

缅甸仰光

🌐 Yangon, Myanmar

TIME TRAVEL IN THE OLD CAPITAL

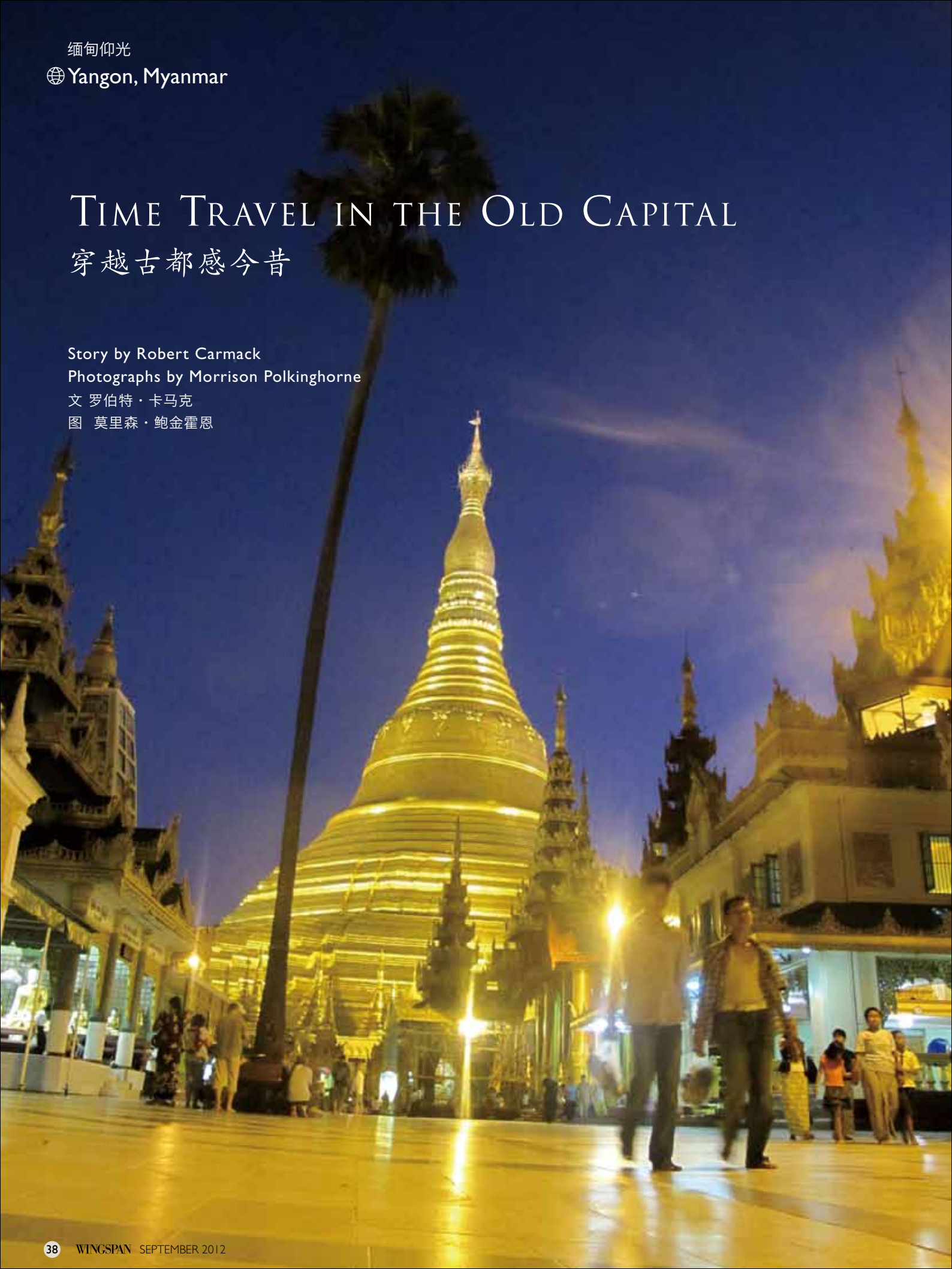
穿越古都感今昔

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“*Ooh la la,*” purred the chic French woman entering the marble-floored lobby of The Strand, the grand hotel where I was staying. Madame was with her entourage, and I marveled that my hotel had become a prime tourist destination in Yangon for that oh-so-British institution, the afternoon tea.

