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WINTER RETREATS
This season's best getaways
冬日度假的五个选择

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WINTER RETREATS

冬日度假的五个选择

WRITTEN BY *Rachel Gouk* | 作者：郭怡君

This winter, jet setters looking for warm exotic destinations can escape to the great plains of Africa, the island of Saint Lucia or the coast of Tasmania. For those who embrace the winter chill can trek to the ski-haven of Switzerland's St. Moritz, or travel to China's mountainous Yunnan Province.

冬日临近，人们又开始寻找气候宜人、充满异域风情的度假圣地。无论是非洲辽阔的平原、圣卢西亚小岛还是塔斯马尼亚海岸，都是挺不错的选择。而对于那些想要充分领略严寒的人们来说，瑞士的滑雪天堂—圣莫里茨，或是中国山川丰富的云南省，都一定会让您不虚此行。

Located in Yunnan province of southern China, the small yet ancient town of Lijiang is home to some of China's most famous natural wonders, surrounded by grasslands with the glacier peaks of the Jade Dragon Snow Mountain in the backdrop. The historical town of Lijiang is situated on the Jade River, dividing the water into three streams that flows along the old town streets forming canals and quaint waterways. About an hour from the town sits the Jade Dragon Snow Mountain, a massif formed by the demarcation of the planet's crust that resembles a sleeping dragon in repose, slumbering at over 5,500 meters above sea level. As for ascending to the top, you have the choice of taking a cable car or the traditional manner of riding a mule. Straddled between the mountains is the famous Tiger Leaping Gorge, extending fifteen kilometers into the valley, leading to the Yangtze River. The Gorge has a well-marked hiking path of 22 kilometers, known as "the high road" which had been used by the indigenous Naxi people to cross the gorge for centuries. Of all the picturesque views in the region, the mountain scene from the gardens at the Black Dragon Pool is said to be one of China's most famous views.



LJIANG, 丽江

Courtesy of Banyan Tree Lijiang

The Banyan Tree Lijiang property is a world-class hotel which also worth your attention. The hotel is built like a fortress, and is placed in the middle of serene farmlands. With so many attractions in Lijiang, it is difficult for the time-limited traveler to choose. Our only recommendation, apart from visiting Baisha and Jade Dragon Snow Mountain, is to extend your stay.

丽江位于中国云南省，是中国最著名的自然奇观聚集地之一，丽江境内遍布着冰川草原，还耸立着玉龙雪山。历史名镇丽江与玉带河一衣带水，河流分为三股，沿着老城流淌，形成了运河和古朴的水道。约一小时车程便可以到达玉龙雪山，由于地壳运动，形成了类似沉巨龙沉睡的景象，盘踞在海拔5500米之上的地域。你可以乘坐缆车登山观景。跨越山区，就来到了著名的虎跳峡，一泻而下的泉水绵延15公里后到达山谷，直奔长江。虎跳峡有长达22公里的攀岩路径，称为“高速路”。当地勤劳的纳西族人，几个世纪以来靠它来跨越峡谷。在丽江地区所有景点中，黑龙潭山的山景，被誉为当地最令人叹为观止的奇景之一。

值得一提的还有丽江悦榕庄酒店，它的建筑风格类似于城堡，坐落于宁静的农田中。面对丽江周边无数诱人的景点，人们总感觉时间太少，难以取舍。我们唯一能提供的建议便是，在去过白沙古镇和玉龙雪山之后，尽量在丽江古城逗留得更久一些吧。



Courtesy of Jade Mountain



Photo by Ben Aliman



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Trekking in the mountains of Lijiang is a truly unforgettable experience
丽江的登山之旅的确让人难以忘怀

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Top and middle: Banyan Tree resort in Lijiang
Bottom left: Breathtaking views of the Jade Dragon Snow Mountain
Bottom right: Explore the ancient town of Baisha
中图：丽江悦榕庄酒店
左下图：丽江玉龙雪山的壮观美景
右下图：白沙古镇探索之旅

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Enjoy uninterrupted views of the Pitons from the Jade Mountain resort
玉峰度假周围峰峦起伏的Piton山脉

ST. LUCIA, 圣卢西亚

Located in east Caribbean, St. Lucia is known for its twin Pitons, the two volcanic necks of over 700 meters called *Petit* and *Gros* joined by a mountain ridge called the *Piton Mitan*. The base of the volcanic peaks has birthed sulfur hot springs, becoming the 600sqkm Island's premier attraction. The lushly covered cone-shaped peaks have been dubbed a World Heritage Site. Despite the volcanic nature of the island, climbers have been attracted to the lava peaks to attain merit for the two-hour trek to reach the summit at 800 meters above sea level. For those who prefer a more leisurely climb, St. Lucia has numerous forest trails with rock pools and waterfalls.

