



佛罗伦萨 一眼万年的邂逅

文 / 何蓓蓓 图 / 全景视觉、视觉中国、吕行

有人说，世界上若没有佛罗伦萨，艺术会倒退几个世纪；若没有佛罗伦萨，人类就少了无数璀璨文明之花；若没有佛罗伦萨，就没有文艺复兴。漫步在佛罗伦萨的街巷中，欣赏着一幅幅壁画、一件件雕塑作品，感受着扑面而来的浪漫气息，我想，佛罗伦萨对于热爱艺术的人来说，再高的评价也不为过吧。

圣母百花大教堂的穹顶

从佛罗伦萨圣玛利亚火车站出来，走十几分钟就会看到圣母百花大教堂，这是佛罗伦萨的地标。最初由美第奇家族出资建造，花了接近200年才最终建成。其巨大的红色穹顶，把文艺复兴的华丽优雅、前卫洒脱体现得淋漓尽致。穹顶的建造在当时是不可能完成的任务，无论是结构还是施工，在当时都是首创的，

标志着科学的进步、意识的觉醒，也代表了文艺复兴敢于打破陈规旧俗、大胆创新的先锋精神。

据说，穹顶的设计者菲利浦·布鲁内莱斯基因为怕别人偷走他的设计，没有画一张草图，全靠心算和对建筑空间精确的想象去建设。穹顶没有采用传统的圆拱木架，靠的是一种鱼骨结构，从下往上一点点逐步砌成，简直神乎其技。穹顶曾经被疾雷闪电击中，庆幸的是它仍岿然不动，可见其牢固程度。

建筑是凝固的音乐，大穹顶的每一个起承转合都似华丽的乐章在其营造的空间荡漾。音乐是流动的建筑，有一位著名音乐家在落成典礼上演奏了一首专门为圣母百花大教堂谱写的协奏曲，声音无与伦比的美妙。

圣母百花大教堂的外墙图案也别具一格，是由白色、粉色和绿色大理石拼成的几何图案。几个世纪前的教堂竟然颇具现代感，白色圣洁，绿色庄严，粉色妩媚，交相辉映，让人过目不忘。而教堂内部的壁画、浮雕、装饰也是精美绝伦，在讲述一个个经典故事。

圣母百花大教堂的穹顶是佛罗伦萨城市轮廓线的中心。看穹顶最近的位置是临近的乔托钟楼，为了一览穹顶的风姿，总是有很多游客排队登顶乔托钟楼，近距离触摸大教堂令人惊艳的美。

与艺术杰作的亲密接触

骑车或者步行，用车轮和脚步一点点丈量这座古老的城市，是对那无处不在的艺术遗迹最好的致敬。先



是学院美术馆，世界最出名的雕塑作品——大卫像就珍藏在这里。你见过他的背影吗？很多艺术家都创作过大卫打败巨人歌利亚这一主题，不过大都选的是他战斗胜利的姿态，只有米开朗琪罗的大卫像别出心裁。年轻的大卫扛着投石器，蓄势待发，神情平静又坚定。米开朗琪罗选择的并不是动态的战斗中的大卫，而是上战场之前这个安静的瞬间。静，其实是至高的境界。就好像，世界各地慕名而来的人们都静静地抬头仰望着大卫，可他们的内心却无法平静。那块大理石好像专为大卫而存在，雕塑家的鬼斧神工，让观赏者从其肌肉的线条、身材的比例、挺拔的身姿中，感受无比强大的力量和豪情万丈的自信。

乌菲兹（Uffizi）博物馆更是走进去就不想再出来的艺术殿堂。这里原是美第奇家族办公的地方，Uffizi 就是意大利语办公场所的意思。

达芬奇、米开朗琪罗、拉斐尔、波提切利、提香、伦勃朗……这些如雷贯耳的艺术大师的真品静静地陈列在这里。我们走路走到腿脚酸痛，但仍然恨不能把每个作品的每个细节都收录到眼睛里、记录在脑海里。

穿越时空，会被五个世纪前的画打动；一眼万年，才知什么叫大“饱”眼福，这真是一场精神饕餮，每一幅都是名垂千史的艺术杰作。

跟着讲解员，了解了每幅画背后的故事。天使报喜、三博士来朝、圣母加冕……弥补了对于这些宗教知识的空白，也是一次酣畅淋漓的艺术洗礼和朝圣。

佛罗伦萨的本名 Firenze 是“花”的引申含义，这些艺术馆藏就像人类艺术文明永远开不败的花。世界上若没有佛罗伦萨，艺术会倒退几世纪。而如果没有美第奇家族，就不会有文艺复兴，不会有今天的佛罗伦萨。

老桥上那段“得不到”的爱情

贯穿整座城市的阿尔诺河给佛罗伦萨添了一些柔媚。河上有许多桥，其中最有名的要数“老桥”，也叫作情人桥。据说，这里是但丁遇上贝特莉丝的地方，只此一眼，却一眼万年，至真至纯的爱情就这样诞生了。虽然这段单相思以悲情为结尾，但这段柏拉图式的爱恋成为但丁的精神支柱，此后写出了文学巨作《新生》，然后才有了传世之作《神曲》。也是因为这段故事，让这座“爱情桥”闻名世界，成了世界各国情侣的打卡地，以祈求爱情圆满。

夕阳西下，走在桥上，听着艺术家在桥上演奏优美的旋律，扣人心弦，令人流连忘返。当旋律婉转悠扬，你幻想自己是但丁心中的白月光，款款走来；当曲调激越昂扬，你仿佛穿越时空，见证当年德军撤退佛罗伦萨时，一座座桥在炮火中被炸毁，唯独情人桥，得以幸存。

据说在 15 世纪时，桥上的小店多为肉铺、水产铺，美第奇家族嫌弃臭气熏天，就下令更换为金银饰品和珠宝店。因此，时至今日，桥上依然还有老字号的金店珠宝店，橱窗里的金饰熠熠发光。。

逛累了，也到了饭点，下了桥我们便去吃美食。不必寻着攻略去找什么网红店，在佛罗伦萨，随意走进一家小馆子都不会让你失望。而冰激凌店就更不用挑选了，各家都有自己的爆款冰激凌，既美味又不过于甜腻，很适合饭后来一个。

