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Food for thought

THE CHANGING FACE OF SHANGHAI DINING

October 2014

#08



中國東方航空
CHINA EASTERN



中国駐悉尼旅游办事处
CHINA NATIONAL
TOURIST OFFICE, SYDNEY



ROAD TRIP

黄金里程

驱车向黄金海岸内陆进发，您将会发现内陆与海岸的对比，前者属“阴”，后者属“阳”，Fiona Harper写道

GOLDEN MILES

Take a drive inland from the Gold Coast and you'll find a hinterland that is yin to the coastal yang, discovers **Fiona Harper**

Photography Trent van der Jagt / Queensland Tourism



There are no thumping nightclubs, glass-walled hotels or glamorous girls in golden bikinis feeding parking meters. No beaches, not a surfboard in sight.

There is, however, a mystical, almost ethereal, element lingering over the mountains just a two-hour drive west of the Gold Coast. In fact, the Gold Coast hinterland has little in common with the famously hedonistic coastal strip other than the name itself. Far removed from the glitz and glamour of the Gold Coast proper, whose skyscrapers poke above the coastal plain in the distance, the hinterland is yin to the coast's yang.

A melting pot of creativity amidst natural beauty, artisans, craftsmen, vigneron and chefs are perfecting their craft beneath a forest canopy cloaking dramatic mountains. Here, bespoke galleries, studios and curio stores selling antiques and quirky crafts line the streets.

Maybe the magic derives from breathing in air so pure it almost hurts city-dweller lungs accustomed to filtering pollutants rather than purity. Or perhaps it has something to do with the gin-clear rainwater, filtered by ancient rainforest as it trickles through the musically named Tamborine Mountain. Whatever the secret, the Gold Coast hinterland is a special place.

For a start, the mountains we see today are the remnants of the ancient Tweed Volcano that blew its top about 25 million years ago. In fact, the area now known as the Scenic Rim is the 10-million-year-old caldera left behind once the explosions subsided. Quite the drama queen back then!



在这里，极目四
处都没有莺歌
夜舞的夜总会、
琉璃幕墙的饭店、穿着金
色比基尼在泊车电子计时
表前买票的曼妙女郎，也
没有海滩或冲浪板的踪
迹。然而在驱车纵游于
黄金海岸西部的两小时当
中，却会发现萦绕着钟灵
毓秀之美的山峦。事实
上，黄金海岸腹地（Gold
Coast Hinterland）与遐
迹闻名、属于享乐主意的
海岸不尽相同，反之，它
远离五光十色的房地产
商，及其在海岸平地拔地
而起的摩天大厦，内陆地
区与海岸地区的对比就如
同“阴”与“阳”。

在这个自然的美景之中
汇聚了创造力。或许是
得到参天古林中坦伯林
山（Mt Tambourine）的
过滤而涓涓而流的清澈
雨水有关，艺术家、手
工艺家、种植葡萄者、厨
师，都在这个郁郁葱葱
的山林之下使他们的工
艺臻至完善。在这里，街
上随处可见别具一格的画

廊、工作室、售卖稀奇
珍宝的古玩店，或者这
魔法是源自于洁净的
空气，而这种纯净空气
却是令习惯呼吸污染
物的城市人无所适从
的。无论是什么秘密，
黄金海岸腹地是一处
独特的地方。我们今天
看到的山脉是二千万
五百万年前古特维德
火山（Tweed Volcano）
喷发的产物，现今称
为美景边缘（Scenic
Rim）的地区其实是一
千万年前沉积了喷发
物的火山口。这地方
的地貌变迁像是戏剧
女王般上演后，现在
又回到安详平静，展
开缓缓的步伐悠闲地
向前迈进。

以位于雷明顿国家
公园（Lamington
National Park）入口
的小城镇卡伦格拉
（Canungra）为例，
曾经是一座以伐木工
业为业的小镇，随着
地主将农地发展为葡
萄园旅游，酿酒旅游
业开始陆续浮现。农
庄民宿或豪华旅舍，
如辣椒鲁非尔温泉旅
舍（Peppers Ruffles
Lodge）



