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# 重庆 旅游攻略

## CHONGQING TOUR GUIDE



# About Chongqing

## 关于重庆

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重庆位于中国的西南部，长江与嘉陵江的交汇处，其四面环山，两江环绕，城市依山傍水，风光秀丽，既以江城闻名，又以山城著称。

夜景、火锅、美女是重庆的三大名片。山城的夜色是重庆最著名的一景，被列为世界三大夜景之一。站在众多观景台上，两岸风光尽收眼底，欣赏号称“价值百万美元”的夜色，可谓是别有一番风味。重庆还有“中国火锅之都”的称号，麻辣鲜香的火锅闻名天下，让人欲罢不能！此外，重庆还盛产美女，解放碑据说是“打望”美女的最佳地段。

重庆也有着“小香港”的美誉，璀璨的夜景、起伏的地形，与香港颇为相似。除此之外，重庆还入选全球十大发展最快旅游城市第一名，成功晋升为世界人民心目中的旅游胜地。这座山与城的完美结合体、这座令人神往的完美旅行地，定能让你乐不思蜀、不虚此行！

Located in the southwestern part of China, Chongqing is at the intersection of the Yangtze River and the Jialing River. It is surrounded by mountains and by two rivers, thus having beautiful scenery. It is well known both as a river city and as a mountain city.

Night scenes, hot pots and beautiful women are the three major labels of Chongqing. The night of the mountain city is one of the most famous scenes in Chongqing and is listed as one of the three night scenes in the world. Standing on one of the many viewing platforms, the scenery on both sides of the river is unobstructed, and the night that is known to be worth "a million dollars" has a special flavor. Chongqing also has the title of "China's hot pot capital", and the spicy hot pot is famous all over the world. In addition, Chongqing abounds with beautiful women, and Jiefangbei is said to be the best location to "see" the beauty.

Chongqing also has the reputation of "small Hong Kong". The night scenes and rolling terrain are quite similar to those in Hong Kong. In addition, Chongqing has also been ranked as one of the top ten fastest growing tourist cities in the world, and has been successfully promoted to be one of the most popular tourist destinations in the world. Such a perfect combination of the mountain and city, and such a fascinating perfect place to travel, will make your stay unforgettable and worthwhile!





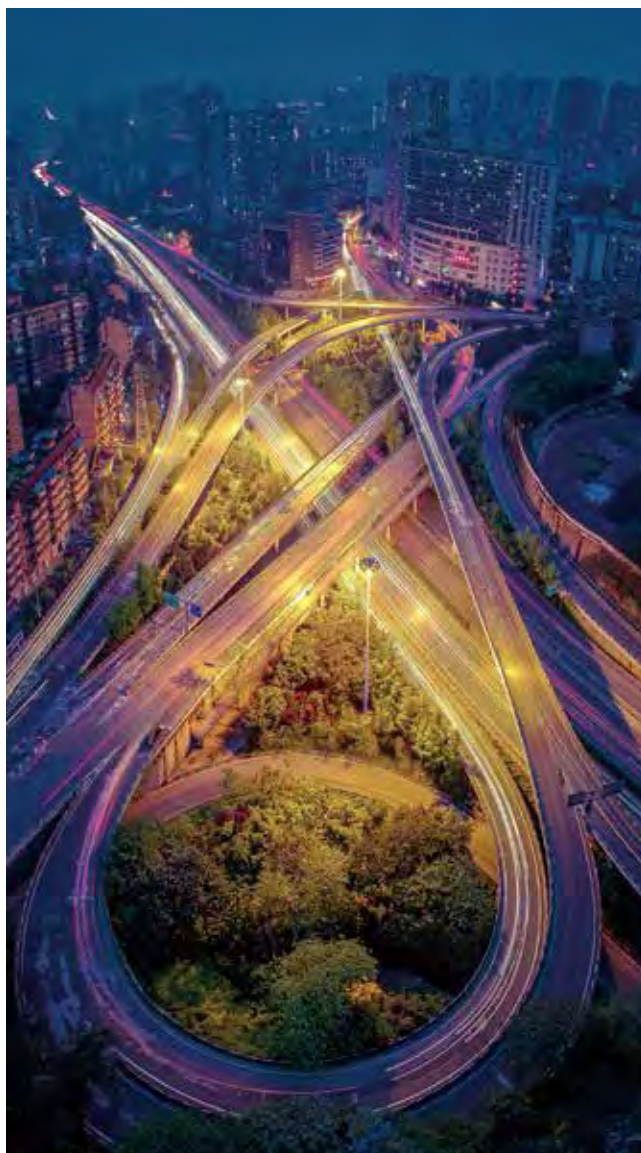
# Travel in Chongqing

## 畅游重庆

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拥有三千年悠久历史的重庆,被称为是中国乃至全球旅游资源最丰富的城市。既有山、水、林、泉、瀑、峡的自然景观,其中最具代表性的有:武隆天生三桥风景区、长江三峡、黑山谷;又有洪崖洞、磁器口古镇、解放纪念碑等熔巴渝文化、培都文化、民族文化和历史文化于一炉的浓郁文化景观。

With a long history of more than 3,000 years, Chongqing is known as the most abundant tourist city in China and even in the world. There is natural landscape such as mountains, water, forest, springs, waterfall and gorges, among which the most typical are the natural bridges in Wulong, Three Gorges, and Black Valley. There are also Hong Ya Dong, Ciqikou ancient town, and the People's Liberation Monument, etc.