漫步灯光中的浪漫之城

黄昏时分，一路漫步到米开朗琪罗广场，感受从黄昏日暮到星光闪烁的不夜城，则是另一种浪漫。远远近近，人们三三两两地坐在阶梯上，或是恋人，或是朋友，大家摇着酒杯，聊着天，时不时遥看圣母百花大教堂的红色穹顶，那感觉轻松极了。

此时此刻，小城灯火亮起，耳畔音乐突然响起。是探戈的旋律，一对舞者即兴跳起来，然后吸引着越来越多的人加入其中。广场上的街头键盘乐手也开始活跃起来，为他们伴奏着。欢愉的音乐，性感的舞步，和谐的像是排练过似的。这一刻，我们只是我们自己，驻足体会生命的美好。

所以啊，佛罗伦萨的浪漫美好，从来不是初逢，而是邂逅，一再地邂逅。📍



Florence, A Timeless Encounter

WORDS / HE BEIBEI PHOTOGRAPHS / PANORAMA MEDIA LNC., VCG, LV XING

Some say that without Florence, the world of art would regress by centuries; without Florence, humanity would miss countless dazzling blooms of civilization; without Florence, there would be no Renaissance. As I stroll through the streets and alleys of Florence, admiring the murals and sculptures, and feeling the overwhelming romantic atmosphere, I believe that no praise can be too high for Florence when it comes to those who love art.

The Dome of the Cathedral of Santa Maria del Fiore

When you exit from Florence Santa Maria train station, a walk of just over ten minutes leads you to the Cathedral of Santa Maria del Fiore, the iconic landmark of Florence. Initially financed by the Medici family, it took nearly 200 years to complete. Its massive red dome showcases the splendor, elegance, and avant-garde spirit of the Renaissance. The construction of the dome was an impossible task at the time, both in terms of its structure and execution; it was groundbreaking, symbolizing progress in science, an awakening of consciousness, and the pioneering spirit of the Renaissance, daring to break with convention and innovate.

It is said that the designer of the dome, Filippo Brunelleschi, was so afraid that someone might steal his design that he didn't draw a single sketch. Instead, he relied entirely on mental calculations and precise imagination of architectural space to construct it. The dome did not use traditional circular wooden scaffolding; instead, it relied on a ribbed structure that was gradually built from the bottom up. This technique was truly remarkable. The dome even survived a



lightning strike, remaining steadfast, a testament to its incredible strength.

Architecture is like frozen music, and every element of the great dome resembles a magnificent movement echoing in the space it creates. Music, on the other hand, is like flowing architecture. At the inauguration ceremony, a renowned musician performed a concerto specially composed for the Cathedral of Santa Maria del Fiore, producing a sound of unparalleled beauty.

The exterior patterns of the Cathedral of Santa Maria del Fiore are truly unique, composed of white, pink, and green marble in geometric designs. It's astonishing that a church from several centuries ago can exude such a modern sense. The white signifies purity, the green solemnity, and the pink adds a touch of charm. They complement each other beautifully, leaving an unforgettable impression. Inside the church,

the frescoes, reliefs, and decorations are equally magnificent, narrating classic stories.

The dome of the Cathedral of Santa Maria del Fiore is the central point in the skyline of Florence. The closest vantage point to admire the dome is the nearby Giotto's Bell Tower. To get a close-up view of the dome's elegance, there are always many tourists queuing up to climb to the top of Giotto's Bell Tower to appreciate the stunning beauty of the cathedral up close.

Getting up Close and Personal With a Masterpiece of Art

Riding a bike or strolling, measuring this ancient city with wheels and footsteps, is the finest tribute to the ubiquitous art treasures. First, there's the Academy of Fine Arts, home to one of the world's most famous sculptures—the David. Have you seen his back? Many artists have depicted the



theme of David defeating the Giant Goliath, but most chose his triumphant battle posture. Only Michelangelo's David took a different approach. The young David, bearing a sling, poised and ready, exudes calm and determination. Michelangelo didn't depict David in the midst of dynamic combat but captured this quiet moment before going to battle. Stillness is, in fact, the highest realm. It's as if people from all over the world who come here to quietly gaze up at David are unable to quell their hearts. The block of marble seems to exist solely for David, and the sculptor's craftsmanship is extraordinary, allowing viewers to feel an immense power and boundless self-confidence in the sculpture's muscular lines, body proportions, and upright posture.

The Uffizi Gallery is truly an art sanctuary that once you step inside, you never want to leave. This place was originally the offices of the Medici family, and "Uffizi" means "offices" in Italian.



Da Vinci, Michelangelo, Raphael, Botticelli, Titian, Rembrandt... The authentic works of these renowned art masters are quietly displayed here. We walk until our legs ache, yet we still wish we could capture every detail of each work with our eyes and etch them into our minds.

Time travels back five centuries, and it's there that we are moved by these paintings. A glance goes across millennia, and it's there that we truly understand the meaning of "feasting" our eyes on such masterpieces. It's a spiritual feast, where each work is a masterpiece for the ages.

Following the tourist guide, we delve into the stories behind each painting. The Annunciation, the Adoration of the Magi, the Coronation of the Virgin... they fill the gaps in our knowledge of religious tales. It's both a refreshing artistic baptism and a pilgrimage.

Florence's original name, "Firenze", carries the connotation of "flower". These art collections are like the eternal blossoms of human artistic civilization. Without Florence, the world of art would regress by centuries. And if it weren't for the Medici family, there would be no Renaissance, and today's Florence wouldn't exist.

The "Unattainable" Love Story on Ponte Vecchio

The Arno River that runs through the entire city adds a touch of gentleness to Florence. There are many bridges over the river, with the most famous being the "Ponte Vecchio" also known as the "Lover's Bridge". It is said that this is where Dante first saw Beatrice, and with just one glance, an enduring and pure love was born. Although this one-sided love ended sadly, it became Dante's spiritual inspiration, leading him to write literary

masterpieces like *New Life* and the legendary *Divine Comedy*. It's because of this story that the "Lover's Bridge" became famous worldwide and a must-visit destination for couples from all over the world seeking to make their love complete.

