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本书精选世界范围内最经典、最美丽、最好玩的 100 个自然、人文景观，通过轻松地道的英文，向读者全面介绍这些景观的美妙之处。无论你是英语学习爱好者，还是旅游爱好者，你都可以通过阅读本书，一边同游世界一边提高自己的英语实力。

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前言

古人说，“读万卷书，行万里路”，讲的是要努力读书，让自己的才识过人，并让自己的所学能在生活中有所体现，也就是理论结合实际，学以致用。智慧的古人早就明白了光“读万卷书”，不“行万里路”，是纸上谈兵；只“行万里路”，不“读万卷书”，也难成大事。没错，行万里路本身就是读书，读这本自然的书、社会的书、心灵的书。走过了历史的痕迹，才算见证了岁月的变迁；见识了山川大河，才算明白了世界的博大；经历了百味传奇，才算体会了人间烟火。

我们要做这样一群人，把“行万里路”看做是一种愉悦的享受，一种高尚的娱乐，一种骄傲的品位。在我们心中，每个地方都是一个看世界的窗口，每次旅行都是一个小小的阶梯，带领我们向上爬。旅行让我们找到理想中的国度，见到梦想中的天堂。

旅行中，我们顶着那片天空，穿过大街小巷。途经的每一座城市都留下了自己的脚步，触摸的每一条河流都有自己的温度。我们恣意地摆出各种 pose（造型），或是大笑，或是傻乐，偶尔还会突然伤感。所以我们选择旅行，把今生的目标定为 100 个，我们要到精神圣地、历史名城、魅力都会、文化之都、古代奇迹、纯净乐土、瑰丽美景、原生地貌、风韵城邦和度假天堂去旅行！也许我们会对生活感到疲惫，于是周密地谋划着每一次出行，然后拖着更加疲惫的身体回到原来的生活；也许我们会对某人感到想念，于是带着爱人手舞足蹈地踏上征程；也许我们只是想看风景，或者只是为了在路上。我们怀着五花八门的想法在这条路上走着，任何一阵微风都有可能改变我们的方向。

世界是多样的，也是精彩的。世上的美景何止 100 个？但我们固执地想去这 100 个地方！在一个没有人认识的地方和大自然亲密接触，让心灵回归，回归到最原始的状态。



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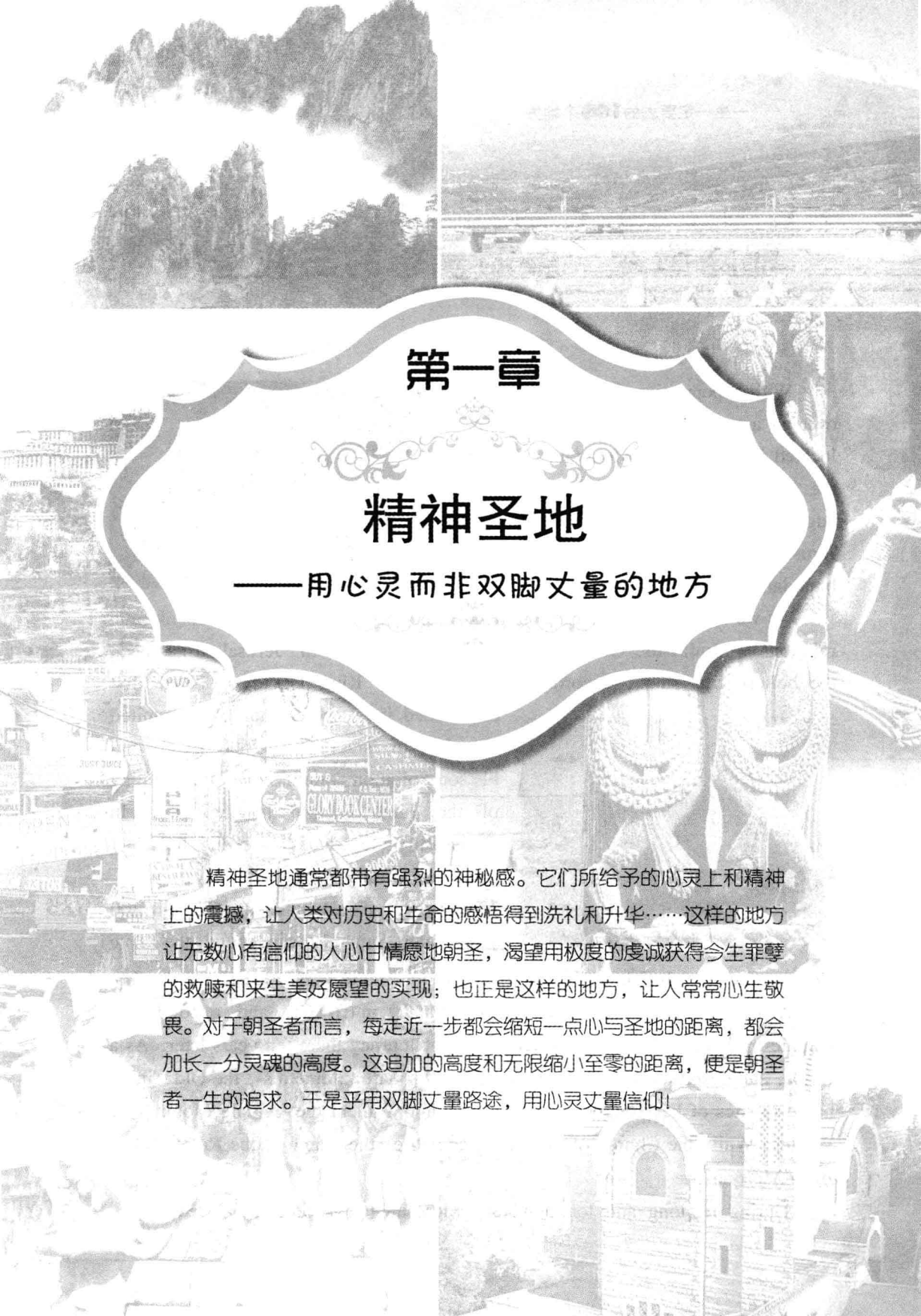
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第一章

