



Welcome to Summer Camp 2019!



北京 BEIJING

北京美食 Famous food in Beijing

The food of Beijing ranges from spectacular imperial dishes to comforting home-style dishes. In this ancient capital and the biggest city in China, you can absolutely find some tasty local dishes. They are usually made with dainty materials and fine procedures. Here we would like to introduce the famous food in Beijing.

北京的美食包括曾经的皇家菜肴和舒适的家常菜肴。北京作为古都，又是中国最大的城市，你绝对可以在北京品尝到美味的当地菜肴。北京的美食通常采用精选食料，结合精细厨艺制成。下面将为大家介绍北京著名美食。

Peking Roast Duck(Beijing kaoya)



Peking Roast Duck is a must-try food in Beijing. The dish is well-known for its tempting shining color, crispy skin and tender meat. The whole

roast duck will be placed in front of guests and sliced into pieces by the chef. The sliced meat will be eaten together with pancakes, cucumber, spring onion and a sweet bean sauce.

北京烤鸭是一道不容错过的美食。这道菜以其诱人的闪亮色彩，脆皮和嫩肉而闻名。整个烤鸭将放在客人面前，再由主厨把肉从烤鸭身上片下。切好的肉可与薄煎饼，黄瓜，葱和甜豆酱一起食用。

Zhajiang Noodles(Zhajiang mian)



Zhajiang Noodles, or Zhajiang mian, is a popular noodle dish in Beijing. The dish is made with hand-pulled wheat noodles served with shredded cucumber bean sprouts, bright radish, and soybeans and bean sauce.

炸酱面是北京最受欢迎的面条。这道菜是用手拉的小麦面条制成的，配上切碎的黄瓜豆芽，鲜萝卜，大豆和豆沙一起食用。

Instant Boiled Mutton(Shuan yangrou)



Instant Boiled Mutton is a famous Beijing hotpot dish which dates back to the Yuan Dynasty and it is different from hot pot in other areas since mutton is the only main meat used in the dish. Sliced mutton will be put in a hotpot and boiled in soup. It is usually served with sesame sauce, preserved bean curd, leek flower and sliced spring onion.

涮羊肉是一种流行于北京及其周边地区的传统美食，可追溯至元代。涮羊肉不同于一般火锅，因食材主要以羊肉为主，故而得名涮羊肉。可以追溯到元朝。将切好的羊肉放入火锅中煮好，通常配芝麻酱，腌制豆腐，韭菜花和切片的葱食用。

Mung Bean Milk (Douzhier)



Mung bean milk is actually a by-product while making Mung bean starch or noodles. It is a traditional soup with a distinctive flavor in Beijing. The soup is grayish green, mellow, sour and slightly sweet. Local Beijing citizens have a special preference for it. But some people don't like it either due to the sour smell.

豆汁儿其实是制作绿豆淀粉或面条的副产品。这是一种风味独特的传统汤。汤是灰绿色，醇厚，酸，微甜。当地的北京市民特别喜欢它。但是有些人不喜欢它，因为它闻起来很酸。

Filled sausage(Guanchang)



Guan Chang (or Filled sausage) is a popular snack for native Beijing people. Flour or starch is mixed with some spices and then stuffed into prepared pigs' intestines. The sausage is then boiled and cut into pieces to be fried. It usually served with mashed garlic sauce.

炸灌肠是北京本地人的热门小吃。将面粉或淀粉与一些香料混合，塞入备好的猪肠中。然后将香肠煮沸并切成片以进行煎炸。它通常配有捣碎的蒜酱。

Bao Du



Bao Du (Boiled Lamb Tripe) is a famous local snack in Beijing. This halal food is made of lamb tripe. Fresh lamb tripe is cleaned, cut into pieces and then cooked in boiling water or fried. It is often served with sesame sauce, vinegar, chili oil, soy sauce, spring onion and other seasonings.

爆肚（煮熟的羊肚）是北京著名的本地小吃。这种清真食物由羊肚制成。将新鲜的羊肚切成小块，切成片，根据制作方法有水煮、油炸等。它通常配芝麻酱，醋，辣椒油，酱油，葱和其他调味料一起食用。

Rolling Donkey(Lv da gun)



As one of the old special Beijing street food in this city, it is sweet and glutinous with a strong taste of soybean flour. The ingredients include rhubarb rice flour, sweetened bean paste, white sugar, sesame oil, sweet osmanthus and nuts. Literally, the Chinese name means a donkey rolls on the ground, which vividly describes the process of rolling the stuffed rolls in bean flour.

驴打滚是特色北京街头美食之一，它的味道甜美，糯米味道浓郁。成分包括大黄米粉，甜豆沙，白糖，芝麻油，桂花和坚果。从字面上看，中文名字意味着驴在地上滚动，生动地描述了在豆粉中滚动馅卷的过程。

Fried-pouch Roll(Dalian huoshao)



It is a pouch-shaped crispy-skinned roll filled with different fillings, including traditional taste of pork with scallion, pork with leek and pork with fennel, etc. Its Chinese name means pouch in the ancient China due to the shape of the food. It is one of a popular Beijing street food in this city with cheap price. If you like pan-fried dumplings, you might also love this.

褡裢火烧是一个袋状的脆皮卷，里面装满了不同的馅料，通常有猪肉和葱的传统口味，韭菜猪肉和茴香猪肉等。食物形状因似古时的褡裢因而得名。与价格合理，是北京最受欢迎的小吃之一。如果你喜欢煎饺，你可能也喜欢这个。

Tanghulu



Tanghulu also called bingtanghulu, is a traditional Chinese snack of candied *Crataegus pinnatifida*, also known as mountain hawthorn or Chinese haw. Coated in sugary hardened syrup, tasted sweet and sour, tanghulu is a very popular treat in Northern China.

糖葫芦又叫冰糖葫芦，是由蜜饯山楂制成的中国传统小吃。糖葫芦的表层包裹着糖浆，味道酸甜，在北方地区非常流行。

颐和园 The Summer Palace

Natural Features 自然概况

The Summer Palace is located on the western edge of Beijing, between the fourth and fifth ring roads, close to the western hills, 10km from central Beijing — It is the largest and best-preserved imperial garden in

China. Its Chinese name , Yi He Yuan , translates as 'Garden for Maintaining Health and Harmony'.

颐和园位于北京西郊，在四环和五环之间，紧挨西山，距北京市中心 12 公里）

颐和园是中国最大的皇家园林。其汉语意思为“颐养和谐之园”。



As its name implies, the Summer Palace was used as a summer residence by China's imperial rulers--as a retreat from the main imperial palace now known as the Palace Museum or Forbidden City--a pleasureground in the countryside, yet near to the city.

颐和园的英文名称"Summer Palace"（夏天的宫殿）意思是这里是皇帝在夏天的居住之地——一个离城不远、位与乡村的、供帝王后妃们逍遥游乐的紫禁城。

The gardens that became the Summer Palace date from the Jin Dynasty (1115 — 1234).Later, the Mongol Emperor Kublai Khan(Yuan Dynasty, 1279-1368), who wanted to improve Beijing's water supply, ordered the construction of canals to transport water from the Western Hills to the Summer Palace. He also enlarged the lake(today's Kun Ming Lake)to act as a reservoir.

早在金代(1115 — 1234),颐和园就已经开始成为花园随后,元朝(1279~1368)的忽必烈又改进北京的水系统,开挖运河把西山的水引到颐和园,他还扩建了昆明湖作为蓄水池。

In 1750, Emperor Qian Long(1736 — 1796)of the Qing Dynasty(1644 — 1911) added substantially to the gardens of the Summer Palace. His



appointed designers reproduced the styles of various palaces and gardens from around China. Kun Ming Lake was extended to imitate the West Lake in Hangzhou.

1750 年，清朝(1644-1911)的乾隆皇帝再接再厉，把这个花园修建成了皇家园林。他让设计师们复制中国的各种园林风格汇集于此。昆明湖就是模仿杭州西湖而造的。

In 1860, the Anglo-French Allied Forces invaded Beijing and set fire to many of the buildings within the Summer Palace.

1860 年，英法联军侵略北京，纵火烧毁了这里的大部分建筑。

In 1886,Dowager Empress Ci Xi, with embezzled funds from the Imperial Navy, restored the grand gardens. The reconstruction and enlargement of the Summer Palace continued for ten years. After completion,she renamed the gardens 'Yi He Yuan'(Garden of Peace andHarmony)

1886 年，慈禧太后挪用海军经费重建并扩建了这些花园，工程持续 10 年之久，完 1 年后她将其改名为颐和园(颐养和谐之园)。

In 1889, the Empress Dowager Ci Xi moved her administration to the renovated Yi He Yuan and the gardens that had long been an imperial pleasure ground became the primary Summer Palace.

1889 年，慈禧连同她的行政部门一起搬到修复一新的颐和园。从此，颐和园变成了首要的皇家夏日游乐场所。

A full-scale restoration began in 1903, and today's Summer Palace is more or less the same as the palace rebuilt from then.

1903 年，慈禧逃亡返回北京后，又对颐和园做了全方位的修复今天的颐和园与修复后的颐和园大致相似。

After the success of the 1911 Revolution, the Summer Palace was opened to the public. Then, after the last Qing Emperor Pu Yi was thrown out of the Palaces in 1924, the Summer Palace was turned into a park. The Summer Palace has become a popular and relaxing destination for both domestic and international tourists now.

1911 年革命成功后，颐和园开始对一外开放。不过，颐和园成为真正的公园是 1924 年清朝的末代空帝被赶出宫殿之后。如今，颐和园已成为中外游人喜欢游玩的好去处。 The Summer Palace was designated a World Heritage site by UNESCO in 1998. 1998 年，颐和园被联合国教科义组织列入《世界遗产名录》。



Special Mention

特别提醒

The palace is the largest and the best-preserved royal garden in the world with the richest cultural connotation, hence it is honored as a the museum of royal gardens. Its general layout makes full use of the hill and the lake, together with the borrowed views from the peaks of the west mountain, which brings about infinite scenery variations with exceeding beauty. The buildings in the palace are the architectural cream from all parts of China. The administrative and residential areas in the east of the palace are typical of the quadrangle in northern China, where the enclosed courtyards are connected by various roofed causeways. The lake area in its south, however, is an imitation of West Lake of Hangzhou, where a dyke divides the lake in two, thus giving it an obvious touch of southern China landscape. On the north side of Longevity Hill, the scene is that of Tibetan masonry, where stand white pagodas and buildings like blockhouses. And in north, the Suzhou Market Street, with all kinds of shops and its crisscrossing water courses, is again in the style of the waterscape in southern China. “

颐和园是世界上建筑规模最大，保存最完整，文化内涵最丰富的皇家御苑，被誉为皇家园林博物馆。全园以山湖形式巧做安排，以西山群峰借景，使园内景色变幻无穷，美不胜收。园内建筑吸收了中国各地建筑的精华。东部的宫殿区和内廷区，是典型的北方四合院风格。一个个封闭的院落山游廊连通；南部的湖泊区是仿杭州西湖景色，一道西堤把湖泊一分为二，具有一浓郁的江南情调；万寿山的北面，是典型的西藏喇嘛庙宇风格，有白塔及城堡式建筑，北部的苏州街，店铺林立，水道纵横，又是典型的江南水乡风格。

Major Scenic Sites 主要景点

Hall of Benevolence and Longevity Area 仁寿殿景区

East Palace Gate 东宫门 Hall of Benevolence and Longevity 仁寿殿 Hall of Jade Billows 玉澜堂 Hall of Joyful Longevity 乐寿堂 Garden of Virtue and Harmony 德和园

Kunming Lake Area 昆明湖景区

Kunming Lake 昆明湖 Pavilion of Flourishing Culture 文昌阁 Seventeen-arch Bridge 十七孔桥 Pavilion of Broad View 廓如亭 Penglai Isle: Shrine for Universal Blessing Rain 蓬莱岛: 广润灵雨祠 Six Bridges of West Dyke: Tower of Bright Scene 西堤六桥: 景明楼

Long Gallery Area 长廊景区

Long Gallery 长廊 Hall of Oriole Singing 听鹧馆 Clear and Calm Boat 清晏舫

Longevity Hill Area 万寿山景区

Hall of Dispelling Clouds 排云殿 Tower of Buddhist Incense 佛香阁

Prayer Wheel Repository 转轮藏 Treasure Cloud Pavilion 宝云阁 Sea of

Wisdom 智慧海 Pavilion of Great Happiness 景福阁 Garden of

Harmonious Interests 谐趣园 Rambling in Picture 画中游 Four

Continents 四大部洲 Suzhou Market Street 苏州街

Other Attractions Around the Place 周边名胜

Beijing arboretum 北京植物园 Fragrant Hills 香山

Yuanmingyuan Park 圆明园

故宫（紫禁城）The Forbidden City

北京是一座千年古都，其建筑布局保留着最典型的中国古代城市特征：方正的、围绕一个中心点呈环型分布。每一个初到北京的人对这里笔直的大马路都会有一种强烈的感觉，而当你从高空俯瞰北京城时，就能更深切地体会到它的雍容华贵。



位于城市中心的的就是著名的紫禁城——故宫，整个城市以一条自南而北长达 7.5 公里的中轴线为骨干，这条中轴线从永定门开始经正阳门到天安门，从天安门往北，进入紫禁城，从神武门出皇宫便是皇家园林景山，后到地安门，最后到钟楼、

