

O P E N

SHANGHAI

打开 上海

吃  
住

SHANGHAI

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SHANGHAI

*Food & Hotel*



## 吃在上海 WHAT TO EAT?

**民**以食为天。吃是在上海享乐的头等大事。

上海菜最突出的特点是精致。

上海特色菜有：水晶虾仁、虾子大乌参、八宝辣酱、三黄鸡、脆皮乳鸽、蟹粉豆腐、醋熘鱼片等等。

上海的小吃数不胜数：生煎馒头、蟹粉小笼、香菇素菜包、蟹壳黄、桂花糖藕、百果馅酒酿圆子、烘山芋、开洋葱油拌面、萝卜丝酥饼、五香茶叶蛋……

大闸蟹虽不是产自上海，可它是上海最响当当的美食。

“西风响，蟹脚痒”，吃大闸蟹的季节是秋天。大闸蟹最常见的做法是清蒸。金红色的蟹放在青花的瓷盘中端上来，轻轻掰开蟹壳，鲜香味在空气里弥漫，这只是一段淡淡悠悠的序曲。沉住气，把蟹肚里那些无用的东西仔细地摘除掉，此时，膏油欲滴，再在上面滴几滴陈年老醋，慢慢送入口中，刹那间，细腻鲜美的感觉，浸染到全身所有的细胞，扣人心弦的高潮来临，袅袅不绝。此时此刻惟有尽情享受，因为下一次的高潮要等到明年的秋天。

其实，品蟹、赏蟹、咏蟹早已是中国五千年饮食文化中最精彩的一个部分，人们创造出琳琅满目的蟹宴佳肴，写下无数优美的诗词文赋。在秋风中，在月圆时，吃着大闸蟹，读着“螯封嫩玉双双满，壳凸红脂块块香”的诗句，回味无穷。



上海的油炸臭豆腐值得特别表一表。卖家的广告词是“不臭不要钱”，可这种“臭”只对人的嗅觉而言，嘴巴是感受不到的。因此，把从油锅里捞出来的臭豆腐和着辣椒、姜、葱、味精等佐料，往嘴里一塞，浑然成香。卖家就开始“挂羊头，卖狗肉”，堂而皇之地称之为“油炸千里香”，“天香臭豆腐”。



在上海还有一种小吃不能不提，那就是老字号南翔小笼店的小笼包。任何时候去吃小笼包都得耐心排队，眼巴巴地等着小笼包粉墨登场的感觉有点像等待一个崇拜的偶像——狂热、痴迷。南翔小笼店门口那长龙一样的队列是豫园旅游商城每天的一道风景。

**H**unger breeds discontentment. Eating is the crucial task when travel in Shanghai.

Shanghai cuisine is unique for its exquisiteness.

The special dishes in Shanghai are: Shui-jing-xia-ren (shrimp), Xia-zi-da-wu-shen (sea cucumber), Ba-bao-la-jiang (with eight kinds of food), San-huang-ji (chicken), Cui-pi-ru-ge (pigeon), Xie-fen-dou-fu (bean curd), Cui-liu-yu-pian (fish), etc.

There are many kinds of snacks in Shanghai: Sheng-jian-man-tou (steamed bun), Xie-fen-xiao-long (steamed stuffed bun), Xiang-gu-su-cai-bao (mushroom steamed stuffed bun), Xie-ke-huang (sesame seed cake), Gui-hua-tang-ou (lotus root), Bai-guo-xian-jiu-niang-yuan-zi (rice dumpling), hong-shan-yu (sweet potato), Kai-yang-cong-you-ban-mian (noodle), Luo-bo-si-su-bing (crisp), Wu-xiang-cha-ye-dan (egg) ...

Shanghai is a good place to eat crab (da-zha-xie). The crab of Shanghai is from the lake. Autumn is the season to eat crab. The most popular dish is steamed crab. When the crab is cooked, it becomes golden red, very delightful to the eyes. Eating it with the vinegar, it is delicious.

The fried fermented bean curd (chou-dou-fu) smells bad but tastes good. So some persons like to call it "fried fragrance" which is very funny.

The steamed stuffed bun (nan-xiang-xiao-long) of Nanxiang Steamed Bun Eatery is well known. You need to be patient to be in a very long queue at any time if you want to eat it, just like to wait for your adoring film stars——fanatically and infatuatedly. That is a special landscape at Yuyuan Garden Bazaar every day.



## 在哪儿吃 WHERE TO EAT?

在上海,吃的地方,人气较旺的是云南路、乍浦路、吴江路、天钥桥路、黄河路、城隍庙等等。

Yunnan Road, Zhapu Road, Wujiang Road, Tianyaoqiao Road, Huanghe Road and Yuyuan Garden Bazaar are the food streets in Shanghai.

### 推荐菜馆

### Recommended RESTAURANTS

德兴馆 de-xing-guan

建于 1878 年的老字号餐馆。

招牌菜：糟钵头、虾子大乌参、清炒鳝糊等。

总店地址：广东路 471-475 号

电话：021-63522065

福建路店地址：福建中路 529 号

电话：021-63223459

河南路店地址：河南中路 642 号

电话：021-63210246

It is an old restaurant which was founded in 1878.

Special: Zao-bo-tou (viscera), Xia-zi-da-wu-shen (sea cucumber), Qing-chao-shan-hu (eel), etc.

Head shop

Add: No.471-475, Guangdong Road

Tel: 021-63522065

Fujian Road branch



Add: No.529 , Middle Fujian Road

Tel : 021-63223459

Henan Road branch

Add: No.642 , Middle Henan Road

Tel : 021-63210246

福记好世界 fu-ji-hao-shi-jie

是一家规模很大的饭店。

招牌菜：福记秘制元宝虾、沙律生鱼球、杭椒雪菜黄鱼、金牌坛子肉、美极深海鱼衣、玫瑰酱猪肚等。

地址：东方路 800 号宝安大厦

电话：021-68761717

It is a large restaurant.

Special : Fu-ji-mi-zhi-yuan-bao-xia (shrimp), Sha-lu-sheng-yu-qiu( fish ), Hang-jiao-xue-cai-huang-yu( fish ), Jin-pai-tan-zi-rou( pork ), Mei-ji-shen-hai-yu-yi ( fish ), Mei-gui-jiang-zhu-du ( pork ), etc.

Add: Bao 'an Mansion , No.800 , Dongfang Road

Tel : 021-68761717

老正兴 lao-zheng-xing

这是一家老字号餐馆。

招牌菜：青鱼甩水、青鱼肚当、炒秃肺、糟熘青鱼片等。

地址：福州路 556 号

电话：021-63515496

江川路 277 号

电话：021-64356244



It is an old restaurant of Shanghai.

Special : the fish cuisine is special here —— Qing-yu-shuai-shui , Qing-yu-du-dang , Chao-tu-fei , Zao-liu-qing-yu-pian , etc.

Add: No.556 , Fuzhou Road

Tel : 021-63515496

Nb. 277 , Jiangchuan Road

Tel : 021-64356244

绿波廊 lu-bo-lang

坐落在豫园商城九曲桥畔。曾接待过前美国总统克林顿 , 英国女王伊丽莎白等贵宾。

招牌菜 : 八宝鸭、锅烧河鳗、乳汁扣肉、红烧鲰鱼、虾子大乌参、水晶虾仁、葱油大黄鱼、目鱼大燻、干烧明虾等。

地址 : 豫园路 115 号

电话 : 021-63280602

文昌路 10 号

电话 : 021-63550500

It is located by the Zigzag Bridge of Yuyuan Garden Bazaar. It received some honored guests , such as the former American President Bill Clinton and British queen Elizabeth.

Special : Ba-bao-ya ( duck ) , Guo-shao-he-man ( eel ) , Ru-zhi-kou-rou ( pork ) , Hong-shao-hui-yu ( fish ) , Xia-zi-da-wu-shen ( sea cucumber ) , Shui-jing-xia-ren ( shrimp ) , Cong-you-da-huang-yu ( fish ) , Mu-yu-da-kao ( cuttle fish ) , Gan-shao-ming-xia ( prawn ) , etc.

Add : No.115 , Yuyuan Road

Tel : 021-63280602

Nb.10 , Wenchang Road

Tel : 021-63550500

上海老饭店 Shanghai-lao-fan-dian

创建于 1875 年 , 是上海本帮菜的发源地。

招牌菜 : 八宝鸭、油爆河虾、松鼠大黄鱼、芦笋蟹钳肉、鸽蛋圆子等。

地址 : 福佑路 242 号

电话 : 021-63111777

It was established in 1875 and is the birthplace of the local cuisine.

Special : Ba-bao-ya ( duck ) , You-bao-he-xia ( shrimp ) , Song-shu-da-huang-yu ( fish ) , Lu-sun-xie-qian-rou ( crab ) , Ge-dan-yuan-zi ( rice dumpling ) , etc.

Add: No.242 , Fuyou Road

Tel : 021-63111777

上海石库门 Shanghai-shi-ku-men

装修为典型的上海石库门民居风格。

招牌菜 : 三鲜面筋、椒盐芋艿、避风塘羊排、小烤野兔、红烧鹅、忌司花蟹、口袋豆腐、美极爆草虾、水晶明虾片等。

浦东店地址 : 浦东大道 131 号

电话 : 021-58888870

普陀店地址 : 宁夏路 268 号

电话 : 021-62226886

虹口店地址：逸仙路 328 号

电话：021-51156377

The decoration is classical Shikumen Style.