“My hotel.” The words echo easily in my mind, as almost a subliminal territorial claim.

Yangon today reminds me of Hanoi, circa 1995—a hint of newness entering a historic culture, with little changed architecturally in decades.

I’m again staying at “my hotel,” reliving both The Strand’s and Myanmar’s history over the past century.



Lodgings here opened in 1901, at the height of the British Empire. Its location was well chosen back then—first hotel off the dock after a long cruise up the Irrawaddy Delta—and nowadays is at the city’s downtown heart, a district rich in architectural delights.

Time Warp in a Golden Land

The Strand may have shed some of the glory it had when it was crowned “finest hostelry east of the Suez,” but entering the lobby is still like reliving the Golden Age of Travel. One senses the footsteps of past royalty as well as literary luminaries like Orwell, Maugham, Kipling and Coward traipsing its staid wainscot corridors. Yet its Internet service, wellness spa with traditional Myanmar therapies, trendy River Art Gallery and revamped co-ed butler services place it truly in the 21st century.

Yangon is far from being new, however, or sprawling, or

一位衣着入时的法国女士与随行人员一同步入大理石板的前厅时，不由得发出一声感叹的惊呼。这家豪华大酒店名为斯特兰德酒店，是我以往下榻的地方，而令我感到吃惊的是，原来我的酒店已经以英式午后茶闻名遐迩，成为观光客来仰光的主要造访地之一。

“我的酒店”这个词轻易地在我脑中回荡，似乎在潜意识中我对这里如领土般宣告了主权。

现在的仰光让我想起 1995 年前后的河内，当时那座建筑外观上几乎数十年如一日的历史文化名城，注入了些许新鲜的现代气息。

我此行依然下榻在“我的酒店”，打算重温斯特兰德酒店和缅甸往昔百年的历史。这家酒店于 1901 年开业，当时的大英帝国如日中天。酒店选址极为讲究，从伊洛瓦底江三角洲溯流而上，漫长的航程后离埠头最近的酒店就是这里，而今这里成为仰光市中心，许多有名的建筑都集中于此。

黄金宝地叹流光

斯特兰德酒店曾一度被冠以“苏伊士以东最佳酒店”的荣誉，现今，虽不如从前辉煌，但步入大厅仍像回到它的黄金时代，感受到过往的繁华荣耀。长廊两旁装饰着端庄的护墙板，浓厚的文学气息让人仿佛见到奥威尔、毛姆、吉卜林、及科沃德等文学大师在此徜徉。然而这里不仅有辉煌历史，更配备了先进的互联网服务、使用缅甸传统疗法的舒适水疗服务、时尚的河畔艺术画廊及现代化的男女私人管家服务，这些都使它平添了 21 世纪酒店的特色。

但是仰光这座城市却不太新潮，城市不大也不热闹。遥想过去时光，具有两千五百年悠久历史的仰光大金塔独霸着仰光的蓝天，成为天空的最高点。而建于爱德华时期及维多利亚时期的建筑及那些常春藤般的藤蔓装饰着城市中心，令人回想起过去的殖民地时代。

这种超越时代的特质不仅在仰光，精美的建筑更一直延伸至内地的蒲甘和曼德勒。蒲甘有两千座从 11 世纪起建造的寺院，曼德勒的建筑则具有异国情调，如一座 19 世纪的缅甸宫廷传统博物馆。这些建筑让缅甸无论是城市还是乡村，处处风光旖旎，如诗如画。

仰光这座湖光山色的城市不仅优美非凡，人们独特的生活方式更是其魅力所在。

人们仍旧沿着许多传统的行为方式：男人无论是工作还是玩





loud. Think laid-back time warp, with the 2,500-year-old Shwedagon Pagoda dominating the skyline. Colonial-era Edwardian and Victorian buildings and their ivy-like vines grace the city center with structural reminders of the past.

