

# 何以消夏 Summer Retreat

闷热炎夏，焦躁烦忧，是时候开启一场避暑旅程。在加拿大首都渥太华激荡漂流，在英伦古城爱丁堡巡游，最后前往北国风光无限的哈尔滨吹江风饮啤酒。此外还有在槟城大啖时令水果、闲逛旧金山码头、寻味青岛夜市等夏季限定活动，让你一扫蒸腾暑气，清凉度夏！

*As the weather comes to the boil, it's time to plan that summer getaway: raft down violent rapids in Ottawa, stroll the Royal Mile in hilly Edinburgh, grab some brews in Harbin and bask in the wind blowing in from the river, feast on seasonal fruits in Penang, hang out in Fisherman's Wharf of San Francisco, or wander through Qingdao's Night Market — here are some of the best antidotes to the sweltering heat.*



图：视觉中国  
PHOTOGRAPHY: VCG

# 渥太华： 夏日悠游

在宽阔的渥太华河上漂流，在里多运河边游荡，在热闹的夏日集市购物，或是加入狂欢的人群……渥太华夏日的每一个高光时刻都不容错过。

文 莱比特 ● 图 视觉中国



### 感受里多运河的魅力

在渥太华市区中部，里多运河（Rideau Canal）和渥太华河交汇后向南穿城而过，滋润着这片沃土。里多运河是安大略省第一个世界文化遗产，也是整个北美洲至今仍在运作的最古老的运河。

运河始建于19世纪早期，是欧洲静水运河（slackwater canal）技术在北美的全面应用。直到现在，里多运河的其中八座船闸仍然采用手动绞盘进行操作，上百年传统得以延续。遗产区内的运河、相关建筑物和堡垒都作为国家历史遗迹受到保护。

夏季探索运河的方式很多。在开始运河之旅前，先去渥太华水闸旁的拜镇博物馆（Bytown Museum）参观一番，了解渥太华的城市起源、里多运河的规划以及纪念运河成为安大略省第一个世界文化遗产的牌匾。随后从道斯湖（Dows Lake）出发，租一个独木舟、脚踏船或者皮划艇，自在观景，不用担心，运河河面平静，且有专业人员协助，没有经验的旅行者也会很快适应，在城市背景下划桨，你还会遇到鸭子或是看到水下的鱼。不过如果想听更多关于运河和城市历史的讲解，可以选择环保的电动游轮。

骑行探索运河则一直备受本地市民推崇。里多运河两岸的小径在夏季非常适合骑行，这里土地平坦，沿途亮点包括30多个历史遗址和城市地标，如国家美术馆、渥太华大学和比勒陀利亚大桥（Pretoria Bridge）等。



### 在渥太华河体验漂流

宽广奔涌的渥太华河（Ottawa River）划分了安大略省和魁北克省的边界，拥有众多漂流河段，是体验这项水上冒险运动的完美目的地之一。从离市中心不远、适合家庭的漂流地到拥有Ⅲ级到Ⅴ级急流的漂流中心，渥太华河上的漂流体验可谓丰富。

和滑雪类似，不同的漂流难度体验不同。如果你只想静静感受水流和沿途风景，不妨在距离市中心10分钟车程的渥太华城市漂流中心（Ottawa City Rafting）参加一次悠闲的漂流之旅，比起运动，这项活动更像是乘船观景，毕

竟在漂流结束时，你还有机会看到壮观的加拿大战争博物馆（Canadian War Museum）、国会大厦（Parliament Buildings）以及河边美景。

喜欢中强度的旅行者则更希望以较低风险感受湍急水流的魅力，在贝特岛（Bate Island）有一处被称为“墙”（The Wall）的冲浪/激流点，湍急的水流吸引着来自世界各地的冲浪者和自由式激流皮划艇爱好者。

当然了，冒险家们一定不会错过挑战高难度漂流，毕竟水花四溅、全身湿透听上去就令人心动，甚至还有

机会遇到悬崖跳跃的惊险瞬间。就在“墙”的上游两公里处，就有一个穿过水泥废墟的激流，如果担心无法驾驭，可以在旁边观看桨手们勇立潮头的英姿。

在渥太华漂流，你还有机会遇到原住民向导，这些原住民属于阿冈昆族（Algonquin nation）。自17世纪开始，他们就以狩猎和捕鱼为生，使用轻便的桦树皮独木舟，这些独木舟都是用云杉根缝制，再涂上树脂和油脂进行防水处理——这或许就是早期的漂流筏吧。

## 逛夏季菜市场

夏季渥太华的本地农贸市场，到处都是新鲜采摘的农产品。兰斯当公园内的兰斯当市场 (Lansdowne Market) 是市民消暑买菜之处，2022 年共有 70 多家摊位，摊主仅限生产商，供应城市近郊种植或制作的食物，如水果、蔬菜、鸡蛋、新鲜面包、乳制品和肉类等，不仅新鲜，还有品质保障。除了吃的喝的，你还可淘到珠宝和手工艺品。逛市场之外，兰斯当公园内的游乐设施也非常丰富，可以在市民花园赏花，在水上广场玩水，还能在滑板公园乘风而行大显身手。公园从每天早上 5 点一直开放到晚上 11 点，是百去不厌的消暑胜地。

除了兰斯当市场，渥太华的 ByWard 市场同样值得期待。它是加拿大历史最悠久、规模最大的公共市场之一。市场不仅有很多临时的户外摊位，还有博物馆、咖啡馆、特色食品店、精品店、画廊、餐厅、酒吧等商铺。周末市场内游客众多，当地人也很钟爱此地。

夏天的 ByWard 市场还会举办许多活动，比如每周四至周日的免费户外徒步之旅，它会带你了解市场的发展历史，顺带给你吹吹凉风。



## 加入夏日派对狂欢

逛罢市场，也不要错过渥太华每年的夏日派对。7 月 1 日是加拿大国庆日，渥太华市民会身着红与白的国旗色，在大街小巷欢聚庆祝，50 多年来，国会山 (Parliament Hill) 一直是加拿大国庆日庆祝活动的重要地点之一，今年由于国会山翻修，活动将在渥太华的 LeBreton Flats 公园和加蒂诺的 Place des Festivals Zibi 如期开展。除了白天的庆典仪式，晚上在渥太华河边还有盛大的国庆烟花秀。

7 月下旬举办的渥太华亚洲节 (Ottawa Asian Fest) 是夜生活的不二选择，今年的亚洲节在 Sparks 街举行，届时这片区域将化身熙熙攘攘的夜市，你可以在这里品尝亚洲各地区的当家美食、经典小吃，当然也少不了各色表演。



# Ottawa: A Saunter in Summer

Drifting along the wide Ottawa River, roaming by the Rideau Canal, shopping in the bustling summer markets, or reveling with the crowds... here are just some highlights of Ottawa in summer.

WORDS LAI BITE ● PHOTOGRAPHS VCG

## Rafting on the Ottawa River

At the boundary of Ontario and Quebec, the majestic Ottawa River is one of the best destinations for whitewater adventures with a wide range of rapids. Ottawa River offers everything from family-friendly rafting just minutes from downtown Ottawa to jaw-dropping class III to V rapids, so get ready for an epic time.

Similar to skiing, rafting comes in a variety of difficulty. If you prefer to stay on the sidelines, consider a leisure trip at Ottawa City Rafting just over ten minutes' drive away to enjoy flowing stream and landscape along the banks. This event is practically a sightseeing tour by boat with views of Canadian War Museum, Parliament Buildings and more along the beautiful river.

Mid-level kayakers might choose to try out some rapids with manageable risks. There's a surfing/rafting site called the Wall at Bate Island. The wave attracts surfers and freestyle whitewater kayakers from around the world.