On an island where most, if not all resorts are private, run-ins with other guests take away the mystery feeling of being the only dwellers on the island. Rising majestically above the 600-acre beach of Anse Chastanet, the Jade Mountain resort combines architecture and natural beauty to create "a cornucopia of organic architecture" with private infinity pools, reflecting the island's natural wonders in a kaleidoscope of colors. During the peak season, rooms range from 1,200 to 2,680 USD per sanctuary. The collection of excursions, including biking, snorkeling and offshore diving, makes ideal choice for an all-inclusive deal.

圣卢西亚国土面积为616平方公里，位于东加勒比海上，是座火山岛，境内山峦起伏。圣卢西亚因高700米的佩蒂特和格罗斯两个火山峰而闻名。火山的山脚孕育了硫磺温泉，成了方圆600平方公里的岛上的一大景点。这里郁郁葱葱的锥形山峰已被批准为世界文化遗址。火山岛吸引了诸多游客、特别是攀岩者不远千里前来。圣卢西亚有着众多的林间小道，那里有岩石潭和瀑布。

岛上有不少私密的度假村，其中位于安斯沙塔内海滩上的玉山度假村，将建筑与自然美相结合，打造一个“有机建筑的综合体”。旺季的时候，每晚住宿费在1200美元到1680美元之间。这一带还有丰富的探险项目，包括骑自行车、浮潜、近岸潜水等，是冬季度假的不错选择。

ISLAND EATING

Cuisine in St. Lucia combines European and Asian influences with local produce to create an unique style. As an island community, fresh seafood is abundant and salt fish is used in a number of local dishes. Bananas, the island's major export, is also commonly seen in St. Lucian cooking.

饕餮胜地

圣卢西亚美食融合了欧洲，亚洲和本土菜肴的各种元素，显得别有一番风味。由于岛国的地理优势，这里的新鲜海产品丰富，海鱼更是当地菜肴中的主角。该岛的主要出口货物之一，香蕉也是这里美食中的常客。



Due to its favourable location, St. Moritz gets over 300 days of sunshine every year!
 圣莫里茨, 由于其地理位置优厚, 每年阳光灿烂的日子长达300天。

Courtesy of Badrutt

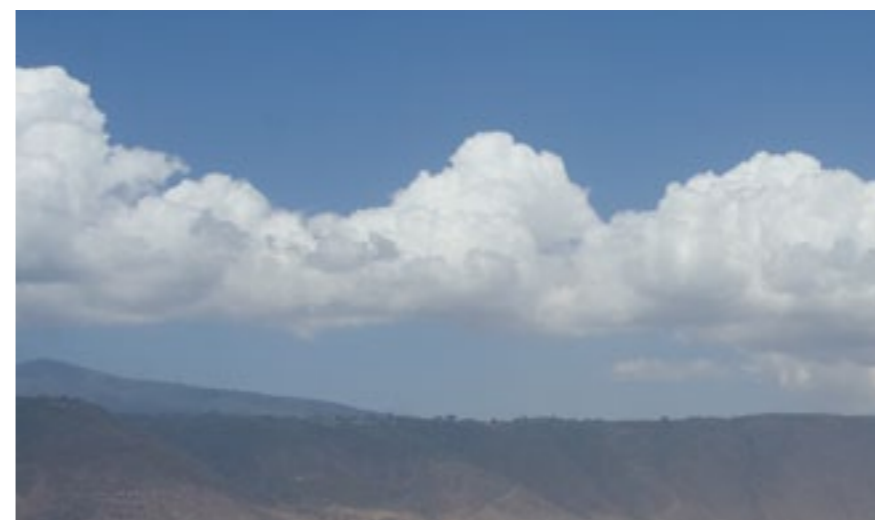
ST. MORITZ, 圣莫里茨

Surrounded by azure lakes and lush green meadows, framed by forests and snow-capped peaks, St. Moritz boasts as being one of the best-known and most prestigious ski-resort in the world, located two hours by car from Zurich in the Engadin region, within the Graubunden canton in Southeast Switzerland. The former host town for the 1928 and 1948 Winter Olympic Games indulges holidaymakers in sailing, skiing and over 150 km of winter hiking trails. Cog railways and cable cars mark the base of mountains, taking visitors up to the 3,000-meter summits of the region's more famous snowy peaks of Piz Nair, Piz Corvatsch and Diavolezza, sharing views of the glacier landscape of the Upper Engadin valley. This February, St. Moritz will be hosting the annual White Turf horseracing event, the Gübelin 73rd Grand Prix of St. Moritz, the unique spectacle of horses on ice adding more than 30,000 spectators to the town's 5,000 population. In addition, the town is famous for a natural ice path called the Cresta Run, a toboggan track over 1,200 meters long. The unforgettable winter events make it the best season to visit, as the fresh powder of winter settles over the region, it transforms the quiet town into a haven for sports enthusiasts and a catwalk for the rich and famous.