This timeless quality continues beyond Yangon and its exquisite architecture to upcountry, imperial Bagan, where 2,000 temples date from the 11th century, and on to exotic-sounding Mandalay, which remains a repository of 19th-century Burmese court traditions. City and country have picture-perfect landscapes and vistas.

Another pleasure of Yangon is the way this city of lakes and parks takes life at its own pace, with traditions remaining much the same: men wear longyi sarongs for work and play; women ubiquitously place cooling thanaka bark paste on their face as decorative make-up; car license plates are rendered in local numerical script. Saffron-robed monks with alms bowls are a common sight, as in the past, but unexpected are the gaily pink-garbed nuns with magenta umbrellas. So there is something of the new emerging from the old.

Visually and literally, Myanmar is a golden land, and its arts and crafts exquisite: lacquer ware, embroidery, silk weaving, intricate kalaga tapestry, woodcarving, puppet making, and silverwork are all adroitly done. In fact, handicrafts are among the country's major appeal to travelers.

As for the art scene, many galleries across the city feature established



and emerging artists working in figurative and abstract genres plus new media. New Zero Art Space, a nonprofit gallery and art school in downtown Yangon, has an artist-in-residence program in addition to gallery works. Other spaces include New Treasure Art Gallery, Inya Art Gallery and Anawar Gallery of Art.

Bazaar Treasures

Traditional markets in Yangon are ideal for shopping and browsing among a variety of sellers, absorbing the atmosphere of a timeless Asian bazaar where just about anything from handmade textiles to hand-forged scissors may be found.

And the must-see market is Bogyoke Aung San (aka Scott Market), Yangon's largest bazaar, named in honor of post-colonial founding father and parent to Aung San Suu Kyi. Hundreds of shops offer everything from antiques and local crafts to gems and opticians, all housed in a vast colonial structure built in 1926 and flanked by cobblestone alleys. Treasures and reliquaries are found among stalls surrounding Shwedagon Pagoda.

Myanmar was always a land rich in resources, where temples shine brilliantly in cityscape and landscape. Yangon's Shwedagon Pagoda—gilded with some 45,000 kilograms of 24-karat gold leaf and crowned with thousands of diamonds, rubies, emeralds, and sapphires—tops

them all with a 72-carat diamond at its apex.




City in Transition

Against the background of glinting pagodas, bustling markets and shaded avenues among fin-de-siècle architecture, streets get quiet at night because there are so few vehicles. But change is afoot, and today more than road

dust is blowin' in the wind.

With increased flights to Yangon, accommodations nowadays throng with the footsteps of paying customers, including those perennial afternoon tea-taking tourists, French, English, and others. It no longer is an old capital that time has forgotten.

Since the administrative capital was moved to Naypyidaw a decade ago, Yangon hasn't missed a beat in its transition. And while the nation is currently imbued with tradition juxtaposed against certain change, Yangon will always be a city easily remembered and definitely worth the time travel between its contemporary and colonial modes. 



乐都穿着纱笼围裙；女人用清凉的塔纳卡 (Thanaka) 香木粉化妆；缅甸车牌号的当地文字标写；身披橙红袈裟、手托化缘钵的僧人比比皆是，然而令人想不到的是这里的尼姑们竟身着粉红色袈裟，且神情愉悦。看来在古老的传统中仍诞生出了许多新鲜事物。

无论从视觉感受还是实际意义上，缅甸都堪称是一个金色国度。这里有精美的艺术品和手工艺品，如漆器、刺绣、纺丝、手工繁复的卡拉嘎提花挂毯、木雕、木偶制作及真丝制品，件件都是巧夺天工。事实上，手工艺品也是缅甸吸引游客的主要魅力之一。

关于这个国家的艺术领域，在缅甸各地皆可看到艺术博物馆，既有艺术名师也有崭露头角的后起之秀，抽象艺术与写实作品兼收并蓄，同时还有新媒体艺术。如新零售艺术空间 (New Zero Art Space) 是一个座落在仰光市中心的非营利画廊兼艺术学校，除了展示艺术作品外还设有艺术家驻校创作项目。其他的还有新宝艺术画廊 (New Treasure Art Gallery)、燕子艺术画廊 (Inya Art Gallery) 及安瓦尔艺术画廊 (Anawar Gallery of Art)。

