

长沙： 潇湘胜景

长沙，这座位于长江中游地区的中心城市，不仅是一座历史悠久的文化名城，更是公认的“媒体艺术之都”。三千年历史凝练出长沙“经世致用、兼收并蓄”的湖湘文化，出版业与电视“湘军”实现文化和科技的相融相交，而以地道湘菜、特色小吃为代表的美食文化更是打造出独有的“长沙 Style”。走进这座全国知名“网红”城市，收获一番旅行新体验。

文 湘宁 ● 图 视觉中国

历史文化名城

岳麓书院：最早的高等学府

岳麓书院坐落于湘江之滨的岳麓山上，岳麓山因南北朝刘宋时《南岳记》“南岳周围八百里，回雁为首，岳麓为足”而得名。岳麓山四季风景宜人，每到秋天，“万山红遍、层林尽染”的红枫秋景更是一绝。

岳麓书院是我国古代四大书院之一，也是我国目前保存最完好的一座古代书院，书院始建于北宋初期。自创立伊始，便以其办学和传播学术文化而闻名于世。宋真宗赐书的“岳麓书院”四字门额曾使书院名声大振，这里也是湖湘学派的发祥地，朱熹曾在此与当时的岳麓书院主教张栻讲学论道两月有余。如今岳麓书院留存有明清建筑如头门、二门、讲堂、半学斋、湘水校经堂、文庙等，还保存了大量碑匾文物，如唐刻“麓山寺碑”、明刻宋真宗手书“岳麓书院”石碑坊、清刻朱熹“忠孝廉洁碑”等。



橘子洲：生态与文化之洲

橘子洲位于岳麓区的湘江之中，由南至北，纵贯江心，因洲内多种植橘树，盛产橘子而得名。橘子洲最南端是占地3000平方米的洲头广场，广场上呈扇形的问天台取意毛泽东当年“问苍茫大地，谁主沉浮”的天问。此外广场上还有仿古建筑望江亭。望江亭以北，便是颇具艺术性的毛泽东青年艺术雕塑，雕塑生动形象，艺术感染力强，与江景完美结合，总是吸引许多游客在此合影留念。

天心阁及古城墙：潇湘古阁，城墙胜迹

天心阁原名“天星阁”，因为按照星宿分野，天心阁所在位置正好对应天上的“长沙星”。这里曾是古人观测星象、祭祀天神之所。位于古长沙地势高峻处的天心阁也是人们心中公认的风水宝地。天心阁曾遭遇火灾，但在1983年得到重建，并在原有的三层建筑上增建了二层附阁，主阁和附阁之间以廊连接，气势雄伟壮观。

天心阁下的古城墙始建于西汉，为长沙王吴芮所筑，总长8.5公里，共设九座城门。辛亥革命后，长沙拆除古城墙，仅保留天心阁城墙一段。如今的城墙对研究古代城市军事防御具有极其重要的价值，也是古城长沙的历史见证。



媒体 艺术 之都

马栏山视频文创园：书写湖湘精神的高度

湖南文化资源丰富、艺术氛围浓郁。浏水之畔的马栏山视频文创园传承了敢为人先的拼搏精神，构筑了长沙的文化新版图。园区面积达 15.75 平方公里，集聚了芒果超媒、电广传媒、中南出版、中广天择等多家传统广电和图书出版龙头企业，以及 4400 多家视频文创领域企业，享誉国内外。



太平老街：古今交汇，迸发无限活力

太平街自古以来就是长沙的核心区域，如今是古城保留原有街巷格局最完整的一条街。整个街区呈鱼骨状，不仅有众多老字号商铺和名人故居，坡屋顶、小青瓦、木门窗等古色古香的点缀更是随处可见。在保留了丰厚文化底蕴的同时，太平老街也开设了众多新兴的文创空间，如太平里文创社区，它不仅保留了原来的红砖墙，还在二楼和三楼开设了咖啡馆、主题博物馆、油画工作室、VR 体验馆等，这些新入驻的空间让太平老街迸发出新的活力。

