

DressCircle

A KERRY PROPERTIES PUBLICATION

臻善譜





Cover image:

A treasure from the past; a window to the future. Framed by greenery, this contemporary design is inspired by authentic Hong Kong architectural features which is now preserved for posterity, and will herald the prosperity the new year brings.

承先啟後，繼往開來。綠意盎然的環境和文化傳承的氛圍，為地道香港建築注入新風。地靈人傑，寧靜和諧的福地，生生不息、豐盛連年。

Dress Circle, January 2014

Published by South China Morning Post Publishers Limited,
Morning Post Centre, 22 Dai Fat Street, Tai Po Industrial Estate,
N.T., Hong Kong.
Tel: (852) 2680 8888

Printed by
Toppan Printing Co., (H.K.) Ltd.
Toppan Printing Centre
1 Fuk Wang Street
Yuen Long Industrial Estate
Yuen Long, N.T. Hong Kong
Tel: (852) 2561 0101

Editor Tan Thean Peng
Assistant Editor Rhandell Rubio
Writer Ruth Williams
Chinese Editor Frank Yau
Creative Director Ricky Chung
Art Director Suzanne Lok
Designer Aries Lee
Account Management Roland Yee
Photos South China Morning Post, Esprit

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Kerry Properties Editorial Team
Michelle Lam, Agnes Au, Yvonne Yip, Wing Yau, Kari Au, Aries Tso
25/F, Kerry Centre
683 King's Road
Quarry Bay, Hong Kong
Tel: (852) 2967 2200



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Verdant oasis in the city

As the “dress circle” of Kowloon Peninsula, Kowloon Tong blossoms as a green suburb providing a prime living environment close to nature

Kowloon Tong's streets are lined with refreshing greenery.
九龍塘街道綠樹成蔭。



“Great things are done when Man and Mountains meet,” said the poet William Blake. Whether it is admiring the beauty of hills from afar, or hiking and communing with nature, the restorative power of mountains and nature is appreciated by many and inspires us to achieve great things.

On the Kowloon Peninsula, man meets mountains just north of Kowloon Tong, a prestigious suburb where the relentless bustle of the city is left behind in this much-admired enclave.

Many Hong Kongers know these hills for pleasant hikes along grassy slopes, taking in waterfalls, reservoirs and the Kam Shan Country Park. As they walk through the shady valleys and lush ridges, today's hikers often share the well-known legends of the hills. They may recall how the young Song Dynasty emperor, then residing in Kowloon City, said the hills resembled eight dragons. A courtier dubbed the exiled emperor the ninth dragon, a title that gave rise to the peninsula's name today: Nine Dragons (九龍) Kowloon. As Chinese dragons symbolise power, strength and good luck – for people who are worthy of it – these dragons are powerful and auspicious neighbours to have around.

Gazing down towards Hong Kong Island, our hikers may also recall how fires were once lit atop Beacon Hill as signals in ancient times and that, until little over a century ago the land that is Kowloon Tong today was home to a handful of hamlets in the area known as Nine Dragons Pool (九龍塘) – Kowloon Tong.

Today, the leafy suburb of Kowloon Tong is perfectly positioned on the spine of the peninsula to take advantage of the very best of Hong Kong. Built nearly a century ago, its unique design was inspired by the visionary Garden City movement in Europe. Kowloon Tong was conceived as an elegant modern suburb in the 1920s, and ever since has been one of the most coveted places to call home in Hong Kong.



Natural beauty abounds in the district.
區內遍佈自然美景。

The area immediately attracted British and other foreign residents and is still notable for its wide tree-lined avenues quaintly named after English counties and towns. Dorset Crescent, Kent Road, Devon Road and Somerset Road are among those notable for a few remaining low-rise pastel-coloured Art Moderne and Art Nouveau villas.

Kowloon Tong is the “dress circle” of Kowloon Peninsula. Inspired by the grand London theatres whose first balcony was considered the most prestigious seat at the venue, “dress circle” is a term coined in Hong Kong for a prime place to live. Kowloon Tong has always been home to the elite cosmopolitan community of Chinese and international residents who seek an abode slightly removed from the dense streets of the city and close to nature.

Parks, playing fields and even woodland walks abound in Kowloon Tong. Taking a break in one such park along the broad swathe that is misleadingly called Cornwall Street, one can view the remarkable benefits of living in such an area. To the north are the hills and within just one kilometer, one can reach major transportation routes, a convenient shopping mall or set off to explore any part of Hong Kong.

In recent years, the green spaces have been further improved to enhance the environment for families and residents of the neighbourhood, with more grassy spaces so children can enjoy the simple pleasure of running around the greenery on a real lawn, or simply lying down looking at the clouds and imagining what they can see or having a picnic surrounded by nature, yet close to home.

Many Kowloon Tong parks’ seating areas and pathways are now made with recycled or salvaged materials, and at night, environmentally-friendly solar lighting saves energy and gently lights the way for those taking an evening stroll.

For families especially, the attractions are evident. The area is much sought-after for the many prestigious schools and educational institutions. Historic elite schools abound in the neighbourhood and have been joined by international

schools with numerous famous kindergartens all within comfortable walking distance of luxury residential areas. This strong school network means that children living in the area can attend some of the very best academic institutions at every level of their education without travelling too far from home.

Located just off the main thoroughfares, quiet avenues have little traffic and wide pavements lined with pretty fig trees, horsetail trees, yellow cassia fistula and pink bougainvillea make a walk to school a pleasant nature walk. Older students can even ride their bicycles safely along these avenues. Enhancing the scholarly and aspirational atmosphere, a number of universities have modern campuses either in the neighbourhood or within easy reach of Kowloon Tong.

Given the district’s popularity with families, luxury residential options have extended throughout the district to meet their growing need. Maintaining the area’s original Garden City design ethos as a carefully and creatively designed suburb, Kowloon Tong remains the area of choice for the elite, who appreciate being closer to nature and enjoy beautiful residences with good connections to business districts, shopping and entertainment.

Kowloon Tong’s MTR station lets business executives connect with China’s vast railway network as well as the rest of the city, while Hong Kong’s modern highways network means residents can be in the Kowloon and Central Business Districts within minutes and reach Hong Kong International Airport effortlessly.

And for those fortunate to live in Kowloon Tong, whether coming home from an uplifting mountain hike, a shopping or business trip, there is nowhere else where one can leave the density of Yau Tsim Mong so easily. Within minutes of reaching this suburb, one is in elegant surroundings with woodland trails on one’s doorstep and sleeping dragons always on the horizon.

城市綠洲

九龍塘貴為九龍半島的「尊貴地段」，環境清幽，盡享大自然的翠綠景致，是一處恬靜安逸的理想居所。

詩人威廉布萊克曾經說過：「峻嶺聚賢多偉業」——無論是從遠處欣賞層層壯麗的山巒，或遠足行山親近大自然；群山與大自然的靈氣，總會令人高山仰止，進而萌生建功立業的想法。

在九龍半島，群山傲立於九龍塘以北，這個著名的尊貴地段遠離城市喧鬧，是備受推崇的居所。

許多香港居民都很熟悉這一帶的山巒，包括其郊遊路徑、瀑布、水庫及金山郊野公園等。走過隱蔽山谷和茂密的山脊之際，行山人士總愛分享這些山峰的著名傳說——話說當年年輕的宋朝皇帝宋帝昺逃亡至九龍城，看到北面的山峰狀似八條龍，一位朝臣隨即奉承，認為流亡的宋帝就是第九條龍，於是這半島便有「九龍」之名。由於龍在中國象徵著權力、實力和好運，對於尊貴顯赫的人士來說，矯健的「九龍」伴隨在側，實乃吉祥之兆。

從九龍半島向香港島方向往下眺望，登山人士或會聯想到古時畢架山頂上的烽火訊號，直至二十世紀初，這裡仍是幾個小鎮的聚處——即現今的九龍塘。

時至今日，環境優美的九龍塘位處最優越的九龍半島地段，盡享各種優勢。這個建於近一個世紀前的社區，其規劃靈感源自歐洲極具前瞻性的花園城市運動。九龍塘被視為優雅的時尚郊區，旋即吸引了英國和其他外國居民的垂青，並從當時開始，一直是香港令人嚮往的安居之所。該區很多林蔭大道更以英國的城鎮命名，如多實街、根德道、德雲道、森麻實道等，在這些街道仍可找到少數低矮粉色的現代藝術和新藝術運動風格的別墅。

九龍塘是九龍半島的「尊貴地段」。猶如倫敦大劇院以第一廂座為全院最尊貴的位置，「尊貴地段」亦象徵香港優越生活的據點。九龍塘一直是上流社會追求遠離城市煩囂、親近大自然的理想居所。

在九龍塘，公園、運動場甚至綠林小徑比比皆是。只要在歌和老街公園閒逛一會，便能體會到該區的優越之處：北面有翠綠的山峰景色，而僅一公里之內，便可到達購物商場或主要交通幹線前往香港各區。

近年來，綠化空間不斷擴展，為一家大小及該區的居民提供更優美的環境；廣闊的草地空間，讓孩子們可在大片樹林間與綠油油的草坪上，享受自由奔跑的樂趣；又或躺下草地上欣賞天上雲朵，

盡情讓想象馳聘；更可在離家僅咫尺之遙的自然環境中享受野餐之樂。

在九龍塘，許多公園的休憩處和緩步徑，都採用環保或回收物料建成；而在夜間，環保的太陽能照明系統，既節約能源，亦為晚間散步人士帶來柔和的燈光。

九龍塘對一眾家長來說特別吸引，原因是這裡熱門名校與教育機構林立。

區內建有不少歷史悠久的本地名校和國際學校，眾多著名幼稚園僅咫尺之遙，舉步便可輕鬆到達。在這個優越的校網，讓該區的孩子不必每天舟車勞頓，在不同求學階段，都能享受優質的教育。

離開主要幹道，環境寧靜的小徑只有少量車輛行走，寬闊的行人路兩旁有漂亮的無花果樹、木麻黃和黃槐花與粉紅色簕杜鵑，令步行上學都成為一趟愉快的大自然之旅。高年級的學生更可以單車代步，縱橫於小徑之間。九龍塘一帶，更備有數間設備完善的大學，令這裡更添弘揚學術的氛圍。

由於九龍塘備受家長歡迎，住屋需求殷切，所以豪宅遍佈整個地區。九龍塘保留著花園城市的設計理念，營造出寧靜安逸的市郊，是城中首選的尊貴地段——在親近大自然，享受優美的居住環境的同時，又能盡享往來商業區便捷之利，購物和消閒娛樂也非常方便。

港鐵九龍塘站將商務行政人員與中國龐大的鐵路網以及香港市區連成一線，而香港現代化的公路網絡，亦令居民瞬間抵達九龍、商業中心區，以至香港國際機場。

而對於住在九龍塘的居民，無論是登山遠足、購物或是公幹後回家，這是一處寧靜安逸的居所，讓人隔絕市區的熱鬧繁囂。在咫尺之遙的郊區，有林蔭處處的優美小徑，與九龍環抱的壯麗景致，理想之家莫過於此。



Academic institutions enrich the district's aspirational atmosphere.
九龍塘名校林立，學術氣氛濃厚。

The spacious Café Malacca dining area allows diners to savour the authentic dishes.
馬來一菜館地方寬敞，為食客呈獻地道名菜。

Strait from the heart

Diners are transported to Malaysia and Singapore with a feast of authentic hawker fare at Café Malacca



Penang Char Koay Teow
檳城炒貴刁



Hainanese Chicken Rice
海南雞飯

For centuries, monsoon winds have brought traders to the Malay Peninsula bringing silk and porcelain from China, gold and pepper from Sumatra, tin from western Malaya, camphor from Borneo, and spices from far and wide. Both ancient Melaka and the modern day Strait of Malacca can claim to be the crossroads of Asia, for trade, and as the meeting point for the culinary cultures of China, India, the Middle East, Europe, Indonesia and Thailand. The resulting delicious cuisine is now indigenous to the modern states of Malaysia and Singapore.