鼓楼。在这条线南端 两侧修有天坛和先农坛，中部两侧有太庙和社稷坛。



北京的现代城市建设也基本依照这一原则，虽然有了五条环路，但城市中心仍然未变。

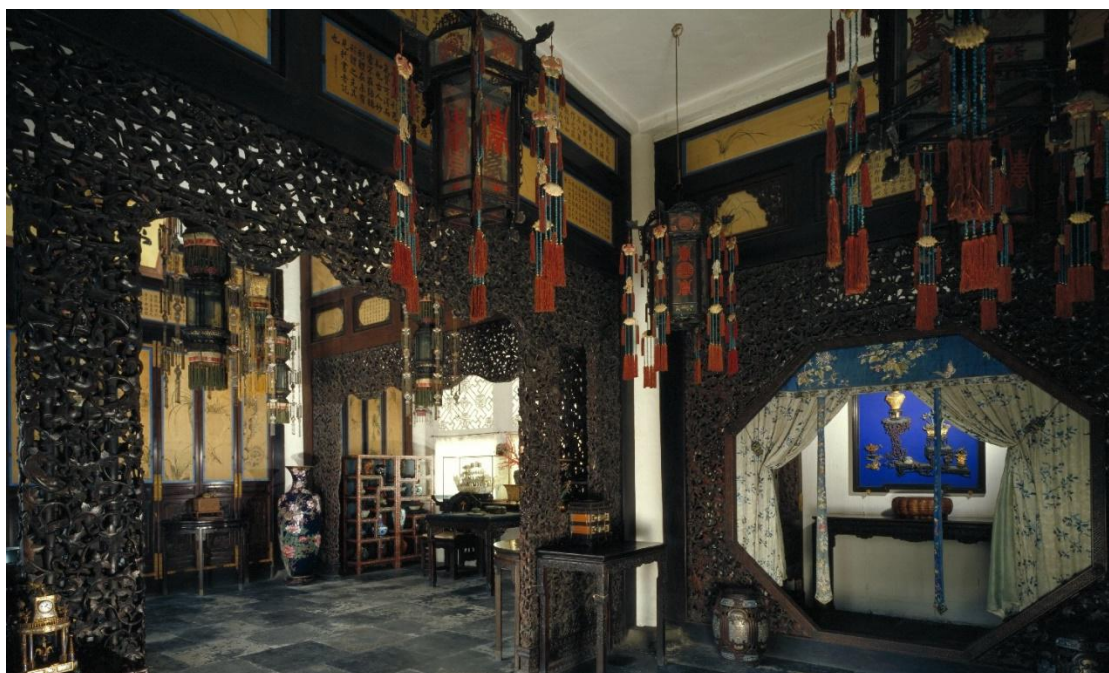


Beijing is an ancient capital. Its construction and layout retains the most typical characteristics of old Chinese cities, including a square shape with a core fanning out outwards. Everyone arriving in Beijing will have a strong feeling about the straight roads, and when looking over the city

from the air one can see this characteristic even more clearly.



In the centre of the city is Gugong, the famous Forbidden City. The backbone of the whole city is a central north-south axis 7.5 km in length. This axis begins from the Yongding Gate via Zhengyang Gate to the Tiananmen Square, then from Tiananmen to the north into the Forbidden City, (outside of which via the Shenwu Gate is the royal garden Jingshan Mount), then to the Di'an Gate, and finally to the Zhonglou (the clock tower) and Gulou (the drum tower). The Temple of Heaven and the Altar of the God of Agriculture are at the southern end, while the Imperial Ancestral Temple and the Altar of Land and Grain are built on the both sides of the middle. Beijing's modern urban construction is basically in accordance with this principle, and although there are five loops, the city centre is still unchanged.



八达岭长城 Badaling Great Wall

长城，又称万里长城，是中国古代的军事防御工程，以保护中国各地免受欧亚草原各游牧群体的袭击和入侵。早在公元前 7 世纪就建造了一些城墙;后来这些城墙被联接起来统称为长城。其中有名的是中国第一位皇帝秦始皇于公元前 220-206 年建造的城墙，至今只有很有一部分存世。长城在各个朝代都得到了重建维护和增强;现存的大部分城墙都是明朝（1368-1644）时重建的。北京八达岭长城是保存最完整，最完整的一部分长城。

The Great Wall, also known as the Wàn-Lǐ Great Wall, is a military defense project in ancient China to protect the Chinese states and empires against the raids and invasions of the various nomadic groups of the Eurasian Steppe. Several walls were being built as early as the 7th century BC; these walls later joined together , which are collectively referred to as the Great Wall. Especially famous is the wall built in 220 - 206 BC by Qin Shi Huang, the first Emperor of China. Little of that wall remains. The Great Wall has been rebuilt, maintained, and enhanced over various dynasties; the majority of the existing wall is from the Ming

Dynasty (1368 - 1644). Badaling Great Wall in Beijing is the best-preserved and most complete section.

八达岭长城位于北京市中心西北约 43 英里（70 公里）处。这一段的总长度为 7.5 英里（12 公里），有 43 个瞭望塔。但只有 2.3 英里（3.74 公里）的城墙和 19 个瞭望塔已经修复并向游客开



放。八达岭长城的墙壁平均高约 26 英尺（7.8 米），宽 20 英尺（6 米），可允许五匹马同时疾驰或十名士兵并排前进。

Badaling Great Wall is about 43 miles (70 kilometers) northwest of central Beijing. The total length of this section is 7.5 miles (12 kilometers) with 43 watchtowers, however only 2.3 miles (3.74 kilometers) and 19 watchtowers have been restored and opened to visitors. In this section the wall averages about 26 feet (7.8 meters) tall, and 20 feet (6 meters) wide, which would allow five horses to gallop or ten soldiers to march abreast.

它由巨大的石块和砖块构成。为了稳固城墙，其内部填满了夯土和小石头。墙上还有许多洞用来射箭和观察敌人。瞭望塔是为了让士兵休息，发送消息，观察敌人和储存物资而建造的。

It is built of huge bar-stones and bricks. The interior of the wall was stuffed with rammed earth and small stones to make it firm and solid. A number of holes have been drilled in the wall to shoot arrows and to watch enemies. The watchtowers were built to accommodate soldiers, send messages, observe the enemy, and store supplies.

这里有一块石碑，上面刻着“不到长城非好汉”，是毛泽东一首诗歌中的名言，意思是“He Who Has



Never Been to the Great Wall Is Not a True Man”。八达岭长城的最高点叫做“好汉坡”（Hǎohàn Pō）。

This section has a stone engraved with "不到长城非好汉", a famous line from one of Mao Zedong's poems. It means "He Who Has Never Been to the Great Wall Is Not a True Man". The highest point of this section is called 'Good Man Slope' (好汉坡 Hǎohàn Pō).

1987 年 12 月，长城被联合国教科文组织列入世界遗产名录。它吸引了数以千万计的海内外游客。370 多名外国领导人和名人来此参观过，其中包括前美国总统尼克松、里根、卡特和布什，英国女王伊丽莎白二世及前南非总统曼德拉。

In December 1987, the Great Wall was placed on the World Heritage List by UNESCO. It has drawn tens of millions of tourists both from home and abroad. More than 370 foreign leaders and celebrities have visited it, including former US presidents Nixon, Reagan, Carter, and George W Bush, Queen Elizabeth II of UK, and former South Africa president Mandela.



贵州 GUIZHOU

贵州美食

Guizhou Cuisine

In addition to the beautiful scenery of Guizhou, what is more unforgettable is the unique food.

Today, let me recommend some delicious food with Guizhou characteristics to you!

贵州除了拥有山水的秀丽外，更让人难忘的是独具特色的美食~
今天，就由我来为大家推荐几道具有贵州特色的美食吧！



贵州美食特色:鲜嫩, 喷香, 滑润, 爽口, 回味。

让人一次品尝, 终身回味。 俗话说:“四川人不怕辣, 贵州人怕不辣”。贵州人喜食辣的程度非同一般。贵州的风味小吃以“香辣”、“酸辣”著称, 不仅辣香醇厚、味美可口, 而且色泽艳丽、造型优美。当然也有不辣的。

Guizhou cuisine: fresh and tender, fragrant, smooth, refreshing, aftertaste. Let a person taste, lifelong aftertaste. As the saying goes, "Sichuan people are not afraid of spicy, Guizhou people are afraid of not spicy." Guizhou people like spicy food to an unusual degree. Guizhou's flavor snack is famous for its "spicy", "sour and hot", not only spicy mellow, delicious taste, but also bright color and beautiful shape. Of course, there are some that are not spicy.



1. 贵州烤鱼 (Guizhou Grilled Fish)

The reason why it is special is that the fish used is Zhangjiang unique wild fish, fresh meat tender, with the flavor of Guizhou seasoning, roasted a special coke flavor, let people passing by can not help but salivate.

之所以特殊是因为所用的鱼是漳江特有的野生鱼，味鲜肉嫩，配上贵州口味的调料，烤出特有的焦香味，让路过的人不禁垂涎三尺。



2. 肠旺面 (Changwang Noodles)

Changwang Noodles is a famous snack of Han nationality in Guiyang city. It is famous for its "three unique" colors, fragrances and tastes. It has the characteristics of tender blood, crispy noodles, spicy fragrance, fresh flavor and taste of soup, as well as red but not spicy, oil but not greasy, and crispy but not raw.

肠旺面是贵阳市极负盛名的一种汉族风味小吃。有山西刀削面的刀法，拉州拉面的劲道，四川担担面的滋润，武汉热汗面的醇香，以色、香、味“三绝”而著名，具有血嫩，面脆，辣香，汤鲜的风味和口感，以及红而不辣，油而不腻，脆而不生的特点。



3. 恋爱豆腐果 (Love Beancurd Fruit)

Love Bean Curd Fruit is not fruit. It is made of white bean curd cut into small square pieces, fermented with appropriate amount of alkaline water, baked on a piece of eye iron and filled. The stall that manages bean curd fruit spreads Guiyang street lane now, you can taste everywhere.

恋爱豆腐果属于黔菜系。它由切成长方形小块的白豆腐，经适量碱水发酵后，放在有眼铁片上烤制并填料而成的。现经营豆腐果的摊子遍布贵阳大街小巷，随处可尝到。



4. 荞凉粉 (Buckwheat Bean Jelly)

Buckwheat Bean Jelly is the favorite snack of Anshun residents, especially young men and girls. It is made from buckwheat flour and then poured with fermented bean curd, red oil, fried soybeans and crispy peanuts. Eat a bite, spicy with strong cold, very exciting taste.

荞凉粉是安顺居民、尤其是少男少女最宠爱的小食。它是以荞麦磨浆熬制后做成，浇以腐乳、红油、炸黄豆、脆花生等后搅拌食用。吃一口香辣浓冽，极富刺激。

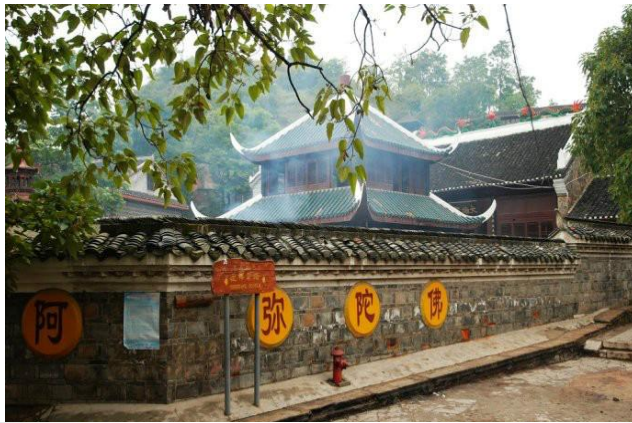


青岩古镇 Qingyan Ancient Town

青岩古镇是贵州省著名的历史文化名镇，形成于明洪武年年间，历明清两代，迄今 6 百余年年。历史悠久，人文荟萃，文化氛围极为浓郁。因附近多青色岩峰而得名，古为屯田驻兵之地。位于贵阳市南郊，距市区约 29 公里里里，距花溪南 12 公里处。它是贵州四大古镇（青岩、镇远、丙安、隆里）之一，始建于明洪武十年年（1378 年年），至至今已有六百多年年历史。古镇内设计精巧、工艺精湛的明清古建筑交错密布，寺庙、楼阁画栋雕梁梁、飞角重檐相间。悠悠古韵，被誉为中国最具魅力小镇之一。古镇的建筑依山就势，布局合理理，石

雕、木雕、工艺精湛，蕴含着许多神话传说和浓郁的地方特色，令人叹为观止。

It was first built in 1378 (the 11th year of Hongwu of the Ming Dynasty), and nowadays Qingyan Ancient Town is a famous cultural town in Chinese history. Historically, Qingyan Ancient Town was a traffic lane and also a strategically vital position. Originally Qingyan Ancient Town was just a soil city wall. The city wall gradually turned into a stone town with streets and alleys interlacing after being repaired and expanded for several times. The gate tower reaches to the sky, and the city wall wriggles. In the town, there are streets and alleys interlacing and peaceful flagstone walkway, and the old buildings elaborately designed during the Ming and Qing Dynasty intersect with each other.



慈云寺
CIYUN TEMPLE

定广门
DINGGUANG CATEWAY

青岩史记

青岩城为满足军事需要而修建，古为屯田驻兵之地，素有“茶马古道”“南部要塞”之称。

Historical Record

The construction of the city to meet the military needs of Qingyan, the ancient dynasty unmanning land, known as the "tea horse road".



青岩文化

青岩古镇历史悠久，人文荟萃。著名诗人、状元，以及抗日时期革命战士曾居于此。

Historical culture

Qingyan ancient town has a long history, gathering of talents. Famous poet, scholar, and the Anti Japanese revolutionary fighters has lived in this place.





饮食传统

状元蹄、豆腐果、泡豆腐、鸡辣角角等美食 营养丰富、食法多样，是青岩的著名小吃。

Traditional food

The champion shoes, bean curd tofu, spicy chicken, bubble angle delicacy of rich nutrition, variety of food law, is a famous snack of Qingyan.

