

Embracing Sydney

Make your visit to Australia's premier city extra special by staying in The Rocks neighbourhood. You'll find history, mystery and romance here

Magnificent harbour view from the Shangri-La Hotel. 從香格里拉大酒店遠眺，悉尼港的宏偉景觀盡收眼底。

Some 870 or more visitors from Hong Kong and the Chinese mainland come daily to discover Sydney. China is an increasingly important source of international tourism for Australia, and the Chinese put Sydney high on their travel agenda.

The scenic harbour city is a must for anyone visiting Australia, whether for business or leisure. One of the first sights to greet visitors is the famous harbour, one of the world's most beautiful natural waterways.

The vibrant blue of sparkling Sydney Harbour is dotted with hundreds of sailing yachts, cruise boats and ferries. The 240 kilometres of shoreline invite the visitor to explore and discover, or to picnic in the parklands and gardens hugging the water's edge.

The Rocks is a great place to begin your Sydney experience. It is a heritage zone – a maze of sandstone lanes, cul-de-sacs and courtyards dating back to the days when ships sailed from England to bring the newly settled colony its first residents. Early 19th-century shops, warehouses and terraces are restored as high-end boutiques, pubs and restaurants.

A walking tour around The Rocks district is an opportunity to savour Sydney's mild climate, clean air and clear blue skies. The route takes in some of the city's oldest pubs, places with grand names such as Fortune of War, Hero of Waterloo, Lord Nelson and the Orient. Here you can enjoy a hearty ploughman's lunch, washed down with a beer brewed on the premises.

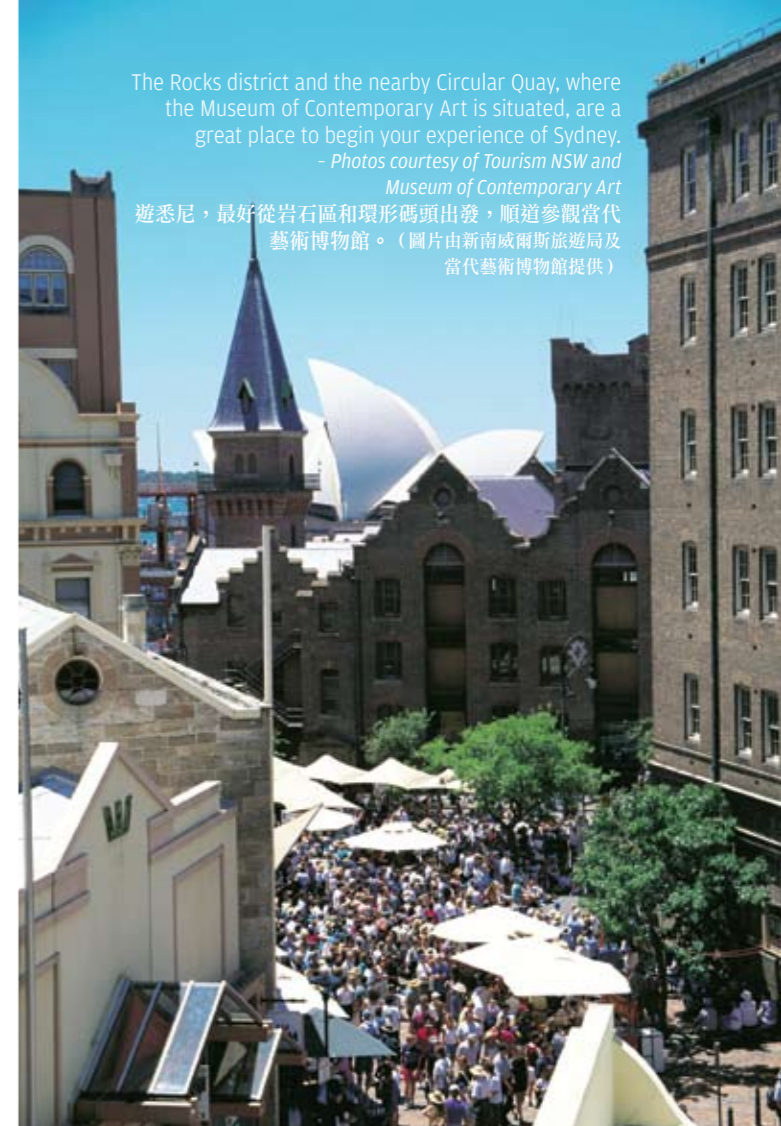
The Museum of Contemporary Art can be depended on for exciting exhibitions, while the shops and galleries within converted workmen's cottages offer a shopping experience with a difference.

A night tour will give the visitor a sense of the mystery and intrigue of historic Sydney.

The Rocks and the wider Circular Quay area is famed for its world-class dining. The restaurants in Sydney's hottest culinary precinct are legendary for two reasons: outstanding cuisine and a spectacular setting.

