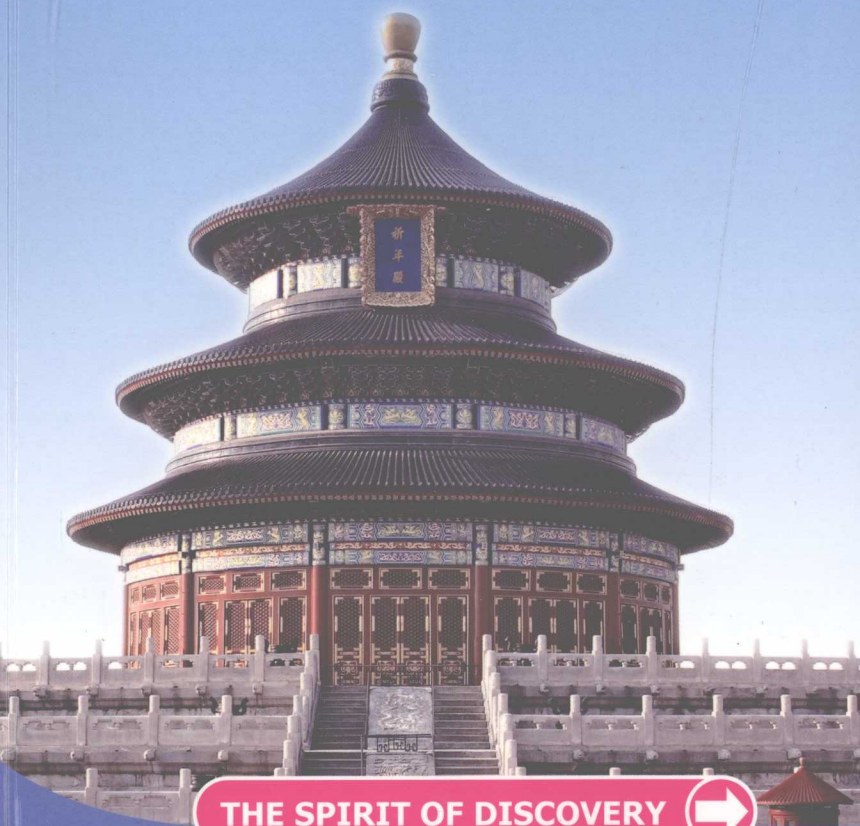




MICHELIN

Beijing



THE SPIRIT OF DISCOVERY

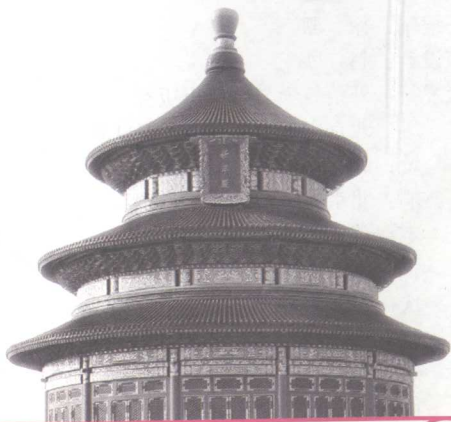


外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS



Beijing

(英) Douglas Scott 译



THE SPIRIT OF DISCOVERY



外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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京权图字: 01-2008-3661

图书在版编目(CIP)数据

北京=MICHELIN Beijing Guide: 英文/法国米其林旅游出版公司编著. —北京: 外语教学与研究出版社, 2008.8

(米其林旅游指南)

ISBN 978-7-5600-7738-3

I. 北… II. 法… III. 旅游指南—北京市—英文 IV. K928.91

中国版本图书馆CIP数据核字 (2008) 第126692号

出 版 人: 于春迟

责任编辑: 徐 珊

装帧设计: 赵 欣

出版发行: 外语教学与研究出版社

社 址: 北京市西三环北路19号(100089)

