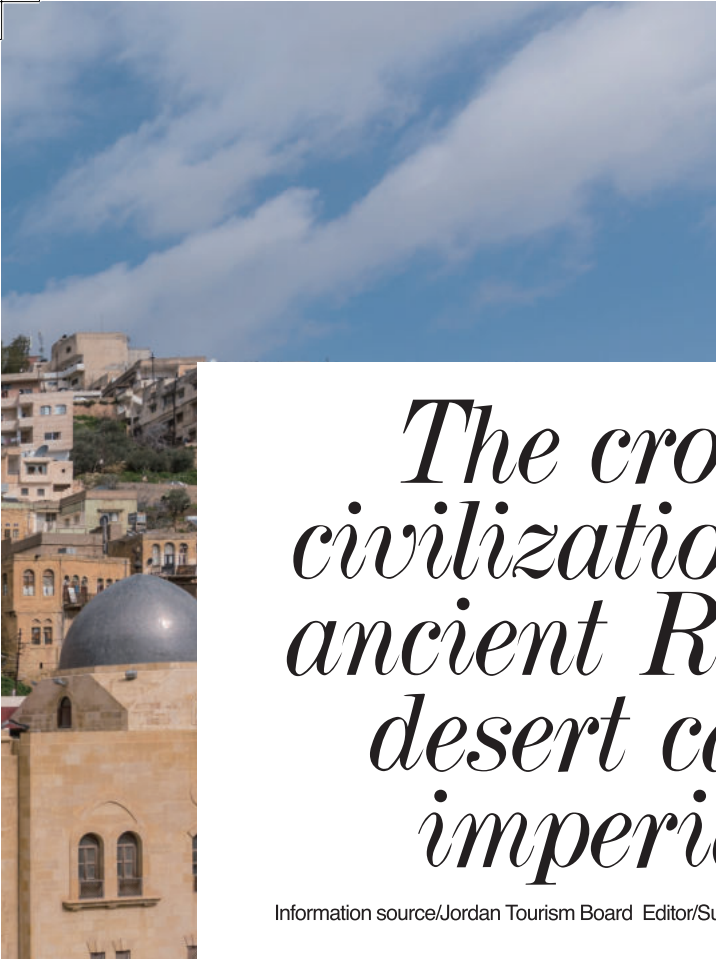
萨尔特位于安曼中心西北部 29 公里处，只需不到 30 分钟车程便可到达。

拉伯风情的商业街和地中海风格的阶梯。当地典型的房舍多设有庭院，窗户高长呈拱形。建于公元 1892 到 1906 年间的贾比尔宅院就是最佳代表，如今这里也是萨尔特历史博物馆所在地。进入住宅，游客可以欣赏到出自意大利画家之手的墙壁绘画，博物馆陈列的萨尔特地势模型、奥斯曼统治时期的黑白照片、居民的生活用品等足以让游客对这座历史名城有初步了解。

在奥斯曼帝国统治期间，伊斯兰教主导着萨尔特，基督教也被允许在这里扎根，这使得萨尔特呈现出宗教多元的景象。位于城区的大清真寺建于阿拔斯王朝（公元 750 年 - 1258 年）末期，是萨尔特最古老的清真寺，

有着洁白的圆顶和外墙，旁边耸立着尖塔，很容易找到。建于 1682 年的 Al-Khader 东正教堂内部的灰色砖墙和拜占庭风格画像为这里塑造了庄严的氛围。除了这两座以外，萨尔特还有许多历史悠久的宗教寺院等着每位游客发现。

如今，这座城市依旧具有人气，夜幕降临后，城市依旧是灯火通明。在游历萨尔特的途中，您可以在城里的咖啡厅和餐馆暂作停留，在咖啡和糕点的香气中消磨时光，当地一些餐馆陈列的老物件能将您带回过去。如果您热衷于艺术，也可以到访当地的手工艺学校，欣赏传统的制陶、编织、丝网印刷及染色技巧。



The crossroad of civilizations: viewing ancient Roman cities, desert castles and imperial streets

Information source/Jordan Tourism Board Editor/Sun Zhiguo, Zhan Xinyi Image/Jordan Tourism Board, Quanjing



The Mediterranean breeze brings coolness to Jordan, the blazing sun bakes the deserts here. The Greeks, Romans, Turks and even Mongols who coveted this intersection of three continents once stepped into this treasure land. Foreign elements including architectural styles and lifestyles were also introduced there with the arrivals of armed intruders, cavalymen as well as foreign merchants. Jordan is a place where countless legacies of cultural exchange exist. Besides Petra, Jordan has many historic sites that tell the story of its diverse peoples, allowing every visitor to learn more about this country at the crossroad of civilizations.

Jerash: the legacy of the conquerors of the Mediterranean Sea

Over two thousand years ago, Greeks built ten colonial cities, collectively known as Decapolis, in Jordan, Syria and Israel. Six cities are in present-day Jordan. The Romans, dominated the Mediterranean then, vigorously promoted the construction of Decapolis to exhibit the superiority of Roman and Greek cultures. Numerous Roman ruins remain in Jordan, of which Jerash, one of the Decapolis, is the best preserved.

Most of the buildings, preserved in Jerash today, were built during the reign of the Roman Emperor Hadrian Publius Aelius Hadrianus. The Arch of Hadrian, located at the ancient city entrance, has stood for nearly two thousand years, silently eulogizing Emperor Hadrian's remarkable achievements. Behind the archway to the left is the Hippodrome, lined with spectator stands and a sandy track, indicating that it was once the site for local horse racing. Now, the event named Roman Army

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and Chariot Experiences in the Hippodrome is something that should not to be missed: dozens of heavily armed “Roman soldiers” in a drill, “gladiators” in a “fight to the death”. The horse races favored by ancient Romans are still organized there, of which the rules continue to follow the traditions date back to nearly 2,000 years ago.

The Zeus Temple, not far from the Hippodrome, witnessed everything around. Although only a few weathered stone pillars and collapsed stone walls remain, people can still reconstruct its former scale in their minds through judging these broken walls. The South Theater to the west of the temple is in Greek style, with a semi-circle of seats for 3,000 people and a stage large enough for a straight play. The whole theater is still in use today. Similar facilities can also be observed in the theater located at the northernmost

end of this ancient city. Departing from the Zeus Temple, you will reach the

Jerash

·Tips for touring

Tourist guides, maps and other detailed information are available at the Visitor Center near the South Gate.

·Transportation

By car or taxi: You can head northwest Sport City Interchange in Amman. Jerash is 51 km from Amman.

By bus: Many companies offer general trip services and you can take an air-conditioned tour bus from Amman. For more information, please visit the website of Jordan Tourism Board: www.visitjordan.com.



Macellum, the remains of a Roman-style market by proceeding northward. There are cross-shaped stone carvings in the regular octagonal groove in the middle of the ground. Closing your eyes, you may still hear the shouts of the hawkers and the haggling of the residents bargaining in the ancient times.

As you continue to stroll northward from the Jerash's Tetrapylon, you will see rows of stone columns rise to the sky. Stepping onto the Colonnaded Street, you can picture the Roman streets date back to nearly two thousand years ago. You may then walk down and arrive at the Temple of Artemis, the largest temple in Jerash. More than 10 tall stone pillars have been standing for centuries, but they are far from being enough for you to get the full picture of the temple.

Don't miss the Jerash Festival of Culture and Arts while visiting the historic sites, if you come to visit Jerash in July. Beginning in 1981, this cultural event attracts audiences from across the world. Each year, poets, singers, bands and dance troupes from various countries gather at the two Roman theaters, the Temple of Artemis and the Square to perform Arabic poetry readings, traditional songs and dances. Acrobatic troupes from China and dancers from Caucasian countries have also participated in this festival in recent years, giving Jordanian audiences a taste of exotic arts.

After leaving Jerash, you can also seek Roman traces in other cities of Jordan. The Roman Theatre in Amman, one former city of Decapolis and the capital of Jordan, was built in the 2nd century AD and has a capacity for 6,000 spectators. This ancient theater makes full use of the principles of acoustics skillfully, so that the annular auditorium can receive sounds from the stage in all directions. Despite the passage of time, it still serves as a performance venue for innumerable artistic and cultural events. Many ruins also remain at Umm Qais in northern Jordan. If you are an archaeology enthusiast, you don't want to miss

Pella, southwest of Umm Qais, where plenty of artifacts have been unearthed and some places are yet to be excavated.

