

总主编◎蒋学清

# 大学英语 阅读与 翻译 实用教程 下册

(M+Book版)

主 编 李京平  
副主编 左映娟  
编 者 李京平 左映娟  
张建群 靳铁柱



北京交通大学出版社  
<http://www.bjup.com.cn>

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大学英语

# 阅读与翻译实用教程

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## 内 容 简 介

《大学英语阅读与翻译实用教程》(M<sup>+</sup>Book 版)是以《大学英语教学指南》(2015 年送审稿)为指导,以相关现代教学理论为依据,参照全国大学英语四、六级考试新题型编写的。题材以大学生的认知能力为基准,以他们的学习和生活为轴心,以“互联网+”时代网络多元信息为资源,涉及教育、科学、社会、文化、财经、体育、政治等各领域的知识,融科学性、知识性和趣味性于一体,体现“互联网+”时代大信息量、高速度、高效率、多媒体的特征。本教程侧重强化阅读的“效率意识”,训练学生高效地进行有针对性的、系统的快速阅读,以及翻译的“实用能力”,使学生熟悉中国社会文化及其英文表达,帮助他们更好地掌握跨文化沟通技能并在国际交流中学以致用。

本教程既适用于高等学校大学英语基础阶段的学生使用,又适用于各类英语学习爱好者。

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## 图书在版编目(CIP)数据

大学英语阅读与翻译实用教程: M<sup>+</sup>Book 版. 下册 / 李京平主编. —北京: 北京交通大学出版社, 2017. 9

ISBN 978-7-5121-3334-1

I. ① 大… II. ① 李… III. ① 英语-阅读教学-高等学校-教材 ② 英语-翻译-高等学校-教材 IV. ① H319.39

中国版本图书馆 CIP 数据核字 (2017) 第 201545 号

## 大学英语阅读与翻译实用教程 (下册)

DAXUE YINGYU YUEDU YU FANYI SHIYONG JIAOCHENG (XIACE)

责任编辑: 孙晓萌

出版发行: 北京交通大学出版社

电话: 010-51686414

<http://www.bjtup.com.cn>

地 址: 北京市海淀区高粱桥斜街 44 号

邮编: 100044

印 刷 者: 北京鑫海金澳胶印有限公司

经 销: 全国新华书店

开 本: 203 mm×275 mm 印张: 11.25 字数: 330 千字

版 次: 2017 年 9 月第 1 版 2017 年 9 月第 1 次印刷

书 号: ISBN 978-7-5121-3334-1/H·477

定 价: 39.00 元



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投诉电话: 010-51686043, 51686008; 传真: 010-62225406; E-mail: [press@bjtu.edu.cn](mailto:press@bjtu.edu.cn)。

# 前言

《大学英语阅读与翻译实用教程》(M<sup>+</sup>Book 版)是以相关现代教学理论为依据,以基于产出为导向的 OBE 教育为理念,以《大学英语教学指南》(2015 年送审稿)为指导,满足“大学英语”课程工具性和人文性的双重特质,参照全国大学英语四、六级考试新题型而编写的教材,旨在满足大学英语教学和学生参加大学英语四、六级考试的需求,提高学生阅读与翻译的实用能力,培养学生的英语综合应用能力和跨文化交流能力。

本教程充分利用现代技术优势,利用北京交通大学出版社研发的 M<sup>+</sup>Book 多媒体阅读技术,结合传统教材和新媒体,使学习变成开放式、泛在式和移动式模式,图文并茂、声情并茂,增加学生的学习兴趣,提高学习效率。

本教程的编写人员由教育部首批大学英语教学改革示范点项目学校、国家级大学英语精品资源共享课、国家级大学英语教学团队的骨干教师组成。

本教程包含阅读篇和翻译篇。

## 一、阅读篇

2006 年全国大学英语四、六级考试委员会以培养学生语言实际应用能力、训练其具备未来工作所必备的语言技能为目标,开始实行新考试题型,首次增加快速阅读题型,该题型是所有考试题型中唯一需要计时(15 分钟)完成的部分。2013 年 12 月的大学英语四、六级考试新题型与“国际接轨”,从“应试”变“应用”,把原来的快速阅读题改为长篇阅读理解题。长篇阅读理解的信息匹配题型考查学生能否在极短时间内定位关键信息并进行语句逻辑分析和推理,加强学生把握总体段落布局和归纳总结能力的考核。

阅读篇具有以下三大特点:

1. 长度难度,循序渐进。编写时考虑到大学英语 1~4 级学生语言能力的差别,上、下册在文章长度上有所变化,上册为每篇 900~1 000 词,下册为每篇 1 000~1 200 词。这种统一的编写体例,既符合四级考试中长篇阅读理解题型的阅读要求,又培养学生按时完成阅读理解任务的能力。

2. 题材体裁,各册迥异。每册的题材按主题分类。上册所选的文章以记人叙事的记叙文为主,题材是大学生耳熟能详的校园生活,包括新生入学、大学生活、学习策略等话题。下册所选的文章以说明文和议论文为主,题材是大学生喜闻乐见的社会生活,包括旅游、音乐、艺术、时尚、环境保护等话题。

3. 题型题量,安排合理。阅读部分每单元包括 3 篇同主题文章,每篇文章后均配有与大学英语四级考试长篇阅读理解题型一致的练习题,目的在于训练学生适应四级考试题型,使他们对这种题型能够应付自如。后两篇文章设计了两个拓展性练习,以加深学生对文章主题的理解。

## 二、翻译篇

2013年12月的大学英语四、六级考试新题型中,翻译题型的变化较大。翻译题型由句子汉译英改为段落汉译英,考试时间由5分钟延长至30分钟,分值比例也由5%大幅度提升至15%。翻译题的内容结合“中国风”,涉及中国历史、文化、经济、社会发展等方面,凸显中国特色。大学英语四级考试翻译题的长度为140~160个汉字;大学英语六级考试翻译题的长度为180~200个汉字。

大学英语四、六级考试翻译新题型体现了大学英语教学目标中有关“文化素养”和“跨文化交际”的内容,旨在督促学生学习中国文化知识,熟悉中国社会文化的英文表达,提高跨文化交流能力。这有助于学生今后在国际交流中学以致用,使他们有能力表达中国的社会观念,传播中国文化。

翻译篇具有以下三大特点:

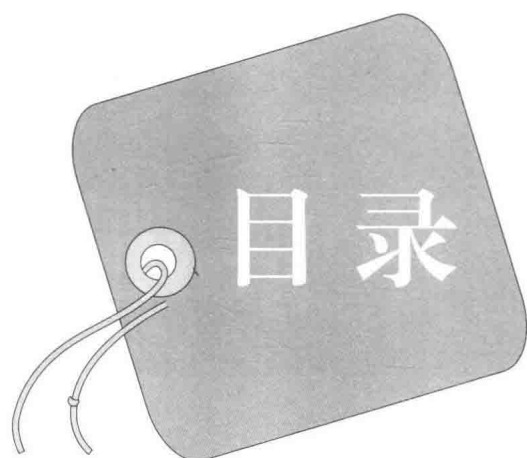
1. 涵盖古今,涉猎广泛 本教程每单元有两段翻译练习。第一段翻译练习涉及中国传统文化,包括儒家思想、中国书法、中国茶文化、中国四大名著等话题。第二段翻译练习围绕中国发展及当今社会热点展开,包括一带一路、共享单车、移动支付等话题。

2. 利用技术,移动学习 在翻译之前,学生可以用手机扫描二维码,观看与主题相关的视频,把视频中关键的信息进行英译汉。其目的是让学生熟悉段落翻译中可能会出现的关键词组,并熟悉与主题相关的重要信息。

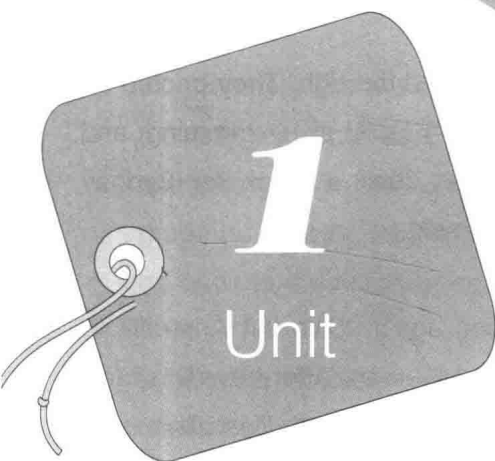
3. 传播文化,助力未来 翻译能帮助学生更好地掌握跨文化沟通技能,为后续学习和发展打下良好的基础;翻译能帮助学生传播中国历史文化,宣传我国经济和社会发展成就。作为未来世界的领导者,大学生们应该有强烈的社会责任感和历史使命感,更深刻地理解中国社会的发展和变化,对未来充满希望,为未来做好准备。

《大学英语阅读与翻译实用教程》编写组

2017年7月



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# Travelling

## Part I Reading

### Passage 1



### Lonely Planet

A) Travelling the world to write about it sounds like a dream job, but Tony and Maureen Wheeler insist it is a hard work. After printing more than sixty million Lonely Planet guides, the Wheelers reveal their brand building secrets. And Tony offers this piece of advice for other budding entrepreneurs: “Do something you like and believe in, and everything else will follow.”