Diners gaze upon the iconic Sydney Opera House, the Sydney Harbour Bridge, and the Botanical Gardens. Beautiful by day, the surroundings take on a special

The Rocks district and the nearby Circular Quay, where the Museum of Contemporary Art is situated, are a great place to begin your experience of Sydney.
- Photos courtesy of Tourism NSW and Museum of Contemporary Art
遊悉尼，最好從岩石區和環形碼頭出發，順道參觀當代藝術博物館。（圖片由新南威爾斯旅遊局及當代藝術博物館提供）



character at night. The seafood, including legendary Sydney rock oysters, local crayfish and mussels, are a must-try for all visitors.

The Rocks is also a popular shopping destination, the place to pick up souvenirs of your visit to Australia. Attractive stores are stocked with giftware, fashion and uniquely Australian goods, and there is Aboriginal and contemporary art filling the galleries here. The weekend markets are ideal for browsing for quality crafts.

Once the dining, shopping, sightseeing and other business is done, you will want to get back to the comfortable room you've booked for your Sydney stay. Shangri-La Hotel, Sydney offers ever-welcome Shangri-La hospitality.

Sydney's leading luxury hotel, located in The Rocks district, offers panoramic views of the harbour, and in-house dining can be enjoyed at the award-winning Altitude Restaurant and the Blu Bar on 36. Both command spectacular views of the city and the harbour.

Shangri-La also offers soothing treatments for the weary traveller at its signature CHI, The Spa. The brand made its

debut in Australia only recently. CHI's private spa suites are some of the most luxurious and spacious to be found in Sydney. Wrapped by the gentle CHI ambience, the guest loses all sense of time as he or she indulges the senses, pampers the body, and revitalises the spirit.

CHI is inspired by the legend of Shangri-La, a place of peace, enchantment and well-being. The signature CHI massages and treatments are based on traditional Asian healing philosophies and the principles of restoring balance and harmony to mind and body.

The tempting spa menu includes CHI Balance, a massage that promises vitality, clarity and peace of mind; CHI Healing Stone, a treatment that combines thermotherapy with a deeply relaxing massage; and Rescue Release, a customised massage to ease muscle tension.

Guests have made CHI, which opened in February this year, an essential part of their Shangri-La stay. Local residents are also savouring CHI's healing qualities.

Shangri-La and the new CHI are two of the many excellent reasons for visiting Sydney.

戀戀悉尼

遊覽悉尼，住宿於岩石區能讓你親身體驗當地的歷史文化，並感受那份神秘氣氛與浪漫情懷

澳洲是一個旅遊勝地，越來越多中國遊客嚮往遊澳，悉尼更成為他們外遊的必然之選。

其實，不論往澳洲旅行或公幹，悉尼都是旅客必到的城市之一。單以香港及中國大陸旅客計，每日就有超過870人到這個璀璨的海港城市遊覽。

悉尼港上有數以百計的帆船、遊船和渡輪，甚是壯觀，怪不得被譽為悉尼最著名的旅遊景點之一。悉尼港口海岸線長達240公里，延綿的海濱長廊，連接着附近的公園和休憩地帶，有些遊人在散步，有些在野餐，好不寫意。

從悉尼港口展開悉尼之旅，最好從岩石區出發。這區見證了澳洲的殖民地歷史，迎接過最早期的英國移民。那些砂岩建成的19世紀建築經過翻新後，原來迷宮式的小徑、巷子和庭院，現已成為時尚的酒吧、餐館和時裝店。

沿著岩石區徒步遊覽，最能感受悉尼的溫和氣候、清新空氣，以及蔚藍晴空。岩石區內有不少城中歷史最悠久的酒吧，甚麼 Fortune of War、Hero of Waterloo、Lord Nelson、the Orient 等，每間的名字都蘊含著歷史的痕跡。在那裡，遊人都可細意享受地道的農莊午餐和啤酒。

岩石區也是個熱門購物點，小禮品、時裝、澳洲土產等點綴著商店的窗櫺；畫廊裡展示著澳洲土著及其他派別的藝術作品；假日市集內隨處可找到地道的手工藝品，好不熱鬧。在這裡挑選一份手信紀念澳洲之旅就最好不過了。

除了畫廊，還有當代藝術博物館(The Museum of Contemporary Art)為這區增添藝術色彩。館內不僅經常舉行精彩的展覽，還有由工場改裝而成的商店和畫廊，為訪客提供不一樣的購物體驗。