Of course, here is some challenging rafting for adventurers



as well. Get your adrenaline fix as you get soaked and splashed all over or leap over a cliff or two. About two kilometers upstream from the Wall is a rapid through concrete ruins. If you aren't so sure about riding the torrent, just admire the wonderful performance of skilled paddlers.

While rafting on the Ottawa

River, you might run across indigenous Algonquin guides, who have been living on hunting and fishing and using handy birchen canoes since the 17th century. These canoes are sewn from roots of dragon spruce and made waterproof by a layer of resin and grease. This might be the prototype of rafts.



## Soaking up the beauty of the Rideau Canal

The Rideau Canal and Ottawa River meet in downtown Ottawa and flow south, feeding the fertile ground. The Rideau Canal, the first World Cultural Heritage site in Ontario, is the oldest canal in all of North America that still operates today.

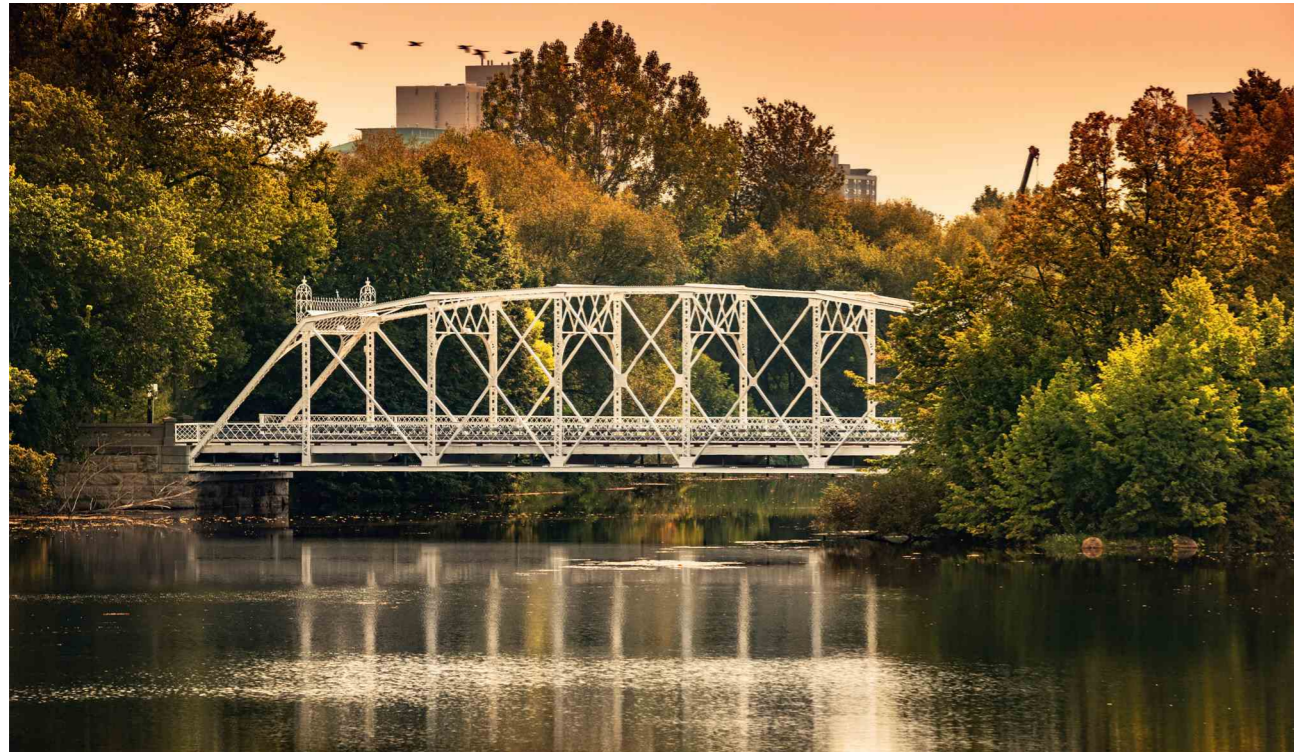
The Rideau Canal, a monumental construction in the early 19th century, is an example of fully implementing slackwater canal technology in North America. The eight gate valves are still operated by handwinches to this day, keeping the age-old tradition alive. All elements of heritage area,

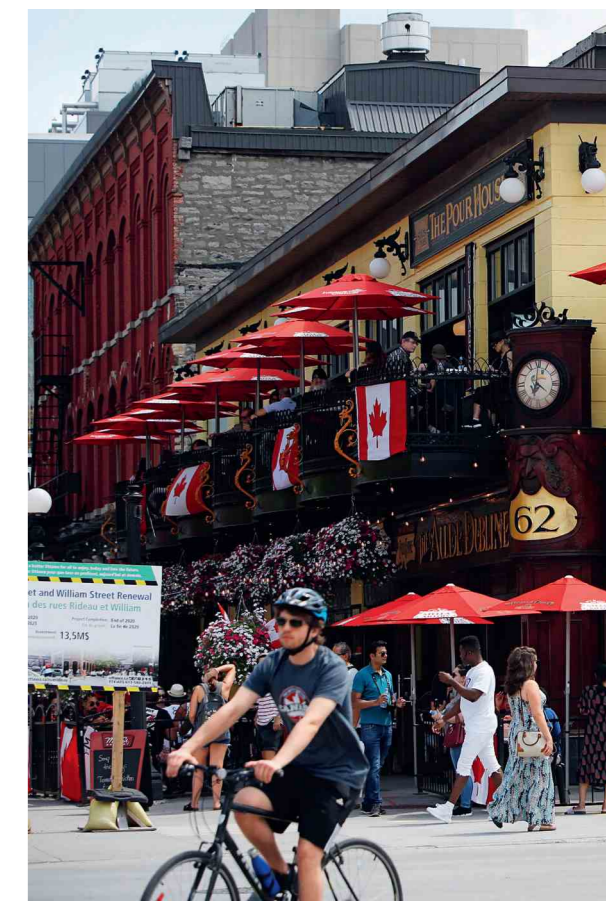
including the canal, buildings and forts are protected as national historic sites.

For a spin on the Rideau Canal during summer, first visit the Bytown Museum near the water gate on the Ottawa River where you can learn the origin of Ottawa, the planning of the Rideau Canal, and see the plaque that marks its inscription as the first World Cultural Heritage site in Ontario. Then rent a canoe, pedalo or kayak and set out from the Dows Lake. On the calm water, the skilled rowers will save you the trouble of steering the boat so that you can relax and admire

the scenery around you. With urban landscape as your backdrop, you might encounter ducks or fish under the water. If you'd like to hear more about the history of the canal and city, the eco-friendly electric cruise ship is a great way to go.

The cycling tours along the Rideau Canal are popular with the locals. The flat tracks on both sides of the Rideau Canal are suitable for cycling in summer, and you can catch sight of over 30 historical sites and urban landmarks along the way, such as National Gallery of Art, the University of Ottawa, and the Pretoria Bridge, etc.





### Shopping in Summer Vegetable Markets

In summer, the farmer's markets in Ottawa are packed with fresh agricultural products. Lansdowne Market inside Lansdowne Park is where citizens pick up their groceries and take shelter from the summer heat. This producer-only farmer's market has more than 70 stalls this year, supplying fresh and high-quality foodstuffs that are sourced from the suburbs, including fruits, vegetables, eggs, fresh breads, dairies and meats, etc. In addition,

you'll find jewelries and handicrafts. After shopping, you can go to Lansdowne Park for a diverse range of recreation facilities, to admire flowers in the civil garden, paddle in water in the water square, or go skateboarding in the skate park. Open from 5:00am to 11:00pm, it's a park worth coming back to.

Apart from Lansdowne market, the ByWard market in Ottawa is also worth visiting. One of the oldest and largest public markets in Canada, it accommodates not

only outdoor pop-up stalls but also museums, cafes, specialty food stores, boutiques, galleries, restaurants, bars among other shops. A favorite among locals, this market swarms with tourists on weekends.