B) Few serious travelers today would set out for an overseas adventure without a Lonely Planet visitor guide. But it's easy to forget Tony and Maureen Wheeler produced their first title, *Across Asia on the Cheap*, in 1973. Originally from London, the couple took time out to travel after studying with the intention of returning home after about a year to “settle down”. But their plans



changed. After travelling through Asia, the couple arrived in Australia with 27 cents in their pockets and a camera (which they soon sold). People kept asking about their travels: “where have you been, how did you get there, how much did it cost?” So they decided to turn their diaries into their first book, providing practical travel information as well as

background on the culture and history of the countries they'd travelled through. They printed an initial 1,500 copies with Tony and Maureen **hand-collating** (手工配页), trimming and **stapling** (装订) each one. Retailing for a mere \$1.8, it only took a week for Sydney bookshops to sell out. Within 3 months, 8,000 copies had been sold.

- C) Sales from the first book enabled the couple to set off travelling again. "We left Australia to travel through Southeast Asia after we did the first book," recalls Maureen. After travelling for a year, they ended up in Singapore, putting together their second guide, *South-East Asia on a Shoestring*, in a backstreet hotel in 1975. Since then around half a million copies of the guide have been sold worldwide, and it's now in its eleventh edition.
- D) The Lonely Planet brand has since become synonymous with travel, with the name inspired by a Joe Cocker and Leon Russell song, Space Captain. The pair sang about a "lovely planet", but when Tony first listened to the song he heard "lonely planet", liked it and it stuck.
- E) They remained in Australia. While they call Australia home, Tony and Maureen are never far from their next trip. The **duo** (一对夫妻) handled the business alone for the first seven years of its life, and grew Lonely Planet slowly. "Every time we sold a book, we would travel and do another, and the business grew very slowly," says Maureen. It was self-funded, each book paying for the next, which she admits was one of the biggest challenges the business faced while trying to grow, along with finding the right people to join the Lonely Planet team.
- F) They started taking on other authors, as well as looking for outside markets to export to—their first big pre-order was from a Singaporean bookshop. "We have certainly become a presence globally in travel," says Maureen of their almost instant international expansion. The runaway success of their second title played a huge part in allowing them to expand into the UK, US and other parts of Asia. And today, they're proud to say the Lonely Planet guides are available on every continent in the world.
- G) In fact, only last year the couple were honored as export heroes by the Australian Institute of Export, which Tony says is always satisfying, gaining such recognition. "Of course there's a great **buzz** (兴奋) to be doing well in not just your home market but in overseas ones as well."
- H) Today Lonely Planet is the world's largest independent travel publishing company. With offices also in the US and the UK, Lonely Planet employs more than 400 people across its branches. And there are some 650 Lonely Planet titles with contributions by more than 320 authors from



37 countries. From the author on the road to the **cartographer** (地图绘图员) behind a desk, the only pre-requisite for working at Lonely Planet is a passion for travel. It's Lonely Planet's policy to give in-house staff members the opportunity to work as an author if they make the grade by passing the author writing test. Some "jump the fence" into the new roles, but most go back to their regular work.

- I) Lonely Planet has printed more than 60 million books in total and sells more than 6.5 million books in English each year in 200 countries. The guidebooks also appear in Spanish, Italian, French, Korean, Japanese, German, and most recently in Chinese. Most of the guides are updated on a two-year cycle, with updated information incorporated in reprints through the life of an edition. The most popular titles today are *Australia*, *Thailand*, *India*, *New Zealand*, *Italy*, *China*, *Spain*, *Europe*.
- J) Tony believes travelers enjoy themselves more when they know about the places they're visiting, which is why the books have proved so successful. Maureen agrees, saying this is one of the most rewarding aspects of the job: "Seeing people use the books, knowing that we have given people confidence to travel further than they might have without us." But, overall, she attributes their success to "having a great idea at the right time, and working really hard to make it a reality".
- K) Tony says while travel-writing might appear to be all **fluff** (微不足道的事物) and fun, it's actually "dawn-to-dusk hard work, always on the move, and always checking things", but it's clear they love it, which is why the couple admit they've never taken a real holiday where they haven't taken notes and checked out new things. Maureen says it's not hard for them to achieve a work-life balance when travel is also your passion. "The business has consumed our lives for the last 35 years, so you don't stop thinking about it just because you go home. And when you're travelling, you're always travelling for some aspect of the business. That's not a bad thing because we both enjoy travelling."
- L) Looking ahead, the Wheelers won't stop looking for new opportunities. "We'll continue to explore the digital world and find better ways to get our information to people who love to travel." says Maureen.



