

TRAVELLING IN STYLE



保罗·索鲁笔下的柏林·慕尼黑·小众深度游

BERLIN · MUNICH BY PAUL THEROUX · DETOUR DESTINATIONS

JENNIFER LAWRENCE



LONGINES PRIMALUNA

Elegance is an attitude
LONGINES



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封面图片：
由美国当代艺术家乔纳森·博罗夫斯基
(Jonathan Borofsky) 创作的《分子人
(Molecule Man)》雕塑高达 30 米，矗
立在柏林东南部的施普雷河上，象征着
这座城市中个体与文化的交融。

Cover image:
Rising 30 metres above the
Spree River in southeast Berlin,
the *Molecule Man* sculpture
by American artist Jonathan
Borofsky symbolises the coming
together of individuals and
cultures within the city.



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对页图片：柏林阿德隆凯宾斯基酒店的 Palais 厅为各类盛大活动和庆典提供了优雅的环境。/ Opposite image:
The Palais Room at Hotel Adlon Kempinski Berlin offers an elegant backdrop for prestigious
events and celebrations.



时尚旅行

TRAVELLING IN STYLE

凯宾斯基寄语 / A MESSAGE FROM KEMPINSKI

旅行，对每个人都有着不同的意义。有的人，醉心文化与美食的探寻；有的人，钟爱慢节奏的假日时光与家人的陪伴。无论旅行的初衷是什么，都能让我们见识世界的广阔，又于广阔中感受独属自己的心灵体验。本期，我们将从发现与反思的角度来探讨旅行之道，即用独属自己的方式去享受看世界的乐趣。

在这一方面，很少有人能比作家保罗·索鲁 (Paul Theroux) 理解得更加透彻。他的一生都在路上，走遍了世界各地，记录下无数有趣的地方风俗与见闻。在第 42 页中，他描绘了一幅关于巴伐利亚州首府慕尼黑的生动画卷——这是一座熠熠生辉的城市，拥有深厚的艺术与历史底蕴，它开放、包容，处处闪耀着真诚与人性的光辉。

从慕尼黑一路向北，来到柏林。这是一座无法被简单概括、永远令人着迷的城市。三位来自阿德隆凯宾斯基酒店的柏林本地人向我们分享了他们最钟爱的城市角落（第 12 页），从不同的角度讲述了柏林的故事。他们的故事告诉我们，即便同一座城市，在不同人的眼中都有着不一样的风采。

对诞生于德国的凯宾斯基而言，这种对个性的崇尚，自品牌诞生之初便深植于骨血之中。在第 6 页中，我们将回顾品牌的起源——19 世纪凯宾斯基兄弟在柏林创立凯宾斯基的初衷，时至今日仍然定义着公司的精神内核。

除此之外，本期我们还邀请了劳瑞·乔·米勒·法尔 (Laurie Jo Miller Farr) 分享她的旅行心得，即放慢脚步，探寻隐藏的瑰宝之地（第 74 页）；而拉里·奥姆斯特德 (Larry Olmsted) 则向我们揭示了一粒平凡的谷物，如何联结起跨越大陆的文化脉络（第 56 页）。

最后，在“凯宾斯基美好时刻”（第 80 页）中，两位摄影师通过自己的镜头，以独特的视觉语言诠释了凯宾斯基的生活图景。

无论您下一站将去往何方，我们都希望本期内容能够激发您的兴趣，让您能够去更深入地了解，更畅快地游玩，以自己独有的方式去发现每一个目的地之美。

Travel means something different to each of us. For some, it's a quest for culture or cuisine; for others, a chance to slow down and reconnect. Whatever draws you to new places, every journey offers a glimpse of how vast – and how personal – the world can be. In this issue, we explore travel as both discovery and reflection: the joy of seeing the world, and the art of doing it your own way.

Few writers understand this better than Paul Theroux, whose lifelong travels have made him one of the great chroniclers of place. On page 42, he shares his impressions of the Bavarian capital – a luminous city of art, history and conversation – capturing moments that reveal its heart and humanity.

From Munich, we move north to Berlin, a city impossible to summarise yet endlessly fascinating. Three Berliners from Hotel Adlon Kempinski share their favourite corners of the city (page 12), showing how each neighbourhood reflects a different facet of Berlin's story. Their perspectives remind us that no two people ever see the same city in quite the same way.

Staying in Germany, that spirit of individuality has been central to Kempinski since its earliest days. On page 6, we revisit the brand's beginnings in 19th-century Berlin, where the Kempinski brothers built a reputation that still defines the company today.

Elsewhere in this issue, and the world, Laurie Jo Miller-Farr celebrates the rewards of slowing down and exploring beyond the obvious (page 74) while Larry Olmsted reveals how one simple grain connects cultures across continents (page 56).

Finally, in Moments @Kempinski (page 80), two photographers offer their own visual interpretations of Kempinski life, each framing our world through a distinct lens.

Wherever you travel next, may this issue inspire you to look closer, wander further and experience each destination in a way that's entirely your own.

对页：柏林阿德隆凯宾斯基酒店的制服是酒店身份认同与长久传承的一个重要组成部分。/ Facing page: The uniforms at Hotel Adlon Kempinski Berlin are a key part of the hotel's identity and enduring legacy.



多年来，凯宾斯基酒店承接了众多的世界级盛会与商业活动，为其提供了完美的场地服务。/ Throughout the years, Kempinski has served as the backdrop for major global gatherings and business events.

01 | 走进凯宾斯基

以热忱之心，传承创新精神：源自 1872 的商业传奇

自伯托·凯宾斯基与莫里茨·凯宾斯基接手一家德国小酒坊之日起，他们便始终以热忱与创新精神谱写着凯宾斯基的传奇故事。他们对顾客需求与市场趋势有着敏锐的洞察，在柏林城中打造出无与伦比的餐饮体验，从最初偏居一隅的酒坊，逐步蜕变为横跨大陆的餐饮与奢华酒店帝国。从籍籍无名到全球知名品牌，时至今日凯宾斯基仍延续着这份创新精神——根植百年传承，洞悉当下，从容迎接明日之变。

01 | ESSENTIALLY KEMPINSKI

HEARTFELT HERITAGE: INNOVATING SINCE 1872

Ever since brothers Berthold and Moritz Kempinski took over a small German winery, the Kempinski story has been one marked by passion and innovation. By anticipating customers' needs, reading trends and delivering experiences unrivalled in the city of Berlin, their wine business grew into a culinary and hospitality empire spanning continents. From humble roots to global brand, the spirit of innovation continues across Kempinski today: rooted in legacy, mindful of the moment, ready for tomorrow.



Uncorked innovation: wines by the glass

German tastes in the late 19th century were firmly embedded in the country's brewing industry. For the Kempinski brothers, this presented a unique opportunity. When they opened their first Berlin wine shop in 1873, convincing beer-drinkers to buy wine proved challenging. Ever the innovator, Berthold Kempinski started offering wines by the glass to be enjoyed in a cosy 20-seat tasting room; a pioneering concept that opened a world of oenological exploration for Berliners. As well as selling more wine, people began to linger longer over their glasses and try more varieties, turning the quiet shop into a social hub and, effectively, Berlin's first wine bar. Today, Lorenz Adlon Esszimmer at Hotel Adlon Kempinski Berlin continues the tradition in the same city, serving more than 60 wines by the glass and encouraging guests to sample a broad range of varietals from Germany and beyond.

杯装葡萄酒：打破整瓶销售局限的创新之举

十九世纪末的德国，正值啤酒文化盛行。对凯宾斯基兄弟而言，这是一个独一无二的契机。1873 年，他们在柏林开设首家葡萄酒坊之时，要让钟爱啤酒的人们接受葡萄酒，无异于一场革命。在此困境下，伯托独辟蹊径，以巧思破局——在这家仅有 20 个座位的小酒坊中，率先推出了杯装葡萄酒，为柏林人开启了一扇通往风味探索的大门。随着葡萄酒品种的增加，人们一改买酒归家的习惯，开始在店中流连，主动尝试更多品种的葡萄酒。而这家小店也悄然化作一处社交之所，成为了柏林历史上第一家真正意义上的葡萄酒吧。如今，位于同一座城市的 Lorenz Adlon Esszimmer 餐厅接过了这一传统。店内提供六十多款杯装葡萄酒，从德国本土的佳酿到来自其他产区的臻选品种，静候宾客们探索。

生蚝欢乐时光 (Oyster Hour): 来自波罗的海的馈赠

开业不久后，凯宾斯基葡萄酒坊便推出了一系列经典德式菜品，如匈牙利红烩牛肉 (Goulash)、香煎小牛排 (Veal Schnitzel) 和香肠等。在一个夏日，酒坊的一名员工从波罗的海旅行归来，带回了一箱新鲜的活生蚝。那鲜甜滑嫩的美味让凯宾斯基兄弟赞不绝口，他们遂决定在酒坊为顾客免费提供新鲜生蚝，以供佐酒品尝。此举不仅使葡萄酒销量大幅增长，还让酒坊人气大增，成为风靡一时的餐饮店。如今，这一传统在慕尼黑凯宾斯基四季酒店的 Schwarzreiter 餐厅及酒吧得以延续。餐厅在每周二至周四提供“生蚝 & 香槟欢乐时光”活动，仅需百余欧元便可享受包含十枚鲜生蚝和一瓶泰亭哲 (Taittinger) 香槟的双人特惠套餐。



Baltic bounty: oyster hour

Soon, the wine shop had expanded into home-cooked meals like goulash, veal schnitzel and sausages. One summer, an employee returned from the Baltic Sea with a crate of live oysters. Overwhelmed by the generous gift, the Kempinski brothers offered the fresh oysters to customers in the tasting room free of charge, which led to a significant increase in wine sales and a surge in interest in visiting the Kempinski wine shop. The tradition is upheld at Hotel Vier Jahreszeiten Kempinski München, where Oyster & Champagne Hour is celebrated at Schwarzreiter Tagesbar from Tuesdays to Thursdays, promising 10 succulent oysters and a bottle of Taittinger Champagne for just over EUR 100 for two people.

半份菜：更有温度的餐饮理念

在饭店菜单上没有标价的年代，顾客与店主之间常常要讨价还价，因此外出用餐对预算有限的人们而言比较麻烦。伯托·凯宾斯基从中窥见商机，推出了固定价格的每日菜单和半份菜，让不同层次的人们都能品尝到他们精美的菜肴，以此来吸引更多顾客。今日，凯宾斯基的大堂酒廊延续着这一精神，为住店客人与本地客人打造了一处温馨的社交场所，客人们可以在此工作、休闲、社交，在丰盛的正餐之前享用精美的茶点和小食，消磨闲暇时光。



Accessible dining: half portions

In an era where there was no fixed price listed on menus – leaving room for a certain amount of haggling between customers and owners – dining out could be challenging for those with limited budgets. Here too Berthold Kempinski saw an opportunity to appeal to a wider audience and introduced fixed-price daily menus and half-portion dishes, making his high-quality produce available to customers from every walk of life. Today, Kempinski Lobby Lounges are convivial social hubs – inviting living rooms where hotel guests and locals gather to work, play and socialise while enjoying the selection of light bites and smaller plates designed to satiate appetites between more immersive dining at Kempinski's stellar restaurant collection.



Silver service: the dawn of fine dining

Following the unstoppable success of the company's numerous food and wine businesses, Restaurant Kempinski opened in 1926 on Berlin's prestigious Kurfürstendamm, a boulevard bursting with luxury boutiques and cafes that became the focal point of Berlin's high society. Radiant in colourful marble, rich mahogany and a sunlit terrace that could seat 150 guests in addition to the 700 seats inside, the fine dining restaurant quickly became Berlin's most beloved establishment. Today, the legacy continues at a collection of award-winning restaurants across the Kempinski portfolio, including two Michelin-starred restaurants: PUR at Kempinski Hotel Berchtesgaden in the Bavarian Alps and Lorenz Adlon Esszimmer at Hotel Adlon Kempinski Berlin.

银质服务：精致餐饮的曙光

在餐饮和葡萄酒业务领域大获成功后，他们乘势而上，于 1926 年在柏林知名的潮流圣地库达姆大街 (Kurfürstendamm) 开设了凯宾斯基餐厅 (Restaurant Kempinski)。这条街汇聚一众顶级奢侈品店与咖啡馆，是最受柏林上流社会追捧的休闲地。这家高档餐厅地面采用色彩斑斓的大理石，搭配制作精良的红木家具，尽显华贵质感。餐厅室内设有 700 个座位，户外还有一处环境优雅的阳光露台，可容纳 150 人就餐，迅速成为柏林餐饮界的新宠。今日，凯宾斯基旗下一系列屡获殊荣的餐厅延续了这份荣光，其中还包括两家米其林星级餐厅——巴伐利亚阿尔卑斯山贝希特斯加登凯宾斯基酒店的 PUR 餐厅以及德国柏林阿德隆凯宾斯基酒店的 Lorenz Adlon Esszimmer 餐厅。



Haus Vaterland: a world of entertainment

In the 1920s, Berlin was a cultural hotspot thanks to its thriving film industry, roaring nightlife and reputation for artistic innovation. Into this glitzy world, Haus Vaterland was conceived as the world’s first inner-city pleasure palace. Home to 11 restaurants each specialising in cuisine and culture from different parts of the world, with live entertainment and décor to match, Haus Vaterland welcomed 10,000 daily visitors at its peak. Today, diverse dining can be found across the Kempinski constellation, nowhere more so than at Marsa Malaz Kempinski The Pearl Doha, where 10 distinct dining venues take guests on a culinary journey around the world. And the spirit of technical and artistic innovation at Haus Vaterland finds its modern-day counterpart at Kempinski Central Avenue Dubai, where guests at Zenon find themselves on a sensory journey surrounded by AI-powered digital art.

城市度假地标： Schloss Marquardt 酒店

20 世纪 30 年代，伯托·凯宾斯基的女婿理查德·昂格尔接管了 Schloss Marquardt 酒店。这座度假酒店的前身是一座隐于柏林城郊的庄园，四周栗影婆娑，椴叶轻摇，一派田园风光。经过重新翻修后，Schloss Marquardt 成为首家凯宾斯基酒店，也是全球首批城市度假酒店之一。他们从波罗的海运来细腻的海沙，在宁静的 Schlänitz 湖畔铺就一片私人海滩，配备划艇的私人码头、浴室、日光浴草坪、网球场以及冷热水供应等设施一应俱全。正如当初的宣传册所言，此处是“为疲惫与不安的城市灵魂提供休憩与疗愈的净土”。2025 年，历史再度重演，凯宾斯基接管了位于巴伐利亚首府慕尼黑的皇家宁芬堡凯宾斯基酒店，为当地居民和游客们提供了一处城市中心的奢华休憩之所。



Schloss Hotel Marquardt: urban resor

In the 1930s, Berthold Kempinski’s son-in-law, Richard Unger, took over management of Schloss Marquardt, a former palace on the outskirts of Berlin set in acres of beautifully landscaped gardens dotted with chestnut and linden trees. After major renovations, Schloss Marquardt became the first Kempinski hotel and one of the world’s first urban resorts, with its own beach on tranquil Lake Schlänitz made from sand imported from the Baltic Sea, a private dock with rowboats, a bathhouse and sunbathing lawn, tennis courts and hot and cold running water. It was “a place of rest and recovery for tired and restless city dwellers”, according to the original English-language pamphlet. History repeated itself in 2025 when Kempinski assumed management of Kempinski Royal Residence Nymphenburg Munich, providing locals and visitors alike with a resplendent regal retreat in the heart of the Bavarian capital.