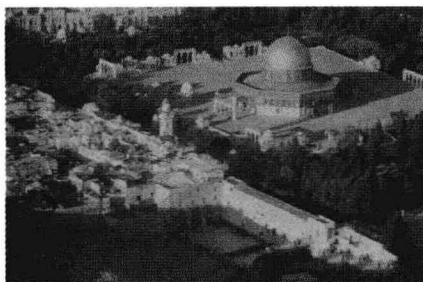
精神圣地

——用心灵而非双脚丈量的地方

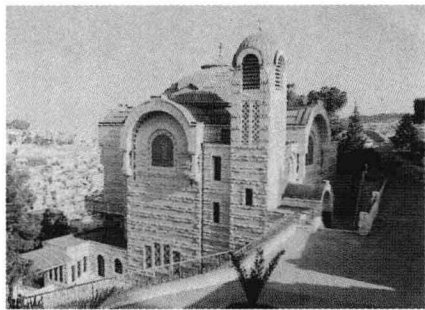
精神圣地通常都带有强烈的神秘感。它们所给予的心灵上和精神上的震撼，让人类对历史和生命的感悟得到洗礼和升华……这样的地方让无数心有信仰的人心甘情愿地朝圣，渴望用极度的虔诚获得今生罪孽的救赎和来生美好愿望的实现；也正是这样的地方，让人常常心生敬畏。对于朝圣者而言，每走近一步都会缩短一点心与圣地的距离，都会加长一分灵魂的高度。这追加的高度和无限缩小至零的距离，便是朝圣者一生的追求。于是乎用双脚丈量路途，用心灵丈量信仰！

耶路撒冷，美丽哀愁的三教圣地

With a population of 763,800 residents over an area of 125.1 km², **Jerusalem** is located in the Judean Mountains, between the Mediterranean Sea and the northern edge of the Dead Sea. However, modern Jerusalem has grown far beyond the boundaries of the Old City.