Café Malacca at Traders Hotel, Hong Kong, is located at the up and coming dining district of Sai Ying Pun. The most popular dishes from Malaysia and Singapore are served in a relaxed yet stylish and spacious dining room. But beyond the ambience, where the restaurant really distinguishes itself, is with the passion and heart behind each dish, born of a desire to create this exceptionally flavourful cuisine using carefully sourced authentic ingredients.

Having decided to create a menu of authentic Malaysian and Singaporean, mainly hawker dishes, the team from Traders Hotel, Hong Kong, commenced a culinary journey through Malaysia and

Singapore to rediscover the very best versions of well-loved hawker fare.

The team revisited the most famous locations for each dish, namely Penang, Kuala Lumpur and Singapore to help them finalise their menu. Top of the list of iconic Malaysian and Singaporean dishes were the most famous hawker stall favourites: Hainanese Chicken Rice, Satay, Penang Char Koay Teow, Singapore Laksa, Penang Assam Laksa and Penang Prawn Noodle.

To many people, their first introductions to Malaysian and Singaporean cuisine are Satay and Hainanese Chicken Rice. Not surprisingly, these are also the restaurant's most popular dishes with its cosmopolitan clientele, as well as its Malaysian and Singaporean customers.

Satay is presented on a banana leaf. Beef, chicken or mutton is marinated, threaded on sticks and grilled to perfection, then served with an aromatic peanut sauce accompanied by ketupat (rice cake), cucumber and red onion wedges. As with all dishes, every detail has to be exact. Garnishes are cut differently, and are specific to each dish.



Kuih Dadar
香蘭椰絲卷

Kaya Toast
咖央多士

Traditional Treats

Staying true to its passion for Malaysian favourites, Café Malacca offers a selection of nostalgic desserts. To create typical Straits cuisine desserts, the chefs take the simplest of ingredients to produce sweet comforting hits – coconut cream, eggs, palm sugar, pandan leaves, glutinous rice and tapioca combine to make well-loved dishes.

Take Kaya Toast. A rich, silkily textured jam made from coconut cream and eggs and flavoured with pandan leaf, is spread on thick toast to make a rustic classic. Black glutinous rice cooked with palm sugar and topped with coconut cream beats Western rice pudding. The tapioca pearl features in an equally simple sago pudding, topped with coconut cream and palm sugar, and is also a dish not to be missed.

Only natural ingredients are used which may surprise diners when they see desserts like Abok Abok and Kuih Dadar with vivid colours. In keeping with tradition, these colours are achieved by extracting green shades from pandan leaves and royal blue from blue pea flowers, which are high in healthful antioxidants as well as pretty. These irresistible dishes certainly hit the sweet spot.

地道美味

馬來一菜館本著對馬來西亞美食的熱情，為食客提供一系列懷舊甜品選擇。為炮製出經典馬六甲海峽甜品，廚師們選用最簡單的食材，製作感動味蕾的甜品：椰漿、雞蛋、棕櫚糖、班蘭葉、糯米及木薯互相結合，幻化成大受歡迎的垂涎美點。

正如咖央多士，口感豐富如絲、以椰子醬、雞蛋製成的班蘭味咖央醬，塗上厚厚鮮烤多士，便成為質樸的經典美食。煙韌黑糯米以棕櫚糖烹調，上面淋上椰漿，味道更勝西式布甸。同樣簡單的西米布甸選用了晶瑩木薯粉珍珠，伴椰漿及棕櫚糖，亦是不容錯過的美點。

當食客們看到像蒸三色西米糕和香蘭椰絲卷這些色彩鮮豔的甜品，相信他們都會很驚訝，因為這些甜品只以天然的食材製作而成。按照傳統，這些顏色取自班蘭葉的綠色和豌豆花的寶藍色，都具有健康的抗氧化作用，而且外表漂亮非常，愛好甜品者又怎能抗拒！

Unlike many Malaysian restaurants in Hong Kong, Café Malacca mainly features Penang-style dishes, including a notable Penang Assam Laksa. In contrast to the coconut milk used in Singapore Katong-style Laksa, Penang Assam Laksa is lighter, with a perfect balance of sour and spicy goodness. The dish is built around tangy fish-based gravy, using two types of assam (tamarind) – the pulp and the skin. Featuring chunks of Omega-3-rich mackerel, the dish is topped with fresh pineapple, mint, cucumber, lettuce and chopped ginger flowers.

As well as adding depth to the dishes, tamarind is now recognised for its health benefits as a good source of minerals and vitamins, especially B vitamins. Other healthful ingredients include cinnamon, garlic, lemongrass, pepper, turmeric, ginger and other spices that once brought riches to the cities along the Strait. At Café Malacca, all stocks and broths are made from scratch in-house.

The aroma of Penang Char Koay Teow reveals the exact cooking technique being replicated, exactly as it is in Penang. Fresh narrow flat rice noodles are precisely stir-fried with prawns, finely sliced tasty Chinese sausages, chives, chillies and short crunchy bean sprouts.

Many of the spices used hark back to the Strait's role in the ancient spice trade. To add the essential depth of flavour, only the best quality spices from Malaysia are roasted ground and blended in-house.

One dish savoured by many Malaysians and Singaporeans is Klang Bak Kut Teh. This popular meaty pork rib soup, infused with herbs and spices, was honed in Klang near Kuala Lumpur. The Singapore version is more peppery. This healthful soup was originally a favourite with Chinese dock workers in the 19th century. Served with rice and Chinese crullers (dough sticks), for those new to Straits cuisine, Klang Bak Kut Teh is a flavourful revelation.

Less than two years after Café Malacca opened, the restaurant's exceptional cooking and good value were acknowledged with a Bib Gourmand in the 2014 *Michelin Guide to Hong Kong and Macau*, providing welcome international recognition for the team's dedication to cooking authentic cuisine from the heart.



Satay cooked to perfection.
精心巧製的沙撈越。

CAFE Malacca 馬來一菜館



星馬美食 感動味蕾

馬來一菜館呈獻地道星馬街頭美食，帶您用味覺暢遊星馬。

幾百年來，商人乘着季候風，為馬來半島帶來中國絲綢和瓷器、蘇門答臘的黃金和胡椒、馬來亞西部的錫、婆羅洲樟腦，還有來自遠方各處的香料。無論是古時馬六甲，還是現代馬六甲海峽，同樣堪稱為亞洲貿易的十字路口，亦是中國、印度、中東、歐洲、印尼和泰國的飲食文化交匯點。在這風土和歷史所孕育出來的美味佳餚，現已成為馬來西亞與新加坡的本土美食。

香港盛貿飯店的馬來一菜館，位於新興的西營盤餐飲區。菜館的設計時尚寬敞、氣氛輕鬆，為食客呈獻最受歡迎的馬來西亞與新加坡美食。然而在這氛圍外，讓菜館傲視同儕的，是每道菜背後的熱誠心思，務求用心搜羅地道食材，炮製出別樹一幟的滋味菜式。

香港盛貿飯店決意打造一個馬來西亞和新加坡的大眾化地道菜譜，飯店顧問團隊遂踏上美食之旅，專程走訪星馬兩地，親身學習當地經典菜式的做法。

團隊到訪每道菜式的發源地，包括檳城、吉隆坡和新加坡，以幫助他們草擬菜譜。當中最具代表性的星馬菜式，都是最馳名的街頭美食：海南雞飯、沙撈越、檳城炒貴刁、新加坡叻沙、檳城亞參叻沙、以及檳城福建蝦麵等等。

大部分人首次接觸馬來西亞與新加坡美食，都以沙撈越和海南雞飯為主。難怪這些亦成為了餐館最受國際食客與星馬顧客歡迎的菜式。

沙撈越放於香蕉葉呈上，盛滿以馬來醬料醃製的烤牛肉、雞肉或羊肉串，配以濃香花生醬、飯糰、青瓜及紅洋蔥。製作所有菜式的每個細節都一絲不苟。每道菜都經精心配搭，盡顯心思。

有別於香港許多馬來西亞餐館，馬來一菜館主要為食客呈獻檳城風味菜式，包括著名的檳城亞參叻沙。相比於用上椰漿的新加坡加東風格的叻沙，檳城亞參叻沙口感較輕，酸味與辣味得到完美平衡。此菜式以帶酸味的辣魚濃湯，配兩款亞參（羅望子）——亞參果和亞參皮；含有豐富奧米加3的鯖魚塊，加上新鮮菠蘿、薄荷、青瓜、生菜及薑花作配菜。

除了為菜式增添美味，羅望子對健康亦大有裨益，因它含有大量礦物質和維他命，特別是維他命B。其他有益健康的食材，還有肉桂、大蒜、香茅、胡椒、薑黃、生薑及其他曾令馬六甲海峽城市致富的香料等等。在馬來一菜館所有清湯及湯底都是自家熬製，保證原汁原味。

檳城炒貴刁的香味，源自檳城正宗的烹調手法。新鮮的幼身河粉，配以鮮蝦、臘腸、韭菜及爽脆小豆芽一起乾炒，滋味無窮。

菜式中採用的許多香料，讓人聯想起古時馬六甲海峽在香料貿易的角色。為了令菜式色香味俱全，只會選用馬來西亞最優質的香料，並且自家焙炒、磨碎與混合備用。

巴生肉骨茶亦是深受眾多馬來西亞人與新加坡人喜愛的美食。這款以多種藥材和香料製作的排骨湯，由吉隆坡附近的巴生傳入。新加坡的版本更重胡椒味。健康的肉骨茶原是19世紀中國碼頭工人的最愛。配以中式油條和白飯，對初嚐馬六甲美食者來說，巴生肉骨茶堪稱味覺新體驗。

開業未滿兩年的馬來一菜館，以出類拔萃的廚藝和物有所值的佳餚，榮登《米芝蓮指南香港澳門2014》的「米芝蓮車胎人美食」，可見團隊以心烹調地道美食，獲得國際肯定。

Booming future for Tangshan in bloom

Building on its past industrial success, Tangshan is flourishing as a haven for green living

Moving forward to a brighter tomorrow, Tangshan is a city working hard to improve the lives of its citizens. The second largest city in North China's Hebei province, this is a historic city that is transforming itself into an "ecologically pure city".

Known as a "city of firsts" for its past industrial achievements, and the surprising number of innovations that have emerged from Tangshan mean it has played an important role in China's economic success in recent decades. Although it remains a major centre for mineral resources, steelmaking and coal mining, the government is also implementing measures to optimise its infrastructure and develop new industries to ensure that development remains sustainable and to protect the environment.

Despite its comparatively modest profile on the international stage, economically Tangshan is one of the top 20 cities in China. This success is increasingly due to the value of emerging and high-tech industries. The city is central to plans on a national level and is marked to be into a model for cooperation with northeast Asian countries within the Bohai Bay area.

Promoting harmony between industry and nature, the pioneering city of Tangshan champions design and innovative approaches that save resources, and may bring wealth to the city, as well as improving quality of life for its residents.

From May through October 2016, Tangshan will host the International Horticultural Exposition, and be the fifth Chinese city to do so. Most notably, it is the first city to host the expo on a former mining ground zone – acknowledged as a major environmental achievement as it shows Tangshan is a pioneer in finding new uses for post-industrial

Tangshan's green spaces underscore its drive towards becoming an ecologically pure city.
綠化景區將帶動唐山轉型為純生態城市。



sites, and has avoided taking agricultural land away from farmers. Named South Lake Park, the 2016 expo site covers an area of more than 500 hectares.

The event will showcase gardening trends that embrace environmental protection and a low-carbon lifestyle and is expected to attract 15 million Chinese and international visitors.

For residents living and working in Tangshan today, the city has great potential and far more to offer than economic success and financial opportunities. Long famous as the granary of Hebei province, Tangshan also affords pastoral escapes and leisure opportunities for its residents with the Yanshan mountains to the north and Qinhuangdao and the Bohai Sea to the south. And today within the city there are more green areas, most notably a vast grassland site, equivalent to 19 full-size football pitches. This government-led project in the heart of Tangshan is designed to be a “green lung” and “oxygen bar” and to create a beautiful city environment, better air quality, better landscape and more urban leisure space.