餐饮娱乐圣殿： Haus Vaterland

在 20 世纪 20 年代的柏林，电影业蓬勃发展，夜生活丰富多彩，艺术创新层出不穷。在这座繁华的大都市之中，诞生了世界首个城市娱乐圣殿——Haus Vaterland。这座餐饮综合体拥有 11 家精品餐厅，囊括来自世界各地的特色美食，餐厅还提供精彩的现场表演，最高峰时单日游客接待量超过 1 万人。如今，多元化餐饮理念早已深植整个凯宾斯基酒店版图，而其中最璀璨的一颗星辰，莫过于多哈明珠马莎马雷兹凯宾斯基酒店。该酒店拥有 10 家风格各异的主题餐厅，以地道的全球美食邀宾客们领略舌尖上的世界。而在迪拜中央大道凯宾斯基酒店的 Zenon 餐厅，Haus Vaterland 的技术与艺术创新精神得到全新的诠释。在那里，感官的边界被重新定义，AI 数字艺术带领宾客们开启一场奇妙之旅。



开启新征程

凯宾斯基兄弟以热忱为种，以远见为壤，把一家小小的葡萄酒坊，培育成为横跨五大洲的奢华酒店帝国。经过几代人的不懈努力，凯宾斯基将业务版图延伸到了奢华酒店和度假酒店领域，而凯宾斯基的名字在世界各地也成了奢华的代名词：一流的产品、无与伦比的客户服务以及对创新的执着追求。时至今日，凯宾斯基仍然坚守着这些传统，在不忘初心的同时，坚定地走向未来。凯宾斯基已经准备好开启新的征程，让创新之火继续照亮前进的道路。

A new chapter begins

From humble beginnings, the brothers Kempinski turned a small wine business into a global culinary empire. As the torch was handed down the generations and the business expanded into luxury hotels and resorts, the Kempinski name became synonymous with luxury in all corners of the world: first-class products, unrivalled customer service and a commitment to innovation. Today, those traditions are upheld, with one eye on the past and the other fixed firmly on the future. As Kempinski prepares to start a new chapter, the flame of innovation continues to burn brightly.



02 | 标志性目的地

柏林： 独树一帜，多元并存

柏林，是一座无法用三言两语概括全貌的城市。它曾历经毁灭与重生，分裂与重归统一，独特的历史孕育了风格迥异的街区、环境与风貌。为深入探索这座城市的精髓，我们邀请了来自阿德隆凯宾斯基酒店团队的三位柏林本地人，向我们讲述他们最爱的柏林之地。尽管他们各自的选择都带有主观色彩，但却生动而细腻地勾勒出了这座多面城市的独特样貌。

02 | ICONIC DESTINATION

BERLIN: THE ONE AND THE MANY

Berlin can't be summed up in a few lines. It's a renovated city, a reunified city, and its history has bequeathed it a great variety of neighbourhoods, atmospheres and styles. To take a closer look, we asked three Berliners, all members of the team at Hotel Adlon Kempinski, to tell us about their favourite parts of Berlin. It's a subjective selection, but one that paints an insightful, subtle portrait of this multi-faceted city.



柏林，不止有一面。

文/安托内·高文 (ANTOINE GAUVIN)

野性与精致共舞，混乱与秩序并存——柏林宛如一张拼贴画卷，将历史、亚文化与变革创新融合其中。若想真正读懂这座城市，不能只拘泥于地标景点，而要跟随当地人的脚步去领略其精髓。此次我们邀请了三位柏林本地人，向我们讲述他们心中的柏林：那些曾给予他们启发的地方、对他们成长影响至深的记忆以及教他们学会爱与接纳的矛盾。

米特区 (Mitte)：历史与文化的交汇点

关于柏林的讨论，每次必然从米特区开始。该区是这座首府城市的心脏地带，也是阿德隆凯宾斯基酒店的助理糕点师沃尔夫冈 (Wolfgang) 最钟爱的地方。漫步奥古斯特街 (Auguststrasse)，随处可见当代艺术画廊与引领潮流的时尚店铺。沃尔夫冈带我们参观了那里的日本武士博物馆 (Samurai Museum)，精美的藏品让我们仿佛置身另一个时空。“我一直着迷于日本文化，即便最简单的事物，也付诸极致的追求，这种精神给了我深刻的启发。日本武士博物馆将历史与现代科技相结合，生动展示了这一日本传统文化。如果是历史爱好者，那么跟随导游参观柏林墙或柏林地下世界也是很不错的选择。”作为一个孩子的父亲，沃尔夫冈对适合家庭游玩的地方如数家珍。“电视塔和自然历史博物馆 (Natural History Museum) 是适合全家出游的好去处，而巴黎广场 (Pariser Platz) 则是柏林最具标志性的地点之一。广场中心是勃兰登堡门 (Brandenburg Gate)，承载着厚重的政治与历史底蕴。另一侧，则是同样充满神秘色彩的阿德隆凯宾斯基酒店。对我来说，这里就像人类社会的一个缩影，世界各地的人们被吸引来到这里，参加丰富多彩的活动，在这座古老的城市中寻找属于自己的际遇。我个人觉得比较有趣的活动是一年一度的柏林马拉松 (Berlin Marathon)，赛事恰好穿过广场，途经阿德隆酒店。”

克罗伊茨贝格 (KREUZBERG)：音乐与自由之地

出生于柏林的黛娜 (Dana) 是凯宾斯基酒店后厨烹饪团队的一员。下班后，克罗伊茨贝格是她最喜欢的消遣地。这个位于城市东南部、曾经工人阶级聚居的郊区，如今已摇身一变，成为柏林的时尚潮流聚集地。摇滚、朋克、电子、新浪潮——克罗伊茨贝格一直以来都是柏林音乐与地下文化的大本营。

“克罗伊茨贝格是文化与艺术聚集地，拥有蓬勃的活力与烟火气——从思想开放的当地人、五彩斑斓的涂鸦到富有创意的街头艺术，无处不彰显着它独特的魅力。”黛娜兴奋地说道。夜晚，她喜欢叫上三五好友，到热闹的地方消磨时光，比如施普雷河畔 (River Spree) 的露天啤酒花园 Birgit。黛娜觉得，柏林还特别适合慢节奏生活，遍布全城的城市公园让人们能随时找到一处静谧之地，悠然享受闲暇时光。其中，她最喜欢的是位于克罗伊茨贝格附近的特雷普托公园 (Treptower Park)。一踏入园中，便是满眼的绿意盎然，施普雷河畔的旖旎风光仿佛有魔力，能拂去一切的疲惫与不安。

“我和现在的未婚夫初次约会就是在这里。从那以后，这里便成了属于我们俩的‘老地方’，我们经常来这里消磨时光，在草地上野餐或是玩脚踏船。”再往远处走，便是滕珀尔霍夫机场 (Tempelhofer Feld)，柏林当地人喜欢在废弃的跑道上挥洒汗水，享受运动的乐趣。这座机场于 2008 年停运，后经改造，成为一处极具特色的开放式公园。黛娜回忆道：“我在滕珀尔霍夫南部长大，也在那里念书。那里远离市中心的喧嚣，古老的滕珀尔霍夫机场和柏林空运 (Berlin Airlift) 的故事，让年少的我深深为之着迷。尽管我曾见识过世界各地的无数美景，但这座城市，始终留在我记忆的最深处，在不经意间触动我的心弦。它是一座活力四射的大都市，但同时也总能为我提供一方宁静的天地，让我得以休憩充电，感受内心的安定。”

普伦茨劳贝格 (PRENZLAUER BERG)：商业与美食集散地

随后，酒店的门童领班塞巴斯蒂安 (Sebastian) 带我们前往位于柏林北部的普伦茨劳贝格区。作为酒店的第一道门面，他总是以温暖的微笑迎接每一位宾客。在普伦茨劳贝格区漫步时，我们看到，经过大规模翻修的公寓楼已焕然一新，昔日的廉租房已被更高档的住宅所取代。同时，有机食品店和中古店如雨后春笋般涌现，满足了如今居住于此的时尚家庭的需求。塞巴斯蒂安带我们去了普拉特花园 (Prater Garten)，这是一处被栗树环绕的静谧之地，也是柏林历史最悠久的啤酒花园。啤酒花园作为这座城市的一项悠久传统，深刻体现了柏林开放、共享和朴实的社交文化。“我很喜欢普拉特花园，因为在这里人们可以相聚户外，一起享受简单的美食、醇香的啤酒，轻松地闲话家常，而这完美契合了柏林的生活方式。离此地不远，还有另外一处与啤酒相关的地标：文化酿酒厂 (Kulturbrauerei)。19 世纪时，这里曾是一家酿酒厂，如今已转型为一个集电影院、俱乐部、餐厅、小商店和艺术展览于一体的大型文化综合体。”塞巴斯蒂安介绍道。柏林还以本地特产的咖喱香肠 (Currywurst) 和土耳其烤肉 (döner kebab) 而闻名。所以在游览完普拉特花园之后，塞巴斯蒂安便迫不及待地带我们前往柏林最出名的两家街头美食。位于 U2 地铁天桥下的科诺普克小吃店 (Konnopke's Imbiss) 堪称传奇，它是这座城市最古老的咖喱香肠店之一，早已成为柏林历史的一部分。在这条街的另一边，鲁亚姆蔬菜烤肉店 (Rüyam Gemüse Kebab) 则展现了这座城市的多元文化。这家小店售卖经过现代改良的土耳其烤肉串，搭配烤蔬菜和香料。店门前总是大排长龙，其美味与受欢迎程度可见一斑。这些摊点充分展示了柏林街头美食文化的勃勃生机。塞巴斯蒂安像所有地道柏林人一样，热衷于光顾这些小摊和小店，享受本地独属的韵味。

柏林的魅力，正源于其矛盾而和谐的特质——既精致优雅，又不失质朴；既悠闲自在，又创意无限。要想真正领略这座城市的精髓，不妨跟随柏林当地人的脚步，离开喧嚣的主干道，深入探索那些幽静的小巷，感受这座城市最有力的脉搏。

There’s more than one Berlin

BY ANTOINE GAUVIN

Wild and polished, chaotic and composed – Berlin is a collage of histories, subcultures and reinventions. To truly understand it, you have to go beyond the landmarks and let its people guide you. We asked three Berliners to show us their Berlin: the spaces that inspire them, the memories that shape them, and the contradictions they’ve learned to love.

MITTE: HISTORY & CULTURE

Every discussion of Berlin must begin with Mitte. It’s the heart of the capital. For Wolfgang, Assistant Pastry Chef at Hotel Adlon Kempinski, it’s the central part that he loves best. Around Auguststrasse, you’ll find contemporary art galleries and up-to-the-minute fashion stores. Here, Wolfgang invites us to visit the Samurai Museum, an astonishing place. “Japanese culture has always fascinated me. The eternal pursuit of perfection in even the simplest things is deeply inspiring. The Samurai Museum manages to bring these traditions to life by combining history with modern technology, and if you’re a history buff, the Berlin Wall tours or guided visits through Berlin’s underworlds are also truly fascinating.” As a parent of a young child, Wolfgang knows firsthand which places are popular with families. “The TV Tower or Natural History Museum are great places to go with families, and Pariser Platz is one of the most symbolic places in Berlin. At the heart is the Brandenburg Gate, with its political and historical legacy and, on the other side, the equally enigmatic Hotel Adlon Kempinski. For me, this square is a snapshot of humanity, because it attracts people from all over the world for diverse occasions and events. A personal highlight is the annual Berlin Marathon, which passes right through the square, past the Adlon.”

KREUZBERG: MUSIC & OPEN SPACES

Berlin-born Dana is part of the hotel’s behind-the-scenes culinary team, but when she’s off duty, you’ll find her in Kreuzberg, a former working-class suburb in the southeast of the city that has become a hotspot for trendy Berlin. Rock, punk, electro, new wave – Kreuzberg has long been at the heart of the music and underground movements that define this city.

“Kreuzberg is where culture, art and a vibrant sense of life come together – you can feel it in the open-minded locals, the colourful graffiti and the creative street art that give it its unique character,” enthuses Dana. In the evenings, she loves spending time with her friends in lively places such as Birgit, an open-air beer garden by the River Spree. For Dana, Berlin also encourages a laidback lifestyle where you can take time out in one of the city’s many parks. She especially likes strolling around Treptower Park, a stone’s throw from Kreuzberg. As soon as you enter, you’re surrounded by nature on the banks of the Spree. “This is where I had a first date

with the man who is now my fiancé. Since then, it’s become our little ritual – spending time here, having picnics on the grass or taking a pedalo out onto the water.” A little further on, Berliners get active on the abandoned runways of Tempelhofer Feld. The airport closed in 2008, before being converted into a vast, one-of-a-kind public park. Dana remembers: “I grew up and went to school in the southern part of Tempelhof. Located away from the bustle of the city centre, I was fascinated by the old Tempelhof Airport and the story of the Berlin Airlift. I’ve seen many stunning places around the world, but I’m constantly reminded of how special this city is. It’s an energetic metropolis where I can still find quiet corners to recharge my batteries and feel at home.”

PRENZLAUER BERG: SHOPS & STREET FOOD

Later, Sebastian, the hotel’s Head Doorman, takes us to Prenzlauer Berg in the north of the city. He’s the first contact with the hotel, greeting guests with a broad smile. Exploring Prenzlauer Berg, it’s clear that following the large-scale renovation of the district’s apartment blocks, low-rent housing has given way to more upscale accommodation, along with organic food shops and vintage stores catering for the hipster families who now live here. Sebastian takes us to Prater Garten, a relaxed space surrounded by chestnut trees that is the oldest beer garden in Berlin. Beer gardens are a long-standing tradition in this city that reflect Berlin’s social culture: open, communal and unpretentious. “I like Prater Garten because people come together outdoors to enjoy simple food, good beer and conversation, which fits the Berlin lifestyle perfectly. And just around the corner, you’ll find another beer story: Kulturbrauerei. It used to be a brewery in the 19th century, and today it’s a large cultural complex. It has cinemas, clubs, restaurants, small shops and art exhibitions,” says Sebastian. Berlin is also famous for its Currywurst and döner kebab, so after Prater Garten, Sebastian can’t resist taking us to the capital’s two best street food spots. Konnopke’s Imbiss, underneath the U2 U-bahn flyover, is legendary. It’s one of the oldest Currywurst stands in the city and is a piece of Berlin history in itself. On the other side of the street, Rüyam Gemüse Kebab unveils the city’s multicultural side. It serves a fresh, modern version of the döner kebab with grilled vegetables and herbs. There’s always a long queue, which says it all! These places show just how lively the city’s street food culture is, with small stalls and kiosks that Sebastian, like all true Berliners, loves to frequent.

Berlin’s allure comes from its contradictions – elegant yet unpretentious, relaxed yet endlessly creative. To truly feel its pulse, take your lead from the Berliners, leaving the main boulevards behind to explore side streets and slip through doorways where the city’s heart beats strongest.





阿德隆凯宾斯基酒店的助理糕点师沃尔夫冈（对页）喜欢在米特区狭窄的街道间漫步，那里有许多独具特色的建筑供游客参观，小巷中还藏着受当地人喜爱的小商店、咖啡馆和甜品店。在索菲恩大街（Sophienstrasse）（上图），街头巷尾总是弥漫着糕点店的甜香，一家乐器工坊以精湛的技艺吸引着游客的目光。/ Wolfgang (facing page), Assistant Pastry Chef at Hotel Adlon Kempinski, enjoys strolling through Mitte's narrow streets, where you can push open the door to a building or discover small hidden shops, cafés and bakeries. In Sophienstrasse (above), you'll find delicious pastry shops and a fascinating musical instruments workshop.