网 址: <http://www.fltrp.com>

印 刷: 北京华联印刷有限公司

开 本: 787×1092 1/32

印 张: 7.5

版 次: 2008年8月第1版

2008年8月第1次印刷

书 号: ISBN 978-7-5600-7738-3

定 价: 45.00元

* * *

如有印刷、装订质量问题出版社负责调换

制售盗版必究 举报查实奖励

版权保护办公室举报电话: (010)88817519

物料号: 177380001

Legal notices for the flyleaf

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Beijing, the ancient capital city of China, has become an ever-expanding international stage for people from different cultures thanks to the 29th Olympic Games, which kicked off with a grand ceremony in Beijing on August 8, 2008. The Olympic dream, with its universal appeal, can best bridge the differences between tradition and modernity, the West and the East.

Bridging Chinese and other cultures has always been the pursuit of the Foreign Language Teaching and Research Press (FLTRP). And we are not alone in this endeavor. Many people and organizations share our ideal, and Michelin Maps and Guides is one of them.

Our common interest in exploring innovative ways to present China to the outside world has led to our cooperation in developing a series of travel guides to Chinese destinations, with Beijing as the starting point.

The *Michelin Beijing Guide* comprises of three parts: General Practical Information, Discover Beijing, and Walking Tours, encompassing cultural attractions, art highlights, historic sites and relics, transportation and accommodation, shopping and restaurants. Of particular interest to overseas visitors are the eight tailored walking tours of secluded alleys and sights, not necessarily covered by travel agencies.

With Michelin's focus on on-the-spot experience and FLTRP's local resources, the *Michelin Beijing Guide* will assist you in a pleasant tour of this ancient city of modern vitality.

Welcome to Beijing!

Foreign Language Teaching and Research Press

This Beijing guide does not pretend to be exhaustive. It is a practical guide designed for those who travel with limited time and unlimited curiosity. It will help you to focus your attention on the most interesting aspects of the city, whether it is about architecture, society, tradition, modernity, museums, shopping malls, food, nightlife or many other topics. Although very selective, the content of this guide is already much more than what you can expect to do in a week, not to mention a few days. Never mind! Beijing is such an attractive city that, for sure, you will come again and continue your exploration next time.

The guide is divided into key chapters, each of them referring to a specific district of the city. Beijing, as you will quickly realize, is a large city. A very, very large city. It takes time before one really understands what this means. Moving from one side of the city to the other may take more than two or three hours by car on highways... This is why we strongly recommend that you focus on a specific district for a complete visit instead of picking up points of interest on the map and wasting a lot of time jumping from one part of the city to another.

We have tried our best to put the most up-to-date information in the following pages. However, Beijing is a restless city. What was true last month may not be true today. Please, accept our apology in advance for the inconveniency such rapid change may cause you. And always try to give a call to where you plan to go before you start moving.

One more point: please do not hesitate to ask for help from Beijing people. Most of the citizens may not be able to communicate with you in English, but all of them will do their best to find an English speaker and help you to find your way. This is the tradition of hospitality of Beijing.

We wish you a nice stay in Beijing!

The Michelin Beijing Team

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Preparing for the trip

Local time

In China, the official time is GMT +8; when it is noon in Beijing in summer, it is 6am in Paris (same day), 5am in London (same day), 12am in Washington (day before), and 2pm in Sydney (same day).

How to make calls in China

The International code for China is 86. The code for Beijing is 10. So, to call Beijing from Paris, you need to dial 00 86 10 followed by the eight digit number.

When to go

Beijing has a continental climate: spring and autumn are the best seasons. During these intermediate seasons, which are quite short (about two months each), temperatures are mild and rainfall relatively low. In spring you can admire everywhere the first blossoms of the year (April–May). In autumn, trees take on magnificent red colours (September–October). Warning: in May a sandy wind can blow up from the Gobi Desert and sweep over the Beijing region. From June to September, summer is a byword for heat and humidity over many regions of China, with an often hazy sky and smog covering major areas of the city of Beijing. In winter (November–March) the climate is a bit harsh (-15°C to -2°C), but it's dry cold, with clear blue skies. Finally you should be aware that it's cheaper to travel in winter: tourists are fewer and the majority of hotels drop their prices.