The green space incorporates the “ecologically pure city” theme, with sloping hills, wedding lawn, children’s play area, jogging track and other facilities. Trees and shrubs including roses and scholar trees (sophora japonica), Tangshan’s official flower and official tree, ensure the city’s visitors and residents experience the restorative power of being close to nature.

This “urban oasis” blends seamlessly with Kerry Properties’ new residential development Tangshan Arcadia Court, which provides residents with a lifestyle that resonates with nature, with an emphasis on recreation, health and well-being.

Tangshan Arcadia Court highlights the importance of interaction between the environment and people. The pleasing mix of 3 low-rise residential blocks and 11 high-rise residential blocks means most units enjoy park views.

The landscape design of Arcadia Court was inspired by classic English gardens, which provide seven different themes of courtyards with leisure facilities around the development.



Coal mining and steel making are cornerstones of Tangshan's economy.
煉鋼和煤礦開採是唐山經濟的基石。



朝氣唐山 綠意盛放

唐山在工業發展的基礎上，致力邁向綠色生活的理想國度。

唐山發展如日中天，前景亮麗，同時亦正在努力改善及提升市民的生活質素。這個位於中國北部河北省的第二大城市，正由歷史名城逐步轉型為一個純生態城市。

唐山工業發展蓬勃，許多中國第一的創舉均在此地誕生，故有中國第一市之稱，過去數十年間在中國經濟增長方面一直擔當重要角色。唐山現時仍是礦物資源、煉鋼及煤礦開採的重鎮，但當地政府亦銳意優化市內基建，並且積極開發新的產業，讓城市可持續發展之餘，環境亦得以保護。

在國際經濟的舞台上，唐山的知名度無疑較低，但事實上，唐山乃位列全國二十大城市之一。新興及高技術產業令當地的發展日益蓬勃。在國家規劃當中，唐山亦佔有重要位置，更獲點名為渤海灣地區內與東北亞國家合作的模範。

唐山務求令工業發展與自然環境保護和諧並存，其嶄新的規劃與創新的措施，既重視節省資源，亦可望為城市帶來收入，同時改善當地居民的生活質素。

於2016年5月至10月份，唐山市將舉辦「世界園藝博覽會」，為第五個舉辦此項世界盛事的中國城市。而今屆園藝博覽會首次在採煤沉降地舉行，無須向農民徵地，充份突顯唐山善用舊工業用地的創意，致力於環境保護。此屆園藝博覽會的展場命名為「南湖生態城」，佔地超過500公頃。博覽會將展出時尚園藝，促進綠色環保和低碳

生活，預計可吸引達1,500萬中外旅客到場參觀。

在現今的唐山，無論居住或工作，其龐大的發展潛力遠不止於其經濟成就或營商機會。唐山不但素以河北糧倉見稱，其位置更北臨燕山，南接秦皇島與渤海，為市內居民提供一個享受田園氣息，偷閒遊樂的好去處。時至今日，市內增設不少綠化地區，其中最著名的中央綠地，面積相當於十九個足球場。這個由政府牽頭的綠地位處唐山市心臟地帶，是潤澤城市的「綠肺」和「氧吧」，不但滿目青翠、空氣清新，而且景色怡人，在繁忙都市中增添不少優閒憩息的空間。

這片綠化景區糅合了「純生態城」的概念，既有山丘，亦有草坪，更有兒童遊樂場、緩跑徑等設施。園內種滿不同的喬木、灌木，當然少不了唐山市的市花——月季和市樹——國槐，讓遊客和居民都可一親大自然，心曠神怡。

這片「城市綠洲」與嘉里建設的新住宅項目唐山雅頌居位置上渾然一體，為居民帶來與大自然共融、安逸消閒和身心健康的生活。

唐山雅頌居注重人與環境之間的和諧配合。項目各幢住宅高低有致，三幢洋房與十一幢高層住宅的位置規劃得宜，確保大部份單位都享受到怡人的園林景觀。雅頌居的園林設計，靈感來自英式花園，七個庭院各有主題，亦配有各式優閒設施，讓居民享受青蔥翠綠的景致。

Artist's impression of Tangshan Arcadia Court.
唐山雅頌居示意圖。



Green trails and parks provide a relaxing environment for all ages.
林蔭小徑和休憩公園，為一家大小提供舒適優閒的環境。



Happy Days at Arcadia Court

In Greek mythology, Arcadia was a pastoral paradise and amid Tangshan's urban oasis, Arcadia Court is proving to be exactly that for new homeowners who are enjoying the greener lifestyle the development affords. "As it is built around the park, we can go jogging after dinner and there is also a five-star hotel nearby. I am impressed with the vehicle-free pedestrianised areas, which means our children can run and play close to home safely," says one new homeowner at Tangshan Arcadia Court. "Also, Kerry Properties' management services are similar to services at a hotel, which is very convenient," she adds.

The new homeowner says she is satisfied with the design of the deluxe units and thoughtful property management services. "The workmanship is very detailed, such as the walls, floors, pipes, doors and window borders are handled very carefully. Air-conditioners, water heaters, kitchen and bathroom units, even switches – they are all international brands which is reassuring. When I moved in, I started a new life!"

To help residents settle in to life at Tangshan Arcadia Court, the property management services provides more than on-site maintenance. They also help with car rental, pet minding, clothes ironing service and organise garden parties, plus beauty and fitness fairs. As part of the Tangshan Arcadia Court lifestyle, she and her family also enjoy comprehensive leisure, fitness and lifestyle facilities at the residents' luxurious 2,000 square-metre private clubhouse. Featuring a children's play area, snooker room and mini movie theatre, the clubhouse also has an indoor swimming pool so Tangshan Arcadia Court residents can enjoy the therapeutic benefits of swimming all year round.

The homeowner said she appreciates these, adding, "It is a really friendly environment. We are familiar with our new neighbours, the lifestyle is comfortable, in tune with nature and provides us with perfect peace of mind."

寫意安居雅頌居

在希臘神話中，「Arcadia」是充滿田園氣息的理想國度，而唐山的城市綠洲「雅頌居」，正正是人間的Arcadia，讓每位新業主都能享受到這裏的綠化生活。「這裏環繞著中央公園而建，我們每晚飯後都可到樓下散散步，附近還有一間五星級酒店。我特別欣賞這裏人車分流的行人區，孩子們可以安全地在住所附近奔跑嬉戲。」唐山雅頌居一位新業主說，「還有，嘉里建設的管理服務足可媲美酒店服務，真的十分方便。」

這位新業主表示她對精裝房的設計以及貼心的物業管理服務尤其滿意：「裝修手工非常細緻，無論牆壁、地板、喉管、門以至窗框都一絲不苟。空調、熱水器、廚房和浴室器具，甚至一個電掣，全都是國際品牌，讓人份外放心。當我搬進來時，生活所需一應俱全，讓我輕鬆展開新生活！」

她和家人都十分享受雅頌居的生活方式，包括在佔地2,000平方米的住戶豪華私人會所內，享受包羅萬有的優閒、健身和時尚設施，除了兒童遊樂區、桌球室和迷你電影院外，會所更設有室內游泳池，讓住戶一年四季都可享受暢泳的樂趣。

為使住客適應新居，這裏的物業管理服務不單提供一般的維修服務，他們更協助住戶租車、看顧寵物、熨衣服務、籌辦花園派對、美容和健身展會等，新業主們都感到稱心滿意：「社區氣氛和諧友善。我們與新鄰居已十分熟絡，生活方式更是讓人身心舒泰，使人融入大自然，心境平和喜樂。」



ESPRIT

A flair for fashion
Stay in style with an extensive range of the latest clothing and accessories - all offered under one box



Esprit unveils its new concept store at MegaBox.
Esprit在MegaBox開設全新概念店。

Fashion should be fun and modern fashion-lovers pride themselves on being able to mix high-end designer clothes with affordable fashions and make a unique stylish look all of their own. Fortunately, MegaBox has a great selection of high-quality, affordable fashion that can brighten any wardrobe.

Here in Hong Kong, we have long loved our malls for their convenience, space and air conditioning and as places to gather, as well as make purchases. Much the way people once sauntered into town, promenading and meeting up with friends, today going shopping in Hong Kong means much more than buying new items; we go to malls to meet up with friends and family, relax, dine and be entertained, all under one roof.

And MegaBox excels as both a meeting place and a place to discover contemporary high quality fashion brands with its stores all conveniently located under one roof. As well as dining, entertainment and lifestyle opportunities, MegaBox presents a well-curated selection of some of the most popular brands on the planet all within easy reach of each other, creating a new kind of high street that suits the modern Hong Kong lifestyle.

Opened in 2007, MegaBox first gained attention for its distinctive red exterior and contemporary design, and as Hong Kong's first vertical megamall. Today, it is the breadth of its lifestyle retail offerings that draws fashion-lovers and families alike in ever-increasing numbers.

The well-balanced fashion retail mix has been enhanced by the opening of Esprit's concept store. New to MegaBox, Esprit was founded in San Francisco in 1968 and has a "creative and responsible DNA fused with a sunny Californian attitude". Effortless style, authenticity, and easy-going living are at the heart of the brand philosophy. Long before sustainability became a hot topic, a love of nature and an inherently positive attitude shaped what Esprit is today.



Taking inspiration from Esprit's Californian heritage and modern spirit, the MegaBox store reaffirms the core values of the Esprit brand, and is designed with an emphasis on natural materials including wood and stone, handcrafted details and a soft color palette. The result is a pleasant, appealing and relaxed shopping environment. "Esprit is a lifestyle brand and shoppers will enjoy a unique and satisfying experience," says Ivy Yeung, Head of Retail, Hong Kong, Macau and Taiwan for Esprit.

The MegaBox concept store encourages customers to feel at home, through charming decorative touches such as appealing artworks on the walls and houseplants dotted about the store. Cute handwritten notes encourage shoppers to explore favourite pieces from Esprit's chic collections of casual and stylish menswear and womenswear, sportswear, kidswear, accessories, bodywear, shoes, jewellery and timepieces.



Handwritten notes and green plants make customers feel at home. 手寫的產品展示卡和綠色植物令顧客賓至如歸。



“Customers like to shop at Esprit because they find our products stylish and of good quality. They can always find the right pieces for different occasions in their everyday lives. As in the case of MegaBox, our store is spacious, comfortable and in a relaxed setting, so customers enjoy a very pleasing environment while shopping. We want you to enjoy the sunny side of life. Take a little rest and let your soul sink into the positive energy of simplicity.”

Also enjoying the pleasing MegaBox environment is Swedish global fashion phenomenon H&M. Renowned for its ability to get runway fashion hits into its stores in record time, the brand has also had a number of noteworthy collaborations with well-known designers such as Isabel Marant and celebrities like Madonna.

Throughout the Kowloon East fashion hot-spot, there are plenty of world-class brands under the same roof on the ground floor. For the casual look, ideal for a relaxed weekend, Australian surfwear brand Quiksilver and sister brand Roxy offer collections of cool clothes, accessories and gear that allude to an active lifestyle. Ideal for teenagers and students, these quality, wittily-designed brands also have devoted fans of all ages and will always have something even the most hard-to-please teenager will love. Also on the ground floor are Italian brand Tonino Lamborghini and home-grown executive wear specialists Cour Carré.

Like the many lifestyle stores and entertainment options at MegaBox, these fashion brands were all attracted to MegaBox by its size, transport links and the proximity to the new cruise terminal and developments at Kai Tak that will bring another level of vibrancy to the area. As the largest shopping mall in Kowloon East, this tenant mix attracts a lot of middle income and above families travelling here for shopping and entertainment.

“The visitors to MegaBox provide a good customer base for our business,” says Esprit’s Ms Yeung. “So we offer the full range of products from womenswear and menswear, accessories and childrenswear.”

All brands appreciate the layout designed to group stores together much as traditional Hong Kong shopping streets do. MegaBox brings all these fabulous fashion brands together and defines a sense of community by wrapping all of the most-wanted lifestyle experiences – shopping, dining and entertainment – into one neat package, and a destination one cannot miss.