长沙市非物质文化遗产展示馆：体验非遗乐趣

为了让更多人深入了解非遗、走近非遗，长沙市非物质文化遗产展示馆自 2018 年 11 月开馆以来，已组织传习活动 1500 多场，体验项目包括湘绣、长沙棕叶编、民间剪纸、浏阳油纸伞制作工艺等。此外，非遗馆还精心组织策划橘洲非遗体验周、乐游非遗体验周、乐玩非遗等系列活动，寓教于乐，让更多的人认识非遗。



国际美食之都



火宫殿: 多样美食

火宫殿原是当地人祭祀火神的场所, 既拥有红色的宫墙和精美的庙宇建筑, 也蕴含着丰富的民俗文化、饮食文化与火庙文化, 如今则化身为体验长沙美食的网红打卡地。在火宫殿这个美食天堂里, 臭豆腐、糖油粑粑的美味无需赘述, 姊妹团子、八宝果饭、龙脂猪血更是样样可口, 值得一尝。



长沙文和友: 温情穿越

长沙另一个热门美食场所, 非文和友莫属, 这里甚至火爆到吃饭排队时一号难求。这个“餐饮+文化体验”的综合空间, 还原了 20 世纪七八十年代老长沙的多处景观, 怀旧风格让人印象深刻。小龙虾是文和友的特色, 又麻又辣、入口回甘的龙虾肉非常美味, 汤汁拌面更是一绝。一边吃着热辣美食, 一边欣赏楼里的广告牌和霓虹灯, 仿佛进行一次穿越之旅。



Changsha:

The Xiaoxiang Way

Changsha, located in the middle reaches of the Yangtze River, is a city of cultural significance, and an established "Capital of Media and Art". It packs three thousand years of wisdom in the motto "learn from all, apply to the real world". Its publishing and television industries are adept at promoting culture with new technology, while the authentic Hunan cuisine and local specialties reveal another aspect of the unique "Changsha Style". Plan a trip to this social media sensation central, and see what it's all about.

WORDS XIANG NING • PHOTOGRAPHS VCG

City of Historical and Cultural Significance

Yuelu Academy: The Earliest Institution of Higher Education

Yuelu Academy is located in Yuelu Mountain on the bank of Xiangjiang River. Yuelu Mountain took its name from the quote "The Southern Mountain covers an area 800 *li* in diameter, with Huiyan as the head and Yuelu as the foot", out of *Notes of The Southern Mountain*, (a book in the Northern and Southern Dynasties). The scenery is pleasant all the year round, especially in autumn, as the rolling landscape is blanketed with the glory of maple trees.

Yuelu Academy is one of the top four academies in ancient China, and among the best preserved ancient academies in the country today. Since its founding in the early Song Dynasty, it had been known for its standard of education and scholarship. The Academy became even more revered

when an Emperor (Zhenzong of Song) wrote out the plaque for its entrance. The Academy is also the birthplace of the Huxiang School. The neo-Confucian philosopher Zhu Xi once gave lectures here and exchanged ideas with Zhang Shi, the headmaster, for more than two months. Today, there are buildings from Ming and Qing eras such as the Great Gate, the Second Gate, Lecture Hall, Banxuezhai, Xiangshui School Mosque, Confucian Temple, etc., and a large number of tablet relics, such as Tang Inscriptions "Lushan Temple Stele", the stele with Emperor Zhenzong's handwriting "Yuelu Academy" inscribed in Ming Dynasty, and the "Steles of Loyalty and Integrity" in Zhu Xi's handwriting, inscribed in Qing Dynasty, etc.



Orange Island: Ecology and Culture

Located in Yuelu District, Orange Island divides the Xiangjiang river from south to north. The name alludes to the abundance of orange trees and fruits on the isle. On the southern tip is the 3000-sq.m.-Zhoutou Square. The fan-shaped Platform of Big Question on the square is named for a verse Mao Zedong wrote here in his youth : "Lost in immensity/I wonder who/Upon this boundless earth decide/All beings' fall and rise". On another side of the square is a pseudo-classic building—Riverview Pavilion. North of the Pavilion is a striking statue of the young Mao Zedong standing above the river; it has become a popular photo op.