青岩民俗

古镇历来有“正月十五跳花灯”的传统，舞龙也是青岩人极其喜爱的自娱方式

Folk custom

The town has always been a "the fifteen Lantern Dance" tradition, the dragon is also extremely popular with the way of Qingyan



花溪国家城市湿地公园 Huaxi National Urban Wetland Park

贵阳花溪国家城市湿地公园是贵州省首个国家城市湿地公园，平均海拔 1140M，年平均气温 14.9℃，冬无严寒，夏无酷暑，气候温和湿润，空气清新宜人，具有生态“大氧吧”、天然“大空调”的美称。

Guiyang Huaxi National Urban Wetland Park is the first national urban wetland park in Guizhou Province with an average elevation of 1140M and an average annual temperature of 14.9°C. Summer without heat and winter without freezing, here is mild and humid climate,

fresh and pleasant air, enjoying the reputation of being a “big oxygen bar” and natural “big air condition” .



面积为 4.6 平方千米。以花溪河为纽带，串联起十里河滩、花溪公园、洛平至平桥观光农业带三个景区，是全国罕见的城市湿地。在环境上它属于亚热带湿润气候下的高原岩溶丘陵区，是以喀斯特地貌为特征的城市湿地公园，其独特的地理位置和地质结构形成丰富多样的风景地貌资源。

The area is 4.6 square kilometers. Taking the Huaxi River as a link, the three scenic spots of Shili river Beach, Huaxi Park and Luoping-Pingqiao sightseeing agriculture belt are connected in series, which is a rare urban wetland in China. In the environment, it belongs to the plateau karst hilly area under the subtropical humid climate. It is an urban wetland park

characterized by karst landforms. Its unique geographical location and geological structure form rich and diverse landscape and landform resources.



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黄果树瀑布——Huangguoshu Waterfall

黄果树瀑布宽 101 米，高 78 米，不仅是中国的第一大瀑布，也是亚洲最大的瀑布。黄果树瀑布位于镇宁布依族白水河和苗族少数民族自治县。1982 年，经中华人民共和国国务院批准，黄果树瀑布被列为国家重点风景名胜区。

Huangguoshu Waterfall is 101 meters wide and drops for 78 meters high, not just the first fall in China, as well as the largest water fall in Asia. Huangguoshu Waterfall is located on the Baishui River (白水河) at Zhenning Buyi and Miao Ethnic Minority Autonomous (镇宁布依族苗族自治县). In 1982, the People's Republic of China State Council approved, Huangguoshu Fall have been listed as a national key scenic spots.



它是全世界唯一一个可以从前后左右上下 6 个不同的位置观赏的瀑布。早在明朝，300 多年前，古代著名旅行家徐霞客就已经对黄果树瀑布进行描述，这也是中国历史上第一次对黄果树瀑布进行详细的描述。

It is only waterfall that can be appreciated from 6 different positions. As early as in the Ming Dynasty, more than 300 years ago, ancient famous traveler Xuxiake has described on Huangguoshu Fall, which is also the first detailed description on Huangguoshu Fall in Chinese history.



它是唯一一个带有水帘洞的瀑布，6个洞穴位于瀑布后面40至47米高处。您可以欣赏奔流而下的水景，可以清楚地听到瀑布的声音，就像是气势磅礴的音乐。如果伸展双臂，便可触摸瀑布。穿过第四个洞穴、也是最高的洞穴，你可以看到花果山的绿色山坡，这是神话小说西游记中美猴王的家乡。

It is the only waterfall with a Water-Curtain Cave (水帘洞), the cave is 40 to 47 meters high behind the waterfall, in which there are 6 caves. You can enjoy the scene of the water flowing down. You can clearly hear the noise of the waterfall, which sounds like a massive music to ears. You can touch the waterfall if you stretch your arms. Through the fourth cave, which is also the highest one, you can see the green slope of Huaguoshan Mountain (花果

山), which is Monkey King's hometown in mythical novel named The Journey to the West.



西江千户苗寨 **Xijiang Qianhu Miao Village**

西江千户苗寨位于东北部的雷公山麓, 距离黔东南州州府凯里 36 千米, 距离省会贵阳市约 200 千米。

Located on the northeast side of Leigong Hill, Xijiang Qianhu Miao Village is about 36 km away from Kailicity; the capital of Qiandongnan, and about 200 km from Guiyang City; the capital city of Guizhou Province.



作为世界上苗族最大的聚集地，西江镇有大约 10 个自然苗族村落，苗族文化保存最完好。根据最新统计，大约有 1,288 个家庭，总人口约 6000 人。 99.5% 的当地人是苗族。

Being the largest gathering place of the Miao in China and even the world, about ten natural Miao ethnic villages exist in Xijiang Town and the Miao culture is best preserved in this area. According to the latest statistics, there are about 1,288 families with a total population of around 6,000 people living there. 99.5% of the local people are Miao nationality.

在西江千户苗寨，沿山而建了一层层紧密相连的木房。白水河流淌在山脚之下。风雨桥连接两岸。在白天，木房在阳光下闪耀着光泽。到了晚上，炊烟袅袅就像给山腰周围系了一条白色腰带。

In Xijiang Qianhu Miao Village, layer upon layer of closely connected wooden-stilted houses are built along the contour of the hill with the Baishui River passing through the bottom of the mountain. Wind-rain bridges connect the banks of the river. During the day the sunlight makes the red wood board shine brightly, and in the evening, smoke from the chimneys

spirals, forming a white belt around the mountain's waist.



特色看点 Things to see in the village

歌舞表演：村里人能歌善舞，即使是老者也毫不逊色。每天的表演时间略有不同，因此建议先确认时间表。

The Singing and Dancing Show: The Old Songs of Miao Nationality sung by seniors in the village is excellent. The exact performance time is a little different everyday, so it is suggested to confirm the schedule when you are there.



体验当地生活：如果想要体验原始的苗族生活，最好的方法就在这里信步游玩。在木屋和曲径通幽的小巷漫步，欣赏并融入当地人的生活。在这里，你可以亲眼看见梯田，当地人是如何耕田种地。

Original Lifestyle of Miao Nationality: If one wants to appreciate the local life, wandering around maybe the best way. Roaming around the wooden-stilted houses and twisting lanes, travelers can see and absorb the authentic local life. Around Xijiang Qianhu Miao Village, one can see the terrace and appreciate how locals work on the farms.



1. 全景：观看西江千户苗寨全景的最佳地点就是观光平台。那里是游客拍照打卡的地点。如果你也想当个“苗族人”，可以租传统服装，体验一把。在平台上观看夜景是最美妙的事情。千家万户的灯在黑夜中闪烁，更添了一份迷人的色彩。西江千户苗寨夜景非常值得一看

The Panorama of the Village: The best place to see the panorama of Xijiang Qianhu Miao Village is the Sightseeing Platform. Many visitors like to take photos from here. One can even rent a traditional costume of the Miao people if you are interested. Viewing the night scene on the platform is the most wonderful thing. The lamps of different houses twinkling in the dark make the night bewitching. It is really worth seeing.



四川 SICHUAN

Sichuan Cuisine: Red and Hot

Sichuan Province is a large basin with an excellent geographical location, called Bashu in ancient times. A beautiful place with rich outputs, Sichuan has always enjoyed its praising reputation as a ‘nature's storehouse’. Sichuan cuisine has already been famous in the Han and Tang Dynasties. The poet Du Fu in Tang Dynasty once wrote in his poem: “With green bamboo greeting the boat, the river fish becomes the daily cuisine”, representing the diverse Sichuan cuisine.

四川古称巴蜀，巴山蜀水，美不胜收，物产充裕，素有“天府之国”之美称。“川味”在汉唐时期就已名扬天下，唐代诗人杜甫有“青青竹笋迎船入，日日江鱼入馔来”的诗句，生动形象地描绘了川菜丰富多样。

China is renowned for great dishes, while Sichuan is renowned for great flavor. The feature of Sichuan cuisine lies in its special flavor. The number of its complex flavors is quite a lot. The commonly used types are salty fresh, sweet and salty, fish-flavored, bean paste, homemade, hot pepper oil, tongue-numbing spicy, special spicy, garlic spread, hot and sour, etc. Among them, fish-flavored, homemade and special spicy flavors are very unique here. Local seasonings are very distinctive, including Sichuan salt, Sichuan pepper, Pixian county bean paste, Kuan-chung Baoning vinegar, Xinfan pickles. Third, the Sichuan cuisine is unique for its various cooking methods. There are over 30 commonly used cooking methods. These dishes have their distinctive features and been very popular both home and abroad.

食在中国，味在四川。川菜之美在于味。川菜地复合味型颇多，常用的味型有咸鲜、咸甜、鱼香、豆瓣、家常、红油、椒麻、怪味、蒜泥、酸辣等二十多种，其中，鱼香、家常、怪味为川菜独有。川菜的地方调味料也极具特色，川盐、川椒、郫县豆瓣、关中保宁醋、新繁泡菜等独具特色。川菜之所以如此美味是因为其独特的烹调方法，川菜常用的烹调方法有三十多种，特色鲜明，菜式大众化，遍及海内外，广受欢迎。



Sichuan-style hot pot and Sichuan-style spicy dishes are the most representative among Sichuan cuisines. They can be found in restaurants around the city, attracting people with their unique charm. Sichuan-style hot pot is very popular because of the hot soup base with unique recipe. There are over 10 kinds of seasonings, including butter, Pixian bean paste, white wine, fermented glutinous rice, hot pepper, ginger, garlic, prickly ash, lobster sauce, rock sugar, chili powder, green onion, etc. and over a dozen aromatic ingredients like ginkgo, Caoguo, clove, vanilla, etc. Raw materials for the hot pot include both meat and vegetables and are made by strict processing rules. There are red broth (spicy), white broth (not spicy), and half red and half white broth. Diners can choose whatever they like. Hot pot has become a cultural symbol of Sichuan. The beautifully decorated hot pot restaurants in the street, the small hot pot restaurants alongside the alley, the red desks and red chairs together with the hot pot flavor have become an attractive scenery in Sichuan.

在川菜中，川式火锅、川式辣味最富有代表性，川锅遍布于各地市肆酒家中，以其独特的魅力吸引食客，人们为之“乐吃不疲”，陶醉其中。川式火锅之所以广受欢迎，是因为其独特的底汤，这种底汤由牛油、郫县豆瓣、白酒、醪糟、糍粑辣椒、生姜、大蒜、花椒、豆豉、冰糖、辣椒面、大葱等十几种食材构成，调香料有白果、草果、丁香、香草等十几味，制汤原料荤素兼备，经严格的加工工艺制成，有红汤（毛肚火锅）、白汤（清汤火锅）之分，还有合而一锅的“鸳鸯火锅”，任客自便。而今火锅已经成为四川食文化的一个鲜明代表。从大街上精心装修的火锅店，到小巷里一家挨一家的“麻辣烫”小火锅店，红桌红凳，火锅飘香，宛如一道亮丽的风景。



宽窄巷子 Kuan & Zhai Alley

Being in the list of Chengdu Historical and Cultural Protection Project, Kuan & Zhai Alley historical & cultural district consists of Kuan Lane, Zhai Lane and Jing Lane, which are in parallel arrays running from east to west with a group of quadrangles. It is one of the three major historical & cultural conservation areas in Chengdu, it is not only the last relic of the city pattern of "thousand-year-old young city" and the one-hundred-year original architectural structure of old Chengdu, but also the only existing copy in southern China from the lane (Hutong) culture and architectural style of northern China. According to the plan, the control area is 479mu (1mu=1/15 hectare), in which the kernel conservation area covers 108 mu.

宽窄巷子历史文化片区，由宽巷子、窄巷子和井巷子三条平行排列的老式街道及其之间的四合院落群组成。规划面积 479 亩，中核心保护区 108 亩。该区域是我市三大历史文化保护区之一，上世纪 80 年代列入《成都历史文化名城保护规划》。它是老成都“千年少城”城市格局和百年原真建筑格局的最后遗存，也是北方的胡同文化和建筑风格在南方的“孤本”。



宽巷子 Kuan Alley

The alley was known as Xingren Hutong in the Qing Dynasty and renamed Wide Alley later. The alley has the greatest number of most complete ancient architectures in the entire block. Most of the more than 20 characteristic compounds have maintained the facades from the old times that bring out a nostalgic touch, making the place the most popular in the block.

小巷在清代被称为兴仁胡同，后来改名为宽巷子。胡同拥有整个街区中最完整的古建筑数量。超过 20 种特色的建筑物都还保留了旧时风貌，带来怀旧的触感，使这个地方颇受欢迎。



窄巷子 Zhai Alley

The alley was known as Taiping (Peace) Hutong in the Qing Dynasty and later renamed Narrow Alley. The settlement of Qing troops brought hopes to the people of Chengdu suffering from chaos of the war. The naming of the alley as Peace Hutong thus represented the aspiration for a beautiful life. Today, the Narrow Alley is home to both local architectures from late Qing Dynasty and early Republic of China period, and architectures built in western styles. Elegance and taste tell the story

of the alley and could best represent the aesthetics of the alley. The main functions at the Narrow Alley today are western food restaurants, cafes, clubs and theme culture businesses that together create a destination for leisurely life anchored on western cuisines, artistic recreation and wellness life.

小巷在清代被称为太平（和平）胡同，后来改名为窄巷子。清军的解决给成都人民带来了战争混乱的希望。因此，以“和平”命名代表了人们对美好生活的希冀。今天，窄 25.4



武侯祠 Wuhou Temple

武侯祠,位于成都南郊,是中国纪念诸葛亮最著名和最具影响力的寺庙。诸葛亮是中国著名的历史人物之一,三国时期他是蜀国皇帝刘备(161-223)的名臣和军事战略家,因此这座寺庙纪念诸葛亮的同时也纪念着皇帝刘备。武侯祠始建于清朝 1672 年,由于诸葛亮被封“武乡侯”的称号,这座寺庙才因此得名武侯祠。武侯祠是成都著名景点之一,祠内陈列有许多雕像如刘备、诸葛亮以及蜀国当时多位著名官员,除此之外祠内还有中国诸多著名的古代铭文和碑刻。

The Wuhou Temple (The Temple of Marquis Wu) in Chengdu's south suburb is the most famous and influential of the temples dedicated to Zhuge Liang who lived from 181 until 234 AD. He is one of China's famous historic figures, and he was a renowned minister and military strategist for Emperor Liu Bei (161-223) of the Shu Kingdom during the Three Kingdoms period in China. The temple is also dedicated to Emperor Liu Bei. It was built during the Qing dynasty in 1672. Because Zhuge Liang was granted the title of "Wuxiang Hou" (Marquis Wuxiang) in his lifetime, this temple is

known as the Wuhou Memorial Temple. The temple is one of Chengdu's major attractions and contains numerous statues to Emperor Liu Bei, Zhuge Liang and other officials of the Shu Kingdom, and there are ancient inscriptions and tablets that are famous in China.



