



# 重慶之旅

**CHONGQING  
TOUR**

2019 • 5 • 31 - 6 • 9

ORGANIZED BY:  
舉辦單位:



承真樓中國  
文化研究中心  
CHINESE CULTURAL  
STUDIES CENTER





## ABOUT THE TOUR

## 關於重慶古鎮之旅

Chongqing is one of China's four municipalities (the other three being Beijing, Shanghai, and Tianjin), under the direct administration of the central government. Known as the "Mountain City," it is the largest in area out of the four municipalities and the only one not situated by the coast. It serves as the economic center of the upstream Yangtze basin.

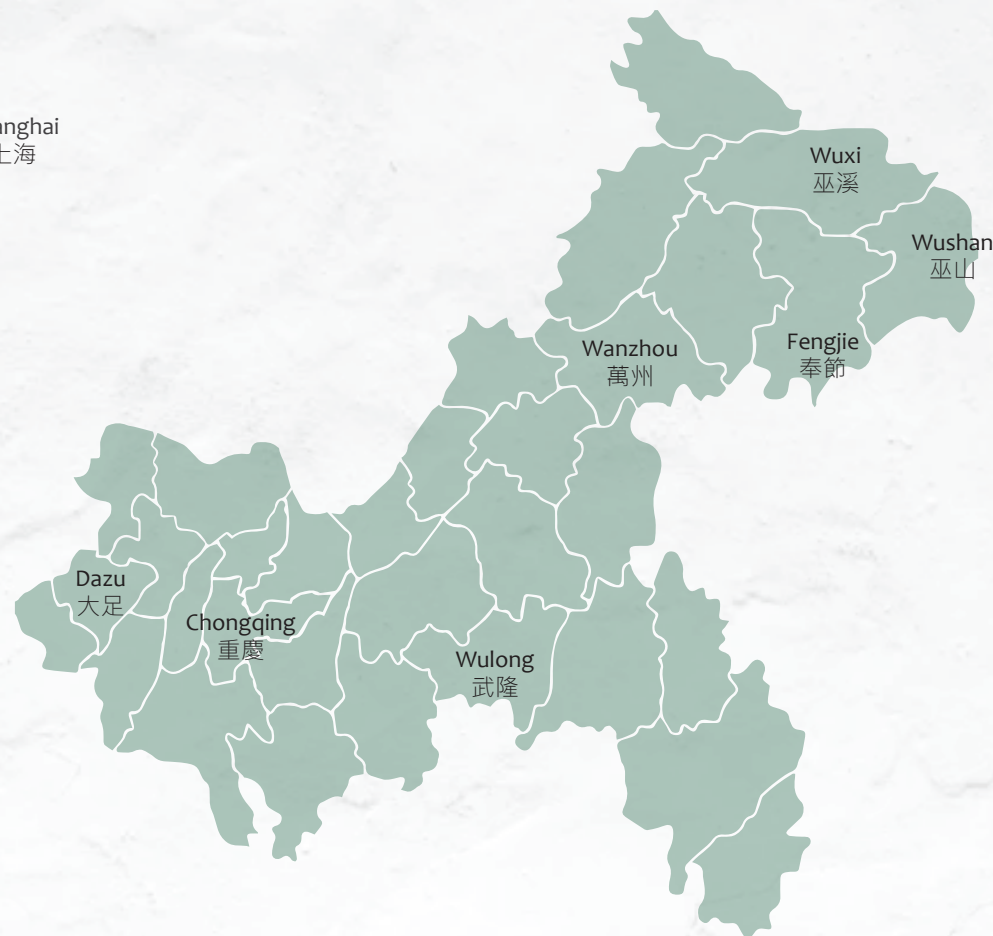
Chongqing has much to offer in its historical, cultural, and natural attractions. The city itself has a unique frontier feel that is different from the glitz of Beijing and Shanghai. Beyond the metropolitan area are breathtaking natural landscapes of wavy terrain, dense forests, and abundant flora and fauna. It is the gateway to the Three Gorges, with the Yangtze River winding through.

This special tour organized by Chinese Cultural Studies Center will allow one to intimately see the different sides of Chongqing--from important historical sites such as the Dazhu Rock Carvings, to natural landscapes such as the crystal clear rapids and sky-scraping cliffs of the Small Three Gorges. One will gain a significant understanding of, and be enchanted by the vibrancy and rich offerings of Southwestern China.