A lot of activities will take place in the ByWard market during summer, such as free outdoor hiking tours from Thursday to Sunday. Participants got to learn about the history of ByWard as they stroll in a cool breeze.



### Joining in Summer Festivities

After your shopping spree, don't miss the summer party. On July 1, locals decked out in red and white—the colors of the national flag—celebrate the National Day of Canada. Parliament Hill has been one of the official Canada Day sites for over 50 years. This year, the celebration is scheduled to take place in LeBreton Flats and Place des Festivals Zibi due to the renovation of Parliament Hill. In addition to the daytime ceremony, there will be a large-scale fireworks show by the Ottawa River at night.

The Ottawa Asian Fest in late July will be the event to attend for some lively nightlife. The Fest will be celebrated in Sparks Street this year. By that time, the street will turn into a bustling night market and you can enjoy delicacies and snacks and performances from all over Asia.



# 哈尔滨： 冰城夏之韵

在没有冰雪的哈尔滨，到底有什么新奇体验？举一根马迭尔冰棍在中央大街和松花江边散步纳凉，在波塞冬沙滩水世界冲凉打水仗；到呼兰河口湿地公园戏水漂流，或是前往哈尔滨国际啤酒节开怀畅饮……夏日的哈尔滨可谓风清气爽，别具风情。

文 豪斯博德 ● 图 视觉中国



## 松花江畔 听晚风

松花江是黑龙江最长的支流，发源于长白山天池，自西向东贯穿哈尔滨中部地区。哈尔滨 80% 的城市用水都取自于松花江，可以说，松花江是哈尔滨人的“母亲河”。

7 月的松花江畔，有着哈尔滨独有的夏日浪漫，江边吹风散步是当地人最喜爱的活动之一。江上的阳明滩大桥及周边就是颇受欢迎的晚间休闲地，阳明滩大桥是一条双塔悬索桥，因跨越阳明滩岛而得名。大桥的桥柱部分是雪白色，四个桥塔则是墨绿色的，优雅的配色加上欧式设计风格，让

整座桥充满异域之风。大桥下铺设平整干净的步道板，阴凉宜人，是避暑的好去处。

夕阳西下，站在江边，可见阳光穿透如山水画中出现的浓重浮云，在波光粼粼的江面投影了一大片金黄的油彩。阳明滩大桥上的点点灯光连成了一条条珍珠项链，悬挂于水天之间，与天边的一弯新月遥相呼应。乘游船在江面悠游也是夏日活动之一，登上游船，穿梭在南北两岸，感受水波荡漾和习习凉风，享受冰城的清凉，船上还配有冷餐服务和俄罗斯歌舞表演，服务周到。

## 中央大街 探店行

中央大街步行街始建于 1898 年，如今是哈尔滨的一条繁华商业街。它南至经纬街，北至松花江边的防洪纪念塔广场，整条街道铺满粗粝密实的石砖。寻访百年老建筑是探索中央大街的绝佳方式，主街坐落着欧式及仿欧式建筑 51 栋，汇集了 16 世纪文艺复兴式、17 世纪巴洛克式、18 世纪折中主义及现代等多种风格建筑。走上夏日熙熙攘攘的大街，先去 89 号的马迭尔宾馆一探究竟。这栋建筑属于 20 世纪初流行的新艺术运动风格，宋庆龄、马寅初、郭沫若等众多名流曾下榻于此；120 号坐落着哈尔滨最大的巴洛克建筑——松



浦洋行旧址，这个五层建筑每一层的窗户设计各不相同，卷草纹的铁艺栏杆和扶手尽显雅致，大楼内部还有一座百年老电梯。大街不远处，还坐落着哈尔滨建筑艺术馆的东正教建筑（圣索菲亚教堂）和哈尔滨市土木建筑学会的古典主义建筑（犹太人索斯金故居），每栋建筑独一无二，拥有丰厚的历史内涵。

来中央大街的另一个目的是品美食：到东北名菜锅包肉的创始店家——老厨家点上一份酸甜酥软的锅包肉；去已有百年历史的华梅西餐厅，品尝地道的俄式美食——俄式马哈鱼、烤奶汁银鳕鱼、串烧牛里脊、瓦罐虾等；最具夏日风情的要数马迭尔冰棍，冰棍吃起来甜而不腻，冰中带香，还有着爽滑口感，堪称最好的解暑单品。



## 快来水里 撒个欢

无论是室内还是户外,你总能在哈尔滨找到自己的夏日乐园。作为全球最大的室内沙滩水世界,波塞冬沙滩水世界位于梦幻的俄式城堡中,有近30万平方米的水域和配套设施,足够你肆意撒欢。

水世界以古希腊神话海神“波塞冬”为主题,不仅有椰树和人工沙滩供你发呆休闲,还有室内造浪池让你运动一夏。在水世界的海豚湾,你可以看看灵气十足的可爱海豚穿梭于溪流间,不如给这些可爱的海洋精灵投喂小

鱼,或是来个隔空飞吻。

如果在室内没玩过瘾,呼兰河口湿地公园可为你提供室外放风的乐趣,你完全可以在这里捕捉萧红《呼兰河传》中提到的野趣。由于地处河口,整片湿地十分广阔,是无数鸟类的栖身之所。遇到东方白鹳、丹顶鹤等珍稀鸟类甚至无需运气,大天鹅、白枕鹤、鸳鸯等更是比比皆是。

在公园内的星星岛,找个阴凉的树下扬竿垂钓,或是在太阳滩来一场沙滩足球和沙滩排球,也可以跟旅伴比赛射箭,或在沙滩摩托上纵情驰骋。

## 干了 这杯酒

哈尔滨啤酒是中国最早的啤酒品牌之一,早在1900年,波兰裔俄国商人乌卢布列夫斯基(Jan Wróblewski)踏上哈尔滨的土地,创办了中国第一家啤酒厂——乌卢布列夫斯基啤酒厂,1932年更名为哈尔滨啤酒厂。经历百年风雨,哈啤多次易主,不变的是清爽冰醇的口感。

每年的7月初,哈尔滨啤酒节便会盛大开幕。啤酒节常驻哈尔滨太阳岛风景区,届时你可开怀畅饮来自德国、丹麦、美国、俄罗斯、日本以及国内等顶级啤酒酿造商和啤酒厂供应的多种啤酒,还可参加啤酒达人大赛,比比谁的速度快,谁的肚量大,啤酒节上更有各种精彩表演为节日助兴,加入狂欢队伍,一起畅饮吧。



# Harbin:

## The Charm of Summer in the Ice City

What is the novel experience in Harbin without ice and snow? Take a stroll along the Central Avenue and the Songhua River to cool off with a Modern popsicle, have a water fight at Poseidon Beach Water World, go rafting at the Hulan River Estuary Wetland Park or crack open a cold one at the Harbin International Beer Festival... Harbin in summer is a town of pleasant breeze and unique charm.

