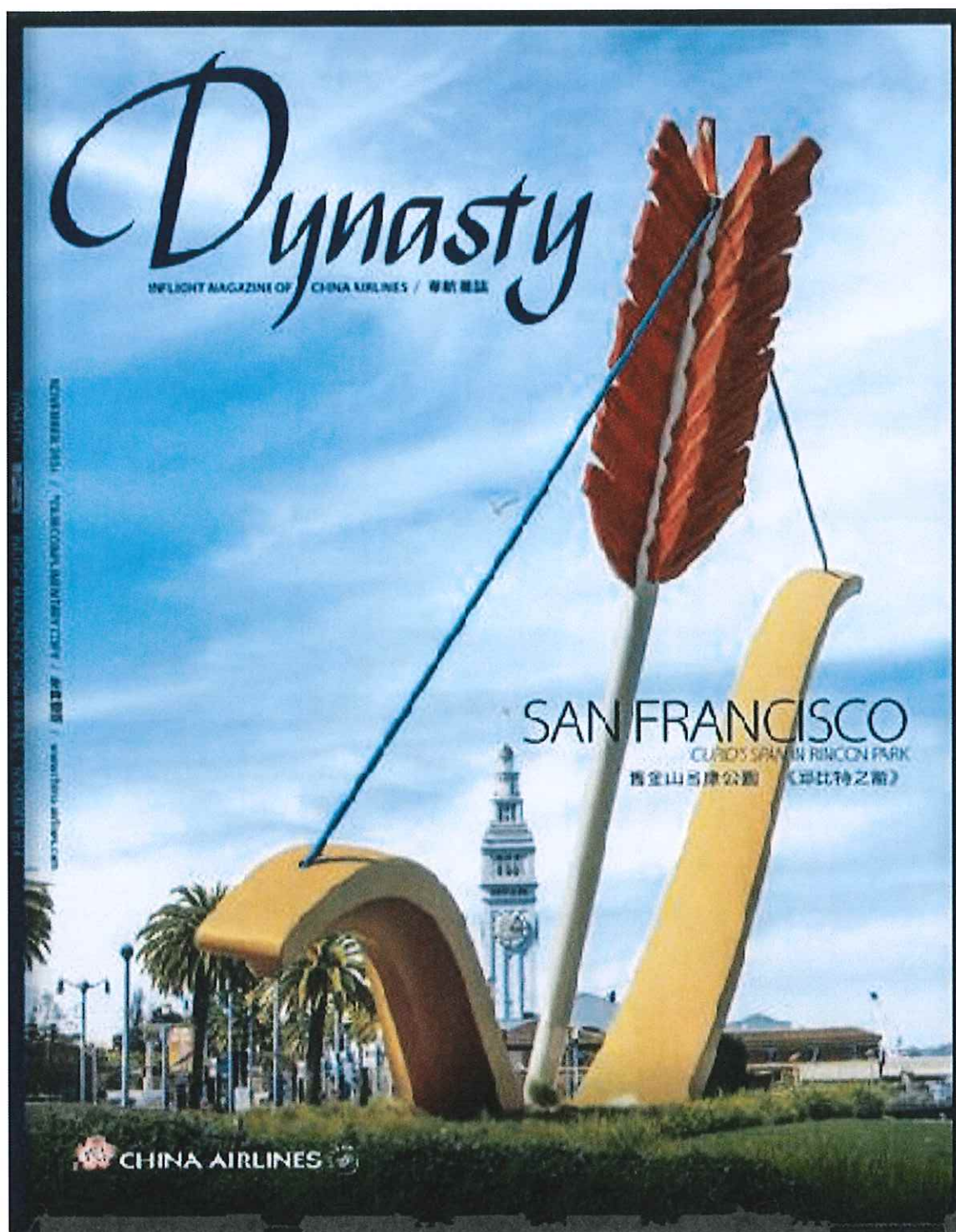


# CHINA

DYNASTY, the China Air inflight magazine

-Nov.2014 -



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聖母百花大教堂正門一景。  
Front view of the basilica of Saint Mary of the Flower.