## 各式各样的桥

### A variety of bridges

- 世界第一的朝天门长江大桥  
The world's first “Chaotianmen Yangtze River Bridge”
- “过山车”式的苏家坝立交  
"Roller Coaster"-style “Sujiaba Intersection”
- 重庆主城最美的鹅公岩立交  
The most beautiful in Chongqing's main city “Egongyan Intersection”
- “绕起来脑壳昏”的杨公桥立交  
Wandering makes people feel dizzy “Yanggongqiao Intersection”
- 一座人行天桥被夹在中间的最人性化的陈家坪立交  
A pedestrian bridge is sandwiched between the most humanized “Chenjiaping Intersection”



## 穿楼而过的李子坝轻轨

### Liziba Light Rail Train passing through buildings

重庆轻轨李子坝站，轻轨2号线列车穿楼而过。有人说，重庆是神一样的山城，也有神一样的交通，这不，轨道交通2号线经过李子坝时就上演了一场“穿越”，成为全国绝无仅有的震撼风景。重庆轻轨2号线李子坝站位于重庆市渝中区一处居民楼6楼和7楼，采用跨座式单轨，噪音仅60分贝，即使穿楼而过，也不会影响周边居民的正常生活作息。

The Chongqing Liziba Light Rail Train - Line 2 passes through buildings. Some people say that Chongqing is a magical mountainous city, and there is also the magical traffic. The Rail Transit Line 2 stages a “crossing” when passing through Liziba, becoming the unique and overwhelming scenery in the country. Liziba Station of Chongqing Light Rail Line 2 is located on the 6th and 7th floors of a residential building in Yuzhong District, Chongqing. It uses a straddle-type monorail with a noise of only 60 decibels. Even when it passes through the building, it does not affect the normal living conditions of the surrounding residents.



## 万里长江第一条空中走廊 ——长江索道

### The first air corridor over the Yangtze River —The Yangtze River Cableway

长江索道既惊险又刺激，这个铁箱子掉在几根如小臂般细的钢缆上，身临其中，长江就在自己脚下数十米，看着那滚滚江水，而你却在长江上空飘来飘去，感受着惊险刺激。乘坐其间，你会穿梭于高楼大厦之间，飞渡浩瀚的万里长江之上，行游于璀璨灯火之巅，可以360度地全方位，近距离，多角度，多层次地鸟瞰山城、江城、不夜城的美景，品味特色重庆，感受重庆魅力，观赏巴山渝水的立体画卷。

The Yangtze River cableway is both thrilling and exciting. The iron box is hung on a few steel cables as small as a small arm. In the middle of it, the Yangtze River is tens of meters under your feet. You can see the rolling water, but you are floating over the Yangtze River. Come and float, feel the thrills. During the ride, you will shuttle among the high-rise buildings, fly over the vast Yangtze River, travel in the hustle and bustle of the lights, 360-degree all-round, close-range, multi-angle, multi-level view of the mountain city, Jiangcheng, the beauty of the city that never sleeps, taste Chongqing, feel the charm of the city, and watch the three-dimensional picture of Bashan.

#### 门票：

往返30元，单程20元  
(刷宜居畅通卡单程18元)

#### Ticket：

30 RMB for round trip, 20 RMB for one way (or use Yichang transport card for one way 18 RMB)

#### 建议游玩时长：

往返乘坐，10-30分钟

#### Recommended play time：

round-trip ride, 10-30 minutes

#### 交通指引：

长江索道起于渝中区长安寺，横跨长江至南岸上新街，全长1166米。轨道1号线、6号线坐至小什字站下，5号出口出站

#### Traffic Guide:

The Yangtze River Cableway starts from Chang'an Temple in Yuzhong District and spans the Yangtze River to Shangxin Street on the south bank. It is 1,166 meters long. Take Tracks 1 and 6 to Xiaoshizi Station and exit via Gate 5.





**地址：**

重庆市渝中区嘉陵江滨江路88号

**Add:**

No. 88, Binjiang Road, Jialing River, Yuzhong District, Chongqing

**门票：**免费

**Ticket:** Free

**开放时间：**全天开放

**Opening Hours:** All day

**建议游玩时长：**2-4小时

**Recommended play time** 2-4 hours

**交通指引：**

**公交：**

- 11/112路外环、114路 (洪崖洞站)
- 105/111/112内环 (小什字站)

**轻轨：**

- 轻轨2号线:临江门站
- 轻轨1/6号线:小什字站 (6/9号出口)

**Traffic Guide:**

**Bus:**

Bus 11/112 Outer Ring, Bus 114 to Hongyadong Station or Bus 105/111/112 Inner Ring to XiaoShizi Station

**Light Rail:**

By Track 2 to Linjiangmen Station or by Track 1 or 6 to XiaoShiZi Station and exit via Gate 6 or 9

## 号称“中华悬崖城”的重庆地标——洪崖洞

**Chongqing landmark, known as "China Cliff City" –Hong Ya Dong**

洪崖洞位于重庆的核心商圈,以最具巴渝传统的建筑特色的“吊脚楼”风貌为主体,依山就势,沿江而建。游客可游览吊脚群楼、观洪崖滴翠、赏巴渝文化、品山城火锅、看两江汇流。

Hong Ya Dong is located in the core business district of Chongqing. It is based on the traditional style of the “Bangling House” with the most architectural features of Bayu, and it is built along the river. Visitors can visit the Hanging Group, the Guanhong Cliff, the Bashu Culture, the Pinshan City Hot Pot, and the Liangjiang River.

## 重庆人民解放纪念碑

### The People's Liberation Monument



人民解放纪念碑是抗战胜利的精神象征，是中国唯一一座纪念中华民族抗日战争胜利的纪念碑，是抗战胜利和重庆解放的双重历史见证。如今的解放碑已是中央商务区（CBD）的代名词，是重庆的核心城市名片，也是重庆的十大文化符号之一。除此之外，解放碑步行街还是重庆美女的天然T台，被称为是“打望”美女的最佳地点，无论在哪个角落一站，都会让你“大饱眼福”！

The People's Liberation Monument is a spiritual symbol of the victory of the Anti-Japanese War. It is the only monument to commemorate the victory of the Chinese nation in the War of Resistance Against Japanese Aggression. It is a double historical testimony of the victory of the Anti-Japanese War and the liberation of Chongqing. Nowadays the People's Liberation Monument is synonymous with the Central Business District (CBD), Chongqing's core city card, and one of Chongqing's top ten cultural symbols. In addition, the People's Liberation Monument Street is also the natural runway of Chongqing Beauty, which is known as the best place to "see" beautiful women. No matter which corner you are in, you will be impressed!