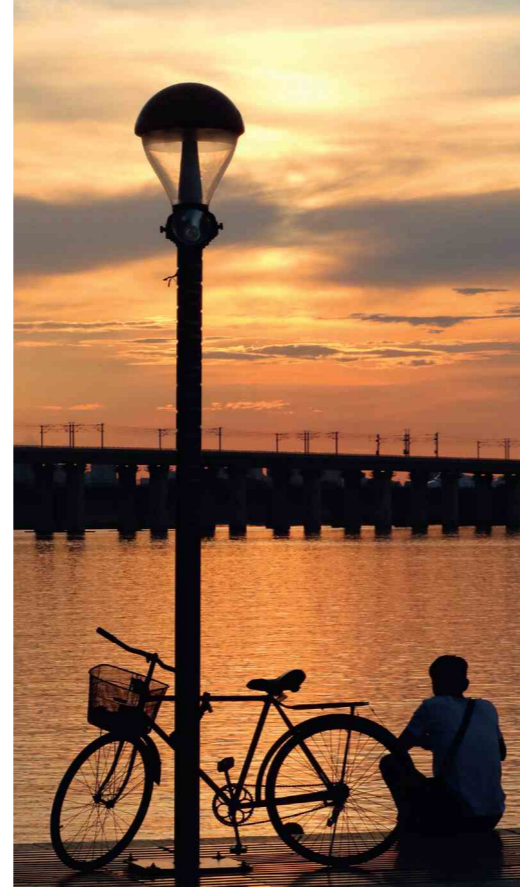
WORDS HAO SIBODE ● PHOTOGRAPHS VCG

## Feeling the Evening Breeze by Songhua River

The Songhua River, the longest tributary of Heilongjiang, rises from Heaven Lake in Changbai Mountain and runs through the heart of Harbin from west to east. Providing Harbin with 80% of its municipal water, the Songhua River is aptly the "mother river" for the locals.

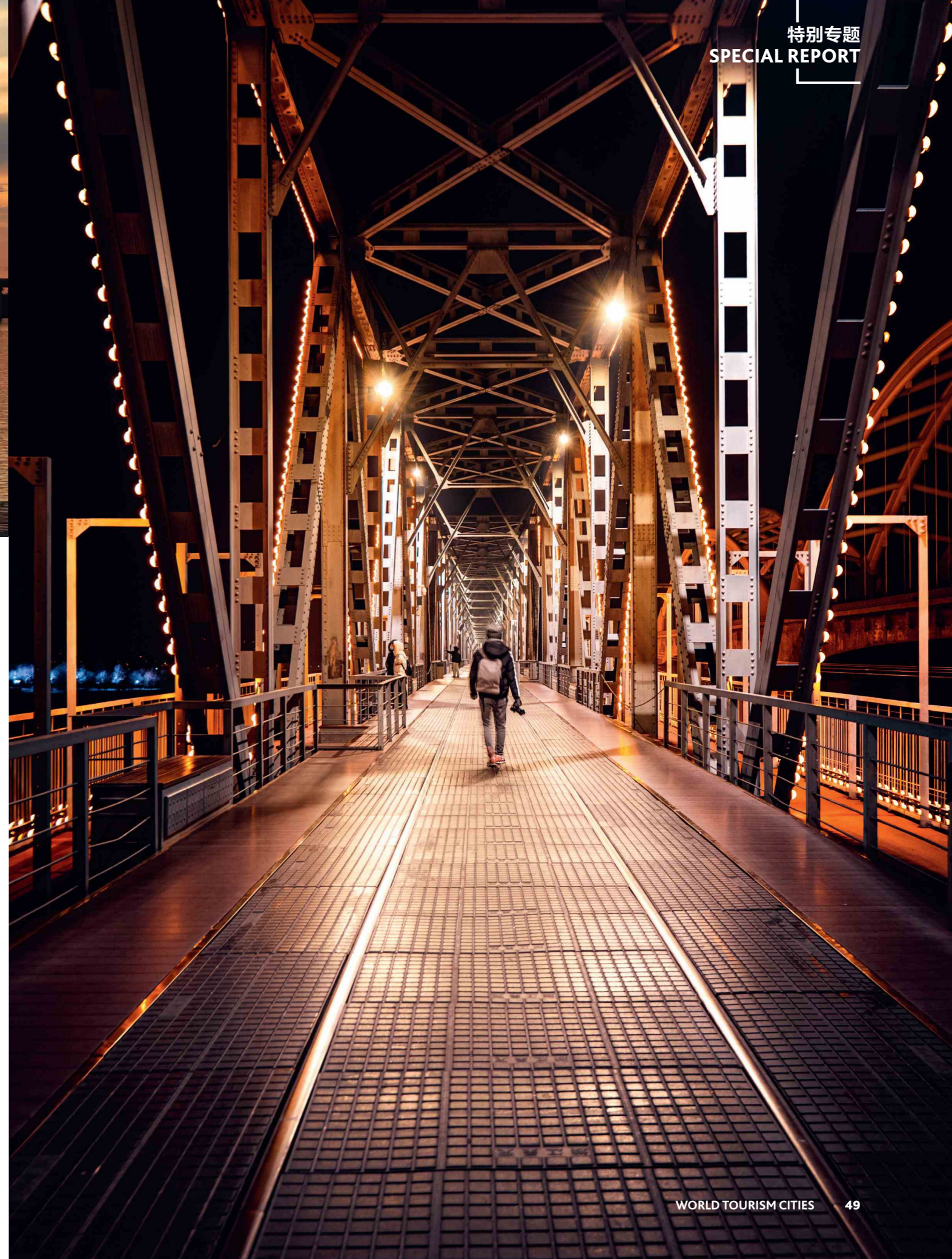
In July, the banks of the Songhua River embody Harbin's unique summer allure. Taking

a walk along the river is one of local people's favorite pastimes. The Yangmingtan Bridge over the river and its surroundings are popular evening lounges. The Yangmingtan Bridge is a twin-tower suspension bridge, named for its span over Yangmingtan Island. The bridge's columns are snowy white, while the four pylons are dark green. The elegant color scheme and European style



infuse the bridge with something exotic. Smooth clean boardwalks are laid under the bridge to create a pleasant shelter from the heat.

At sunset, you see shafts of sunlight penetrate thick landscape-painting clouds, casting a large spot of golden paint on the sparkling river. The lamplights on the Yangmingtan Bridge form a string of pearl necklaces between the water and the sky, as the crescent moon emerges on the horizon. Taking a cruise boat on the river is another popular summer activity. Chill out with the ice city as your boat glides to and fro, let the ripples and cool breeze sooth you. Excellent services are provided on board, including buffet meals and Russian music shows.





## A Tour along the Central Avenue

The Central Avenue pedestrian street was built in 1898 and is now a busy commercial center in Harbin. It joins Jingwei Street in the south and Flood Control Monument Square by the Songhua River in the north. The whole street is paved with coarse and dense stone bricks. Probably the best way to explore is through its century-old architecture. There are 51 buildings in various European styles, ranging from 16th century Renaissance, 17th century Baroque, 18th century eclecticism and multiple modern architecture styles. The first stop in touring the bustling avenue in summer is the Modern Hotel at No. 89, an

instance of the art Nouveau style popular in the early 20th century. Many historical figures like Soong Ching Ling, Ma Yinchu and Guo Moruo once were guests here. At No. 120 you'll find Harbin's largest Baroque building, the former site of Matsuura Building. The five-story building has a different design of windows on each floor, elegant rolling tendril balustrades and handrails, and a vintage elevator inside. Not far from the Central Avenue are the Orthodox buildings of Harbin Architectural Art Museum (Saint Sophia Church) and the Classical buildings of Harbin Civil Architecture Society (the former residence of Jewish

businessman Soskine). Each building is unique and has rich historical connotations.

Another highlight of the Central Avenue is food: order a sweet and sour Fried Pork at Lao Chu Jia Restaurant, originator of that famous northeastern dish, crispy on the outside and tender on the inside; go to the century-old Huamsey restaurant for authentic Russian food—Russian salmon, grilled silver cod with milk, grilled beef tenderloin, crock shrimps, etc. The most typical summer treat is Modern Popsicle. Sweet but not greasy, with milk flavor and smooth taste, it's one of the best cool-off snacks there is.