As we all know, Jerusalem is a holy city to the three major **Abrahamic** religions — **Judaism**, **Christianity** and **Islam**. In Judaism, Jerusalem has been the holiest city since, according to the Torah, King David of Israel first established it as the capital of the united Kingdom of Israel in c. 1000 BCE, and his son Solomon commissioned the building of the First Temple in the city. In Christianity, Jerusalem has been a holy city since, according to the **New Testament**, Jesus was crucified in c. 30 CE and 300 years later Saint Helena found the True



Cross in the city. In Islam, Jerusalem is the third-holiest city. It became the first Qibla, the focal point for Muslim prayer (Salah) in 610 CE, and, according to Islamic tradition, Muhammad made his Night Journey there ten years later. As a result, and despite having an area of only 0.9 square kilometres, the Old City is home to sites of key religious importance, among them the Temple Mount, the Western Wall, the Church of the Holy Sepulchre, the Dome of the Rock and al-Aqsa Mosque.

During its long and tough history, Jerusalem has been destroyed twice,

besieged 23 times, attacked 52 times, and captured and recaptured 44 times. The oldest part of the city was settled in the 4th millennium BCE, making Jerusalem one of the oldest cities in the world. The old walled city, a World Heritage site, has been traditionally divided into four quarters, although the names used today — the Armenian, Christian, Jewish, and Muslim Quarters — were introduced in the early 19th century. In 1982, the Old City was **nominated** for inclusion on the List of World Heritage Sites in Danger by Jordan.

Nowadays, the status of Jerusalem remains one of the core issues in the Israeli-Palestinian conflict. Before Arab Israeli War in 1967, East Jerusalem was controlled by Jordan, but Israel **annexed** East Jerusalem and considers it a part of Israel despite the international community's rejection. The international community considers the annexation to be illegal and East Jerusalem to be Palestinian territory held by Israel under military occupation. Israel, however, considers the entire city to be a part of Israel following its annexation of East Jerusalem through the Jerusalem Law of 1980.



All branches of the Israeli government are located in Jerusalem, including the Knesset (Israel's parliament), the residences of the Prime Minister and President, and the Supreme Court. Jerusalem is home to the Hebrew University and to the Israel Museum with its Shrine of the Book. The Jerusalem Biblical Zoo has ranked consistently as Israel's top tourist attraction for Israelis.

耶路撒冷是一座历史悠久的城市，在地理上位于犹大山地，介于地中海与死海之间，被誉为三大宗教的圣城（犹太教、基督教和伊斯兰教）。

公元前10世纪，所罗门圣殿在耶路撒冷建成。从那时候起，耶路撒冷就一直是犹太教信仰的中心和最神圣的城市，昔日圣殿的遗迹西墙，仍是犹太教最神圣的所在。基督徒也十分重视耶路撒冷。根据《圣经》记载，这里是耶稣受难、埋葬、复活和升天的地点。伊斯兰教也将耶路撒冷列为麦加、麦地那之后的第三圣地，以纪念穆罕默德的夜行登霄，并在圣殿山上建造了2座清真寺——阿克萨清真寺和圆顶清真寺来纪念这一圣事。

今天的耶路撒冷，在强烈的对比中散发出自己独特的魅力。在这里，不同文化、不同宗教、不同民族、不同阶层的人们在同一片蓝天下生活。最特别的地方是被一圈城墙所围绕的耶路撒冷老城，面积只有0.9平方千米，其中又分为4个宗教与种族聚居区：犹太区、基督徒区、亚美尼亚区和穆斯林区。耶路撒冷最重要的也是引起重大争议的宗教圣地均位于此处：包括犹太教的西墙和圣殿山、穆斯林的圆顶清真寺（Dome of the Rock）和阿克萨清真寺，及基督徒的圣墓教堂和苦路。

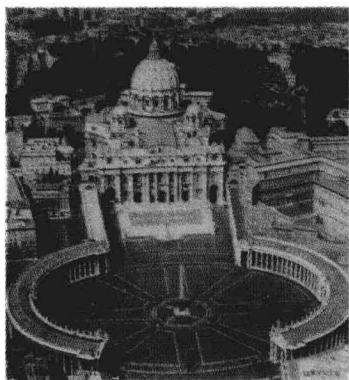


Glossary

- Jerusalem 耶路撒冷
- Abrahamic 亚伯拉罕的
- Judaism 犹太教
- Christianity 基督教
- Islam 伊斯兰教
- c. circa 的简写形式，大约
- BCE Before the Common Era 的缩写，公元前，纪元前
- New Testament 新约
- focal 焦点的
- besiege 包围
- millennium 千年
- nominate 提名
- List of World Heritage Sites 世界遗产名录
- annex 吞并

梵蒂冈，迷你的“先知之地”

Vatican City or Vatican City State, officially Stato della Città del Vaticano, which translates literally as “State of the City of the Vatican”, is a landlocked **sovereign** city-state whose territory consists of a walled **enclave** within the city of Rome, the capital city of Italy. It has an area of approximately 44 hectares (110 acres), and a population of just over 800.