到了晚上，岩石區則為悉尼抹上一片神秘的歷史色彩。

岩石區和環形碼頭一帶是城中炙手可熱的美食地帶，這裡達國際水準的食肆林立，憑著出色的菜餚和攝人的景色揚名悉尼。

入坐後，悉尼歌劇院、悉尼港口大橋和皇家植物園等美景盡收眼底。醉人夜景當前，又能享受有名的悉尼石蠔、小龍蝦和青口等新鮮海產，人生夫復何求？

當然還得有舒適的酒店住宿！一整天的觀光、購物及美食體驗過後，能夠回到悉尼香格里拉大酒店般舒適的房間，享受香格里拉式的禮遇，旅程才算完美。

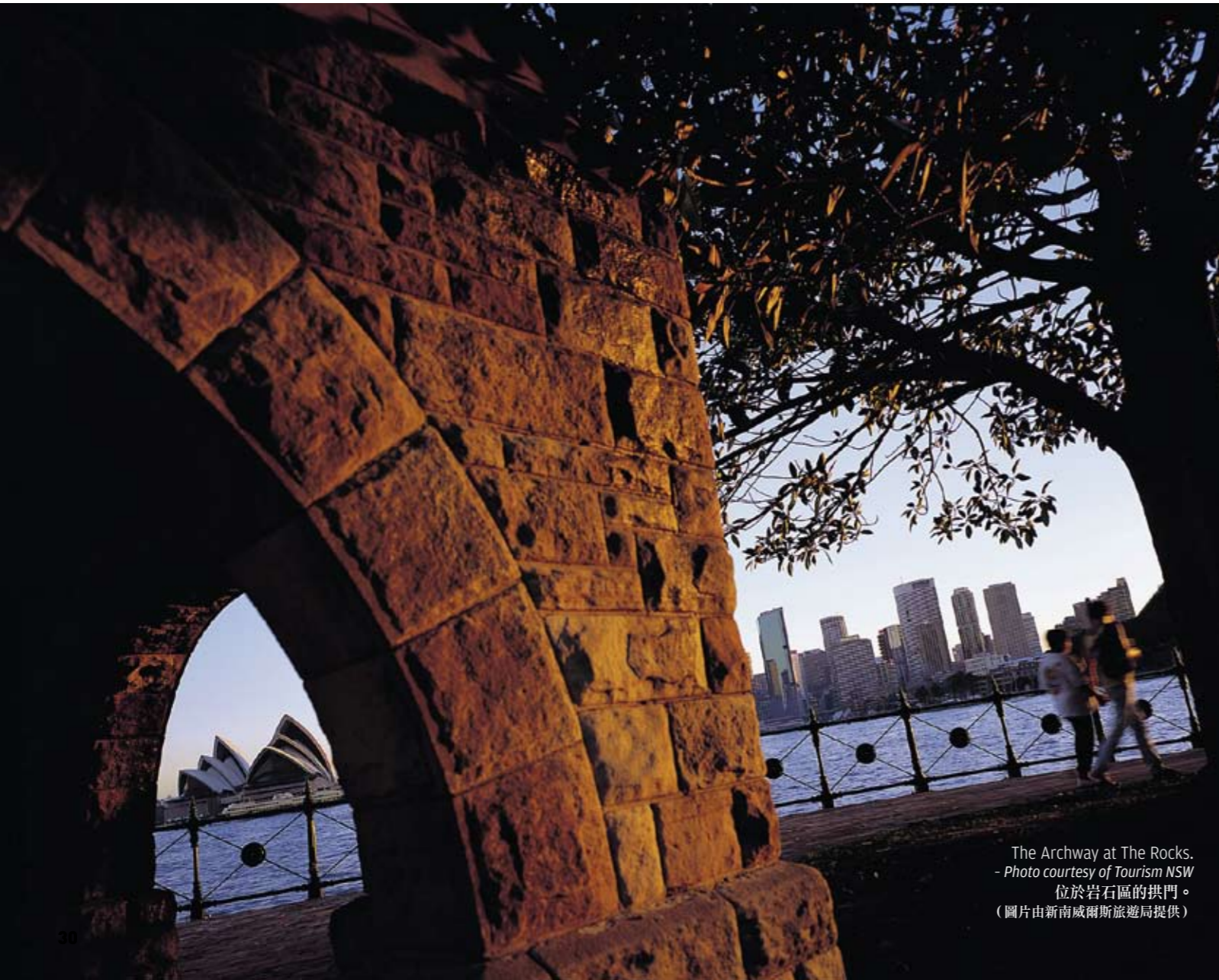
位於岩石區的香格里拉大酒店，臨近悉尼港，極盡豪華。酒店內的Altitude餐廳與Blu Bar on 36酒吧，座擁城市和海港景色，美不勝收。

遊覽一整天後，最需要舒緩疲憊的身軀，前往剛登陸澳洲的香格里拉「氣」水療中心最好不過。「氣」的概念源自香格里拉的傳說，講求寧靜、玄妙和舒泰。「氣」水療中心所提供的水療服務，均基於東方的傳統養生哲學，務求修補平衡，使身心達致完美的和諧境界。

「氣」水療中心的按摩護理服務多元化，有令人恢復精力、醒腦怡神、平和身心的「氣」平衡按摩；有利用熱力配合深層按摩的「氣」藥石護理，還有按客人個別需要而設的全面恢復放鬆按摩，有助舒緩肌肉酸痛。

「氣」水療中心設有全悉尼最寬敞、最豪華的水療套房。進入「氣」之後，賓客便有如沐浴在超脫的感官世界，與時空脫節，讓身體和精神獲得充分舒緩。怪不得自今年二月開幕以來，不少入住悉尼香格里拉大酒店的賓客都曾到訪「氣」水療中心，而悉尼的居民也慕名前來體驗最貼心的享受。

悉尼有眾多令遊客賞心的過人之處，香格里拉大酒店和「氣」水療中心無疑是其中兩個最佳的例子。



The Archway at The Rocks.
- Photo courtesy of Tourism NSW
位於岩石區的拱門。
(圖片由新南威爾斯旅遊局提供)