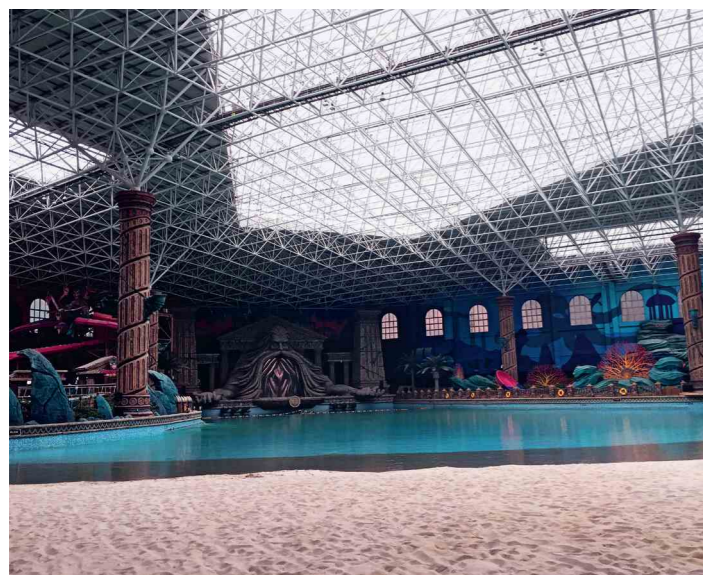
## Gamboling in the Water

Whether indoors or outdoors, you can always find your own summer paradise in Harbin. Set in a dreamy Russian castle, Poseidon Beach Water World is the world's largest indoor water park, with nearly 300,000 square meters of water and amenities; you can have plenty of fun.

The presiding figure of water world is Poseidon, the sea god in ancient Greek mythology. There are artificial beaches under coconut trees for you to lie around, and indoor wave pool for your summer workout plan. Watch cute dolphins swim in streams at the Dolphin Bay; feed these cute sea creatures small fish, or blow them a kiss.

If you don't get enough fun playing indoors, you can stretch your legs at Hulan River Estuary Wetland Park and immerse yourself in the wildness mentioned in Xiao Hong's *Tales of Hulan River*. Located at the estuary of the river, the wetlands are vast and home to countless birds. It's very common to encounter rare birds like oriental white storks and red-crowned cranes, and whooper swans, white-naped cranes and mandarin ducks are found everywhere.

You can find a shady spot under a tree for pole fishing on Xingxing Island in the park, play beach soccer and volleyball at the Sun Beach, have a game of archery with your fellow travelers, or go for a ride on a beach motorcycle.







### The Good Stuff

Harbin Beer is one of the first breweries in China. Back in 1900, Jan Wroblewski, a Polish-Russian businessman, set up Wroblewski Brewery in Harbin. It was renamed Harbin Brewery in 1932. Over the course of a hundred years of operation, the brewery has changed hands many times. What hasn't changed is the refreshing and mellow taste.

Every year, Harbin Beer Festival

returns with a grand opening ceremony in early July. The regular venue is Harbin Sun Island Scenic Area, where you can drink many kinds of beer supplied by top German, Danish, American, Russian, Japanese and domestic breweries, and take part in the beer drinking contests for drinking speed and quantity. There are also various performances for the festival.

Come join the revelers, bottoms up!



# 爱丁堡： 清凉一夏

苏格兰首府爱丁堡位于福斯湾南岸，温带海洋性气候带来大西洋的暖湿气流，即使夏天，气温也不超过 22℃，为游客探索爱丁堡提供了一个很好的时机。你可以前往历史悠久的老城区，参观古堡，购买《哈利·波特》同款奇幻商品；漫步“皇家一英里”大道，了解众多古老建筑和雕像及其背后的历史故事；抑或登上卡尔顿山，吹着凉爽的山风，看日出日落时分美不胜收的市区全景，在爱丁堡度过一个清凉夏日。

文 豪斯博德 ● 图 视觉中国



## 古城奇幻游

爱丁堡有着众多古老的建筑，它们见证了这座城市的历史变迁与王室兴衰，如今仍守护着市区和原野。爱丁堡城堡（Edinburgh Castle）是这座城市的象征，它位于城堡岩（Castle Rock）顶部，俯视整个老城区。由于城堡曾长期作为防御要塞，建筑丝毫没有华丽辉煌之感，也没有繁复的浮雕和其他装饰。城堡高大宏伟，有着灰褐色的色调，墙体平整，排窗整齐，显得朴实而又厚重。夏日登高，在城堡内参观，是遮阴避暑的好方法。

这座城堡曾庇护过许多苏格兰君主，包括 1093 年在这里去世的玛格丽特女王（Saint Margaret of Scotland）和 1566 年在皇宫生下詹姆斯六世的苏格兰玛丽女王（Queen of Scots）。你可以在城堡多处发现王室相关的遗迹，如城堡内现存最古老的建筑圣玛格丽特礼拜堂（St Margaret's Chapel），它可是建于 12 世



纪初的建筑老古董；还有 1996 年重返苏格兰的“命运之石”（Stone of Scone）——它作为王权的象征多次被争夺，曾出现在多位苏格兰和英格兰国王的加冕仪式中。

除了爱丁堡城堡，你还能在城中探访众多古老建筑和街道。维多利亚街（Victoria Street）就是其中之一，这条弯曲的鹅卵石街道建于 1829 年至 1834 年间，连接乔治四世桥大街和格拉斯广场（Grassmarket），街道两旁是色彩斑斓的各式建筑，这些建筑大部分源自 19 世纪，有些甚至可以追溯到 17 世纪，其中“西弓巫师”（Wizard of West Bow）韦尔的家最为神秘，值得一看。漫步于维多利亚街上，你还可以逛一逛各式商店，如以哈利·波特为主题的 Museum Context 和 The Great Wizard（前身是 The Boy Wizard）等，店里摆满了魔杖、巫师帽和糖果等周边，买一些心仪的伴手礼，尝试用“魔法”来驱走夏日炎热吧。





## 漫步“皇家一英里”

爱丁堡城堡所在的岩壁，是由三面陡峭的悬崖和一个东向的斜坡组成的——这个斜坡就是后来的“皇家一英里”（The Royal Mile）。顾名思义，这条路长一英里，从西到东分别由城堡山、草坪市场（The Lawnmarket）、高街、卡农盖特（The Canongate）和阿比大街（Abbey Strand）等街道组成，连接了爱丁堡城堡和荷里路德宫（Palace of Holyroodhouse），贯穿爱丁堡老城的中心地带。

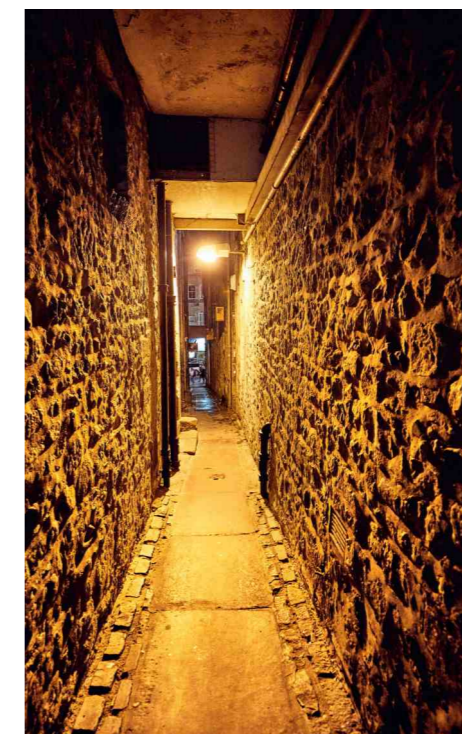
趁着天气凉快之时，从城堡出发，步行游览这条长一英里的大街，沿途的古老房舍依地势高低起伏而建，中世纪联排大楼气势如虹，你将依次路过构成爱丁堡天际线的圣吉尔斯大教堂（St Giles' Cathedral）、由橡木打造屋顶的旧议会大厦（Supreme Courts）和有着丰富藏品的爱丁堡博物馆（Museum of Edinburgh）等。这些建筑在岁月的打磨下，散发着迷人光芒。街上间或有绛红色的电话亭点缀其间，分外明艳可爱。