Vatican City is an **ecclesiastical** or **sacerdotal-monarchical** state, ruled by the Bishop of Rome — the Pope. The highest state functionaries are all Catholic clergymen of various national origins. It is the sovereign territory of the Holy See (Sancta Sedes) and the location of the Pope's residence, referred to as the Apostolic Palace.

The Popes have generally resided in the area that in 1929 became Vatican City since the return from Avignon in 1377, but have also at times resided in the Quirinal Palace in Rome and elsewhere. Previously, they resided in the Lateran Palace on the Caelian Hill on the far side of Rome from the Vatican. Emperor Constantine gave this site to Pope Miltiades in 313. The signing of the agreements that established the new state took place in the latter building, giving rise to the name of Lateran Pacts, by which they are known.

Almost all of Vatican City's 826 (2009 est.) citizens either live inside the Vatican's walls or serve in the Holy See's **diplomatic** service in embassies (called “**nunciatures**”; a papal ambassador is a “**nuncio**”) around the world. The Vatican citizenry consists almost entirely of two groups: clergy, most of whom work in the service of the Holy See, and a very few as officials of the state; and the Swiss Guard. Most of the 3,000 lay workers who comprise the

majority of the Vatican workforce reside outside the Vatican and are citizens of Italy, while a few are citizens of other nations. As a result, all of the City's actual citizens are Catholic as are all the places of worship.

Vatican City has no set official language. Unlike the Holy See, which most often uses Latin for the authoritative version of its official documents, Vatican City uses Italian in its legislation and official communications. Italian is also the everyday language used by most of those who work in the state. In the Swiss Guard, German is the language used for giving commands, but the individual guards take their oath of loyalty in their own languages, German, French, Romansh or Italian. Vatican City's official website languages are Italian, English, French, German, and Spanish. (This site should not be confused with that of the Holy See, which uses all these languages, along with Portuguese, with Latin since 9 May 2008 and Chinese since 18 March 2009.)



Vatican City is home to some of the most famous art in the world. St. Peter's Basilica, whose successive architects include Bramante, Michelangelo, Giacomo della Porta, Maderno and Bernini is a renowned work of Renaissance architecture. The Sistine Chapel is famous for its

frescos, which include works by Perugino, Domenico Ghirlandaio and Botticelli as well as the ceiling and Last Judgement by Michelangelo. Artists who decorated the interiors of the Vatican include Raphael and Fra Angelico.

The Vatican Library and the collections of the Vatican Museums are of the highest historical, scientific and cultural importance. In 1984, the Vatican was added by UNESCO to the List of World Heritage Sites; it is the only one to consist of an entire state. Furthermore, it is the only site to date registered with the UNESCO as a centre containing monuments in the "International Register of

Cultural Property under Special Protection” according to the 1954 Hague Convention for the Protection of Cultural Property in the Event of Armed Conflict.

在拉丁语中，梵蒂冈的意思是“先知之地”。它是全世界天主教的中心——以教皇为首的教廷的所在地。每年都会有无数天主教徒来到这座圣城，瞻仰这座上帝之城。这里的圣彼得大教堂，是天主教会举行最隆重仪式的场所。

梵蒂冈，实质上是坐落在意大利境内的“国中之国”，其全称为梵蒂冈城国。它是一个永久中立国，其国土神圣不可侵犯。但是，这个国家境内没有田野，没有农业，没有工业，没有矿产资源。国民的生产生活必需品，比如自来水、电力、食品、燃料、煤气等全都由意大利供给。这个国家也没有军队，仅有一支人数甚少的警卫在负责国家的安全工作、保卫教皇的安全及参加宗教仪式。梵蒂冈的博物馆、图书馆与美术馆中藏有中世纪和文艺复兴时期以来的珍贵文物和艺术作品，比如米开朗琪罗创作的壁画。