Desert castles: art and pragmatism

Scoop up a handful of sand, and let it drift in the wind. The past of thousands of years may have already dissipated, but the indestructible castles never forget the stories that happened. The artistic and architectural treasures of early Islam disperse in the deserts of Jordan. The rich and brilliant history has survived in a unique form. The essence of Persian, Greco-Roman and Byzantine traditions inspired the outstanding mosaics, frescoes, stone and stucco carvings and drawings, showing a wonderful blend of cultures.

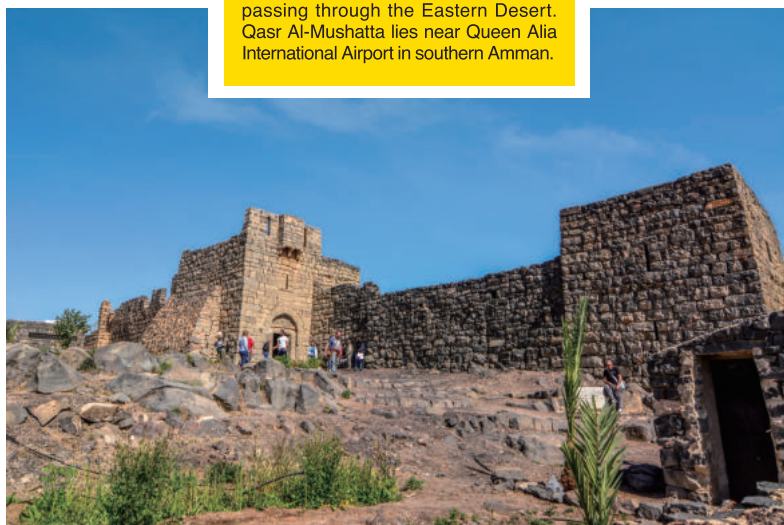
Desert castles, used for multiple purposes, cluster to the east and south parts of Amman. They are called castles, thanks to their magnificent heights. The desert castles were either transit points for desert caravans, agricultural and trade centers, recreational exhibition halls, or outposts to help distant rulers establish good relations with the local Bedouins. A typical desert castle is not just a single building, but a compound consists of different structures. You may find a huge main house,

bathroom, storage area, other agricultural facilities and, perhaps, a mosque within the high wall.

Desert castles

•Recommended route

You can take a bus from Amman, head south along the airport road and turn towards Azraq. You can visit Qasr Hallabat, Qasr al-Azraq, Qusair Amra and Qasr Kharana in turn or in reverse while passing through the Eastern Desert. Qasr Al-Mushatta lies near Queen Alia International Airport in southern Amman.



Qusair Amra, among the desert castles, is the best preserved and a UNESCO World Heritage Site. It was once a royal retreat during the Arabian Umayyad Dynasty (661-750 AD), and its semi-circular roof reflects the Arabian mastery of geometry. Although Qusair Amra is no longer a palace of leisure, not to mention its vacant condition, visitors can still explore the rare frescoes and colorful mosaic artworks left inside the old castle. The figures on the frescoes are vivid and very much in Greek and Roman art styles. Qasr Al-Mushatta, seated to the west of Qusair Amra, is a must-see for stone carving lovers. The palace was built in the 8th century, but it has never been completed. Despite this, visitors can find beautiful stone carvings inside this undone palace. Tourists will have an eye-opening experience there, be it the symmetrically built arches or the wall tiles with patterns in the shape of plants and animals.

Located 65 kilometers east of Amman, Qasr Kharana incorporated the early Islamic art style, with doors and windows designed to be narrow. Looking down from above, you will notice that the castle's outer walls are arranged in a square shape. Columns connect the four corners, and there are stone columns in the center of walls except for the one with entrance, which is geometrically attractive. The castle has an expansive inner courtyard with 60 rooms, one of which is dedicated to prayer. The walls of the remaining buildings at the ruins

of Qasr Hallabat are also square structures, which have been reconstructed to give visitors a closer look at the style of the castle's architecture.

Qasr al-Azraq is the most spectacular among the desert castles. It is built of basalt, with an 80-meter-long facade and several towers for surveillance and defense, making it highly intimidating. It was originally built as a military fortress during the Roman rule on the eastern coast of the Mediterranean. During the Umayyad Dynasty, a mosque was constructed there. Qasr al-Azraq served as a military base for T. E. Lawrence, a British liaison officer supporting Jordan during the Arab uprisings of the early 20th century. You can find a written record of this history on a whitewashed slab on the outer wall of the castle.

As-Salt: the bustling streets of the empire

It lies between the Jordan Valley and the desert to the east. The mild climate and fertile soil provide near-perfect conditions for establishing human settlements, and the area has been a place of military importance since ancient times. The Romans, the Greeks and the Mamluks all reigned here and promoted the establishment and development of the local city. At the end of the 19th century, the area reached its peak of prosperity. The Ottoman Turks took it as a regional administrative center and encouraged its subjects throughout the empire





As-Salt

·Shopping

The stores on Al-Hammam Street provide a wide variety of souvenirs.

·Transportation

As-Salt is 29 km northwest of central Amman and it takes less than 30 minutes to get there by car.

to settle there. As it elevated its status, the city attracted many wealthy merchants, who built opulent residences with their wealth. The emerging merchant class contributed to the tolerant and diverse atmosphere of the new city, and European and Middle Eastern elements created brilliant buildings together. This is As-Salt, built on the mountain slopes, where the flavor of life still spews out infinite vitality.

The best way to explore here is to wander through the city, so you can admire the yellow sandstone houses and elaborate alleyways along the way. Built on a mountain, As-Salt is a visually striking city blending the styles of Turkish and European architecture. There are Arabian-inspired shopping streets and Mediterranean-style staircases as well. Most of the typical local houses have courtyards, with tall and long arched windows. Abu Jaber House, built between 1892 and 1906, is the best example of this. It houses the Historic Old Salt Museum. Entering the residence, visitors can appreciate wall paintings by Italian artists. The museum displays topographical models of As-Salt, monochrome photos taken during the days of the Ottoman rule, and household items of the inhabitants, which are adequate

for tourists to gain an initial understanding of this city of historical significance.


During the Ottoman reign, Islam dominated As-Salt, yet Christianity was allowed to take root here, which made the city a religiously diverse place. The Grand Mosque in the city, built at the end of the Abbasid dynasty (750-1258 AD), is the oldest of its kind here. Tourists can easily find it, as it has a white dome and facade, with a minaret that towers over it. The interior of the Al-Khader Orthodox Church, built in 1682, created a solemn atmosphere with its gray brick walls and Byzantine-style paintings. In addition, there are lots of other historic religious monasteries in As-Salt waiting for you to visit.

The city is still popular and it is still brightly lit after nightfall. Touring As-Salt, you can stop off at one of the city's cafes and restaurants to kill time with the aroma of coffee and pastries, while the old items displayed in some local restaurants will take you back in time. If you are an avid art lover, you can also visit a local craft school to see traditional pottery, weaving, screen printing and dyeing techniques.



沙与水的世界 约旦野奢之旅

资料来源/约旦旅游局 文字整理/孙志国 图/约旦旅游局、全景



除了文化旅游项目外，户外旅游业也在约旦高速发展。在当地旅游公司的推广下，越来越多来自外国的户外旅游爱好者前往约旦感受沙漠的辽阔，在红海海面下探索珊瑚丛林，在死海愉悦身心，在游历古迹之余体验约旦神奇的自然风光。在约旦，户外旅游不单单是专业人士的特权，每一处户外景点的配套设施足以让几乎所有类型的游客安全、愉悦地走完旅程，满足游客对“野外”和“奢华”的需求。

曾经的战场，如今户外探险家的乐园

瓦迪拉姆位于佩特拉南部 100 多公里以外的地方，被称为“月亮谷”，如今被划分为红沙漠、白沙漠两大景区。这里幅员辽阔、亘古不变且人迹罕至，第一次世界大战期间的英国联络官 T·E·劳伦斯将这里形容为“壮阔无垠、回声悠荡、宛若圣境。”20 世纪初期，约旦阿拉伯人为了反抗奥斯曼土耳其帝国的统治，在这里建立了起义军的大本营。可以说，这片缺水少食的环境塑造了约旦阿拉伯人坚韧不拔、不向逆境低头的品格。如今，瓦迪拉姆也不再是血雨腥风的战地，而是深受各国户外探险家喜爱的竞技场。