The iconic Badrutt's Palace Hotel stands overlooking Lake St. Moritz, framed by Engadin's mountain peaks, is renowned for its exquisite luxury, first class service and culinary delicacies. Certified as one of the Leading Hotels of the World, Badrutt's has attracted guests of European royalty, international jetsetters and social high-flyers.

圣莫里茨置身于茂密的森林和白雪皑皑的山峰之中, 四周环绕着湛蓝的湖泊和绿油油的草地。它是世界上最著名的滑雪度假胜地之一, 位于瑞士东南部的格劳宾登州, 距离苏黎世仅两小时的车程。其所处的格劳宾登州曾是1928年和1948年冬奥会的举办地, 来这里的游客十分热衷于帆船、滑雪和150公里冬季步行等项目。山下有铁路缆车等设施, 可以将游客带到这儿最富有盛名的内尔山 3000米的高峰, 尽情饱览冰川和Engadin峡谷的美景。2012年2月, 圣莫里茨将举办一年一度的冰上赛马, 这场赛事预计将为当地仅有5000人的小镇吸引了3万多观众。另外, 镇上还有个名为Cresta Run的天然冰道, 全程长1200米。令人难忘的冬季赛事开幕之季, 正是游客们游玩的最佳时节, 当第一片雪花落下, 宁静的小镇摇身一变, 成为了运动爱好者和富贾名人的走秀天堂。

标志性的Badrutt宫廷酒店俯瞰着圣莫里茨湖, 四周环绕着Engadin山峰, 以其奢华精致的服务及美味佳肴闻名于世。Badrutt作为世界领先的酒店之一, 吸引了欧洲的王宫贵族, 国际名流及上层人士。



ARUSHA, 阿鲁沙

Framed by acacias and baobabs, the Arusha Region, Tanzania, in East Africa, is surrounded by geographical treasures of the Serengeti, Ngorongoro Crater, Manyara basin and the famed Mount Kilimanjaro.

Located in northern Tanzania, just two hours from the city of Arusha, the Ngorongoro Conservation Area covers an area of over 8,000sqkm, extending through the Crater Highlands with verdant lands, craters and lakes. The park has a horseshoe-shaped scenic driving route through wooded pathways alongside banks of alkaline soda water lakes with the Great Rift escarpment rising the distance. Clinging to the mountainside, the rough, arid route bends and twists through the savannah before arriving at the divine arena of life, overflowing from the Ngorongoro Crater.

Lake Manyara National Park occupies 320sqkm, with alkaline lakes covering more than two thirds of the area, often seen filled with an endless sea of pink flamingos. Typical safaris aside, you can choose to hike up Africa's fifth highest peak, Mount Meru, taking about two to four days to reach the summit of over 4,600 meters. And behold, Africa's most heartrending display: The Great Wildebeest Migration, where approx. 1.5 million wildebeest and zebra follow the rainfall across the savannah every year, with groups of safaris trailing behind the herds. Built from local river stones and camouflaged with indigenous vines, the Ngorongoro Serena Safari Lodge blends into the landscape, entirely invisible from the floor of the crater 600 meters below.

位于非洲东部的塔桑尼亚, 其首府阿鲁沙周边环绕着金合欢树和猴面包树, 这里有诸多地理名胜, 如塞伦盖蒂高原、恩戈罗恩戈罗火山口、马尼亚拉湖以及著名的乞力马扎罗山国家公园。

恩戈罗恩戈罗自然保护区位于塔桑尼亚北部, 离阿鲁沙市区仅两个小时车程, 占地面积逾8000平方千米。保护区是一片辽阔的高原火山区, 其间点缀着青葱的林地、火山口和湖泊。公园内有一个马蹄形的景观驾车线路, 在环绕碱水湖畔的林间小道上蜿蜒前行, 越驶近, 东非大裂谷的断崖就越显得高大突兀。在到达恩戈罗恩戈罗火山的人间仙境之前, 驾车者得沿着山坡, 穿过大草原上粗糙和干旱的弯曲小道。