As the sun sets, walking on the bridge, listening to the beautiful melodies played by artists, it's heart-touching and makes you sentimental. When the melody is tender and melodious, you can imagine yourself as the white moonlight in Dante's heart, slowly walking by. And when the music becomes exhilarating and upbeat, it's like you're traveling through time and witnessing the retreat of the German troops from Florence during World War II when bridges were destroyed in the gunfire, but the "Lover's Bridge" miraculously survived.

It's said that in the 15th century, the shops on the bridge were mostly butchers and fishmongers, and the Medici family found the smell unbearable. So they ordered a change for them to become jewelry and goldsmith shops. Hence, even today, you can still find well-established gold and jewelry shops on the bridge, with their display windows sparkling with gold ornaments.

After being tired out from a day of sightseeing and as it approaches mealtime, we head down from the bridge to enjoy some delicious food. There's no need to follow any travel guides to hunt for trendy restaurants in Florence; simply walking into a local eatery won't disappoint you. And when it comes to ice cream shops, you don't even have to choose. Each one has its own popular ice cream flavors, which are not only delicious but also not overly sweet, making them a perfect choice for a post-meal treat.

Strolling Through the Romantic City in the Glow of the Lights

At dusk, we leisurely made our way to the Piazza Michelangelo. Experiencing the transition from dusk to the shimmering starlit city is another form of romance. People gather in small groups on the steps, some couples, some friends, all holding glasses, chatting away, and occasionally glancing at the red dome of the Cathedral of Santa Maria del Fiore. It's an incredibly relaxing atmosphere.

At this very moment, the city's lights come to life, and music suddenly fills the air. It's the melody of tango, and a couple of dancers spontaneously start dancing, drawing more and more people into their dance. Street keyboard musicians on the square also begin to get active, providing accompaniment. The joyful music, sensual dance moves, and perfect harmony make it seem as if it's a rehearsed performance. In this moment, we are just ourselves, pausing to savor the beauty of life.

Indeed, the romantic beauty of Florence is not about the first encounter; it's about the continuous series of encounters, time and time again. 🍷





山水重庆 日夜沸腾

文 / 李波 图 / 李波、全景视觉、视觉中国、吕行

山城重庆，可能是当今中国最吸引年轻游客的城市之一。为了一顿网红火锅，食客们宁可排队 100 多号，手机玩到没电，仍不肯离去；人潮汹涌的洪崖洞，年轻漂亮的小姐姐不惜提着裙摆抢在摩肩接踵的缝隙中拍出几张美照，只为晒到社交平台；九街的夜生活，餐饮、酒吧、娱乐、健身、街头表演，好像只有到了深夜才能真正开始……一切这些，和精力无限的年轻人完美匹配。

藏在相册里的城市

还有比重庆更适合拍照、拍视频的城市吗？

地形，对重庆的城市形态影响深远。四山纵贯，两江环绕，所有建筑依山就势，随意赋形，造就了立体的山水城市形态，形成了世人眼中的“8D”魔幻视觉体验，而凭此，越来越多的电影选择在重庆实景拍摄。

获得第 39 届香港电影金像奖八项大奖的《少年的你》以及《从你的全世界路过》《最好的我们》《匆匆那年》……这些中国热门的电影，或多或少让观众想起那些青春岁月中的自己，也吸引了越来越多的游客跟着电影来重庆打卡。

如果在网上查找重庆旅游攻略，鹅岭二厂是绕不开的地点。《从你的全世界路过》带火了鹅岭二厂，生成了“文艺”和“必去打卡地”的标签，让这座充斥着钢铁结构和高大厂房的文创园吸引着无数年轻人纷至沓来。

它拥有这座山城最独特的视角。远处绵延的群山、脚下奔涌的江流，伴随着错落有致的城市森林和桥梁出现在同一个画面，这大概是只有重庆才能出现的画面。

外地游客看夜景大多只知道洪崖洞、南山一棵树或



者打鱼湾码头。但距离鹅岭二厂不远处的鹅岭公园，才是重庆本地人看夜景的私藏领域。

鹅岭公园位于渝中区的制高点之一，整个公园的布局高低起伏，具有山城的显著特征。这里丰富多样的植被以及人文遗迹，让它充满了魅力。一年四季，总有各种花卉装扮。其中，尤以秋冬季的菊花展览最为吸引市民。鹅岭公园是位置绝佳的天然观景台，其中高高耸立的瞰胜楼视野最为开阔。楼高 7 层，登上最高层，周围几乎没有任何的遮挡物，可以实现全方位 360 度俯瞰整个重庆，不管是渝中、南岸还是江北，你想要看的重庆尽收眼底。

重庆有很多大型立交桥、高楼，也有小巷子，就像个迷宫，把电影人物放在这里，有一种逃不出这个地方的感觉。《少年的你》的导演把大量的镜头留给

了中山四路，这条干净整洁的路被当地人称为重庆最美的路。路两旁的建筑有中国 20 世纪前半叶的气息，咖啡店、书店、餐厅都有自己独特的韵味，不事张扬却处处都是历史的遗迹，和墙上盘根错节遒劲有力的老树根一样，见证着时代变换，吟唱着时光匆匆。

中山四路还有创立于 1945 年的晋冀鲁豫军区子弟学校的学生宿舍旧址，直到现在，还有重庆市人民小学、求精中学等很多学校坐落在这里，到了下午放学时分，孩子们一涌而出，一如电影里的青春故事在现实生活中上演。

重庆的住宅楼，和它的路一样“难以捉摸”。白象居可能是重庆人最难回的家，没有之一。有 24 层楼，却没有电梯，但这座楼巧妙利用 38 米的高差，在不同的楼层分别设计了 3 个出入口，从 1、8、13 楼都可以



进入该楼栋，其中 8 层连接所有楼栋，15 楼是公共交往廊。和别处不同的是，不论你从哪一层楼走出去，都会感觉是一楼，出门是正常的街道，毫无高差感，山城的特点和山城人民的智慧，在此体现得淋漓尽致。

楼宇之间，每隔约 3 分钟，载满游客的长江索道从空中缓缓滑过。你站在索道里看风景，看风景的人在索道下看你，彼此交会又互为风景，独特体验只此重庆。

白象居附近有一家名叫“森藏”的咖啡店，与南山隔江而望，拥有一面巨大的落地窗，天气好的时候甚至能看到南山山顶的大金鹰雕塑。森藏楼上有一处天台，坐在栏杆上，若是时间刚好，飞机、索道、游轮、桥梁和江河在同一画面交会，按下快门，便留下了独属于你的重庆记忆。