Tianxin Pavilion and the Old City Wall

Tianxin Pavilion was originally named "Tianxing (astral) Pavilion", as its location corresponds to the "Changsha Star" in the constellations of antiquity. It was a place for people to observe the stars and make offerings to the gods. Located in an elevated spot of the ancient Changsha, Tianxin Pavilion is considered to benefit from excellent fengshui. The Pavilion was once damaged in a fire, and was rebuilt in 1983. Two floors of annex, connected by walkways, were added to the original three-story structure, leaving the Pavilion of stars looking grander than ever.

The ancient rampart under Tianxin Pavilion was built in the Western Han Dynasty by Wu Rui, Lord of Changsha. It was 8.5 kilometers long and had nine gates. After the 1911 Revolution, the municipality demolished most of it, and only a section near Tianxin Pavilion was preserved. Today, the city wall lends valuable insight into the military defense of ancient cities, and bears witness to the history of Changsha.



City of Media Arts

Malanshan Video & Culture Creation Industrial Park: New Height of the Hunan Energy

Hunan is a cultural and artistic hotspot. Malanshan Video & Culture Creation Industrial Park, on the banks of the Liuyang River, has inherited the pioneering spirit to build a new cultural map of Changsha. The 15.75-sq-km park gathers many leading enterprises of traditional broadcasting and publishers, such as Mango Excellent Media, Hunan TV & Broadcast Intermediary, China South Publishing & Media Group, and TV Zone Z, as well as more than 4400 enterprises in the field of Video & Culture Creation industry, enjoying a good reputation at home and abroad.

Old Taiping Street: At The Intersection of Tradition and Modernity

Taiping Street has been the core area of Changsha since ancient times, and is now the best preserved section of the original street layout in the old city. The block is in the shape of fishbone, dotted with shops of established brand, former residences of historic figures, replete with slope roofs, green tiles, wooden doors and windows and other scenes from the past. Retaining the rich cultural background, Taiping Street has many emerging cultural spaces, such as Taipingli Culture Creation Community, where the original red brick wall is retained, and a café, theme museums, painting studios and VR center are opened in the second and third floors, breathing new life into Taiping Street.



Changsha Intangible Cultural Heritage Exhibition Hall: Hands-on Experience

Since its opening in November 2018, Changsha Intangible Cultural Heritage Exhibition Hall has organized more than 1500 events to teach various crafts, including Xiang embroidery, Changsha palm leaf weaving, paper cutting, Liuyang oil-paper umbrella making, etc. In addition, the Museum stages a series of festivals, such as Orange Island Week, Interactive Heritage Week etc., to bring intangible cultural heritage closer to the public.