It is not recommended to go during the two Chinese holidays: one week between mid January and mid February (corresponding to Chinese New Year), and the first week of October (National Day). These two weeks are the "Golden Weeks". Chinese tourists are very large in number then and prices can vary up to four times the norm.

Making reservations

The high seasons are the two "Golden Weeks" (see above). It is then almost impossible to get a train or flight ticket, or even a hotel with



rooms. Warning: during the four days which follow the Chinese New Year, almost all activities cease. (A few public transport and a few restaurants are open.)

Formalities

This is for information only. It is recommended that foreign visitors contact the Chinese Embassy or Consulate in their own country for more recent details at the time of their visit.

Travellers from the EU, as well as Canada, must be in possession of a visa, issued by the Chinese Consulate, and a passport valid for at least six months after the date of departure from Chinese territory.

The tourist visa is valid for thirty days or 3 months from the date of issue.

The tourist visa can generally be extended for 30 days, handled by the Exit and Entry Management Section, Beijing Municipal Public Security Bureau [address: No.2, Andingmen Dongdajie, Dongcheng District, Beijing, Tel (010)84020101].

The visa does not cover entry to Tibet; this autonomous region is subject to a special permit.

► Vaccinations

No vaccination is compulsory. It is however recommended to

vaccinate against tetanus and polio. It is also advised to be vaccinated against diphtheria, typhoid, hepatitis A and B and meningitis.

► *Driving licence*

To drive in China, you must have a Chinese driving licence. International Driving Permits are not recognised.

Health

► *Illnesses*

Intestinal problems caused by a change of diet occur frequently. Moreover, food is often a little spicy in China. Wash fruit and vegetables well as the risk of amoebiasis (dysentery) is high.

As for avian flu, the Department of Health recommends traveller avoid all contact with poultry and birds: not to go to poultry farms or bird markets; avoid eating any food products that are raw or undercooked, particularly meat and eggs, and wash your hands often in soap and water. Equally, you should avoid drinking tap water.

► *Medicine kit*

Put together a small first aid kit to include the main necessities: aspirin or paracetamol, anti-diarrhoea tablets (such as Imodium), suntan cream, elastoplast, antiseptic lotion for minor injuries and mosquito spray.

► *Medical services*

First Aid—Peking Union offers a medical centre capable of supporting the best care. In case of any serious problems, arrange repatriation (see the section "Insurance").

Do not hesitate to contact hotel reception or that of a major hotel to be understood by the doctor.

Hospitals—Peking University Medical College Hospital, in Beijing. Tel (010)65295153.

Do not hesitate to contact the panel doctor of your Embassy or the nearest Consulate (see the section "Useful addresses").

Pharmacies—Bring your usual medicines, but be aware that excellent medicines are available locally; the Chinese pharmacopoeia based on herbs offers effective remedies. Most chemists have available both western medicines and traditional medicine products.

Doctors—There are doctors of both traditional Chinese medicine and western medicine in hospitals. With a single call, the Consulate can

give you a list of doctors regularly used by expats.

In any emergency dial 120.

► Insurance

Check with your insurer that you are covered abroad, and in China in particular. If you travel with a tour operator, check that insurance assistance/repatriation is included in the cost of your holiday.

Money

► Currency

The monetary unit is **Renminbi** (literally “people’s money”) or **yuan** (**CNY**, **RMB** or **¥**), divided into 10 *jiao*. Its exchange rate is linked to a basket of currencies based mainly on the USD, the EUR, CHF and so on. In July 2008, 1 Euro was equivalent to 10.770 yuan. The Chinese do not often use the term “*yuan*” (元) in ordinary speech: they’d rather use “*kuai*” (块, literally “monetary unit”); in the same way they talk of “*mao*” (毛) to indicate “*jiao*” (角, literally “one tenth of a unit”).