武侯祠占地面积 37,000 平方米（398,277 平方英尺），它准确的初建时期史书尚无记载时至今日已经无从考证。但可以确定的是，武侯祠毗邻明朝修建的刘备墓。现在的武侯祠是于 1672 年重新修建的，其周围环绕着古老的柏树和古雅的红墙，凸显了怀旧的韵味。

Wuhou Temple covers 37,000 square meters (398,277 square feet). The date of its establishment is unclear, only that it was built next to the temple of Liu Bei, the emperor of Shu. It was combined with the Temple of Liu Bei at the beginning of the Ming Dynasty. The current Wuhou Temple was rebuilt in 1672. Surrounded by old cypresses and classical red walls, it evokes nostalgia.

主体建筑大门，二门，汉昭烈庙，过厅，武侯祠五重建筑，严格排列在从南到北的一条中轴线上。武侯祠内，蜀国皇帝和部长们的粘土雕塑并列陈放是祠内的主要特色之一。

The main body of Wuhou Temple is divided into five sections, the Gate, the second Gate, the Hall of Liu Bei, the corridor, and the Hall of Zhuge Liang, all of which run south to north. Inside, clay sculptures of Shu Emperor and ministers stand together, making them a special feature.



武侯祠最珍贵的文物是 809 年建造的石碑，这块巨大的石碑高 367 厘米（144 英寸），宽 95 厘米（37 英寸），被称为三绝碑。由唐代宰相裴度撰文，书法家柳公绰（柳公权之兄）书写，石工鲁建镌刻。裴文、柳书、鲁刻，三者俱佳，所以后世誉为三绝碑。一说三绝指诸葛亮的功绩、裴度的文章、柳公绰的书法。碑阳、碑阴、碑侧遍刻唐、宋、明、清时代的题诗、题名、跋语。

The most valuable cultural relic in Wuhou Temple is the stele set up in 809. This huge stele 367-centimeter (144-inch) high and 95-centimeter (37-inch) wide is called the Triple-Success Stele. The three successes are: an article written by Pei Du, a famous minister of the Tang Dynasty who served four emperors in succession, calligraphy by Liu Gongquan, one of the most brilliant calligraphers in Chinese history, and a statement about the morality and achievements of Zhuge Liang.

成都大熊猫繁育研究基地 **Chengdu Research Base of Giant panda breeding**



成都大熊猫繁育研究基地地处成都市北郊斧头山，距市区 10 余公里，交通便利，具有开展大熊猫特色旅游的独特地理优势。自建立以来，完全模拟大熊猫野外自然生态环境的造园手法，建有湖池、溪流，观赏植物林带、草坪等，栽种竹林和植物林，建有多处模拟自然兽穴，配合山石、洞穴、树穴等，将自然的山野风光与优美的人工景观巧妙地融为一体，使环境更接近自然，营造了动物生存繁衍的良好环境。

The Panda Base is easily accessible, as it is located no more than 10 kilometers north of Chengdu on the Futou Mountain, which is a unique geographical advantage for tourism development featuring giant panda. Rivers, lakes, brooks, ornamental forest belts and lawns, wild bamboo forests and, woods, man-made dens, rocks, caves and plant pits, simulates the panda' s natural ecological environment since its establishment. The natural scenery blended with artificial landscape ingeniously, creating a natural and favorable environment for animals to survive and prosper.



基地现种植有观音竹、琴丝竹等景观竹，经过多年的栽培，在园区内已形成了与大熊猫特色旅游景区自然环境和谐交融的竹林参观道。同时，植被丰富，种有樱花、大叶樟等多种具有观赏价值的特色植物。园区内还饲养了小熊猫、白天鹅及孔雀等多种珍稀濒危野生动物，多种野生鸟类、蝴蝶和数百种昆虫也在此生息繁衍。此外，在仿生运动场，游客可近距离观看不同年龄段的大熊猫的生活状态，看大熊猫或卧或坐，或饮或嬉，或进或出的嬉戏画面。在大熊猫产房，可零距离欣赏大熊猫母亲哺育幼仔的生动场景。

The base is now planted with Fernleaf hedge bamboo, Qinsi bamboo and other ornamental bamboos. After years of cultivation, a bamboo forest visiting road has been formed in the park that is harmonious with the natural environment of the giant panda scenic spots. At the same time, the Panda Base is rich with vegetation, and there are many kinds of characteristic plants with ornamental value such as cherry blossoms and big leafhoppers. It is also inhabited by other endangered wildlife, including pandas, swans, peacocks, birds, butterflies and hundreds of insects. The Panda base is known as the best tourist destination to get closer to the rare giant pandas. Visitors can closely observe the giant pandas of different ages resting, eating and drinking, playing with each other, coming in and out, or watch female pandas nursing their cubs in the nursery rooms.



成都大熊猫繁育研究基地作为国家、省、市窗口单位，自成立以来先后接待了数十个国家的领导人和嘉宾，并于 2006 年被国家旅游局正式授予“国家 AAAA 级旅游景区”。

The Panda Base has served as a national, provincial and municipal demonstrative model to the world, welcoming state leaders and distinguished guests from dozens of countries since its establishment. In 2006, it was officially awarded the "National AAAA Level Scenic Spot" by the National Tourism Administration.

青城山 Qingcheng Mountain

青城山位于成都以西 65 公里处的都江堰市，是中国道教发祥地之一。这座山上有许多道教寺庙和曲折迂回的登顶小路。青城山风景区常年郁郁葱葱，以其宁静悠远而闻名。上有“天下第五名山”、“青城第一峰”等摩崖石刻。其年平均温度为 15 摄氏度，属亚热带温湿型气候，素有“洞天福地”之美誉。（意为风景优美、满载幸福之地）。

Qingcheng Mountain is located in Dujiangyan 65 kilometers west of Chengdu. Qingcheng Mountain is one of the ancient cradles of Daoism. The mountain has numerous Daoist temples and sites along the paths to its peak. The area is green all year round and is known for its secluded tranquility. There are stone inscriptions as "the fifth famous mountain under the sun", "the first peak in Mt. Qingcheng" and so on in it. With its annually average temperature of 15 centigrade, Mt. Qingcheng belongs to humid subtropical monsoon climate. It is reputed as "Dong Tian Fu Di" (means wonderful mountain and happy place).

青城山群山环绕，葱茏幽翠，树枝直插云霄。青城山分为青城前山和青城后山两个部分。前山以其众多文化历史遗迹而闻名；后山则以其天堂般的自然风光而闻名，那原始而辉煌、华丽而神秘的山林美景令游客流连忘返。

Surrounded by countless peaks and densely covered by ancient trees whose branches reaching the sky, the mountain was named "Mt. Qingcheng". The mountain includes two parts-the anterior Mt. Qingcheng and the posterior Mt. Qingcheng. The anterior mountain is famous for its numerous cultural and historic sites; while the posterior mountain is noted for its paradisiacal scenery, primitive and brilliant, gorgeous and mysterious.



青城山的著名景点主要有：建福宫，天师洞，上清宫等。其中，建福宫与丈人峰下的峭壁遥遥相望，气度非凡。始建于唐开元十八年（公元 730 年），后历代多次修复，现仅存两殿三院。

The famous scenic sites are: the Shangqing Palace, the Jianfu Palace, and the Tianshi Cave, ect. Among them, the Jianfu Palace, with extraordinary bearing, stands against the barranca under the Zhangren Pea. It was built in Tang dynasty, and repaired for several times in the successive dynasties, now only two halls and three compounds are preserved.



天师洞是青城山最主要的道观。相传东汉末年张道陵曾在此讲经传道。在天师洞的主殿三皇殿，殿内供奉伏羲、神农、黄帝石刻造像，三尊造像均建于唐朝。

Tianshi Cave is the major temple of Mt. Qingcheng. According to legend, in the Eastern Han dynasty, Zhang Daolin had been here for preaching. In the Three Kings Palace, the main hall of the Tianshi Cave, the stone inscriptions of three kings of Tang dynasty were laid.

上清宫始建于晋朝，现存的寺庙始建于清代同治时期。

The Shangqing Palace was first built in the Jin dynasty and the extant temple was built during the reign of Tongzhi in Qing dynasty.



青城派太极宗师-刘绥滨 Taiji Master-Liu Suibin



中华太极人物三十人、传统武术十大领军人物、全球中华文化艺术薪传奖，连续六届受聘为中华养生健康国际论坛形象大使。

He is regarded as one of the best Taiji martial arts among 30 Taiji masters. He is also the top ten traditional martial arts figures and has been employed as the ambassadors of the China Health and Wellness International Forum for six consecutive years.

道名信玄，自幼师从蒋信平道长等十余高道大德、名家隐士习武修道统，曾获四川省非物质文化遗产代表性传承人、中国电视吉尼斯擂主、国际及世界武术比赛冠亚军。

Xinxuan is his Taoist name. Since the early childhood, he has been taught by martial arts Master Jiang Xinping, and more than other ten high morals. He has been the representative inheritor of the intangible cultural heritage of Sichuan Province, the Chinese TV Guinness lord, international and world martial arts competition champion and runner-up.



2001 年,他被余国雄宗师授权成为青城派武术第 36 代掌门人, 曾执教全球多家高校及高端培训机构, 弟子、学生遍及全球 80 余个国家, 目前在新浪微博粉丝超过 48 万, 多次应邀率弟子参加国内外大型活动, 为各国政要、影视歌星、文化名人、企业家作武术、太极展示及养生教学。他曾入选中国《少林与太极》杂志、《武当》杂志、美国《功夫与太极》杂志、法国《太极》杂志封面人物; 继国际巨星成龙之后, 2009 年第十五届全球中华文化艺术薪传奖评选中(全球 122 个国家人士参选), 刘绥滨荣获“中华武艺奖”, 成为亚洲和中国大陆唯一的获奖代表。

In 2001, he was authorized by Yu Guoxiong to become the 36th generation of Qingcheng School martial arts. He has taught many universities and high-end training institutions around the world. His disciples and students are in more than 80 countries around the world. Currently, he has more than 480,000 fans on Sina Weibo. He was also frequently invited together with his disciples to participate in large-scale activities at home and abroad, and to do martial arts, Tai Chi show and health teaching for politicians, film and television stars, cultural celebrities, entrepreneurs. He was selected as the cover of China's "Shaolin and Taiji" magazine, "Wudang" magazine, American "Kung Fu and Taiji" magazine, and French "Tai Chi" magazine. After the international superstar Jackie Chan, In the selection of the 15th Global Chinese Culture and Art Salary Award in 2009 (persons from 122 countries around the world), Liu Yubin won the "Chinese Warrior Award" and became the only award-winning representative in Asia and China.



现为都江堰市政协常委、四川省道教协会常务理事、四川省旅游学校巴蜀武术养生学院院长、四川省武术文化研究会会长等等。他被全球 600 余家媒体报道过，并超过 30 万次及转载。

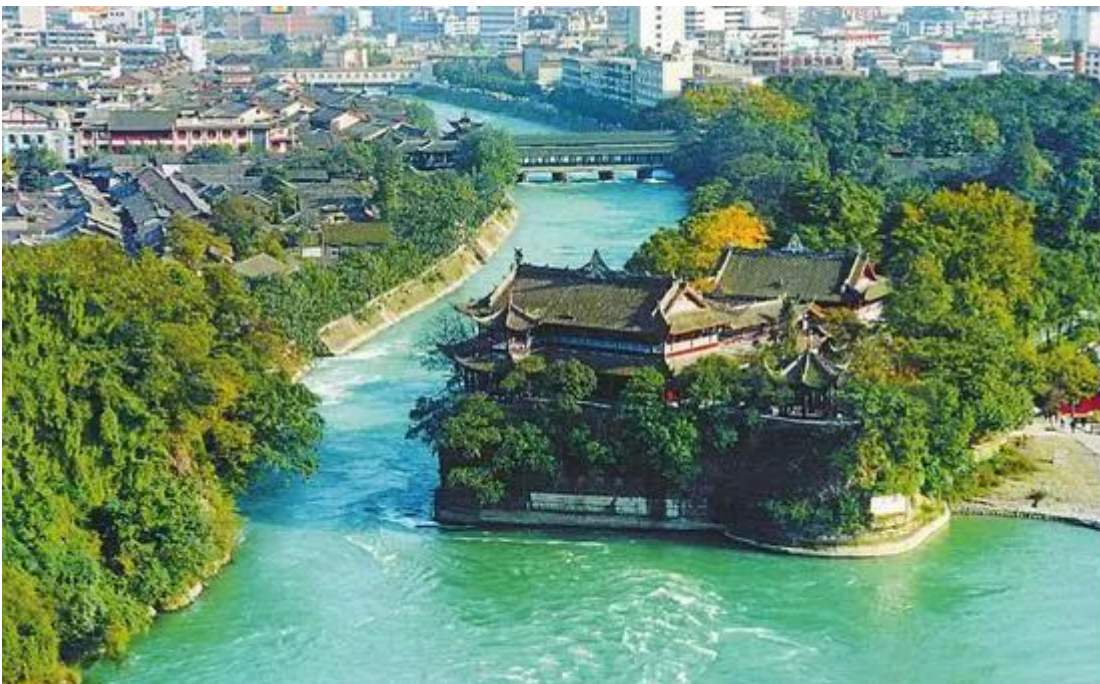
He is currently a member of the Standing Committee of the Dujiangyan CPPCC, the executive director of the Sichuan Provincial Taoist Association, the president of the Sichuan Provincial Tourism School Bayu Martial Arts Health Institute, and the president of the Sichuan Wushu Culture Research Association. He has been reported by more than 600 media outlets worldwide and has been shared more than 300,000 times.