#### 地址：

重庆主城渝中区民权路、民族路和邹容路交汇处

#### Add:

Intersection of Minquan Road, Minzu Road and Zourong Road, Yuzhong District, Chongqing

#### 门票：免费

**Ticket:** Free

#### 开放时间：全天开放

**Opening Hours:** All day

#### 交通指引：

##### 轻轨：

- 轻轨2号线：临江门站
- 轻轨1/6号线：1/6号线：小什字站

#### Traffic Guide:

##### Light Rail:

by Track 2 to Linjiangmen Station or by Tracks 1 or 6 to XiaoShiZi Station



## 国泰艺术中心 Guo Tai Arts Center

国泰艺术中心由国泰大戏院和重庆美术馆组成,采用中国传统的民族风格,体现浓厚的巴渝文化,老剧院的一些元素将得以保留。艺术中心的大楼主体为红色,象一团燃烧的“篝火”,也象一艘起航的舰。

The Guo Tai Arts Center is composed of the Guo Tai Grand Theatre and the Chongqing Art Museum. It adopts the traditional Chinese national style and reflects the strong Bashu culture. Some elements of the old theater will be preserved. The main body of the Arts Center is red, like a burning "bonfire" and also like a sailing ship

### 地址：

重庆市渝中区解放碑临江路1号

### Add:

No. 1 Linjiang Road, Jiefangbei, Yuzhong District, Chongqing

### 交通指引：

#### 公交：

- 11/112路外环、114路(洪崖洞站)
- 105/111/112内环(小什字站)

#### 轻轨：

- 轻轨2号线:临江门站
- 轻轨1/6号线:小什字站(6/9号出口)

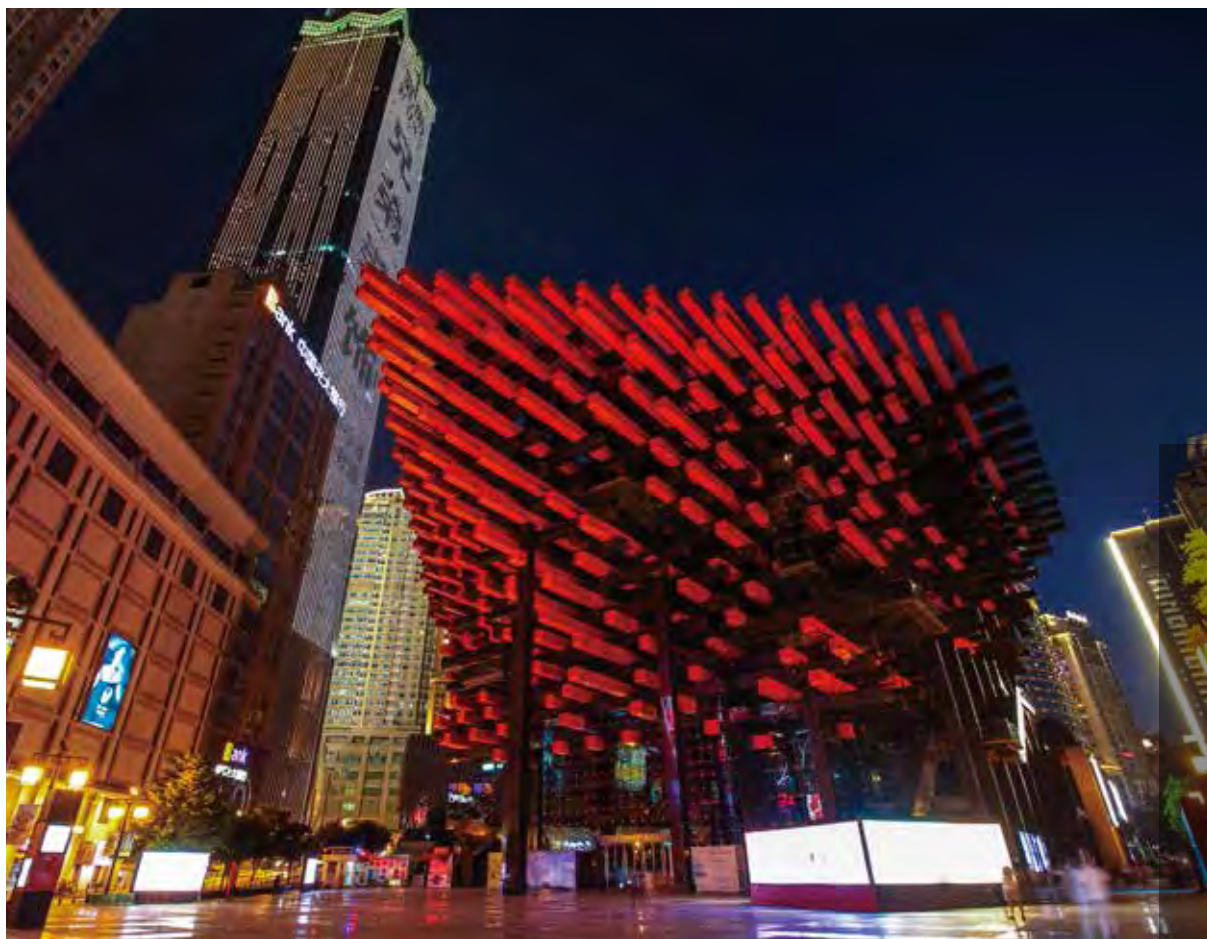
### Traffic Guide:

#### Bus:

by the 11th, 112th Outer Ring, 114, 132, 151, 181, 261, 262, 401, 424, 866, 881 to Hongyadong Station Inner Ring to XiaoShizi Station

#### Light Rail:

by Track 2 to Linjiangmen Station



# 武隆天生三桥

## The natural bridges in Wulong

重庆武隆天生三桥风景区是国家AAAAA风景区, 位于重庆市的武隆区城区东北20千米处, 这里是典型的喀斯特地貌, 是世界上规模最大、最高的串珠式天生桥群。大自然的鬼斧神工, 壮观震撼。三桥由天龙桥、青龙桥和黑龙桥组成, 气势磅礴恢宏。其还是电影《满城尽带黄金甲》和《变形金刚4》的外景取景地点。

The natural bridges in Wulong are a national AAAAA scenic spot, located 20 kilometers northeast of the city of Wulong District in Chongqing. This is a typical karst landform, the largest and highest beaded natural bridges in the world. The wonders of nature are spectacular and overwhelming. The Three Bridges are composed of Tianlongqiao, Qinglong Bridge and Heilong Bridge and they are magnificent. It is also the filming location of the movie "Golden Armor in the City" and "Transformers 4".