舌尖上的“惊喜”

重庆的美食，更让人心潮澎湃，尤其是火锅。

重庆是一座火锅之城，这座城市有多少家火锅店？

我专门咨询过火锅协会，回复是“大概三万家”。

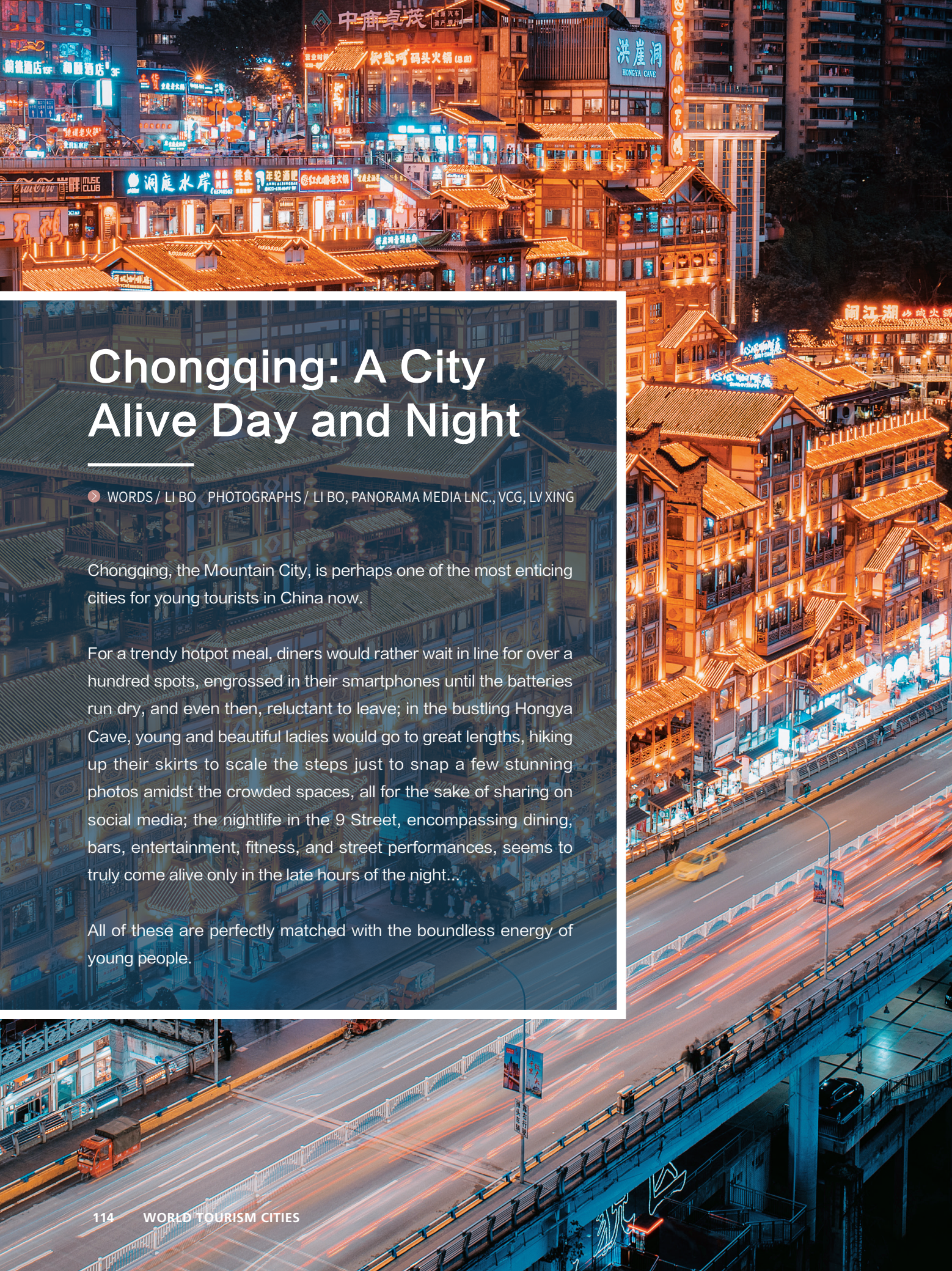
三万家火锅店让重庆的各个角落都在“沸腾”，尤其是多家火锅店聚在一起，形成占地超千余亩、装点了一座山的火锅街，即使在重庆，南山的火锅小镇也是首屈一指。

山和火锅相连，衍生出独属于重庆的火锅文化，不止好吃，还好看。

鲜龙井火锅公园种植了大片的荷花，适合夏天就餐时接天莲叶无穷碧，边赏荷花边品火锅，有一种别样的情调；依山而建的枇杷园占据了整面山坡，像梯田一样层层叠叠，晚上灯笼亮起，点亮了一整片山；绵延的山道上，巴倒烫蜿蜒于树林之间，每桌之间都依靠树木形成天然屏障，食客仿佛置身于丛林。

去南山夜景火锅公园应是占据了南山最好的地理位置，吃着火锅看着夕阳西下，金色的阳光倒映在波光粼粼的江面，每一帧都如同一幅画，实在是一种享受。待到满城灯光亮起，我不再继续描述，不夜重庆，就留给你自己慢慢品味吧。🍲





Chongqing: A City Alive Day and Night

► WORDS / LI BO PHOTOGRAPHS / LI BO, PANORAMA MEDIA LNC., VCG, LV XING

Chongqing, the Mountain City, is perhaps one of the most enticing cities for young tourists in China now.

For a trendy hotpot meal, diners would rather wait in line for over a hundred spots, engrossed in their smartphones until the batteries run dry, and even then, reluctant to leave; in the bustling Hongya Cave, young and beautiful ladies would go to great lengths, hiking up their skirts to scale the steps just to snap a few stunning photos amidst the crowded spaces, all for the sake of sharing on social media; the nightlife in the 9 Street, encompassing dining, bars, entertainment, fitness, and street performances, seems to truly come alive only in the late hours of the night...

All of these are perfectly matched with the boundless energy of young people.