	RMB
EUR 1	10.770
USD 1	6.849
AUD 1	6.566
GBP 1	13.563
CHF 1	6.654

Note: data obtained in July 10th, 2008

► Exchange

You can only change Chinese currency in China, but it is now possible to buy yuan outside the country in small quantities: check with your bank or at a bureau of change to find out if they have any in stock. In China you can exchange your foreign currency in bank branches, at airports or in hotels (where the rate of tax is higher). To find out the rate, check the website www.xe.com.

When you buy yuan, look after the receipt: it will allow you eventually to change back the remaining yuan when you leave, up to half of the initial sum exchanged. Have your passport with you.

► Travellers cheques

Very useful to prevent theft, travellers cheques in foreign currencies can be converted into yuan at all Exchanges (look for the sign “Change”). American Express travellers cheques let you claim a refund within 24 hours in case of theft and do not have an expiry date.

Don’t forget to sign your cheques once you receive them.

► *Credit cards*

Automatic cash machines, indicated in China by "ATM" (for Automatic Teller Machine), are widespread, but don't necessarily accept all foreign credit cards: check the name of your card. Visa, Premier, Cirrus, PLUS or Maestro are generally the most accepted. A large proportion of hotels and restaurants accept equally payments by card. Consider asking your provider for the number to call from abroad to report lost or stolen cards.

Cash withdrawal is much more attractive from an ATM than at the counter: the commission rate fixed by your bank is often less (check with your customer advisor).

Things to take with you

► *Clothes*

In summer, reckon on light clothes (cotton rather than synthetic), and in spring and autumn take a few warm clothes as well as seasonal outfits. In winter you'd better take woollen jumpers, gloves, hat, windbreaker and warm socks.

There are no particular dress codes for visiting religious places, a large amount of tolerance being exercised. Nevertheless, avoid extravagant behaviour and respect silence.

► *Making gifts locally*

In no matter what situation, Chinese will not hesitate to help, and always with a smile. So think about taking with you a few small items from your country. They will know how to show appreciation for the gesture, even if they may refuse first time, as is the general rule in China.

Travel for all

► *Travelling with children*

Every hotel will agree, for a small cost, to offer an extra bed in your room for a child.

► *Women travelling on their own*

They can travel peacefully and are not even bothered in the street. Women should only avoid going out alone in the middle of the night.

► *Travelling as a couple*

Chinese couples are generally very modest in public, even if today this

is changing in large towns. They however don't mind foreigners, as long as the latter know how to limit their amorous enthusiasm!

► *Senior travellers*

The Chinese do not hesitate to give up their seat on public transports. Underground stations are equipped with escalators (at least to go up). Shopping centres and almost all hotels have lifts.

► *Disabled travellers*

There are lifts in almost all buildings and there are many low level pavements (at the access points of underpasses or bridges). Public toilets, major hotels and museums are gradually becoming equipped with disabled facilities.

► *Travelling with pets*

It is impossible to travel together with a pet: you need to present to customs an international health certificate issued only 24 hours before departure and an up-to-date vaccination certificate (principally against rabies); in addition, the animals are subject to a 30 day quarantine period on arrival, with compulsory isolation for non-resident pets.

A to Z Listing

Bank/Exchange

The banking network of China is more and more efficient. The large conurbations and small towns popular with tourists are very well provided with bank branches and ATMs accept almost all foreign cards. In the large towns and tourism regions, most banks can exchange foreign currency.

Elsewhere, go and see Bank of China; likewise you can only draw money on a foreign bank account from the counter of a branch of Bank of China.

Cigarettes

China is the world's number 1 manufacturer with almost 2 billion units made each year (35% of global production). You can find a large choice of brands at low prices and tobacconists on every street corner. The law, till now, is becoming stricter. For example, Beijing Municipality has implemented several provisions to ban smoking in most public places starting from May 1, 2008, such as schools, sports

arenas, restaurants, bars, Internet cafés and all indoor areas of medical facilities.