潮流時裝地標

MegaBox一站式購物熱點，搜羅多姿多彩的流行時裝和優雅配飾，令您散發時尚魅力。

時裝總是充滿玩味。今時今日，時裝愛好者都精於以平價的時裝搭配上高級設計師的品牌時裝，以創造出屬於自己的獨特個人風格。而MegaBox匯集精選優質服裝，以及價格相宜的服飾供顧客選購，讓您的時裝服飾煥然一新。

在香港，我們都愛逛商場，因為選購方便、地方寬敞、環境舒適，而且亦是聚會和購物的好去處。像昔日人們到市集去閒逛和會友一樣，現時出外購物不單止是選購貨品，我們更可以在商場與親友聯誼歡聚、放鬆身心、品嚐佳餚和消閒娛樂，一切不假外求。

MegaBox不單是一個聚腳地，更是集時興服飾品牌店舖於一身的潮聖大本營。除了餐飲、娛樂設施與生活享受，MegaBox提供多個受歡迎的國際品牌，為追求時尚的香港人提供最佳的購物新體驗。

於2007年開幕的MegaBox，初期以其獨特鮮紅色外觀與時尚設計、香港首座直立式大型商場而備受注目。今日的MegaBox為顧客呈獻多姿多彩、琳琅滿目的休閒生活零售商店，令愈來愈多時裝愛好者和一家大小前來享受購物樂趣。

其後，Esprit概念店在MegaBox開業，令商場的時裝和零售的業務組合如虎添翼。新加盟的Esprit於1968年創立，具有「創意和盡責的DNA，融合加州的陽光氣息」。品牌以揮灑自如的風格、率真及隨和的生活態度作為核心理念。而且Esprit早著先機，在可持續性成為熱門話題以前，已經宣揚對大自然的熱愛和積極的生活態度，並塑造出今日Esprit的品牌形象。

Esprit概念店設計靈感取材自加州傳統與現代精神，突出Esprit品牌的核心價值，並重點選用天然材料，包括木材和石材，裝飾細節以手工製作，店舖色調柔和，營造出一個輕鬆愉快的購物環境。Esprit香港、澳門及台灣零售總經理楊寶茵說：「Esprit是生活時尚品牌，顧客可享受到獨一無二和稱心滿意的體驗。」

Esprit位於MegaBox的概念店透過精緻的裝飾，如牆壁上的藝術

品和店內點綴的室內植物，令顧客感到賓至如歸。從手寫的產品展示咭，顧客更可輕鬆容易地選購Esprit設計時尚的休閒及型格男女裝、運動服、童裝、配飾、內衣、鞋履、首飾及鐘錶產品。

「顧客喜歡在Esprit購物，因為我們的產品設計時尚而且品質上乘。他們總能在Esprit找到合適的產品，出席不同場合。而在MegaBox的概念店寬敞舒適，顧客在購物同時，更可享受愉快的環境。我們希望大家都能在忙碌的生活裡稍事休息，回歸簡約主義，讓身心注入正能量，好好享受充滿陽光氣息的生活。」

MegaBox設備完善，同時獲瑞典國際時裝品牌H&M垂青。H&M以迅速將最新天橋時裝上架見稱，亦經常與著名設計師如伊莎貝爾·瑪蘭（Isabel Marant）及藝人如麥當娜（Madonna）等合作。

在這個九龍東的時裝集中地，匯聚了大量的世界級品牌。在休閒服飾方面，澳洲衝浪服飾品牌Quiksilver及其姊妹品牌Roxy，提供多款型格服裝、配飾和運動裝備。設計別出心裁的優質品牌，最受青少年和學生們歡迎，亦獲其他不同年齡的人士追捧，甚至一向挑剔的潮人男女，都會找到合心意的貨品。同樣位於G/F的還有意大利品牌Tonino Lamborghini，和香港本土行政服飾品牌Cour Carré。

這些時裝品牌和其他時尚店舖及娛樂設施一樣，都被MegaBox的廣闊空間和交通網絡所吸引進駐，而就近新郵輪碼頭及啟德發展亦將為該區帶來全新面貌。作為東九龍最大型的購物商場，林林總總的商舖組合，吸引了大量中產及高收入家庭前來購物消閒。

「MegaBox的訪客為我們的業務提供了良好的客戶基礎。」Esprit的楊女士續說：「因此我們從女裝和男裝、配飾和童裝，提供一應俱全的產品。」

商場將店舖整合分類，營造出香港傳統購物街的效果，令所有品牌都稱心滿意。MegaBox網羅優秀的時裝品牌，成為一站式的購物熱點，由購物、餐飲到娛樂應有盡有。MegaBox的優質生活體驗必定令您流連忘返。

Extensive range of premium fashion brands at MegaBox.
尊貴品牌紛紛進駐MegaBox。



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Developers :



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This photo was taken at top roof floor of Lai King Court, Sai Ying Pun at 7:00 p.m. on 28th October 2013.
This photo has been retouched by computer (retouching works are colour tuning and appearance polishing) and is for reference only.

Yearning for Yingkou

Hot springs, delicious seafood and a friendly welcome - there are many reasons to take a closer look at this “pearl” of a city on the Liaodong Peninsula beside the Bohai Sea

A refreshing coastal view of this endearing seaside destination.
海滨沿岸景致怡人。

Yingkou has been quietly gaining a reputation as a spa destination, blessed as it is with abundant hot springs. This seaside destination can be reached in less than 90 minutes by train from both Shenyang and Dalian, and is one of China's up and coming destinations for spa tourists looking to relax, refresh their minds and bodies.

Since ancient times, people have been “taking to the waters”, bathing in mineral hot springs for health, and in Liaoning for centuries Yingkou people have bathed in the hot springs for relaxation and well-being. The spring water can reach temperatures of 80 to 90°C when it comes out, which is then cooled naturally overnight and makes for an especially enjoyable pastime in the snowy wintertime. Since being recognised by the Liaoning Mineral Water Assessment Committee for their medicinal properties, hot springs resorts have blossomed, and the city also has a new waterfront spa and celebrates its healing water with an annual hot springs festival.

The hot, mineral-rich waters from deep below the earth's surface are said to kill germs and viruses, eliminate toxins, aid digestion, stimulate the immune system, promote a feeling of well-being, heal wounds and lower blood pressure. Little wonder that they are so popular.

Whether you are on vacation, a spa break or even a new resident, visitors to Yingkou soon appreciate the famed warm heartedness and kindness that the friendly city shows all its guests. One can also join the residents in mornings and evenings relaxing along the waterfront, dancing, practicing tai chi and chatting.



The Yingkou train station provides a convenient transportation link for visitors.
營口火車站為旅客提供方便快捷的交通網絡。



In the summer, tourists are also drawn to this attractive city to enjoy the beaches and year round everyone enjoys the rich flavours of Liao cuisine and its excellent seafood.

A typical seafood lunch might start with a cracker made from the crust of rice from the bottom of the cooking pan. To follow, there might be several crab dishes – the people of Yingkou like their crab dishes in their own sushi-like virtually raw cooking style. This could either be “drunken” style marinated in wine or brined. As the city is on the mouth of a river, bony river fish also feature on the menu. Let’s not forget the muffin-style bread made from abundant local corn. Sea cucumber is another local specialty that is worth seeking out.

Unlike many cities in Liaoning, Yingkou has been open to foreign influences for centuries, and has long been the major gateway for river and sea trade in the region. A famous historical port, today Yingkou is the second largest port in northeast China. The city is poised to realise its potential in the 21st century and is both flourishing and honouring its heritage and culture.

Ornate buildings on historic West Street that once belonged to 19th century Chinese merchants are being restored to their former glory, while in the Bayuquan District (an area that was a fishing village less than a decade ago), a swathe of new world-class cultural buildings and a major exhibition centre reflect the bright future that awaits the city.

The plan is to develop the deep water port so that it can accommodate the world’s largest ships. Yingkou residents are feeling the benefit of the city’s new success with large new housing projects, stretching impressively into the distance.

Residents and visitors alike are able to see world-class performances at the Bayuquan Poly Theatre and enjoy a vast new city library. An architecturally ambitious conference and exhibition centre in a new satellite Central Business District was designed to resemble a sea urchin. The 70,000 square-metre building was commissioned to honour the area’s connection with the sea and impress all who visit and work here.

Whether it is from the genuine welcome of the local people, the invigorating hot springs or the tasty seafood and local dishes, everyone is sure to feel the warmth of Yingkou all year round. Kerry Properties recognised these positive qualities as well as the economic potential of Bayuquan District when it selected this area as the site for a prestigious new residential, commercial, hotel and leisure development.

Kerry Properties’ Hyades Residence features 510,000 square metres of residential, hotel and public areas within 50 metres of the sea. This prime location is close to key local facilities including schools, a hospital, a supermarket, theatre, tennis courts, government offices and the famous tourist hotspot Shanghai Square in Bayuquan.

Inspired by “waves washing over the beach”, the three sets of buildings vary in height to form an attractive wave pattern. In the northern part of Hyades Residence, Shangri-La Hotel, Yingkou will open in 2015 and each luxurious guestroom will feature a spacious balcony and views of Liaodong Bay.

In line with Kerry Properties’ commitment to the environment, the landscape architects are using trees and shrubs of different heights to create a three-dimensional greening effect to ensure a fresh, elegant feeling for all fortunate enough to live in this finest of locales beside the Bohai Sea.

熱情營口 嚮往已久

無論是舒適的溫泉、美味的海鮮還是親切的款待，您總有無數的理由，渴望親身到渤海之濱的「遼東之珠」體驗一下。

擁有大量溫泉的營口市，逐漸以溫泉聖地而聞名。由瀋陽和大連乘坐高鐵，九十分鐘內即可抵達這個海濱城市，是中國其中一個新興的溫泉熱點，吸引了無數希望消除疲勞、煥發身心的旅客蜂擁而至。

自古以來，人類便有以礦泉沐浴的保健習慣，而在遼寧，營口居民於數百年前已開始浸泡溫泉來放鬆身心。泉水湧出來的時候，水溫高達攝氏八十至九十度，直至晚間會漸漸冷卻。在漫雪紛飛下浸泡溫泉，實在是賞心樂事。自從遼寧省礦泉水鑑定委員會確認當地泉水具有療效後，溫泉度假村即如雨後春筍，當地更開設海濱水療中心，而市政府每年亦舉辦溫泉節大肆慶祝。

來自地底深處的高溫泉水含有豐富礦物質，據說有殺菌消毒、幫助消化、刺激免疫系統、消除疲勞、治療傷口及降低血壓之效，難怪溫泉廣受大眾歡迎。

無論您是來度假、享受溫泉還是新遷居至此，訪客很快便能感受到當地人好客熱情的待客之道。每逢早晚，您亦可以到海濱與當地人打成一片，一起跳舞、耍太極和談天說地。

每到夏季，遊客也會蜂擁來到這個城市，享受陽光與海灘。而且一年四季大家也會被滋味濃郁的遼菜和鮮美豐腴的海鮮所吸引，令人垂涎三尺。

地道的海鮮午餐，前菜通常是以平底鑊烘烤而成的香脆米餅。隨後登場的都是蟹類菜式，營口人喜歡吃醉蟹或鹽水蟹，帶點刺身的風味，近乎生吃。由於營口市位處河口，所以當地的菜式亦不乏硬骨的河魚。當然別忘一嘗以當地盛產的玉米所製成類似鬆餅的包點。海參也是營口名產之一，不可不試。

與遼寧其他城市不同，數百年來，營口市不單受到外國文化薰陶，更一直是區內河、海兩處水路貿易的主要出口。這個歷史上有名的海港，時至今日仍是中國東北地區的第二大港口，踏入廿一世紀，營口更準備大展拳腳，將其傳統與文化發揚光大。

充滿歷史氣息西街，在十九世紀曾是富商巨賈聚居之處，街上氣派堂皇的建築，如今正在恢復昔日風光；至於鮫魚圈區，數年前還只是一條漁村，現時已矗立著一幢嶄新的世界級文化建築和大型展覽中心，標誌著這座城市璀璨的未來。