瓦迪拉姆的一大特色是各式各样的巨岩。从游客服务中心旁边的入口进入红沙漠景区后，首先映入眼帘的是“智者七柱”——巨岩上的几道沟壑使得岩石看上去就像七根柱子挤压在一起。在距离入口东南方不远处的另一块沙岩上还能看到古代赛莫德人留下的石刻，上面刻有人、骆驼和其他动物，记录着两千年前赛莫德人游牧的历史。接着往南走，就能到达拉姆山，其笔直陡峭的山体常年吸引着来自全球各地的攀岩家。在景区的东部和南部还有至少五处可以攀登的地方。比较容易登顶的是坡度较缓的 Um Fruth，无需借助登山索即可登顶。位于景区东边的 Burdah 是瓦迪拉姆最高的岩石，登顶后，迎接游客的是一座风化形成的斗篷石桥，从下面看就像玫瑰色的拱顶。

如果您爱好人迹罕至的野外环境，还可以进入更为广阔的白沙漠景区。那里的巨岩不如红沙漠奇特，但是能让人真正亲近自然，这里也是在旅游高峰期摆脱红沙漠人潮喧嚣的好地方。春秋季节，可以看到候鸟迁徙，前提是准备好合适的望远镜。晴朗的夏夜，在红沙漠景区里漫步，在静谧的夜里边走边欣赏璀璨的星空，不过夜游时请务必





小心，因为迷失在茫茫大漠中比您想象得还要容易。

当然，游览瓦迪拉姆并不是有强健体格、冒险精神的达人的专利，常人也可以去那里一探究竟。只需乘越野车就可以深入瓦迪拉姆，花 2-3 个小时游遍整个沙漠。

近年来，游客甚至可以乘热气球，在空中将巨岩和沙漠尽收眼底，无需费力爬坡即可切身体会“一览众山小”。

想在这里多待几个晚上？那建议您去拉姆山旁的拉姆村。这座贝都因人的村庄有提供睡床及早餐的民宿。户外爱好者也可以备好帐篷和食物，在指定地点扎营。目前最受欢迎的露营地之一是位于红沙漠景区南部的 Khor al-Ajram，那里辽阔且地势平坦，

适合多人扎营，此外那里还是观看日出的绝佳地点。最为奢侈的露营地当属“瓦迪拉姆之夜”。帐篷外部有一层玻璃罩，内部配有舒适的大床、空调和卫浴设施。营地餐厅提供的阿拉伯风格菜肴也让大多数游客赞不绝

口。夜幕降临后，璀璨星光透过玻璃罩洒向屋内，恍若置身宇宙。

瓦迪拉姆

· 游玩贴士

游客可以在瓦迪拉姆的游客服务中心租用配备司机、导游的四驱越野车及骆驼。

如需参加露营之旅，请联系位于安曼、佩特拉和亚喀巴的旅行社。如需更多信息，请登录约旦旅游局网站 www.visitjordan.com。

拉姆山附近有沙漠警察局，那里的人员身着传统的卡其布制服，其中许多人还骑着骆驼。

· 购物

游客服务中心内部设有商店及餐厅。在休息处有精美手工艺品出售。

· 交通

搭乘汽车或出租车：从安曼出发，经沙漠公路往南方前进，您也可以选择沿途风景优美的国王公路，耗时约 4 小时。从亚喀巴向北前进只需不到 1 小时。

搭乘小巴士：小巴士每天往返亚喀巴与威地穆萨（佩特拉）之间。您可以向旅馆询问相关细节。



潜水亚喀巴，寻找红海珊瑚

得益于地中海的洋流与红海的海风，约旦的气候并不算干燥，且全年有8个月日照时数充足。晴天除了为登山攀岩创造良好条件以外，也让潜水活动可以较为安全地进行。

被誉为“约旦眺望海洋的窗口”的亚喀巴将清新的气息从玫瑰色沙漠带往北方，这里的沙滩与珊瑚礁皆是红海最原始的产物，而约旦人也一直致力于维持此地原貌。亚喀巴沿岸的靛蓝深海，让游客可轻松窥得千变万化的海洋生态。奇特的垂直气流与海风，即使在炎夏，也能享受愉悦清凉的潜水过程。目前，亚喀巴有30多处主要潜水点，其中大多数潜水点既能让专业潜水人士大展身手，也能让新手顺利熟悉水下环境。亚喀巴的珊瑚礁繁茂，富含各种各样的珊瑚及鱼类。其中常见的珊瑚种类有石芝珊瑚、

亚喀巴

· 游玩贴士

专业潜水员请提前做好潜水资格证和潜水日志。

亚喀巴在冬、春、秋的九个月中气候温和舒适。夏季天气极为炎热，但您可依照气候调整您的休闲活动；正午时建议暂缓行程，等到凉爽的夜晚再进行活动。

· 住宿

亚喀巴有三至五星级酒店，大多设备齐全，均具备会议所需的必要设施。最顶级的旅馆分布于海滩沿岸，内设网球场、温泉美容及健身中心、精品店及美容院等。获取更多住宿信息，请登录约旦旅游局网站 www.visitjordan.com。

· 交通

搭乘飞机：从安曼到亚喀巴飞行时间为45分钟。

搭乘公交车：数家公司提供安曼与亚喀巴之间往返的租赁巴士业务与一般旅游服务。如需更多信息，请登录约旦旅游局网站 www.visitjordan.com。

搭乘汽车或出租车：从安曼出发，经死海公路到达亚喀巴需要3小时，走沙漠公路需要4小时，走国王公路需要5小时。



蔷薇珊瑚还有罕见的刺杯珊瑚，这是一种黑色树状的珊瑚，通常生长于礁岩深处，这也是由已故的侯赛因国王最先发现的品种。在珊瑚礁岩中游窜的鱼类及生物包括小丑鱼、毕加索扳机鲀、虾虎鱼、海葵、鹦嘴鱼、海龙以及数不清的其他品种。其中还有两种最为有趣的生物，一种是无害、专吃浮游生物的鲸鲨，同时也是世上最大的动物；另一种是几乎隐身于海藻之间的柳状园鳗。除了多样的生物外，游客还能在水下看到沉没数十年的坦克及船只的遗骸，这些又为亚喀巴海域增添了些许神秘色彩。

潜水过后，没有什么能比在奢华酒店里度过一夜更能消解疲劳了。除了提供舒适的住宿环境以外，亚喀巴当地饭店还能帮您安排水上运动。您可选择浮潜、钓鱼、航海等活动消磨时间。酒店内部的泳池也能满足基本的水上娱乐需求。如果您不善潜水，又想近距离欣赏海洋生物，也可搭乘玻璃底船。亚喀巴的高级酒店多提供海景房，酒店的天台也是观海的好去处。



此生必到的咸水乐园——死海

约旦的神奇之处在于它同时坐拥广袤无垠的沙漠与优美的海滩。几十年来这里也作为水疗圣地而广为世人所知。除了安曼、亚喀巴的奢华酒店以外，游客还可以选择马代巴省的玛茵温泉度假村，在温水中缓解长途旅行带来的疲劳。

如果您想在更天然的环境下享受水疗，位于约旦西部的死海是您最好的选择。之所以用“死”形容这片内陆湖，是因为水里盐分过高，不适合动植物生存，这反倒为人类游泳提供了不被打扰的环境——至少远离了海蜇、水母的骚扰。进入死海后，可以仰卧着漂在水上，在轻波荡漾的水中体验永不下沉的惊奇感受。充足的盐分使得浮力增强，根本不需要担心会下沉。水中的矿物

死海

· 购物：
度假区内商店提供包括海泥制品在内的死海产品，是回国赠礼的最佳选择。

· 交通：
搭乘汽车或出租车：从安曼出发，沿路标前进，只需 1 小时即可到达。

质能滋养您的皮肤，把死海沿岸的海泥涂抹在身上也是爱美人士前往死海后必做的功课。

需要注意的是，虽然能在这里获得“永不沉没”的体验，但死海并不是游泳的理想场所。由于盐浓度过高，游泳时溅起的水花进入到眼、口、鼻任何一个地方都会极大地刺激神经，因此下死海之后不需要太多动作，只是忘记一切、静静漂流就好。当然，你也可以带本书，在辽阔的“水床”上消磨时光。上岸后，还有海泥按摩和砭石按摩，死海周边的高级酒店也同样提供按摩、水疗服务，让每位来死海追求健康的游客真正理解“不虚此行”的含义。



*A land of sand
and water:
A wild and luxurious
tour in Jordan*

Information source/the Jordan Tourism Board Editor/Sun Zhiguo Image/Jordan Tourism Board, Qianjing

Apart from cultural tourism programs, outdoor tourism is also growing rapidly in Jordan. Promoted by local tour companies, more and more international outdoor travelers are heading to Jordan to feel the vastness of the desert, explore the coral jungle beneath the Red Sea, and relax themselves in the Dead Sea. Tourists indulge in Jordan's amazing natural sceneries after touring the historic sites. In Jordan, outdoor travel is not merely a privilege for professionals. Every outdoor attraction has sufficient amenities to make the journey safe and enjoyable for almost any visitor, satisfying the need for "wilderness" and "luxury".