“米特区承载着这座城市的多元文化灵魂。从艺术、历史、美食，到来自世界各地的游客，这里永远不缺值得探索的新鲜事物。” 沃尔夫冈说道。奥古斯特大街 (Auguststrasse) 就是一个很好的例子，在那里，日本武士博物馆与艺术画廊、前沿的 KW 当代艺术研究院 (KW Institute for Contemporary Art) 比肩而立。/ “Mitte reflects the multicultural side of the city. There's always something new to discover here – whether it's art, history, food, or people from all over the world,” says Wolfgang. A good example is Auguststrasse, where the Samurai Museum rubs shoulders with art galleries and the cutting-edge KW Institute for Contemporary Art.





黛娜（对页）在阿德隆凯宾斯基酒店工作。闲暇时，她喜欢去能感受到勃勃生机的地方打发时间，无论是人潮涌动的热闹，亦或虫鸣鸟语的幽静，都能让她心情舒畅。比如位于蒂尔加滕 (Tiergarten) 的湖畔咖啡馆 Cafe am Neuen See，以及热闹非凡的 Birgit & Bier 啤酒花园俱乐部。黛娜说：“跳舞可以让人忘掉一切烦恼。如果我们只想聊天，那么啤酒和披萨就是最好的搭子。” / Dana (facing page) works at Hotel Adlon Kempinski and loves spending time in places that feel alive — alive with people and alive with nature, like Cafe am Neuen See, a romantic beer garden in the Tiergarten. Or the equally lively Birgit & Bier. As Dana says, “No one feels pressured to dance; if we’re in the mood to just chat, we let the night end with beer and pizza.”



滕珀尔霍夫机场旧址公园对黛娜来说是一个很特殊的地方，她喜欢在这里运动或观看比赛。“我们柏林人很感激这片场地对所有人开放，供大家进行休闲、艺术亦或社区活动。”她说道。“清晨时，我喜欢来到这里，在施普雷河畔静静等候日出，看云层裂开金线，聆听整座城市从寂静中苏醒。” / Tempelhofer Feld, a former airport, is a unique place where Dana likes doing sports or watching events. “We Berliners are grateful that the field is open to everyone – for leisure, art and community,” she says. “In the morning, I love the breathtaking sunrises there and in the surrounding area, by the Spree.”



阿德隆凯宾斯基酒店的门童领班塞巴斯蒂安（对页）带我们游览了普伦茨劳贝格。塞巴斯蒂安认为，科诺普克小吃店（Konnopke's Imbiss）（上图）售卖的咖喱香肠堪称柏林之最。鲁亚姆（Rüyam）（中图）以其美味的土耳其烤肉而闻名，体现了柏林的多元文化，而柏林历史最悠久的啤酒花园普拉特花园（下图）则是塞巴斯蒂安最喜欢的地方之一。/ Sebastian (facing page), Head Doorman at Hotel Adlon Kempinski, took us to Prenzlauer Berg. Sebastian thinks that Konnopke's Imbiss (top) is the best place in Berlin for the famous curry wurst. Rüyam (middle) celebrates diversity with its fantastic kebabs, while Prater Garden (bottom), the oldest beer garden in Berlin, is one of Sebastian's favourite places.



文化酿酒厂 (Kulturbrauerei) (上图和对页) 是一座由酿酒厂改建而成的文化综合体。对于塞巴斯蒂安而言, “它是柏林旧空间改造并用于现代文化的一个完美典范。” Brauhaus Georgbraeu 酿酒厂 (下图) 隐匿于施普雷河畔。精酿啤酒和酿酒厂是柏林文化不可或缺的一部分。/ Kulturbrauerei (top and facing page) is an former brewery converted into a culture complex. For Sebastian, “It’s a perfect example of how Berlin reuses historical spaces for modern culture.” Brauhaus Georgbraeu brewery (bottom) is tucked away by the River Spree. Craft beer and breweries are an integral part of Berlin culture.



柏林 / Berlin
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在巴黎广场，坐落着阿德隆凯宾斯基酒店与著名的勃兰登堡门，这两处地标均是德国首都的象征。这家标志性酒店由凯撒·威廉二世于 1907 年开创，并迅速成为欧洲皇室在柏林的重要驻地。新古典主义风格的勃兰登堡门始建于 1791 年，见证了柏林历史上的一系列重大事件，它既是这座城市的象征，也是国家的象征。/ Pariser Platz features Hotel Adlon Kempinski and the famous Brandenburg Gate, two symbols of Germany's capital city. This iconic hotel was opened by Kaiser Wilhelm II in 1907 and quickly became the essential Berlin base for Europe's royalty. The neoclassical-style Brandenburg Gate was built in 1791 and key events of Berlin's history since then have been connected with it, as a symbol of both the city and the State.

柏林阿德隆凯宾斯基酒店

位于柏林市中心的阿德隆凯宾斯基酒店是一座活的传奇。从华贵的家具装饰，到入口迎宾的娇艳鲜花，每一处细节都透着永恒的优雅。接待人员以细心周到的服务满足每位客人的需求，为他们打造难忘的住宿体验。一个多世纪以来，这家酒店见证了无数历史变迁，深深融入柏林历史的纹理之中。每一位宾客，每一位员工，皆成为这叙事中不可割舍的一笔，延续着影响几代人的传奇——在柏林阿德隆凯宾斯基酒店，奢华不仅仅是视觉上的享受，更是触觉、味觉乃至记忆的沉淀。

Hotel Adlon Kempinski Berlin

Located in the very heart of Berlin, Hotel Adlon Kempinski is a living legend. From the plush furnishings to the fresh blooms that greet you at the entrance, every detail evokes a sense of timeless sophistication. Attentive staff anticipate each guest's needs with effortless grace, creating moments that linger long after departure. For over a century, this hotel has stood as a witness to historic events, intertwining its story with that of Berlin itself. Every guest, and every employee, becomes part of this story, continuing a legacy that has shaped generations, because at Hotel Adlon Kempinski Berlin, luxury isn't just seen – it's felt, tasted and remembered.



上世纪九十年代初，重归统一的柏林市焕然一新，阿德隆酒店便是首批重建建筑之一。独特的地理位置、传奇的历史以及豪华的装潢使阿德隆凯宾斯基酒店成为柏林酒店业当之无愧的翘楚。/ When the reunified city of Berlin started anew in the early nineties, the Adlon was one of the first striking buildings to rise again. Its unique location, legendary history, and opulent furnishings make Hotel Adlon Kempinski the enigmatic masterpiece among Berlin's hotels.



走进阿德隆凯宾斯基酒店，仿佛一段跨越百年的历史画卷在眼前铺陈开来，开启一场感官盛宴。纯手工打造的家具泛着细腻的光泽，水晶吊灯闪耀璀璨的光芒，电梯传来轻柔的叮咚声，这一切都证明，在阿德隆，奢华蕴藏于细节之中。/ Stepping into Hotel Adlon Kempinski is a sensory experience that unfolds over a century of history. From the smooth touch of handcrafted furniture to the glitter of chandeliers and the gentle chime of the lifts, it's proof that at the Adlon, luxury lives in the details.



乘坐热气球可以体验最奇妙的观景视角，无论是欧洲连绵起伏的山脉，还是中东一望无际的沙漠风光，从高空俯瞰，广袤天地尽收眼底。/ A hot air balloon ride offers the most magical vantage point from which to survey the beauty below, whether you choose to glide over majestic mountains in Europe or vast desert vistas in the Middle East.

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贴士 #1

勇敢尝试新事物

在旅途中，要勇敢尝试从未有过的体验，才能挖掘出目的地不为人知的一面，收获征服意外之喜的满足感。凯宾斯基探索之旅是一项精心策划的忠诚计划，以体验式旅行为核心，为会员打造专属定制体验，如乘坐热气球飞跃阿尔卑斯山、在阿拉伯沙漠穿越沙丘等。在空中，您可以搭乘直升机、喷气式飞机和滑翔伞御风而行。在水上，您可以体验帆船、游艇或龙舟巡游，或者更加刺激的潜水、皮划艇和冲浪。如果您更钟情陆地游，雨林徒步、喂大象、骑行探险、品酒、高尔夫球以及鸡尾酒大师班等活动都是不错的选择。除此之外，还可以参观博物馆、叩访古寺、观赏艺术展览、购物和观光景点。通过这些活动，您将能够深入了解目的地，尽情感受其所有魅力。

TIP #1

EMBRACE NEW ACTIVITIES

There are a wealth of extraordinary activities to try on your trip, enabling you to uncover your destination's hidden secrets and feel the satisfaction of conquering something unexpected. KEMPINSKI DISCOVERY is a carefully curated loyalty programme centred on experiential travel that allows you to unearth exclusive tailored experiences, whether it's gliding in a hot air balloon over the Alps or traversing dunes beneath a glowing red sun in the Arabian desert. By air, there's helicopter, jet and paragliding experiences. On water, there's sailing, yacht or dragon boat cruises, along with diving, snorkelling, kayaking and surfing trips. If you'd prefer to have your feet firmly on land, enjoy rainforest trekking, elephant feeding, or cycling adventures, wine tasting, golfing experiences and cocktail masterclasses, along with museum, temple, art, shopping and sightseeing tours. These are all ways to dive into your destination and embrace everything it has to offer.



贴士 #2

探索当地美食

旅行中最让人期待的，莫过于探索当地独有的风味与食材。借此机会去品尝当地特色菜肴，逛一逛当地的市场，吃一吃街头美食，去感受地道的美食文化精髓。如果不知如何选择，可以向当地人或同行的旅行者询问他们最喜欢的咖啡馆、面包店或小吃摊，大多数人都会乐意分享，如此可以体验到与众不同的、更地道的餐饮文化。可以多留意那些游客不多、主要做本地人生意的饭店，因为这些自家经营的小饭店很有可能是隐藏的宝藏。为了更深入地了解目的地，您还可以尝试参加烹饪课程，如上海的中国菜烹饪课程或是阿克拉的加纳菜烹饪课程。

TIP #2

EXPLORE LOCAL FLAVOURS

One of the most magnificent parts of travel is discovering the flavours, aromas and ingredients that are unique to the region. Take the opportunity to explore speciality dishes, local markets and street food to unveil the essence of the area. Strike up conversation with locals or fellow travellers and ask about their favourite coffee shop, bakery or food stall. Most people are proud to share their culture and knowledge, so you may experience a different, more authentic, take on the gastronomic scene. Keep a lookout for restaurants that aren't packed with tourists, but are brimming with locals, as these smaller, family-owned places are often hidden gems. To get an even deeper insight into the area, investigate culinary classes – whether it's Chinese cooking in Shanghai or Ghanaian cuisine course in Accra.

贴士 #3

劳逸结合

尽可能多地体验当地文化固然重要，但也必须要给自己留出时间和空间来休憩和恢复体力。为此，我们特地为您制定了两者兼顾的行程安排。在北京，您可以参加公园的夜间太极拳课程；在多哈，您可以在珍珠岛的滨海大道上晨跑；在塞舌尔，您可以一边练习瑜伽，一边欣赏天堂般的环礁湖与远山美景。在布达佩斯的温泉浴场放松身心，亦或享受当地别具一格的水疗护理，如约旦的死海泥疗、博德鲁姆的土耳其浴等，将会为您褪去一身的疲惫，从内到外焕发光彩。如此，便可完美兼顾行程与健康。

TIP #3

FOCUS ON WELLNESS

It can be tempting to try to grasp every last drop of cultural enrichment, but it's also essential to grant yourself time and space to unwind and reset. Fortunately, there are ways of blending relaxation with exploration. Try an evening session of Tai Chi in the park in Beijing, go for a morning run along The Pearl's waterfront promenade in Doha, or indulge in yoga with the most blissful lagoon or mountain views in the Seychelles. Boost body and mind at the thermal baths in Budapest or bask in a spa treatment with a local twist, from a Dead Sea mud treatment in Jordan to a Turkish hammam in Bodrum. It's the perfect combination of culture and wellbeing.



贴士 #4

提前了解当地活动

在做旅行计划时，不妨研究一下当地的活动，比如节日庆典、音乐会、艺术展览以及体育赛事等。考虑一下是否可以将这些活动纳入行程，为假期增添更多维度，使其更有意义。从德国的啤酒节到泰国的泼水节，从亚洲各城市的春节到德累斯顿的歌剧表演，有很多活动可以丰富您的旅行体验。

TIP #4

CHECK OUT LOCAL EVENTS

When planning your trip, it's a good idea to research local events, from festivals and concerts to art exhibitions and sporting occasions. Consider whether you can factor any of these into your itinerary to give an additional dimension to your break and make it even more meaningful. From Oktoberfest in Germany to the Songkran festival in Thailand, and from Chinese New Year in cities across Asia to opera performances in Dresden, there's plenty on the social calendar that can enhance your visit.



贴士 #5

听取当地人的建议

在做旅行计划时，您肯定会浏览社交媒体、查阅相关文章和旅游指南，但这些都比不上来自当地人的建议。凯宾斯基酒店的红衣女郎和礼宾员掌握最全面的当地资讯，从参观圣地的最佳时间，到最佳购物地点和观赏日落的风景区，他们可以为您提供各种参考和建议。参加当地导游组织的短途游也是很好的选择，无论徒步旅行还是乘车体验，他们生动有趣的讲解都能帮助您更深入地了解当地的风土人情。

TIP #5

SEEK INSIDER KNOWLEDGE

When planning your trip, no doubt you'll have scrolled social media, read articles and consulted guidebooks, but there's no substitute for local expertise. The Lady in Red or Concierge at your Kempinski hotel can offer insights and recommendations on everything from the most magical times to visit sacred sites to the best shopping spots and picturesque areas to watch the sunset. Taking excursions run by local guides, whether that's a walking tour or a chauffeur-driven experience, is also invaluable as the stories they share can make a place come alive – and you'll gain a more nuanced picture of the area and its people.



贴士 #6

放慢节奏

在旅途中，为了看更多的风景，完成更多的体验，您可能会马不停蹄地辗转于不同景点之间。而现下流行的慢旅行则反其道而行之，更加从容与灵活，花更多的时间去深入体验当地的风土人情。不要只把目光局限在主要景点，去当地人生活的街区、幽静的小巷转转，也许会有意外的惊喜。野生动物保护区、国家公园、城市周边的小镇和乡村也都是不错的去处。在陌生地旅行时，谷歌地图和翻译软件是非常实用的工具。此外，还要平衡好计划行程与随机行程，在行程中留出一些自由时间，用来安排计划外的娱乐和体验。可以放任自己漫无目的地闲逛上一天，单纯地去欣赏风景、聆听声音、感受自然，享受一份难得的轻松惬意。在某条不知名的小巷，也许藏着一家古朴的咖啡馆；一个转身间，也许就会遇见原本无缘的美景——而这些才是那里最真实的模样。

TIP #6

SLOW DOWN

You may feel compelled to speed from one spot to another in a quest to see and do as much as possible, but the trend for slow tourism means being more fluid and flexible and taking time to look deeper under the surface. Cast your net wider than just the main attractions and roam off the well-trodden path for a slightly different narrative. Think about wildlife reserves, national parks, smaller villages and the surrounding countryside. Google Maps and translation apps are helpful tools to download as you navigate a new part of the world. It's also great to strike a balance between schedules and spontaneity and leave spaces in your itinerary for unexpected diversions and discoveries. A daytime stroll without a particular end point in mind – just taking in the sights, sounds and scenery – can be effortlessly enriching. You might stumble upon quaint cafés on a side street and inspiring views you wouldn't otherwise have found and be given an authentic window on your destination.