Electricity

The current is 220V 50HZ in China, and in the large majority of hotels sockets are adaptable for all systems. Take an adaptor with you to prepare for the unexpected.

Embassies in Beijing

Australian Embassy—21, Dongzhimenwai Dajie, Sanlitun.
Tel (010)51404111, www.china.embassy.gov.au

Austrian Embassy—5, Xiushui Nanjie, Jianguomenwai.
Tel (010)65322061, www.bmeia.gv.at

Embassy of Kingdom of **Belgium**—6, Sanlitun Lu, Chaoyang District,
Tel (010)65321736, www.diplomatie.be/beijingfr

British Embassy—11, Guanghai Lu, Jianguomenwai. Tel (010)51924000,
www.uk.cn

Canadian Embassy—19, Dongzhimenwai Dajie, Chaoyang District.
Tel (010) 65323536, www.beijing.gc.ca.

The Royal **Danish** Embassy—1, Dongwu Jie, Sanlitun. Tel (010)85329900,
www.ambbeijing.um.dk

Embassy of **Finland**—Level 26, South Tower of Beijing Kerry Centre,
No. 1 Guanghai Lu. Tel (010) 85198300, www.finland.cn

French Embassy—3, Dongsan Jie, Sanlitun, Chaoyang District.
Tel (010)85328080, www.ambafrance-cn.org.

Embassy of **Germany**—17, Dongzhimenwai Daijie, Sanlitun.
Tel (010)85329000, www.peking.diplo.de

Holland Embassy—4, Liangmahe Nanlu. Tel (010)85320200,
www.hollandinchina.org

Embassy of **Israel**—17, Tianze Lu, Chaoyang District.
Tel (010)85320500, <http://beijing.mfa.gov.il>

Embassy of **Italy**—2, Dong'er Jie, Sanlitun. Tel (010)85327600,
www.ambpechino.esteri.it

Embassy of **Japan**—7, Ritan Lu, Jianguomenwai. Tel (010)65322361,
www.cn.emb-japan.go.jp

Embassy of the Republic of **Korea**—20, Dongfang Donglu, Chaoyang District.

Tel (010) 85310700, <http://china.koreanembassy.cn>

Embassy of **Mexico**—5, Dongwu Jie, Sanlitun. Tel (010)65322574,

The Royal **Norwegian** Embassy—1, Dongyi Jie, Sanlitun.
Tel (010) 65322261, www.norway.org.cn

Embassy of the **Russian** Federation—4, Beizhong Jie, Dongzhimennei.
Tel (010)65321381, www.russia.org.cn

Singapore Embassy—1, Xiushui Beijie, Jianguomenwai. Tel (010)
65321115, www.mfa.gov.sg

Embassy of **Spain**—9, Sanlitun Lu Chaoyang District. Tel (010)65321986,
www.mae.es/embajadas/pekin

Embassy of **Sweden**—3, Dongzhimenwai Dajie. Tel (010)65329790,
www.swedenabroad.com

Swiss Embassy—3, Dongwu Jie, Sanlitun. Tel (010)85328888,
www.eda.admin.ch/beijing

Embassy of the **United States**—3, Xiushui, Beijie, Jianguomenwai.
Tel (010)65323831, <http://beijing.usembassy-china.org.cn>

Health

Emergency number: Tel 120.

Holidays

1st January: the first day of the year is becoming celebrated more and more in large towns. A day of paid leave.

Chinese New Year (Spring Festival): Chinese New Year (occurring between 20th January and 20th February) begins for the Chinese the first paid week of the year.

Events every day for two weeks, right up to Lantern Festival.

8th March: International Women' Day. A half day of paid leave for all women.

1st May: Labour Day. A day of paid leave for all Chinese working people.

1st October: National Day in memory of the proclamation of the People's Republic of China in 1949. The second week of paid leave for the Chinese.

Each time it's the government who decides precisely which are the 7 days of paid leave. Frequently the weekend preceding is worked.