當局正規劃開發深水港口，足以容納全球最大的船隻。至於市內多個龐大的新型房屋項目發展一日千里，其斐然成績，讓營口無數居民受惠。

Hot springs are a major attraction for tourists.
溫泉是主要的旅遊景點。



不論當地居民或遊客，可在鮫魚圈保利大劇院欣賞世界級的藝術表演。鮫魚圈保利大劇院座落於新城中心商業區，面積達70,000平方米，集巨型市立圖書館和會議展覽中心於一身，而劇院外型設計獨特，糅合了海膽的概念，凸顯出營口市與海洋的聯繫，讓劇院的訪客和職員都耳目一新。

無論是因為當地居民的真摯熱情，抑或是讓人精神煥發的溫泉，還是甘香鮮味的海鮮和地道菜式，每一個到訪營口的遊客都能感受到營口窩心溫暖的待客之道。嘉里建設深明營口的吸引之處和鮫魚圈區的發展潛力，所以選擇在該區興建全新的高尚住宅、商業、酒店及休閒發展項目。

海檣台是嘉里建設開發的項目，距離海濱只有五十米，總建築面積達510,000平方米，住宅、酒店及公眾空間一應俱全。新項目的選址位處黃金地段，鄰近學校、醫院、超市、戲院、網球場及政府大樓等當地主要設施，鮫魚圈區著名的旅遊景點山海廣場亦近在咫尺。

海檣台三組樓宇的高度錯落有致，有如波浪一般，靈感正是來自「拍岸海濤」。坐落於海檣台北部的營口香格里拉大酒店，將於2015年開幕，每間豪華客房都設有偌大露台，遼東灣景致盡覽無遺。

嘉里建設一向注重居住環境，這個項目的園境師亦採用了多種不同高度的樹木，創造出充滿立體感的綠化效果，使這個渤海之濱的高尚住宅項目，倍添清新優雅。



Seeing blue to be green

Despite its abundance, fresh water is a finite resource and it pays to be mindful on how you can help conserve it



“You never miss the water till the well runs dry”, is an old saying that reminds us not take things for granted, but in Hong Kong, it is very easy to take water for granted.

We turn on our taps and water comes out. We are fortunate to have a secure supply of water that is cheap, clean and plentiful. To be told that water is scarce and we should conserve it is hard to grasp, but the truth is that fresh water is a finite resource and each and every living being on Earth needs water to survive.

Seventy per cent of the water on Earth is saltwater and only 2.5% of the world's water is drinkable fresh water. Of that 2.5%, only 20% is in lakes, rivers and streams; the rest is frozen in glaciers or ice caps. So less than 0.07% of all water on our planet is available for us.

However, although the amount of fresh water on the planet is finite, demand continues to grow, and there are many places around the globe where water resources are visibly depleted or pollution has robbed communities of their water. Millions of people do not have access to clean water to drink, cook or wash with, which leads to disease as well as disputes.

It is these kinds of visible impacts that led environmental organisations such as the World Wide Fund for Nature to develop a way of thinking about our true water usage also known as our water footprint. But what is it?

The average person in Hong Kong has a direct water footprint of some 220 cubic litres per day, consumed as you might expect by cleaning, cooking, flushing toilets and bathing. However our “indirect” water consumption is far higher – up to 10 times as much.



Our indirect water footprint takes into account the water used to produce the food we eat, the clothes we wear and the products we use. When we consume these items, the water used to produce them becomes part of our water footprint.

However, it can be hard to relate to statistics such as when you eat an 8oz steak you've used the equivalent of eight bathtubs of water. The amount of water used to produce things varies enormously.

One kilogram of beef requires up to 20,000 litres to produce, depending on where the cattle live and what they eat and how the crops they feed off are watered.

The six teaspoons of sugar hidden in a can of soft drink not only add “empty calories” to our diets but also mean a surprising 200 litres of water is used to produce each 330ml can. And while it takes 140 litres of water to produce enough coffee for a single black coffee, one cup of tea requires 35 litres as coffee farming uses more water than tea.

Clothes have a water footprint too, and irrigating fields to produce the cotton means more than 2,900 litres is used to make one simple T-shirt. Then, cotton is bleached dyed and washed repeatedly of excess dyes, all before the cloth is made into clothes.

World Wide Fund for Nature suggests we can begin to understand the issues surrounding water by trying to see “blue” and then thinking about everything we use and consume. Every action we take to reduce our water footprint, large or small, can help to improve freshwater supplies, the rivers and lakes, and the fresh water waters that sustain all life on earth.



For individuals, being aware of both our direct and indirect water footprint helps us understand how sustainable our lifestyle really is and where we can avoid squandering this precious resource.

As World Wide Fund for Nature's Head of Water Stewardship Stuart Orr said, while it may take a "leap of faith" to start reducing water usage when we currently have plenty, if individuals and businesses can make small changes to behaviour and influence others to stop wasting and polluting our precious water supplies, both people and nature stand to benefit. And that can only be a good thing for the children growing up today and future generations.

Be blue 實踐藍色生活

The indirect water footprint is generally larger than the direct water footprint, harder to imagine, but not impossible to reduce. Small changes do add up and by setting an example to others, and supporting businesses that are striving to "be blue", individuals can make a difference.

間接水足跡一般大於直接水足跡，也許更難掌握，卻非無法減少。小小的改變點滴累積，可帶來顯著成效，透過以身作則影響他人，並支持致力實踐「藍色」概念的企業，人人都可以改變世界。

One cup of black coffee without sugar
一杯無糖黑咖啡



{ 140 Litres }

Drink tea rather than coffee. Currently, coffee plantations require 140 litres to irrigate land to produce one cup of coffee, compared with 35 litres used for each cup of tea. 以茶代咖啡。目前，種植咖啡需要灌溉140公升淡水，才能生產一杯咖啡，相比之下，生產一杯茶僅需35公升淡水。

One cotton shirt
一件棉質衣服



{ 2,900 Litres }

Consume less generally. Buy fewer clothes and pass on clothes to secondhand stores and charities so others can benefit so less cotton needs to be grown or less fabric needs to be produced, dyed and washed. 在生活各個範疇均減少消耗。少買幾件衣服，棄用的衣物可送予二手商店或慈善機構，既可惠及他人，又可減少種植棉花，也可減省因製衣而需生產及染洗的布料。

The sugar in one can of soft drink
一罐汽水的含糖量



{ 200 Litres }

Drink water to quench thirst, rather than soft drinks. Farms growing sugar and maize for corn syrup use large amounts of water. 以清水解渴，不喝汽水。種植高果糖漿的原材料糖和玉米的田地使用大量淡水。

1kg of beef
一公斤牛肉



{ Up to 20,000 Litres }

Eat less meat and more vegetables as more water is needed to "grow" animal protein. 少肉多菜，因為「培植」動物蛋白質的用水量較多。

藍色環保生活

雖然水是充沛的資源，卻非源源不絕，所以我們要注意如何節約用水。

古語有云：「井涸而後知水之可貴」，告誡我們不要視一切為必然。不過，居於香港，我們往往認為食水垂手可得，不懂珍惜。

我們只要擰開水龍頭，食水便從之而出。香港人有幸享用廉價的清潔食水，而且供水可靠充足。若有人告知，水是稀有之物，應該節約使用，此話也許難以理解，但事實上，淡水是有限的資源，地球上所有生物均需要靠淡水才能存活。

地球上70%的水是鹹水，僅2.5%是可飲用的淡水，而該2.5%的淡水中，只有20%存於湖泊和河川，其餘則凝結成冰川或冰原。因此，可供人類飲用的水只佔地球儲水量的0.07%。

然而，淡水供應量有限，需求卻不斷增加，如今，全球許多地方的水資源明顯已耗盡，又或因污染而不再適合居民使用。數百萬人沒有可供飲用、烹調或洗滌的清潔食水，導致紛爭不斷，疾病叢生。

這些後遺症既擺在眼前，於是一些世界環保組織，如世界自然基金會發展出一套關於人類實際用水量的理念，亦稱為「我們的水足跡」。那麼，何謂「水足跡」？

香港人平均每天的直接水足跡約220立方米，大概用於清潔、煮食、沖廁和沐浴。然而，我們的「間接」用水量卻遠超過這個數字—甚至多達十倍。

間接水足跡包括我們所吃、所穿和所用的物品，在生產過程中消耗的水量。當我們使用這些物品，它們在生產過程中耗用的水，也納入我們的水足跡。

不過，也許我們難以理解水足跡的統計數字，比如說吃一塊八安士的牛扒耗用了八個浴缸的淡水。不同商品在生產時消耗的水量，差距可以很大。

生產一公斤牛肉所需水量約達20,000公升，這數字因應牛隻牧養的地點、所吃的飼料及糧草用甚麼方法灌溉而有所不同。

一罐汽水隱含的六茶匙糖份不但使我們在飲食中吸收「空熱量」，而且每罐330毫升的汽水在生產過程中用水量達200公升，數字驚人。生產一杯黑咖啡需要140公升的淡水，而一杯茶僅需35公升，原因在於種植咖啡豆比種植茶葉需要使用大量的水。

衣物也可計算水足跡，生產棉花需要以淡水灌溉田地，意味着每製造一件簡單T恤需要超過2,900公升的水。然後，棉花織造的布料必須先經漂染和反覆沖洗殘餘染料，才可製成衣物。

世界自然基金會建議，當我們開始了解水資源這個課題，可以嘗試留意「藍色」概念，然後，細想想生活中使用和消耗的物品與水資源的關係。我們為了減少水足跡所採取的行動，不論大小，均有助於改善河川湖泊的淡水供應，保護地球上一切生物賴以為生的資源。

個人而言，我們可以多注意自己的直接和間接水足跡，有助於了解我們生活方式的可持續性，以及在哪些方面可以避免浪費這珍貴的資源。

正如世界自然基金會企業水管理先鋒項目經理Stuart Orr所言，現在淡水供應仍然充沛，不過我們也許需要作出改變，開始減少用水，如果個人和企業都願意調整生活習慣，並且推動別人停止浪費及污染珍貴的食水，相信人類和大自然必定受惠。我們這樣做，對於今日的孩子以至未來下一代肯定是一件好事。

Every drop of water counts in helping save our planet. 珍惜點滴，拯救地球。





Crowds flock to the busy shops lining the Grand Bazaar.
大批旅客到著名市集大巴扎購物。

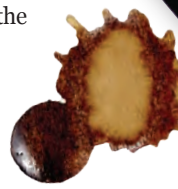
Irresistible Istanbul

Discover the alluring charms of Istanbul - an enchanting place steeped in history, iconic architecture and unrivalled cuisine

“If one had but a single glance to give the world, one should gaze on Istanbul,” wrote the French poet and politician Alphonse de Lamartine. There is much to gaze on in such a colourful city with a rich history that stretches back centuries, a city that has been the centre of vast empires. For when the sun rises over the waters of the Bosphorus Strait, it lights the meeting point of two continents – Asia and Europe.



Nowadays, the sun shines down not only over reminders of the city's former glories, when it was known as Byzantium and later Constantinople, but also lights up the glowing domes of Ottoman mosques and bazaars, the bustle of glamorous Beşiktaş District and latter day architectural triumphs such as shimmering skyscrapers of the Maslak financial district. For the curious traveller, intriguing sights that dazzle all the senses beckon.



A little history will help us organise our day, as we visit historic markets and indulge in a sophisticated global cuisine.

Named Istanbul in 1453 when the former Constantinople was conquered by the Ottoman emperor Mehmed II, the city flourished as a center of trade on the legendary Silk Road, when Istanbul was linked across the mountains, deserts and oasis of Central Asia to China then to the fabled cities of Samarkand, Kashgar, Turfan, Urumqi and beyond.

Today, the legacy of the Silk Road and Turkey's love of trading can be enjoyed in Istanbul's bazaars that number in the hundreds and are a good start to a day of tourism. Fragrant with saffron, aromatic spices, coffee and exotic perfume such as rose, amber and bergamot, the bazaars are known for beautifully decorated pottery, intricate lamps and hand-made carpets. And the persistence of their salesmen! If you are trying to drive a bargain, remember to keep your wits and sense of humour about you – to either get what you want or to be able to walk away without buying something you do not like.