马尼亚拉湖国家公园占地约320平方千米, 超过三分之二的地区被碱性湖覆盖, 你常常会看到一片火烈鸟的海洋。撇开典型的短途狩猎旅行不说, 你还可以选择攀登非洲第五大高峰—梅鲁山, 通常需要两至四天到达超过4600米的高峰。这是非洲最令人心碎的场景: 成群结队的羚羊迁徙, 这里每年有大约150万的羚羊和斑马从热带雨林迁至大草原, 很多狩猎团也因此紧随其后。恩格罗赛瑞纳狩猎旅店由当地河石搭建而成, 周围爬满了土著藤蔓, 与周围的风光融成一体, 隐藏在距火山口600米高的地方, 很难找得到它的踪迹。



Photo by Schuyler S



Photo by William Warby

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 St. Moritz perfectly combines old European charm and prime ski slopes
 圣莫里茨将欧洲的历史古韵与雪山之魅完美结合

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 Top: Wildebeest roaming wild on the Serengeti
 Top right: African elephants are indigenous to the region
 Bottom: The verdant Ngorongoro Conservation Area
 上图: 塞伦盖蒂高原上的迁徙的羚羊群
 右上图: 非洲野象是该地区的特有物种
 下图: 植被茂盛的戈罗恩戈罗保护区



Courtesy of Saffire Freycinet

Top: The lounge at the Saffire Freycinet boutique resort
 最上图: 谢菲尔费茨那特精品酒店的客厅

Bottom: Yoga on Muir's beach
 最下图: Muir的海岸瑜伽

TASMANIA, 塔斯马尼亚

Located in the southeast of Australia, an hour by plane from Melbourne, the state of Tasmania is home to The Hazards, a rugged mountain chain of pink and red tinted granite curving out into the Tasman Sea. Tasmania is also known for its grey-green bushlands and iridescent bays that surround Freycinet National Park's dramatic knuckles of rock. Wineglass Bay's perfect curve, white sandy beach and turquoise sea have earned it a reputation as one of the best beaches in the world. The walk to Wineglass Bay involves a short trail between the Hazards Mountains, about three hours return. Aside trekking about the rocky terrain solo, you can also kayak in the bay, hop aboard a ship to Schouten Island or take a dinner cruise around Wineglass Bay. Overlooking the Great Oyster Bay, luxury resort Saffire Freycinet rises from its surroundings – connecting natural elements with timber, stone and leather architecture, creating an affectionate experience with nature.

Tasmania's pristine environment has led it to produce some of the most delicate and subtle wines, fleshy oysters and possibly the best grass-fed livestock. Pampered by the tastes of sweet wines, milky oysters, and buttery beef, one can hardly think about leaving this paradise coast.

塔斯马尼亚是位于澳大利亚南部的岛屿，从墨尔本飞到这里大概一小时。这里有著名的哈泽德山脉，红色的山脊一直延伸至海。塔斯马尼亚还有灰绿色的草地和彩虹色的海湾，环绕着塔斯曼尼亚费茨那特国家公园里岩石突兀的山峰。这里还有著名的酒杯湾，海湾柔和的曲线、白细的沙滩和绿玉一样的海水，为她赢得了世界上“最美海滩”之一的荣誉。从哈泽德山到酒杯湾之间有一条弯弯曲曲的步行小道，游客可以从哈泽德山徒步前往海湾，来回也就三个小时。除了徒步穿越的乐趣外，游客还可以尝试酒杯湾有趣的皮划艇，或者坐船去附近的海岛逛逛，此外，还可以坐船环游海湾，用迷人的风景佐餐。附近有一家谢菲尔费茨那特酒店，可以俯瞰贝壳湾，酒店房间设计采用原木、石头和皮革材质，给人回归自然的亲近感。

塔斯马尼亚自然环境质朴，是上好的红酒产地，此地新鲜的蛤蜊以及肉质鲜美的食草牲畜也同样闻名。品着甘美的红酒，嚼着上好的牛肉和鲜美的生蚝，相信很多游客都会流连忘返。



A PRISTINE LAND 原始岛屿

Over 37% of Tasmania is covered in reserves, national parks and World Heritage sites. Due to its relatively isolated location and low interference from human activity, the island is home to a unique ecosystem of flora and fauna which includes the well known 'Tasmanian Devil', the largest carnivorous marsupial in the world.

塔斯马尼亚岛内的保护区、国家公园和世界遗址的面积覆盖率达到了总体面积的37%以上。由于其地理位置相对隔绝，人类活动也不频繁，所以岛上聚集了各种动植物，其中也包括了大名鼎鼎的“塔斯马尼亚恶魔”——世界最大的肉食有袋类动物。