Special : San-xian-mian-jin ( gluten ), Jiao-yan-yu-nai ( dasheen ), Bi-feng-tang-yang-pai ( mutton ), Xiao-kao-ye-tu ( rabbit ), Hong-shao-e ( goose ), Ji-si-hua-xie ( crab ), Kou-dai-dou-fu ( bean curd ), Mei-ji-bao-cao-xia ( shrimp ), Shui-jing-ming-xia-pian ( prawn crisp ), etc.

Pudong branch

Add: No. 131 , Pudong Avenue

Tel : 021-58888870

Putuo branch

Add: No. 268 , Ningxia Road

Tel : 021-62226886

Hongkou branch

Add: No. 328 , Yixian Road

Tel : 021-51156377

喜福会 xi-fu-hui

是一家位于高楼层的观光餐厅。

招牌菜：蟹粉煎豆腐、竹筒粽香肉、鸿运白米虾球、锅贴鳊鱼等。

地址：武宁南路 488 号智慧广场 31 楼

电话：021-52987217

It is in a very high building where one can have a good view.

Special : Xie-fen-jian-dou-fu ( bean curd ), Zhu-tong-zong-xiang-rou ( pork ), Hong-yun-bai-mi-xia-qiu ( shrimp ), Guo-tie-gui-yu ( fish ), etc.

Add: 31F , No. 488 , Zhihui Square , South Wuning Road

Tel : 021-52987217

杨家厨房 yang-jia-chu-fang

位于一条安静的弄堂里。

招牌菜：虾子大乌参、酱肋排、青豆泥、南乳烧虾、干贝白菜卷、香橙全等。

地址：衡山路 9 弄 3 号

电话：021-64458418

It is in a quiet lane.

Special : Xia-zi-da-wu-shen ( sea cucumber ), Jiang-lei-pai ( spareribs ), Qing-dou-ni ( green bean ), Nan-ru-shao-xia ( prawn ), Gan-bei-bai-cai -juan ( shellfish ), Xiang-cheng-quan ( dessert ), etc.

Add: No.3 , Lane 9 , Hengshan Road

Tel : 021-64458418

梅龙镇酒家 mei-long-zhen-jiu-jia

有名的川菜馆。

招牌菜：回锅肉夹饼、椒盐龙虾、椒盐肉蟹等。

地址：南京西路 1081 弄 22 号

电话：021-62535353

It serves Sichuan cuisine.

Special : Hui-guo-rou-jia-bing (pork), Jiao-yan-long-xia (lobster), Jiao-yan-rou-xie (crab), etc.

Add: No.22, Lane 1081, West Nanjing Road Tel : 021-62535353

穹六人间 qiong-liu-ren-jian

综合类餐厅。

招牌菜：人间豆腐、烤银鳕鱼、凤梨虾球等。

地址：岳阳路 150 号

电话：021-64660505

It is a multiple styled restaurant.

Special : Ren-jian-dou-fu (bean curd), Kao-yin-xue-yu (fish), Feng-li-xia-qiu (shrimp), etc.

Add: No.150, Yueyang Road

Tel : 021-64660505

三千院饮食工房 san-qian-yuan-yin-shi-gong-fang

综合类餐厅。有千变万化的创作料理。

招牌菜：南蛮鸡肉、和风三文鱼、酥情碟鱼等。

地址：乌鲁木齐南路 64 号

电话：021-64743000

It is a multiple styled restaurant. The cuisine is ever changing.

Special : Nan-man-ji-rou (chicken), He-feng-san-wen-yu (fish), Su-qing-die-yu (fish), etc.

Add: No.64, South Wulumuqi Road

Tel : 021-64743000

杏花楼 xing-hua-lou

潮粤菜馆。

招牌菜：绣球奶油鱼片、碧绿蚝油牛肉、梅菜扣肉、咸鱼茄子煲等。

地址：福州路 343 号

电话：021-63553777

It serves Canton cuisine.

Special : Xiu-qiu-nai-you-yu-pian (fish), Bi-lu-hao-you-niu-rou (beef), Mei-cai-kou-rou (pork), Xian-yu-qie-zi-bao (eggplant), etc.

Add: No.343, Fuzhou Road

Tel : 021-63553777

巴厘岛 Bali Laguna

所有的摆设、家具以及服务员的制服用的布料，都是从巴厘岛用集装箱运回上海的，原汁原味巴厘岛风情。

地址：华山路 189 号静安公园内

电话：021-62486970

All the furnishings and the decorations even the waiters' uniforms were bought in Bali Island of Indonesia.

Add: in Jing'an Park, No.189, Huashan Road

Tel : 021-62486970



## 小红楼 La Villa Rouge

法式餐厅。甜品非常地道。

地址：衡山路 811 号

电话：021-64316639

This is a French styled restaurant. The desserts are nice.

Add: No.811, Hengshan Road

Tel: 021-64316639

## 锦江拉丁餐馆 Latina

上海巴西烤肉的佼佼者，晚上有拉美乐队和歌手助兴，拉丁风味十足。

新天地店

地址：太仓路 181 弄 18 号

电话：021-63260905

浦东店

地址：碧云路 633 号碧云体育休闲中心 1 层 R5

电话：021-50306672

The Brazilian roasting meat of this restaurant is special. Latin American orchestra and singers give a show there every day.

Xintiandi branch

Add: No.18, Lane 181, Taicang Road

Tel: 021-63260905

Pudong branch

Add: R5, 1 Floor, Biyun Sport Center, No.633, Biyun Road.

Tel: 021-50306672

## 帕兰朵 Palladio

这是一家意式餐厅。

地址：南京西路 1376 号

电话：021-62797188

It is an Italian styled restaurant.

Add: No.1376, West Nanjing Road

Tel: 021-62797188

## 美国星期五餐厅 TGI Friday

木质墙壁上配有美国西部风格的挂件，老式的留声机、旧的黑白相片、木酒桶处处流露出怀旧情调。

地址：衡山路 4 号

电话：021-64734602

The old gramophone, the black-and-white photos and the wooden wine barrel show us the west American style.

Add: No.4, Hengshan Road

Tel: 021-64734602



## 喝在上海 WHAT TO DRINK?

上海是个贵气十足的城市，是咖啡和美酒的家。

坐在灯光暧昧的酒吧，一边喝咖啡，一边听旁边有人胡乱转述那些陈旧的故事。在那样的气氛里，蔷薇蔷薇处处开，香槟美酒漫天飞。

Shanghai is a sheer city of luxury. It is the home of coffee and wine.

Sitting at the bar with ambiguous light, listening to someone nearby report those old rubbish stories, you will like such a kind of atmosphere—the roses are blooming with champagne.



## 在哪儿喝 WHERE TO DRINK?

在上海喝的主要聚集地是：精致的衡山路、秀气的桃江路、人气颇旺的茂名南路、时尚的新天地等。

The main places for drinking in Shanghai are: exquisite Hengshan Road, elegant Taojiang Road, popular South Maoming Road, and fashionable Xintiandi.

## 推荐酒吧

Recommended Bars



### 亚科音乐餐厅 Ark

上海听摇滚的最佳酒吧之一。

地址：太仓路 181 弄北里 15 号 电话：021-63268008

It is one of the best pubs to enjoy the rock'n'roll in Shanghai.

Add: No.15, North Block, Lane 181, Taicang Road

Tel: 021-63268008

### 音乐盒 M-box

经常有各种音乐秀。

地址：淮海路宝庆路 1 号

电话：021-64678777

The music shows are often played there.

Add: No.1, Baoqing Road, Huaihai Road

Tel: 021-64678777

可以为顾客放映包括国产早期默片在内的多部老电影。店里还有大量的二十世纪二三十年代的陈设品：如《申报》，二十世纪二十年德国产的电影放映机和电影海报等。

地址：多伦路 123 号

电话：021-56964763

At this bar, you can appreciate many old films including the earliest domestic silent films. There are a large number of old furnishings of the 1920s or 1930s in the bar, for instance, the old "Shanghai Daily", the movie projector made in Germany in 1920s and the old film posters.

Add: No.123, Duolun Road

Tel: 021-56964763

### 兰桂坊 Park 97

上海影视界的俊男靓女常聚集的地方。

地址：皋兰路 2 号复兴公园内。

电话：021-53832328

It is the gathering place of the film and TV stars of Shanghai.

Add: Fuxing Park, No.2, Gaolan Road.





Tel : 021-53832328

### 顶层画廊 Room With View

被称为上海艺术家的客厅,常有画展,有时也举办摇滚音乐会、艺术沙龙、时装秀等。

地址:南京东路479号先施大厦12楼。

电话:021-63520256

The artists of Shanghai regard it as their sitting room which has the picture shows frequently. Sometimes the rock 'n' roll concerts, the art salons and the fashion shows are held there.

Add: No.479, East Nanjing Road

Tel : 021-63520256

### 香樟花园 Xiangzhang Garden

被誉为上海最有气质的咖啡馆。

地址:衡山路2号

电话:021-64741523

It is praised as the No.1 coffee house of Shanghai.

Add: No.2, Hengshan Road

Tel : 021-64741523



## 住在上海 WHERE TO STAY?



所有推荐酒店的价格均为参考价，请以酒店实际价格为准。

All the prices of the recommended hotels are only for your reference  
please subject to the actual price of the hotel.

### 船长青年酒店 Captain Hostel Shanghai

特点：靠近外滩的国际青年旅舍连锁店。

60 元 / 床。

地址：福州路 37 号

电话：021-63235053

It is an international youth hostel located near the Bund.

RMB60 / bed.