都江堰 Dujiangyan



Dujiang Weir, or Dujiangyan Irrigation System, is located west of Dujiangyan City, Sichuan Province. The system is a large hydraulic water project which consists of three main parts: the Fish Mouth Water-Dividing Dam, the Flying Sand Fence, and the Bottle-Neck Channel. Since Song and Yuan Dynasties it was given the present name Dujiang Weir, honored as the "Guarding Treasure of Sichuan Province" that is "ingenious of all times". Originally constructed around 256 BC by the State of Qin as an irrigation and flood control project, it is still in use today.

都江堰，位于四川省都江堰市西部。该系统是一个大型的水利工程，主要由三部分组成：鱼嘴分水大坝、飞砂栅和瓶颈通道。宋元后称都江堰，被誉为独奇千古的“镇川之宝”。最初由秦国建成于公元前 256 年，都江堰作为灌溉和防洪工程至今仍在使用的。



The irrigation system was constructed by Li Bing, governor of Shu Prefecture over 2 200 years ago. It is not only the earliest water control project in China, but also the only and the oldest remain of such in the whole world. Characterized in its successful control of water without any blocking dam, Dujiang Weir is a milestone in the history of technology in China.

都江堰是由蜀郡守李冰主持兴建的，至今已有 2 200 多年的历史，是中国最古老的水利工程，也是全世界迄今为止年代最久、唯一留存、以无坝引水为特征的宏大水利工程。同时，都江堰也是我国科技史土的一座丰碑。



锦里 Jinli Street

Chengdu is a city brimming with a strong leisurely ambience with Jinli Street as the typical representative. The street is located to the east of the Wuhou Temple of Chengdu (the most famous Three Kingdoms period (220 - 280) relic museum in China).

成都，一座悠闲的慢城市，其著名的锦里街位于成都武侯祠东侧。

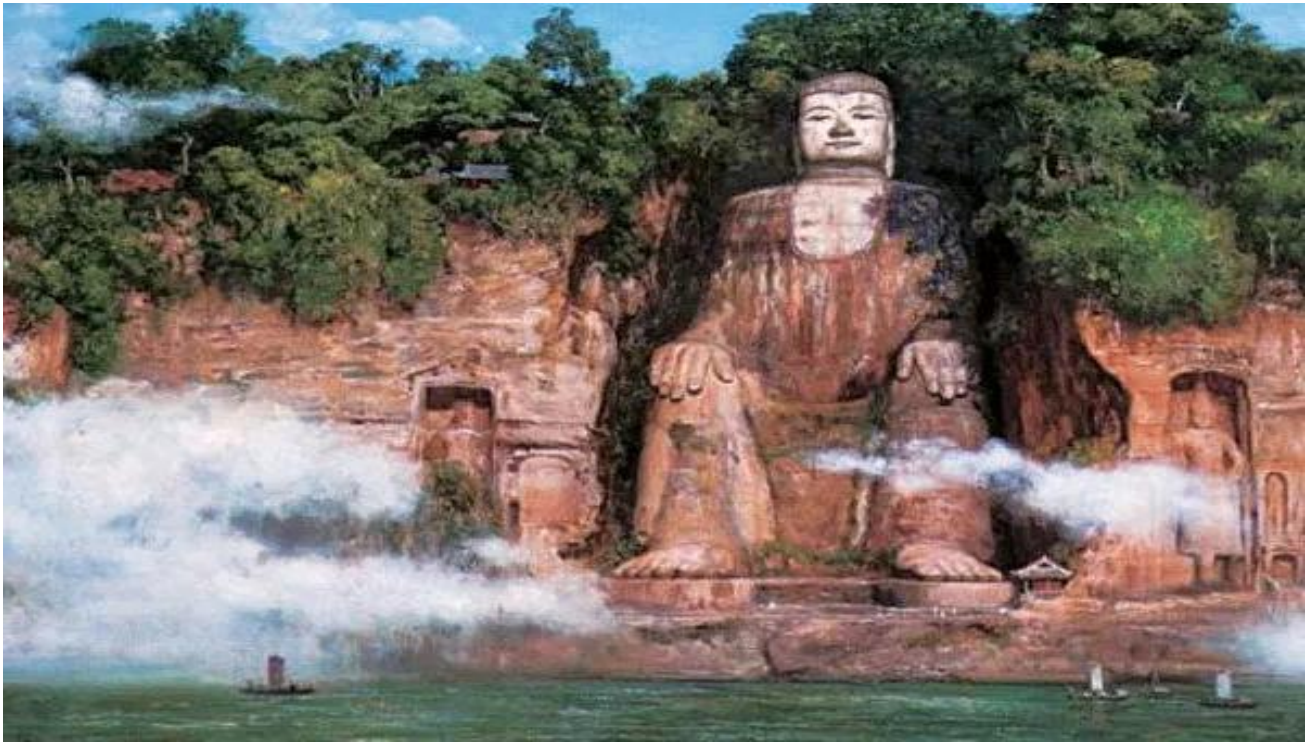


At one end of Jinli Street is an imposing archway with 'Jinli Street' carved on it. From there the lane, paved with green flagstones, winds through Chengdu for a length of 350 meters (382.8 yards). By combining the culture of the Three Kingdoms Period with the folk customs of Sichuan, the buildings on both sides including tea-houses, stores and hotels, are modeled on the architectural style of a traditional old town in western Sichuan Province from the Qing (1644-1911) Dynasty. The wooden steles and the brick-walls exhibit an ancient charm.

锦里街的一端伫立着一个宏伟的拱门，上面刻着“锦里”。从这块匾额开始，铺满绿色石板的车道蜿蜒穿过成都，全长 350 米。在锦里古街，可以看到三国文化与四川民俗风情水碰撞与融合。街道旁的古式建筑已多做商用，包括茶馆，商店和酒店。从仿照清代四川西部传统古镇的建筑以及那些木制石碑和砖墙中，仿佛能“嗅”出时光的味道。



乐山大佛 Leshan Giant Buddha



乐山大佛景区位于岷江、青衣江、大渡河三江汇流处，是世界文化与自然遗产。景区面积 17.88 平方公里，人文景观和自然景观独具特色。这里有世界最大摩崖石刻弥勒坐像——乐山大佛、自然和人文奇观——“巨型睡佛”、青衣别岛——乌尤寺、东汉麻浩崖墓、佛教艺术荟萃——东方佛都、宋元古战场遗址——三龟九顶城。

景区依山傍水，风光旖旎，名胜古迹星罗棋布，恰似天然画卷，美不胜收。或拾阶登临，或游江观瞻，荡漾于青山绿水间、浸润于诗情画意中，令人心旷神怡，流连忘返。

Located at the junction of the Min River, Qingyi River and Dadu River, Leshan Giant Buddha Scenic Area is a world cultural and natural heritage. The scenic area covers 17.88 square kilometers and has many attractions such as the Giant Buddha of Leshan-the world's biggest stone sitting Buddha statue, the Giant Sleeping Buddha which is a miraculous work by nature and man, the Wuyou Temple on the Isolated Hill, the Mahao Cliff niches dated back to the Eastern Han dynasty, the Oriental Capital of Buddhism with a collection of Buddhist arts and the ruins of ancient battlefield in Yuan and Song Dynasties.

Surrounded by hills and rivers, dotted with historical and cultural relics, this area resembles a natural scroll of landscape paintings. Drifting on the river or climbing up the mountain steps will surely make you feel extremely relaxed and happy.



上海 SHANGHAI

上海美食 Native Food

生煎 Sheng jian



Sheng jian , is a native of Shanghai dim sum, has a history of more than 100 years. The semi fermented flour is covered with fresh meat and frozen skin. It is placed in a pan in rows and Fried in oil. During the frying process, it is drizzled with cold water several times. Fried food is very popular in Shanghai, and it's no wonder that raw and Fried steamed buns are everywhere on the streets. Raw Fried steamed bread with halal beef inside the core, especially delicious juicy.

上海人也叫“生煎馒头”，是土生土长的上海点心，已有上百年的历史。半发酵的面粉包上鲜肉和肉皮冻，一排排地放在平底锅里油煎，在煎制过程中还要淋几次凉水，最后撒上葱花和芝麻就大功告成了。

小笼包 **Nanxiang small steamed bun (Xiao long bao)**



Originally known as Nanxiang meat steamed bread, Nanxiang small steamed bun is famous traditional food in Jiading district, Shanghai Nanxiang town. The wrapping is thin, the fillings are juicy, the meat tender and the taste delicious and not at all greasy. For the bun, natural fresh juice is the essence.

南翔小笼包原名南翔肉馒头，是上海南翔镇嘉定区著名的传统食品。外皮薄，馅料多汁，肉质鲜嫩，味道鲜美，一点儿也不油腻。对于小圆面包来说，天然新鲜的果汁是最重要的。

三鲜馄饨 **three delicacies wonton**



Just as an old saying” Gently, slowly move, first open the window, after sucking soup” .

Shanghai three delicacies wonton is different from Wuxi three delicacies wonton. Wonton filling is not made of fresh meat, dried shrimp meat and pickle, instead of pure meat. The wonton tricks are in the soup. Egg, dried small shrimps and seaweed wrapped in fresh meat makes it taste salty and sweet smooth

就像一句老话“轻轻，慢慢移动，先打开窗户，后吸水”。

上海三珍馄饨不同于无锡三珍馄饨。馄饨馅不是用鲜肉、虾仁和腌菜做的，而是用纯肉做的。馄饨的花样在汤里。鸡蛋、虾仁和海带包裹在鲜肉里，吃起来咸甜爽滑。

定胜糕 **Lucky cake**



Lucky cake has a sweet taste with soft fragrance and its color is pink. If you want to make it, first you can put rice into a special plate, then put a red bean paste and among steam for a little time.

It is said that the cake is used for cheering YueJiaJun war soldiers in the southern song dynasty. Two words is written on the cake "wins", so the cake is called after the "victory cake".

定胜糕口味香甜，香味柔和，颜色为粉红色。如果你想做它，首先你可以把米饭放进一个特殊的盘子

里，然后把红豆酱和蒸汽蒸一会儿。据说，南宋时期，月饼是用来为岳家军战士助威的。蛋糕上写着“胜利”两个字，所以蛋糕就叫做“定胜糕”。

红烧肉 Hongshaorou (red braised pork belly)



Undeniably the symbol of Shanghainese cuisine, hongshaorou is rich in flavor and heavy in sauce. It's a dream for pork lovers.

After hours of braising, the lean meat of the pork belly becomes extremely juicy, thanks to layers of fat.

毋庸置疑，红烧肉乃是上海菜肴的标志。味全汁多的猪肉，乃是食肉一族的大爱呀。用文火炖煮几小

时后，五花肉的精肉部分再淋上鲜美浓香的肉汁（肥肉炖煮之后形成）。

排骨年糕 Ribs rice cakes



It is another affordable and unique local snack in Shanghai. Pork spine meat, marinade with soy sauce, and then put oil, sugar, ginger, wine and other mixed oil pot, taste fragrant when taken out. Plus a piece of New Year cake, is the Shanghai spareribs cake. Special hint: eat spareribs New Year cake, must be dipped in "chili sauce", this is a Shanghai specialty, almost no other place.

它是上海另一种经济实惠、独具风味的本地小吃。将猪脊骨肉，用酱油腌渍后，再放入油、糖、葱姜末、酒等混合的油锅中，味道浓香时取出。再加上一块年糕，就是上海的排骨年糕了。特别提示一下：吃排骨年糕，一定要沾着“辣酱油”，这也是上海特产，其他地方几乎没有。



A wide variety of cuisines can be found in the City and today Shanghai offers a plethora of culinary delights focusing on the traditions of Beijing, Yangzhou, Sichuan, Guangzhou as well as its own local dishes. Shanghai's restaurants are among the finest to be found in China and they welcome diners from anywhere at any time.

上海城里的名吃佳肴也是名目繁多，数不胜数。如今，上海为游客们提供了一套丰富多彩且美味可口的菜单，其中包括北京风味，四川风味，广州风味以及上海地方特色的菜肴。上海的餐馆都是在中国一流餐馆之列，它们随时都在恭候着各地游客们的光顾。

浦东陆家嘴和东方明珠 *Lujiazui and the Oriental Pearl TV Tower*

The Oriental Pearl TV Tower is located in Pudong Park in Lujiazui, Shanghai. Stands a staggering 468 meters making it one of the tallest towers in Asia. The tower, surrounded by the Yangpu Bridge in the northeast and the Nanpu Bridge in the southwest, creates a

picture of "twin dragons playing with pearls".

It is amazing that this ultra-modern tower combines ancient concepts such as the spherical pearls, with 21st Century technology, commerce, recreation, educational and conference facilities. All of this and it really is a TV and radio tower that services the Shanghai area with more than nine television channels and upwards of ten FM radio channels. Truly, "oriental pearl" is the most suitable name for this tower.



东方明珠电视塔位于上海陆家嘴浦东公园。它高达 **468** 米，是亚洲最高塔楼之一。该塔由东北的杨浦大桥和西南的南浦大桥环绕，形成了“双龙戏珠”的画面。

令人惊奇的是，这座超现代的塔楼结合了古老的概念——球形珍珠，和 **21** 世纪的现代技术，集商业，娱乐，教育和会议一体设施。除去这一切，它也是一个电视和无线电塔，为上海地区提供超过 **9** 个电视频道和 **10** 个广播频道。“东方明珠”实至名归！

The Huangpu River is a tributary of the Yangtze. You'll see the magnificent building skylines on both the historic west side (the Bund), and the modern east side (Pudong). It's fun to see such lively river life as well as Shanghai's amazing skyline. It is a good way to relax a bit and sight-see at the same time.