皇家啤酒屋 (Hofbräuhaus) 深受游客和当地人的喜爱。常客甚至可以将自己的啤酒杯存放在店内的啤酒杯柜中。/ The Hofbräuhaus is popular with tourists and locals alike. Regular visitors can even keep their stein on property, in a Masskrugtresor (beer mug locker).

04 | 标志性目的地

慕尼黑印象

美国杰出小说家、旅行文学大师保罗·索鲁 (Paul Theroux) 用六十余载遍游天下，他笔耕不辍，以敏锐的感知、不竭的好奇与细致入微的观察力，撰写了五十多部广受赞誉的作品。在此，他以一贯富有张力的笔触，记录下在慕尼黑度过的十四天光阴。他以作家的视角，层层剥开这座城市的历史肌理，从当地人的口中了解这座城市的记忆。

04 | ICONIC DESTINATION

PERSPECTIVE ON MUNICH

With a sharp focus, unwavering curiosity and keen eye for detail, award-winning American author Paul Theroux has spent more than six decades traversing the world and sharing his insightful observations. An accomplished novelist and master of travel literature with more than 50 acclaimed books to his name, here he recounts an illuminating fortnight spent in Munich. With his trademark storyteller's watchfulness, he traces the history of this luminous city and shares anecdotes with locals.

慕尼黑： 一座闪闪发光的城市

文/保罗·索鲁 (PAUL THEROUX)

“慕尼黑闪闪发光”——托马斯·曼 (Thomas Mann) 在短篇小说《上帝之剑 (Gladius Dei)》的开篇语中这样写道，“那片灿烂的、如蓝绸般的天幕，从节日广场缓缓铺展，垂落在神庙莹白如玉的列柱上，新古典主义纪念碑如哲人静立不语，巴洛克教堂流光溢彩，喷泉、宫殿与皇家花园仿佛沐浴在圣光之下。”每每读到这些美妙的词句，我总是激动不已，心向往之。

慕尼黑从不辜负它的信徒，它古老而庄严，透露着王室的尊贵气息。它深厚的历史底蕴，让每一个来到这里的人为之着迷，有所感悟。

慕尼黑人对自己的传统有着近乎虔诚的珍视，无论美食（啤酒和香肠、维也纳香煎小牛排和苹果馅饼）、节日庆典（啤酒节），还是信仰。慕尼黑是一座信仰之城，仅市中心就有二十多座教堂，其中包括气势恢宏的圣母大教堂 (Frauenkirche)，其哥特式尖顶高耸入云，十分醒目。我是在一个周日早晨抵达慕尼黑，第一站便去参观了巴洛克风格的铁阿提纳教堂 (Theatinerkirche)。在那里，我遇到了一对夫妇，丈夫穿着巴伐利亚传统外套和皮短裤，妻子身穿一条丝绸紧身裙，他们面露自豪，虔诚地为他们的孩子进行洗礼，小婴儿身上裹着亚麻布和蕾丝——这一仪式的起源几乎与这座城市自身的历史一样悠久。

一路行去，曼妙的城市风情映入眼帘：年轻母亲拖着婴儿车穿行在老城区的石板路上，脸上洋溢着幸福笑容；蓄须的男子怀抱爱犬，眼底透着温柔；身着环法赛车服的赛车手如闪电掠过街角，挥洒着青春的汗水；主妇推着老式自行车，步伐沉稳而从容；学生背着书包，在晨光中匆匆而过；送餐员在街道间穿梭，餐盒里盛着的，是这座城的日常脉搏。在皇家啤酒屋 (Hofbräuhaus)，络绎不绝的啤酒爱好者流连忘返；在凯宾斯基四季酒店，穿着时髦的女士们悠闲地品茶聊天——惟有在这里，才能看到如此画面，亦是这座城市的标志。而这一切源自 1858 年——马克西米利安二世下令建造了这座皇家酒店，为皇室贵族们提供下榻之所。所谓“四季”，即“一年四季恭迎贵客们的到来”。

慕尼黑的氛围有着让人难以抗拒的感染力。这座城市宛如一幅活的传世巨作：既抚慰心灵，又激荡情感；既酣畅淋漓，又精彩刺激。托马斯·曼笔下的那些地标建筑至今风采依旧，神庙、纪念

碑、广场、教堂、喷泉、音乐厅、啤酒馆和啤酒花园，如几个世纪前那般熠熠生辉。

慕尼黑的完整和谐隐藏在每一寸细节当中：霍夫花园 (Hofgarten) 中的草坪修剪得一丝不苟；教堂中的祭坛以华贵的镀金装饰；新艺术风格的建筑外墙粉刷一新，仿佛还能闻到釉彩的馨香；巴洛克与洛可可风格的装饰散发出温润的光泽；每一杯啤酒，都覆盖着琥珀色的泡沫。

虽然现世静好，但历史的风霜也曾席卷过这里：1946 年的慕尼黑，曾是一座被撕裂的城市。教堂被毁，房舍倾颓，街道上堆满碎裂的石板，弹坑遍布。它失去了往日的繁华，遍体鳞伤——房屋看不见一扇完整的窗户，玻璃的残片在风中轻响，扭曲的钢筋铁架缠绕成绝望的藤蔓，尸横遍地，人口锐减，哪怕幸存的人们也深陷茫然与创伤之中。

战争的痕迹如今何在？当地的工匠在修复被炸毁的建筑时，特意留下一些微小但显眼的损坏痕迹，比如房屋正面的一小块裸露砖墙，檐口水泥层上的一道裂缝——这些伤痕无时无刻不提醒着人们战争的残酷，让人们永远牢记曾经的伤痛。慕尼黑是内敛的，即便悲痛也不会大声呼喊，所以我们必须贴近它，才能看到每一寸平整之下，那些未被述说的痛。

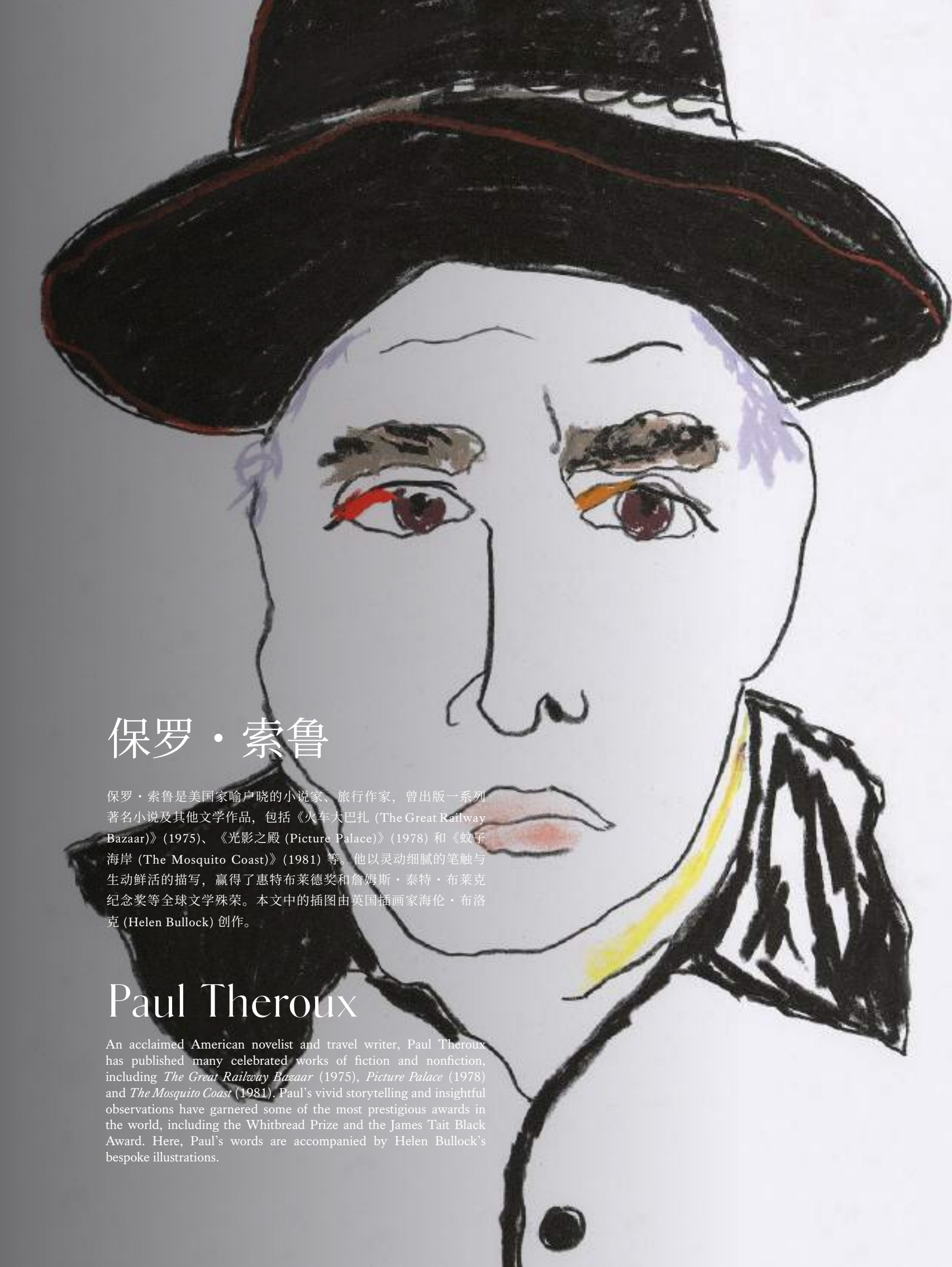
建于 1590 年的慕尼黑新市政厅 (Black Hall) 在二战结束时被炸毁，直至 1979 年才得以重建。皇宫内的“四白马厅 (The Four White Horse Hall)”于 1980 年至 1985 年间重建。而巴伐利亚国王寝宫主入口的黄色楼梯 (Yellow Staircase) 则历经四年，直至 2021 年才恢复如初——这便是慕尼黑的韧性 with 执着。建于 15 世纪的圣母大教堂、宁芬堡、凯宾斯基酒店乃至皇家啤酒屋 (Hofbräuhaus) 都曾遭受过炮火的洗礼。在九月的一个细雨蒙蒙的夜晚，我从凯宾斯基酒店步行去看一场音乐会，沿途经过铁阿提纳教堂、统帅堂 (Feldherrnhalle)、慕尼黑王宫 (Residenz)、霍夫花园 (Hofgarten) 与老皇宫歌剧院 (Cuvilliés Theater)，曾经的痕迹已消失殆尽，一派宁静祥和的景象。当莫扎特的歌剧《魔笛 (The Magic Flute)》序曲响起时，我仿佛被带离了此时此刻，进入了时间之外的永恒。

保罗·索鲁

保罗·索鲁是美国家喻户晓的小说家、旅行作家，曾出版一系列著名小说及其他文学作品，包括《火车大巴扎 (The Great Railway Bazaar)》(1975)、《光影之殿 (Picture Palace)》(1978) 和《蚊子海岸 (The Mosquito Coast)》(1981) 等。他以灵动细腻的笔触与生动鲜活的描写，赢得了惠特布莱德奖和詹姆斯·泰特·布莱克纪念奖等全球文学殊荣。本文中的插图由英国插画家海伦·布洛克 (Helen Bullock) 创作。

Paul Theroux

An acclaimed American novelist and travel writer, Paul Theroux has published many celebrated works of fiction and nonfiction, including *The Great Railway Bazaar* (1975), *Picture Palace* (1978) and *The Mosquito Coast* (1981). Paul's vivid storytelling and insightful observations have garnered some of the most prestigious awards in the world, including the Whitbread Prize and the James Tait Black Award. Here, Paul's words are accompanied by Helen Bullock's bespoke illustrations.



“我们是从哪里得来这种想法，认为德国人是一群呆板、冷漠的种族？事实上，他们与这种印象相去甚远。他们热情洋溢、感情丰富、冲动而充满激情，一丝微小的触动便足以令他们落泪，要逗他们发笑也绝非难事。”

马克·吐温，《浪迹海外》

慕尼黑自废墟中浴火重生，而这正是它的神奇之处。大部分重建工作都是在慕尼黑的建筑学家兼文物保护专家奥托·梅廷格 (Otto Meitinger) 指导下完成的。他说：“虽然我们缺少资金，缺少材料，但我们仍然做到了，这是因为我们彻底摒弃了官僚制度。”

许多美国人都对慕尼黑充满向往，比如我，这是因为美国最伟大的作家之一马克·吐温 (Mark Twain) 曾于 1878 年路德维希二世统治时期在此居住。马克·吐温曾盛赞慕尼黑为“理想之地”，并详细描述了德国的风俗、语言和歌剧。为感念这位美国文学巨匠的深情厚谊，慕尼黑于 1947 年将其中一条街道命名为马克·吐温大街 (Mark-Twain-Strasse)。

在《浪迹海外 (A Tramp Abroad)》一书中，他写道：“我们是从哪里得来这种想法，认为德国人是一群呆板、冷漠的种族？事实上，他们与这种印象相去甚远。他们热情洋溢、感情丰富、冲动而充满激情，一丝微小的触动便足以令他们落泪，要逗他们发笑也绝非难事。”

那场战争的亲历者如今几乎都已不在人世。但我一直希望能遇到一位曾亲眼见过战后慕尼黑真实模样的人。多年以来的夙愿终于在一个雨夜得偿所愿——我遇见了杰出的艺术家赫尔穆特·迪尔奈希纳 (Helmut Dirnaichner)，而他正是我期盼已久的那个人。他把我迎进了一家画廊，与我攀谈起来。“我 1942 年出生在罗森海姆 (Rosenheim) 附近。”他娓娓道来。（注：罗森海姆位于慕尼黑以南约 35 英里处）“我的父母给我们讲过关于那场战争的故事，非常可怕的故事。当时的慕尼黑满目疮痍。我父亲向我描述了中央火车站是如何被炸成碎片的。不过，这里很快就重建了，整座城市在废墟中迅速复苏。”16 岁时，他还在念书，那是他第一次来到慕尼黑。“当时是 1958 年，这座城市还在建设中。可你看如今，它已经完全变了样子！”我在这里见过的每一个人都和他一样，对慕尼黑怀有深厚的感情，这是一种非常难得的特质。在其他城市，人们常会抱怨交通拥堵、政策不好、人多喧闹等等。然而，在慕尼黑，人们即使偶尔抱怨两句物价高昂，但却始终热爱这座城市。

这座城市收获的赞誉，自古至今未曾停止过——它最令人引以为傲的，是作为一座皇家之城的血脉根基：那些令世人惊叹的奇

迹，无一不源于王室四百年来的财富支撑与庇护。王公大臣们建造宫殿、修建花园并深度参与了城市规划，让这座城市拥有了如今的辉煌。

慕尼黑王宫 (The Residenz) 曾是维特尔斯巴赫王朝的皇宫，其历史最早可追溯至 1385 年。这座气势恢宏的宫殿不仅是这座城市的中心，更是皇家宝物的收藏地。从有千年历史的库尼贡德王后 (Queen Kunigunde) 冠冕，到来自墨西哥古代神秘的奥尔梅克文明 (Olmec) 的碧玉神像——我毕生所见最巧夺天工的手工艺品，这些曾为君王独享的瑰宝如今已向公众开放。

我还参观了慕尼黑国家社会主义历史档案馆 (Munich Documentation Center for the History of National Socialism)。这是一座纯白的四层立方体建筑，里面收藏着大量的文献档案、传单海报、纪念品与照片——它是这座城市及其人民不忘国耻、深刻反省的一个证据。在这里，我看到了那张印着“我们就是我们的历史”的小册子。没有回避，没有粉饰，我从未见过哪一座城市像它一样，如此坦诚地面对曾经的伤疤。

慕尼黑拥有四十五家博物馆，汇集了无数的古董文物、传世名作以及当代艺术珍品。我用了十天的时间，参观了其中的十家博物馆，一路不疾不徐，细细品味：在埃及博物馆 (Egyptian Museum)，鹰首的荷鲁斯神喙尖低垂，目光如深渊般沉郁；在古代雕塑展览馆 (Glyptothek)，巴贝里尼农牧神 (Barberini Faun) 神静卧于大理石的寂静中；在州立文物博物馆 (State Antiquities)，希腊诸神睥睨苍生；在古代绘画陈列馆 (Alte Pinakothek) 巨大的展厅中，鲁本斯 (Rubens) 的画作热烈如火，而梵高 (Van Gogh) 的《向日葵 (Sunflowers)》在角落静静绽放；在现代艺术陈列馆 (Pinakothek der Moderne)，弗朗西斯·培根 (Francis Bacon) 的巨幅三联画《耶稣受难图 (Crucifixion)》带给我深深的震撼。

慕尼黑的博物馆多以恢弘巨制震撼人心——巨幅画作悬垂于穹顶之下，令人叹为观止。但除此之外，也有一些博物馆聚焦小型藏品。走出凯宾斯基酒店，左转便会来到五大洲博物馆 (Museum Fünf Kontinente)。这是德国首家民俗博物馆，其使命是通过各种形式的器物展示精工之美——独木舟、碗、武器、珠饰、面具，以此来促进对其他文明的理解，消解偏见与歧视。其中最令我印象深刻的，是一尊佛陀——虽非出自日本，却比任何东瀛佛像更



在与当地人的攀谈中，慕尼黑的故事在保罗的眼前慢慢丰满起来。/ The story of the city was revealed through the many discussions and anecdotes that Paul shared with the people of Munich.