重慶是我國四大直轄市之一，著名“山城”，直轄市中面積最大，也是唯一非海岸的直轄市，長江流域上游的經濟中心。

重慶在歷史、文化和自然景點方面有很多東西可以提供。這座城市本身就有一種獨特的邊疆感覺，與北京和上海的浮華不同。在都會區之外是波浪形地形、茂密森林和豐富的動植物的令人歎為觀止的自然景觀。它是通往三峽的門戶，長江蜿蜒而過。

這次由中國文化研究中心舉辦的文化考察團，期望向各參加者介紹我國西南重要城市之一的重慶歷史、古代巴蜀文化、風土人情以及三峽風光。



**MAP**  
**地圖**



# THINGS TO NOTE

## 行程注意事項



The municipality of Chongqing is spread over an area the size of Austria. There's something to see at every corner, thus to make the most of our trip, there will be a significant amount of driving on most days. So be sure to bring what you need, in order to make the car rides comfortable!

由於各參觀點距離較遠，加上山區地形，交通上需時頗長，可能會比較疲累。



On some portions of this tour there will be significant amount of walking and steps involved, therefore we encourage you to bring comfortable walking shoes, and are at a moderate fitness level.

重慶為山城，山路、斜路、樓梯較多，留意因為走用較多樓梯引起的腿痛，建議穿著舒適的爬山鞋，保護雙腿。



The weather at Chongqing will be summer weather when we go in June. It is known to be often overcast and cloudy, but when it is sunny, it will be hot! Please bring clothing for hot days, a suggested light water-proof jacket in case it rains, and a jacket for when its cooler when we are at higher elevations.

重慶屬於山城，著名的霧都，經常下雨，即使不下雨，霧也大。所以各團友要注意防水及防風，由於屬於內陸，早晚溫差大，須攜帶保暖的外套。



It's pretty hard to get away from spicy food in Chongqing. If spicy food is not to your palate, we will do our best to accommodate, but we hope that you can be understanding if there should be any limitations to what we can provide.

重慶美食頗多，然而口味偏重，較為多油、多鹽以及麻辣。或許會令人有些微不適。

DAY 1  
第一天

SHENZHEN > CHONGQING  
深圳 > 重慶

# ITINERARY

## 行程

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AM  
上午

Fly from Shenzhen to Chongqing  
由香港飛往重慶



China Southern Airlines CZ 8136 20:20-22:35

Approximate flight time 2h15m (Direct)  
預計飛行時間2小時15分鐘 (直飛)

DAY 2  
第二天

CHONGQING > YUNYANG  
重慶 > 雲陽

AM  
上午

Three Gorges Museum  
三峽博物館

PM  
下午

Drive to Yunyang (4h)  
開車往雲陽 (4小時)



三  
峽  
博  
物  
館



THREE GORGES MUSEUM

One of the biggest museums in the country, it covers an area of almost 430,000 square feet over multiple stories. It was opened in 2005, and exhibits artifacts that were rescued from land to be covered by the waters of the reservoirs from the construction of the Three Gorges Dam. The museum focuses on the culture, history and geography of the region.

三峽博物館是西南地區重要博物館之一，展覽別具地域風格，其中介紹三峽地區從古至今的變遷，道盡歷史滄桑變化。而遠古時期的巴蜀文化展，當中的青銅鴨尊更是重要館藏文物之一。

DAY 3  
第三天

YUNYANG > FENGJIE  
雲陽 > 奉節

AM  
上午

Yunyang Longgang National Park  
龍缸國家地質公園

PM  
下午

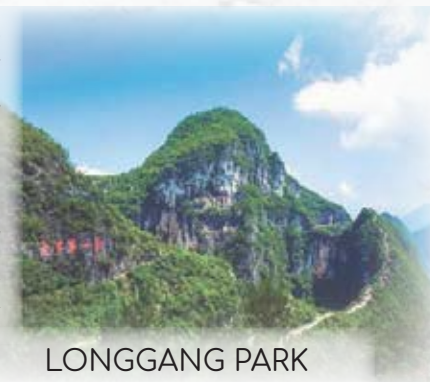
Drive to Fengjie (1.5h)  
開車往奉節 (1.5小時)



The Longgang Scenic Area is known for its beautiful scenery--which includes mountains, gorges and rivers. The grand national park is characterized by its peculiar landforms such as karst pits, deep karst caves, rocky grasslands, and dense forests.