黄浦江是长江的支流。随着游轮，你可以在在西侧（外滩）看到历史悠久的万国建筑群，在东侧（浦东）看到宏伟的现代化的摩天大楼和上海令人惊叹的天际线。

The Bund along the river faces the modern skyscrapers of Lujiazui in the Pudong District. The Bund houses 52 buildings of various architectural styles, generally Eclecticist, but with some buildings displaying predominantly Romanesque Revival, Gothic Revival, Renaissance Revival, Baroque Revival, Neo-Classical or Beaux-Arts styles, and a number in Art Deco style.



It is one of the most famous tourist destinations in Shanghai.



沿着黄浦江，外滩正对着浦东陆家嘴的现代化摩天大楼。它拥有 52 栋各种建筑风格的建筑，有一些建筑主要展示罗马式复兴，哥特式复兴，文艺复兴时期复兴，巴洛克复兴，新古典或艺术风格，还有一些装饰艺术风格。它是上海最着名的旅游目的地之一。

视频连接：东方明珠和黄浦江两岸夜景 <https://www.youtube.com/watch?v=AoigEqTXRMI>

田子坊 Tianzifang



Located in Taikang road, Shanghai, Tianzifang is a nest for many art and design studios, crafts shops and galleries, antique shops and some boutiques, etc. Many coffee shops, bars, tea houses, restaurants, and silk shops here are operated by an international mix of owners.

田子坊位于上海泰康路上，它是汇集大量琳琅满目的艺术设计工作室、工艺品商店、画廊、古董店和精品店的集聚区。来自世界各地的商家在此开设了各色咖啡店、酒吧、茶馆、餐厅和丝绸店铺。

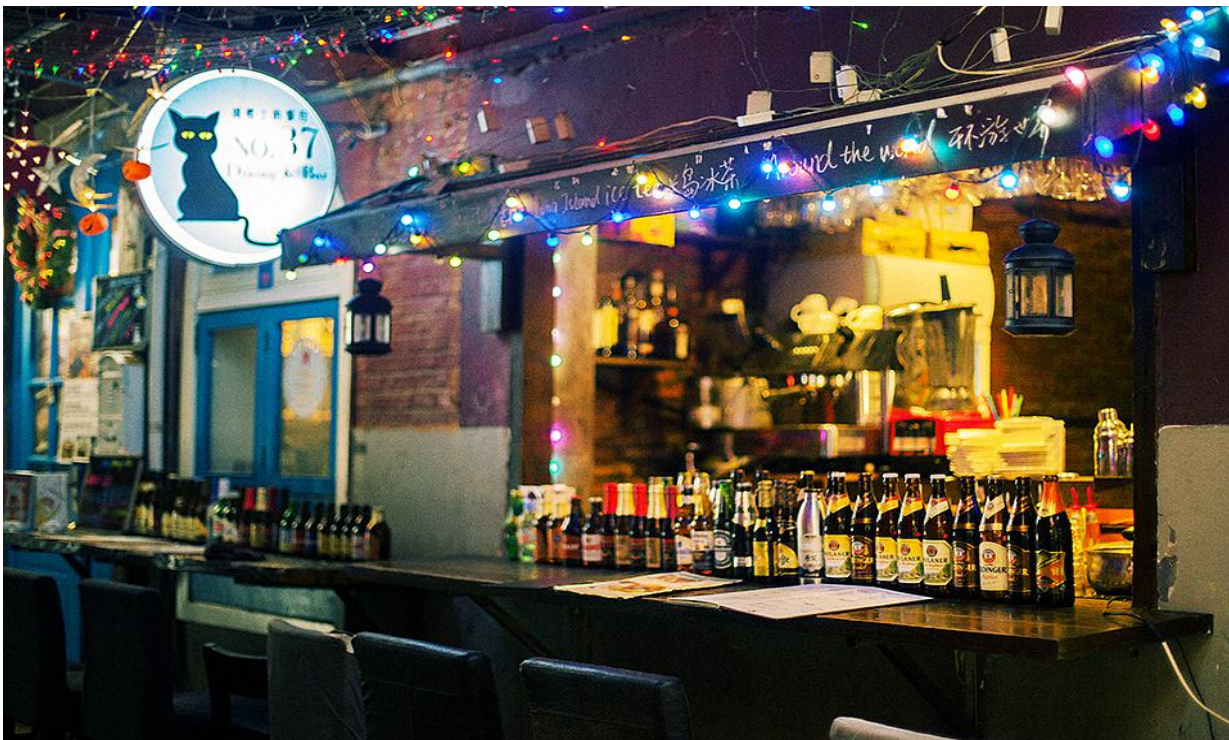


The name of Tianzifang is coined by Huang Yongyu, the vice chairman of the China Artists Association. Tian Zifang is the earliest recorded painter in China. Mr. Huang reworded the last word 'fang 方' into 'fang 坊' meaning mill, lane or workshop.

“田子坊”其名是由中国美协副主席黄永玉起的雅号。据史载，“田子方”是中国最早的画家。黄永玉先生将“方”改为“坊”，为磨坊、弄堂以及作坊之意。

The development of Tianzifang is fairly recent. Before 1998, this area could only be described as a bazaar that was dusty and messy. Not until some artists moved their workshops to this area when the big change was triggered. Famous artists like Chen Yifei began to work here, which brought an atmosphere of art to this place as well as raised its fame. Nowadays, Tianzifang is called the SOHO in Shanghai.

田子坊是近年才发展起来的。1998 年以前，这里只是脏乱的集市。直到一些艺术家们将他们的工作室入驻于此，这里才真正发生改变。比如著名艺术家陈逸飞先生曾在此工作，为田子坊带来了艺术气息，也提升了它的名气。如今，田子坊被称为上海的“苏荷”。



One of the Shanghai highlights is the old residential buildings called 'shikumen' , literally 'stone doors' . There are over 20 varieties of well-preserved shikumen buildings in Tianzifang, whose types and completeness rank with the best in the city. The main feature of Tianzifang is that many original residents still live in the narrow lanes. Tianzifang survives the surrounding city demolition by working in art. Its preservation is significant for the city' s cultural heritage.

上海的亮点之一就是古旧的住宅建筑，名为“石库门”，字面意思是“石门”。田子坊有 20 多

个保存完好的石库门建筑，其类型和完整性在这座城市是名列前茅的。田子坊的最大特色就是有许多原住民仍然生活在这里。田子坊通过致力于艺术创作而在周边的城市拆迁中幸存下来，它的保护对于城市的文化遗产具有重要意义。



七宝老街 Qibao Old Street



Qibao is the only water town located in Shanghai with a history as long as one thousand years. It was built during the Northern Song dynasty (960–1127) and grew to become a thriving business center during the Ming (1368–1644) and Qing (1644–1911) dynasties.

七宝是唯一一个位于上海的水乡，其历史长达一千多年。它建于北宋（960-1127），在明朝（1368-1644）和清朝（1644-1911）时期成为繁荣的商业中心。

The following 4 highlights of Qibao old street are highly recommended:

强烈推荐七宝老街的以下 4 个亮点：



1. Qibao Temple 七宝教寺

Qibao Temple dates back from the time of the Ten States (902–979) and Five Dynasties (907–960). Locals hold the temple in very high regard because legend says it had seven treasures: Buddha, bell, lotus scriptures, sacred trees, a gold chicken, a jade axe and jade chopsticks. That is why this area was named Seven Treasures (Qibao).

七宝寺的历史可以追溯到十国（902-979）和五代（907-960）。当地人很看重这座寺庙，因为传说它有七件珍品：飞来佛、余来钟、金字莲花经、神树、金鸡、玉斧、玉筷。这也是这里被叫做“七宝”的原因。



2. Shadow Play 皮影戏

In Shanghai, shadow plays were once a popular feature of local culture. Shadow plays from Qibao provide entertainment based on popular historical events using local dialect to reflect local character. They are performed using expressive music and colorful drawings for illustrating characters' emotions.

皮影戏曾是上海文化的一大特色。七宝的皮影戏改编自著名历史事，又结合了本土方言，是一门反映了当地特点的民间艺术。而皮影戏则是用富有表现力的音乐和彩色图画来展现人物的情感的。



3. Snacks

When walking around Qibao, you will find a huge range of snacks available everywhere. These are appetizing and colorful, and have become a popular feature of Qibao, such as tanghulu (sugarcoated haws on sticks), xunlaihama (smoked toads), kaohongshu (roast sweet potatoes), hebao doufugan (dried bean curd in lotus leaves) and more.

在七宝散步时，你会发现各色小吃遍地都是。这些小吃不仅种类丰富，而且美味可口，是七宝的一大特色。比如糖葫芦、烟熏蟾蜍、烤红薯、河包豆腐等



4. Qibao Daqu Liquor

Qibao Daqu liquor has been popular in the Shanghai markets for decades, and anyone over the age of 50 often talks about 'that white wine from Qibao'. Nowadays, people are no longer drinking strong alcohol for their health, but if they can buy a bottle of Qibao Daqu, they will still drink. For Qibao Daqu liquor is more than just a glass of spirits, it is part of history.

七宝大曲酒几十年来在上海一直很流行，50 岁以上的人经常聊起“七宝白酒”。如今，人们为了健康，不再喝烈酒，但要是他们能买一瓶七宝大曲，还是会喝上一杯。因为七宝大曲酒不仅是一杯烈酒，更是历史的一部分。

水乡周庄 Zhouzhuang Water Town

Zhouzhuang, a typical water town, is located in the southwestern part of Kunshan, at the junction of Shanghai and Kunshan. It is about 45 kilometres away from Suzhou. Built in the year of 1086, it was named after the local - Mr. Zhou Digong (周迪功) who donated his land to repair the Quanfu Temple.

水乡周庄，位于昆山市西南部，地处上海和昆山的交界处，距苏州约 45 公里。公元 1086 年，因周迪功先生捐赠土地修缮全福寺而得此名。



As one of the six great ancient towns in the south of the lower reaches of the Yangtze River, Zhouzhuang enjoys its good reputation as "the first water town in China". To some extent, it is on par with Venice in Italy, recounting its thousand-year history, displaying its gentle spirits, unique human landscapes and unsophisticated folk customs. Nowadays, it has become the gem of the orient and one of the most popular scenic spots for travelers to vacation and take their leisure.

作为长江下游六大古镇之一，周庄素有“中国第一水乡”的美誉。其悠久的历史、独特的人文景观和简朴的民俗风情，无不向人们展示着周庄丰富的内涵和底蕴，堪比意大利的威尼斯。如今，它已成为东方的水上明珠，是最受游客欢迎的度假休闲的景点之一。



The most famous figure in Zhouzhuang is the richest man Shen Wansan. It says, once Zhu Yuanzhang (one of emperors of Ming Dynasty) has visited Shen’ s family and praised the pig trotters he cooked. Since then, “Wansan Trotters” has become a famous local cuisine. In the evening, Zhouzhuang also provided visitors with a large-scale water folklore cultural performance called “Four Seasons of Zhouzhuang” . It’ s about the story of Shen Wansan and shows the simple hard-working life of locals throughout the whole year.

周庄最出名的人物当属首富沈万三。传说，朱元璋曾到访沈家，对其烹饪的猪蹄赞不绝口，自此，“万三蹄”便成为了一道当地有名的美食。水镇周庄在傍晚还为游客提供名为“四季周庄”的大型水上民俗风情表演，讲述了沈万三发家致富的故事，以及一年四季周庄人民辛苦劳作的朴素生活。



Short video for Zhouzhuang:

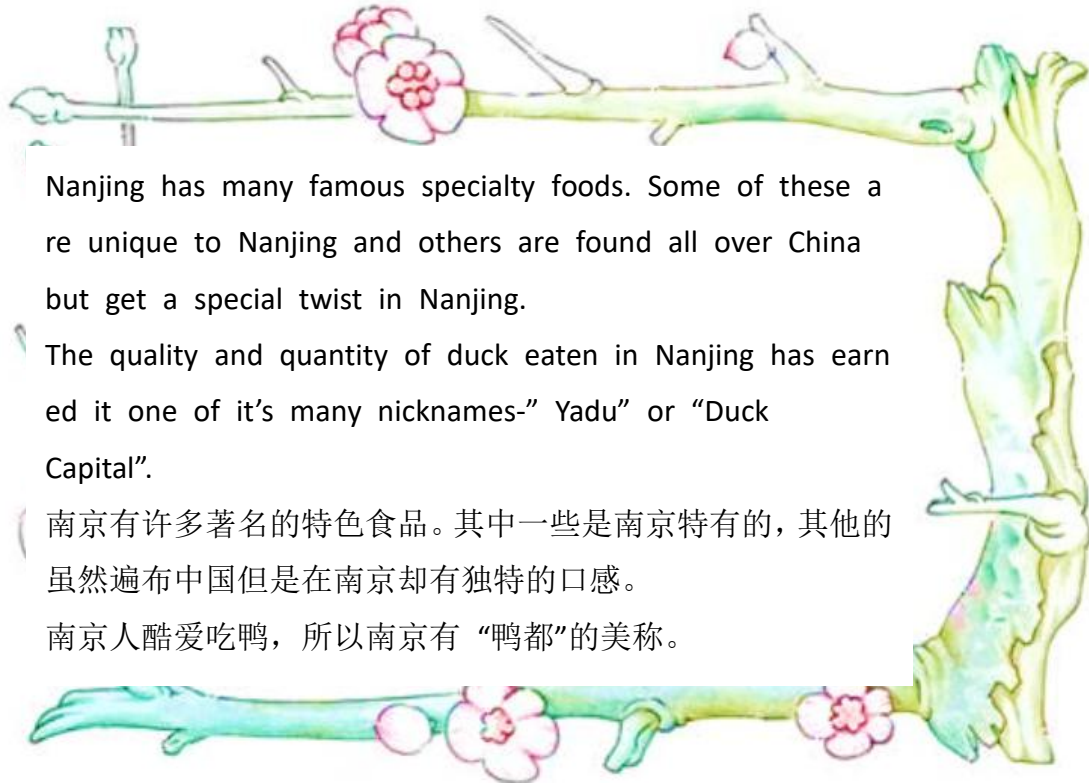
<https://www.youtube.com/watch?v=mT1tlfZOlds>

Shourt video for the performance:

<https://www.youtube.com/watch?v=L7bBiNPNmPg>

南京

南京美食 Nanjing delicious food



Nanjing has many famous specialty foods. Some of these are unique to Nanjing and others are found all over China but get a special twist in Nanjing.