City of Gastronomy



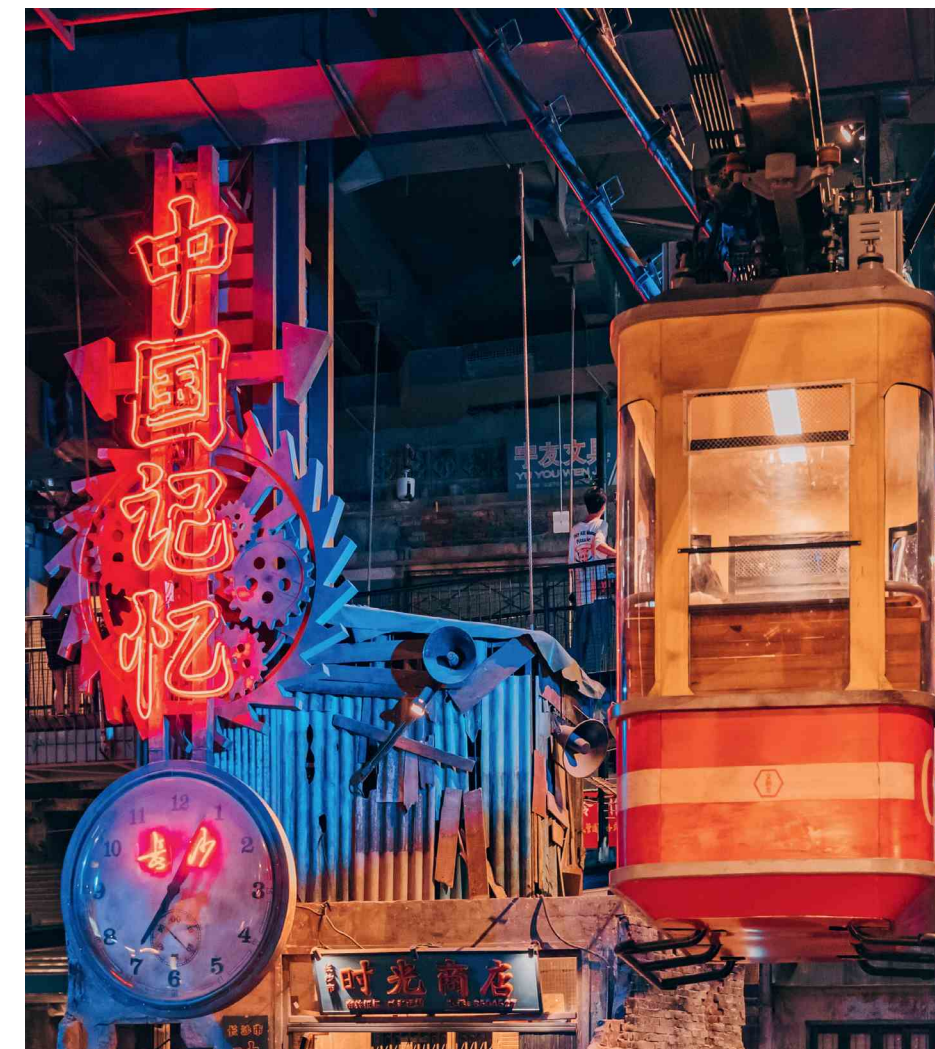
Huogong Palace: Diverse Cuisine

Huogong Palace (The Palace of Fire) was originally a shrine for the God of Fire. There are red walls, an intricate temple complex, rich folk tradition of food and rituals. Now, it has become a trendy spot on social media for sampling Changsha food. Discover sticky rice dumplings, steamed rice with mixed fruits, coagulated pig's blood doused with sesame oil, stinky tofu, and sugar-and-oil rice cakes in this foodie paradise.



Changsha Wenheyoun: Comfort Food and Nostalgia

Another major dining venue, Changsha Wenheyoun, is so popular that it's often difficult to get a waiting number for the queue. The retro setting is reminiscent of the old Changsha in the 1970s and 1980s. The specialties are spicy and tingly crayfish, and noodles with crayfish soup sauce. Guests are transported back in time between the perennial spiciness, the billboards and neon lights.



赫尔辛基： 无与伦比的建筑之美

赫尔辛基堪称建筑名城，现代主义、功能主义各有所长，新艺术流派作品之多，称冠北欧。当地建筑层次分明，精致独特，并随着时光推移，成为城市最有个性的部分。

文 芊宁 ● 图 视觉中国（除标注外）



康比静思堂

康比静思堂(Kamppi Chapel)位于Narinkkatori广场一角，康比购物中心入口，在芬兰全国最繁忙的地段，隔出一方宁静。礼拜堂规模小巧，曲线轮廓与街景相容，十分流畅。内部设计柔和，让访客感到平静安定，入口处设有展览。礼拜堂有简短的祈祷服务，但周日没有仪式。有时候这里还会举办音乐会。礼拜堂建于2012年，由赫尔辛基本地K2S建筑事务的建筑师Mikko Summanen、Niko Sirola和Kimmo Lintula设计完成。