Animal instinct
GET UP CLOSE AND
PERSONAL WITH THE
LOCALS, INCLUDING
THESE ALPACAS





Love is in the air
PEPPERS RUFFLES
LODGE & SPA IS A
PERFECT AWAY-FROM-
IT-ALL BREAK FOR
COUPLES

and Spa) 便是主要观光点之一。此处受到广大情侣的喜爱，作为远离尘嚣、周末浪漫渡假的好去处，浪漫氛围不分四季地充斥於富有建筑美感的建筑内。这是一处适合您无论是慵懒地在床上享用早餐、边享受精致晚餐边品尝美酒、漫步於自然环境还是在私人泳池边看著 Paulo Coelho 小说边放松的地方，而且还有越来越受欢迎的休閒水疗，是令女士为之奔走的必备行程之一。

这里精彩的地质历史绝对能吸引爱好大自然的朋友前往探索满佈树林蔓

藤的山丘。美景边缘的观光胜地天然桥(Natural Bridge)，受瀑布的侵蚀，日积月累而形成的岩洞，遊人可直接踏上木板道一探胜境。自来世界各地的摄影师纷纷踏足此处力求得到梦寐以求的大师之作——奔腾的流水贯穿岩石的隙缝。此处的确值得一览，那怕只是在壮丽的景色下吸收一下自然的灵气。

这里大量的步行径能满足您想要运动双脚的愿望。长达54公里的黄金海岸腹地步行径(Gold Coast Hinterland Great Walk)是属于不惧



The region is far more docile these days, meandering along sedately at a leisurely pace. Particularly so in little towns like Canungra, at the gateway to Lamington National Park. Once a former timber-mill town, now a fledgling wine industry is emerging as landowners move from farming to vineyard tourism.

Farmstay accommodation and luxury lodges like Peppers Ruffles Lodge & Spa are some of the main attractions. Popular with couples seeking a romantic weekend hideaway, romance oozes from every architecturally designed beam. It's the kind of place where you'd linger over lazy breakfasts in bed and delight in exquisite intimate dinners matched with fine wines, interspersed by nature walks or relaxing by the infinity pool, Paulo Coelho novel in hand. Increasingly popular, too, are girly getaways, with leisurely spa pampering high on the agenda.

The legacy of the area's dramatic geological past is a striking landscape that lures nature-lovers to forest-clad hills. The Scenic Rim's poster child, Natural Bridge, is a beauty. Carved from basaltic rock eroded by water, the bridge was once the lip of an ancient waterfall. The base of the waterfall eventually eroded into the cave that we can walk into today, via a boardwalk. Photographers from across the globe traipse into the cave seeking the coveted 'hero' shot of water tumbling through the gap in the bridge. It's well worth the short stroll along the boardwalk just to absorb nature in all her kick-butt glory.

3 to visit

Scenic Rim Trail

四天三夜的徒步旅程包括所有的住宿、膳食和饮料，二人同行的价格是每人\$1,899起。参加者需要有基本的健康水平来应付容易到中等难度的路程。

Stretch your legs with a four-day, three-night walk in south-east Queensland. Starting at \$1,899 per person (twin share) including food and stay. seenierimtrail.com

Tamborine Mountain

坦伯林山是一条充满艺术气息、市集、餐厅以及许多热闹节目的山村。

This mountain village has an artsy vibe, markets, restaurants and a lively events calendar to keep you occupied. If you want to shop keepsakes this place is for you. tamborinemtncce.org.au

Lamington National Park

被列入世界遗产生态保护区，这里有58种植物及22种动物是被归类为弱势群体、稀有或濒临绝种。

Of ecological World Heritage importance, about 58 plants and 22 animals here are classed as rare or threatened with extinction. nprsr.qld.gov.au/parks/lamington





Light and simple
THE HINTERLAND IS
HOME TO PLENTY OF
FRESH PRODUCE

艰辛的爬山狂热分子的路程，另外还有短至数分钟，由停车场至观景台的路线可供选择。雷明顿国家公园、春溪国家公园(Springbrook National Park)或地势较低的那明巴谷(Numinbah Valley)都是著名的爬山径，有些路径沿着潺潺的溪流，有的通向瀑布或贯穿整个森林。在这里有全球最密集的亚热带雨林及温带雨林，还有澳大利亚仅余的寒温带山毛榉森林，澳大利亚世界遗产保护区——岗