龍缸國家地質公園位於雲陽縣。由豐富的溶洞、崇山峻嶺組成。其中雲端廊橋建於海拔約1000米懸崖處，向外伸出約20多米，能夠從角度飽覽四周景色。

龍  
缸  
國  
家  
地  
質  
公  
園



LONGGANG PARK



DAY 4  
第四天

FENGJIE > WUXI

奉節 > 巫溪

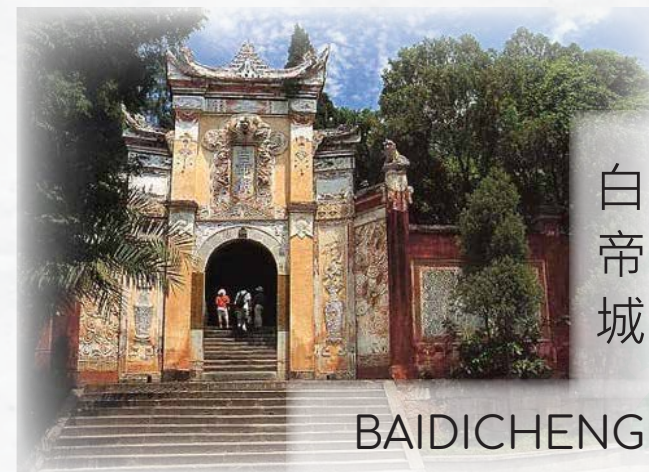
AM  
上午 Baidicheng  
白帝城

PM  
下午 Kuizhou Museum  
夔州博物館

Drive to Wuxi (2h)  
開車往巫溪 (2小時)



Baidicheng (literal meaning "White Emperor City"), is an ancient temple complex on a hill on the northern shore of the Yangtze River, and surrounded by water on three sides and by mountains on one. Built during the Western Han dynasty, it underwent repairs during the Ming and Qing dynasties. Mingliang Temple, the main building in the complex, was built in 1533. It is said that during the Three Kingdoms Period, Liubei was defeated and retreated to Baidicheng.



白帝城位於三峽庫區奉節縣長江北岸。白帝城由白帝廟和武侯祠等建築組成，而此處亦為觀賞三峽“夔門”的最理想之地。

DAY 5  
第五天

WUXI > WUSHAN

巫溪 > 巫山

AM  
上午 Ningchang Ancient Town  
寧廠古鎮

PM  
下午 Jingzhu Gorge  
荊竹峽

Drive to Wushan (2h)  
開車往巫山 (2小時)



One of the earliest places of salt production in China, the history of local salt production in this site can be traced back to over 4000 years ago, according to historical records. The town of Ningchan has kept its historical appearance, and most buildings are bamboo and wood structures--many are built on the river, upon wooden stakes.

寧廠古鎮位於巫溪縣附近。是我國早期產鹽地之一，古建保留不少吊腳樓，臨河而建。



DAY 6  
第六天

WUSHAN  
巫山

AM  
上午 Small Three Gorges  
小三峽

PM  
下午 Wushan Museum  
巫山博物館



The Small Three Gorges, also known as the Lesser Three Gorges, is formed by Longmen Gorge, Bawu Gorge, and Dicui Gorge. Known for its gorgeous natural landscapes, its name is derived from its narrower water path. There are also historical places of interest along the way, such as boat coffins, and remains of ancient plank walkways.

小三峽位於巫山縣，由龍門峽、巴霧峽、滴翠峽組成。從巫山乘船而上，兩岸景色以雄偉見稱，除了一系列自然風景外，更有人文遺跡，如懸棺、棧道等等。

DAY 7  
第七天

WUSHAN > WULONG  
巫山 > 武隆

AM  
上午 | PM  
下午 Drive to Fairy Mountain (7h)  
開車往仙女山 (7小時)



DAY 8  
第八天

WULONG  
武隆

AM  
上午 Drive to Three Natural Bridges (1h)  
開車往天生三橋 (1小時)



Three Natural Bridges  
天生三橋

PM  
下午 Drive to Chongqing city (4h)  
開車往重慶市 (1小時)



The Three Natural Bridges are a series of natural limestone bridges. They lie within the Wulong Karst National Geology Park. The bridges are all named after dragons, namely Tianlong, Qinglong, and Heilong.