Add: No.37, Fuzhou Road

Tel: 021-63235053

### 如家快捷连锁酒店 Home Inn

特点：经济型连锁酒店，所有房间免费上网。

158 元。

免费订房热线：8008203333

江苏路店地址：东诸安浜路 165 弄 25 号

电话：021-62101595

徐家汇店地址：天钥桥路 400 号

电话：021-54250077

陕西路店地址：陕西北路 835 弄 50 号 / 昌平路 421 弄

电话：021-62536395

体育馆店地址：蒲汇塘路 51 号

电话：021-54257900

龙东大道店地址：浦东新区龙东大道 5385 号

电话：021-58583666

It is an economical chain hotel. The internet is free in the rooms.

RMB158.

Free information: 8008203333

### Jiangsu Road Branch

Add: No.25, Lane 165, Dongzhu'anbang Road Tel : 021-62101595

### Xujiahui Branch

Add: No.400, Tianyaoqiao Road Tel : 021-54250077

### Shanxi Road Branch

Add: No.50, Lane 835, North Shanxi Road/Lane 421,  
Changping Road Tel : 021-62536395

### Stadium branch

Add: No.51, Puhuitang Road Tel : 021-54257900

### Longdong Avenue Branch

Add: No.5385, Longdong Avenue, Pudong Tel : 021-58583666

## 锦江之星连锁酒店 JJ-Inn

特点: 经济型连锁酒店, 酒店的餐厅供应价廉物美的家常饭菜。158元。

免费订房热线: 4008209999

万体馆店地址: 天钥桥路 873 号 电话: 021-51163355

福建南路店地址: 福建南路 33 号 电话: 021-63260505

浦东机场店地址: 启航路 8 号 电话: 021-68353568

It is an economical chain hotel. The restaurant serves the inexpensive and good food. RMB158.

Free information: 4008209999

### Stadium Branch

Add: No.873, Tianyaoqiao Road Tel : 021-51163355

### South Fujian Road Branch

Add: No.33, South Fujian Road Tel : 021-63260505

### Pudong Airport Branch

Add: No.8, Qihang Road, Pudong Tel : 021-68353568

## 玲珑宾馆 Linglong Guesthouse

特点: 两层楼的小洋房有家的感觉, 安静幽雅。260元。

地址: 延安西路 939 号 电话: 021-62250360

It was an old building with two storeys, which is very special and quiet. RMB260.

Add: No.939, West Yan'an Road Tel : 021-62250360

## 浦江饭店 Pujiang Hotel

特点：西方人 Richard 创建于 1846 年，是上海开埠以来第一家西式饭店。中国第一盏电灯在此点亮；中国第一部电话在这里接通。

3 星级。438 元。

地址：黄浦路 15 号

电话：021-63246388

It was built by a foreigner Richard in 1846 and was the first Western styled hotel in Shanghai. The first electric light of China was lighted there and the first phone of China was put through there. Three stars. RMB438.

Add: No.15, Huangpu Road

Tel: 021-63246388

## 东湖宾馆 Donghu Hotel

特点：原来是杜月笙（二十世纪上半叶上海青帮头子之一）的公馆。

4 星级。575 元。

地址：东湖路 70 号

电话：021-64158158

It was the residence of Du Yuesheng (the head of one of the sinister gangs of Shanghai in the early 20th century). Four stars. RMB575.

Add: No.70, Donghu Road

Tel: 021-64158158

## 衡山马勒别墅饭店 Heng Shan Moller Villa

特点：独具一格的北欧挪威式建筑，建于 1936 年。3 星级。588 元。

地址：陕西南路 30 号

电话：021-62478881

A Norway typed building which was built in 1936. Three stars. RMB588.

Add: No.30, South Shanxi Road

Tel: 021-62478881

## 国际饭店 Park Hotel

特点：国际饭店是上海年代最久的饭店之一，有三十年代“远东第一高楼”之称，是半个世纪上海的骄傲。

4 星级。588 元。

地址：南京西路 170 号

电话：021-63275225

Park Hotel is a time-honored hotel in Shanghai. It was called "the No.1 highest building of the Far East" and it is the pride of Shanghai for half a century. Four stars. RMB588.

Add: No.170, West Nanjing Road

Tel: 021-63275225

## 上海大厦 Broadway Mansions Hotel

特点：位于外白渡的桥头，建于 1930 年。

4 星级。698 元。

地址：北苏州路 20 号

电话：021-63246260



It is at the end of the Garden Bridge. It was built in 1930. Four stars.  
RMB698.

Add: No.20, North Suzhou Road

Tel: 021-63246260

#### 和平饭店 Peace Hotel

特点：位于外滩的历史悠久的饭店，建造于 1929 年。最具特色的是它的九国特色套房，分别按照 9 个国家的风格设计。5 星级。730 元。

地址：南京东路 20 号

电话：021-63216888

The hotel is located on the Bund. It was established in 1929. There are nine kinds of suite of nine different styles. Five stars. RMB730.

Add: No.20, East Nanjing Road

Tel: 021-63216888

#### 海鸥饭店 Seagull Hotel

特点：坐落在黄浦江与苏州河交汇处，浦西外滩和浦东新区的景色都可一览无遗。4 星级。750 元。

地址：黄浦路 60 号

电话：021-63251500

Located at the intersection of Huangpu River and Suzhou River where one can have a broad view of the Bund and Pudong. Four stars. RMB750.

Add: No.60, Huangpu Road

Tel: 021-63251500

#### 瑞金宾馆 Rui Jin Guesthouse

特点：建筑典雅、环境优美的花园别墅式宾馆。常有新人选它作背景拍婚纱照。4 星级。990 元。

地址：瑞金二路 118 号

电话：021-64725222

It is a refined and beautiful garden hotel where the new couples like to take wedding dress pictures. Four stars. RMB990.

Add: No.118, No.2 Ruijin Road

Tel: 021-64725222



O P E N

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## 上海



歌管重城，醉花春梦半香残。  
乘风邀月，持杯对影，云海人间。

SHANGHAI —— FASHIONABLE & REMINISCENT

**我**是个典型的享乐主义者。无论春夏秋冬，只要一到上海，我就会开始最大限度地“放纵”自己的欲望，昼伏夜出，沉迷在夜上海的绚烂迷离中。

“夜上海，夜上海，你是个不夜城，华灯亮，乐声响，歌舞升平……”可能是我受有关旧上海歌舞升平描述的“流毒”太深，不管上海以什么样的姿态在我面前出现，我都始终迷恋于它的夜晚，华灯璀璨的夜晚永远是上海华

丽的主题。

大上海从建立伊始，就有一种任何城市都无法比拟的气质。它的现代和古典融合得那么完美，让人无法抗拒，华贵中带着沧桑，摩登又总让人怀旧。传统的气息，现代的活力，越夜越美丽，这是我爱的上海。白天街道两旁的梧桐树，给我一种恬静的气氛，我就努力工作，平凡生活；而当华灯初上，上海的金碧辉煌和虚无飘渺则让我忍不住将自己沉醉并“堕落”进去。

上海的夜晚，永远看不见星星和月亮，看到的只是天空中灰白的云，很低，很近，偶尔有成群的鸟，扇动着灰白的翅膀，一飞而过。不知道是不是因为上海的夜太亮了，所以才看不见月光。在这个只有灯光，没有月光的城市，很多时候我感受到那种浮华的外表之下拒人于千里之外的冷漠，那种永远的距离感让我知道我是一个过客，可这又有什么关系呢？这并不能妨碍我在这个不属于自己的城市享乐。

寂寞和奢华在我的灵魂深处缠绵着，我迷失在上海。

I am a typical epicurean. Whenever I travel in Shanghai, spring, summer, autumn or winter, I always indulge myself into the strongest desire. I sleep in the day and play at night. I like to be deep in the splendid nights of Shanghai.

Shanghai is an ever-bright city. The light put on a show of peace and prosperity. Maybe I am deeply impressed by the image of old Shanghai, which was described in the movies and books. Whatever kind of posture Shanghai appears in front of me, I am just crazy about the night of Shanghai. The night is the magnificent theme in Shanghai.

From the day when Shanghai was set up, it has a kind of incomparable makings which are totally different from any other cities in China. It is modern and classical which make everybody irresistible. It is luxurious with vicissitudes, which makes everybody enjoy the fashion with the reminiscence. Later the night, prettier this city. This is a city I like.

Shanghai has a kind of quiet atmosphere in the daytime with the parasol trees in the streets, so I only work hard and live an ordinary life but when the night falls, I can't help getting intoxicated in the night.

No stars and no moonlight in the night of Shanghai, it is maybe because the light is too bright to see the moonlight and the stars. The sky is always suffused with the ashen cloud, it looks very low, only groups of birds agitate their wings to fly. I get the feeling every time that I am only a passing traveler, but what would it matter? That can not hinder me from enjoying everything in this city.

I was lost in Shanghai lonely but luxuriously.

## 上 海 概 况

## GENERAL SITUATION

上海是长江三角洲的中心城市，是长江流域出海的门户。

上海是中央直辖市，是我国最大的经济中心，是我国最大的工业基地、港口、国际贸易中心。上海也是一座历史文化名城。

Shanghai is the key city of the Yangtze River Delta. It is the estuary of the Yangtze River.

Shanghai is one of the municipalities of China, the biggest economic center of China and the biggest industrial base port and international trade center. Shanghai is also a historical cultural city.

## 气 候

## WEATHER

上海的季节分配比较均匀。

每年的6月中旬至7月上旬是梅雨季节，8月底到9月上中旬是台风多发季节，常有瓢泼大雨。这两个时段游上海一定要备好雨具。

天气问讯：12121

It is warm in spring, hot in summer, cool in autumn, gloomy and cold in winter in Shanghai.

The plum rains season is from every mid-June to the first ten days of July. The typhoon season is from the end of August to about September 20<sup>th</sup>. It often rains hard during that time. The rain-gear is necessity at these two periods.