得瓦纳雨林(Gondwana Rainforests)。你会因着密麻麻的树木环绕而感到高兴，而这些树林真的是异常壮观。如果您向往沉醉于和煦的阳光穿透于树荫间，并享受满腔的泥土香气，那么这里会是您的最佳之选。无论步行或是驾车穿越林荫大道，通常都会难以自拔地被四周树林美景所吸引。由林荫交织而成，罕见的天幕、驻足细听悦耳的小鸟歌声及绿猫声鸟的悲鸣，另外还有斑尾袋鼯、美丽的鸟翼

If you're inclined to stretch your legs, there's a plethora of walking trails in the area. Some, like the Gold Coast Hinterland Great Walk (54km) are great for hard-core hikers who don't mind roughing it. Others are little more than a few minutes away from the carpark to lookouts. Lamington and Springbrook national parks, or the less-elevated Numinbah Valley, have well-marked trails – some along bubbling brooks, others to waterfalls or looping through forest.

Some of the world's most extensive subtropical rainforest – warm temperate rainforest – along with Australia's last remnants of Antarctic beech cool-temperate rainforest are protected as the Gondwana Rainforests of Australia World Heritage Area. Treehuggers, contain yourselves please! All jokes aside, these forests are seriously spectacular. If you have a yearning to immerse yourself in a pristine, sunlight-dappled rainforest laden with rich, earthy aromas, you won't find better.

Whether walking or driving through arboreal avenues, it's hard not to be mesmerised by the beauty of the forest. Rarely seen beyond a flitting shadow in the canopy, stand still long enough to listen out for calls from melodious songbirds or the mournful cry of the green catbird. Rare spotted-tail quolls and gorgeous birdwing butterflies are others that rely on World Heritage protection to preserve the species.

3 for sleep

Peppers Ruffles Lodge & Spa

这里仅限成人到访，所以请不要带上孩子。酒店的别墅客房每晚\$429起，或是可以预定套餐，包括早餐、晚餐及水疗护理。

Leave the kids behind – this resort is for adults only. Villa accommodation starts at \$429 per night, or book a package that includes meals and spa treatments. peppers.com.au/ruffles-lodge

The Castle on Tamborine

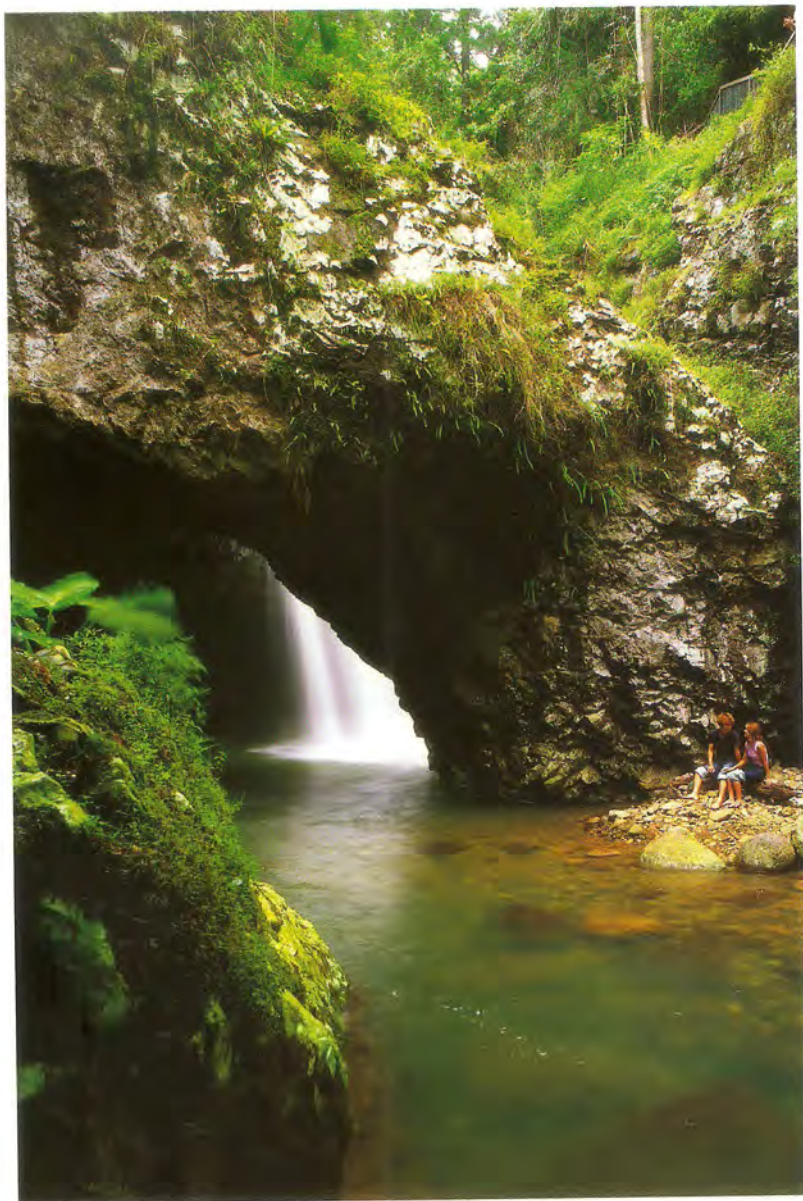
带有主题的酒店客房内虽然找不到任何骑士或国王，但他们把有关于皇室的一切与现代化的概念、科技及古董家具相融合，使其成为这个地区中最独特的住宿体验。套餐价格每晚\$300起。