Once a battlefield, now a paradise for outdoor explorers

Located more than 100 kilometers south of Petra, Wadi Rum is known as the "Valley of the Moon" and is now divided into two areas: the Red Desert and the White Desert. It is so vast, immovable and untouched that T. E. Lawrence, a British liaison officer during World War I, described it as "vast, echoing and holy." In the early 20th century, Jordanian Arabs established the base camp of the uprising army here to fight against the Ottoman Empire. It can be said that the resilient and unyielding characters of Jordanian Arabs was shaped by this environment with limited access to water and food.



Wadi Rum nowadays is no longer a brutal battlefield, but a popular arena for outdoor explorers from all over the world.

A special feature of Wadi Rum is the variety of giant rocks. As you enter the Red Desert scenic area from the entrance next to the Visitor Center, the first thing that comes into view is the "Seven Pillars of Wisdom" - several fissures on the mega monolith make the latter look like seven pillars squeezed together. On another



sandstone not far to the southeast of the entrance, you will find stone carvings left by the ancient Thamud people. The carvings of people, camels and other animals tell the nomadic history of the Thamud people 2,000 years ago. Heading south, you will get to Jebel Rum, whose straight, steep mountain attracts global climbers all year round. There are at least five other places for climbers in the eastern and southern parts of the Red Desert. The gently sloping Um Fruth is much easier to ascend, and you can reach the summit without using a climbing rope. Burdah, on the eastern side of the scenic area, is the highest rock in Wadi Rum. Upon arriving at the top, visitors are greeted by a weathered cape stone bridge that looks like a rose-colored vault from below.

You can also enter the vaster White Desert scenic area, if you love the wilderness off the beaten path. Despite that the giant rocks there are less unique than those in the Red Desert, they allow you to get closer to wilderness. It is also an ideal place to get away from the hustle and bustle of the crowds in the Red Desert during the peak tourist season. You will witness migratory birds migrating in spring and autumn, provided that you have the proper binoculars.



Wadi Rum

Tips for touring

Visitors can rent 4WD vehicles with drivers, guides and camels at the Visitor Center in Wadi Rum.

For camping trips, contact a travel agency in Amman, Petra or Aqaba. For more information, please visit the website of Jordan Tourism Board: www.visitjordan.com.

Near Jebel Rum is the desert police station, where officers wear traditional khaki uniforms and many of them ride camels.

Shopping

A store and restaurant are located inside the Visitor Center. Fine handicrafts are sold next to the rest area.

Transportation

By car or taxi: You can head south from Amman via the desert road or choose the scenic King's Highway, which takes about 4 hours. It takes less than an hour to head north from Aqaba.

By mini-bus: The mini-bus runs daily between Aqaba and Wadi Musa (Petra). You can ask the hotel for details.

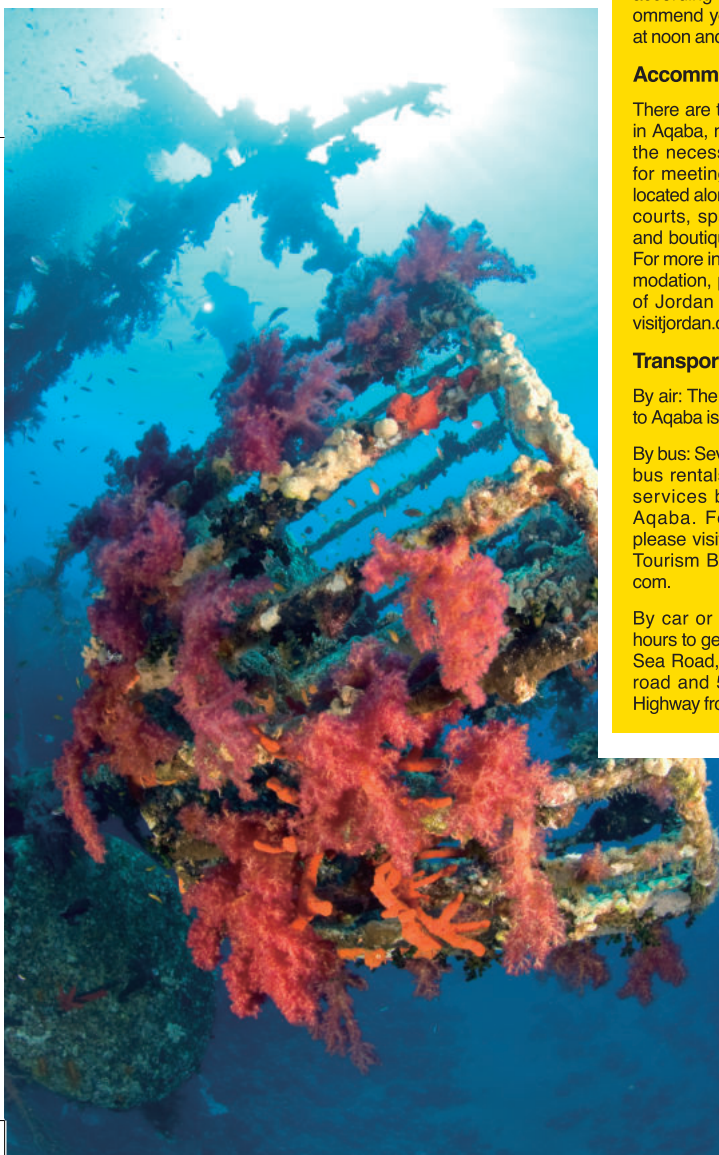


On a clear summer night, you can stroll around the Red Desert scenic area and enjoy the bright starry sky while roaming in the serene night. But please be careful when you roam at night, as it is easier than you think to get lost in the vast desert.

Needless to say, visiting Wadi Rum is not exclusively enjoyed by those physically fit and adventurous. Everyone can go there for exploration. It is possible to explore Wadi Rum in depth by SUV alone and it takes you 2-3 hours to tour the entire desert. In recent years, visitors can even take a hot air balloon ride to see the huge rocks and desert from high up in the sky, and experience the "viewing the mountains below" without strenuous ascending.

Want to stay here for a few more nights? Then you can go to the village of Rum situated by Jebel Rum. This

Bedouin village offers bed and breakfast accommodations. Outdoor enthusiasts can also prepare tents and food and set up camps at designated locations. One of the most popular campsites at present is Khor al-Ajram, located in the southern part of the Red Desert scenic area. It is vast and flat enough for many people to camp on, plus it is a perfect place to watch the sunrise. The most luxurious campsite is the "Wadi Rum Night". The tent's exterior has a glass cover and its interior is equipped with a comfortable queen-size bed, air conditioning and bathroom facilities. Most visitors are also full of praise for the Arabic-style cuisine served at the camp's restaurant. After nightfall, the brilliant starlight pours through the glass cover into the tent, and you will feel like being in the sky.



Aqaba

Tips for touring

Please have your diving qualification and diving logbook in advance if you are a professional diver.

Aqaba enjoys a mild and comfortable climate during the nine months of winter, spring and autumn. It is sweltering hot in summer, but you can adjust your leisure activities according to the climate. We recommend you to suspend your trip at noon and wait for cooler nights.

Accommodation

There are three- to five-star hotels in Aqaba, most fully equipped with the necessary facilities required for meetings. The top hotels are located along the beach with tennis courts, spa and fitness centers, and boutiques and beauty salons. For more information about accommodation, please visit the website of Jordan Tourism Board: www.visitjordan.com.

Transportation

By air: The flight time from Amman to Aqaba is 45 minutes.

By bus: Several companies provide bus rentals and general tourism services between Amman and Aqaba. For more information, please visit the website of Jordan Tourism Board: www.visitjordan.com.

By car or taxi: It will take you 3 hours to get to Aqaba via the Dead Sea Road, 4 hours via the desert road and 5 hours via the King's Highway from Amman.