畅游  
重庆

TRAVEL IN CHONGQING

### 地址：

重庆巷口镇芙蓉路88号

### Add:

88 Furong Road, Xiangkou Town,  
Chongqing

### 门票：

135元/人(旺季)

### Tickets:

135 RMB/ person (peak season)

### 开放时间：

旺季(3.1-10.31): 8:00am-17:00pm

### Opening hours:

8:00am-17:00pm

(peak season: 01 March – 31 October)

### 交通指引：

**火车：**龙头寺火车站每天8班车

**汽车：**朝天门汽车站滚动发车

**公车：**重庆—武隆, 武隆江北新车站—景区

### Traffic Guide:

#### Train:

8 trains per day at Longtousi Railway Station

#### Long-distance bus:

rolling at the Chaotianmen Bus Station

#### Bus:

Chongqing to Wulong, then from Wulong Jiangbei New Station to Scenic Area

**Other:** Taxi / Self-driving







## 长江三峡

### The Yangtze Three Gorges

“朝辞白帝彩云间，千里江陵一日还。两岸猿声啼不住，轻舟已过万重山。”长江三峡是万里长江一段壮丽的大峡谷，西起重庆市奉节县白帝城，东至湖北宜昌市南津关，是重庆的“十大文化符号”之一。长江三峡由瞿塘峡、巫峡、西陵峡，第五套人民币十元纸币背面的风景图案即为重庆奉节的三峡夔门景观。长江三峡是中国古文化的发源地之一，也是世界大峡谷之一。

The Three Gorges of the Yangtze River is a magnificent Grand Canyon - from Baidi City in Fengjie County, Chongqing, to Nanjin Pass in Yichang City, Hubei Province. It is one of the “Ten Cultural Symbols” in Chongqing. The Three Gorges consists of Qutang Gorge, Wu Gorge and Xiling Gorge. The landscape pattern on the back of the fifth set of RMB 10 dollar bill is the Three Gorges Tuen Mun landscape in Fengjie, Chongqing. The Three Gorges is one of the birthplaces of Chinese ancient culture and one of the world's largest canyons.

#### 地址：

重庆市奉节县境内

#### Add:

Within the territory of Fengjie County, Chongqing

#### 门票：免费

**Ticket:** Free

#### 开放时间：全天开放

**Opening Hours:** All day

#### 建议游玩时长：2-3天

**Recommended play time** 2-3 days

#### 交通指引：

- 重庆坐车到万州 在万州可以坐船到奉节、巫山、宜昌
- 到重庆朝天门买旅游船的船票

#### TrafficGuide:

- By long-distance bus from Chongqing to Wangzhou, then you can take a ship to Fengjie, Wushan, Yichang
- To Chongqing Chaotianmen to buy a tourist ship ticket



# A city with a spicy taste

## 一座有着麻辣味的城市



因为依山傍水,重庆有着风光旖旎的自然美景;因为革命历史,重庆有着深厚的文化底蕴。如果说起美食,重庆也是数不胜数的。以“麻、辣、嫩、鲜”为主要特色的麻辣美食是重庆人的孜孜追求。重庆小面占据重庆早餐的霸主地位,重庆火锅则把持着重庆人的晚餐胃口,烤鱼、酸辣粉、红油抄手在重庆人的餐桌上也是不可或缺的一部分。除此之外,还有糯米团、红糖糍粑等独具地方特色的小吃也应有尽有!

美食之都,美食当道,层出不穷的花样食材,运用百年甚至千年的传统手艺,造就了重庆丰富的美食盛宴。带上你的胃,和一颗嗨爆的心,来重庆开启一场舌尖上的美味之旅!

Because of the mountains and rivers, Chongqing has a beautiful natural scenery, and because of the revolutionary history, Chongqing has a profound cultural heritage. If you talk about food, it is also countless in Chongqing. The spicy food with "spicy, tender and fresh" as its main feature is the pursuit of Chongqing people. Chongqing Noodles occupy the dominance of Chongqing breakfast. Chongqing hot pot holds the appetite of Chongqing people. The grilled fish, spicy and sour noodles, red oil is also an indispensable part of the Chongqing people's table. Additionally, glutinous rice balls, brown sugar glutinous rice and other local specialty snacks are also available!

The food capital, the endless variety of patterns, the use of centuries or even thousands of traditional crafts has created a rich gourmet feast in Chongqing. Bring your stomach, and a bursting heart, come to Chongqing to open a delicious trip on the tip of your tongue!



## 重庆火锅

Chongqing  
Hot Pot

重庆  
美食

CHONGQING CUISINE



## 枇杷园火锅

PiPaYuan Hot Po

枇杷园火锅是目前世界上最大的火锅店, 占据了半座山。来重庆一定要到这家占据半座山的火锅店, 感受一下它的魅力。

PiPaYuan Hot Pot is currently the largest hot pot restaurant in the world, occupying half of the mountain. Come to Chongqing, you must go to this hot pot restaurant and feel its charm.

**推荐指数 :** ★★★★★

**Recommended index:** ★★★★★

**人均消费 :** 115元/人

**Per capita consumption:** 115RMB / person

**地址 :** 重庆市南岸区文峰正街老厂金竹村

**Add:** Jinzhu Village, Laochang, Wenfeng Zheng Street, Nan'an District, Chongqing



## 德庄火锅 (万达广场店)

### Dezhuang Hot Pot

德庄火锅作为重庆最早的一批火锅,在重庆人心目中的知名度已经是根深蒂固。德庄火锅口味适中,适合口味较为清淡的人群消费。

As the earliest batch of hot pot in Chongqing, Dezhuang Hot Pot is deeply rooted in the minds of Chongqing people. Dezhuang Hot Pot has a moderate taste and is suitable for people with a lighter taste.