Istanbul's most famous market is a must-visit. An easy 20-minute taxi ride from the city's fashionable Beşiktaş District, the Grand Bazaar draws vast crowds daily. Dating back to Ottoman times, this labyrinthine bazaar is far more than a place to shop. It might also be the world's first covered arcade and predecessor of our modern malls.

Sultan Ahmet Camii (Blue Mosque)
蘇丹艾哈邁德清真寺 (藍色清真寺)



Shangri-La Bosphorus Istanbul.
伊斯坦布爾香格里拉大酒店。



An enchanting retreat

Nestled in the heart of the fashionable Beşiktaş District, Shangri-La Bosphorus Istanbul's location is ideal for a sightseeing trip to explore one of the world's most fascinating cities. The main attraction is the sophisticated city resort experience that we expect from a Shangri-La property. Your room may look out over the blue waters of the Bosphorus or the domes, minarets and rooftops of Istanbul. What's more, the opulent Dolmabahçe Palace is a short walk away, as are the chic shops of Nişantaşı.

When tired, why not revitalise at the first CHI, The Spa in Europe? Inspired by traditional Asian therapies, the spa also takes inspiration from the hammam and offers a steam or Turkish bath to enhance guests' experiences.

寧靜閒適

伊斯坦布爾香格里拉，座落於時尚的貝西克塔斯區中心，是探索這個全球其中一個最迷人城市的理想住宿之選。酒店的主要賣點是提供一流的城市度假酒店服務和設施，一如香格里拉集團旗下物業的水準一樣。從房間俯瞰，你會看見碧藍的博斯普魯斯海峽，或伊斯坦堡市內的清真寺圓頂、尖塔和屋頂。而且距離酒店咫尺之遙，便是華麗的多爾馬巴赫切宮，以及尼尚坦石的時尚商店。

回到酒店後，若感到疲倦，何不體驗結合五行概念的CHI水療，驅除一身疲勞？此乃全歐洲首個CHI水療，源於傳統亞洲療法，還取法土耳其浴，特設蒸氣或土耳其浴，讓住客得以享受更舒適愜意的服務。



In traditional Turkish life, bazaars are places to buy daily necessities and places to meet – the home provides privacy, the market a place to socialise and swap gossip when buying olive oil and other such daily necessities. For the curious traveller, they are a fascinating glimpse into another culture and a unique way of life, away from more well-trodden tourist trails.

And when these sights have worked up your appetite, the bazaars have a good selection of cafés and restaurants under elaborately decorated domes that are perhaps the best-known motifs of Islamic design and architecture. Could there be a finer place to sit with a glass of tea or Turkish coffee and try some local dishes?

Turkish chefs are very inventive and have a wide range of fresh ingredients to work with – they claim there are over 100 ways just to cook an eggplant, from the dip Baba Ganuş (grilled eggplant salad) to Imam Bayıldı (the imam fainted), which is stuffed eggplant with tomatoes, onions and is noted for its extravagant use of olive oil. The legend is not clear whether the imam fainted because the dish was so delicious or so expensive because it used so much olive oil to create an unctuous creamy texture.

While the outsider might first think of the many forms of the kebab as being a symbol of the local cuisine, for the Turks it is a very simple dish of a stew of beans over rice Kuru Fasulye that is the national dish. The country has its own flat breads and in Lahmacun, a flat bread covered in minced lamb, they have a rival to the Italian pizza.

A Turkish meal can be plate after plate of highly refined dishes designed for sharing, or as simple as a grilled fish sandwich on the banks of the Bosphorus as you watch the boats ply the cross-continental waters and fishermen cast their lines as they have done for centuries.

As the sun sets over Istanbul, a visit to a hammam or a spa is highly recommended. Try out a Turkish tradition that combines steaming and massage treatments including a vigorous body scrub. Relaxed and reinvigorated, you will be ready to welcome another sunrise and another day in this most remarkable of cities.

Turkish cuisine offers a world of delectable flavours.
土耳其菜滋味無窮，惹人垂涎。



心醉神迷 璀璨之都

探索伊斯坦堡的誘人魅力，遊覽歷史悠久的迷人古城，觀賞宏偉的地標建築，並品嚐無與倫比的佳餚。

法國詩人兼政治家拉馬丁 (Alphonse de Lamartine) 曾經寫下這句話：「如果只能看這世界一眼，那就凝視伊斯坦堡吧。」伊斯坦堡曾是多個古代帝國的首都，匯聚千年歷史文化，如此絢麗多彩的城市，誠然處處引人注目。當太陽從博斯普魯斯海峽冉冉升起，晨暉照亮了這個歐亞兩洲的交匯城市。

時至今天，紅日不僅映照著伊斯坦堡昔日拜占庭，以及後來的君士坦丁堡的輝煌歷史，日光下，奧圖曼帝國清真寺和市集的圓頂閃閃生輝，攘往熙來的貝西克塔斯區 (Beşiktaş) 散發著都市魅力，標誌著現代建築學成就的馬斯拉克 (Maslak) 金融區，摩天大樓也光芒四射。對於喜愛探索新事物的旅客來說，伊斯坦堡無疑叫人心醉神迷。

事先認識一下這個城市的歷史，有助於編排旅程，好讓我們善用時間穿梭傳統市集，盡情品嚐精緻的國際美食。

公元1453年，這個前稱君士坦丁堡的城市，被奧圖曼帝國的穆罕默德二世攻下，改名為伊斯坦堡。其時，伊斯坦堡乃絲綢之路的貿易中心，藉此經典商道，跨越中亞的山嶺、沙漠和綠州，連接中國，再推進到傳說中的城市撒馬爾罕、喀什、吐魯番、烏魯木齊和其他地方。

今天，伊斯坦堡的大小市集有數百個之多，走進其中，即可感受到昔日絲路商城的氣氛和土耳其人對貿易的熱誠，日程伊始，先逛市集，確是佳選。一路上，番紅花、香辛料、咖啡和玫瑰、琥珀和佛手柑香水的香氣撲鼻而來，精美的陶器、製作工序繁複的燈飾、手製地毯等，都是馳名商品，還有難以打發的售貨員！如果您想殺價，緊記保持理智之餘，也不失幽默，這樣才可以買到您想要的東西，或者不被游說買下您不喜歡的商品。

伊斯坦堡最著名的市集「大巴扎」是必遊之地，每天吸引大量人流觀光購物。從市內時尚的貝西克塔斯區乘的士到大巴扎，僅需20分鐘車程。這個迷宮般的市集建於奧圖曼帝國時期，它不僅是大型購物場所，更可能是全球首個有頂市集及現代購物商場的雛型。

按土耳其人的傳統生活方式，市集是人們購買日用品和相聚之地——家是私人地方，而市場是社交場所，人們到市場購買橄欖油和其他日常必需品的時候，彼此寒暄和交換消息。對於喜歡尋幽探秘的遊人而言，逛市集乃熱門景點以外的另一選擇，可以一瞥別國文化的迷人之處、認識他們獨特的生活方式。

如果這些觀光點引起您的食慾，市集內一個個裝飾華麗、伊斯坦堡設計和建築圖案的圓頂之下，就有不少咖啡館和餐廳可供選擇。您可以點幾道當地小菜，悠閒地品嚐土耳其咖啡，舒適優閒，無出其右。

土耳其廚師擅於創新，懂得利用多種新鮮食材——據他們所說，單是烹煮茄子的方法已有一百多種，由烤茄子沙律 (Baba Ganuş) 至烤釀茄子 (Imam Bayıldı) 不等，其實就是茄子釀入番茄和洋蔥後烤煮而成的菜式，並在烹調時用上大量橄欖油見稱。Imam Bayıldı 的意思是「昏倒的傳教士」，據說傳教士吃過這道菜後昏倒，那他到底是因為茄子太美味，或是菜式為了製造油膩質感而使用大量橄欖油，因菜式太昂貴所以昏倒，就不得而知了。

外國人或會認為形形色色的土耳其烤肉，是土耳其的招牌地道菜，不過，土耳其人只視烤肉炖白扁豆 (Kuru Fasulye) 為傳統菜式。土耳其人有自創的薄烤餅，而Lahmacun就是舖滿羊肉片的薄烤餅，與其匹敵的就是意大利薄餅。

品嚐土耳其菜，可以是一道接一道同桌共享的精緻菜式，也可以是簡單地坐在博斯普魯斯海峽岸上，一邊吃着烤魚三文治，一邊觀看漁船駛過這跨越兩大洲的海峽，漁民撒網捕魚，千百年來每日如是。

在日落時份，到訪土耳其浴場或水療中心是上上之選，試試土耳其傳統集蒸氣與按摩於一身的洗浴方式，當中還包括大力搓背。一輪搓洗後，身心鬆弛，猶如注滿動力，迎接新的一天，繼續探索這個非凡城市。



Snowy tales and ski trails

Skiing is increasingly capturing the interest of children in Hong Kong, who can easily learn the sport for a winter wonderland adventure

Annabel Hau cannot remember a time when she could not ski. She grew up cross-country skiing in Sweden from the age of four and later when her family moved to the United States, she took up downhill skiing in the East Coast of the United States, in New Hampshire, Vermont, and Maine.

Now based in Hong Kong, the busy mother of three was keen for her children to learn to ski too, and took their first proper skiing holiday in Hakubba, Japan when her daughter was seven and her two boys were six and four. All three children loved their first skiing experiences and after attending ski school for a few days, were able to ski down the safest “bunny slopes” with confidence.

She jokes that it was already too late for even her four-year-old to ever become competitive skiers, as downhill skiers such as those going for gold in the Sochi 2014 Winter Olympics often started skiing as soon as they could walk.

Annabel plans to go skiing again this Lunar New Year as the children all love skiing and are keen to try snowboarding next time. Asked what they liked most about the holiday, the children were all in

agreement: the snow. Having lived in Hong Kong all their life, they loved experiencing a real “winter” and just loved playing, and most of all, skiing in the snow.

New Zealand-born Alex Yeung misses being out on the slopes all winter. Now based in Hong Kong, he says it is always amazing to see how fast small children learn to ski and his two girls now age seven and five are no exception.

He says children do not have the same fear of falling down that we adults do and as they have relatively recently learned to walk, they are far more used to being unstable on their feet than adults. Alex says the most important lesson any skier can learn is how to fall.



Children take to the slopes on their skiing vacation.
小朋友在假期享受滑雪樂趣。



Most experts agree that four is a good age to start learning to ski. He advises that while snowboards may look easier than strapping skis to little ones, children learn to ski much faster because they are moving in a similar way to walking or running, rather than sideways.

Where to learn is the next choice. Family-friendly ski resorts all offer “ski school” lessons on the slopes of the mountain at the resort. Lessons usually last two to four hours depending on the children’s ages. After that, it is time for every kid’s favourite after ski treat: hot chocolate.

Children start by learning how to fall properly, a useful skill that most find hilarious, before moving on to learn to control their speed by creating a “pizza wedge” by pointing their toes together and gliding slowly down the slope. Young children are taught to ski without poles and quickly learn to adjust their centre of gravity to guide themselves down the slope. Learning to navigate the chairlift at resorts is all part of the learning experience for young skiers, and like a fun fairground ride to most.

Aside from the confidence boost that comes with learning a new skill and the sheer fun of speeding down a snow-covered slope, skiing helps develop coordination, balance and general fitness. For families, a ski holiday provides a wonderful chance to spend time outdoors together and enjoy the contrast of a white landscape and other winter sports.



And for Hong Kong families heading off on a ski holiday, he recommends a few lessons beforehand – indoors. In Hong Kong, there are a number of indoor centres offering ski lessons for children. Unlike Annabel, who wanted her children to learn on snow as she had in Sweden, Alex says the opportunity to let his small daughters learn on an indoor slope in Hong Kong added to the family’s enjoyment of their holiday.

Going to an indoor facility saves time and money when a family reaches their destination for a skiing holiday, he says. And more importantly, it avoids less sporty children getting wet and discouraged if they fall down a lot on their first day. With four sessions on a dry slope practice indoors before a holiday, children can be going down the bunny slopes on the first day.