“慕尼黑闪闪发光。那片灿烂的、如蓝绸般的天幕，从节日广场缓缓铺展，垂落在神庙莹白如玉的列柱上，新古典主义纪念碑如哲人静立不语，巴洛克教堂流光溢彩，喷泉、宫殿与皇家花园仿若沐浴在圣光之下。”

托马斯·曼，《上帝之剑》

显慈悲静穆。慕尼黑这些博物馆，堪称艺术鉴赏中的极品。

在慕尼黑的博物馆漫步时，你一定会发现一个显著特点：几乎所有的保安、服务员和售票员都来自其他国家——意大利、奥地利、法国、波兰、前南斯拉夫，最近还有拉美裔、亚裔和非裔人员加入其中。“凯宾斯基的员工来自全球三十多个国家。”酒店公关总监卡罗琳·格罗夫·斯库巴尔 (Carolyn Grove-Skuball) 女士对我说——起初我听错了，以为她说的是十三个国家。“如果没有外国移民，慕尼黑将无法正常运转。”城市导游埃尔维拉·比特纳 (Elvira Bittner) 肯定地说，“我们需要他们。”由于宽松的移民政策，外籍务工人员几乎遍布各行各业：我的朋友、一家制药公司的首席执行官弗兰克 (Frank) 来自法国，我的服务员来自瑞士，出租车司机来自克罗地亚，博物馆售票员来自西西里岛，饼房烘焙师来自越南，酒店代客泊车员来自肯尼亚，客房服务员来自尼泊尔，等等。

在慕尼黑老城区的中心地带，每天都有成千上万的游客伫立在市政厅 (Rathaus) 前，仰首凝望那座精巧的钟楼 (Glockenspiel)。当栩栩如生的彩绘人偶在机械驱动下缓缓起舞，人群中便会响起此起彼伏的欢呼与惊叹——虽不免落俗，但也正是其魅力经久不衰之道。皇家啤酒屋 (Hofbräuhaus) 亦是如此：两个世纪以来，这里始终回荡着乐师的琴声、演说者的激昂与酒客的喧闹。1921 年 11 月，这里曾爆发一场斗殴，其间有人向希特勒开枪，让他险些命丧于此。如今，这里游客络绎不绝，成了一处必打卡的热门景点。而本地人亦常来此畅饮，在觥筹交错间，享受最质朴的快乐。

施瓦宾格区 (Schwabing) 以波希米亚文化氛围闻名，吸引了众多学生来此消遣。在那里，我偶遇了一家名为“失落周末 (The Lost Weekend)”的俱乐部。当晚恰逢开放麦之夜，现场挤满了年轻人，台上的歌手嗓音如丝绒般柔润，让人如痴如醉。吉他独奏，爵士乐队，一个个精彩纷呈的节目接连上演——这里没有舞台的隔阂，只有灵魂与声音的即兴对话。

最后一站，我决定去参观夏日行宫宁芬堡。从凯宾斯基酒店出发，步行一小段路去搭乘 16 路电车，随后沿运河信步而行，远远望去，红瓦覆盖的宫殿群如画卷般徐徐铺展于天际线之上。在那里，我流连了一整日。在美人画廊 (Gallery of Beauties)，我看

到了由巴伐利亚国王路德维希一世亲命绘制的三十六幅肖像，遴选来自社会各阶层的绝代佳人：有鞋匠之女的清丽，亦有王室千金的雍容。午后，我来到宁静的皇家园林，暖阳如蜜流淌，我徜徉在草坪与林荫之间，直至抵达巴洛克风格的巴登贝格亭阁 (Badenberg)。那些美到令人窒息的画面深深烙进我的心里，给此次旅行画上了一个完美的句号。

慕尼黑，是美的——建筑的巍峨、艺术的精妙、广场的开阔、公园的葱茏、餐厅的喧闹、俱乐部的律动，奥林匹克公园壮观的穹顶与延展的绿意，还有那座被当地人戏称为“橡皮艇 (Das Schlauchboot)”的足球场。但这些，仅仅只是慕尼黑的物质表象，这座城市真正鲜活的，是那难以言传、却更为深邃的维度：它的人文肌理。

慕尼黑的非凡，不在其建筑的壮丽，而在于它为相遇预留的每一寸空间——在这座美丽的城市，人们可以随时随地与亲朋好友相聚，享受美好时光。慕尼黑是一座很人性化的城市，据说拥有世界上最好的公共交通系统。无论走到哪里，都能看到悠闲的人群，散步、聊天、享用美食亦或小酌怡情。当然，别的城市也能看到这样的画面，但在我看来，很少有城市能像慕尼黑这般惬意，给人以安全感。

位于老城区的维克图阿利安市场 (Viktualienmarkt) 是街头美食集散地，四处飘着咖啡香气。在一个小吃摊前，我与慕尼黑小说家弗里德利希·阿尼 (Friedrich Ani) 对坐而饮。作为著名的侦探小说作家，他曾获奖无数。他比任何人都更熟悉这座城市。我问他：“你最喜欢慕尼黑哪一点？”他未加思索地说：“它安全，有序，包容，博爱。”这种特质，比任何丰功伟绩都更加珍贵。慕尼黑曾经历过战火的洗礼，在枪炮下化作废墟。但它没有一蹶不振，用深刻反思直面惨痛的历史，而后重新出发，仍以善良、真诚、热情与包容面对这个世界。

人们常用“巴伐利亚式惬意”来形容这座城市，体现了这里独特的生活氛围——轻松愉悦、舒适温馨且充满人情味，给人满满的幸福感。无论是在著名的皇家啤酒屋 (Hofbräuhaus)，还是寻常的公园、咖啡馆、啤酒花园、博物馆、体育场和酒店，皆是如此。尤其是我在慕尼黑的两个星期下榻的慕尼黑四季酒店——正是这种人文氛围让慕尼黑如此熠熠生辉。

对页：对于每一位来到玛利亚广场 (Marienplatz) 的游客来说，一张钟楼的照片是最珍贵的纪念品。上一页：英国花园 (English Garden) 是一处大型开放式公园，园区道路全长超过 78 公里，园内植被茂密，曲径通幽，大大小小的湖泊点缀其间，等待游客们探索。/ Facing page: A photo of the Glockenspiel is a treasured souvenir for any visitor passing through the Marienplatz. Previous page: The English Garden is a large public park with lakes, lush vegetation and over 78 kilometres of paths to explore.



“Where and how did we get the idea that the Germans are a stolid, phlegmatic race? In truth, they are widely removed from that. They are warm-hearted, emotional, impulsive, enthusiastic, their tears come at the mildest touch, and it is not hard to move them to laughter.”

Mark Twain, *A Tramp Abroad*

Munich: a luminous city

BY PAUL THEROUX

“Munich was luminous” – the opening sentence of Thomas Mann’s short story, *Gladius Dei*, has always cheered me, as it extolls the “radiant, blue-silk sky stretched out over the festive squares and white columned temples, the neo-classical monuments and Baroque churches, the spurting fountains, the palaces and gardens of the residence,” and much more, beckoning me to visit.

Munich never disappoints. Munich is monumental, and ancient, and regal. Most of her history is available to stimulate and enlighten anyone who travels there.

Münchners take their traditions seriously, whether gustatory (beer and sausages, Wiener Schnitzel and apple strudel) or celebratory (the excesses of Oktoberfest). Or the sacred, because Munich is a city of churches, more than twenty lovely ones in the centre including the majestic Frauenkirche – her gothic spires always in view. Soon after I arrived on a Sunday morning, I entered the beautiful Baroque Theatinerkirche and saw a proud couple – he in a Bavarian trachten jacket and lederhosen, she in a silken dirndl – prayerful in the baptism of their baby, swaddled in linen and lace; a ritual as old as Munich itself.

Other visible traditions: bike riders in the city – the young woman towing her baby on her trailer, the bearded man with his small dog strapped to his chest, the racers in Tour de France spandex, the Hausfrau on her pushbike, the hurrying students, the deliveryman. The drinkers at the Hofbräuhaus are iconic and so are the ladies in chic couture taking tea at Hotel Vier Jahreszeiten Kempinski, which has been the case since 1858 when, as the Hotel zu den Vier Jahreszeiten, the royal hotel ordered by King Maximilian II, it served as a residence for guests of the court, who were welcome “in four seasons”.

The Munich mood is infectious. To be in the city is to inhabit a masterpiece, just as consoling and romantic, just as satisfying and dramatic, because the city is intact, as radiant as it was centuries ago – all the landmarks in Mann’s litany still exist: the temples, the monuments, the squares, the churches, the fountains, the concert halls, the beer halls and beer gardens.

The city is whole and harmonious, the grass neatly clipped in the Hofgarten, church altars gilded, Art Nouveau facades freshly painted, Baroque and Rococo interiors polished, every glass of beer alight with honey-coloured liquid and a head of froth.

But here is an amazing fact: in 1946, Munich was a city in ruins, its churches gutted, its roofs caved in, its streets piled high with cracked paving stones or gaping with bomb craters. It was reduced to a stricken village of broken windows and twisted metal and human corpses, its diminished population dazed and traumatised.

Where is the evidence of that now? Some renovators of bombed cities deliberately leave small but conspicuous patches of damage – a glimpse of interior brick on a house front, a crack of stucco on a cornice – a scar to remind you of the violence. This was not the Munich way. You need to look closely for the war’s effects.

The Black Hall that dates from 1590 was demolished by bombs at the end of the war, and restored in 1979. The imperial dining room, “The Four White Horse Hall”, was rebuilt between 1980 and 1985. And the Yellow Staircase, the stately main entrance to the apartment of the Bavarian king, was only completely restored over a four-year period, ending in 2021, a Munich example of perseverance. The 15th-century Frauenkirche was bombed, Nymphenburg was bombed, the Kempinski was bombed, so was the Hofbräuhaus. I walked from the Kempinski to a concert on a drizzling September night and the whole area – Theatinerkirche, Feldherrnhalle, the Residenz, the Hofgarten and the Cuvilliés Theater looked untouched. I sat and listened to the overture to Mozart’s *The Magic Flute* and was transported.

Such is the magic of Munich, reborn from the ashes. Much of this reconstruction was done under the direction of Otto Meitinger, a son of Munich, an architect and preservationist. He said, “We didn’t have money. We didn’t have material. But we succeeded because we didn’t have bureaucracy.”

Americans like myself are drawn to Munich, because one of our greatest writers, Mark Twain, took up residence here in 1878,

when Ludwig II was on the throne. Mark Twain recommended Munich as ideal, writing at length about Germany’s manners, language and opera. In return for Twain’s fondness, the city named a street after him in 1947, Mark-Twain-Strasse.

In *A Tramp Abroad*, he said: “Where and how did we get the idea that the Germans are a stolid, phlegmatic race? In truth, they are widely removed from that. They are warm-hearted, emotional, impulsive, enthusiastic, their tears come at the mildest touch, and it is not hard to move them to laughter.”

Witnesses to the war are now nearly all gone. But it had been my wish to meet someone who remembered Munich just after the war. Preeminent artist Helmut Dirnaichner, who welcomed me into a gallery one wet evening, was my man. “I was born near Rosenheim in 1942,” he told me – Rosenheim is about 35 miles south of Munich – “and our parents told us stories of the damage. Frightening stories. Munich was in bad shape. My father described to me how the Hauptbahnhof was in pieces. But it was rebuilt quickly, and so was the city.” As a young student he made his first visit when he was 16. “The city was still under construction – that was 1958. But look at it now!” His affection for Munich was shared by everyone I met, a rare trait, because the city dweller tends to bemoan aspects of his or her city – the transport, politics, crowds, grind. Isn’t it awful! Yet the citizen of Munich might mention the high prices but typically praises the city.

The praise has been repeated throughout history, the pride that fundamentally it is a royal city, that its wonders would not exist without the wealth and patronage of the kings, queens and electors who, for 400 years, built palaces, commissioned gardens and involved themselves in city planning.

The Residenz, former royal palace of the Wittelsbach monarchs, dates – its foundations at least – from 1385. In its immensity and splendour it is the heart of Munich, the repository of royal treasures, now shared with the public – from the thousand-year-old crown of Queen Kunigunde to one of the most wonderful composite artefacts I’ve ever seen, a greenstone Olmec deity from ancient Mexico.

I visited the Munich Documentation Center for the History of National Socialism, a white four-story cube housing an extensive inventory of papers, posters, memorabilia and photographs. It is an example of the diligent soul-searching of the city, its people facing its past. It was there that I found the pamphlet headed “We are our History.” I can’t think of any other place with such an honest resolve to acknowledge the abuses in its past.

There are forty-five museums in Munich altogether, the city is saturated in antiquities, and old masters, and art as new as today. I visited ten museums over ten days, taking my time, and was dazzled by the beaked and brooding Horus in the Egyptian Museum, the Barberini Faun in the Glyptothek, the Greek gods among the State Antiquities, rooms of vast vivid Rubens paintings and Van Gogh’s *Sunflowers* in the Alte Pinakothek. The Pinakothek der Moderne has the largest, most powerful Francis Bacon painting I have ever seen, his triptych, *Crucifixion*.

The size of the museums, the scale of the pieces – immense paintings in towering rooms – overwhelm the viewer. But there are smaller collections, too. Turning left out of the Kempinski you come upon Museum Fünf Kontinente (Museum Five Continents), the first ethnological museum in Germany. Its mission to promote an understanding of other cultures and defeat xenophobia and discrimination is achieved by showing the mastery of art forms – canoes, bowls, weapons, beadwork, masks and the most impressive Buddha I’ve seen outside Japan. These Munich museums exemplify the epitome of connoisseurship.