**推荐指数：**★★★★

**Recommended index:** ★★★★★

**人均消费：**85元/人

**Per capita consumption:** 85RMB / person

**地址：**重庆市北碚区冯时行路842号  
(万达广场内)

**Add:** No. 842, Fengshixing Road, Beibei District, Chongqing (in Wanda Plaza)





## 重庆山城小龙女火锅

**Chongqing Shancheng  
Xiaolong Female Hot Pot**

地道的重庆老火锅，九宫格吃法超带感，多种辣法供你选择，不断挑战你的味蕾。

Authentic Chongqing old hot pot, Jiugongge eating super feeling, a variety of spicy methods for you to choose, constantly challenge your taste buds.

**推荐指数：**★★★★★

**Recommended index:** ★★★★★

**人均消费：**60元/人

**Per capita consumption:** 60RMB / person

**地址：**重庆市渝中区观音岩中山一路199号  
(临华大厦1楼)

**Add:** No. 199, Zhongshan Yi Road,  
Guanyinyan, Yuzhong District,  
Chongqing, China  
(1st Floor, Linhua Building)



## 小天鹅火锅 (英利店)

### Little Swan Hot Pot

正宗的重庆老火锅,从名字不难听出相当的接地气,其火锅的毛肚和鸭肠更是压箱底菜品。既新鲜有好吃。

Authentic Chongqing old hot pot with a “down-to-earth” name. Its hot pot's ox tripe and duck intestines are more signature dishes, both fresh and delicious.

**推荐指数：**★★★★★

**Recommended index:** ★★★★★

**人均消费：**110元/人

**Per capita consumption:** 110RMB / person

**地址：**重庆市渝中区民权路26号英利国际金融中心6楼

**Add:** 6th Floor, Yingli International Financial Center, 26 Minquan Road, Yuzhong District, Chongqing





## 渝味晓宇火锅（枇杷山正街店）

### Yuwei Xiaoyu Hot Pot

渝味小宇晓锅是央视大型美食纪录片《舌尖上的中国2》唯一推荐的重庆火锅，以“辣”为主要特色。

Yuwei Xiaoyu Hot Pot is the only recommended Chongqing hot pot of CCTV's large-scale gourmet documentary "A Bite of China II". It is "spicy" as its main feature.

**推荐指数：**★★★★★

**Recommended index:** ★★★★★

**人均消费：**103元/人

**Per capita consumption:** 103RMB / person

**地址：**重庆市渝中区枇杷山正街86号  
(民建大楼旁)

**Add:** No. 86, Lushan Zheng Street, Yuzhong District, Chongqing  
(next to Minjian Building)



## 秦妈火锅

### Qin Ma Hot Pot

秦妈火锅在重庆有着非常高的知名度,不论是菜色还是店面的环境都给人一种舒适的感觉!

Qin Ma Hot Pot has a very high reputation in Chongqing, and it gives people a comfortable feeling in both the food and the restaurant environment!

**推荐指数：**★★★★

**Recommended index:** ★★★★★

**人均消费：**55元/人

**Per capita consumption:** 55RMB / person

**地址：**重庆武隆仙女天街A2号

**Add:** A2, Fairy Avenue, Wulong, Chongqing



## 重庆烤鱼

Chongqing  
Grilled Fish

重庆  
美食

CHONGQING CUISINE



来到重庆，一定要尝尝正宗的万州烤鱼。万州烤鱼是重庆当地特色的传统名菜，其制作手法用特有秘制调料，腌制，采取“先烤后炖”的特别烹饪方式，再佐以30余种香料及新鲜蔬菜，口味具有麻、辣、鲜、香，眼观色香味俱全，吃起来外焦里嫩、香酥入骨，让人回味无穷、意犹未尽。

When you come to Chongqing, you must try the authentic Wanzhou Grilled Fish. Wanzhou Grilled Fish is a traditional dish of local specialties in Chongqing. It uses special secret seasoning, pickled, special cooking method of “first roast and stew”, and more than 30 kinds of spices and fresh vegetables. Spicy, fresh and fragrant, the fish is full of color and flavor. When you eat it, it is tender, and it leads you to endless aftertaste and you may not want to stop eating it.



## 餐厅推荐 | Restaurant recommendation

### 谭记王正宗万州烤鱼

Tan Ji Wang Wanzhou Grilled Fish

推荐指数：★★★★★

Recommended index: ★★★★★

人均消费：58元/人

Per capita consumption: 58RMB / person

地址：重庆沙坪坝北街92号附10-14号  
(七中旁巷子里)

Add: No. 10-14, No. 92, Shapingba North Street, Chongqing (in the alley next to Qizhong)

### 沈姐万州烤鱼

Shen Jie Wanzhou Grilled Fish

推荐指数：★★★★★

Recommended index: ★★★★★

人均消费：51元/人

Per capita consumption: 51RMB / person

地址：重庆沙北街92号附24号(重庆七中旁)

Add: No. 24, No. 92, Shabei Street, Chongqing (next to Chongqing No. 7 Middle School)

### 万州烤鱼川菜大排档

Wanzhou Grilled Fish and Sichuan Food Street Restaurant

推荐指数：★★★★

Recommended index: ★★★★★

人均消费：53元/人

Per capita consumption: 53RMB / person

地址：解放碑筷子街小商品批发市场旁

Add: Chopsticks street next to the small commodity wholesale market



## 重庆小面

Chongqing  
Noodles

重庆  
美食

CHONGQING CUISINE



重庆小面是重庆的四大特色之一，是重庆人每日三餐必备的美食。劲道顺滑的面条，搭配秘制佐料，汤料香气扑鼻，味道浓厚，口感独特，是不可错过的美食之一！

Chongqing Noodles is one of the four characteristics of Chongqing. It is a must-have for Chongqing people for three meals a day. The smooth noodles, with the secret ingredients, the soup aroma, the strong and unique taste, is one of the must-try dishes!