Information: 12121



## 交通

## COMMUNICATION

上海有 2 个机场，3 个火车站，若干个客运码头和长途汽车站，因此在进出上海前，一定要弄清是哪个机场、哪个车站、哪个码头。

There are two airports , three railway stations , many passenger docks and coach stations in Shanghai. It must be paid more attention when traveling in Shanghai.

### 航空 AVIATION

上海拥有两个国际机场——浦东国际机场和虹桥国际机场。国际航班进出大都在浦东国际机场，浦东国际机场的国际航班每天往返于世界几十个国家的城市，如：伦敦、巴黎、法兰克福、罗马、洛杉矶、东京、悉尼等等。浦东国际机场毗邻东海，离市区约 30 公里，虹桥国际机场在上海西郊，离市区 13 公里。

There are two international airports in Shanghai —— Pudong International Airport and Hongqiao International Airport. Most of the international flights are in Pudong International Airport. There are dozens of international flights to many international cities over the world every day , e.g. to London , Paris , Frankfurt , Rome , Los Angeles , Tokyo , Sydney ,etc. Pudong Airport is by the East Sea , which is 30 kilometers from the city centre. Hongqiao International Airport is in the west suburb which is 13 kilometers away.



有七条主要的专线公交车到浦东国际机场

机场 1 线：虹桥机场到浦东国际机场

机场 2 线：城市航站楼（地址：南京西路 1600 号）到浦东国际机场

机场 3 线：银河宾馆（地址：中山西路 888 号）到浦东国际机场

机场 4 线：虹口足球场到浦东国际机场

机场 5 线：上海火车站到浦东国际机场

机场 6 线：中山公园到浦东国际机场

机场 7 线：浦东东方路到浦东国际机场

从人民广场出发

到城市航站楼：轨道交通 2 号线到静安寺站

到银河宾馆：轨道交通 2 号线到中山公园站，换乘轨道交通 3 号线到延安西路站

到虹口足球场：轨道交通 1 号线到上海火车站，换乘轨道交通 3 号线到虹口足球场

到上海火车站：轨道交通 1 号线

到中山公园：轨道交通 2 号线

到浦东东方路：451 路公交车到蓝村路

浦东国际机场与很多酒店有直接往返的班车，如和平饭店、上海大厦、国际饭店、虹桥迎宾馆、金茂君悦大酒店、衡山宾馆、扬子饭店、浦东华美达大酒店等等。

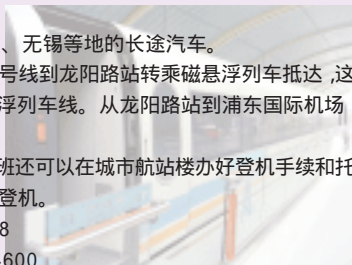
浦东国际机场有去杭州、苏州、无锡等地的长途汽车。

去浦东国际机场还可乘地铁二号线到龙阳路站转乘磁悬浮列车抵达，这是世界上第一条投入商业运营的磁浮列车线。从龙阳路站到浦东国际机场，三十多公里，全程时间 7 分钟。

从浦东国际机场起飞的部分航班还可以在城市航站楼办好登机手续和托运行李，然后一身轻松到机场安检登机。

浦东国际机场问讯：96081388

城市航站楼问讯：021-32144600



There are seven main bus lines to Pudong Airport

Line 1: From Hongqiao International Airport

Line 2: From Downtown Aviation Station (A) (Add: No.1600, West Nanjing Road)

Line 3: From Yinhe Guest House (Add: No.888, West Zhongshan Road)

Line 4: From Hongkou Football Stadium (B)

Line 5: From Shanghai Railway Station (C)

# TRAFFIC & SHOPPING

Line 6 : From Zhongshan Park

Line 7 : From Dongfang Road , Pudong

From People's Square (D)

To Downtown Aviation Station : to Jing'an Temple by orbit line No.2

To Yinhe Guest House: to Zhongshan Park by orbit line No.2 , change orbit line No.3 to West Yan'an Road

To Hongkou Football Stadium : to Shanghai Railway Station by orbit line No.1 , change orbit line No.3 to Hongkou Football Stadium

To Shanghai Railway Station : orbit line No.1

To Zhongshan Park : orbit line No. 2

To Dongfang Road : No. 451 bus to Lancun Road

There are some shuttle buses between Pudong Airport and some hotels , such as Peace Hotel , Broadway Mansions Hotel , Park Hotel , Hongqiao State Guest House Shanghai , Grand Hyatt Shanghai , Hengshan Hotel , Yangtze Hotel , Ramada Pudong Airport Shanghai Hotel , etc.

There are also some direct coaches to Hangzhou , Suzhou and Wuxi , etc. at Pudong International Airport.

Also can go to Pudong Airport by the orbit line No.2 to Longyang Road first and transfer the maglev. Shanghai maglev is the first commercial maglev in the world. It is more than thirty kilometers from Longyang Road to Pudong International Airport but only takes 7 minutes.

Some international flights can accept checking in luggage and changing the boarding card at the Downtown Aviation Station.

Information of Pudong International Airport : 96081388

Information of Downtown Aviation Station : 021-32144600

去虹桥国际机场，可乘坐下列公交车

民航专线：陕西北路到虹桥国际机场

机场一线：浦东机场到虹桥国际机场

941 路：上海火车站到虹桥国际机场

925 路：人民广场到虹桥国际机场

938 路：浦东杨家渡到虹桥国际机场

806 路：卢浦大桥到虹桥国际机场

807 路：真光新村到虹桥国际机场

虹桥国际机场也有去杭州、苏州、无锡等地的长途汽车

虹桥国际机场问讯

电话：021-62688918

The following buses are to Hongqiao Airport

Civil aviation line : From North Shanxi Road

Line 1 : From Pudong Airport

941 : From Shanghai Railway Station

925 : From People's Square

938 : From Yangjiadu , Pudong

806 : From Lupu Bridge

807 : From Zhenguang Xin Cun

There are also some direct coaches to Hangzhou , Suzhou and Wuxi , etc.from Hongqiao International Airport.

Information of Hongqiao Airport : 021-62688918

### 铁路 RAILWAY

上海有沪宁、沪杭线通往全国各地。目前上海站为主客运站。

从人民广场出发到上海站：轨道交通 1 号线。

上海站问讯电话：021-63179090

The railway lines in Shanghai are to Nanjing , Hangzhou and other cities all over the country. The main passenger station is Shanghai Railway Station.

From People's Square to Shanghai Railway Station : orbit line No.1

Information : 021-63179090

### 公路 HIGHWAY

上海有多条高速公路连接邻省各主要城市。

There are several expressways to the adjoining provinces from Shanghai.

每个区都有若干长途汽车站。

上海长途汽车总站 in 火车站北广场，是亚洲最大的长途汽车客运站。

从人民广场到长途汽车总站：轨道交通 1 号线。

长途汽车总站询问电话：021-66050000

There are many coach stations at every district.

Shanghai Terminal (E) is at the north square of Shanghai Railway Station which is the biggest coach station of Asia.

From People's Square to Shanghai Railway Station : orbit line No.1

Information : 021-66050000



# TRAFFIC & SHOPPING

上海旅游集散中心每天有发往外省市和上海近郊的旅游班线,非常方便。

## 旅游集散中心各发车点

徐汇发车点	地址:上海体育场 12 号门	电话:021-64265555
虹口发车点	地址:虹口足球场 5 号门	电话:021-56963248
杨浦发车点	地址:杨浦体育活动中心	电话:021-65803210
黄浦发车点	地址:南浦大桥浦西桥堍	电话:021-63785559
马戏城发车点	地址:上海马戏城	电话:021-56659121

## 从人民广场出发

到上海体育场:轨道交通 1 号线

到虹口足球场:轨道交通 1 号线到上海火车站,换乘轨道交通 3 号线

到杨浦体育活动中心:145 路公交车

到南浦大桥:802 路公交车

到上海马戏城:轨道交通 1 号线

There are many buses to the other tour cities around Shanghai at Shanghai Tour Bus Station (F) every day.

## Shanghai Tour Bus Station

### Xuhui Station

Add: Gate No.12, Shanghai Stadium Tel: 021-64265555

### Hongkou Station

Add: Gate No.5, Hongkou Football Stadium Tel: 021-56963248

### Yangpu Station

Add: Yangpu Sports Center Tel: 021-65803210

### Huangpu Station

Add: Puxi (west) Side of Nanpu Bridge Tel: 021-63785559

### Circus City Station

Add: Shanghai Circus City Tel: 021-56659121

## From People's Square

To Shanghai Stadium: orbit line No.1

To Hongkou Football Stadium: to Shanghai Railway Station by orbit line No.1, change orbit line No.3

To Yangpu Sports Center: No.145 bus

To Nanpu Bridge Puxi west side: No.802 bus

To Shanghai Circus City: orbit line No.1

## 市内交通 URBAN TRAFFIC

### 轨道交通 ORBIT TRAFFIC

上海目前已开通了 5 条轨道交通线路：

- 1 号线（共富新村——莘庄），
- 2 号线（中山公园——张江高科），
- 3 号线（江湾镇——上海南站），
- 4 号线（大木桥路——蓝村路），
- 5 号线（莘庄——闵行）。

1、2 号线换乘站是人民广场

1、3 号线换乘站是上海火车站、上海南站

1、4 号线换乘站是上海火车站、上海体育馆

1、5 号线换乘站是莘庄

2、3 号线换乘站是中山公园

2、4 号线换乘站是中山公园

3、4 号线换乘站是宝山路到虹桥路

There are five orbit lines in Shanghai at this time.