The quality and quantity of duck eaten in Nanjing has earned it one of its many nicknames- "Yadu" or "Duck Capital".

南京有许多著名的特色食品。其中一些是南京特有的，其他的虽然遍布中国但是在南京却有独特的口感。

南京人酷爱吃鸭，所以南京有“鸭都”的美称。



1. 南京盐水鸭 Nanjing salty duck



Nanjing salty duck has been produced in Nanjing for over 1000 years and is widely thought of as the number one Nanjing specialty. The skin is lightly coloured and the meat is tender.

南京盐水鸭已经有 1000 多年的历史了，是南京最有代表性的特产。南京盐水鸭鸭肉的颜色浅，肉质细嫩。



百家号/探索美食狂人



2. 鸭血粉丝汤 duck blood and silk noodles soup



Duck blood and silk noodles soup is a famous specialty in Nanjing. It belongs to Jinling cuisine and Jinling snacks, and is an important representative of Jinling cuisine and jinling snacks. Duck blood and silk noodles soup is made by adding duck blood, duck intestine, duck liver, etc. It is popular all over the country for its mild taste, fresh and smooth flavor.

鸭血粉丝汤是南京的特色名吃，属金陵菜、金陵小吃，是金陵菜和金陵小吃中重要的代表，是久负盛名以鸭为特色的美食之一。鸭血粉丝汤由鸭血、鸭肠、鸭肝等加入鸭汤和粉丝制成。以其口味平和，鲜香爽滑的特点，以及南北皆宜的口味特色，风靡于全国各地。



百家号/探索美食狂人

3. 南京板鸭 Nanjing Steamed Roast Duck

Nanjing Steamed Roast Duck is a traditional famous dish in Nanjing area. It is made of brine marinated and air-dried. The meat is delicate and close, like a plate.

南京板鸭是南京地区一道传统名菜，用盐卤腌制风干而成，肉质细嫩紧密，像一块板似的



4. 汤包 Soup buns

In Nanjing the most famous one is Jiming Tangbao. The soup buns is very juicy, it tastes sweet but not greasy. Bite off the skin to drink a soup before eating steamed stuffed bun. You will feel very satisfied

在南京最出名的是鸡鸣汤包，汤包咬开有很多肉汁，味道偏甜，但却不腻。咬开皮来先喝一口汤再吃包子，非常满足。



5. 秦淮八绝 Eight Specialists of Qinhuai



Eight Specialists of Qinhuai refers to Nanjing eight most Qinhuai flavor characteristic snacks. Nanjing Confucius temple area has seven pastry shop production of eight kinds of snacks, because the craft is fine, beautiful shape, material selection is exquisite, unique flavor and famous, by the expert identification of Nanjing Qinhuai district flavorsnacks research institute in September 1987 formally named the eight sets of Qinhuai flavor snacks as "Qinhuai" eight unique.

秦淮八绝是指南京八种最有秦淮风味的特色小吃。南京夫子庙地区有七家点心店制作的八种小吃，因工艺精细，造型美观、选料考究、风味独特而著称，经专家鉴定南京秦淮区风味小吃研究会于 1987 年 9 月正式命名这八套秦淮风味名点小吃为“秦淮八绝”。



玄武湖 Xuanwu Lake

玄武湖位于南京市城内，是紫金山脚下的国家级风景区。玄武湖是江南最大的城内公园，同时也是中国最大的皇家园林湖泊。玄武湖作为江南三大名湖之一，被誉为“金陵明珠”。巍峨的明城墙，秀美的九华山，古色古香的鸡鸣寺环抱在右。

Xuanwu Lake is located in the city of Nanjing and is a national-level scenic spot at the foot of the Purple Mountain. Xuanwu Lake is the largest urban park in the south of the Yangtze River and the largest royal garden lake in China. As one of the three famous Jiangnan lakes, Xuanwu Lake is known as the “Pearl of Jinling”. The towering Ming City Wall, the beautiful Jiuhua Mountain, the antique Jiming Temple is surrounded by its right side.



玄武湖方圆近五里，分作五洲（环洲、樱洲、菱洲、梁洲、翠洲），洲洲堤桥相通，浑然一体，处处有山有水，终年景色如画。湖内养鱼，并种植荷花，夏秋两季，水面一片碧绿，粉红色荷花掩映其中，满湖清香，景色迷人。环湖有玄武晨曦、北湖艺坊、玄圃、玄武烟柳、武庙古闸、明城探幽、古阅武台等众多景点。

The Xuanwu Lake is nearly five miles away and is divided into five continents (Huan continent, Ying continent, Ling continent, Liang continent, Cui continent). Every Dike Bridge of the continents is connected to each other. It is surrounded by mountains and waters, and the mountains are different. The lake raises fish and lotus flowers. In summer and autumn, the surface of the lake is green, and the pink lotus flowers are hidden. The lake is full of fragrance and the scenery is charming. There are many scenic spots such as Xuanwu Chenxi, Beihu Art Square, Xuan Garden, Xuanwu Yanliu, Wumiao Ancient Gate, Mingcheng Exploration, and Ancient Stage.



玄武湖为风景园林，亦为文化胜地，许多文人骚客都曾在此留下身影诗篇，如萧统、李煜、韦庄、杜牧、刘禹锡、李商隐、李白、欧阳修、王安石、曹雪芹、郭沫若等。“钱塘莫美于西湖；金陵莫美于后湖。”北宋文学家欧阳修曾如此赞誉玄武湖。

Xuanwu Lake is a landscape and a cultural attraction. Many literati have left their poems such as Xiao Tong, Li Wei, Wei Zhuang, Du Mu, Liu Yuxi, Li Shangyin, Li Bai, Ouyang Xiu, Wang Anshi, Cao Xueqin and Guo Moruo. "The West Lake is more beautiful than Qiantang ; The Houhu is more beautiful than Jinling." The writer Ouyang Xiu who was the man of the

Northern Song Dynasty once praised Xuanwu Lake.

总统府 Nanjing Presidential Palace

南京总统府是全国重点文物保护单位，也是著名的旅游景点。作为保存完好的中西建筑遗迹，它有着独特的文化、丰富的历史和优美的自然环境。

Nanjing Presidential Palace is a National Cultural Heritage Conservation Unit and also a famous tourist spot. It has the unique culture, rich history and beautiful natural environment as the well - preserved remains of Chinese, Western architecture.



总统府已有 600 多年的历史。明代，它是德侯府和汉王府；清朝为江南总督署、两江总督署，康熙、乾隆皇帝下江南时，均以此处为“行宫”；1912 年 1 月 1 日，孙中山先生在此宣誓就任总统府临时总统。

The Presidential Palace has a history of more than 600 years. Ming Dynasty, it was Marquis Guide's and Prince Han's Residence. In the Qing Dynasty, it was the Governor General of Jiangnan, the Governor of the Two Rivers, Emperors Kangxi and Qianlong toured around the Southern of China, used here as the "provisinal palace". On 1st January 1912, Dr Sun Yat-sen sworn as the Provisional President in the Presidential Palace.



总统府分为中轴线，西区和东区三个参观区域。它有着众多历史遗迹和优美风景，并热烈欢迎来到世界各地的游客。

The Presidential Palace is divided into 3 parts: the Central Line, the West Garden, and the East Garden. It has many historical relics and a beautiful scenery and is highly welcome visitors from all over the world.



南京夫子庙 Nanjing Fuzi temple

南京夫子庙是中国最著名的孔庙之一，是中国第一所国家最高学府。夫子庙被视为金陵儒学文化的中心。

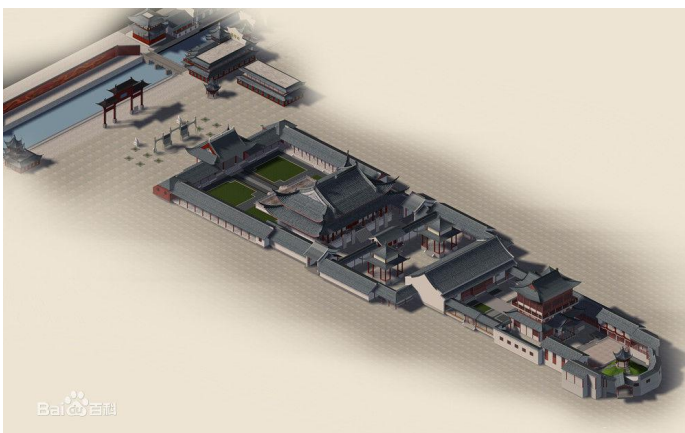
Nanjing Fuzi temple, one of the most famous Confucius Temple all over China, is the first national highest education agency in history. It is also the center of Confucius culture of

the whole Jinling area (Nanjing).



南京夫子庙始建于公元 337 年当时只是学宫，未建孔庙。宋朝景祐元年 1037 年，扩建为孔庙。在它数千年的历史中，近百位著名的军事家、政治家和文学家在此留下了不朽的诗篇。夫子庙周边原本是古代皇宫贵胄居住的地区，现在是中国四大著名古集市之一。

It was firstly built in 337 AC as an agency for education. In 1037, it was officially announced and enlarged as a Confucius temple. In its thousands of years of history, hundreds of famous militarists, politicians and litterateurs had literature works left here. The districts around once lived nobles but now is the one of the four most famous ancient markets all over China.



整个夫子庙呈对称状，占地 26300 平方米。在这里每天都有宫廷雅乐表演。另外夫子庙有两百多种秦淮小吃等你去发掘探索。

The whole Confucius temple is symmetric, about 26300 square meters. You could enjoy ancient Chinese noble music performance every day. Also, more than 200 traditional snacks

are waiting for you to explore.

夫子庙最著名的民俗文化活动是从春节到元宵节期间举行的夫子庙灯会，是中国最著名的灯会活动，吸引着无数友人赏灯，共度佳节，具有浓郁地方特色和文化氛围。

The most famous folk-custom activity in Fuzi Temple is the lantern show held during Spring Festival and Lantern festival. As it is the most famous lantern show all over China, every year thousands of tourists come to enjoy the show and its local specialties and culture atmosphere.



南京秦淮河 Nanjing Qinhuai River

秦淮河风光带位于南京市中心秦淮区，是长江的一条支流。全长 4.2 公里。在古代，许多豪门世家、权贵差不多都聚居于淮水两岸，繁华昌盛，金粉楼台，鳞次栉比。这里是南京历史文化荟萃之地。

Nanjing Qinhuai River district, located in the city center of Nanjing, Qinhuai district, is one of the tributaries of Yangzi River. It has 4.2 km length. In ancient period, many noble and rich families were living near both sides. So, this area was prosperous, full of different form of luxuriant ancient buildings. It is the center of history and culture in Nanjing.



秦淮河是南京古老文明的摇篮，南京的母亲河，历史上极富盛名。这里素为“六朝烟月之区，金粉荟萃之所”，更兼十代繁华之地，“衣冠文物，盛于江南；文采风流，甲于海内”，被称为“中国第一历史文化名河”。

Ancient civilization was born near Yangzi river. So it is the mother river of the whole Nanjing. Here were always called “The district full of romantic and luxury “in ten dynasties. “The dress heritage has already flourished in the south of the river. The elegance in manner, attitude and speech has already been the champion within the whole country.” So, Qinhuai River is regarded as “The champion of history and culture river” .



2014 年中法建交五十周年，中法联合发行南京秦淮河和巴黎塞纳河纪念邮票，表现两国的悠久历史和灿烂文化，以及两座城市的文明起源与文化特质，共同见证中法友谊。

In 2014, the 50th anniversary of diplomatic relations between China and France, China

Post, collaborating with France Posta, has released the commemorative stamps of Nanjing Qinhuai River and Paris Seine River which has manifestation of long history, splendid culture and friendship, indicating the origin and culture characteristics of both cities.



中华门与老门东 Zhonghua Gate and Laomen Dong

中华门是南京明城墙的
门之一，原名聚宝门，是
的城门，也是世界上保存
的堡垒瓮城。中华门布局
研究中国古代军事设施
Zhonghua Gate (Gate
of the thirteen capital



十三座明代京城城
中国现存规模最大
最完好、结构最复杂
严整、构造独特，是
的重要实物资料。
of China), is one
gates of the

circumvallation built during Ming Dynasty (1368-1644). Zhonghua Gate is known as the

existing gate of largest scale in China, meanwhile, as the city gate with most complex structure in the world. With layout of orderliness and amazing structure, Zhonghua Gate is regarded as precious datum for investigation on Chinese ancient military facilities.



城门设置有三道瓮城、四道券门，呈“目”字形结构，每道瓮城都有一门一闸，主体建筑内瓮城由中华门主楼城门和二至四道辅助城门构成，各城门原有双扇包铁门和可上下启动的千斤闸，内设有栓槽，用来供木栓紧闭大门所用，整个城共有二十七个藏兵洞，可以藏兵三千余人。

With three barbicans and four sub-gates, Zhonghua Gate formed a structure like the shape of Chinese Character “目” which means eyes. Gates with iron clad and two-way bolts make the gate easy to control while difficult to breach. Twenty-seven soldier caves along the gate and city circumvallation were able to contain more than three thousand of soldiers when necessary.