A City in the Photo Album

Is there a city more suitable for taking photos and shooting videos than Chongqing?

The topography has a profound impact on the urban form of Chongqing. With four mountains running through and two rivers surrounding it, all the buildings adapt to the terrain, taking on unique shapes. This has created a three-dimensional mountain-water urban structure, giving rise to a magical "8D" visual experience in the eyes of the world. Because of this, an increasing number of movies choose to film on location in Chongqing.

The films like *Better Days*, which won eight awards at the 39th Hong Kong Film Awards, as well as *Passing by Your World*, *The Best of Us*, *So Young*, and others have resonated with audiences, evoking memories of their own youth. These popular Chinese movies have also attracted a growing number of tourists to Chongqing, who want to experience the locations featured in these films.

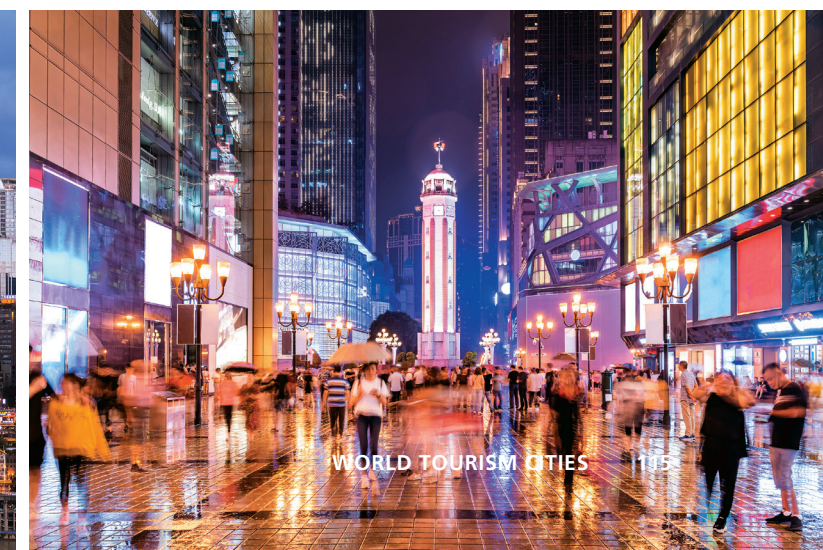
When searching for a Chongqing travel guide online, you can't miss the mention of TESTBED2. The film *Passing by Your World* brought fame to TESTBED2, tagging it as a "cultural and artistic"

must-visit spot. This transformed the industrial park, filled with steel structures and towering factory buildings, into a magnet for countless young visitors.

It offers the most unique perspective of this mountain city. The distant, rolling mountains, and the rushing rivers below, all accompanied by the intricate urban forest and bridges, appear in a single frame—this is probably a sight that can only be found in Chongqing.

Most out-of-town tourists may be familiar with night views like Hongya Cave, One Tree Mountain (Nanshan), or Dayvwan Port. However, not far from TESTBED2 lies Eling Park, which is a hidden gem for locals in Chongqing to enjoy the night scenery.

Eling Park is located in one of the elevated areas in the Yuzhong District, and its layout features undulating terrain, embodying the distinctive characteristics of a mountainous city. The park is adorned with diverse vegetation and cultural relics, making it truly charming. Throughout the year, various flowers adorn the park, with the chrysanthemum exhibition in the fall and winter being particularly attractive to the locals.





Eling Park serves as a prime natural viewing platform, with the towering Victory Overlooking Tower offering the widest panoramic view. With seven floors in total, ascending to the highest level provides an unobstructed 360-degree view of the entire Chongqing. Whether it's Yuzhong, Nanshan, or Jiangbei, you can take in all of Chongqing's beauty from this vantage point.

Chongqing boasts numerous large overpasses, skyscrapers, and hidden alleyways that create a labyrinthine atmosphere. Placing film characters in this environment gives a sense of being unable to escape. In the film *Better Days*, the director dedicated a significant number of shots to Zhongshan Fourth Road, which locals consider the most beautiful road in Chongqing. The buildings lining this road exude the ambiance of the first half of the 20th century in China. Cafes, bookstores, and restaurants each possess their unique charm, quietly preserving historical traces. Much like the gnarled and robust old tree roots that intricately weave along the walls, they bear witness

to the passage of time and sing songs of fleeting moments.

On Zhongshan Fourth Road, there is also the former dormitory site of the Jin Ji Lu Yu Military Region Children's School, which was established in 1945. Even today, you can find many schools in this area, including Chongqing People's Primary School and Qiuqing Middle School. In the afternoon, when school is over, children pour out onto the streets, much like the youthful stories depicted in movies coming to life in real life.

The residential buildings in Chongqing are as "elusive" as its roads. One of the most challenging places for Chongqing residents to return to is probably the "Baixiangju," and there are very few like it. It has 24 floors but no elevators. However, this building cleverly utilizes a 38-meter height difference and has three separate entrances on different floors. You can enter the building from the 1st, 8th, or 13th floor, with the 8th floor connecting all the buildings, and the 15th floor serving as a common social corridor. What sets it apart is that no matter which floor you exit

from, it feels like the ground floor, and when you step outside, you find yourself on a normal street without a sense of height difference. This exemplifies the characteristics of a mountainous city and the wisdom of its people.

Between the buildings, every three minutes or so, the Yangtze River Cableway glides slowly through the air, carrying tourists. You stand in the cable car, admiring the scenery, while those on the ground below watch you. It's a unique experience where you intersect with the landscape and become a part of it, a special experience found only in Chongqing.

Near the Baixiangju, there's a coffee shop called "Sencang" with a breathtaking view across the river to Nanshan Mountain. It boasts a massive floor-to-ceiling window, and on clear days, you can even spot the giant golden eagle sculpture on the summit of Nanshan. Sencang has a rooftop terrace where you can sit by the railing. If the timing is just right, you can capture a unique Chongqing memory with airplanes, cable cars, cruise ships, bridges, and the river all converging





in a single frame. Press the shutter, and you've created a Chongqing memory all your own.

Culinary Delights on the Tip of Your Tongue

Chongqing's cuisine, especially its hotpot, is truly a mouthwatering experience.


Chongqing is indeed a city of hotpot, and when it comes to the number of hotpot restaurants, I consulted the Hotpot Association, and their response was "approximately thirty thousand."