No.1 is from Gongfu Xin Cun to Xinzhuang ,

No.2 from Zhongshan Park to Zhangjiang High Technology Park ,

No. 3 from Jiangwan Town to Shanghai South Railway Station ,

No. 4 from Damuqiao Road to Lancun Road ,

No. 5 from Xinzhuang to Minhang.

The transfer stations are at

People's Square for No. 1 and No. 2

Shanghai Railway Station and Shanghai South Railway Station for No. 1 and No. 3

Shanghai Railway Station and Shanghai Stadium for No. 1 and No. 4

Xinzhuang for No. 1 and No. 5

Zhongshan Park for No. 2 and No. 3

Zhongshan Park for No. 2 and No. 4

From Baoshan Road to Hongqiao Road for No. 3 and No. 4

### 出租车 TAXI

上海的出租车一般起步价 10 元（3 公里），超 3 公里后每公里计价 2 元，超 10 公里每公里计价 3 元。

The minimum price is ten yuan for three kilometers , after that 2.00 yuan each kilometer and after ten kilometers , 3.00 yuan each kilometer.

# TRAFFIC & SHOPPING

从人民广场到各主要景点的交通

到外滩：可沿着南京路步行街（南京东路）步行。也可乘轨道交通2号线到河南中路站

到浦东新区：轨道交通2号线到陆家嘴站

到豫园旅游商城：930路公交车到新北门站

到上海老街：从豫园旅游商城沿着方浜中路走过去

到桃江路：轨道交通1号线到常熟路站

到衡山路：轨道交通1号线

到多伦路：轨道交通1号线到上海火车站，转轨道交通3号线到东宝兴路站

到泰康路：轨道交通1号线到陕西南路站，转24路公交车到瑞金二路

到愚园路：轨道交通2号线到静安寺

到陕西南路：轨道交通1号线

到新华路：轨道交通1号线到常熟路站，转945路公交车到香花桥站

到淮海中路：轨道交通1号线到黄陂南路站

到瑞金二路：轨道交通1号线到陕西南路站，换乘24路公交车

到上海博物馆：步行

到上海大剧院：步行

到新天地：轨道交通1号线到黄陂南路站

到上海音乐厅：步行

到百乐门舞厅：轨道交通2号线到静安寺

到上海国际赛车场：轨道交通2号线到江苏路站，转62路公交车到真如西村，转北安线到安亭

到芦潮港：451路公交车到康桥，转塘彭芦线

From People's Square to attractions

To Bund (G): walk along Nanjing pedestrian street( East Nanjing Road ) (H) , or to Middle Henan Road by orbit line No.2

To Pudong (I): to Lujiazui by orbit line No.2

To Yuyuan Garden Bazaar (J): to Xinbeimen by No.930 bus

To Shanghai Old Street (K): walk along Middle Fangbang Road from Yuyuan Garden Bazaar

To Taojiang Road (L): to Changshu Road by orbit line No.1

To Hengshan Road (M): orbit line No.1

To Duolun Road (N): to Shanghai Railway Station by orbit line No.1 , change orbit line No.3 to East Baoxing Road

To Taikang Road (O): to South Shanxi Road by orbit line No.1 , change bus No.24 to No.2 Ruijin Road

To Yuyuan Road (P): to Jing'an Temple by orbit line No.2

To South Shanxi Road (Q): orbit line No.1

To Xinhua Road (R): to Changshu Road by orbit line No.1 , change bus 945 to Xianghuaqiao

To Middle Huaihai Road: to South Huangpi Road by orbit line No.1

To No.2 Ruijin Road (S): to South Shanxi Road by orbit line No.1 , change bus No.24

To Shanghai Museum (T): by walk

To Shanghai Grand Theatre (U): by walk

To Xintiandi (V): to South Huangpi Road by orbit line No.1

To Shanghai Concert Hall (W): by walk

To Paramount Ballroom (X): to Jing'an Temple by orbit line No.2

To Shanghai Circuit : to Jiangsu Road by subway No.2 , change bus 62 to Zhenru Xin Cun , change Bei'an bus line to Anting

To Luchao Harbor : No.451 bus to Kangqiao , change Tangpenglu bus line

## 购物在上海 SHOPPING



### 南京路 (nan-jing-lu)

NANJING ROAD

大概每个中国人都对上海的南京路充满着向往，也许就是因为这样，上海的南京路被叫作“中华商业第一街”。

南京路东起外滩，西至静安寺，横贯上海市中心，全长 5.5 公里。两侧云集着约 600 多家商店，名品荟萃、琳琅满目。

南京路步行街上有代步的观光车，它由一节节小巧玲珑的车厢组合而成，车厢外面画满了卡通图案，像宝贝们的玩具车，坐上它在摩肩接踵的南京路上穿行，让人感到刺激新鲜，也不至于腰酸腿疼。

Maybe each Chinese is yearning of Nanjing Road of Shanghai , and maybe that's why it is called " the first commercial street in China " .

Nanjing Road is from the Bund in the east to Jing'an Temple in the

# TRAFFIC & SHOPPING

west. It traverses the city center and is 5.5 kilometers long. More than 600 shops with exquisite objects gather on Nanjing Road.

There is a kind of tour bus on the pedestrian street of Nanjing Road. It has the pretty painted carriages which are like the toy trains of the kids. It is easy and enjoyable to go shopping by the tour bus.



## 淮海路 (huai-hai-lu)

HUAIHAI ROAD(Y)

淮海路在100多年前就是法租界的一条商业街，如今仍然保持着其招牌式的高雅，被称为上海的“香榭丽舍大道”，它展现的是品味、风格和时尚。这儿虽不如南京路宽阔，也不如南京路热闹，但高档品牌商店比起南京路有过之而无不及。

道路两旁的建筑古老而富有文化气息，在淮海路溜达，即使不购物至少也可以饱眼福。

Huaihai Road was a business street in the French Concession 100 years ago and now it still keeps the elegance. It goes by the name of “l'Avenue des Champs Elysées” which means qualified, special and fashionable.

Huaihai Road is not as wide and crowded as Nanjing Road but the top-grade brands can compare favorably with the latter.

The buildings on both sides are old and cultural. Strolling on Huaihai Road is good even if no shopping.

另外，如果你的眼光足够好，那么去四川北路和七浦路，你会“淘”到价廉物美的东西。

In addition, some good and inexpensive things can be found at North Sichuan Road and Qipu Road.

## 特产 LOCAL SPECIALITIES

## 旗袍 (qi-pao)

CHEONGSAM



旗袍是中国沉淀了几千年的花样年华，是女人心中一个解不开的结。旗袍的美总带有一丝忧伤和哀怨，像陈年的老酒迷醉了一代又一代的人，包裹着一颗颗受着欲念和矜持双重煎熬的心。女人只有穿上旗袍，才可以用千娇百媚，冷艳香凝来形容，像瓷瓶里的栀子花。

想到旗袍自然想到从上海的弄堂款款走出来的窈窕倩影，摇曳着细细的腰肢，远远地就让人感觉有暗香袭来。上海是当之无愧的买旗袍的好地方。不过，想穿旗袍最好是量身订做，每一个尺寸都是自己的，这才是旗袍的独特之处。要做旗袍，新天地的喜福会，豫园商城的华宝楼都是不错的选择。

The Chinese cheongsam has a floral history of thousands of years. The beauty of the cheongsam always has a kind of sadness, like the old wine, which is fascinated by everybody. It has a dual implication of desire and haughtiness. The girls can be described

as ravishingly beautiful and coldly elegant only when they put on cheongsam, like the gardenia in the porcelain vase.

Cheongsam always lets us think of the gentle and graceful girls coming out of Long Tang of Shanghai. They walk leisurely, dispersing a fragrant odor in a distance. Shanghai is definitely a good place to buy cheongsam. But it is better to ask the tailor to sew the cheongsam for you. Every size is yours, which can show your perfect shape. Joy Luck Boutique at Xintiandi and Huabao Store at Yuyuan Garden Bazaar are the good places to have the cheongsam sewed.



## 梨膏糖 ( li-gao-tang )

PEAR SYRUP



“风琴一拉开了腔，推销我的梨膏糖。老人吃了梨膏糖，返老还童身健康；小孩吃了梨膏糖，一觉睡到大天亮；姑娘吃了梨膏糖，辫子长得黑又亮；老板吃了梨膏糖，财源茂盛达三江。”

梨膏糖是一种糖，也是一种药。它是用几十味中草药磨成粉末和鸭梨汁一起煎熬精制而成的，有止咳、化痰、润喉、开胃的功效。

上海的梨膏糖相传已有 1300 多年历史。古时候，卖梨膏糖的人摆一张一米八的长桌，桌上摆着各式的梨膏糖，一把大茶壶，一盏风雨灯以及说唱用的道具，摊的旁边放一长凳，卖糖者就站在凳上说唱，还伴着“得宕得宕得得宕”的锣鼓声，很是吸引顾客。现在，在浙江有些地方还把能说会道者戏称为“卖梨膏糖的人”。

如今上海的梨膏糖有 30 多个品种，由豫园商城上海梨膏糖商店专卖。带点回去，在感冒咳嗽时，放一块在嘴里，当那一丝药苦夹着甜香在舌尖荡漾，你会想起在上海的快乐日子。

The pear syrup is a kind of candy , and also a kind of medicine. The pear syrup is made from pear juice and a dozen kinds of Chinese traditional herbs. It can relieve the cough , reduce the phlegm , moisten the throat and whet the appetite.