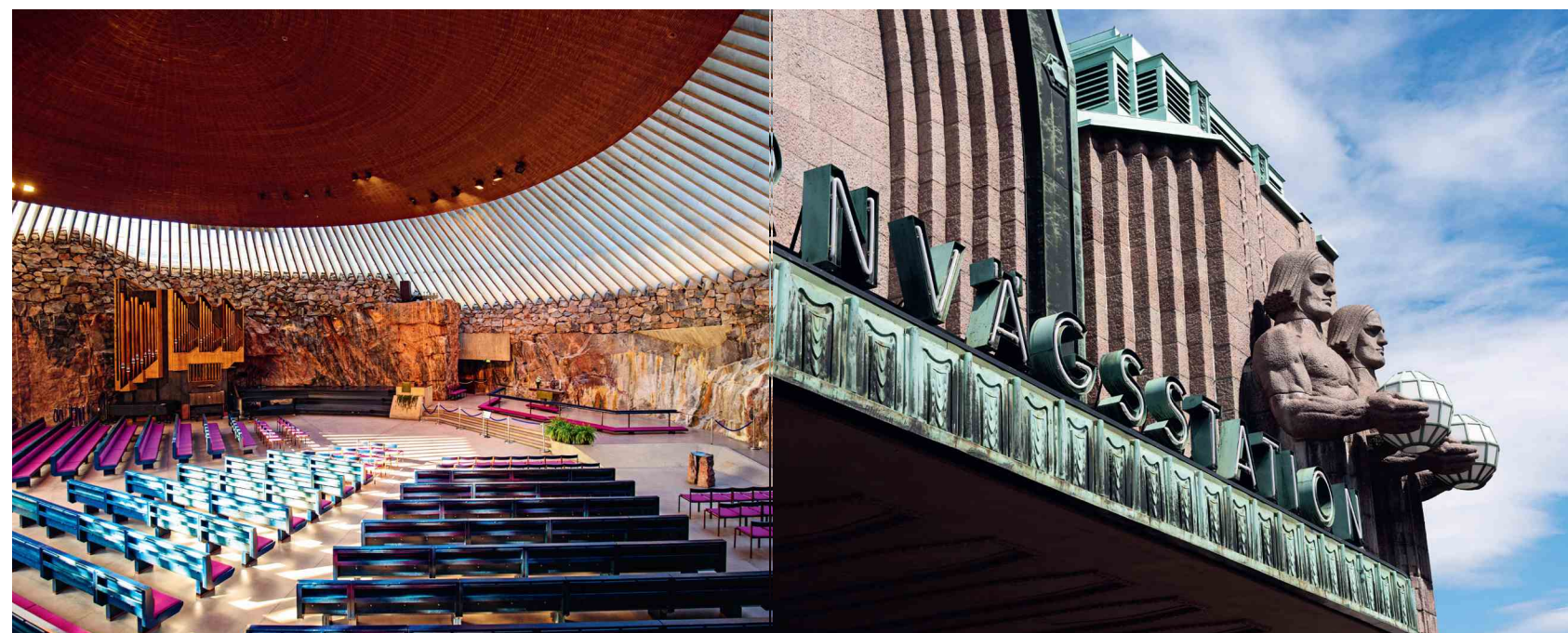
赫尔辛基大教堂

大教堂由卡尔·路德维格·恩格尔(Carl Ludvig Engel)设计，地处参议院广场北侧，常举办国家庆典、校园盛事，也是赫尔辛基的热门景点。教堂在帝国统治期位于赫尔辛基市中心，被当时从海上到此的人当作到达的地标，如今也是全市的象征建筑。教堂于1852年完工，旧称圣尼古拉教堂(St.Nicholas Church)、大教堂(Great Cathedral)，现为赫尔辛基教区主堂。教堂屋顶上有十二使徒雕像，守卫芸芸众生。夏季教堂地下室有展览，还有一间纪念品商店。



岩石教堂

岩石教堂(Temppeliaukio Church)位于赫尔辛基城市中心的Fredrikinkatu路末端，1969年从岩石层中雕砌而成，结构奇特，是赫尔辛基一大名胜。教堂大厅上有一座镀铜穹顶，由钢筋混凝土梁支撑在岩壁上，内墙材料是粗石头和瓦砾。上午时，阳光会从祭台墙屋顶的一圈窗户里照进来，祭台装饰有冰河期裂石。教堂音响效果上乘，常用作音乐会场地。



赫尔辛基火车总站

赫尔辛基火车总站由Eliel Saarinen设计，1905年动工，1919年启用，是新艺术流派佳作。每天约有20万人进出，人流量为芬兰第一。钟塔高48.5米，据估计每天会有40万人经过时看时间。火车站地表由花岗岩铺设，特色除钟塔之外，还有两对塑像，在大门口两侧抬着球形灯，是由雕塑家Emil Wikström所作的。