梵蒂冈的日常生活具有浓厚的宗教色彩。这里禁止游客或当地居民在穿着上露出膝盖以上的部位，以示对这座上帝之城神圣的敬意。所以，不要穿迷你裙和短裤来这里旅游。而且，你别想在这里修剪头发，因为这里没有理发店。



Glossary

- sovereign 至高无上的，有主权的
- enclave 被包围的领土
- sacerdotal 僧侣的
- diplomatic 外交的
- nuncio 罗马教廷大使
- architect 建筑师
- UNESCO 联合国教科文组织
- ecclesiastical 教会的
- monarchical 君主的
- nunciature 罗马教皇使节的职位或任期
- oath 誓言，誓约
- fresco 壁画

麦加，伊斯兰教最神圣的净土

Mecca is the center of the Islamic world, closely followed by Medina, and the birthplace of both the Prophet Muhammad and the religion he founded. Located in the Sirat Mountains of central Saudi Arabia and 45 miles inland from the Red Sea port of Jidda (Jeddah), ancient Mecca was an oasis on the old caravan

trade route that linked the Mediterranean world with South Arabia, East Africa, and South Asia.

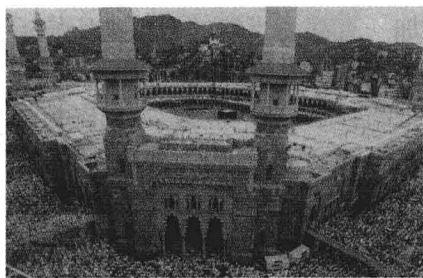
Islamic tradition attributes the beginning of Mecca to Ishmael's descendants. In the 7th century, the Islamic Prophet Muhammad proclaimed Islam in the city which was by then an important trading center. After 966, Mecca was led by local sharifs. When the authority of the Ottoman Empire in the area collapsed in 1916, the local rulers established the Hashemite Kingdom of Hejaz. The Hejaz kingdom, including Mecca, was absorbed by the Saudis in 1924. The modern day city is the capital of Saudi Arabia's Makkah Province, in the historic Hejaz region.

Mecca is important in two points: Centre of the compulsory pilgrimage, and a focal point for all Muslims.

It is interesting to note that prior to the age of the European world explorations, the pilgrimage to Mecca was the single largest expression of human mobility. As the religion of Islam rapidly spread across the world from Indonesia and China in the Far East to Spain, Morocco and West Africa in the west, ever increasing numbers of pilgrims made the long, and often dangerous, journey to Mecca. Some came by boat, braving the Red Sea, the Black Sea, the



Mediterranean Sea, the Arabian Sea and the Persian Gulf. Others spent months in camel caravans slowly crossing great tracts of land. The most important pilgrimage caravans were the Egyptian, the Syrian, the Maghribi (the trans-Saharan route), the Sudanese (the sub-Saharan, savanna route), and those from Iraq and Persia.



Forbidden to persons not of the Muslim faith, Mecca came to symbolize for the world the secrets and mysteries of the **orient**, and as such became a **magnet** for explorers and adventurers. To this day, Mecca remains strictly closed for persons not of the Muslim faith.



Nowadays millions of Muslims perform the Hajj **pilgrimage** to Mecca walking seven times around the Kaaba. More than 13 million people visit Mecca annually. And the pilgrimage serves as a unifying force in Islam by bringing together followers from diverse countries and

language groups. In a certain sense Mecca is said to be visited by all Muslims every day; this because five times each day (three times in the Shi'a sect) millions upon millions of **devout** believers kneel to pray. Wherever the place of prayer — be it an established mosque, a remote place in the wilderness or the interior of a home — Muslims face towards Mecca and are united to the Ka'ba by an invisible line of direction called the **qibla**.

麦加，全称是麦加·穆卡拉玛，意为“荣誉的麦加”，位于阿拉伯半岛希贾兹地区（今沙特阿拉伯境内），是伊斯兰教第一大圣地。麦加是穆斯林每天朝拜的方向，也是伊斯兰教先知穆罕默德的诞生地、伊斯兰教的发源地和一年一度举行朝觐仪礼的地方。

传统上，伊斯兰教认为麦加是易斯马仪（Ishmael）的后代所建。七世纪时，伊斯兰教先知穆罕默德在麦加宣扬伊斯兰教。当时该地是一个重要的商业中心，在伊斯兰早期历史上扮演着重要的角色。公元966年后，麦