With around thirty thousand hotpot restaurants, Chongqing's every corner seems to be simmering with hotpot fever. Particularly, when multiple hotpot restaurants come together to create a hotpot street that covers over a thousand acres and resembles a small mountain, even in Chongqing, Nanshan Hotpot Town stands out as a top destination.

The connection between the mountains and the

hotpot has given rise to a unique hotpot culture in Chongqing. It's not only delicious but also visually appealing.

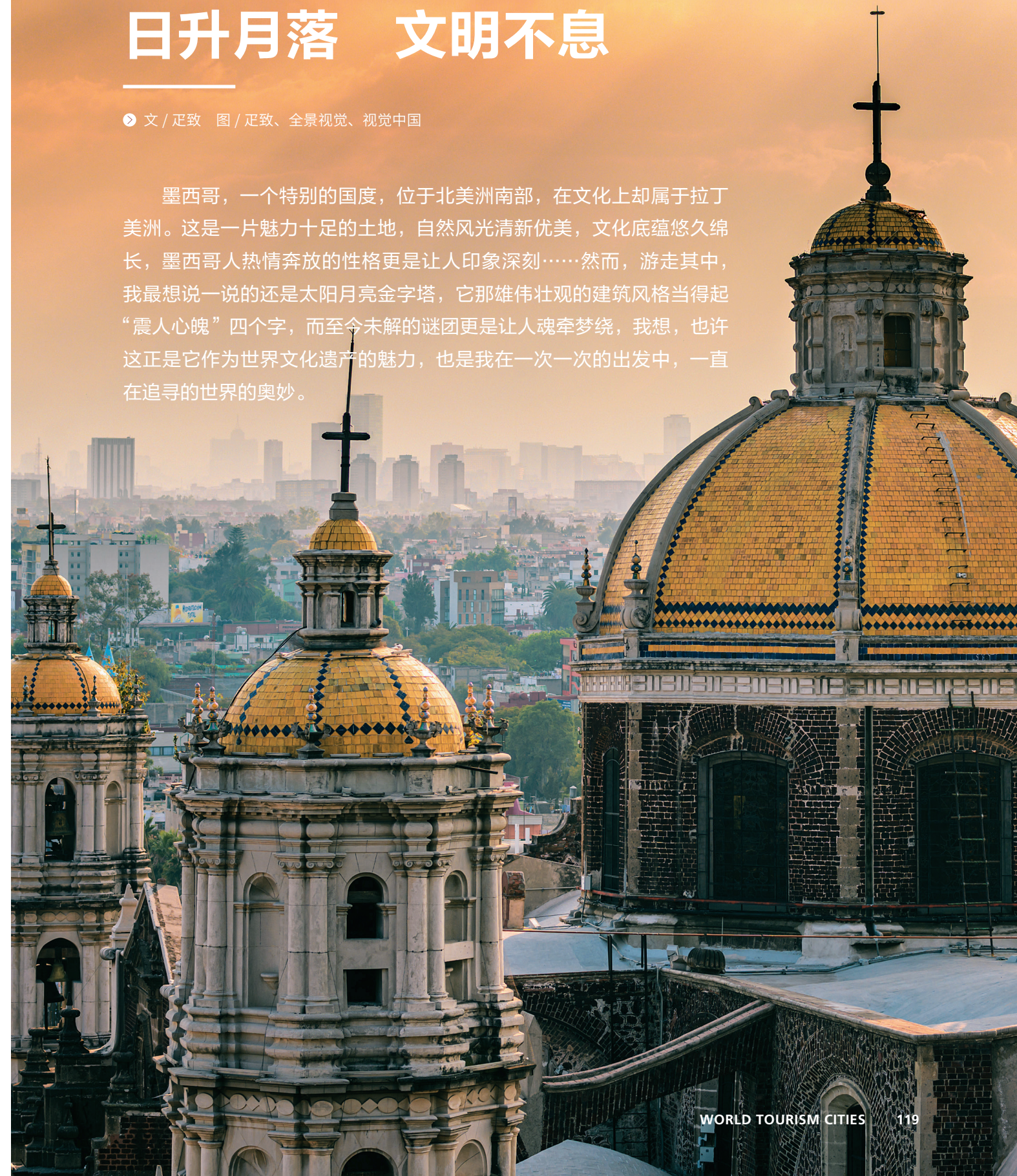
Xianlongjing Hotpot Park is adorned with vast lotus ponds, making it a perfect spot for dining in the summer. As you dine, you can gaze upon endless lotus leaves, which creates a unique atmosphere. The loquat orchard, built into the mountainside like terraced fields, takes over the entire slope. In the evening, the lanterns light up, illuminating the entire mountainside. Along the winding mountain paths, tables are nestled amidst the trees, forming natural barriers between diners, as if guests are dining in a jungle.

Nanshan Night View Hotpot Park certainly occupies one of the best geographical locations in Nanshan. Dining on a hotpot while watching the sunset, with the golden sunlight reflecting on the shimmering river, you will feel that each moment is like a painting, truly a delight. As the city lights up, I'll leave the rest to your imagination. Chongqing at night is an experience you should savor in person. 

墨西哥城 日升月落 文明不息

► 文 / 正致 图 / 正致、全景视觉、视觉中国

墨西哥，一个特别的国度，位于北美洲南部，在文化上却属于拉丁美洲。这是一片魅力十足的土地，自然风光清新优美，文化底蕴悠久绵长，墨西哥人热情奔放的性格更是让人印象深刻……然而，游走其中，我最想说一说的还是太阳月亮金字塔，它那雄伟壮观的建筑风格当得起“震人心魄”四个字，而至今未解的谜团更是让人魂牵梦绕，我想，也许这正是它作为世界文化遗产的魅力，也是我在一次一次的出发中，一直在追寻的世界的奥妙。



我们是早上从墨西哥城出发的。特奥蒂瓦坎古城就坐落在墨西哥城东北 40 千米处，太阳月亮金字塔是古城遗址的主要组成部分。墨西哥是印第安人古文化中心之一，印第安人在这里创造了举世闻名的古玛雅、托尔特克和阿兹台克等文明。