## Task

Read the passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Please put the right letter in the bracket before each statement.


- ( ) 1. They regularly add new information in their guides according to the change of the situation in travelling areas.
- ( ) 2. In the beginning, the development of Lonely Planet was rather slow because the couple managed everything themselves.
- ( ) 3. Lonely Planet got its name from a song although there was a mistake.
- ( ) 4. The couple combine their career and their hobby perfectly since they both are enthusiastic about travelling.
- ( ) 5. Their first guide book was hand-made and rough. The price for this first guide was very low, but to their surprise it was a big success.
- ( ) 6. They won't lag behind and they will continue to use advanced technology to help travelers in the world of information age.
- ( ) 7. With the quick international expansion of their business, Lonely Planet has already become a global brand.
- ( ) 8. If you want to work for Lonely Planet, first of all, you should be a lover of travel.
- ( ) 9. The couple planned to return home after about a year's travelling, but they used up their money. Then they stayed in Australia to write about their travel.
- ( ) 10. One reason for the success of Lonely Planet is that it's really useful to the travelers and can be a good assistant.

Words	Time	WPM	Comprehension Rate
1, 141			

## Passage 2

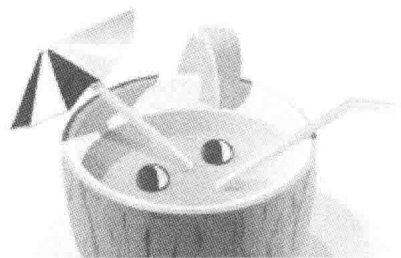


## Travel Tips

- A) It's always important to take care of your health, but there are additional concerns to keep in mind when you're traveling. Whether you're taking a quick trip with your family or studying abroad for several months, it's easier to get sick when you're in a new place because your body hasn't had a chance to adjust to the food, water, and air in a new environment. Traveling can bring you in contact with things that your body isn't used to. But if you follow a few simple tips, you're more likely to stay healthy throughout your trip—and your trip will definitely be more enjoyable. Here are some tips on keeping your travel experience as healthy as possible.
- B) The first thing you should do if you're heading overseas is to find out what kinds of **vaccinations** (疫苗接种) you'll need in advance because different countries have different requirements. In the United States, contact your doctor or the Centers for Disease Control and Prevention (CDC) for a list of necessary vaccinations. You'll need to allow plenty of time for this step in case you need to get **vaccines** (疫苗) that require more than one **dose** (一次的剂量).
- 
- C) Three of the most common health problems that you may experience when traveling are **jet lag** (飞行时差综合征), altitude sickness, and **diarrhea** (腹泻). When you fly across time zones, the differing amounts of light can change your internal body clock, resulting in a condition known as jet lag. Jet lag may cause some symptoms that are unpleasant situations on a fun trip, including upset stomach, **insomnia** (失眠), and tiredness. There are some things you can do to combat jet lag. For example, if you're traveling from west to east, you should stay out of the sun until the day after your arrival. If you're flying from east to west, go for a speedy walk as soon as possible after you arrive.
- D) Altitude sickness is caused by dry air, a decrease in oxygen, and low **barometric** (气压的) pressure when you travel to a higher altitude than you're used to. As a result, you may have problems, such as headaches and shortness of breath. Some people are affected at 5,000 feet, but others aren't affected until they reach altitudes of 10,000 feet or more. Find out what

altitude you're traveling to before you leave. If you think that you might get altitude sickness, talk with your doctor before you leave home. The best prevention for altitude sickness is to gradually increase your altitude every day to get used to it. If that isn't possible, some drugs can help relieve and even prevent symptoms of altitude sickness.

- E) The topic of diarrhea may seem gross, but it can be a serious problem. Traveler's diarrhea often occurs when a foreign type of bacteria enters your **digestive tract** (消化道), usually when you eat **contaminated** (污染的) food. The best way to prevent diarrhea is to be very careful of the food you eat and the water you drink on the road.