Dive at Aqaba in search of Red Sea corals

Thanks to Mediterranean currents and Red Sea breezes, Jordan's climate is not too dry, with eight months of sunshine throughout the year. In addition to providing favourable conditions for climbing, sunny days also allow safer diving activities.

Reputed as "Jordan's window to the sea", Aqaba brings a refreshing scent from the rosy desert to the north, where the beaches and coral reefs are the most pristine products of the Red Sea. The Jordanians are also committed to preserving the beaches and coral reefs in their original state. The deep indigo sea along the Gulf of Aqaba enables visitors to glimpse into the ever-changing marine ecology easily.

The peculiar vertical air currents and sea breezes make it possible to enjoy a pleasant and cool dive even in the summer heat.

There are currently over 30 major dive sites in Aqaba, with most of which both allowing professional divers to showcase their skills and enabling novices to famil-



iarize themselves with the underwater environment smoothly. The coral reefs of Aqaba are lush and rich in a variety of corals and fish. Common species of coral include *Fungia* corals, *Montipora* corals and the rare spiny *Pocillopora* corals. First discovered by the late King Hussein, spiny *Pocillopora* corals are black tree-like species that usually grow deep in the reef. Fish and creatures that roam the coral reefs include clownfish, Picasso triggerfish, goby, anemones, parrotfish, sea dragons, and numerous other species. There are also two kinds of fascinating creatures: one is the harmless, plankton-eating whale shark, the largest animal globally, while the other is the willow-like garden eel, almost invisible among the seaweed. Beyond biodiversity, visitors can also see the remains of tanks and ships that have been sunken for decades underwater, adding a bit of mystery to the waters of Aqaba.

Nothing can relieve fatigue better than a night in a luxury hotel after a dive. Local hotels in Aqaba also provide water sports services in addition to comfortable accommodations. You can choose to spend your time on snorkeling, fishing, sailing and other activities. The hotels' swimming pools will also cater to basic water rec-

Dead Sea Shopping

The stores within the resort provide dead sea products, including sea mud products, which is the best choice for sending your relatives and friends returning home.

Transportation

By bus or taxi: it only takes you 1 hour to get there from Amman along with the road sign.

reation needs. If you are not a good diver and want to see the marine life up close, you can also take a glass-bottom boat. Most of the luxury hotels in Aqaba offer sea

view rooms, and their bar terraces are also ideal for sea viewing.

A must-visit salty water paradise in this life - the Dead Sea

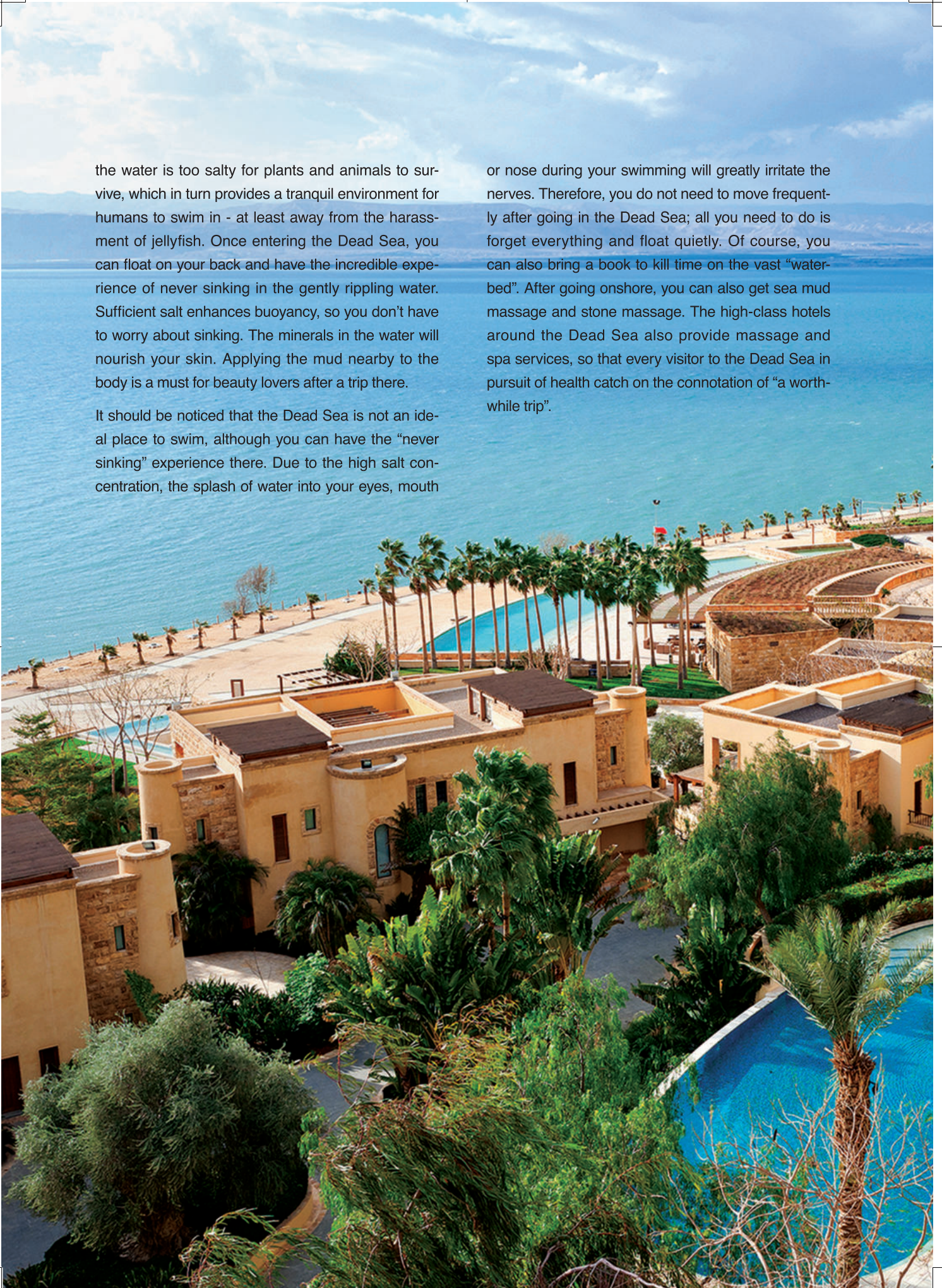
What makes Jordan unique is that it boasts vast deserts and enchanting beaches. It has also been widely known as a spa sanctuary for decades. Tourists can also choose the Ma'in Hot Springs Resort & Spa in Madaba province to alleviate the tiredness in the warm water after a long journey, besides the luxury hotels in Amman and Aqaba.

The Dead Sea, located in western Jordan, will be your best destination if you want to enjoy a spa in a more natural setting. This inland lake got its name because

the water is too salty for plants and animals to survive, which in turn provides a tranquil environment for humans to swim in - at least away from the harassment of jellyfish. Once entering the Dead Sea, you can float on your back and have the incredible experience of never sinking in the gently rippling water. Sufficient salt enhances buoyancy, so you don't have to worry about sinking. The minerals in the water will nourish your skin. Applying the mud nearby to the body is a must for beauty lovers after a trip there.

It should be noticed that the Dead Sea is not an ideal place to swim, although you can have the "never sinking" experience there. Due to the high salt concentration, the splash of water into your eyes, mouth

or nose during your swimming will greatly irritate the nerves. Therefore, you do not need to move frequently after going in the Dead Sea; all you need to do is forget everything and float quietly. Of course, you can also bring a book to kill time on the vast "waterbed". After going onshore, you can also get sea mud massage and stone massage. The high-class hotels around the Dead Sea also provide massage and spa services, so that every visitor to the Dead Sea in pursuit of health catch on the connotation of "a worthwhile trip".