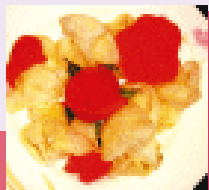
The pear syrup of Shanghai has a history of more than 1300 years. In ancient times , the seller always put the pear syrup on a 1.8-meter-long desk with a big teapot , an oil lamp and some props for singing. The seller stood on the bench beside to sing some ballad with the gongs and drums. It was very attractive. Nowadays , in some places of Zhejiang Province , the good speaker is still called “ the pear syrup seller ”.

There are more than thirty kinds of pear syrup in Shanghai nowadays. It is sold at the monopolized shop of Pear Syrup at Yuyuan Garden Bazaar.

Please buy some pear syrup when you are in Shanghai. When you catch cold and have a cough, the pear syrup would cure you and make you remember all the happy days in Shanghai.

### 龙虾片 (long-xia-pian)

PRAWN CRISP



上海的龙虾片具有天然虾香，入口酥脆、滋味鲜美。半透明，表面有光泽，并有虾肉细微颗粒，片形完整，大小厚薄均匀。各大商场的食品柜有售。

Prawn crisp of Shanghai has the natural smell of shrimp. It is crisp and delicious. The surface is semitransparent and glossy. There are slight particles of shrimp's meat in it. Its shape is intact with the right thickness. Frying the prawn crisp in the hot oil, it will be a kind of delicious snack. It is sold at the supermarkets.





O P E N

SHANGHAI

打开 上海

# 游 娱

SHANGHAI

SHANGHAI

SHANGHAI

SHANGHAI

SHANGHAI

*Attractions*



## 游在上海 ATTRACTIONS

## 外 滩 (wai-tan)

THE BUND

**外**滩是上海繁华的起点，观光上海，外滩是当然的第一站。不管你有  
多么的独特，多么不屑于随波逐流，外滩是不能拒绝的。

外滩是指黄浦江西岸从外白渡桥到南浦大桥之间的地带。100 多年来，  
外滩一直是上海的象征，向世人充分地展示着上海的文化精髓。

**T**he Bund is a flourishing starting point of Shanghai. When traveling  
in Shanghai, it is really good to start from the Bund. No matter how unique  
you are, the Bund can't be rejected.

The Bund is the area from Garden Bridge to Nanpu Bridge. For over  
100 years, the Bund is a symbol  
of Shanghai, fully show-  
ing the marrow of the  
culture of Shanghai.



## 外白渡桥 (wai-bai-du-qiao) GARDEN BRIDGE

1855 年，一个叫韦尔斯的英国商人在苏州河上组织建造了一座木桥，  
可韦尔斯向过桥的中国人征收过桥费，外国人却免交，这激起了公愤。1873  
年 8 月，公共租界工部局在那座桥的东面建起一座浮桥，且免收过桥费，大  
家就叫它“外白渡桥”。1906 年，浮桥被拆除改建成钢铁大桥。

In 1855, a British businessman Wells built a wooden bridge on Suzhou  
River and he imposed the passing fee to the passing people except the  
foreigners. This aroused public indignation. In August of 1873, the Minis-  
try of Workers built up a floating bridge to the east of the wooden one,  
which was free. The people called it "Waibaidu Bridge" which means "a  
bridge without any charge". In 1906, the floating bridge was reconstructed  
into a steel bridge.

## 万国建筑群 ( wan-guo-j ian-zhu-qun ) INTERNATIONAL BUILDING CLUSTER

在黄浦江边中山东一路的西侧，鳞次栉比地矗立着几十幢高楼，有英国式、法国式、西班牙式……俨然一个世界建筑的博览馆，华丽雄伟，非常引人注目。这些建筑不是出自同一个设计师之手，也非建造于同一时期，但格调基本统一，其顶端在天空连绵成一条优美的轮廓线，协调，又富有韵律，像极了一首优美典雅的建筑交响曲。

On the west side of No.1 East Zhongshan Road along Huangpu River , dozens of high buildings with the styles of Britain , France , Spain...stand there row upon row like an international architectural museum. The buildings are magnificent and grand , very noticeable. Although they were not designed by the same designers and were not built at the same time , the style is unified basically. The top of the buildings makes a beautiful skyline , like an integral classical architectural symphony.

## 黄浦江 ( huang-pu-j iang ) HUANGPU RIVER

有如形影相随，恰似唇齿相依，很多世界级的城市都傍着一条河。如泰晤士河与伦敦、塞纳河与巴黎……上海，也有这样一条这样的河——黄浦江。它是大上海深厚的底蕴所在。因为它，上海才洋溢着蓬勃的朝气。

到上海不能不去外滩，去外滩不能不游黄浦江，这已经成了上海游的规则。

Like body and shadow comforting each other and like lips and teeth , there is always a river by the world-class cities. For example , Thames of London , Seine of Paris...Shanghai has such a river too——Huangpu River. Because of Huangpu River , Shanghai is permeated with flourishing vigor.

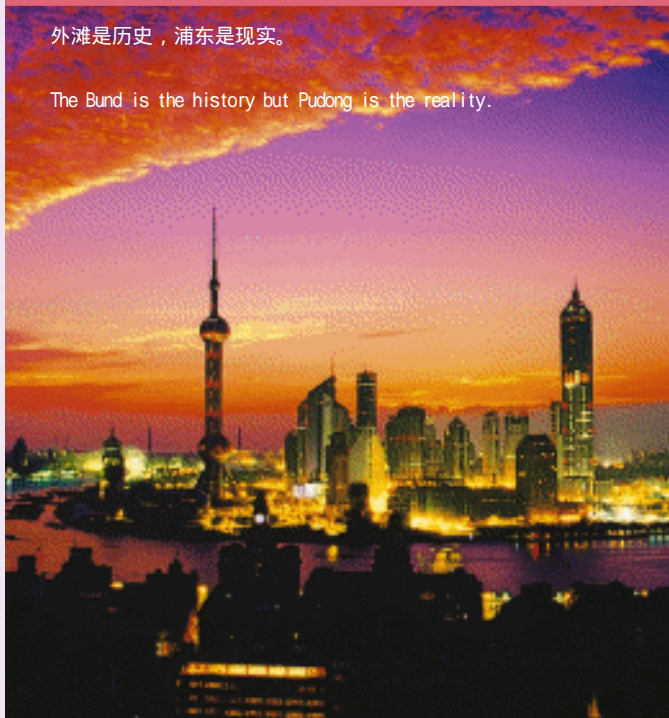
When traveling in Shanghai , the Bund is necessary to visit and when traveling in the Bund , Huangpu River is necessary to visit. This has already been turned into a rule of traveling in Shanghai.

浦东 (pu-dong)

PUDONG

外滩是历史，浦东是现实。

The Bund is the history but Pudong is the reality.



### 东方明珠电视塔

(dong-fang-ming-zhu-dian-shi-ta)

ORIENTAL PEARL TV TOWER

白居易 (772-846) 的诗句 “大珠小珠落玉盘” 本是用来形容我们的民族乐器琵琶的音质特点——清澈、明亮。东方明珠塔设计者的灵感就是来自于这句著名的诗句。为什么明珠塔显得那么有灵气，那是因为它有民族的精髓。

东方明珠塔高 468 米，为亚洲第一，世界第三高的电视塔。从 1994 年建成起就是上海的标志性建筑。在它的上球体的平台上可以俯瞰上海市区全景。

夜晚登上塔顶，像走进了仙女的城堡，可以触摸星星，夜夜笙歌。

# ATTRACTIONS

The designer's inspiration of Oriental Pearl TV Tower came from Bai Juyi's\* (A.D.772-846) famous poem "the pearls falling down on the jade plate" which described the sound of Pipa (four-stringed Chinese lute) — clear and melodious. Why this tower looks so special? Because it symbols our national marrow.

The Oriental Pearl TV Tower is the No.1 TV tower in Asia and is the third highest TV tower in the world with 468 meters high. It is the mark building of Shanghai since 1994. There is a platform on the upper ball where one can have a good overlook of the urban area.

Climbing on the top at night, it is like entering the fairy's castle where one can touch the stars while singing and dancing.

\* Bai Juyi : one of the most celebrated poets of Tang Dynasty (A.D. 618-907 ).



## 城市历史发展陈列馆 (cheng-shi-li-shi-fa-zhan-chen-lie-guan) CITY HISTORICAL DEVELOPMENT EXHIBITION HALL

城市历史发展陈列馆在东方明珠塔的底层。它用文物、模型、多媒体等手段，轻松活泼地展示了六千年来上海的生活场景和风俗民情。

元宵节的场面看得见小孩子们兴高采烈地拎着灯笼；弄堂里是三十年代上海人的生活；学校里听得见校园歌曲；药铺看得见各式的中药.....

City Historical Development Exhibition Hall is at the ground floor of the Oriental Pearl TV Tower. It takes a new way for the exhibition with the cultural relics, the models and multimedia, etc. It shows us vividly the people's life in Shanghai since 6,000 years ago.

You can see the children carrying the beautiful lanterns excitedly on the Lantern Festival\* and the lively life of Shanghai people of 1930s in the lanes. You can hear the campus songs in the school; a lot of traditional Chinese medicine in the herbal medicine shop...

\* Lantern Festival: a traditional festival of China. It is on January 15th of the Lunar Year.

## 金茂大厦 (jin-mao-da-sha) JINMAO TOWER

有88层的金茂大厦，外观像一座千年的古塔。和东方明珠电视塔一样，也是一座由东方风格和现代技术相结合而建造的高楼。

沪上青年如今谈恋爱，流行到金茂大厦87层餐厅，据说是因为在那儿向心爱的人儿献上一朵玫瑰，全天下都能闻到芬芳。

Jinmao Tower is constructed with both the traditional and modern design, just like the Oriental Pearl TV Tower. It has 88 floors and looks like an ancient Chinese pagoda.