You can’t wander the Munich museums without noticing a significant feature: nearly all the guards, attendants and ticket sellers appear to be from somewhere else – Italy, Austria, France, Poland, former Yugoslavia and more recently Latin America, Asia and Africa. “Kempinski’s workers come from more than thirty different countries,” Miss Carolin Grove-Skuball, the hotel’s Director of Public Relations told me – and at first I misheard, thinking she’d said thirteen. “Munich would grind to a halt without its immigrant workers,” Elvira Bittner, a city guide assured me. “We need them.” This accounts for my friend Frank, a pharmaceutical CEO from France, my waiter from Switzerland,

“Munich was luminous. A radiant, blue-silk sky stretched out over the festive squares and white columned temples, the neo-classical monuments and Baroque churches, the spurting fountains, the palaces and gardens of the residence.”

Thomas Mann, *Gladius Dei*

the taxi driver from Croatia, the museum ticket seller from Sicily, the young Vietnamese woman in the pastry shop, the hotel valet from Kenya, the maid from Nepal, and many more.

In the heart of the Old City, thousands of visitors every day stand in front of the Rathaus. Their faces upturned, they gawk at the Glockenspiel and rejoice when the life-sized painted figures are set in motion. It is a testament to the timeless appeal of kitsch. There is an element of kitsch in the Hofbräuhaus too. For two centuries the beer hall has known musicians, ranters, and speech-makers. Hitler was nearly killed when a fight broke out in November 1921 and shots were fired at him. Tourists are always in evidence, because this is another experience to collect, but local citizens are also seen raising a stein.

In Schwabing, a bohemian students’ quarter, I spent a happy evening at a club called The Lost Weekend. It was open mic night and full of young people listening to a wonderful singer, a guitar soloist, then a jazz band.

For a final flourish, I decided to see Nymphenburg, the summer palace. Following a short walk from the Kempinski to catch the number 16 tram, I strolled along the canal to a view of elegant red-roofed palaces filling the horizon. After an entire day there I left with two strong memories. The first was the Gallery of Beauties, thirty-six portraits commissioned by King Ludwig I of women chosen for their loveliness representing all classes of society, including shoemakers’ and kings’ daughters. My second memory was the park, where I walked for most of a sunny afternoon, ending at the Baroque pavilion Badenberg.

These memories are glorious, but they are of Munich’s material aspect, the architecture and art, plazas and parks, and restaurants and clubs, the Olympic Park, with its curvilinear roofs and parkland,

and the bulging football stadium they call “Das Schlauchboot,” the dinghy. But there is something vibrant in the city that is harder to describe yet in a sense greater. It is Munich’s human dimension.

The marvels of Munich matter most because they are gathering places, offering a chance for people to meet in a lovely setting. Munich still has a human scale, and is said to have the best public transport system in the world. Wherever I went I saw people strolling, in conversation, having meals or drinks. Of course this happens in other cities but it seemed to me few other cities are so congenial, or safer.

The Munich novelist Friedrich Ani and I were having a drink at the Viktualienmarkt – the Old Town square devoted to food stalls and cafes. As a writer of prize-winning detective fiction he knows the city intimately so I asked him what he admired. His first thought was, “It’s safe. It’s orderly. It’s multiracial. It’s totally humane.” That quality, its humanity, is greater than any monument. Having had a baptism of fire – literally, the bombing – and a reckoning with the notorious abuses of its traumatic past, Munich has embraced its humanity – kindness, the open-heartedness of people, the welcome, the sense of inclusion.

A frequent expression used to describe the city is “Bayrische Gemütlichkeit”. Bavarian cosiness, implying something consoling, comfort, warmth, snugness, sociability, good cheer, a relaxed sense that eases the mind and gives people a sense of well-being. A great example of this is the Hofbräuhaus, but you could say the same for the parks, cafes, beer gardens, museums, stadiums and hotels, especially my home for a fortnight, Hotel Vier Jahreszeiten Kempinski München – the humane vibe that makes Munich so luminous.





在泰国，水稻种植通常从五月开始，此时正值雨季，丰沛的降水使稻田得到充分灌溉。作物依靠自然降雨生长，直至九月。到了十一月下旬，稻谷成熟，收割工作陆续展开。这一年的农事循环，长期以来一直是泰国社会生活与文化传统的重要组成部分。/ In Thailand, the rice-planting season begins around May, with the crops enjoying the rainfall until September, before harvesting starts in late November. This annual cycle is an enduring pillar of Thai life and culture.

05 | 美食精神

一粒大米的前世今生

大米是全球超过一半人口每日饮食中最重要的主食，然而很少有人意识到，这种谷物曾经走过多么漫长的旅程，以及它在众多文化与美食中占据着多么重要的地位，甚至在远离其原产地的地方亦是如此。旅行作家兼美食爱好者拉里·奥姆斯特德 (Larry Olmsted) 通过实地探访，追溯了这一平凡谷物在不同文明中演变出的不同形态与历史脉络。

05 | GOURMET SPIRIT

A BRIEF HISTORY OF RICE

It’s the most important part of the daily diet of more than half the world, yet few realise how far rice has travelled and how big a part it has become of so many cultures and cuisines, even those far from its places of origin. Travel writer and food enthusiast Larry Olmsted traces the history of the many guises of this humble grain.



每一粒米， 都有着自己的故事

文/拉里·奥姆斯特德 (LARRY OLMSTED)*

“美食是真正幸福的基石。”奥古斯特·埃斯科菲耶 (Auguste Escoffier) 曾这样写道。然而，鲜有人知，在他的烹饪心得中还有这样一句话：“水稻是世界上最好、最有营养的、也是分布最广的主食。”埃斯科菲耶被誉为法国烹饪之父，而法国菜对稻米的使用是所有菜系中最少的。他的这句话从另一方面证明了这种谷物的普及程度，及其在餐饮世界中扮演的重要角色。

水稻是一种谷物，即一种可食用的禾本科植物种子。虽然有人认为它起源于印度或泰国，但目前科学界普遍认为，水稻最早是在约 9000 年前从中国长江流域的野生稻驯化而来。非洲与南美洲分别在约 3000 年前和公元 14 世纪前也曾驯化过野生稻，但这一种群已经灭绝。最终产生了两种截然不同的驯化品种：亚洲栽培稻 (*Oryza sativa*) 和非洲栽培稻 (*Oryza glaberrima*)。这两种水稻如今在全球范围内均有种植。仅亚洲栽培稻就有 4 万多个品种，分为两大亚种：籼稻 (长粒) 和粳稻 (中粒或短粒)。有趣的是，我们今天所谓的野生稻既非野生也非稻米，而是来自北美本土不同禾本科植物属的栽培谷物。

水稻还是世界上最重要的粮食作物，养活着全球一半以上的人口。水稻常被视为丰饶、繁荣和好运的象征，广泛应用于宗教仪式、葬礼和婚礼中。全球有超过一半的国家以大米为日常饮食的基础，作为主食单独食用。而在其中许多国家，人们还会将大米与蔬菜和肉类一起烹炒，作为主菜食用，如印尼炒饭 (*Nasi Goreng*)、中式炒饭、泰式炒饭 (*Khao Pad*)、越南的炒米粉 (*cơm chiên*) 以及印度人喜爱的鸡肉手抓饭 (*biryani*)。在美食届有一个常见的误区，即认为寿司指的是鱼生，但其实在日本，寿司一词的本义是“醋饭”。

如今，大米已不再仅作为主食，在许多远离其来源地的国度，它被烹饪成为当地的特色菜肴。在喜爱米饭的米兰，有一家当地餐厅每天供应 23 种不同的烩饭；而在意大利南部的西西里岛，被称为“阿兰斯尼 (arancini)”的炸饭团是当地最受欢迎的街头小吃。在西班牙或葡萄牙旅行时，海鲜饭是当地必吃的特色菜，而美国也有与之类似的菜肴——什锦烩饭 (*jambalaya*)。从墨西哥到中美洲乃至加勒比海的大部分地区，大米和豆类是迄今为止最受欢迎的主食——波多黎各除外，那里的国菜**鸽豆饭 (arroz con gandules)** 是以木豆代替豆类制作而成。海南鸡饭是新加坡的特色菜肴；而在比利时，人们在早餐时喜欢食用一种名为“*risttaart*”

的甜米布丁派。希腊人在葡萄叶中塞满大米，并用大米代替酥皮面团，辅以菠菜和菲达奶酪，做成**希腊菜饭 (spanakorizo casserole)**。当然，作为厨师之王的埃斯科菲耶也有他独家的法式特色菜——法式肉饭 (rice pilaf)。

水稻最早从东南亚和印度次大陆传播开来。两千多年前，亚历山大大帝的士兵将水稻从亚洲带回欧洲，随后，又被欧洲航海家带到美洲。如今，水稻的消费、种植和普及几乎遍及全球每一个角落，成为超过 35 亿人的主食。

稻谷在收割后，需经晾晒，碾磨去除外层不可食用的稻壳以及内层的麸皮。稻谷脱壳的程度决定了最终产品的类型：仅去除稻壳和少量麸皮，得到的是糙米，即所谓“全谷物”；脱壳并去除全部麸皮，则得到精白米。糙米通常口感更香、更有嚼劲，并且随着人们健康意识的日益增强，如今几乎所有大米品种都有糙米版本。有些大米品种在仅去除稻壳后会呈现红色，如泰国香米。

籼稻品种 (*Indica cultivar*) 栽培出的长粒米口感干爽、松软，煮熟后不易粘连。该类米包括印度香米和泰国茉莉香米等香米品种，以浓郁的米香与坚果风味而著称。印度香米常用于印度和中东菜肴，其米粒细长，口感轻盈松软。泰国香米则产自泰国，常用于东南亚菜肴，口感与印度香米相似，但风味略淡，且带有花香。与大多数长粒米不同的是，泰国香米煮熟后口感略带黏性。

中粒米 (如意大利烩饭中使用的大米) 淀粉含量高，质地柔软，口感更加软糯湿润，能更好地吸收调料的味道。其中以意大利北部广泛种植的意大利圆粒米 (*Arborio*) 最为著名。除此之外，中粒米还包括中国黑米。该品种曾为皇宫内膳“御米”之一，其实际颜色为深紫色。

粳稻品种 (*Japonica cultivar*) 栽培出的短粒米外观呈椭圆形或圆形，口感粘糯，是日本料理中不可或缺的食材，用于制作寿司以及麻糬等甜点时，能够良好地保持形状。西班牙种植的邦巴米 (*Bomba rice*) 是一个不同寻常的存在，虽然具备短粒米的外形特征，但实际上属于籼稻品种。这种大米不粘牙，能吸收三倍于自身体积的液体，因此特别适合做海鲜饭。

对于旅行者而言，大米和语言一样，不同的水土会赋予其独特的风味与意义，但归根结底都是日常生活中不可或缺的组成部分。

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Every grain tells a story

BY LARRY OLMSTED*

“Good food is the foundation of genuine happiness,” Auguste Escoffier famously wrote. But among his less well-known culinary musings is, “Rice is the best, the most nutritive and unquestionably the most widespread staple in the world.” He’s right, but the surprise is that Escoffier is known as the Father of French cuisine, which uses rice less than almost every other. On the other hand, this shows just how global the grain has become, and what an all-encompassing role it plays in the world of food.

Rice is a grain, meaning an edible seed of grass, and the current scientific consensus is that it was first domesticated from wild rice in China’s Yangtze River basin around 9,000 years ago, though some argue it originated in India or Thailand. It was later independently domesticated in Africa around 3,000 years ago and in South America before the 14th century, though this family tree went extinct. The result is two distinct domesticated species, Asian *Oryza sativa*, by far the most common, and African *Oryza glaberrima*, both grown globally today. Just the Asian species has more than 40,000 varieties, split into two main subspecies, long grain *indica* and *japonica*, which can be medium or short grain. Interestingly, what we call wild rice today is neither wild nor rice, but rather a grain cultivated from a different genus of grass native to North America.

Rice is also the world’s largest food crop, feeding more than half the planet’s population. Often symbolising fertility, prosperity and good luck, it is widely used in religious ceremonies, funerals and weddings. In more than half the world, rice is the foundation of the diet, served daily on its own as a side dish, and in many of these nations, it is also fried or cooked with vegetables and proteins to create main courses such as Indonesia’s *nasi goreng*, Chinese fried rice, Thailand’s *Khao Pad*, Vietnam’s *cơm chiên* or India’s beloved *biryani*. A common culinary misconception is that sushi is raw fish – in Japan it means ‘seasoned rice’.

But rice has evolved beyond a staple to become a signature dish of many cuisines far from its roots. There’s a local restaurant in rice-mad Milan that serves 23 different varieties of risotto every single day, while far to the south, rice-filled fried balls called arancini are Sicily’s most popular street food. It’s hard to travel in Spain or Portugal without running into paella or some close relative, while the United States has its own version, *jambalaya*. From Mexico through Central America and much of the Caribbean, rice and beans are by far the most popular staple – except in Puerto Rico, where the national dish, *arroz con gandules*, swaps pigeon peas for beans. Hainanese chicken rice is the signature dish of Singapore, and in Belgium, a sweet rice pudding pie called *rijsttaart* is what’s for breakfast. The Greeks stuff grape leaves with it and substitute rice for filo dough to turn the ingredients of *spanakopita*, spinach

and feta cheese, into a spanakorizo casserole. And yes, Escoffier has his rice pilaf, a French speciality.

The consumption, cultivation and popularity of rice reached virtually every corner of the globe, spreading first across Southeast Asia and the Indian subcontinent. It arrived in Europe more than two millennia ago, brought by Alexander the Great’s soldiers returning from Asia. It was introduced to the Americas by European seafarers, and today it is the dietary staple of more than 3.5 billion humans.

Once picked, grains of rice are dried, and then milled to remove the outer layers, inedible husk and under that, bran. The result depends on how much is taken off. Brown rice, considered a ‘whole grain’, loses the husk and a small bit of bran, while removing all of the bran creates white rice. Brown rice generally has a nuttier flavour and chewier texture, and because of increased interest in health and nutrition, today you can get brown versions of just about all rice varieties. With some rice, such as jasmine, removing just the husk leaves a red version.

Long-grain rice, from the Indica cultivar, is dry, fluffy and stays separated when cooked. This includes the aromatic rice varieties, basmati and jasmine, distinguished by their bold and nutty flavour profile. Basmati, common in Indian and Middle Eastern cuisine, has long, slender grains and a light, fluffy texture. Jasmine rice originates from Thailand and is often used in Southeast Asian dishes. Similar to basmati, it has a slightly less pronounced flavour, floral fragrance, and, unlike most long-grain rice, a slightly sticky texture when cooked.

Medium-grain rices, associated with risotto, are moister and stick together, with a high starch content that creates a creamy consistency and absorbs flavours well. Arborio, widely grown in northern Italy, is the most famous. Medium grain also includes Chinese black rice, known as ‘forbidden rice’, which was once reserved for consumption by the royal family, and is actually dark purple.

Short-grain rice, from the Japonica cultivar, has an oval or round appearance and stickier texture. Indispensable in Japanese cooking, such as sushi and sweet dishes like mochi, it keeps its shape when cooked. Bomba rice, grown in Spain, is unusual in that, while short-grain, it is actually an Indica variety. It is not sticky and can absorb three times its volume in liquid, making it particularly suitable for paella.

For the traveller, rice is similar to language – every place you go has its own take, with different accents and meanings, but it is always a fundamental part of daily life.