You won't find any knights in these themed cottages, but they combine royal offerings with modern concepts. From \$300 per night. thecastleontamborine.com.au

The Escarpment Retreat

位于坦伯林山的热带雨林之中的是带有小木屋风格的别墅，非常迷人。屋内设有温馨舒适的柴火炉、雪松地板、温泉浴，真是热带雨林旅游的终极享受。小屋每晚\$295起。

We've found enchanting chalet-style villas tucked into the rainforest of Tamborine Mountain – the ultimate rainforest retreat. From \$295 per night. escarpment.com.au



Natural glory
THE VIEW FROM - AND
INSIDE - THE GOLD
COAST HINTERLAND
IS BREATHTAKING

蝴蝶，都是依靠着世界自然遗产的保护才得以留存的物种。

继续往西前进，一条崭新的爬山径——美景边缘路径(Scenic Rim Trail)爬山径覆盖了全长33公里的多面貌的地段，由巨石河床，到牧牛草场直达海拔1,200的斯帕瑟山尖 (Spicers Peak)。在晴朗的天空下，能极目远眺到海岸平地的摩天大楼。在斯帕瑟华蓬(Spicers Canopy)，您能住在供有清洁被单及热水壶（在海拔1,200米高的夜间是十分寒冷的）的高级帐篷中体验两晚豪华露营。

完成第三天富有挑战性的爬山行程後，您会在宽敞温暖的斯帕瑟山尖小屋(Spicers Peak Lodge)享用到冰凉香槟及精緻美食。这四天肯定是一趟奢华的爬山之旅，结合了最好的地方及最令人满意的澳大利亚好客之道。

毫无疑问，丛林是这里的主角，人工设施极其量只是扮演著支援的角色，它以大自然为背景，为疲倦的遊人在踏上一站旅途前提供舒适的居所。放松的渡假应当如此，精巧却不压抑，并且远离岸边五光十色的烦嚣。◆

“THE HIKE COMBINES THE BEST OF THE BUSH WITH THE FINEST AUSSIE HOSPITALITY”

Further afield westward, a new hiking trail has recently opened up. The Scenic Rim Trail covers about 33km of trails that vary from boulder-hopping along creek beds and through rolling cattle grazing lands to the summit of Spicers Peak, 1,205 metres above sea level. On a clear day, city skyscrapers can be seen on the far coastal plain.

It's in this area that willing participants are given the opportunity to indulge in a form of glamping (glamorous camping). Two nights are spent in uber-luxe tents at Spicers Canopy, complete with crisp linen and hot water bottles (nights are cold at this elevation). The third day's hiking ends with a challenging ascent, after which chilled champagne, fine cuisine and spacious suites warmed by crackling fireplaces awaits at Spicers Peak Lodge. It's a pampered four-day hike, but one that combines the best of the bush with the finest Aussie hospitality.

There's little doubt the bush is the star in this part of the world. Manmade infrastructure merely plays a supporting role, waiting politely in the wings for visitors to tire of the forest before stepping forward to offer comfortable lodgings and diversions to nature's glorious backdrop. It's kind of how a relaxed holiday escape should be: subtle and just a little subdued, devoid of any rambunctious coastal glitz. ◆