不吃地道的约旦美食 怎能了解千年的历史

资料来源/约旦旅游局 文字整理/孙志国 图/约旦旅游局



阿拉伯世界中，食物不仅仅是提供营养的东西。约旦人重视宴席，而食物经常是社交活动中的重要因素。如果您是客人，主人必定会呈上一盘盘营养美味的餐点来欢迎您的到访。

前菜：太丰富，可能被误会成主菜

Khuzb 是阿拉伯国家特有的烤饼，在约旦人日常饮食中扮演着重要的角色。烤饼大多为扁圆形，因为制作工序的不同，味道也略有差异。这种饼适合搭配烤肉、凉拌蔬菜和豆泥食用。喜欢重口味的食客可以考虑有着“中东披萨饼”之称的 Manakeesh，这种烤饼的制作方法是在摊平的面团上涂抹橄榄油、百里香后放入烤炉，约旦某些小吃店的厨师还会在烤饼上加干酪和肉末。这

些阿拉伯烤饼虽然美味，但千万不要让它们填满您的胃口，重头戏还在后面。

正餐中，小菜凭借其独特的颜色和适中的味道起着取悦食客的作用，同时也为主菜铺垫。在阿拉伯国家，小菜被统称为 Meze。如果您有幸到约旦人家里赴宴，您有可能误把桌上的 Meze 和烤饼当成主菜，因为小菜种类繁多，能一次占满整张餐桌。常见的素菜有用黄瓜片、碎西红柿和奶酪制成的凉拌菜，以及精心腌制的橄榄。

Hummus 是用煮熟的鹰嘴豆磨成的豆泥、芝麻酱、大蒜和柠檬混合而成的蘸酱，有着奶油一般的质地，却更为健康。您可以用面包或烤饼蘸食，也可以用它搭配肉类食用。BabaGhanoush 也是搭配烤饼不错的选择，

它由捣碎的茄子和芝麻酱制成，有时里面还会加入切碎的洋葱和西红柿。

在前菜和主菜之间不妨来点“间奏”——Kubbeh。这种炸肉丸两头尖、中间粗，其外层由碎麦粒和肉类制成，内馅是碎肉和洋葱。吃的时候可以在肉丸上挤点柠檬汁，中和一下油腻。

主菜：谁能阻挡羊肉和香料相遇的诱惑呢

人类制作、食用肉串的历史可以追溯到人类掌握钻木取火技术的年代。在这种菜肴遍布全球的当下，中东国家的厨师依旧凭借其对火候和香料的把握让中东肉串享誉世界。约旦厨师一般选用碎羊肉、鸡肉或牛肉作为肉串的原料，有时也将这几种肉按一定比例混合后加工。肉串一般搭配烤饼及切好的蔬菜上桌，有些餐馆也用薯条代替烤饼。崇尚快餐的食客可以选择 Shawarma，这种卷饼里还有烤肉片、洋葱丝、西红柿丁和生菜，除了搭配均衡以外，味道也很让人喜欢。

说到约旦的国菜，就不能不提贝都因人的杰作 Mansaf。这支有着游牧传统的阿拉伯人在制作 Mansaf 时绝对物尽其用，将用香料调味的羊肉放在液化的山羊奶酪中烹制，为羊肉增添了浓厚的奶香。上桌前，需要先在大浅盘里铺一层米饭，再将羊肉放到米饭上，撒一些杏仁和松子做点缀，Mansaf 就做好了。这道菜体现着贝都因人的待客之道，在社交聚会中具有重要的象征意义，所以主要出现在特殊场合中。

对于不习惯羊肉气味的来客，用鸡肉制作的 JaajMashwee 和 Mlukhiyyeh 是绝佳的选择。JaajMashwee 在阿拉伯语黎凡特方言里的意思就是“烤鸡”，食用时需搭配烤饼、沙拉及 Hummus。Mlukhiyyeh 是讲究健康饮食食客的首选。厨师将晒干的黄麻叶浸泡后挤出多余水分，将洋葱、蒜瓣和辣椒粉炒出香味，然后将黄麻叶和煮好的鸡肉下锅，最后倒入调味过的鸡汤烹煮，最后做出来的 Mlukhiyyeh 很适合配着中东当地的米饭食用。

在大米的烹调上，约旦人和亚洲其他民族一样有



着各种令人赞赏的技艺。比较知名的菜肴是 Mahshi 和 WaraqDawalee。Mahshi 的工序比较复杂，需要将米饭和碎肉塞入去心的夏南瓜，然后放入加了孜然的番茄浓汤煮熟。WaraqDawalee 则是用米饭和肉做馅的蒸葡萄叶卷，在约旦本地的餐厅，店家往往会在上面加几片现切的西红柿。

如果您是素食主义者也不必担心。约旦每年对外出口各种豆类产品，约旦人烹饪豆类的技术也十分精湛。Fasoliyeh 和 Bazelleh 是用番茄和豆子制成的炖菜，虽然看上去很普通，却是酸甜鲜美的下饭菜。

甜点：超乎想象的甜，让人欲罢不能的治愈

在品味完成鲜味的佳肴后，最需要一些甜味来舒缓味蕾。在约旦，您能在奶、蜜和坚果的交织中获得新奇的甜美体验。

用坚果、酥皮和蜂蜜制成的 Baklava 曾是奥斯曼帝国上层阶级特权的一个缩影，奥斯曼的统治者也将这种甜食嘉奖给麾下的军官。对于平民而言，Baklava 则是种想都不敢想的珍馐。进入 20 世纪，约旦脱离奥



Tips

约旦本土菜肴中大多数含有小麦和果仁，如果您对这些成分过敏，请在点菜时确认菜肴中的成分。

斯曼帝国，这种酥饼却在约旦流传至今。第一次尝试 Baklava 的游客需提前准备一杯浓茶或黑咖啡，因为它的甜度超过常人的想象。

阿拉伯人对奶酪的喜爱不输给世界上任何一个民族。在约旦所有用奶酪制成的甜点中，最有名的两种分别是 Knafeh 和 Halawat al-jibneh。Knafeh 看上去是撒满了酥皮碎的奶酪蛋糕，不过它的奶酪内馅更为柔软，轻轻一扯就能扯出奶酪丝。Halawat al-jibneh 则是用面包包着奶油奶酪制成的甜点，食用前可以按照口味淋上蜂蜜。

冰点对于这个位于沙漠气候区的国度而言不可或缺。如果您在炎炎夏日下游历了几个小时，那不妨尝尝 Mahlabiyeh 牛奶冻，冰凉的口感、牛奶的醇厚与开心果碎的香气能使您恢复精神。有着上百年历史的冰激凌 Booza 也能给您带来不一样的体验——这种冰激凌加入了兰荳粉，使其拥有了韧性和延展性，随便抿一口，您会惊讶地发现 Booza 没有在口腔中融化，吃着十分弹牙。





*How can you understand
the history of Jordan
without tasting its
authentic food?*

Information source/the Jordan Tourism Board Editor/Sun Zhiguo Image/Jordan Tourism Board

In the Arab world, food is not just something providing nourishment. Jordanians attach great importance to feasting, and food often serves as an essential factor in social events. If you are a guest, your host will undoubtedly entertain you with numerous nutritious and delicious dishes.

Lavish appetizers: may be mistaken for the main course

Khubz is a unique Arab flatbread that plays a vital role in the daily diet of Jordanians. Most Khubz in Jordan is flat and round, and the flavor varies slightly depending on the preparation process. This kind of bread is served with grilled meat, vegetable salad and mashed beans. Those who prefer a tangy flavor may consider the Manakeesh, known as “Middle Eastern pizza”. Manakeesh is made by coating flattened dough with olive oil and thyme and placing it inside the oven. In some Jordanian restaurants, chefs will top Manakeesh with cheese and minced meat. The Khubz is delectable, but don't let it fill your stomach, as the main course is yet to come.

During the meal, small dishes are used to please din-

ers with their unique colors and moderate flavors, and set the stage for the main course. In Arab countries, small dishes are collectively called Meze. If you are lucky enough to attend a banquet at a Jordanian home, you may mistake Meze and Khubz for the main course, since there are so many different kinds of small dishes filling the entire table at once. Typical vegetarian dishes include vegetable salad made from sliced cucumbers, crushed tomatoes and cheese, and meticulously marinated olives.

Hummus is a creamy but healthier dip made from a mixture of cooked and ground chickpeas, sesame paste, garlic and lemon. It is usually served with khubz, other sorts of bread and meat dishes. Baba Ghanoush is also a good choice with Khubz and is made from mashed eggplant and sesame paste, sometimes with chopped onions and tomatoes.

Between the appetizer and the main course, there is an “intermezzo” - Kubbeh, a deep-fried meatball with two pointed ends and a thick center, made of ground wheat and meat on the outside and stuffed with minced meat and onions inside. You can have the meatballs with a squeeze of lemon juice to neutralize the greasiness.



Main course: who can resist the appeal of spiced lamb?