阿莫斯瑞克斯美术馆

私人艺术博物馆阿莫斯瑞克斯博物馆 (Amos Rex) 于 2018 年 8 月底开放, 是赫尔辛基的一处艺术和城市文化聚集地。其建筑风格独特, 包括新建的地下展览空间、1936 年的玻璃宫、Bio Rex 电影院, 以及 Lasipalatsi 广场——该广场将作为展览大厅的屋顶。博物馆的展览涵盖了从 20 世纪的现代主义文化到充满实验性的当代艺术, 应有尽有, 旨在呈现艺术的迷人和丰富。其中, 西格德·弗罗斯特 (Sigurd Frosterus) 的后印象派艺术收藏将在馆内永久展出。

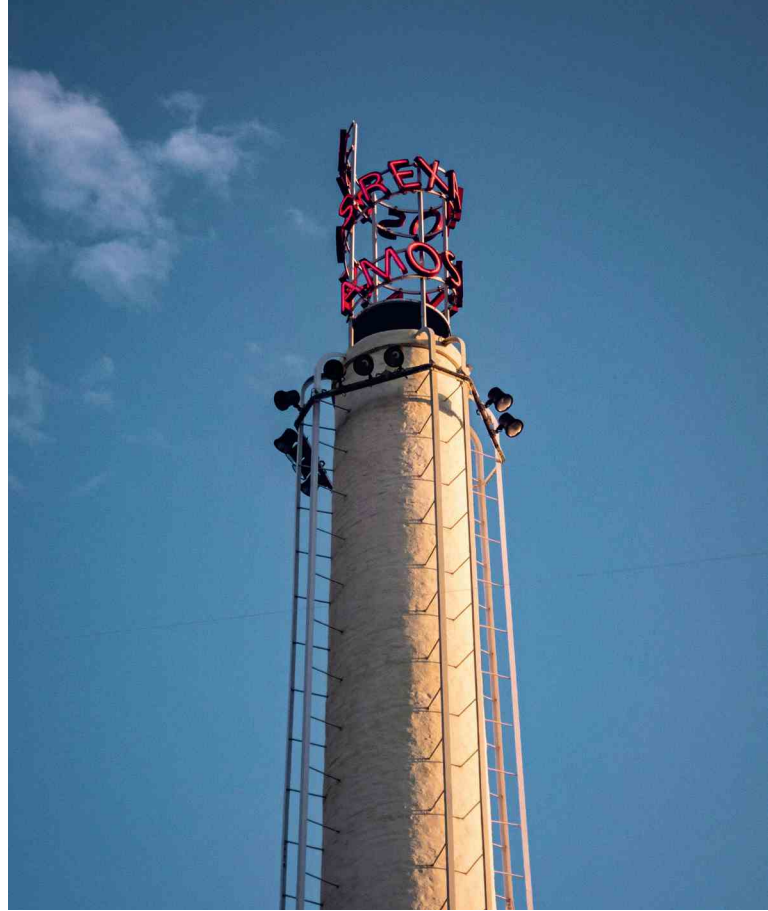


图: MIKA/UNSPLASH

芬兰堡

芬兰堡 (Suomenlinna) 位于赫尔辛基市郊海滨, 是一处世界遗产, 如今城堡内还有 800 多位居民。城堡墙垣总长 6 公里, 拥有 100 门大炮, 还有地道、公园、博物馆和餐馆等。想要了解城堡详情不妨跟随导游听听解说, 多语种私人导游可在网上预订。从市场广场可以乘公共交通轮渡 (HSL) 前往城堡, 每天都有班次。



图: TAPIO HAAJAJA/UNSPLASH

Tempeliaukio Church

Carved out of rock in 1969, the Tempeliaukio Church at the end of Fredrikinkatu in the heart of the city is popular among tourists for its peculiar structures. The church hall is topped by a copper coated dome, supported with reinforced concrete beams. The internal walls are made of rough stones and rubbles. In the morning, the sun sheds its light through the windows above the altar decorated with creviced stones from the ice age. Due to excellent acoustics, the church doubles as a concert venue.