天生三橋，屬於典型的喀斯特地貌，罕見的地質奇觀旅遊區。三橋夾兩坑天生三橋由天龍橋、青龍橋、黑龍橋三座天生石拱橋組成，是亞洲最大的天生橋群。三座橋橫跨在羊水河峽谷之上，石橋的跨度和距離峽谷底部均在百米以上。三座石橋將峽谷兩岸的山體連在一起，形成了“三橋夾兩坑”的奇特景觀。石橋之間所夾的坑，也稱為“天坑”。



DAY 9  
第九天

CHONGQING > DAZU  
重慶 > 大足

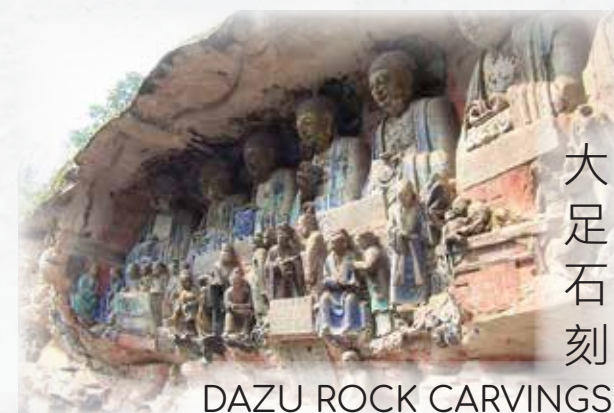
AM  
上午

Drive to Dazu (2.5h)  
開車往大足 (2.5小時)



PM  
下午

Dazu Rock Carvings  
大足石刻



DAZU ROCK CARVINGS

The steep hillsides in the Dazu area contain an exceptional series of five clusters of rock carvings dating from the 9th to the 13th centuries. More than 10,000 carvings depict themes of Tantric Buddhism and Taoism. The Carvings are known for their grand scale, aesthetic quality, rich diversity of subject matter, and for being well preserved, standing as an example of the highest level of Chinese cave temple art from that time period.

大足石刻位於重慶大足區。石窟造像始鑿於 唐，盛於兩宋之間。為我國西南地區重要石窟遺址，1999年為聯合國教科文組織世界文化遺產。


DAY 10  
第十天

CHONGQING > SHENZHEN  
重慶 > 深圳

AM  
上午

Explore Chongqing city  
重慶市

PM  
下午

Fly from Chongqing to Shenzhen   
由重慶飛往深圳

Hainan Airlines HU 7258 17:45-20:05

Approximate flight time 2h20m (Direct)  
預計飛行時間2小時20分鐘 (直飛)



# ACCOMMODATIONS & FOOD

## 住宿及膳食安排



### ACCOMMODATIONS

4 star hotel accommodations will be carefully selected at each location where possible, to ensure that participants will be able to unwind and rest comfortably at the end of each day.

### FOOD

Chongqing food is a branch of Sichuan cuisine, and is noted for its distinctive spicy and pungent flavors. The smoldering burn of dried chilies, the citrusy and tingly numbness of Sichuan peppers, the pungent flavor of garlic, the malty, woody flavor of black vinegar, the familiar soy sauce and sesame flavoring...there is a vast variety of flavors and cooking methods that are all carefully balanced in the local dishes.

Chongqing is considered the birth place of hot pot. What started as a seasonal food to ward against the low temperatures of the winter, is now a popular food enjoyed regardless of the seasons.

This tour will provide ample opportunities for participants to experience Chongqing cuisine!

### 住宿

旅程中會安排參加者入住四至五星級酒店，以確保參加者能有一個舒適的空間休息作每天的總結。

### 膳食

重慶地區飲食文化別樹一格。重慶的川菜博採全國各大菜系之長，兼收並蓄，妙味無窮。其烹飪制法有30多種，花色菜品有4000多個，味型20餘種，香型10多種。聰明的重慶人對山城飲食頗有一番考究，他們通過各種烹飪手段調製出千變萬化的菜餚，漸漸地為重慶的地方飲食創出了一些品牌。

# BOOKING

## 報名

To make a booking, please fill out the Tour Booking Form. 請填寫以下旅遊團報名表格.