这种基因里的“文化”属性，在首都墨西哥城的街头巷尾可以轻易地窥见一斑：街边墙上、房屋外墙上的壁画随处可见，广场上的古建筑和雕塑比比皆是，最具代表性的是首都的标志性建筑——独立纪念碑以及被阿兹台克帝国时代神庙遗迹环抱的宪法广场。

随着大巴驶出市中心，车速也越来越快。我们终于抵达特奥蒂瓦坎南面的停车场。通往景区的小道旁爬满了花草，一棵棵仙人掌“威风凛凛”地挺立其中。仙人掌在墨西哥尤其是乡村随处可见。墨西哥也被称为“仙人掌之国”。

进入景区的第一个景点是羽蛇神庙。特奥蒂瓦坎古城遗址面积有 20 多平方千米。有一条全长 4 千米、宽 45 米的大道南北纵贯全城，名叫“黄泉大道”。羽蛇神庙位于“黄泉大道”的南侧。

这是一座有四面院墙的神庙。现在庙宇已毁，但庙基尚存，庙基斜坡上的羽蛇头栩栩如生。不难看出，诸神形象覆满石壁，石壁表面仍有残留的红绿痕迹，可见昔日特奥蒂瓦坎之绚丽缤纷。据考证，修建特奥蒂瓦坎城的居民最早出现在公元前 800 年，到公元 450 年该城全盛时期人口多达 20 万人，当时古城农业相当发达，手工业也有一定规模，同外地贸易来往频繁。特奥蒂瓦



坎城是当时美洲最大的城市，也是世界大都市之一。

可是，到了公元 8 世纪初，这座古城突然被废弃成为废墟，居民也随之消失。为什么会发生这一突变，至今仍是谜。

一种说法是由于托尔特克人入侵、焚毁所致，居民因此向南迁徙；另一种说法是因瘟疫流行，居民向北迁移并创造了图拉文化。考古学家发现，太阳金字塔的地基底下是个天然溶洞，在溶洞尽头的四个密室里发现不少古代祭祀文物，但没有棺槨。因此他们认为，与埃及的金字塔不同，太阳金字塔不是陵寝，而是一个祭神

的场所。

古城遗址最宏伟的两大景点是位于黄泉大道北端的月亮金字塔和东侧的太阳金字塔。

尽管已有心理准备，但是，一进入景区，不由得被古城遗址的壮观景象惊呆了。之前的无数想象在实景前都显得那么苍白。

月亮金字塔坐北朝南。站在金字塔前月亮广场上的一座四方形祭坛上，抬头看去，蓝天白云之下，高达 46 米的塔身显得格外雄伟，外部叠砌的石块上绘有色彩斑斓、带羽毛项圈的蛇头和用玉米芯组成的象征雨

神的许多壁画，让人不由得遥想三千年前古城居民与自然、与神明的互动与共生。

这里的游客比羽蛇神庙的多了很多。原来，当天是当地传统的春分节，许多家庭到金字塔游览祈福。我想，这就是文明的鲜活传承吧，穿过时光的尘埃，经由一代又一代人的血脉，总能感受到一种鲜明的指引，找到一处心的落脚处。这种文明的赓续以不同的形式在这个星球的各处异彩纷呈，交相辉映出人类文明的广袤乐章。而我们的行走，则是努力在有限的生命里去触碰人类文明浩瀚星河里的吉光片羽。



月亮金字塔内有好几层结构，属于不同时期的建筑，塔正面的阶梯直通顶部。200 多级的阶梯很陡峭，而且每一层阶梯倾斜角度都不一样，耐人寻味。无论是上去还是下来的游客都小心翼翼地迈着脚步。急于一览四下风光的我们以最快的速度爬了上去。登上塔顶后，发现这里是一个可容纳数百人的平台，凉风习习，顿觉心旷神怡。平台上挤满了游客，有的在拍照留影，有的和家人坐在一起静静地欣赏着遗址。

俯瞰遗址，风景独好，雄伟壮观的特奥蒂瓦坎尽

收眼底。黄泉大道从脚下向南延伸，黄泉大道两边排列着一些石头建筑物，或许是当年的宫殿。再往左前方看去，太阳金字塔轮廓清晰，规模比月亮金字塔还大。

建于公元 2 世纪、坐东朝西的太阳金字塔，是特奥蒂瓦坎遗址中规模最大的建筑物。金字塔高 65 米，呈梯形，底边边长 225 米，塔体 100 万立方米，分 5 层，正面共有 236 级台阶，可直通塔顶。塔顶曾有一座 10 米高的太阳神庙，是古印第安人祭祀太阳神的地方。我们在塔脚下看到，金字塔外表铺砌和镶嵌着巨大的火山石，石头上雕刻着五彩缤纷的图案。

此时，太阳金字塔的阶梯上，已经是人山人海。为了避免延误中午预订的溶洞特色午餐，大家只能上到第二层就下来。不过，令人欣慰的是，随后在特奥蒂瓦坎遗址后面的溶洞餐厅里，我们享用了牛排仙人掌等墨西哥菜。独具特色的午餐所带来的惊喜，在一定程度上弥补了没有登顶太阳金字塔的遗憾。

失之东隅收之桑榆，未完结的遗憾也许才是世间常态。就像戛然而止的特奥蒂瓦坎城，也许正是突变的谜团成就了它今天让人难以抗拒的吸引力。带着些许的遗憾，继续探索世界文明的旅程，日升月落，步履不停。📷



Mexico City: Sunrise and Moonset, and an Enduring Civilization

► WORDS / YA ZHI PHOTOGRAPHS / YA ZHI, PANORAMA MEDIA LNC., VCG

Mexico, a unique nation, is located in the southern part of North America, but it culturally belongs to Latin America. This is a land of immense charm, with its refreshing and beautiful natural landscapes, deep and enduring cultural heritage, and the warm and vibrant character of the Mexican people leaves a lasting impression ... However, as I wander through it, what I most want to talk about are the Pyramids of the Sun and the Moon. Its magnificent architectural style truly lives up to the phrase "awe-inspiring", and the unsolved mysteries that surround them continue to haunt my thoughts. I believe that perhaps this is the very charm that makes it a UNESCO World Heritage Site and the enigmatic wonder of the world that I've been pursuing in each of my journeys.