除了老建筑，你还会偶遇苏格兰雕塑家亚历山大·斯托达特（Alexander Stoddart）创作的人物雕塑作品：一个是苏格兰哲学家和经济学家亚当·斯密的雕像，另一个则是苏格兰哲学家、经济学家和历史学家大卫·休谟（David Hume）的雕像。前者是《国富论》的作者，后者则撰写了《英格兰史》（*The History of England*），两人生前还是好友。

在“皇家一英里”的街道上，还有一些阴凉的角落——小巷（Close），这些古老、狭窄、阴暗的通道，现在已成为酒吧、餐馆和博物馆的聚集点。可以去 Advocate's 小巷内的酒吧 The Devil's Advocate 喝一杯特调鸡尾酒，驱赶夏日暑气，或是去玛丽金街（Mary King's Close）追寻幽灵传说。大道两旁还有林立的休闲场所。在 Royal Mile Whiskys 可以买到当地特产威士忌，皇家大道画廊则可以淘一淘古董版画或老地图，而苏格兰的另一特产苏格兰裙则可以在 Scottish Textiles Showcase 店里买到。

“皇家一英里”的终点，便是女王在苏格兰的官邸——荷里路德宫。每年夏季，女王都会在这里参加爱丁堡和周边地区的官方活动。





## 城市休闲地

爱丁堡的山水自成一派，别有风韵。爬上 100 多米高的卡尔顿山 (Calton Hill)，你能捕捉到各个视角的爱丁堡之美。这座低矮的小山是苏格兰政府所在地，还被联合国教科文组织列入世界文化遗产。

无论是日出还是日落，卡尔顿山的景色都美不胜收，站在山顶细数城市的大街小巷、广场公园，远眺大西洋上的帆船和波浪，都让人心情舒畅。夏季时分，当地人喜爱在阳光明媚的卡尔顿山的草坪上野餐，以城市为背景，享受悠闲时光。

除了引人抒怀的动人景观之外，卡尔顿山还有历史遗迹可供探寻。山上有两座纪念建筑，一座是建于 1822 年的国家纪念碑，灵感来自希腊帕特农神庙，是为悼念拿破仑战争中牺牲的苏格兰军人而建；另一座是高 32 米的纳尔逊纪念塔，形状像一个倒置的望远镜，建于 1816 年，为了纪念在特拉法加战役中牺牲的海军中将纳尔逊勋爵 (Admiral Lord Nelson) 而建。纪念碑塔尖安装了用于海上航行的报时球，下午 1 点，爱丁堡城堡会鸣礼炮，这颗圆形小球也会应声下落，给城市生活

带来庄严的仪式感。

从山上下来，旅程还可在利斯河 (Water of Leith) 延续。趁着晚风沿着河边走走，让清澈的河水把你的烦恼一并带走。利斯河是爱丁堡的主要河流，从爱丁堡郊区的巴勒诺 (Balerno) 一直蜿蜒流淌到市区，最终汇入福斯湾中。沿河修建有观景步道，步道旁绿树成荫，时不时还会出现灰白相间的苍鹭，在涓涓河水中闲庭信步。步行或是骑自行车探索此地，便能尽情感受爱丁堡的夏日悠闲，其中某些路段甚至还可以骑马探索。

# Edinburgh: Stay Cool This Summer

Edinburgh, the capital of Scotland, stands on the southern shore of Forth Bay. Thanks to the warm current of the temperate marine climate, the temperature does not exceed 22°C even in summer, offering a nice chance to escape the heat in Edinburgh. You can visit a castle in the old quarter, pick up some Harry Potter-related souvenirs, learn about ancient buildings and statues as well as their history along the Royal Mile, bask in mountain breeze and a spectacular view over the city at sunrise and sunset from Calton Hill. Head to Edinburgh for a cool and refreshing summer.

WORDS HAOSIBODE ● PHOTOGRAPHS VCG



### Spells of an Ancient City

Witness of its historical changes, as well as the rise and decline of the royalty, ancient buildings in Edinburgh remain the guardians of downtown and suburbs. Edinburgh Castle, the symbol of the city, overlooks the old town from the top of Castle Rock. Since the castle has long been a fortification, it is not provided with opulent bas-reliefs and decorations. Its greyish brown tinge, flat wall and regular windows speaks a grand simplicity. Visiting the castle is a nice way to enjoy the view and evade the summer heat.

The castle used to be the sanctuary of Scottish monarchs, including Saint Margaret of Scotland who died here in 1093 and Mary, Queen of Scots who gave birth to James VI in the



royal palace in 1566. You will discover ruins related to the royalty in the castle, such as the oldest structure — St Margaret's Chapel established in early 12th century, and the Stone of Scone, a symbol of kingship that was fought over by rulers; it appeared in the coronations of various Scottish and English monarchs.

Apart from the castle, Edinburgh is home to numerous ancient structures and streets. Victoria Street is one of them. This sinuous road of cobble stones, built from 1829 to 1834, connects George IV

Bridge and Grassmarket, with elegant architecture of all kinds lining the road. These buildings mostly date back to the 19th century, some as early as the 17th century, The Wizard of West Bow is most worth visiting for its mysterious ambience. You can do some shopping as you wander around Victoria Street, like the Harry Potter-themed Museum Context and The Great Wizard (previously known as The Boy Wizard). These shops are packed with magic wands, wizard hats and candies. If the fancy takes you, buy some magic items to banish the scorching summer.



## Roaming The Royal Mile

The rock face where the Edinburgh Castle is located encompasses three steep cliffs and one eastward slope, which became known as the Royal Mile. As the name suggests, this road is one mile in length, consisting of Castle Hill, the Lawnmarket, High Street, the Canongate and Abbey Strand from west to east. Running through the heart of old town, it connects Edinburgh Castle with the Palace of Holyroodhouse.

Setting out from the Edinburgh

Castle while it is cool, you can walk along The Royal Mile. The majestic medieval town houses are constructed on undulating terrains. You will pass St Giles' Cathedral which dominates the Edinburgh skyline, the Supreme Courts with oaken roof, and the Museum of Edinburgh filled with abundant collections. These buildings have a historical charm to them. Dotted along the street are lovely crimson telephone booths.



Next to old architecture, you may encounter two statues created by the Scottish sculptor Alexander Stoddart. One is that of Adam Smith, Scottish philosopher and economist, the other depicts David Hume, Scottish philosopher, economist and historian. The authors of *The Wealth of Nations* and *The History of England* were great friends of each other.

There are some shaded spaces—Close—along The Royal Mile, narrow and dark passages with all kinds of bars, restaurants and museums. If you want to stay away from the summer heat, just head to the Advocate's and order a glass of a cocktail in The Devil's Advocate, or explore the ghost stories in the Mary King's Close. On both sides of road stand a number of leisure facilities. You can get local whiskeys in Royal Mile Whiskeys, or discover antique printmaking or maps in Mall Galleries. Those interested in Scottish kilts might want to check out Scottish Textiles Showcase.

At the end of The Royal Mile is the Palace of Holyroodhouse, the Queen's residence in Scotland. Every summer the Queen will be present at official activities in and around Edinburgh.





## Urban Resorts

The landscape of Edinburgh is unique. You'll find a sweeping view of the city on top of the 100m Calton Hill. The seat of the Scottish Government, the hill is listed as a World Cultural Heritage site by UNESCO.

Calton Hill is a great spot for catching sunrises and sunsets. On the hilltop, you can observe

high streets and back lanes, squares and parks. Looking out to sailboats and waves in the Atlantic will give you a pleasant experience. During summer, locals enjoy the bright sunshine and picnics on the lawn, with the relaxing urban landscape as the backdrop.