The history of making and eating meat skewers can date back to the days when mankind just mastered the art of drilling wood for the fire. Nowadays, regardless of the fact that it is being served across the world, chefs in Middle Eastern countries continue to make Middle Eastern kebabs world-famous for their mastery of roasting and spices. Jordanian chefs typically use ground lamb, chicken or beef for their kebabs, or sometimes a mixture of these meats in specific proportions. The kebabs are usually served with Khubz and chopped vegetables, and some restaurants use fries instead of Khubz. Those who prefer fast food may order Shawarma, a wrap with slices of grilled meat, shredded onions, diced tomatoes and lettuce, which, beyond being well-balanced, is also very flavorful.

The Bedouin masterpiece of Mansaf is a national dish of Jordan. This nomadic Arab tribe makes the most of ingredients in making Mansaf, cooking lamb seasoned with spices in liquefied goat cheese, adding a rich, creamy flavor to the meat. Before serving, the Mansaf is prepared by spreading a layer of rice in a large shallow plate, then placing the lamb on top of the rice and sprinkling some almonds and pine nuts for garnish. This dish embodies Bedouin hospitality and is symbolically crucial in social gatherings, so it is mainly served on special occasions.

For those who do not like the lamb's gamey aroma, Jaaj Mashwee and Mlukhiyyeh made with chicken are excellent choices. Jaaj Mashwee means "roasted chicken" in Levantine Arabic, served with Khubz, salad and Hummus. Mlukhiyyeh will be the preference for health-conscious diners. The chef soaks dried jute leaves and squeezes out the excess water, fries onions, garlic cloves and chili powder until they become fragrant, then puts the jute leaves and cooked chicken into the pot, and finally pours in the seasoned chicken broth to cook the Mlukhiyyeh, which is perfect for serving with the Middle Eastern rice.

Jordanians, like other Asian peoples, have a variety of remarkable skills in rice cooking. Some of the bet-



ter-known dishes are Mahshi and Waraq Dawali. The process of making Mahshi is rather complex, stuffing a hollow summer squash with rice and minced meat and boiling it in a cumin-rich tomato soup. Waraq Dawali is a steamed grape leaf roll stuffed with rice and meat, often topped with a few slices of freshly cut tomatoes in local Jordanian restaurants.

If you're a vegetarian, you don't have to worry. Jordan exports various bean products to foreign countries annually, and Jordanians have exquisite skills in cooking beans. Fasoliyeh and Bazelleh, stews made with tomatoes and beans, may look ordinary, but they are sweet and sour dishes to go with rice.

Dessert: overwhelmingly sweet and fascinatingly healing

After having savory delicacies, you need some sweetness to soothe your taste buds. In Jordan, you'll find a novel experience of sweetness in the interplay of milk, honey and nuts.

Baklava, a dessert made of nuts, pastry and honey, epitomized the privileges of the once affluent Ottoman upper classes. Ottoman rulers also rewarded their officers with it. For the populace, Baklava was an unreachable delicacy. In the 20th century, Jordan became independent from the Ottoman Empire, but the puff pastry has remained in Jordan. As it is sweeter than one might expect, visitors trying Baklava for the first time need to



prepare a cup of strong tea or black coffee in advance.

Arabs love cheese as much as any other people on the planet. In fact, the Middle East is the birthplace of cheese. Of all the desserts made with cheese in Jordan, Knafeh and Halawat al-jibneh are the two most famous ones. Knafeh looks like a cheesecake sprinkled with crumbled puff pastry, but has a softer filling that shreds of cheese can be pulled out with the slightest tug. Halawat al-jibneh is a dessert made of cream cheese wrapped in a crust, which can be served with a drizzle of honey to your own taste.

Tips

Most of the local dishes in Jordan contain wheat and nuts. If you are allergic to such ingredients, please confirm with the waiter or waitress when ordering.

Frozen desserts are indispensable for this country located in the desert climate zone. After having wandered

for hours in the hot summer sun, you may try Mahlabiyeh, a milk pudding. The icy taste, the richness of milk and the aroma of crushed pistachios will revive your spirit. Booza, the centuries-old ice cream, also offers a different experience. It is made with orchid powder, which gives it hardness and malleability. You will be surprised to find that Booza does not melt in your mouth immediately and it tastes very stretchy.



约旦旅行小贴士

资料来源/约旦旅游局 图/约旦旅游局

签证

不论国籍，所有国家的国民取得单次入境签证的费用均为 45 约旦第纳尔（约合 63 美元），二次入境为 65 约旦第纳尔，半年多次入境为 120 约旦第纳尔；只要持有有效期 6 个月以上护照，就可在各陆海空入境口岸办理落地签。签证可以在大使馆或领事馆申请，经由约旦官方委任的旅行社办理入境的五人及以上团体不必承担任何签证费用。

建议您于出发前先联络所在国家的约旦使馆，确认您已备妥所有旅行必备文件。如需详情，可访问 www.visitjordan.com。

[visitjordan.com](http://www.visitjordan.com)。

当地交通

● 出租车

搭乘出租车是在约旦最方便的交通方式。用白漆涂上“service taxis”的出租车会在固定的路线之间提供载客服务，还可多人共乘。您可以在大型酒店外，或在街道旁招到黄色的私营出租车。出租车上计价器，但通常超过 23:00 就不会使用，建议您事先谈妥价钱。长途的车程也建议采用此法。出租车司机态度友善，且



通常会说英文。

依照当地风俗，女性乘客应坐在出租车后座，男性乘客通常坐在副驾驶座。

● 巴士

好几家公司都拥有一系列现代化的空调游览车，提供出租服务及固定行程。如需更多有关巴士及时刻表的信息，请登陆约旦旅游局网站：www.visitjordan.com。

● 汽车租赁

约旦道路网便捷。您可以使用您所在国家的有效驾驶执照，但其有效期限需超过一年。驾驶座在右边。公路旁的路标以阿拉伯语和英语表示。请注意，咖啡色的指示标为观光景点标示。安曼及其他城市中，大多数的公路上一般都能找到加油站，除了死海（Dead Sea）。

约旦有许多汽车出租公司，很多旅馆也附有自营的汽车出租项目。

● 铁路

约旦境内只有一条提供载客服务的铁路，即一星期两次往返扎尔卡与大马士革（Damascus）的海捷铁路（Hejaz Railway）。火车在每星期一及星期四早上 8:00 从扎尔卡出发。虽然旅程花费的时间较长，但这条具有历史意义的铁路能为您带来绝佳的文化体验。

住宿

约旦境内有不少住宿地点，不论是海边的五星级旅馆，还是沙漠营地，选择广泛。如需更多特定地点的相关信息，请登录约旦旅游局网站：www.visitjordan.com。

气候

约旦以温和的地中海气候著称，终年都适合出游。安曼从 5 月到 10 月都是晴朗无云的好天气，平均温度大约在 23°C（73°F）。春天是最舒适的季节，到处绿意盎然，秋天则同样温和宜人。七八月较热，但不至难耐。亚喀巴（Aqaba）及约旦河谷（Jordan Valley）是冬天理想的度假胜地，11 月到 4 月的平均温度在 16-22°C（61-72°F）。

衣着

伊斯兰教妇女会以衣物遮住她们的腿、手臂及头发。非伊斯兰教妇女虽不受这些服饰限制，但仍不适合穿着太暴露的衣服。在安曼及城外较老城区，男人及女人都宜穿着保守服装。

斋月

斋月日期会随伊斯兰教的历法而变动。在斋月期间，只有大型旅馆出售酒类饮料。在白天则最好不要在公共场合用餐、喝酒、抽烟。大部分的商店、银行及办公室推迟到 9:00 开始营业，并于 14:00 便提早休息；其他行业的营业时间均受到限制。

安全

约旦治安良好，民风纯朴，是适合旅游观光的国家。不论白天或晚上，在街道上行走通常都很安全。但采取必要的预防措施不失为明智之举：注意随身携带的物品，将贵重物品存放在旅馆的保险箱中。若不慎遗失，应尽快向警方报案。

Useful information

Source information/Jordan Tourism Board Image/Jordan Tourism Board

Visa

Nationals of all foreign countries, regardless of nationality, can obtain a single-entry visa for 45 JOD (approximately USD 63), a double entry visa for 65 JOD, and a multiple entry visa for six months for 120 JOD. A visa-on-arrival can be obtained at all land, air, and seaports with a passport valid for at least six months. Visa applicants can get their visas from any Jordan embassy or consulate. Groups of five or more entering through a travel agency officially designated by Jordan are not required to pay any visa fees.