市场淘宝乐无穷

在仰光众多的商家中，传统市场可说是购物淘宝的理想去处，可于购物的同时感受跨越时代的亚洲市场氛围，手织布匹、甚至是手工打制的剪刀都能在此买到。



到了仰光，绝不能错过的是昂山市场 (也叫 Scott 市场)，这是仰光最大的市场，以著名的缅甸独立领袖昂山命名。昂山领导人民结束了英国的殖民统治，他的女儿是缅甸全国民主联盟总书记昂山素姬。市场店铺众多，货物齐全，从古玩到当地手工艺品及宝石、眼镜，应有尽有。所有店铺都集中在 1926 年殖民时期建造的一座大建筑中，两侧是鹅卵石铺的通道。而仰光大金塔周围的摊位上还可买到珠宝和舍利。

缅甸自古以来资源丰富，城市各处矗立着金光闪闪的佛教寺院，仰光的大金塔贴有 4 万 5 千公斤的 24k 金箔，上面嵌有上千颗钻石及红绿蓝各色宝石，顶端镶嵌的是一颗 72 克拉的大钻石。

时代转变城市新

夜幕降临，佛塔金光灿烂的光芒褪去，繁忙了一天的市场渐渐趋于平静，掩映在各处世纪末打造的建筑之间的街道也变得寂静安详，街上人车寥寥。然而，城市仍在变化，如今漂浮于空中的不再只是街道上的尘埃。

随着越来越多的航班飞抵仰光，消费人数剧增，包括来自法国、英国及其他国家的观光客与往来不断的下午茶客人，因此住宿设施也纷纷建起。仰光亦不再是被时间遗忘的古都。

自从 7 年前缅甸行政首府迁都内比都后，仰光丝毫没有停止前行的步伐，他们持续在传统与革新中寻求平衡，是个不仅让人流连忘返，更是值得前来，体验跨越时光之旅，穿越在殖民时代与当代之间的魅力国度。

Festive September

Most festivals are based around pagodas and their goods fairs, boat races, dances and other celebrations.

Boat Races—Countrywide

September is the sixth month on the Myanmar calendar; time for royal regatta festivals and local boat races held in practically every pond, river and lake throughout the country, with stirring pageantry.

Yadana Gu Nat Festival—Amapura, Mandalay, Sep.9–15

This celebration of Mt. Popa includes a rowing boat trip to the festival site, where the goddess Mewanna made camp on her way to the sacred mountain.

Manuha Temple Festival—Mingyaba (near Bagan), Sep. 12

Huge paper-mache figures of spirits riding horses and animals are paraded to the temple, and rice cakes plus pickled melons are set on trays in front of homes for anyone to enjoy.

Puang-de (Buddha's Tooth Relic Festival)—Yangon environs

People across the country come to this festival to worship the sacred relic of the Buddha's tooth brought out once a year and carried in an elephant procession.



九月节日月

大部分的节庆活动都围绕佛塔、土特产、赛龙舟、舞蹈等主题举办。

赛龙舟—全国

公历9月在缅甸的日历上为六月，是皇家龙舟庆典及民间的赛龙舟节日，在各地的江河湖泊举办比赛，开场典礼可谓热闹非凡。

亚达娜顾那特节 (Yadana Gu Nat Festival)—曼德勒的阿玛拉普拉，9月9日 - 15日

有庆祝Popa山众神的节目，包括划船至节日举办地点，即Mewanna女神前往神山途中的宿营休息之处。

马努哈寺节—Mingyaba (邻近蒲甘)，9月12日

大型纸扎人形、马匹和其他动物，形成庞大的游行队伍，前往寺院。沿途民家门口将饭团及腌瓜摆放盘中，供大家随便取食。

Puang-de (佛祖牙舍利节)—仰光郊外

来自全国各地的人们，前来参加此节日，以向每年一度取出供奉的佛祖牙舍利祭拜，牙舍利由大象列队奉入祭拜场地。

Getting There

ANA begins service to Yangon International Airport this month with direct flights departing daily from Narita.

交通

ANA 本月开通飞往仰光国际机场的直飞航班，每日都有航班从成田出发。