It is the fashion for the young people in Shanghai going to the restaurant on the 87th floor of Jinmao Tower. It is said that if you present a rose to your lover there, everybody in the world can smell the fragrance.

## 豫园旅游商城 (yu-yuan-lu-you-shang-cheng)

YUYUAN GARDEN BAZAAR

豫园旅游商城是集购物、旅游、餐饮、娱乐为一体的区域，独具魅力。它像是上海的一个缩影，已经热闹了几百年。

Yuyuan Garden Bazaar is an unparalleled place where one can shop, visit, eat and play. It is the miniature of Shanghai, which has been lively for hundreds of years.

## 豫园 (yu-yuan) YUYUAN GARDEN

豫园建于1577年，当时是一座私家园林。

龙墙是豫园的一大特色。龙是中国传说中的动物，根据传说，龙的爪子上有五个趾，而豫园龙墙上的龙只有三个趾，这是为什么呢？

在古代，龙是封建帝王的象征，只有皇帝和皇室成员才配使用龙的图案。豫园的园主是没有那样的资格把龙建在墙上的，聪明的园主就让人做了这只有3个趾的动物，狡猾地对外称这不是龙，巧妙地躲过了杀身之祸。

Yuyuan Garden was built in 1577. It was a private garden at that time.

The dragon wall is a great characteristic of Yuyuan Garden. The dragon was a kind of animal in the Chinese legend. According to the legend, there



were five toes on each claw of the dragon ,but the dragon on the wall of Yuyuan Garden only has three toes , why ?

In ancient China , the dragon was a symbol of the emperor , and only the emperors

deserved the dragon pattern. The master of Yuyuan Garden didn't have such a qualification to build the dragon on the wall but he did it. The master was clever to ask the workers to carve the dragon with only three toes. So he could said cunningly it was not a dragon. He avoided a fatal disaster in this way.

## 九曲桥和湖心亭 ( jiu-qu-qiao & hu-xin-ting ) NINE-ZIGZAG BRIDGE AND MID-LAKE PAVILION

“九”在中国是一个吉利的数字，因此中国的曲桥往往都取名“九曲”，寓意着走过曲折和困难，将会迎来顺利和平安。而且，据说妖魔鬼怪只能走直线，所以走了九曲桥，连妖魔鬼怪都不怕。九曲桥像是我们人生的道路，要经过许多曲折才会看到美妙的风景。

九曲桥旁边的湖心亭建于1784年，是上海开埠的标志性建筑之一，也是上海留存至今最早的茶室。在那儿品茗，还可欣赏到江南丝竹表演。

According to the Chinese tradition , nine is a lucky figure , so the zigzag bridges in China were always built with nine turns. The implied meaning is we will be successful and safe after passing through the zigzag. And , it is said the ghosts and monsters can only go straight , so we will not even be afraid of the ghosts and monsters after walking through the zigzag. I think zigzag bridge is just like our life , it needs to undergo a long process of tempering to see the beautiful sceneries.

The mid-lake pavilion by the zigzag bridge was built in 1784 , which was one of the landmark buildings of Shanghai at the beginning of Shanghai ' s opening. It was the earliest teahouse of Shanghai. Drinking tea there , you can enjoy a special performance of the folk music of the south of the Yangtze River.

## 城隍庙 (cheng-huang-miao) CITY GOD'S TEMPLE

城隍是道教中城市的保护神，城隍庙是地方上供奉土地神的庙宇。老百姓相信他们能为民“御大灾、避大患”。

上海城隍庙建于明代永乐年间。有“一庙三城隍”的奇观。

City God is a patron saint of the city in Taoism. City God's Temple is the temple enshrining and worshipping the City God. The ordinary people believe that the City God can “resist the great calamity, withstand the great trouble”.

Shanghai City God's Temple was founded in Ming Dynasty (A.D. 1368-1644). There is a wonder of “three City Gods in one temple”.



## 小商品特色街 (xiao-shang-pin-te-se-jie) COMMODITY LANE

典雅的木制红楼，翘角的镂雕飞檐，彩绘的古式牌匾是这条街建筑装饰的特色。各种特色店，一家挨着一家，上海筷子店、王大隆刀剪店、丽云阁篾扇店、万里手杖店、大众竹器店、宏音乐器店、点春笔庄……

The refined wooden buildings with engraving eaves and the ancient typed board with colored painting are the characteristics of this commodity lane. Chopstick shop, knife shop, fan shop, walking stick shop, bamboo article shop, musical instrument shop, pen shop... there are many kinds of specific stores standing in the lane one by one.

## 特色街道 (te-se-jie-dao) STREETS OF SHANGHAI

上海就是上海，连普通的街道都活色生香。

Shanghai is very special, even the ordinary streets are lively and colorful.



## 上海老街 (Shanghai-lao-jie) SHANGHAI OLD STREET

这里曾经是上海最繁华的商业街。上海最早的一批钱庄、银楼、酒肆等便诞生在这里。道路两侧有很多明清时期建筑风貌的老城厢民居，还有陶艺坊、豆腐坊、绣庄、糕团店、炒货店、老虎灶茶馆等多家古色古香的老店。

Shanghai Old Street was once the most flourishing business street of Shanghai. The earliest bank, silverware shop and restaurant of Shanghai were founded there. On the both sides of the street there are a lot of local dwelling houses from Ming (A.D.1368-1644) and Qing (A.D.1644-1911) Dynasties. There are a lot of pottery workshops, bean curd workshops, embroidering workshops, cake shops, roasted seeds and nuts shops, tea houses, etc.

## 桃江路 (tao-jiang-lu) TAOJIANG ROAD

有爱情的地方永远令人向往。

桃江路，曾是法租界，有一种根深蒂固的欧化风韵。它的魅力是“低调”或叫“内敛”。这里不通公交车，没有霓虹灯，马路安静得可以听见心跳声，这淡淡幽幽的感觉诱惑着我喜欢独自一人缓缓地跟着情侣们的脚步边走边胡思乱想，空气里弥漫的温馨气息让我在心里微笑着感谢生活。



We are always yearning for the places which are full of love.

Taojiang Road is in the old French Concession of Shanghai. It has a kind of deep-rooted Europeanization of course. Its glamour is “implicit” and “veiled”. No buses there, no neon lamps there, and the road is so quiet that you can hear the sound of heartbeat. That always allures me to walk alone there and follow the lovers slowly. I was lost in my imagination. The warmth and tenderness in the air always make me express my gratitude to the life.

## 衡山路 (heng-shan-lu) HENGSHAN ROAD

衡山路有悠久的历史。衡山路上每一条小巷、每一栋小楼、每一块石头、每一片树叶似乎都有一个故事。周边还有一千多幢上个世纪二三十年代留下的欧式花园洋房。

沿着宽宽的梧桐大道漫步，全然不是想象中的喧闹，相反，夜幕给所有的东西都披上了一层朦胧的华彩，仿佛静谧的仙境。随便找个酒吧，可以很满足地消磨一个夜晚。

Hengshan Road is century's old. Every lane, every building, every stone, every slice of leaf seems to have its own story. There are more than 1,000 western styled houses left from the 1920s or 1930s around Hengshan Road.

Walking along the wide street with Chinese parasol trees on both sides, it was not noisy and exciting as one imagines. On the contrary, the curtain of night puts on the dim elegance upon everything, it is like the quiet fairyland. Staying in a bar to drink on Hengshan Road can while away the lonely evening easily.

## 多伦路 (duo-lun-lu) DUOLUN ROAD

多伦路又叫“文化名人故居街”，全长550米。这条用石块铺成的小路，在地图上都难觅其踪迹，却在中国近代文化史上占据着重要的位置。它是三十年代文化名人的聚集地，文学大师鲁迅（1881-1936）、郭沫若（1892-1978）、叶圣陶（1894-1988）、丁玲（1904-1986）等都曾在此居住。路边有栩栩如生的名人铜像，还有古钱币博物馆、藏筷馆、藏钟馆等。

坐在街边的长椅上，静静地看下午的书绝对是旅途中一种很有品位的享受。

Covering a distance of 550 meters, Duolun Road is also called "the former residence street of the cultural celebrities". It is difficult to look for this small slab stone path on the map, but it occupies the important position in the history of China's modern culture. It is the gathering area of the cultural celebrities in 1930s. The literary giants Luxun (A.D.1881-1936), Guo Moruo (A.D.1892-1978), Ye Shengtao (A.D.1894-1988), Dingling

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(A.D.1904-1986), etc. lived there. There are some lifelike bronze statues of the famous persons on the roadside and there have the Currency Exhibition Hall, the Chopsticks Exhibition Hall, the Clock Exhibition Hall, etc...

Sitting in the bench by the street to read a book for all the quiet afternoon is really a kind of enjoyment during the journey in Shanghai.



## 泰康路 ( tai - kang - lu ) TAIKANG ROAD

大约在五六年以前,上海的知名艺术家们在泰康路的旧仓库里建起了工作室,这条街道就有了特殊的艺术气质。

泰康路上鳞次栉比地排列着好几十家画廊、收藏馆、制作坊,是上海的一条艺术旅游景观线。泰康路上最为有名的是210弄的田子坊。



Probably five or six years ago, some famous artists of Shanghai built up their studios in the old warehouses on Taikang Road, then there is a special artistic atmosphere in this street. There are dozens of galleries, collection shops, workshops in Taikang Road. It is an artistic landscape of Shanghai. Lane 210, Tianzi Fang is the most famous lane of Taikang Road.