### Tour Booking Form 旅遊團報名表格

Name (Last, Middle, First) 姓名: \_\_\_\_\_  
(as shown on traveling document 須與旅遊證件相同)

Date of Birth 出生日期 (D/M/Y): \_\_\_\_\_ Gender 性別: \_\_\_\_\_

Traveling document number 旅遊證件號碼: \_\_\_\_\_  
(passport or Hong Kong-Mainland Entry Card 護照 或 回鄉證)

Other people under booking 其他旅客資料:

	Additional person 1 成員 1	Additional person 2 成員 2
1. Name 姓名		
2. Date of Birth 出生日期		
3. Gender 性別		
4. Traveling document no. 旅遊證件號碼		
5. Email 電郵地址		

Room arrangements (if traveling with other people under same booking):  
房間安排 (如有其他同行旅客):

- ☐ we want to share the same room (twin beds) 安排在同一間房 (雙床雙人房)
- ☐ we want to share the same room (king bed) 安排在同一間房 (豪華雙人床房)
- ☐ we want separate rooms 安排在不同房間

Contact information 聯絡資料:

Email address 電郵地址: \_\_\_\_\_

Phone number (inc. area code) 手提電話號碼 (包括國際電話區碼): \_\_\_\_\_

Address 聯絡地址: \_\_\_\_\_  
\_\_\_\_\_

Additional comments 其他意見或查詢: \_\_\_\_\_



## Tour Booking Form (continued) 旅遊團報名表格(續)

### DISCLAIMER 聲明

1. CCSC acknowledges the importance of your privacy. All information is kept securely and will only be used in the organization of the tour.
  2. CCSC disclaims to the extent permitted by law all liability whatsoever for any loss or damage sustained by any customer or third party, whether to property, arising out of the tour.
  3. While all effort is made to maintain the integrity of information related to the tour, details may be subject to change and updates.
  4. The tour will be operated in all weather, though CCSC reserves the right to alter or amend an itinerary if circumstances require.
  5. CCSC recommends that participants have their own personal travel insurance which, under certain circumstances, insures against unforeseen travel issues and risks such as inability to participate in the tour, lost/stolen/damaged travel documents and personal property, medical expenses, evacuation and other emergency transportation.
  6. It is the responsibility of passengers to obtain any and all documents required for travel, including, but not limited to valid passports, exit and/or entry/re-entry visas and any other documents required by the immigration officials of the country you are visiting.
1. 承真樓承諾收集到個人資料務必加密，並只會用於是次旅程。
2. 承真樓在法律允許的範圍外，對任何旅客和第三者在旅程中的任何損失及導致的損壞，本機構一概不負責。
3. 承真樓會盡力維持原計劃的旅程活動，惟承真樓有權更改任何行程。
4. 旅程基本上會在所有天氣情況下按原定計劃舉行，但承真樓保留一旦情況要求下的行程更改及變動權。
5. 承真樓建議參加者自行購買屬於個人的旅遊保險，為個人在旅程中有機會出現的突發事故作出保障，如突然不能出席旅行團、旅遊證件及個人財物遺失/失竊/損毀、醫療開支、緊急撤離等情況。
6. 參加者有責任確保已準備好有效的旅行證件，不單是有效的護照，更包括來往當地的出入境簽證文件。

I have read to and agree with the information outlined in the disclaimer.  
我已閱讀並同意上述聲明內的全部內容

Signature 簽署: \_\_\_\_\_ Date 日期: \_\_\_\_\_

Please submit completed booking forms by email to  
[info@chineseculturalstudiescenter.org](mailto:info@chineseculturalstudiescenter.org)

OR mail or deliver them to the following address:

304 Lyndhurst Building, 29 Lyndhurst Terrace, Central, Hong Kong

請把已填寫好的報名表格電郵至[info@chineseculturalstudiescenter.org](mailto:info@chineseculturalstudiescenter.org)  
或郵遞或親自遞交到:

香港中環擺花街29號中環大廈304室承真樓

For inquiries, please email [info@chineseculturalstudiescenter.org](mailto:info@chineseculturalstudiescenter.org)  
or call (852) 2521 0718

如有任何查詢, 請電郵至 [info@chineseculturalstudiescenter.org](mailto:info@chineseculturalstudiescenter.org)  
或致電 (852) 2521 0718

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CCSC FACEBOOK PAGE: [facebook.com/chineseculturalstudies](https://facebook.com/chineseculturalstudies)