中华门曾是南唐国都江宁府和南宋陪都建康府城的南门，明朝洪武二至八年（1369 至 1375 年）其



扩建而成，称聚宝门。1931 年（民国二十年）国民政府改名为中华门。

Once serving as the south city gate of capital of

South Tang Dynasty (937-975) and accompanying capital of South Song Dynasty (1127-1279), the existing Zhonghua Gate was expanded during 1369-1375. The gate was named as Jubao Gate (the gate of treasure) at that time, as it was believed that here buries the treasure pot of the ancient Billionaire, Shen Wansan. In the year of 1931, after the Republic of China government established Nanjing as its capital, the gate was renamed Zhonghua Gate (the Gate of China).

老门东位于中华门以东，因地处南京京城南门（即中华门）以东，故称“门东”。明朝中华门与内秦淮河沿线成为城市的经济中心，老门东成为重要的商贸和手工业的集散地，集中体现了南京老城传统民居的风貌。老门东小吃街汇集了蒋有记、鸡鸣汤包等老字号，蓝老大糖藕粥、徐家鸭子、司记豆腐脑等南京美食，还有夫子庙名小吃等。



Laomen Dong is the urban area located on the east of Zhonghua Gate. It is named after its location. As the center of the city, Laomen Dong is assembly point of handicraftsmen and merchants. The building here also is representative of typical folk house of the regions south of the Yangtze river. The street of snacks here gathered traditional juicy dumplings, sweet lotus root with Osmanthus fragrant, tender tofu, etc.

安徽

黄山美食 *Huangshan cuisine*

Huangshan cuisine has a long history and varied flavors. The beauty of Huangshan Mountain is famous all over the world, and Huangshan food is also one of the best in the world. The original ecological and pure natural craftsmanship has created delicious food. Now, let's take a look at some of the Huangshan specialties , which will surely make you enjoy yourselves.

黄山小吃历史悠久，风味各异，品种繁多。黄山美景天下闻名，黄山美食也同样冠绝天下，原生态、纯天然的传统工艺造就了唇齿间的美味佳肴。接下来，让我们细数黄山的一些特色美食，一定让你流连忘返。



Mao Tofu is a well-known vegetarian dish in Anhui. It is based on the specialty of Huizhou, Mao tofu (tofu with long white hair). After frying, it is served with onion, ginger, sugar, salt, meat broth, and soy sauce, etc. It is served with chili sauce. It' s fresh, refreshing, fragrant and attractive, and has an appetizing effect. It is a special flavor dish in Huizhou.

毛豆腐是安徽驰名中外的素食佳肴，以徽州特产的毛豆腐(长有寸许白色茸毛)为主料，用油煎后，佐以葱、姜、糖、盐及肉清汤、酱油等烩烧而成。上桌时以辣椒酱佐食，鲜醇爽口，芳香诱人，并且有开胃作用，为徽州地区特殊风味菜。



Huangshan pickled mandarin fish, this dish is delicious because of its speciality. The mandarin fish that has been marinated before cooking smells "stinky" but tastes good, which forms a sharp contrast. Its fresh and crisp fish with a special aroma, has been loved by the majority of food lovers.

黄山臭鳊鱼，此菜味美，关键在于它的特殊性，在烹制之前腌制后的鳊鱼闻起来“臭”，烹制后的鳊鱼吃起来香。这一臭一香，形成了鲜明的对比。其香鲜透骨，鱼肉酥烂并带有特殊的芳香滋味，倍受广大食客的喜爱。



Huangshan yellow crab clay oven rolls are shaped like a shell of crab back, and its color is like crab cream, so it is also known as "crab shell yellow" . It is made with seven or eight mature rapeseed oil to fry noodles, and two-thirds of water and flour to make into a multi-layered noodles. The dried vegetables and fat meat are selected for filling with the sesame seeds on the surface. In the large furnace, stick it to the furnace wall and bake it out. You can feel strong fragrance of the oven-fresh "crab shell yellow" even without tasting. When you bite a piece, it tastes crisp and delicious.

黄山烧饼形似螃蟹背壳，色如蟹黄，故又名蟹壳黄。它是采用熬炼七八成熟的菜子油炒油酥面，同三分之二的水面合擀成多层次的面卷，选梅干菜和肥膘肉做陷，芝麻撒面，然后放入特制的大炉中，贴于炉壁，烤熟取出。刚出炉的“蟹壳黄”，不待入口，便觉得香味浓烈，咬一块，既酥又脆，层层剥落，满口留香。



Huangshan cuisine has a long history. Apart from some of them, there are many Huangshan food. Each dish has its own unique characteristics and culture. If you come to Huangshan, both the beauty and the food can not be disappointed!

黄山美食历史传承悠久，以上所述不过其中部分，还有许多黄山美食，每一道菜都有她独自的特色以及文化，如果来黄山，美景和美食皆不可辜负！

宏村 **Hongcun Village**

Hongcun Village is an unique, buffalo-shaped ancient village with a history of more than 900 years, located at the foot of the southwest of Mt. Huangshan. It is greatly admired as "a village in the Chinese painting", covering an area of about 30 hectares.

宏村是一个有着 900 多年历史的，呈“牛”型结构布局的古城村。它位于黄山西南方的山脚下，占地面积约 30 公顷，被誉为“中国画里的乡村”。



All the buildings follow local architectural style, which have exquisite carvings and magnificent symbols of its time. They were built with fine craftsmanship that is regarded as the best in China.

宏村的所有建筑物遵守着当地徽派的建筑风格——有着悠久历史的精美的雕刻和奢华的标志。这些建筑的精细的做工，被认为是中国最好的。



The construction was designed in similarity to a buffalo's body structure: Nanhu Lake is shaped like the buffalo's belly; Moon Pond looks like it's stomach; the channel its intestine.

The creative and scientific drainage design in this village, not only for the villagers to solve the fire with water, but also regulates the temperature. At the same time, it can offer water for the villagers to drink and produce.

村落的建筑设计很像一个牛的身体结构：南湖的形状像牛的肚子；塘看起来像它的胃；肠的通道。这种别出心裁的科学的村落水系设计，不仅为村民解决了消防用水，而且调节了气温，为居民生产、生活用水提供了方便。



The village has nice scenery - simple but elegant and a fine mixture of old houses. It now boasts 158 dwelling houses dating back to the Ming dynasty and Qing dynasty, about 300 or 400 years ago, where nearly 140 houses are still in good shape. Because of this extraordinary feature of the village, Hongcun Village was added to the list of the World Cultural Heritage by UNESCO in late 2000.

村子有着秀丽的风景—简单而优雅，鳞次栉比的古民居群，拥有 158 个可以追溯到约 300 或 400 年前明末清初时期的住宅，其中近 140 座房屋仍保持着良好的古建筑形态。因此，宏村在 2000 年底被联合国教科文组织列入了世界文化遗产名录。

屯溪老街 **Tunxi Old Street**

Tunxi Old Street is situated in the center of Tunxi District, the location of Huangshan City Government in Anhui province. It is the most well-preserved ancient street with the architectural styles of the Southern Song Dynasty (1127-1279) , the Ming Dynasty (1368-1644) and the Qing dynasty (1644 - 1911) in China. Tunxi Old Street is paved with maroon flagstones with a total length of 1,272 meters, including a straight street, three side streets and eighteen alleys.

屯溪老街座落在安徽省黄山市屯溪区中心地段，是中国保存最完整、最具有南宋和明清建筑风格的古代街市。老街由石板铺成，全长 1272 米，包括 1 条直街、3 条横街和 18 条小巷。



Shops standing on both sides are generally of two or three floors, which feature the local Anhui style of stone base, brick construction and tile roof. There are about 280 shops in the street according to some statistics, and the layout of these buildings commonly takes on the appearance of shops in front while houses and workshops are to the rear. The architectural layout and form have typical Huizhou architectural characteristics with elegant and primitive colour, which inherits the traditional architectural style of Huizhou folk houses.

老街建筑保持着安徽本地古建筑风格，沿街共有 280 家店铺，大都为二层，属典型的下店上房，前店后坊形制建筑体量有 10 多万平方米。老街的建筑群继承徽州民居的传统建筑风格，规划布局、建筑形式具有鲜明的徽派建筑特色，色彩淡雅、古朴。



There are two well-known museums in Tunxi Ancient Street. One is the Tunxi Museum that is with a display of furniture from the Ming and Qing dynasties on the first floor and an exhibition of calligraphy, paintings and china upstairs. The other is Wancuilou, a four-storey structure which is the first private museum of ancient architectural style. Famous ink stones and the four treasures of study, writing brushes, ink sticks, ink slabs and paper are displayed or for sale on the first floor. Cultural relics and other artworks collected by the owner of the museum are exhibited on the second floor.

屯溪老街上有两家出名的博物馆，其中屯溪博物馆的一楼展厅珍贵藏品有明清时期的家具，二楼主要陈列有书法，绘画和瓷器。老街上的另一个博物馆是万粹楼——中国首家古建筑形私人博物馆，共有四层。一楼"九百砚堂"陈列、经营以歙砚为主的四大名砚及文房四宝，二楼展出的是馆藏的各种文物和艺术品。





黄山-- the Yellow Mountain (Huang Shan)

黄山位于安徽省南部黄山市境内，拥有世界文化与自然双重遗产、世界地质公园、国家 AAAAA 级旅游景区、天下第一奇山等美誉。

Huang Shan, or literally the Yellow Mountain, is a mountain range in southern Anhui province in eastern China. It is among the lists of the World Cultural and Natural Heritage as well as the World Geoparks, and has been credited to be Class 5A Tourist Attractions in China and the King of all the mountains.



Lotus Peak 莲花峰

黄山有 72 峰，主峰莲花峰海拔 1864 米，与光明顶、天都峰并称三大黄山主峰。黄山是安徽旅游的标志，是中国十大风景名胜唯一的山岳风光。

Among all 72 peaks, Lotus Peak (Lianhua Feng, 1864 m), Bright Peak (Guangming Ding, 1860 m) and Celestial Peak (Tiandu Feng, 1829 m) are the three tallest ones. Huang Shan is a landmark of tourist industry in Anhui province, and is the only mountain listed in Top Ten Scenic spots in China.



Sea of Cloud 云海



Baizhang Quan 百丈泉

黄山原名“黟山”，因峰岩青黑，遥望苍黛而名。后因传说轩辕黄帝曾在此炼丹，故改名为“黄山”。黄山代表景观有“四绝三瀑”，四绝：奇松、怪石、云海、温泉；三瀑：人字瀑、百丈泉、九龙瀑。黄山迎客松是中国人民热情友好的象征，承载着拥抱世界的东方礼仪文化。

Huang Shan was previously named Yi Shan due to its dark green mountain ranges viewed from a remote distance. Later, it was believed to be the place for the Yellow (Huang) Emperor to refine medicines and was therefore renamed Huang Shan. Strangely-shaped pines, grotesque rock formations, sea of clouds and bubbling hot springs are four unique sceneries on the Yellow mountain, while Renzi Pu (a waterfall shaped like Chinese character “Ren”), Baizhang Quan (a spring streams down rapidly from towering mountains) and Jiulong Pu (a waterfall shaped like nine dragons) consist of three fantastic waterfalls worth a visit. Among those landscapes, Yingke Song (the Guest-Greeting Pine) is a symbol of hospitality of Chinese people and embodies the Oriental etiquette culture to embrace the world.



Guest-Greeting Pine 迎客松

明朝旅行家徐霞客登临黄山时赞叹：“五岳归来不看山，黄山归来不看岳”。

Xiake Xu, a famous traveler in the Ming Dynasty, spoke highly of the Yellow Mountain and noted “I find it no longer worth my while to look at a mountain after visiting the Five Sacred Mountains, and no longer do I find it worth my while to look at the sacred five after returning from Huang Shan.”

西溪南古村落 **Xixinan ancient village**



西溪南位于黄山南麓，丰乐河畔，始建于后唐，是一个具有 1200 年历史的古村，现隶属于黄山市徽州区。

Xixinan is located in the south of Huangshan Mountain, on the bank of Fengle River. It is a 1200-year-old ancient village that was built in the late Tang Dynasty. Now, it is stand in Huizhou District, Huangshan City.

古时候，它被称为“歙邑首富”，曾经是古徽州最为富庶的地方，又因村中走出过徽州最早的状元舒雅及 46 位进士，也被称为“进士第一村”。

In ancient times, it was called "the richest of Xin Yi". It used to be the most rich place in ancient Huizhou. The village had the earliest champion Shu Ya of Huizhou and other 46 Jinshi, so it was also known as the "the first village of Jinshi".



丰乐河，发源于黄山山脉，慢悠悠地向东流去，默默地滋养着这片土地。

The Fengle River originates from the Huangshan Mountains and flows slowly eastward, nourishing the land silently.



古村隐匿在绵延四公里的枫杨林内，宁静而古朴。这里绿树成荫，溪泉环绕，宛若一片原始自然的生态园林。

The ancient village is quiet and simple, which hidden in the four-kilometer Fengyang forest. It is surrounded by green trees and surrounded by springs, just like an original ecological garden.



老屋阁外景



老屋阁内景



绿绕亭

西溪南曾有十大名园和十二楼等宏丽建筑，以及大小祠堂 21 个，社庙寺观院 20 余座。现存全国重点文物保护单位老屋阁和绿绕亭，被誉为徽州古代建筑的“开山之作”、“徽派建筑的鼻祖”。老屋阁是西溪南吴氏私家住宅，其附属建筑绿绕亭位于其宅东南侧，两处建筑沿袭了宋元旧制，突出反映了徽派建筑的特点。

Xixinan has had ten famous gardens and 12th floor building and other magnificent buildings, as well as 21 large and small clan halls and more than 20 temples. The existing national key cultural relics protection units — Laowuge and Lvraoting, are known as the “first work” and the “original ancestor of Huizhou architecture” in the ancient buildings of Huizhou. Laowuge is a private house of Wu family, its subsidiary building — Lvraoting, is located on the southeast side of the house. The two buildings follow the old system of the Song and Yuan Dynasties, which highlights the characteristics of the Huizhou architecture.