We set out from Mexico City in the morning. Teotihuacan, an ancient city, is located 40 kilometers northeast of Mexico City, and the Pyramids of the Sun and the Moon are the main components of this ancient city's ruins. Mexico is one of the central hubs of ancient Indian cultures, where Indians created world-renowned civilizations such as the Maya, Toltec, and Aztec.

This "cultural" essence found in the genes of the city is easily glimpsed on the streets and alleys of the capital, Mexico City. Murals adorn the walls along the streets, and historic buildings and sculptures grace the squares. The most iconic landmarks include the Independence Monument and Constitution Square surrounded by remains of temple from the Aztec Empire era.

As the bus pulled out of the city center, it picked up speed. We finally arrived at the parking lot to the south of Teotihuacan. The path leading to the archaeological site was adorned with vibrant flowers and plants, with cacti standing proudly among them. Cacti are a common sight in Mexico, especially in the countryside. Mexico is also referred to as the "Land of Cacti".

The first attraction we encountered upon entering the site was the Temple of the Feathered Serpent. The Teotihuacan ruins cover an area of over 20 square kilometers. Running north to south through the entire city is a grand avenue called "the Avenue of the Dead", measuring 4 kilometers in length and 45 meters in width. The Temple of the Feathered Serpent is located on the southern side of "the Avenue of the Dead".

This is a temple surrounded by four walls. While



the temple itself has crumbled over time, its base remains and the vividly carved feathered serpent heads can be found on the temple's slope. It's evident that the images of deities once covered the stone walls, and traces of red and green pigments can still be seen on the surface, bearing witness to the former splendor of Teotihuacan. According to historical research, the residents who built Teotihuacan first appeared around 800 BCE. By the city's peak around 450 CE, it had a population of up to 200,000 people. At that time, the city had a thriving agricultural sector, a significant artisan industry, and engaged in active trade with other regions. Teotihuacan was not only the largest city in the Americas at that time but also one of the great metropolises of the world.

However, by the early 8th century CE, this ancient city was suddenly abandoned, becoming

a deserted ruin, and its inhabitants disappeared without a trace. The reason for this dramatic change remains a mystery to this day.

One theory suggests that the city's sudden abandonment and the disappearance of its inhabitants may have been due to an invasion and destruction by the Toltec people, which caused the residents to migrate southward. Another theory posits that an epidemic outbreak



led the inhabitants to migrate north and create the Tula culture. Archaeologists have discovered that beneath the base of the Sun Pyramid lies a natural cave, and within the four chambers at the end of this cave, they found numerous ancient ritual artifacts but no coffins. Therefore, they believe that, unlike the pyramids in Egypt, the Sun Pyramid was not a tomb but rather a place for religious ceremonies.

The two most magnificent attractions within the ancient city ruins are the Moon Pyramid, located at the northern end of the Avenue of the Dead, and the Sun Pyramid on the eastern side.

Despite being mentally prepared, upon entering



the archaeological site, I couldn't help but be awestruck by the magnificent spectacle of the ancient city ruins. All the previous imaginings seemed so pale in comparison to the real-life grandeur before me.

The Moon Pyramid faces south. When you stand on a square altar in front of the pyramid on the Moon Plaza, and look up beneath the blue sky and white clouds, the towering 46-meter-high structure appears particularly majestic. The stacked stone blocks on the exterior are adorned with colorful, feathered serpent heads and numerous murals symbolizing the rain god, composed of corn cobs. It's impossible not to ponder the interactions and coexistence between the ancient city's inhabitants, nature, and the divine that took place here some three thousand years ago.

There were many more tourists here than at the Temple of the Feathered Serpent. It turned out that day was the local traditional Spring Equinox festival, and many families had come to visit the pyramids to seek blessings. I think this is the



living legacy of civilization, where, through the dust of time and the bloodline of generation after generation, one can always feel distinct guidance and find a place for the heart to rest. This continuum of civilization takes on different forms across the planet, creating a diverse symphony of human culture. Our journey is an endeavor to touch the glimmers of human civilization in the vast galaxy of existence within our limited lifetimes.

The Moon Pyramid contains several layers of structures that were built during different periods, and the staircase on the front of the pyramid leads straight to the top. The over 200 steps are steep, and each layer of the staircase has a different angle, adding a fascinating aspect to the climb. Whether ascending or descending, visitors carefully trod their steps. Eager to take in the panoramic views, we climbed as quickly as we could. Upon reaching the top of the pyramid, we discovered a spacious platform that could accommodate hundreds of people. A refreshing breeze swept through the area, and it felt like a moment of serenity. The platform was crowded with visitors, some taking photos while others sitting with their families, quietly appreciating the ancient ruins.

The scenery from above the ruins was truly remarkable, and the grandeur of Teotihuacan laid before our eyes. The Avenue of the Dead extended southward from our feet, with stone structures lining its sides, perhaps remnants of palaces from ancient times. Viewed from the right, the outline of the Sun Pyramid was sharp, and its scale was even larger than that of the Moon Pyramid.



Built in the 2nd century CE and facing east to west, the Sun Pyramid is the largest structure within the Teotihuacan ruins. The pyramid stands at a height of 65 meters, has a trapezoidal shape, a base length of 225 meters, and a volume of 1 million cubic meters. It consists of 5 tiers, with a total of 236 steps on the front side leading directly to the top. At the summit, there once stood a 10-meter-high temple dedicated to the Sun God, serving as a place of worship for ancient Indians. As we stood at the base of the pyramid, we could see that the exterior was adorned with massive volcanic stones intricately carved with colorful patterns.

At this point, the steps of the Sun Pyramid were crowded with people. To avoid delaying our

scheduled lunch in the cave, we could only ascend to the second tier before descending. However, the comforting part was that afterward, in the cave restaurant behind the Teotihuacan ruins, we enjoyed Mexican dishes like steak with cactus. The unique lunch experience, to some extent, made up for not reaching the summit of the Sun Pyramid.

To lose one thing is to gain another; perhaps unfinished regrets are the norm in this world. Just like the abruptly abandoned city of Teotihuacan, maybe it's the mystery of its sudden change that has created the irresistible allure it holds today. With a hint of regret, we continue our journey through the world's civilizations, with the sun rising and setting and our footsteps never ceasing. 