### 餐厅推荐 | Restaurant recommendation

#### 老地方猫儿面

Old Place Noodles

推荐指数：★★★★

Recommended index: ★★★★★

人均消费：18元/人

Per capita consumption: 18 RMB / person

地址：磁器口南街5号附13号

Add: No.13, No. 5, South Street, Ciqikou

#### 正宗三姐猫儿面

San Jie Noodles

推荐指数：★★★★

Recommended index: ★★★★★

人均消费：13元/人

Per capita consumption: 13 RMB / person

地址：重庆市沙坪坝区磁器口南街13号

Add: No.13, Ciqikou South Street,  
Shapingba District, Chongqing

## 重庆酸辣粉

Chongqing sour  
and spicy noodles



在重庆,无论是在老街深巷,还是在繁华市区,都可以看到酸辣粉存在的身影。重庆酸辣粉不管是粉还是佐料都各具特色,其味道的特色在于辣里带酸,口味独特、酸辣开胃,绝对令人回味无穷。重庆酸辣粉的粉丝是纯手工制作,劲道弹牙,在一些景点还可以看到手工制作过程,现做现吃,例如磁器口、洪崖洞等景点。

In Chongqing, whether it is in the deep streets of the old streets or in the bustling urban areas, you can see the presence of sour and spicy noodles. Chongqing sour and spicy noodles have its own characteristics, whether it is powder or seasoning. Its taste is characterized by spicy acid, unique, hot and sour appetizer, which is absolutely memorable. The noodles are hand-made, and we can also see the hand-made process and cooking for immediate consumption in some scenic spots, such as Ciqikou and Hongyadong.

重庆  
美食

CHONGQING CUISINE

### 餐厅推荐 | Restaurant recommendation

#### 好又来酸辣粉

Hao You Lai Sour & Spicy Noodles

推荐指数: ★★★★★

Recommended index: ★★★★★

人均消费: 9元/人

Per capita consumption: 9 RMB / person

地址: 解放碑八一路好吃街内(近苏宁电器)

Add: Bayi Road delicious street  
(near Suning Appliance)

#### 静来吃手工酸辣粉

Jing Lai Chi Hand-made Sour &  
Spicy Noodles

推荐指数: ★★★★★

Recommended index: ★★★★★

人均消费: 14元/人

Per capita consumption: 14 RMB / person

地址: 解放碑八一路路过重庆美食城负一楼  
静来吃手工酸辣粉(全季酒店)

Add: Basement Level, Chongqing Food  
City, Bayi Road



# Fun in Chongqing

## 乐在重庆

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重庆，是一座去了便不想回的城市，它不仅仅有美食美景，还有很多事情可以让你“乐”享其中。

大型商场、豪华电影院，各具特色的酒吧和夜店，一应俱全的生活配套设施，您可以选择在闲暇午后或逛街购物，或欣赏最新大片，您也可以选择在入夜后的酒吧夜店尽情狂欢。若您喜欢刺激，您可以选择300米高的悬崖秋千或高空跳伞，体验“前所未有的”刺激和尖叫；您还可以选择大峡谷漂流，感受一番“水上过山车”的快感和乐趣。

在重庆，这一切快乐和刺激，您都可以找到。

Chongqing is a city that you don't want to leave. It is not only beautiful, but also has a lot of things that you can enjoy.

With large shopping malls, luxury cinemas, distinctive bars and nightclubs, a full range of living facilities around, you can choose to shop in the afternoon or enjoy the latest blockbusters. You can also choose to have fun in a bar or nightclub. If you like thrills, you can choose the 300-meter-high cliff swing or skydiving to experience the “unprecedented” excitement and scream; you can also choose the Grand Canyon rafting and experience the thrill and fun of the “water roller coaster”.

In Chongqing, all this is happy and exciting, you can have it.



玩的就是心跳——重庆最刺激项目都在这

Playing just for the thrill—the most exciting projects in Chongqing are here.

乐在  
重庆

FUN IN CHONGQING



## 悬崖秋千

### Cliff swing

悬崖秋千建于300米高的悬崖平台上,共有4米、6米、8米三种高度供游客选择。游客坐在悬崖秋千上,再经工作人员轻轻一推,秋千即从平台山往外荡出,整个身体仿佛顿时脱离依靠,让人充分体验“命悬一线”的惊险刺激。

The cliff swing is built on a 300-meter-high cliff platform with three height options of 4 meters, 6 meters and 8 meters. Tourists sit on the cliff swing, and then the staff gently pushes the swing out of the platform hill. The whole body seems to be suddenly out of dependence, allowing people to fully experience the thrill of “life hanging on a string”.

#### 地址：

位于重庆南部,距重庆主城区约110公里,距万盛城区26公里

#### Add:

Located in the south of Chongqing, about 110 kilometers from the main city of Chongqing and 26 kilometers from Wansheng District.

#### 交通指引：

主城—经黔渝—綦万高速公路—万盛—黑山谷

#### Traffic Guide:

Chongqing Main City → QianYu-QiWan Expressway → Wansheng → Black Valley



## 天空悬廊

### Sky gallery

天空悬廊悬空于300米高的悬崖峭壁之上，沿悬崖向外挑80米的空中，比美国科罗拉多的廊桥还要长3倍，桥体呈A字状。站在桥面上不仅被脚下万丈深渊吓得“神志不清”，还能感受到明显的晃动感，绝对给你不会失望的刺激。

The sky gallery hangs over a 300-meter-high cliff, stretching out 80 meters in the air over the cliff, three times longer than the Colorado Bridge in the USA, and the gallery bridge is A-shaped. Standing on the bridge surface is not only scary by the abyss under the feet, but also full of a sense of swaying, and definitely gives you the excitement of not being disappointed.