## 弄堂 ( long-tang )

LANE

弄堂就是小街小巷。

“人间有天堂，天堂在陋巷，春光无偏爱，布满了温暖网；树上有小鸟，小鸟在歌唱，唱声赞美诗，赞美着春浩荡；邻家有少女，当窗晒衣裳，喜气上眉梢，不久要做新娘。”这首《陋巷之春》是对上海弄堂的经典描述。

弄堂里的琐碎生活，是上海最真实的一面，虽然平凡，却不卑不亢。弄堂记载了上海的历史和风俗，反映了上海人的生活方式和文化传统，是上海风光外表的朴素背景。

愚园路395弄的涌泉坊是西班牙式弄堂；陕西南路和建国西路交界处的步高里是法式弄堂；新华路211弄、329弄，又叫“外国弄堂”，因为在二十世纪三四十年代居住过许多外国侨民；淮海中路358弄的尚贤坊是石库门式弄堂；瑞金二路129弄的花园坊朝气蓬勃，永远充满活力……

“LONG TANG” means lane.

“There is a paradise in this world , it is in the simple and crude lane , the spring has put all its brightness and charm there , the lane has been covered with warmth. There are birds singing psalms on the tree ,praising the beautiful spring. There is a young girl airing her clothes , who is radiant with joy because she will be a bride soon.” This song was an actual description of Long Tang in Shanghai.

The life in Long Tang is trivial ,but it is the true life of Shanghai people , ordinary but not humble. Long Tang has recorded the history and custom of Shanghai , reflecting Shanghai people's life and culture. It is the simple background of this splendid city.

Yongquan Fang at lane 395 of Yuyuan Road is a Spanish styled lane; Bugaoli at the crossing of South Shanxi Road and West Jianguo Road is a French styled lane ; lane 211 and 329 of Xinhua Road are called “ foreign lane ” because there lived a lot of foreigners in 1930s and 1940s; Shangxian Fang at lane 358 of Middle Huaihai Road is Shikumen styled lane; Huayuan Fang at lane 129 of No.2 Ruijin Road is vivid.

## 上海博物馆 ( Shanghai-bo-wu-guan ) SHANGHAI MUSEUM

在古代，人们认为日月天体好似一个闭合的圆周，而大地却静悄悄如一个方形的物体，这就是“天圆地方”的概念。“天圆地方”是中国传统的建筑特点，上海博物馆的造型由此而来。

目前上海博物馆共藏12万件珍品，在国内有文物“半壁江山”之称。

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In ancient China ,people thought that the sun and moon were as a closed circle , the earth was a square level land ,so it was known as “ round sky and square land ” which was one of the Chinese traditional architectural characteristics. The design of Shanghai Museum comes from that conception.



Shanghai Museum has collected 120,000 pieces of cultural relics which are well known as “ half of China ”.

## 上海大剧院 ( Shanghai-da-ju-yuan)

SHANGHAI GRAND THEATRE

仿佛水晶宫的上海大剧院，能举办歌剧、芭蕾、交响乐等演出。剧院有三个剧场，2000 多个座位。

订票热线：021-63728701

演出信息查询：<http://www.shgtheatre.com>

Shanghai Grand Theatre is like a crystal palace. It can put on various performances , such as opera , ballet , symphony , etc. There are three sections with more than 2000 seats.

Ticket Information : 021-63728701

<http://www.shgtheatre.com>

## 新天地(xin-tian-di)

NEW WORLD

新天地在上海是一个独一无二的旅游景点，它以上海近代建筑的标志——石库门建筑旧区为基础，改造成一个有历史文化风貌的休闲娱乐旅游中心。它把新与旧结合得非常完美，年轻人说它怀旧，老年人说它时尚；外国人说它很东方，中国人却说它很洋气。

新天地分为北里，南里和太平桥绿地三大主题园区。北里是由石库门组成的多家高级消费场所；南里是购物中心；太平桥绿地公园有上海市中心最大的人工湖。

每当夜幕降临，换上你最妖娆的时装，陷入新天地沉静凝重的石库门，独自凭栏享受着浓浓的咖啡，用仰慕的眼光凝视着那石头门框，乌漆木门，还有门上的铜环。夜的黑越来越浓，新天地的画廊、时装店、餐厅、酒吧、咖啡屋却越来越亮……灯光下石库门上的绿色青苔和小草变成了很亮的墨绿色，像上海始终不变的灵魂。

Xintiandi is a unique scenic spot in Shanghai, which is a cultural and historical recreation center based on the old buildings of Shikumen\*style. It is a perfect compound of striking contrast of new and old: the young people think it is reminiscent, the old people think it is fashionable; the foreigners think it is very Chinese, but the Chinese think it is very outlandish.

Xintiandi is divided into three sections —— the north block, the south block and Taipingqiao Green Park. In the north block there are many advanced shops built on Shikumen buildings; in the south block is the shopping center; the largest artificial municipal lake of Shanghai is in Taipingqiao Green Park.

When the night falls, please put on your most charming dress, go to Xintiandi, lean upon a balustrade to enjoy a cup of strong coffee and stare at the stone door frame, the wooden door of dark painting and the copper ring on the door with deep admiration, you will find the galleries, boutiques, restaurants, bars, pubs become brighter and brighter while the night is darker and darker. The green moss and grass on Shikumen turn into the very bright blackish green under the light. They are the soul of Shanghai which never changed.

\* Shikumen: the representative residential construction of Shanghai. Shikumen is built with the stone doorframe and the black painted thick wooden door.

## 上海音乐厅 (Shanghai-yin-yue-ting)

SHANGHAI CONCERT HALL

穿梭在夜晚的上海街道，如果见到一幢气势非凡，辉煌华丽的欧式风格建筑，周围停了很多高级轿车，有绅士西装笔挺，有淑女长裙摇曳，那一定是走到了上海音乐厅，没准儿你刚好就会碰上维也纳管弦乐团的演出。

上海音乐厅建于1930年，是上海第一家放映外国影片的戏院。

免费订票热线：8008204800

Walking in the streets at night in Shanghai, if you come across a brilliant and magnificent building with European style, and there are a lot of limousines parking around, the gentlemen are well dressed, the fair maidens flirt their long skirts, it must be Shanghai Concert Hall. And maybe you just come across the performance by the Orchestra of Vienna.

Shanghai Concert Hall was established in 1930 and was the first theatre to show the foreign movies.

Free information: 8008204800

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## 百乐门舞厅 (bai-le-men-wu-ting)

PARAMOUNT BALLROOM

有歌有舞才叫歌舞升平。在上海，要跳舞当然去“百乐门”。

1933年开业的百乐门大舞厅，是二十世纪三十年代全上海最红的舞厅，是上海一张经典的名片。如今也是风采依旧。它最大的舞池有500余平方米，舞池地板用汽车钢板支托，跳舞时会产生晃动的感觉。最特别的是阳台上一个由玻璃地板做成的透明舞池，下方有脚灯，让人感觉好像在鸡蛋上跳舞。

订位热线：021-62498866

Singing and dancing extol the good life. If you want to dance in Shanghai, Paramount Ballroom is a good place.

Paramount Ballroom was opened in 1933 and was the most successful ballroom in Shanghai in the 1930s. It was a classical business card of Shanghai. Now it is elegant as before.

The biggest dance floor is more than 500 square meters. The floor is propped up by the steel plate for the car, which can produce the feeling of wobble to the dancers.

The most attractive thing is the transparent glass dance floor in the balcony. There are some footlights below which let the people feel that they were dancing on the eggs.

Reservation: 021-62498866

## 和平饭店老年爵士乐队

(he-ping-fan-dian-lao-nian-jue-shi-yue-dui)

OLD JAZZ BAND OF PEACE HOTEL

外滩和平饭店的老年爵士乐队每晚的固定演出，早就成了上海旅游的经典保留节目。满头白发的乐队成员，韵味十足的爵士乐曲，恐怕只有在上海才会找到这样的组合。

订票热线：021-63216888

There is a jazz performance every night at Peace Hotel. It is the repertoire when one travels in Shanghai. All the members of the band are more than 70 years old. Don't you think it is unique?

Reservation: 021-63216888

## 特别推荐 SPECIAL SPOTS

### 上海国际赛车场 (Shanghai-guo-ji-sai-che-chang)

SHANGHAI CIRCUIT

上海国际赛车场的赛道酷似中文的“上”字，极具挑战性。这个中文的“上”字是兴奋的代名词，速度是它的咖啡因，越快越兴奋。

在上海赛车场，激动人心的不仅仅是为F1大赛和Moto GP摇旗呐喊，游客还可以参加试乘、试驾。

The track of Shanghai Circuit is like the Chinese word '上(up)' which has seven turns to the left and seven turns to the right, therefore it is the most challenging track in the world. This Chinese character '上' is the synonym of exciting. The speed is its caffeine, the faster the more exciting.

At Shanghai Circuit, you can not only cheer for the F1 and Moto GP but also have the experience of riding and driving the racing car.



### 芦潮港 (lu-chao-gang)

LUCHAO HARBOR

芦潮港位于上海最东南处，东临东海，北枕浦东新区。芦潮港有天然的港口、桃园、森林等，集都市的繁华、田园的幽静、海岸的旖旎于一身，风姿独具。

在芦潮港旅游可以顺便去看看我国第一座长距离跨海大桥——全长32.5公里的东海大桥，以及国内最大的海滩人工湖——滴水湖。

Luchao Harbor is located in the southeast of Shanghai, which borders on East Sea in the east and adjoins Pudong in the north. There are natural port, peach garden and forest in Luchao Harbor. It is unique with the prosperity of the city, the quietness of the countryside and the charm of the sea coast.

When you travel in Luchao Harbor you can also visit by the way the longest sea bridge of China——East Sea Bridge which is 32.5 kilometers long. And you can also take a trip by the way to Dishui Lake which is the largest man-made lake on the sea beach in China.