As for destinations for family skiing holidays, in Hong Kong there are now dozens of well-developed ski resort areas within a two to four hour flight from home. Japan has the best-established ski facilities in the region and resorts in destinations such as Hokkaido and Niseko offer the very best powder snow, delicious food and onsen (hot springs), while South Korea now has many ski resorts within easy reach of Seoul. The newcomer to the winter sports scene is China, which has seen a swathe of fabulous resorts open in the north, boasting stunning and pristine skiing for adults and children, usually within easy reach of other interesting destinations such as Beijing and Harbin, home to the annual ice festival.



Teaching kids at a young age can help them master the sport of skiing. 自小學習滑雪，小朋友就可輕鬆掌握、操控自如。



雪之初體驗

滑雪漸漸受香港小朋友歡迎，他們可以參加本地課程，輕鬆掌握滑雪竅門，為冬日滑雪樂園之旅做好準備。

Annabel Hau對於滑雪總是念念不忘。自四歲開始，她便在瑞典參加越野滑雪，後來隨家人移居美國，在美國東岸、新罕布什爾州、佛蒙特州及緬因州等地學習高山滑雪技巧。

Annabel現居於香港，並育有三個孩子，她亦希望孩子們學習滑雪，並安排女兒於七歲及兩名兒子分別於六歲及四歲時，在日本白馬度過他們首個正規的滑雪假期。這次初體驗，令三個孩子都愛上滑雪，在滑雪學校上了幾天課程後，已經能夠操控自如，並能滑下最安全的「初學者斜坡」。

她打趣說即使是她的小兒子，在四歲時才開始培訓他成為滑雪比賽選手都已經太遲，比如2014年索契冬季奧運會的高山滑雪參賽選手，往往在剛學懂走路時便開始學習滑雪了。

今個農曆新年他們計劃再次滑雪。孩子們都喜愛滑雪，並熱切期待試踏滑雪板。如果問孩子們甚麼是冬日假期的最愛，他們都會異口同聲地回答：「雪」。他們一直在香港生活，嚮往體驗真正的「冬天」，盡情在雪地裡滑雪和玩耍。

Alex Yeung生於紐西蘭，十分懷念冬季整天在山坡上滑雪的時光。他跟兩名分別七歲及五歲的女兒現居於香港，看到小孩子轉眼間便學會滑雪，總是令他驚訝不已。

他認為孩子不像大人般害怕跌倒，因為他們剛學會走路，比成年人更習慣步履不穩的感覺，Alex認為所有初學滑雪者最需要的是學習如何跌倒。

大多數專家認為四歲是開始學習滑雪的好時機。雖然對小孩子來說，滑雪板可能看似比滑雪屐更易掌握，但他建議孩子們可先學習滑雪屐，因為雪屐步伐的移動與走路或跑步的方式相似，較需要左右擺動的滑雪板容易操控。

下一步就要選擇在哪裡學習滑雪。家庭式的滑雪度假村都會提供滑雪課程，課程通常為二至四小時，視乎孩子的年齡而定。下課後往往還會奉上孩子們都喜歡的飲品——朱古力熱飲。

開始學習時，孩子們先要學會跌倒的竅門，他們會覺得滑稽可笑，但這項技巧非常實用；繼而學習如何拼合兩腳腳尖，好像切開的薄餅形狀般控制速度，慢慢地溜下山坡。年紀較小的孩子在沒有滑雪桿的情況下學習滑行，很快便學會調整重心向下滑。另外，學習如何調度假村的纜車吊椅，也是小朋友體驗的一部分，對很多孩子來說，操控吊椅就像於樂園玩駕駛遊戲一樣有趣。

學習新技能除了增強自信心，還可在冰雪覆蓋的斜坡享受高速滑落的快感，滑雪亦有助促進全身協調、平衡力和強身健體。對於家庭來說，滑雪假期正好是在戶外樂聚天倫、一起觀賞白雪皚皚的景致和享受冬季運動的好機會。

Alex建議遠赴外地享受滑雪假期的本港家庭，出發前可考慮先上幾堂室內課程。香港有許多室內場地，為兒童提供滑雪課程。有別於Annabel希望自己的孩子像她一樣在瑞典的雪地上學習，Alex認為在香港能有機會讓他的女兒在室內斜坡學習，已令他們的假日更添歡樂。

Alex表示，舉家到外地滑雪度假之前，先到室內滑雪設施練習，可節省時間和金錢。而且更重要的是，較少運動的孩子可免致弄濕衣服，或因為第一堂經常跌倒而感到氣餒。假期前先上四堂室內乾坡練習課，孩子們在第一天於滑雪場上便可嘗試滑下初學者斜坡了。

至於適合一家大小的滑雪度假勝地，鄰近國家就有數十個設備完善的滑雪度假區，距離香港不過二至四個小時航程。比如日本便擁有最完善的滑雪設施和度假區，如北海道和新雪谷的度假村更有精緻的粉狀雪花、令人垂涎的美食和設施完善的溫泉；南韓首爾近郊亦有許多滑雪勝地；而位於中國北方的多個滑雪區亦漸受大眾歡迎，天然純樸的滑雪場地令人驚艷，設施老少咸宜，而且鄰近多個觀光勝地，例如北京和哈爾濱，兩地每年更舉辦冰雪節，適合一家大小參觀。



Preservation by coinservation

Certain gold coins have transcended the hobby of collecting into helping save wildlife from extinction

It is late afternoon in Kruger National Park, South Africa. In the shade of the acacia trees, a lioness and her cubs play while almost hidden beneath denser bushes, a cheetah moves silently through the dappled shadows. Elsewhere, zebra and wildebeest flock to drink at the riverbanks, where hippos deign to raise the tops of their heads above the water to peruse the timeless scenes around an African river at dusk.

Such is the splendour of African wildlife, best seen up close in national parks such as Kruger. But it is the soulful-eyed elephants that are perhaps the most beloved of all animals.

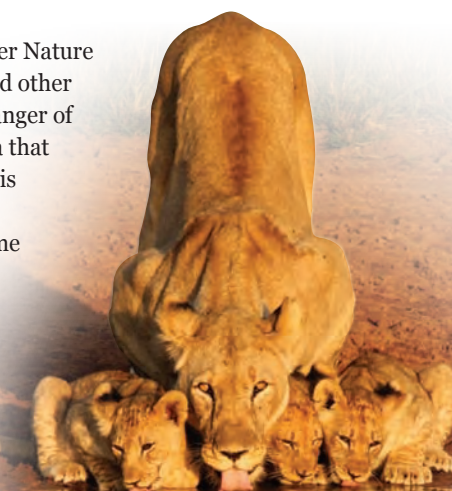
Proven to be capable of showing a range of emotions, elephants communicate through a variety of calls and sounds. They flap their ears, stomp and stamp, and nudge each other with trunks. Elephants show joy and excitement when they reunite with their herd, grieve when family members die and, most famously, elephants never forget.

Mandleve was one such elephant in Kruger National Park. Named for his torn right ear (from the Tsonga word for ear), Mandleve was born in the 1930s and known for his amiable demeanour. Though blessed with gigantic tusks, he was fortunate to escape the ivory poachers and lived a long life into his late 50s. He became a symbol of Kruger and inspired paintings and stories that educated countless visitors and South African school children about the need for conservation.

For despite the pure joy and awe for Mother Nature that many of us feel when we see elephants and other wild animals, sadly many species remain in danger of becoming extinct within this century. The idea that future generations may never see an elephant is tragic for humanity, but as with almost every species on our planet, were elephants to become extinct, the balance of nature would be disturbed and we would be faced with new environmental problems created by the imbalance.



Mandleve depicted on the 1996 Natura gold coin. 1996年的Natura金幣鑄有大象Mandleve的圖案。





From giraffes and lions to zebras, the Natura coin series is a treasure for hobbyists and conservationists alike. 無論是長頸鹿、獅子抑或是斑馬，Natura金幣系列都是收藏家和保育者的心頭好。

In the case of elephants, as relentless herbivores, they devour tonnes of leaves and trees each day, an activity that helps disperse and germinate many tree species in African forests. The loss of these trees would destroy the habitat and threaten other smaller species of animals, birds and plants, while insects could then be under threat too, disturbing our fragile ecosystem even further.

Sustainable solutions that help mankind and wildlife live in harmony and funding for all aspects of conservation are much needed. Twenty years ago, the South African Mint created a series of gold coins that turned out to have a value far greater than any precious metal.

Working with an acclaimed coin designer, the mint began releasing limited edition gold coins called the Natura series:

one gold coin a year featuring pictures of the country's wild animals. As well as reinforcing the message of conservation, the mint donates a proportion of the proceeds to wildlife conservation charities that work to ensure the survival of dozens of



threatened species and ecosystems. One year's coin featuring Mandleve the bull elephant from the Kruger National Park won the award for "most beautiful coin" in the coin world's equivalent of the Oscars. Other coins have featured impala, rhinoceros, lions, meerkats, buffalo, zebra, giraffes and most recently African-painted wolves.

The coins are highly sought out by sophisticated hunters on a sustainable kind of safari – animal coin collectors – who take pride in seeking out each animal coin to add to their collection as they increase their own knowledge of both wildlife and numismatics (coin collecting) that is a fascinating pastime as well as an investment.

While South Africa was the first country to offer a modern gold bullion coin, it was China that came up with the idea to add an animal design to its limited edition gold bullion coins. China's Panda coins went on to inspire many other countries to release their own limited edition animal gold coins, many in partnership with World Wide Fund for Nature and other conservation groups.

For one Hong Kong coin collector, his hobby started in earnest when he was given a Panda coin in the 1980s. As his collection grew, he was inspired to learn more about wildlife. Now the proud owner of an attractive and valuable collection, he focuses on animal coins issued in very limited editions with acclaimed designs.

An admirer of the Natura series and its message to conserve the environment, he says, "For people who specialise in

珍藏錢幣 珍愛自然

金幣不單能作為收藏嗜好，更有助保護瀕危野生動物，別具意義。

南非克魯格國家公園(Kruger National Park)內，時值黃昏。在相思樹樹蔭下，一頭母獅正在與子女嬉鬧，而在不遠處，一頭獵豹則在灌木叢的掩護下，悄無聲息的匍匐潛行。另一邊廂，斑馬與牛羚群悠然地在河畔飲水，浸在水中的河馬只露出雙眼，冷然細看這已被時間遺忘的非洲河岸的黃昏。

在克魯格公園近距離觀察如斯壯麗的非洲野生動物場面，尤其打動人心。而在眾多動物之中，眼神深邃靈性的大象，相信是最受歡迎的一員。

大象已被證實有能力表達各種情緒，並能憑藉不同的叫聲和聲音，又或拍動耳朵、手舞足蹈及以象鼻互相輕碰來溝通，而且大象與同伴重聚時會表現出歡欣興奮、家人離逝時會悲慟哀傷，更甚的是，牠們還擁有超凡的記憶力。

大象Mandleve正是克魯格公園的標誌。生於1930年代的Mandleve，因其右耳受損而得名（聰加語Mandleve即「耳朵」之意），最為人熟悉的是牠和藹可親的品性。雖然牠擁有巨大的象牙，但得到幸運之神眷顧，未曾遭遇偷獵者的毒手，能夠活到五十多歲，得享天年。Mandleve是克魯格公園的象徵，更成為不少畫作和故事的主角，教育了無數南非遊客和學童保育的重要性。

在看到大象和其他野生動物時，大部份人都會不禁地對大自然由衷讚嘆，奈何，有不少品種在今個世紀已步向絕種邊緣。我們的下一代或許已無緣再見到大象，這不但對人類而言是一個悲劇，大象或任何物種的消失更會擾亂自然界的平衡，屆時，我們將會面對生態失衡而產生新的環境問題。

以大象為例，這龐大的草食性動物每天都鯨吞數以噸計的植物，這有助於非洲森林多種樹木的繁殖。一旦失去這些樹木，整個棲息地都會受到破壞，其他較細小的動物、雀鳥、植物乃至昆蟲均會受到威脅，繼而更進一步打擊地球本已脆弱的生態系統。