#### 地址：

重庆市万盛区黑山石林风景名胜区

#### Add:

Heishan Stone Forest Scenic Spot,  
Wansheng District, Chongqing

#### 交通指引：

主城—经黔渝—綦万高速公路—万盛—黑山谷

#### Traffic Guide:

Chongqing Main City → QianYu-QiWan  
Expressway → Wansheng → Black Valley





## 云阳云端廊桥

### Yunyang Cloud Covered Bridge

云端廊桥建在1010米高的悬崖上，廊桥距离地面高度718米，是世界最长悬挑玻璃廊桥，胆子大，不恐高的朋友可以前往体验下。

The glass bridge is built on a cliff of 1010 meters high. The bridge is 718 meters above the ground. It is the world's longest glass cantilever bridge. Friends who are not afraid of high can go to experience it.

#### 地址：

云阳龙缸国家地质公园景区内

#### Add:

Yunyang Longgang National Geological Park

#### 交通指引：

主城—沪渝高速公路—云阳下道（高速路约300公里，过路费约200元）—利川方向走国道—凤鸣、盘石、龙角、清水—到云阳龙缸地质公园

#### Traffic Guide:

Chongqing Main City→HuYu Expressway  
→Yunyang Lower Road (about 300 kilometers of expressway, about 200 RMB for toll)  
→Lichuan direction national highway  
→Fengming, Panshi, Longjiao, Qingshui  
→Yunyang Longgang Geological Park







## 黔江高空跳伞

### Skydiving

黔江引进了重庆首个3000米高空双人跳伞项目，从3000米高空玩双人跳伞，1分钟可直降1200米，想想都觉得双腿发软。

Qianjiang introduced the first 3,000-meter high-altitude double skydiving project in Chongqing, playing double parachute from 3,000 meters, and descending 1200 meters in one minute.

#### 地址：

黔江武陵山机场

#### Add:

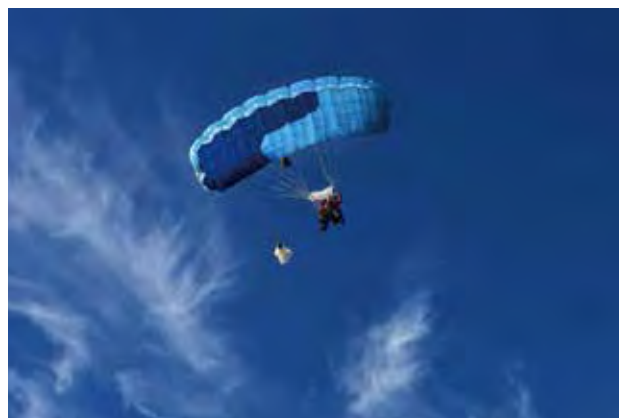
Qianjiang Wulingshan Airport

#### 交通指引：

主城—包茂高速—巴南收费站—黔恩高速—黔江北出口—S209—机场路水—到云阳龙缸地质公园

#### Traffic Guide:

Chongqing Main City→ BaoMao Expressway → Banan Toll Station→QianEn Expressway → Qianjiang North Exit→S209→ Airport Road



# “水上过山车”——峡谷漂流

"Water Roller Coaster" - Canyon Drifting



乐在  
重庆

FUN IN CHONGQING

## 佛影峡漂流

Drifting in Foying Gorge

被广大游客誉为“重庆漂流第一站”的佛影峡漂流，全长5.1公里，总落差117米，最长落差200余米，最大垂直落差5米多，全程漂流用时约1.5小时。

It is praised as the “Chongqing Drifting First Station” by the majority of tourists. The total length is 5.1 kilometers, the total drop 117 meters, the longest drop more than 200 meters, the maximum vertical drop more than 5 meters, and the whole process about 1.5 hours.

### 门票：

70元/人

### Ticket:

70 RMB/ person

### 地址：

重庆巴南区跳石镇圣灯山

### Add:

Shengdeng Mountain, Tiaoshi Town,  
Banan District, Chongqing





## 阿伊河漂流

### Drifting in Ayi River

阿依河漂流是重庆漂程耗时最长，同时也最最刺激的漂流之一。其中最刺激的要属下半程，途中有激流险滩三处，其中第一处最为惊险，整个艇在水里沉沉浮浮，十分刺激。

The Ayi River Drifting is one of the longest and most thrilling drifting in Chongqing. The most exciting part is in the second half. There are three rapids on the way, the first of which is the most breathtaking. The whole boat is floating in the water and it is very exciting.

#### 门票：

100元/人

#### Ticket:

100 RMB/ person

#### 地址：

重庆彭水县阿伊河风景区

#### Add:

Ayi River Scenic Area, Pengshui County, Chongqing

## Urban transportation hub 城市交通枢纽



### 重庆江北国际机场

Chongqing Jiangbei  
International Airport

**地址:**

重庆市渝北区两路街道

**Add:**

Two Roads Street, Yubei District,  
Chongqing

**联系电话:** 023-9666666

**Tel:** 023-9666666



机场巴士 | Airport Shuttle

线路名称:

01路 (全程28公里, 行驶时间大约40分)

Line name:

No.01 (28 kilometers in total.  
Driving time is about 40 minutes)

停靠站点:

机场→加州花园→大庙(观音桥)→上清寺

Stop Station:

Airport → California Garden → Da Temple  
(Guanyin Bridge) → Shangqing Temple

运行时间:

8:30--航班结束后半个小时

Operating hours:

8:30am - half an hour after the flight ends

发车间隔:

每30分钟一班

Departure interval:

every 30 minutes

票价: 10元

Ticket: 10 RMB

停靠站点:

上清寺→民航大厦→机场

Stop Station:

Shangqing Temple→Civil Aviation  
Building→Airport

运行时间:

5:30am--21:00pm

Operating hours:

5:30am-21:00pm

发车间隔:

每整点、半点发一班车

Departure interval:

every full and half hour

票价: 10元

Ticket: 10 RMB

线路名称:

02路 (全程约20公里, 行驶时间约30分钟)

Line name:

No.02 (about 20 kilometers in total.  
Driving time is about 30 minutes)

停靠站点:

机场→栖霞路口→重庆北站北广场

Stop Station:

Airport→Qixia Road Intersection→North  
Square of Chongqing North Railway Station

运行时间:

8:45am--22:00pm

Operating hours:

8:45am--22:00pm

发车间隔:

每30分钟一班

Departure interval:

every 30 minutes

票价: 10元

Ticket: 10 RMB

停靠站点:

重庆北站→汽博中心→机场

Stop Station:

Chongqing North Railway Station  
→Auto Expo Center→Airport

运行时间:

8:00am--22:30pm

Operating hours:

8:00am--22:30pm

发车间隔:

每30分钟一班

Departure interval:

every 30 minutes

票价: 10元

Ticket: 10 RMB

## 机场轻轨 | Airport Light Rail

### 轻轨服务地点:

- 机场停车场内
- 要客服务区C区入口10米处
- 机场T2B航站楼内, 德克士餐厅旁
- 机场T2B航站楼旁, 7号到达口20米处

### Light rail service location:

- Inside the airport parking lot
- 10 meters from the entrance of the C area of the VIP service area
- Inside the airport T2B terminal, next to the Dicos
- 20 meters from the No.7 Arrivals of the airport T2B terminal

### 营运时间:

06:30am-22:30pm

### Operating hours:

06:30am-22:30pm

### 收费情况: 2-8元

Cost: 2-8 RMB

### 服务电话:

023-68002222

### Service Tel:

023-68002222

## 火车 Train

## 重庆北站 | Chongqing North Railway Station

重庆北站位于重庆市渝北区龙头寺天宫殿大道正前方, 分为北广场和南广场, 目前两个广场是互不相通的, 需要坐轻轨或公交直达, 所以要提前确认好乘车/下车的具体地点。

Chongqing North Railway Station is located in front of Tiangong Avenue, Longtousi Temple, Yubei District, Chongqing. It is divided into North Square and South Square. At present, the two squares are not connected to each other. You will need to take a light rail train or bus, so it is necessary to confirm in advance where to get on/off.

### 轻轨3号线:

北广场: 龙头寺站

南广场: 重庆北站

### Light Rail Line 3:

North Square: Longtoushi Station

South Square: Chongqing North Railway Station

### 途径公交:

北广场: 217路、245路、288路、354路、558路等

南广场: 105路、138路、202路、288路、421路等

### Bus:

North Square: No.217/245/288/354/558

South Square: No.105/138/202/288/421



## 重庆站 (菜园坝站)

### Chongqing Railway Station (Caiyuanba Station)

#### 地址:

重庆市渝中区菜园坝街道南区路249号

#### Add:

No. 249, South District Road, Caiyuanba Street, Yuzhong District, Chongqing

#### 途径公交:

108路, 112路, 115路, 120路, 125路等

#### Bus:

No.108/112/115/120/125

#### 轻轨:

两路口站/菜园坝站

#### Light Rail:

Two-way station/Caiyuanba station

## 沙坪坝站

### Shapingba Railway Station

#### 地址:

重庆市沙坪坝区天陈路19号

#### Add:

No. 19, Tianchen Road, Shapingba District, Chongqing

#### 途径公交:

248路、261路、805路、202路、183路等22条公交线路

#### Bus:

22 bus lines, including No.248/261/805/202/183

## 重庆西站

### Chongqing West Railway Station

#### 地址:

重庆市沙坪坝区凤中路168号

#### Add:

No.168, Fengzhong Road, Shapingba District, Chongqing

#### 途径公交:

441路、447路、0495路、213路、424路等

#### Bus:

No.441/447/0495/213/424

#### 轻轨1号线:

沙坪坝站/高庙村站/石桥铺站 换乘公交车前往

#### 轻轨2号线:

杨家口站/大渡口站 换乘公交车前往

#### Light Rail Line 1:

To the Shapingba Station / Gaomiao Village Station / Shiqiaopu Station then transfer to the bus

#### Light Rail Line 2:

To the Yangjiakou Station / Dadukou Station then transfer to the bus



## 汽车 Bus

### 重庆汽车站 (也称菜园坝汽车站、重庆长途汽车站)

**Chongqing Bus Station (also known as Caiyuanba Bus Station, Chongqing Distance Bus Station)**

**地址:**

重庆市渝中区菜袁路1号, 重庆火车站旁

**Add:**

No. 249, South District Road, Caiyuanba Street, Yuzhong District, Chongqing

**交通:**

乘坐轨道交通1、3号线在两路口站下车,  
乘坐公交210、414路可到

**Traffic Guide:**

Light Rail Line 1/3: To the Two-way Station  
then transfer to bus No.210/414

**电话:** 023-89033875

**Tel:** 023-89033875



### 重庆汽车北站

**Chongqing North Bus Station**

**地址:**

重庆市渝北区火车北站下层广场

**Add:**

Lower Level Square, Chongqing North Railway Station, Yubei District,

**交通:**

乘坐轨道交通3号线可到达

**Traffic Guide:**

by Light Rail Line 3

**电话:** 023-67634355

**Tel:** 023-67634355

### 沙坪坝汽车客运站

**Shapingba Bus Station**

**地址:**

重庆市沙坪坝区天陈路58号

**Add:**

No. 58 Tianchen Road, Shapingba District, Chongqing

**交通:**

市区乘坐291、858等多路公交车可达

**Traffic Guide:**

Bus No.291, No.858 and other buses from the city center

**电话:** 023-86286877

**Tel:** 023-86286877



## 轻轨 Light Rail

重庆轨道交通线网图  
Chongqing Rail Transit System Plan



城市  
交通  
枢纽

URBAN TRANSPORTATION HUB

## 出租车 Taxi

重庆出租车起步价为3公里及以内，  
10/3公里-11元/3公里，超出3公里外为2  
元/公里-2.3元/公里。

The base price of taxis in Chongqing is  
10-11 RMB / 3 km for the first 3 km or  
less, and 2-2.30 RMB / km after the  
first 3 km.

**出租车投诉热线: 96096**

**Taxi complaint hotline: 96096**