Kamppi Chapel

Kamppi Chapel, in the corner of Narinkkatori, near the entrance of Kamppi Shopping Center, embraces seclusion in the most bustling downtown area of the country. Though small in size, the chapel is perfectly compatible with the street landscape. The internal design welcomes visitors into a soothing ambiance. There are exhibitions at the entrance. Besides, pray services are scheduled every day of the week, except on Sunday, and concerts are held here occasionally. Designed by Mikko Summanen, Niko Sirola and Kimmo Lintula from Helsinki K2S Architectural Firm, the chapel was completed in 2012.

Helsinki: Architectural Art

Helsinki is a city well noted for its architecture. Layers upon layers of unique design, from modernism, functionalism, to the largest number of Art Nouveau buildings in Scandinavia, have become the most distinctive part of the city.

WORDS YUNING
PHOTOGRAPHS VCG (EXCEPT FOR THE PICTURES NOTED)



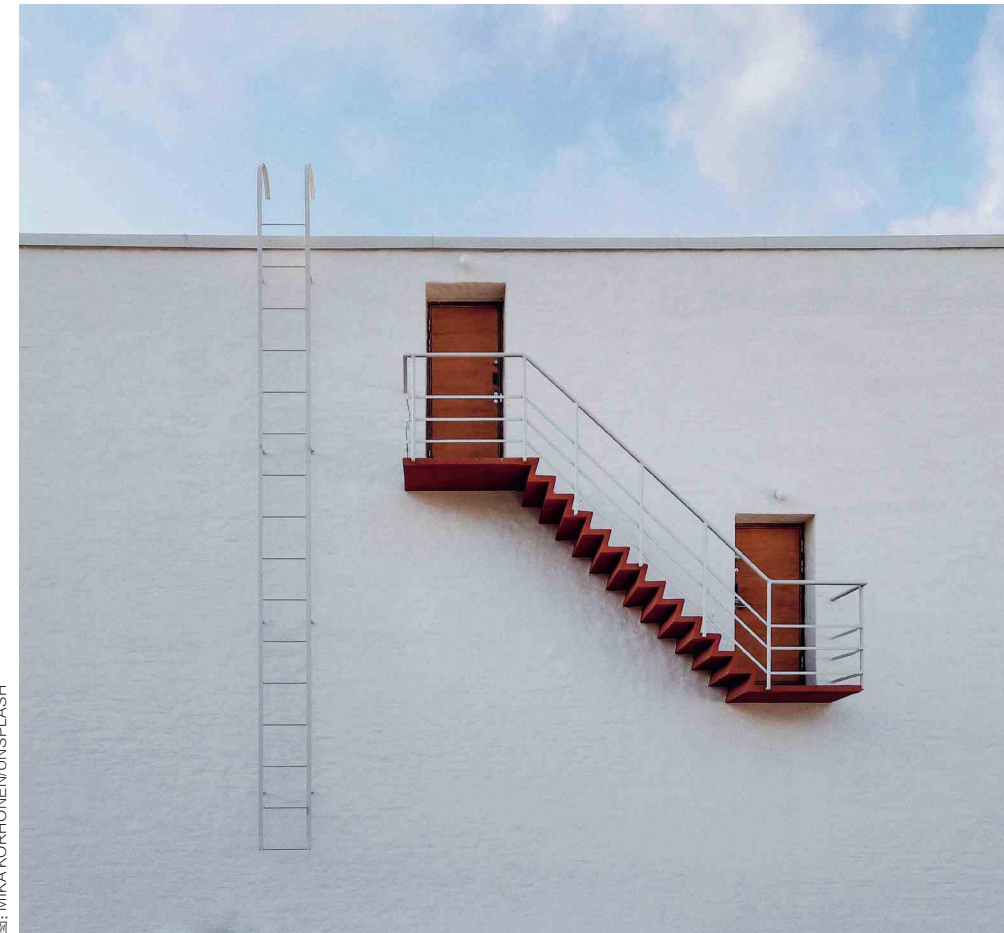
Helsinki Cathedral

On the northern side of the Senate Square, Helsinki Cathedral designed by Carl Ludvig Engel is a popular scenic spot in Helsinki, and often used for national celebrations and campus festivities as well. Standing in the center of the City during the imperial period, it was a landmark for people coming back from the sea. Nowadays, it is still the architectural symbol of Helsinki City. Previously known as St.Nicholas Church and Great Cathedral, it was completed in 1852 and has been turned into the main church of the Helsinki diocese. Sculptures of the twelve disciples stand on the roof, guarding the city and its residents. In summer, the underground exhibition is available, and the souvenir shop is worth visiting.