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中国通常被认为是水稻的起源。考古研究表明，水稻种植文化大约在 9000 年前起源于中国，之后才传播到邻国。广式炒饭（见对页上海凯宾斯基大酒店图片）是一道经典的中式炒饭，使用鸡蛋和蔬菜等食材烹制而成。/ China is often considered to be the birthplace of rice. Archaeological studies suggest that rice culture began there around 9,000 years ago, before spreading to neighbouring countries. Cantonese rice (shown opposite at Grand Hotel Kempinski Shanghai) is a classic Chinese wok-fried dish that incorporates egg and vegetables.



在数千年前，随着亚洲与西方贸易的开启，水稻首次走出南亚，被运往中东。在阿曼的高山地区，大米如今已成为当地风味浓郁的慢炖肉菜中的热门食材。在马斯喀特凯宾斯基酒店，住客可以品尝到沙特传统菜肴——鸡肉卡布萨（Chicken Kabsa，见对页），这道菜特别加入了藏红花、烤杏仁和大蒜等调料。/ Following the major trade flows from Asia to the West, the first journey of rice from South Asia to the Middle East took place thousands of years ago. In the peaks of Oman, rice is now a popular ingredient of flavoursome slow-cooked meat dishes. Guests staying at Kempinski Hotel Muscat can sample chicken Kabsa (facing page), a traditional Saudi recipe that blends saffron, roasted almonds and garlic.





水稻于中世纪经由波河沿岸地区传入意大利。刚传入威尼斯之时，只有贵族才能享用这种食物。如今，大米已成为意大利美食中颇受欢迎的食材，而意大利烩饭（见对页）作为该国最著名的特色美食，被传播到了世界各地。/ Rice made its entrance into Italy in the Middle Ages, through the regions bordering the River Po. Upon its arrival in Venice, it was initially only accessible to the upper class. Today, rice is a popular element of Italian cuisine, and risotto (facing page) is one of the country's most famous exports.





06 | 馈赠忠诚

感受当地

亲眼目睹海龟产卵，亦或幼龟迈出生命中第一串蹒跚步伐，是一场最神圣、最令人心灵震颤的邂逅，这份记忆令人永生难忘。凯宾斯基探索之旅计划将安排会员参与海龟保护计划，与志愿者们一道，深度沉浸于这场非凡的自然奇观之中，亲身感受生命最原始的律动。

06 | REWARDING LOYALTY

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文/梅兰妮·科尔曼 (MELANIE COLEMAN)*

墨西哥不仅拥有迷人的阳光与海滩，还是六种海龟的重要栖息地。如果你足够幸运，或许能在这里亲眼目睹这些奇妙的小生灵缓缓游上岸来产卵，亦或娇小的幼龟破壳而出，奋力爬过沙岸，奔向大海温柔的怀抱。这种难得一见的自然奇观，让坎昆成为全球旅行者心中向往的目的地，也为这座城市增添了一份魅力。

守护的决心

现实是残酷的，世界上现存的七种海龟全部处于濒危状态，因此保护种群的保育工作刻不容缓。所幸，墨西哥已建立起全球最完善的海龟保护计划之一。早在十几年前，坎昆凯宾斯基酒店便毅然投身这场守护之战——他们不仅要把沙滩变为海龟的安全栖息地，更想要成为它们坚定的守护者，并以此为信念予以践行。一支由 40 名志愿者组成的团队正一丝不苟地守护着栖息在这片海滩上的绿海龟、蠍龟、玳瑁和棱皮龟。其中一些志愿者自幼在海边长大，对海龟的热爱早已深深融入他们的文化血脉与群体记忆。他们深切地意识到，这些可爱的海洋生物的未来岌岌可危，同时也深知海龟生态系统的健康与当地居民生计之间存在着密不可分共生关系。经过海洋生物学家的系统培训，志愿者们全面掌握了海龟种类识别、生命周期规律、龟卵处理、幼龟放归及保护规范等专业知

月下的奇迹

每年 5 月到 11 月是海龟的繁殖季节。在此期间，志愿者们每晚都会来到沙滩上，等候海龟来此产卵，以便在它们最脆弱的时候观察并保护它们。一只海龟从上岸到完成产卵，再到返回大海，整个过程长达三小时。最让人不可思议的是：当雌性海龟成年后，会不远万里回到自己出生的那片海滩产卵。这一迁徙之旅堪称壮举——有些品种的海龟每年会迁徙长达 16,000 公里（10,000 英里），但几乎每两年它们都能回到自己的出生地，完成生命的循环。一只海龟一般每次可产卵 65 至 180 枚。

降低风险

之所以要进行如此严密的监测，最终目的是为了及时收集海龟卵。这一举措至关重要，因为幼龟的存活面临着多重威胁：天敌捕食、船只碰撞、渔网缠绕以及非法盗猎。此外，海洋污染也是威胁海龟生存的一大原因——海龟极易被塑料废弃物缠绕或误食塑料微粒，其栖息地与觅食区域也正在受到化学污染物的破坏。气候变化进一步加剧了这一危机：海平面上升正不断吞噬适宜海龟产卵的海滩，而沙滩升高会改变幼龟的性别比例（温度升高会孵化出更多雌性，而温度降低会孵化出更多雄性），甚至导致胚胎死亡。幼龟的存活率极低，据估计，仅有约千分之一的海龟能存活至成年。因此，这项保育工作就是在挽救生命。



念念不忘，必有回响

为了守护海龟产卵，志愿者们每晚都会沿海岸线进行徒步巡逻，搜寻新鲜的足迹。一旦发现正在筑巢的海龟，他们便会迅速而谨慎地展开行动，在尽可能减少干扰的前提下，妥善隔离并保护该区域。由于海龟对白光极为敏感，不仅会抑制其产卵意愿，还可能使其失去方向感，因此志愿者在行动中都是使用红光照明。当海龟巢穴面临洪水、天敌或光污染等威胁时，志愿者们会小心地挖出龟卵，将其转移到装有湿润沙土的容器中，以模拟自然孵化环境。随后，这些龟卵会被重新埋入受保护的孵化场，每个巢穴上都会被仔细地贴上标签，注明日期、时间和品种。龟卵的孵化期通常为 45 至 70 天，在此期间需要严密监测环境温度与湿度，因为这两个因素会直接影响幼龟的性别比例。当幼龟带着众人的期盼破壳而出时，志愿者们便会着手策划放归。刚出壳的小海龟在夜色的掩护下，循着月光与海浪的指引，缓缓游向深海中更安全的水域——在那里，它们将开启一段全新的生存之旅。尽管要付出无数个不眠之夜，但志愿者们努力得到了回报，幼龟的存活率显著提升，这一成就令人自豪且意义深远。仅 2025 年繁殖季的前几个月，凯宾斯基海滩就记录到了 8 只产卵的海龟，共产下约 720 枚卵。更令人振奋的是，在最近一年中，他们共监测到 393 个海龟巢穴，并成功放归了 29,075 只幼龟。



见证生命的奇迹

在墨西哥，勇敢的旅行者若能将行程安排在海龟产卵季，将有机会亲眼目睹这一自然奇观。虽然无法保证行程时间与海龟的产卵时间完全吻合，但凯宾斯基探索之旅忠诚计划的会员将可以在规定区域远远观看，或许能邂逅此生难忘的壮观景象。在某个夜晚，在海滩边的卡西塔斯 (Casitas) 餐厅，客人们悄然挪动座位，只为不惊扰一只正在穿越餐厅、缓缓走向沙滩产卵的海龟；另一个月光如水的夜晚，当新生幼龟被缓缓放归大海之际，又有两只成年海龟悄然上岸——这一幕幕，无声地诉说着生命循环的深邃与诗意。这是一场真正非凡的邂逅。对于凯宾斯基的客人而言，能在野外亲眼目睹海龟的踪影，既是喜悦，亦是殊荣。而正因有志愿者们



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Caring for sea turtles on the shimmering shores of Cancún

BY MELANIE COLEMAN*

Along with its ceaseless sunshine and sparkling seas, Mexico is blessed to be home to six incredible turtle species. A true sight to behold, some lucky visitors are fortunate enough to get a glimpse of these majestic creatures swimming ashore to lay their eggs or indeed their delicate hatchlings scampering down the sand to the reassuring embrace of the sea. A once-in-a-lifetime experience high on the wish list of travellers the world over, this sprinkling of natural wonder makes Cancún an even more captivating destination.

COMMITTED TO CONSERVATION

Though it may be an uncomfortable truth to grasp, all seven of the world's turtle species are endangered. This makes it vital for conservation work to preserve populations and, fortunately, Mexico has developed one of the most comprehensive sea turtle protection programmes in the world. Kempinski Hotel Cancún decided to join this conservation fight more than a decade ago. Not content with simply sharing the beach, a passion was born for becoming a fierce protector of the region's turtles. A team of 40 volunteers fastidiously watch over the green, loggerhead, hawksbill and leatherback turtles nesting on the hotel's beach. Many of the volunteers grew up on the coast with turtles deeply entrenched in their cultures and communities. They are painfully aware of the future of this much-loved marine creature hanging in the balance – and the interplay between the health of the turtle's ecosystem and the livelihoods of locals.

Having gone through a training programme from marine biologists covering species identification, life cycles, egg handling, hatchling

release and conservation protocols, the volunteers proudly receive their certification and become turtle experts in their own right.

MESMERISING MOONLIT MOMENTS

During each night of the breeding season from May to November, they await the arrival of nesting turtles to observe and guard them when they're at their most vulnerable. It can take a turtle up to three hours to come to shore and lay her eggs, before slipping back into the water. One of the most astounding and almost unfathomable facts is that upon reaching maturity, female turtles return to the precise location where they were born to lay their eggs. A truly remarkable undertaking, given that some species are known to travel up to 16,000 kilometres (10,000 miles) annually, and yet they find their way back to their personal breeding site around every two years. And each turtle lays a clutch typically numbering 65 to 180 eggs.

REDUCING THE RISKS

The end goal of this sensitive surveillance is egg recovery. This is so important because many threats stand in the way of hatchlings' survival. These include natural predators, boat collisions, entrapment in fishing nets and poaching for the illegal wildlife trade. Pollution is another grave hazard – turtles can become entangled in plastics or consume microplastics they mistake for food – and their habitats and feeding grounds are being damaged by chemical pollutants. Climate change poses another danger as the rise in sea level reduces available nesting sites. And increasing sand temperatures can alter hatchling sex ratios (warmer temperatures



produce more females, while cooler temperatures yield more males) and even cause embryo death. The odds are stacked against them – it is estimated that only 1 in 1,000 sea turtles will live to be adults – making this conservation work literally life-saving.

DEDICATION AND DETERMINATION

The volunteers do coastal foot patrols each night to search for fresh tracks. When they spot a nesting turtle, they quickly yet discreetly spring into action, minimising disturbance and securing the area. They use red lights as turtles are highly sensitive to white light and it can impact their willingness to nest and disorientate them.

If a nest is at risk from flooding, predators or light pollution, volunteers delicately disinter and transport the eggs in containers with damp sand to mimic natural conditions. They are reburied in protected hatcheries where each nest is carefully labelled with date, time and species. Their incubation is between 45 and 70 days, during which time temperature and humidity are monitored because of the role they play in hatchling sex.

When the joyful moment of hatching arrives, volunteers carefully orchestrate releases. Emerging baby turtles are guided under the cover of night, taking their cues from the moon and the waves, to the safer waters of the ocean where they must swim for their lives. Though it involves sleepless nights, the volunteers' efforts undoubtedly increase the hatchlings' survival rate – a proud and worthy feat. In the first couple of months of the 2025 nesting season alone, eight nesting turtles were recorded on the Kempinski beach and approximately 720 eggs were laid at the turtle camp. Even more impressively, in one recent year they documented a total of 393 nests and 29,075 turtles released.

WITNESS THE WONDER

For intrepid travellers, it's worth timing your visit to Mexico to coincide with nesting season. While there are no guarantees that the turtles and the timings will align, KEMPINSKI DISCOVERY loyalty programme members are invited to observe from afar and possibly be rewarded with the most spectacular sight. In fact, one evening at the beachfront Casitas restaurant, guests had to deftly reposition themselves as a turtle made her way across the venue to nest. On another moonlit evening as hatchlings were being released, two more adult turtles arrived to nest, reminding us all of the circularity and beauty of this life-cycle.

A truly special sight, it's a joy and privilege for Kempinski guests to witness sea turtles in the wild. And it is thanks to the work of conservation volunteers that future generations will continue to experience the enchantment of marine life in action.



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* British writer and editor Melanie crafts copy about everything from business to beauty for major brands, but travel is her true passion.



07 | 跟随凯宾斯基的脚步

小众深度游

文/劳瑞·乔·米勒·法尔 (LAURIE JO MILLER FARR)*

最令人难忘的旅行时刻，往往发生在热门打卡地之外，因此，一定要留出足够的时间去探索这些隐秘角落。我们意识到，放慢脚步是深度游的关键所在。为此，我们特地邀请了资深旅行作家劳瑞·乔·米勒·法尔 (Laurie Jo Miller Farr)，为我们分享几个曾经给她留下深刻印象的小众深度游目的地。

07 | ESSENTIALLY KEMPINSKI

DETOUR DESTINATIONS

BY LAURIE JO MILLER FARR*

Some of the most rewarding travel moments happen just beyond the main attraction; the trick is leaving enough time to explore them. Recognising that slowing down is essential to the art of the scenic sidestep, we asked seasoned travel writer Laurie Jo Miller Farr to share a few places where venturing away from her big city itinerary delivered more than she bargained for – in the best possible way.

* 劳瑞是一位美英混血作家，长期为旅行与时尚刊物、高端杂志及 Newsweek.com 撰稿。/ Laurie is a hybrid Ameri-Brit who contributes to travel and lifestyle publications, glossy magazines and Newsweek.com.



萨克森与巴伐利亚：享受慢节奏的旅行体验

从德累斯顿到慕尼黑和贝希特斯加登

每次旅行结束后，最让我难忘的，往往是那些不期而遇的意外之喜。选择小众路线与其说是一种潮流，不如说是一种生活态度。

黎明时分，我乘船沿着易北河顺流而下，从迈森到德累斯顿，沿途小村庄的教堂塔楼渐次映入眼帘。漫步萨克森州，看斑驳的古堡沉淀岁月的芬芳，欣赏灵动的白鹤伫立湿地之畔，目送悠闲的骑行者携着清风从身边掠过。令人惊艳的迈森瓷器厂与惬意的德累斯顿老城之行，将会议与社交带来的疲惫一扫而空，给这次的德国商务之旅留下了难忘的记忆。

一提到“慕尼黑”，人们脑海中浮现的往往是喧闹的啤酒节与繁忙的圣诞市集。然而，这座巴伐利亚州首府的魅力远不止于啤酒与圣诞风情，还拥有丰富多彩的文化传统，吸引着众多艺术爱好者、足球迷和宝马车迷。若想更深入地体验地道的本地风情，许多慕尼黑本地人会推荐位于巴伐利亚阿尔卑斯山的贝希特斯加登，那里离奥地利边境不远。这座阿尔卑斯山山脚下的小村庄背靠德国第三高峰——巍峨的瓦茨曼山（Watzmann），虽面积不大，但分外宁静质朴，特别适合徒步。那里的建筑上装饰着吕夫特尔壁画（Lüftlmalerei）——这是一种三维立体壁画，生动描绘了巴伐利亚乡村生活的日常景象。乘船抵达博登湖的上湖（Obersee）河段后，可徒步前往德国最高的瀑布——罗斯巴赫瀑布（Röthbach）。在国王湖（Königssee）环湖徒步，向峡湾岩壁大声呼喊，能听到令人惊叹的回声，仿佛与大自然的对话。这座冰川湖被誉为“德国最干净的湖泊”，湖水碧蓝，群山倒映，宛如一幅静谧的油画。

除此之外，还可以租上一辆巴伐利亚本地制造的汽车，从慕尼黑机场出发，沿罗斯菲尔德环山公路（Rossfeld Ring Road）一路开去，饱览德国和奥地利的壮丽景色。这条公路是德国海拔最高的公路，全程约两个小时，全年开放，绝对值得一游。

Slow Saxony and unhurried Bavaria

DRESDEN TO MUNICH AND BERCHTESGADEN

Once a trip is in my rear-view mirror, it's the magic of serendipitous moments that I value most. More than a trend, destination detours are better described as a lifestyle approach.