Apart from the relaxing

scenery, Calton Hill has historical sites to offer. Here are two memorial buildings on the mountain. The National Monument of Scotland, inspired by the Parthenon in Greece, was constructed in 1822 in memory of Scottish soldiers killed in the Napoleonic Wars. The 32-meter-high Nelson's Column in the

shape of reversed telescope, built in 1818, is in honor of the Vice Admiral Lord Nelson who died in the Battle of Trafalgar. A time ball for marine navigation is mounted on the tip of the soaring memorial. At 13:00, when gun salutes are fired at the Edinburgh Castle, this ball will drop down, which adds to the ritual solemnity of the city life.

When you climb down the mountain, your journey will continue along the Water of Leith. Walking slowly along the river, you can bathe in the night breeze, and let the clear water wash away your troubles. The Water of Leith is the main river of Edinburgh, running from Balerno to downtown, and eventually flows

into the Forth Bay. The sight-seeing track along the river is lined with trees. If you are lucky, you might catch a glimpse of herons in grey and white strolling idly. Walking or bicycling here will offer you a chance to have a pleasant summer in Edinburgh. Some paths even allow you to ride a horse.

# 嗨玩一夏

夏天应该怎么玩? 在海边餐厅赏景吃海鲜、乘游艇出海、在码头边逛集市边观赏懒洋洋的海狮, 或者在山中果园采摘并品尝新鲜水果, 去音乐节释放激情, 用丰富多彩的活动驱走炎热, 嗨玩一夏吧!

文 莱比特 ● 图 视觉中国



## 在槟城吃榴莲

7月, 槟城榴莲正值盛产季, 浮罗山背(又称巴力布劳, Balik Pulau)更是盛产高品质的榴莲。这里的果园会组织一系列活动, 迎接前来采摘游玩的游客。仁山园(FCS Durian Orchard)就是当地著名的果园之一, 这里有超过100年树龄的老果树, 山里的空气中都弥漫着果味。果园里的榴莲完全是成熟后自动脱蒂, 使熟透的榴莲风味达到巅峰。槟城榴莲有20多个品种, 每一种都有自己独特的味道, 猫山王(Raja Kunyit)、红虾、苏丹(D24)等, 有的散发酒香, 有的有坚果味。除了榴莲, 红毛丹、番木瓜、肉豆蔻、香蕉、椰子等水果也同期上市, 你可以坐在高大的树下, 吹着凉爽的微风, 伴着鸟鸣, 实现夏日水果自由。



### 逛一逛青岛的夜市

夏天的青岛不只有蔚蓝的大海和啤酒节，还有“深夜食堂”。到青岛最大的夜市——吕家庄夜市逛逛，把当地美食和各式街头小吃尝个遍。位于城阳街道的吕家庄夜市已经开了14年，拥有700多个摊位，既有青岛本地的海鲜烧烤——大虾、鱿鱼、生蚝、扇贝等统统被搬上烤架，也有全国各地的风味小吃，甚至还有韩式炸鸡、打糕等韩国料理。

### 在维多利亚体验开游艇

塞舌尔的首都维多利亚是世界上最小的城市之一，这座超级迷你的小城依山傍水，美如花园，它的历史可以追溯至1778年法国殖民时期，后来英国人以维多利亚女王的名字为这座城市命名。维多利亚人的生活十分简单悠闲，城市里甚至只有两组红绿灯。城市虽小，它却将美丽的印度洋拥入怀中。租一个舒适的游艇出海兜兜转转，或者驾驶一辆摩托艇乘风破浪，在清澈见底的浅滩和海浪奔涌的大海深处巡航，抑或到周边的岛屿来个跳岛游，探访白玄鸥（Gygis alba）和象龟的踪迹。



### 畅玩波哥大乐园

哥伦比亚的首都波哥大位于海拔2640米的苏马帕斯高原的谷地上，虽然靠近赤道，但因地势较高，气候凉爽，四季如春，是避暑的好去处。在波哥大，除了欣赏古老的大学、博物馆、天文台和教堂，一定要去一次萨利特雷魔幻游乐园（Salitre Mágico），这个波哥大最大的乐园于1973年开业，2000年经过整修后重新开业，内设多种惊险刺激的游乐设施，可以让你畅快淋漓地嗨一整天：从38米高空急速下降的“超级发射”（Supershot），最高时速可达到80公里/小时的过山车（Montaña Rusa），两个超级大回环……玩累了，就坐上高达46米的“千年摩天轮”（Rueda Capital 360），从空中欣赏波哥大的城市风光。



## 品尝马贝拉的海鲜

马贝拉 (Marbella) 是西班牙的度假胜地, 它毗邻地中海, 被山脉围绕, 四季温和, 年均温仅有 18°C。马贝拉有 27 公里长的海岸线和金黄金沙, 海边还有众多海鲜餐厅, 是海鲜爱好者的天堂。本地出产的红魔虾 (carabinero) 鲜美浓香, 与其他虾不同, 它的虾头极具营养价值, 是制作汤汁的超棒食材。各式各样的炸鱼香酥可口, 如香炸小红鱼、香煎小龙利鱼等, 还有鳀鱼、鲭鱼、鲱鱼、鱿鱼等待你品尝。墨鱼汁海鲜饭不容错过, 可以搭配龙虾、鲜贝和蛤蜊。点一杯当地的 Cava 起泡酒, 配上花椰菜和炸青椒以及伊比利亚火腿, 享用一顿豪华海鲜大餐吧。