Amos Rex

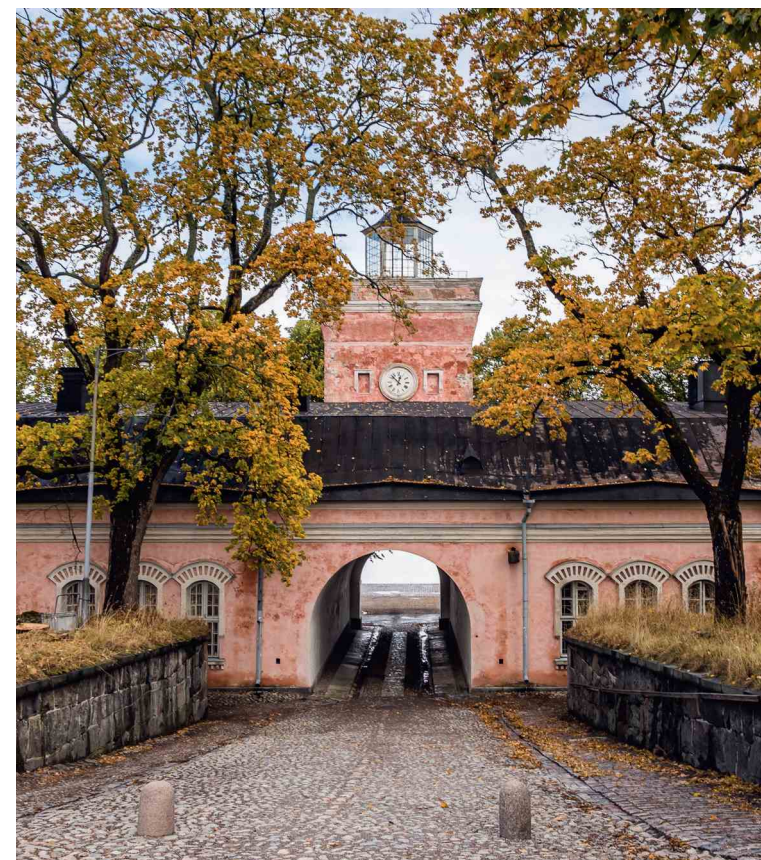
Open to the public at the end of August 2018, the private art museum Amos Rex is a magnet of urban arts and culture. It is well-known for its peculiar architectural styles, including newly-built underground exhibition space, the glass palace built in 1936, Bio Rex Cinema, and Lasipalatsi square on the the roof of the exhibition hall. The collection surveys 20th century Modernism and experimental, contemporary art through a detailed and fascinating lens. A permanent exhibition of Sigurd Frosterus's post-impressionist works is on display.

图: MIKA KORHONEN/UNSPASH



Helsinki Central Railway Station

The Helsinki Central Railway Station, a masterpiece of Art Nouveau, was designed by Eliel Saarinen and came into service in 1919. Construction started in 1905. Every day it is used by about 200,000 passengers, busier than any other station in Finland. The 48.5m bell tower is estimated to help 400,000 people check the time per day. The floor is paved with granite, and you'll find two pairs of sculptures by Emil Wikström holding spherical lamps at the gate of the station.



Suomenlinna

A UNESCO World Heritage site in the Helsinki suburb, the coastal fortress of Suomenlinna remains home to over 800 residents today. There are 6 km of walls and 100 cannons. You can also find tunnels, gardens, museums and restaurants along the wall. The guides are very helpful if you want to learn more details. Multilingual private guides can be arranged through guidebooking@suomenlinnatours.com. HSL ferry departs from the market square to the castle every day.