Floating down the Elbe in a riverboat at dawn, church towers called my attention to each small village peeking out between Meissen and Dresden. With the promise of unscripted time and uncharted adventure as life's true luxuries, slow travel through Saxony means admiring the occasional crumbling castle, a stork poised at the wetlands' edge, a bicyclist overtaking our lazy drift. Long after memories of meetings, lanyards and networking fade away, my post-conference visit to Meissen's porcelain factory and a self-guided walk through Dresden's Old Town stick with me as highlights of a business trip to Germany.

Just say “Munich” and a crowded Oktoberfest and busy Christkindlmarkt come to mind. Beyond beer and Christmas baubles, the capital of Bavaria is rich in lifestyle traditions that attract art lovers, football fans, and BMW enthusiasts, too. But to take in more local flavour, many proud Münchners suggest going to Berchtesgaden in the Bavarian Alps, not far from the Austrian border. Mount Watzmann, Germany's third-highest peak, is the backdrop for this pedestrian-friendly and compact Alpine village where buildings are decorated with Lüftlmalerei, three-dimensional frescoes depicting scenes of Bavarian country life. At Obersee lake, arrive by boat and hike to Röthbach waterfall, Germany's tallest. Try out echoes created by fjord-like walls surrounding Königssee, an Alpine glacial lake known as Germany's cleanest.

Another highlight? Rent a Bavarian-made car at Munich Airport for a two-hour panoramic drive along the Rossfeld Ring Road mountain pass for sweeping views of Germany and Austria. Germany's highest public road is open year-round and is definitely worth the detour.



长江三角洲的古典园林之旅

从上海到苏州

在前往上海的一次商务旅行中，根据以往的经验，我特意预留了 48 小时，专程前往苏州游玩。这座城市虽不出名，但距离上海足够近，可以顺道一游。这座城市有着深厚的历史底蕴，甚至连 13 世纪的旅行家马可·波罗也曾为之倾倒。

苏州被誉为“东方威尼斯”，以其风景如画的运河与古桥群而闻名，古老的佛塔与 50 余座古典园林更是堪称中国园林艺术的巅峰之作。其中，拙政园被联合国教科文组织列为世界文化遗产，是中国古代审哲学最真实的呈现。由建筑大师贝聿铭设计的苏州博物馆，不仅是全球最受欢迎的博物馆之一，更是一处融合现代美学与传统意蕴的建筑杰作。而规模较小的苏州丝绸博物馆则讲述了中国顶级丝绸生产与刺绣的故事，这些工艺历经数百年的传承，如今依然在这片土地上熠熠生辉。

前往苏州的途中也是体验的一部分——搭乘高铁，只需不到 30 分钟，就能在上海与苏州之间的多个站点间往返。

Classical gardens in the Yangtze Delta

SHANGHAI TO SUZHOU

Applying the destination detour formula on a separate business trip to Shanghai, I'm so glad I built in 48 hours for a side trip to Suzhou. Less well known, yet close enough for a convenient detour, the city is a historically significant beauty spot once admired by 13th-century traveller Marco Polo.

Dubbed 'Venice of the Orient' for its outstanding collection of scenic canals and bridges, Suzhou's pagodas and 50 classical gardens are exceptional. Humble Administrator's Garden is a UNESCO World Heritage Site considered to be an authentic reflection of ancient Chinese sensibilities. Among the world's most-visited museums, Suzhou Museum is an I.M. Pei-designed architectural masterpiece. The smaller Suzhou Silk Museum tells the story of Chinese high-quality silk production and embroidery, produced locally for centuries.

Getting there is part of the experience, so take the bullet train. High-speed trains frequently whizz back and forth in 30 minutes or less between a handful of rail stations in Shanghai and Suzhou.

探寻人类文明之源

从开罗到卢克索和索马湾

当开罗之旅提上日程，别忘了在日程中留出专门的时间，以便进行深度游。即使是游览过无数博物馆的人，也难以想象埃及那令人震撼的历史。除了狮身人面像与金字塔之外，仅大埃及博物馆 (Grand Egyptian Museum) 一地，便收藏了超过 12 万件无价之宝，堪称埃及最大的文物宝库，纵使花费数月，也难尽览其全貌。感受过历史的浩瀚后，可以顺道奔赴红海之滨，让蔚蓝海水与细软白沙抚平心灵的褶皱。

从开罗出发，沿着尼罗河顺流而下 400 英里，卢克索巍然浮现。东西两岸的纪念碑、法老陵墓、巨石神庙与墓葬群闪耀着神秘的色彩，一路行去，仿佛穿越古老文明的摇篮。从卢克索驱车前往索马湾 (Soma Bay)，一定要预留充足的时间，以游览世界上最引人入胜的景点之一——帝王谷 (Valley of the Kings)。在那里，数千年前的岩穴陵墓和甬道设计精巧，只为阻止盗墓者的覬覦。乘上一辆小巧的电动高尔夫球车，前往最著名的图坦卡蒙法老陵墓 (King Tutankhamun)。在庄严肃穆的氛围下，这座神秘之殿缓缓露出真容——这位年轻法老的陵墓建于 3000 多年前，直到二十世纪才重见天日。

选择小众路线与其说是一种潮流，不如说是一种生活态度。我的建议是：一定要为临时行程留出空间，因为最动人的旅行记忆，从来不在一成不变的行程里，而是在不期而遇的故事里悄然发生。

From sphinxes and pyramids to the Red Sea

CAIRO TO LUXOR AND SOMA BAY

When a Cairo visit calls, block out time in the diary for detours. Even those who have suffered 'museum fatigue' can hardly imagine the extent of Egypt's overwhelming ancient history. Sphinxes and pyramids aside, the Grand Egyptian Museum alone is the biggest repository of the country's artefacts, and with 120,000 priceless items, it would take months to see everything. Why not tack on a Red Sea resort for relaxation afterwards?

Glide through the cradle of ancient civilisation along 400 miles downstream from Cairo on the River Nile. Luxor looms, piling on more drama with its great monuments, pharaoh tombs, temples and necropolises on the East and West banks of the Nile. Drive from Luxor to Soma Bay, leaving sufficient time for one of the world's most compelling destination detours. At Valley of the Kings, deep rock-cut tombs with elaborate passageways were designed millennia ago to thwart looters. Boarding a little electric golf cart for the approach to King Tutankhamun's tomb, the plot thickens. Witness a hushed sense of reverence whilst learning how the young king's burial site, built more than 3,000 years ago, escaped discovery until the twentieth century.

More than a trend, destination detours are better described as a lifestyle approach. My advice? Be sure to allow space for spontaneity and serendipity, because we all know the most powerful travel memories are sparked by stories, not schedules.





从清晨到夜晚，娜塔莉·里德尔总是把相机带在身边，随时准备捕捉生活中的精彩瞬间。/ From morning through evening, Natalie Riedel keeps her camera close – always ready to frame life's fleeting moments.

08 | 旅行灵感

凯宾斯基美好时刻

在本期探索之旅的最后，我们邀请了两位摄影师分享他们的作品，带我们了解他们最难忘的凯宾斯基时刻。虽然这两位摄影师同在丹麦，但他们的镜头却呈现出两种截然不同且极具个人色彩的诠释，深刻捕捉了凯宾斯基所独有的氛围与奢华精髓。希望他们的作品能够激发灵感，让您发现并定格属于自己的凯宾斯基美好时刻。我们期待您的分享。

08 | TRAVEL INSPIRATIONS

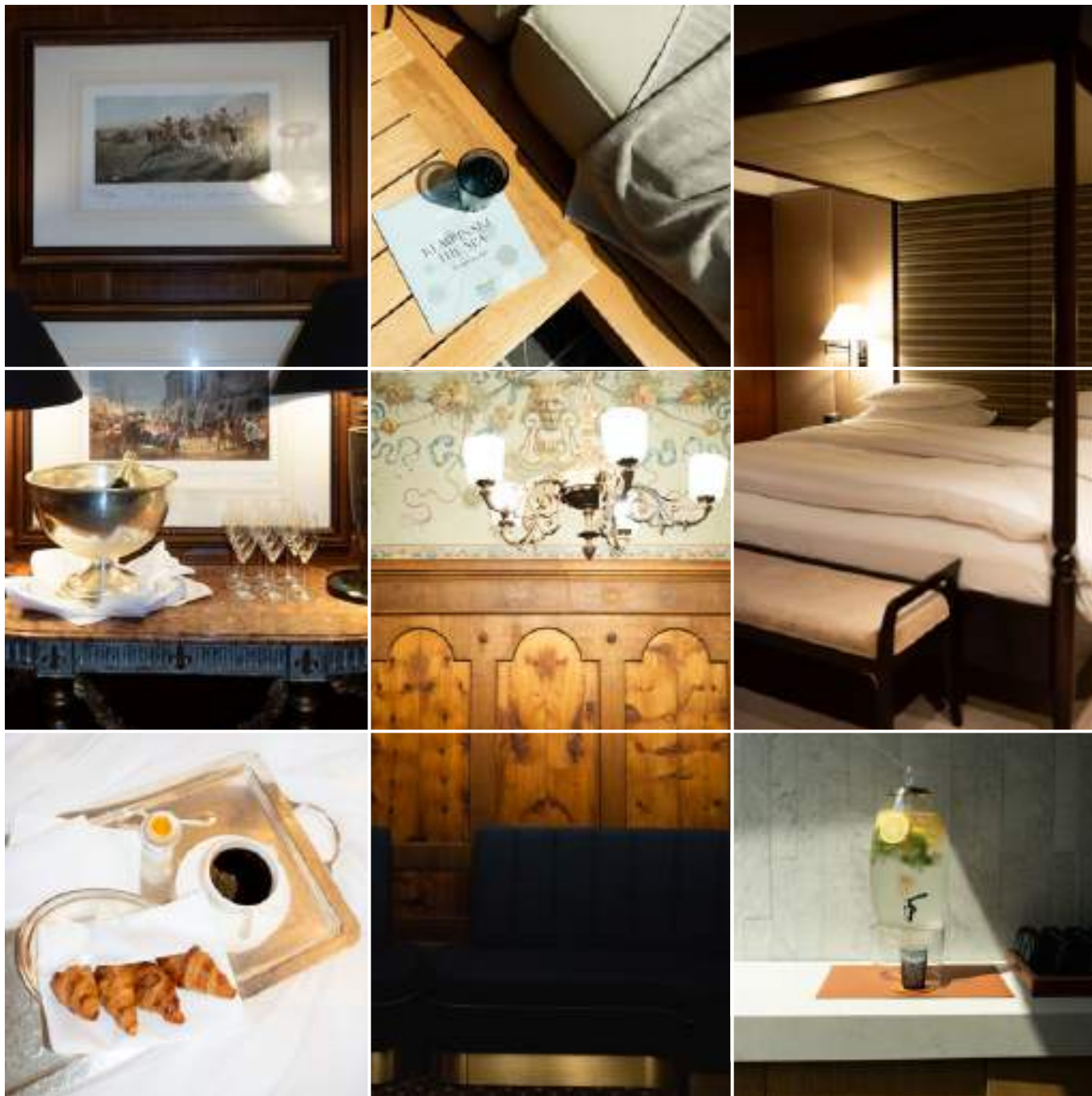
MOMENTS @KEMPINSKI

To conclude this issue of personal exploration, we asked two photographers to open their archives and share a selection of their most memorable Kempinski moments. Though they share the same profession and even home base (Denmark), their lenses reveal two contrasting and highly personal interpretations of the unique atmosphere and luxury that defines the Kempinski experience. May their perspectives inspire you to discover – and capture – your own @kempinski moments to share with the world.

📍 慕尼黑凯宾斯基四季酒店
英格堡皇宫凯宾斯基酒店
柏林阿德隆凯宾斯基酒店
圣莫里茨德班凯宾斯基大酒店

Hotel Vier Jahreszeiten Kempinski Munich
Kempinski Palace Engelberg
Hotel Adlon Kempinski Berlin
Grand Hotel des Bains Kempinski St Moritz

📷 @NATI.RIEDEL



作为一名摄影师，无论走到哪里，我总能发现美好与故事。我住在丹麦西北海岸的一个偏远之地，这里迫使我顺应自然、等待良机，抓住转瞬即逝的美好瞬间。而摄影亦是如此。我尤其喜欢拍摄凯宾斯基酒店，因其巧妙地将历史元素融入当代理念之中。英格堡酒店的床上早餐是我迄今为止最喜欢的凯宾斯基酒店摄影作品之一。接下来，我将前往德累斯顿酒店，这让我非常期待。/ As a photographer, I see beauty and stories everywhere I go. I live in a remote area on Denmark's northwestern coast – a place that forces me to adapt to nature, wait for the good moments and hold on to them while they last. It's the same with photography. I love capturing Kempinski destinations, especially because of their unique integration of historical elements into contemporary concepts. A palatial breakfast in bed in Engelberg was one of my favourite photography moments with Kempinski so far, and I'm looking forward to photographing Dresden next.

“我喜欢捕捉事物最真实的美，即便在精心布置的场景中，我也执着于寻觅那些本真的瞬间。”

"I always love to capture the beauty of a real story. Even in a carefully arranged setup, I seek out moments of authenticity."

@NATI.RIEDEL





“创作一幅优秀的肖像作品，关键在于相信自己的直觉，让拍摄对象放松下来，从而展现最真实的一面。”

“Creating a good portrait is about trusting your intuition, making people feel at ease so that you can tell an authentic story.”

@CLAESBECHPOULSEN



慕尼黑凯宾斯基四季酒店
柏林阿德隆凯宾斯基酒店
贝希特斯加登凯宾斯基酒店

Hotel Vier Jahreszeiten Kempinski Munich
Hotel Adlon Kempinski Berlin
Kempinski Hotel Berchtesgaden



@CLAESBECHPOULSEN



作为土生土长的丹麦人，我非常欣赏我们国家“少即是多”的设计理念，我的创作方式也深受这一理念的影响。我对美食和肖像摄影的热情源于其简单的内核。我会尽力打造一个舒适的空间，让拍摄对象可以完全放松下来，展现自己真实的个性。我与凯宾斯基的不解之缘始于 15 年前的一次美食活动，自那以后，我便有幸为该品牌旗下 30 多家顶级酒店拍摄照片。对我而言，每家凯宾斯基酒店都像家一样。我非常期待未来能到中东等地以及即将在巴西开幕的凯宾斯基酒店继续探索和捕捉新的故事。/ Living in Denmark, I deeply appreciate our country’s design philosophy of ‘less is more’, which shapes my storytelling approach. My passion for food photography and portraits thrives on simplicity, creating a comfortable space where people can relax and let their true personalities shine. My journey with Kempinski began 15 years ago at a food event, and since then I’ve had the pleasure of photographing over 30 remarkable properties from the collection. Each hotel feels like a home to me, and I look forward to discovering and capturing new stories in destinations such as the Middle East or the upcoming property in Brazil.

RICHARD MILLE



RM 75-01

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