- F) So what foods are safe to eat? Any foods that have been boiled are generally safe, as well as fruits and vegetables that have to be **peeled** (削皮) before eating. Avoid eating uncooked or undercooked meat or meat that is not cooked just prior to serving. Stay away from foods that require a lot of handling before serving. Here's an example: Nine friends ate at a restaurant when on a school trip overseas; eight had diarrhea the next day. The one who didn't get sick was the only one who had ordered a dish that didn't need to be touched by human hands right before serving.
- G) You've probably heard that you shouldn't drink the water in some countries overseas, but did you know why? Water supplies in some countries are not treated in the same way as water supplies in other countries; various bacteria, viruses, and **parasites** (寄生虫) are commonly found in the water. Many experts suggest you drink only bottled water when traveling. If you need to use tap water, you should boil it first. Even if you're brushing your teeth, washing contact lenses, drinking a small glass of water to wash down pills, or adding ice to your drink, first take precautions to ensure the water is safe.
- H) When you're packing, you'll want to include any **medications** (药物) and other medical supplies you use on a daily basis because they may be hard to find in another country if you run out. Even if you can find them, there's a good chance the **formulations** (配方) will be stronger or weaker than the ones you're used to. Packing some pain medication and diarrhea medication is also a good idea. And pack some **allergy** (过敏性) medication even if you don't take it at home. People sometimes unexpectedly develop allergic reactions to the **pollens** (花粉) and other things found in a new environment. Those with **asthma** (哮喘) or other allergies can unexpectedly react to these new substances.

- I) Even if you watch what you eat and drink and get enough rest while you're traveling, you might still get sick. The good news is that you'll probably be able to find competent medical care. The key is knowing where to go. Most travel guides suggest you go to a hospital where English is spoken. For this reason, it's wise to always carry a written copy of your medical history with you. Having such important information readily available can help health care workers make appropriate decisions, and you won't have to worry about forgetting important information at a time when you're likely to be upset and not thinking clearly.
- J) Before you leave your home, create a medical history form that includes the following information:
- Your name, address, and home phone number.
  - Your doctor's name, address, and office phone number.
  - Your blood type.
  - A list of any ongoing health problems.
  - A list of current medications you are taking.
  - A list of allergies to medications, food, insects, and animals.

## Task 1

In this task, there are ten statements. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter. Please put the right letter in the bracket before each statement.

- ( ) 1. You're advised to take a fast walk right after you arrive when you're travelling by air from east to west.
- ( ) 2. Among other things, you should remember to try to avoid foods that need dealing with hands before serving.
- ( ) 3. Your body may not be able to adapt to things you meet when you're traveling, but some advice can help you stay fit in your trip.
- ( ) 4. Medicine in a foreign country can be different from that of your own country even if it's available.
- ( ) 5. According to experts, bottled water and boiled water are two kinds of safe water.
- ( ) 6. When traveling by air, the change of your internal body clock can make you feel uncomfortable.
- ( ) 7. You'd better leave enough time for vaccinations because you may need two or three times to do it.
- ( ) 8. It's very important to bring with you a note of your medical history because when you are ill and can't think properly, doctors can make right decisions with the help of your note.
- ( ) 9. Different people have different tolerance for height when climbing mountains.
- ( ) 10. You should be very careful with the meat you eat; it should be well-cooked.

## Task 2

You will have 15 minutes to go over the passage quickly. For questions 1–7, choose the best answer from the four choices marked A), B), C) and D). For questions 8–10, complete the sentences with the information given in the passage.

1. Why do you become ill more easily when you're traveling to new places?
  - A) Because there are too many things for you to see and you get very tired.
  - B) Because you usually have very tight schedules when you're traveling.
  - C) Because your body needs time to get used to the food, water and air there.
  - D) Because traveling can put you in contact with what your body doesn't like.
2. What should you do to fight jet lag if you fly from west to east?
  - A) You should do exercise as soon as you arrive.
  - B) You should avoid the sun the first day you arrive.
  - C) You should get a good sleep after you arrive.