人類與野生動物和諧共存的可持續方案，仍有待商議；保育工作的資助亦需要各界支持。二十年前，南非鑄幣廠便創造出一系列的金幣，其價值可遠遠高於任何貴金屬類。

南非鑄幣廠與備受推崇的錢幣設計師合作，推出名為Natura系列的限量版金幣；每一年推出一款，各以南非野生動物為主題。除了帶出保育的訊息，南非鑄幣廠亦會將部份收益，捐給從事拯救瀕危品種及生態系統的野生保育慈善團體。當年，以克魯格公園的大象Mandleve為主題的金幣，曾贏得「最精緻錢幣」這項堪稱錢幣界奧斯卡的獎項。而其他金幣主題包括黑斑羚、犀牛、獅子、狐獴、水牛、斑馬、長頸鹿，以及最近期的非洲野犬。

錢幣界老手就像非洲獵人般，對Natura系列都趨之若鶩，每增多收藏一枚動物金幣，不但讓他們倍感自豪，對野生動物的認識亦隨之增長，對他們來說，收藏錢幣不僅是消閒玩意，更是一項投資。

南非是首個發行現代金幣的國家，但將動物設計與限量版金幣結合的概念則由中國引入。中國的熊貓金幣陸續啟發了許多國家發行限量版動物金幣，當中不少更是與世界自然基金會及其他保育團體合作。

香港便有一位收藏家，在八十年代獲贈一枚熊貓金幣後，便開始認真收集金幣。隨著收藏品漸豐，他亦開始試著更深入了解野生動物。他的收藏品不但設計精緻，而且甚具價值，如今他只集中於收藏設計出類拔萃，而發行量極少的動物金幣。

這位收藏家欣賞Natura系列之餘，更贊同其蘊藏保育環境的訊息：「對於專門收藏動物金幣的人來說，有機會收藏設計如此精美的稀有金幣，而這金幣更有助保護瀕危生物，這比單單擁有一塊黃金更具意義。這金幣亦啟發我要為保護人類與大自然之間的平衡出一分力。」

如有更多的嗜好能像收藏錢幣一樣，有助保護野生動物免受絕種之虞，豈不妙哉？



collecting animal coins, the opportunity to acquire a collection of rare gold coins, with such beautiful designs that also play a part in preserving endangered species is rewarding on more levels than merely owning a piece a gold. It also inspired me to do more to preserve the balance of man and nature on our planet."

Wouldn't it be wonderful if more hobbies and pastimes could help save wildlife and species from extinction?

Serve up a selection of treats to sweeten with chocolate fondue for the perfect dessert.
朱古力火鍋配料豐富，令您甜在心頭。



Fondness for fondue

Switzerland's classic wintertime dish celebrates the warmth of communal eating with family and friends - enjoy its sumptuous flavours for a merry meal filled with joy



In the snowy Swiss winters, the favourite dish is fondue. A warming wintertime dish, fondue brings families together around a table, cooking food in one small pot over a burner. As they share food and conversation, the Swiss love to tell stories about the origins of their beloved fondue.

One such tale recalls a time a king was travelling through the land and stopped at a peasant's house and demanded some dinner. The peasant was embarrassed that he only had some bread and cheese in the pantry so he decided to melt it in a pot. To give it more flavor he added a little garlic; to make the king relaxed he added homemade cherry liqueur. And so the fondue was born.

Fondue means "melted" in French and the original version involved dipping bread in melted cheese, but now there are also lighter savoury options where meat is cooked in a broth or hot oil, as well as a chocolate version. Food is broken up into smaller pieces and speared on long-handled forks and dipped in the pot.

While sharing a pot of food at a table does not sound unusual to anyone living in Asia, until recently people in many Western cultures were used to being served individual plates of food when sitting down to a family meal.

The word fondue is also used to describe the cooking equipment used for this wintertime classic. In Switzerland, the special pot used is called a calquon. The timeless dish involves two types of melted cheese flavoured with a little garlic and cherry liqueur. Using long-handled forks, pieces of bread or trimmed vegetables such as broccoli, carrot and cauliflower are dipped into melted cheese.

Fondue Bourguignon (beef fondue) simply involves cooking meat in a shared pot of oil while Fondue Chinoise, like a Chinese hot pot, involves cooking seasoned meat or shellfish in a pot of herb-infused broth.

If you have never hosted a fondue dinner party, the first step is to buy or assemble a fondue kit. Look for one with enough equipment for few people and with forks that look different to each other, so your guests don't mix up their implements.

For an authentic Swiss cheese fondue, the experts would tell you that the secret of a great fondue is balancing the tastes of the

different cheeses and getting a silky, creamy consistency. A gentle introduction for the first timer is to do what many Swiss do, and use a popular Swiss ready-prepared cheese fondue pack found in many delicatessens. To add an authentic touch, first rub your pot with garlic and finish the dish with kirsch and a squeeze of lemon juice.

To make Fondue Bourguignon at home, it is vital to use high quality cuts of beef such as sirloin, rib eye or tenderloin. The meat doesn't take long to cook, so a tough cut will remain tough. Serve with sauces to dip the cooked beef in, such as Sauce Béarnaise or a herb-rich Argentinian Chimichuri, which brings a touch of freshness to the dish.

Clearly inspired by a well-travelled Swiss, Fondue Chinoise is exactly as its name suggests, except the broth is a more European-style bouillon and guests dip sliced meats and seafood into the broth but keep their food on their fork.

When eating fondue, it is vital to keep an eye on your fork etiquette. Dropping food from your fork into the pot can have some rather unexpected consequences. If a Swiss is eating fondue at home with family and good friends and they drop their food in the pot, they may have to kiss the person sitting beside them on the cheek. Drop the food twice and you will be washing up. If eating fondue in a restaurant, your penalty may be to buy a drink!

And for dessert, why not chocolate? This brings the irresistible taste and texture of hotel buffet chocolate fountain to the centre of your dining table. Melt good quality chocolate in a fondue set, then offer your guests a choice of sliced fruit such as strawberries and bananas or confectionary such as marshmallows and ladyfingers sponge biscuits and let your guests start dipping!

While the temperature may never drop below freezing in Hong Kong, adding a fondue course to a dinner party or family gathering on a winter evening is a fun way to create wonderful warm memories.



Wine for fondue

When pairing wine with melted cheese the trick is to find a crisp, light wine to contrast with the richness of the fondue texture. A careful selection will enhance the fondue dining experience. With this in mind, Kerry Wines recommends young white wines such as those from the Alsace region in France. The Meyer Fonne Pinot Gris Reserve 2011 would pair well with a cheese fondue. It has attractive aromas of hibiscus, honey, apricot and peach with a smooth, lush, and creamy texture.

If you are opting for a meat fondue, try a Beaujolais such as Chateau du Moulin-a-Vent, Champ de Cour 2010, a complex, medium to full bodied red that will work well with Fondue Bourguignon. In contrast to the famous Beaujolais Nouveau which must be drunk within a few months of harvest, this is a generous, juicy, softly textured wine, evocative of boysenberry and black raspberry and tinged with mint, nutmeg, cinnamon and caramelised resin. Balance comes from the slightly drying tannins in the finish.

美酒伴火鍋

品嚐瑞士芝士火鍋，最適合配以清新淡雅的佳釀，來平衡芝士火鍋濃郁的質感。精選佳釀可提升火鍋的滋味，因此，嘉里一酒香 (Kerry Wines) 推介來自法國亞爾薩斯區的白酒Meyer Fonne Pinot Gris Reserve 2011。此酒適宜與芝士火鍋一同享用，帶有芙蓉、蜂蜜、杏桃和桃香，口感柔和、濃厚順滑。

如享用肉類火鍋，可考慮配以來自法國的薄酒萊紅酒，如口感複雜的Chateau du Moulin-a-Vent, Champ de Cour 2010，其酒體屬中等至濃郁，乃配以牛肉火鍋的理想之選。與收成後幾個月內必須飲用的著名薄酒萊新酒不同，此酒豐富多汁，口感柔順，令人聯想起波森莓和黑莓的味道，並帶有薄荷、肉荳蔻、肉桂和焦糖松香，餘韻含有乾身單寧，令酒體保持平衡。

瑞士火鍋 滋味無窮

經典冬季佳餚瑞士火鍋，最適合與摯親好友一同享用。精彩滋味，歡欣滿載。

在白雪皚皚的冬季，瑞士人最愛享用fondue (瑞士火鍋)。此冬季佳餚不僅溫暖窩心，更可讓一家人團聚一桌；一面分享小鍋上烹煮的美食，一面閒談，訴說著火鍋的起源。

傳說從前有一位國王，於旅途中經過一間農舍並向農民討晚餐，但農民的廚房只有麵包和芝士，感到有點難為情，便決定將僅有的食材融在鍋裡。為了使味道更豐富，他加入了少許大蒜；為讓國王放鬆心情又加入自製櫻桃酒，自此火鍋便廣泛流傳，演變成現在的佳餚。

Fondue在法文解作「溶化」，原本是將芝士融化在麵包上享用，但現在卻衍生出美味變奏，如在肉湯或熱油內烹調肉食，還有將朱古力溶解而成的朱古力火鍋，進食時先將食材切成小塊，再插上長柄叉，然後蘸進鍋內。

對亞洲人來說，同桌共享一鍋食物非常普遍，直至近年，受西方文化所影響，有些家庭在聚餐時才各自享用碟上佳餚。

火鍋這個詞語亦用作描述烹煮器具。在瑞士，火鍋專用鍋被稱為calquon，而這款經典菜式放入兩種不同的已融芝士，並加入少許大蒜和櫻桃酒，再用長柄叉插上已切碎的麵包或蔬菜，如西蘭花、蘿蔔、椰菜花等，蘸點鍋中已溶化的香濃芝士，便可細意品嚐。

Fondue Bourguignon (牛肉火鍋) 只需用鍋內的油煮熟肉類即成；而Fondue Chinoise (涮肉火鍋) 就如同中式火鍋一樣，將經調味的肉類或貝類食物放進已加入香草的高湯內煮熟。

如果您從未辦過火鍋晚宴，最先應配備火鍋組合，找一套足夠數人使用的器具，但購買時要注意選取不同款式的叉具，這樣客人才不會混淆各自的用具。

要製作地道的瑞士芝士火鍋，專家的秘訣是平衡不同芝士的味道，以烹調出柔滑濃郁、口感一致的滋味。對新手來說，第一步可先效法瑞士人的食法，在食店購買受歡迎的瑞士芝士火鍋湯包，想添加風味的話，更可在鍋內擦上大蒜，最後加入櫻桃酒和檸檬汁。

要在家中烹調瑞士牛肉火鍋，關鍵是選用優質牛肉，如牛外脊、肋眼或腰肉。牛肉不需要煮得太久，這樣才能保持牛肉的質感。熟牛肉可蘸點醬汁如法式蛋黃醬，或帶點幽香的阿根廷香草醬汁，為食物帶來一抹清新味道。

涮肉火鍋是由閱歷豐富的瑞士人創製，顧名思義除了用歐式肉湯，客人可用叉子插上切粒肉類和海鮮蘸入湯內。

享用瑞士火鍋時，用叉禮儀至關重要。食物由叉子掉入鍋中，會有意想不到的後果。瑞士人在家中與親朋好友品嚐火鍋時，如有人掉下食物入鍋中，便要親吻身旁親友的臉頰；掉下兩次則需負責清潔用具。如果身處餐館，則可能會被處罰請喝飲品！

以火鍋作甜品的話，朱古力火鍋就如酒店自助餐朱古力噴泉般，為家中餐桌帶來無法抗拒的滋味和口感。在火鍋內溶化優質朱古力，為客人提供各式切粒水果，如香蕉、士多啤梨或棉花糖及手指餅等糖果，讓客人用來蘸點朱古力。

雖然香港的氣溫不會降至零度以下，但在晚宴或家庭聚會中享用火鍋，必定能留下溫馨歡樂的回憶。



Just as the best seats in the house are called the dress circle, so too is the best of the Kerry spirit embodied in this magazine, similarly and appropriately titled *Dress Circle*. Our concern for the environment, our reverence for heritage and the glories of the past, our affection for culture, our appreciation of the finer things in life, our corporate adventures – all contribute topics towards the making of this fine magazine. *Dress Circle* is our commitment and our gift to you. We hope you enjoy it.

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