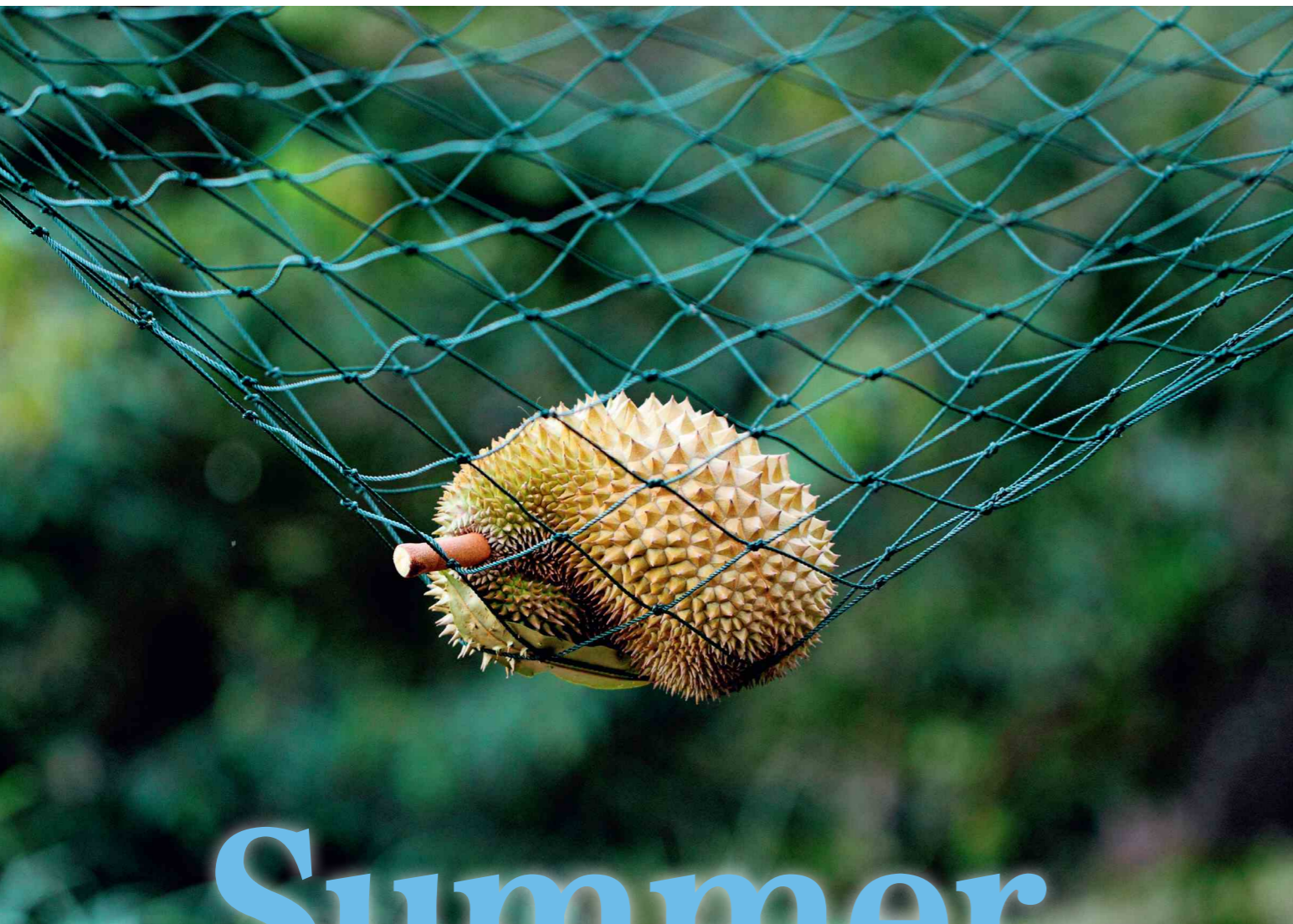
## 旧金山码头探店

美国西部最繁忙、最著名的旅游景点——渔人码头的夏日市井气十足, 在 39 号码头广场上, 纪念品店、餐馆、古董店、书店、博物馆连成一片。广场上的机械博物馆内有超过 200 件玩偶和游戏设备藏品, 其中不乏一些古董游戏机和稀有作品, 参观时可以投币玩一玩感兴趣的; 随后去人气超高的 BOUDIN 面包店, 购买和品尝自然发酵的酸面包, 再搭配蛤蜊浓汤或番茄浓汤; 吃完再去 Costarella 海鲜市场, 挑一个大块头的螃蟹带回家。有趣的是, 探店的时候, 你还有机会看到一群趴在码头木板上的海狮, 正懒洋洋地晒着日光浴。



## 奔赴哥本哈根的音乐节

哥本哈根爵士音乐节始于 1979 年, 是欧洲最大的音乐盛会之一。音乐节场地散落在城中多处, 如古建筑外和运河沿岸等, 有着众多忠实观众, 他们享受着凉风听爵士乐, 整个音乐节的氛围惬意自在。今年 6 月 24 日至 7 月 10 日, 你将看到众多爵士乐大师和新秀如 Herbie Hancock、Melody Gardot 等, 依次登上音乐节舞台, 带你进入鼓、吉他、钢琴筑起的爵士音乐世界, 感受夏日的躁动与激情。



# Summer of Fun

How should we make the most of summer? Whether it's enjoying seafood at seaside restaurants, sailing in a yacht, watching lazy sea lions at a wharf market, picking and tasting fresh fruits in mountain orchards, or unleashing your passion at a music festival, let's drive away the heat with a diverse list of activities, and have an effervescent summer of fun!

WORDS LAIBITE ● PHOTOGRAPHS VCG (EXCEPT FOR THE PICTURES NOTED)



## Durians in Penang

Penang's durian season unfolds in July, when Balik Pula produces high-quality durians. The orchards here organize a series of activities to welcome visitors on picking tours. FCS Durian Orchard is one of the most famous orchards in the area. It has durian trees that are more than 100 years old, and the mountain air is redolent with the smell of the fruit. The durians in the orchard fall off the trees when they are completely ripe, so the flavor is at its best. There are more than 20 varieties of durian in Penang, including Raja Kunyit, Red Shrimp, Sultan (D24), etc., each with its own distinct flavor; some are spirit-scented, others nutty. Besides durian, fruits such as rambutan, papaya, nutmeg, banana and coconut are all available in the market in the same season. Treat yourself, sit under a tall tree, and enjoy the cool breeze and bird songs.



## Yachting in Victoria

Victoria, the capital of Seychelles, is one of the smallest cities in the world. The mini-town is tucked between the sea and the mountains, as beautiful as a garden. Its history began with the French colonization in 1778. Subsequently the British named the city after Queen Victoria. Life here is simple and leisurely, with only two traffic lights in the city. Even though the city is small, it's intimately connected to the beautiful Indian Ocean. Rent a comfortable yacht for a ride, or drive a motorboat through the waves, cruise in the clear shoals and in the deep sea where the waves surge, or hop to the surrounding islands to search for *Gygis alba* and turtles.



## Qingdao's Night Markets

In summer, Qingdao has not only the blue sea and a beer festival, but also "late night canteens". Stroll in Lujiazhuang Night Market, the biggest night market in Qingdao, and try some local delicacies and street food. Located in Chengyang Street, Lujiazhuang Night Market has been open for 14 years, with more than 700 stalls, supplying not only Qingdao local seafood barbecue, including prawns, squid, oysters, scallops and other sea produce, but also tasty snacks from all over the country, and even Korean dishes such as Korean fried chicken and rice cakes.



PHOTOGRAPHS: WIKIMEDIA COMMONS

## Bogota's Amusement Park

Bogota, the capital of Colombia, is located in the valley of Sumapas Plateau at 2640m above sea level. Although close to the equator, it is a good place to spend the summer because of its elevation and cool climate. In addition to the old universities, museums, observatories and churches, Salitre Mágico, the biggest park in Bogota, is definitely worth a visit. Opened in 1973 and reopened after a renovation in 2000, it has a variety of thrilling facilities to keep you stoked for a whole day: a supershot drops from 38 meters high, a roller coaster called Montaña Rusa with a top speed of 80 kilometers per hour, and two super loops. When you get tired of playing, you can sit on the 46m Rueda Capital 360 and take in the city view.

## Seafood of Marbella

A holiday resort in Spain, Marbella on the Mediterranean coast and surrounded by mountains, with a mild climate and an annual average temperature of only 18°C . Marbella has a 27 km long coastline and golden beaches. With many seafood restaurants on the beachside, the city is a paradise for seafood lovers. The local carabinero is lip-smacking good. Unlike with other shrimps, the head of carabinero is nutritious and a superb ingredient for soup. All kinds of fried fish are crispy and delicious, such as fried red fish, fried dragon fish, and anchovies, mackerels, mullets, squids, etc., all waiting for you to taste. Paella with squid ink should not be missed. It goes well with lobsters, fresh shellfish and clams. Order a local Cava sparkling wine, together with cauliflower and fried green pepper and Iberian ham, and enjoy a luxurious seafood meal.



## Stores on San Francisco Wharf

Fisherman's Wharf, one of the busiest and best-known tourist attractions in the western United States, is alive with summer market activities. Pier 39 Plaza is a world of souvenir shops, restaurants, antique shops, bookstores and museums. Mechanical Museum in the square has a collection of more than 200 dolls and game devices, including some antique game consoles and rare works. When you visit, you can toss in some coins and play the games you are interested in. Then head to the popular BOUDIN bakery to try some naturally fermented sourdough bread with clam or tomato pottage. Next, go to Costarella Seafood Market and pick up an enormous crab to take home. Between your visit to the stores, you might be greeted by the amusing sight of a group of sea lions lying on a plank in the dock, lounging in the sun.

## Copenhagen Music Festival

Copenhagen Jazz Festival, established in 1979, is one of the largest music events in Europe. The venues are scattered around the city, some in front of ancient buildings, some along the canal. Numerous loyal fans come to hang in the cool air and relaxed atmosphere. From June 24 to July 10 this year, you will see many jazz masters and emerging artists, such as Herbie Hancock and Melody Gardot, who will step on the stage of the festival and take you into the jazz world of drums, guitars and pianos to feel the energy and passion of summer.