- D) You should change your internal body clock soon.
3. What's the best way to prevent altitude sickness?
- A) To take some drugs in advance.                      B) To add altitude slowly day by day.
- C) To ask your doctor for advice.                      D) To overcome shortness of breath.
4. According to the author, fruits and vegetables are safe when \_\_\_\_\_ .
- A) their skin is taken off                                      B) they're washed carefully
- C) they've been fully boiled                                  D) they're not handled by hand
5. What does the example in Paragraph F show us?
- A) Uncooked or undercooked foods are usually dangerous.
- B) It's easy to get diarrhea when you travel to a new place.
- C) You should avoid eating at restaurants when traveling.
- D) Dishes without too much handling by hands are safe.
6. What's the suggestion from many experts?
- A) You'd better try to keep away from bacteria and parasites in water.
- B) You'd better not drink tap water even when it has been boiled.
- C) You'd better take some bottled water with you when traveling.
- D) You'd better drink a small glass of water to wash down pills.
7. Even when you use a small amount of water, you should \_\_\_\_\_ .
- A) take safety measures to ensure the water is safe
- B) boil it first to make sure to get rid of parasites
- C) use only bottled water to guarantee safety
- D) treat the water first the same way you do at home
8. You may find similar kinds of medicine in another country, but \_\_\_\_\_ may be different.
9. When people are traveling in a new place, they may unpredictably get \_\_\_\_\_ to pollens and other things there.
10. Before you start off on a trip, you'd better design a \_\_\_\_\_ that includes a lot of useful information about yourself.

Words	Time	WPM	Comprehension Rate
1, 097			

### Task 3

Read the passage again and complete the summary below. For each blank, choose NO MORE than TWO WORDS from the passage.

## Summary

You get sick more easily when you are traveling to new places because you don't have enough time to let your body get used to the food, water, and air in a new 1. \_\_\_\_\_. You should follow a few simple tips that can help you stay healthy throughout your trip. If you are to travel 2. \_\_\_\_\_, you should make sure whether or not you need to get 3. \_\_\_\_\_ and what kinds you will need to get. When you're on your way, there are three most common health problems that you may encounter. They are: jet lag, 4. \_\_\_\_\_, and diarrhea. You should remember the ways to fight against these problems. You should also be very careful about the food you eat and water you drink when you are traveling. 5. \_\_\_\_\_ food as well as fruits and vegetables that have to be 6. \_\_\_\_\_ before eating are generally safe. Avoid foods that require a lot of handling before serving. Drink only 7. \_\_\_\_\_ while traveling if it's possible. Even when you use a small amount of water you should take 8. \_\_\_\_\_ to ensure the water is safe. Take some medicines with you—pain medications, diarrhea medications and 9. \_\_\_\_\_ medications. You should also carry a written copy of your medical history with you in case it's needed. With a lot of useful information about yourself, it can help health care workers make 10. \_\_\_\_\_ for you if you fall ill.



## Passage 3



## Travel to the Great Wall

- A) I have traveled extensively throughout China, especially over the last two summers, and in my time there, I have fallen further and further in love with the country. During my last trip, I spent most of my time in southern China. I enjoyed the modern cities of Hong Kong and Kunming as well as the tradition and culture offered by Lhasa in **Tibet** (西藏). Of course I couldn't resist going back to the Simatai of the Great Wall again. This truly is the eighth wonder of the ancient world and when you are there, you really get a feeling for it. What makes this part the best is that it is the part that is in the best condition yet it hasn't been restored. As far as the eye can see, it stretches out and its history is fascinating.
- B) The Great Wall is a symbol of a great nation and is known to nearly everyone on the earth. It was built over a period of one thousand years by Chinese emperors for many reasons, the most prominent of which was to keep the **Mongolians** (蒙古人) out of the country. 1 million lives were lost for building it and it is the only man-made structure that can be seen from outer space. It originally ran for 6,000 miles through mountains and deserts but only 4,000 miles of it still stands today. This long wall would extend from Miami, Florida to the North Pole. Or, to give a better picture, if you laid out all the bricks to form a wall around the **equator** (地球赤道), you'd end up with a wall five feet high and three feet wide. Such a massive project cost a modern-day equivalent of \$360 billion, about the same as we've spent on our nation's highway system in the last 40 years.
- C) I stayed nearby this section of the wall in a nice and quiet little hotel that had been pre-arranged for me. Now, for some reason, I just can't recall its name but I do remember it very well. I was picked up in the morning by my local guide who also had a driver with her. It seemed like everywhere in China the guides always had separate drivers. The drive wasn't very long and the car was air conditioned, which made the ride much nicer.
- D) Once you actually get there, you will really see what I am talking about. The views and scenery are amazing with beautiful hill sides full of green. Everywhere for 360 degrees there are smooth rolling hills and mountains. It is like something from a dream. When you're up there, you will probably not be surprised by the number of people. I'm not saying that it is so crowded that you can't even see anything. You will easily be able to go to the edge for some spectacular