You are advised to contact the Jordan embassy in your country before departure to confirm that you have obtained all the necessary documents for your trip. For more information, please visit www.visitjordan.com.

Local transportation

● Taxi

Taking a taxi is the most convenient way to get around Jordan. Taxis, painted white with “service taxis”, offer

rides between fixed routes and can be shared with other passengers. You can find yellow-colored private taxis outside large hotels or along the streets. Taxis have meters, which are usually not used after 23:00, so you are advised to settle the fare in advance. The same goes for long rides. Taxi drivers are friendly and usually speak English.

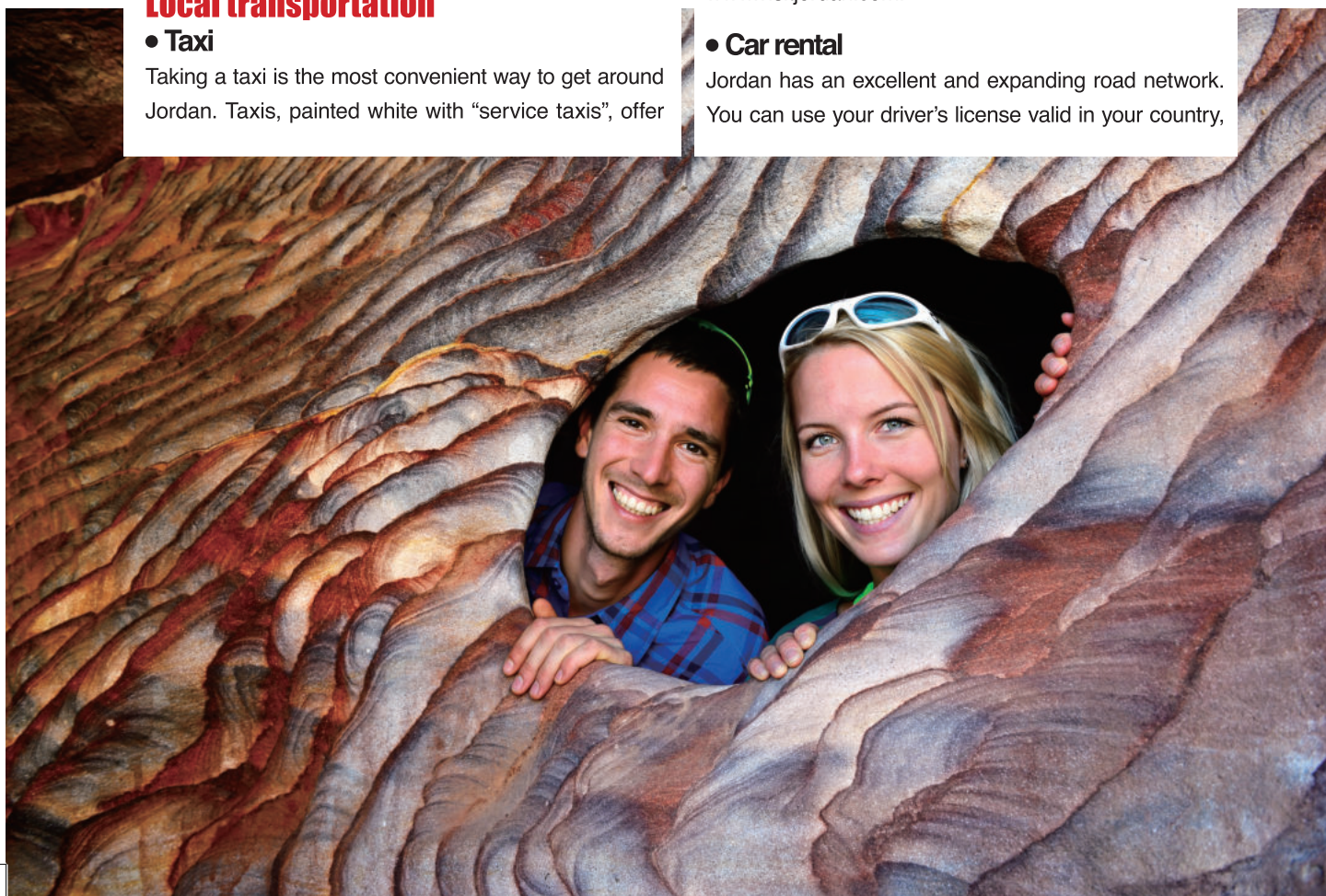
According to local custom, female passengers should sit in the back seat of the taxi and male passengers usually sit in the front passenger seat.

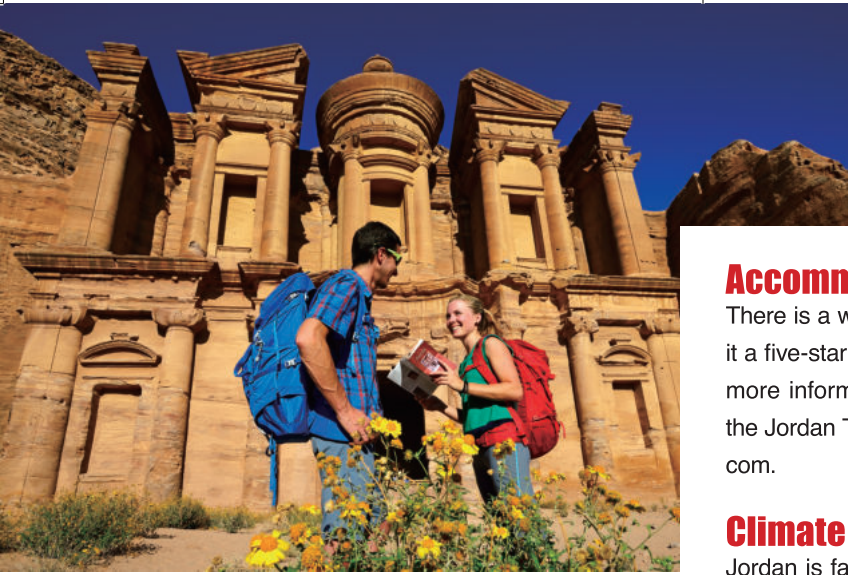
● Bus

Several companies have a range of modern, air-conditioned tour buses that offer rental services and scheduled trips. For more information on buses and schedules, please visit the Jordan Tourism Board website: www.visitjordan.com.

● Car rental

Jordan has an excellent and expanding road network. You can use your driver's license valid in your country,





Accommodation

There is a wide range of places to stay in Jordan, be it a five-star hotel on the coast or a desert camp. For more information on specific locations, please visit the Jordan Tourism Board's website: www.visitjordan.com.

Climate

Jordan is famous for its mild Mediterranean climate, making it an ideal destination all year round. Amman enjoys sunny, cloudless weather from May to October, with an average temperature of about 23°C (73°F). Spring is the most pleasant season with lush greenery everywhere, while autumn is equally mild and pleasant. It is slightly hot but not unbearable in July and August. Aqaba and the Jordan Valley are ideal winter resorts, with average temperatures ranging from 16-22°C (61-72°F) from November to April.

Dressing

Islamic women's clothing covers their legs, arms, and hair. Non-Islamic women are not subject to these dress restrictions, but it is still inappropriate to wear clothing that is too revealing. In Amman and the older urban areas outside the city, conservative clothing is appropriate for both sexes.

Ramadan

The dates of Ramadan vary according to the Islamic calendar. During Ramadan, only large hotels sell alcoholic beverages. It is best not to eat, drink or smoke in public during the day. Most stores, banks, and offices open late at 9:00 and close early at 14:00; all other businesses are subject to restricted hours of operation.

Security

Jordan is an ideal tourist destination because of its public security and friendly people. You can always stroll on the streets safely, day or night. However, it is wise to take the necessary precautions: take care of your carry-on items and store your valuables in the hotel safe. If you accidentally lose something, report it to the police as soon as possible.



provided it is valid for at least one year. The driver's seat is on the right side of the car. Road signs along the highway are in Arabic and English. Please note that the coffee-colored signs indicate tourist attractions. Gas stations can be found on most roads in Amman and other cities, except for the Dead Sea.

There are many cars rental companies in Jordan, and many hotels also have their car rental services.

● Railway

Only one railroad in Jordan provides passenger service, the Hejaz Railway, which runs between Al-Zarqa and Damascus twice a week. The train leaves Al-Zarqa at 8:00 a.m. every Monday and Thursday. Although the journey takes longer, this historic railroad offers a great cultural experience.