## TUSCAN DELIGHTS

### 閒情嬉遊托斯卡尼

由羅馬往北出發，沒多久便可進入托斯卡尼區，來到令人想一睹為快的佛羅倫斯。若說羅馬因其帝國的顯赫地位令人震撼不已，那麼這座又名「翡冷翠」的迷人古城則是無比的幽雅宜人。佛羅倫斯同時也是藝術重鎮，不論是狹路窄巷，或是各個歷史悠久的博物館中，都可以欣賞到米開朗基羅和其他大師的作品，踏尋文藝復興時期的人文軌跡。

佛羅倫斯除了有大教堂和眾多的博物館，另一個著名景點就是橫跨阿諾河的維奇奧橋。這座美麗的古橋上有各式各樣的小店，附近有間典雅的朗伽諾酒店 (Hotel Lugarno)；這座酒店的來頭不小，是由遠近馳名的Salvatore Ferragamo所一手創立，這位女鞋設計師不僅成功打造義大利女鞋品牌，同時也跨足皮件、絲襪、鐘錶和時裝，至今仍引領著世界時尚潮流。

朗伽諾系列集團在義大利主要城市都有設酒店和渡假村，以精緻高雅的品牌形象深得人心，佛羅倫斯的Borgo San Jacopo餐廳就是一例。

老橋的另一頭則是歐陸酒店 (Hotel Continentale)，頂樓的La Terrazza酒吧可以欣賞到冷翠的夕陽美景；您也可前往藝術酒店 (Gallery Art Hotel) 的複合式餐廳Fusion，點一杯異國風雞尾酒；附近還有幾處熱鬧的區域和廣場，熱愛購物的人也可以在精品店內享受購物樂趣。

若想深入探索托斯卡尼的自然風光，不妨在此住一段時間。Luisa Donati和她的家族在距離佛羅倫斯的2小時車程的Monstestigliano經營一間農莊，莊內有12棟被橄欖樹包圍的特色小屋，旅客可以選擇長租或短租，藉此體驗托斯卡尼的悠閒生活。

此外，豐富美味的托斯卡尼鄉村料理也是相當令人難忘。農莊裡每個小屋各有獨立的廚房，但您也可以選擇到主屋內，與Donati家14位成員們一同享用道地的托斯卡尼餐點，在瀟灑的橄欖油香氣中，感受義式家庭的熱情氛圍。

Donati家放在東部Le Marche的Mercatello sul Metauro還有另一個超過700年的莊園，華美高級的別墅裡，宛如皇宮般的優質服務，旅客能真切感受Donati一家的望族生活；這個家族與義大利中世紀偉大的詩人，也是《神曲》的作者——但丁·阿利吉耶里 (Dante Alighieri) 有很深的淵源。

在前往Mercatello的路上，我們到錫耶納 (Sienna) 附近尋找有「世界最美的城鎮廣場」之稱的半圓形田野廣場 (Il Campo)；之後便繼續搭乘鐵道，沿路欣賞義大利如詩如畫般的農田、葡萄園和古老的城鎮風光。

Mercatello至今仍保留了中世紀時的景色面貌，Luisa為我們準備了美食和美酒，讓我們在恍如《羅密歐與茱麗葉》的故事場景中，伴隨著眾人的歡笑歌唱，度過一個熱鬧的夜晚。



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## 關於作者 About the Author

生於美國波士頓，過去20年遊歷6大洲超過50個國家，旅遊經驗豐富，曾在亞洲生活，期間共發表了超過600篇文章及8本書。現定居於美國奧勒岡州。  
Boston native, spent much of the past two decades visiting 50+ countries on six continents, publishing over 600 articles and eight books. Now he lives in Oregon, USA.



- 1 Borgo San Jacopo餐廳著名的四重奏菜色。  
Borgo San Jacopo is famous for its quartet, a set of four dishes.
- 2 Donati家族自產的橄欖機榨油。  
The Donati family has its own home-grown olive oil.
- 3 調酒師Karim調配的異國風情尾酒及組合小點。  
Bartender Karim promotes his fusion exotic cocktails and tapas set.

From Rome, it's a short hop up to the Italian region of Tuscany. Florence is the Tuscan city that everyone wants to see first, and there is much to delight the senses there. Whereas Rome can be daunting in its monumental size, Florence is refined and walkable. It's also wonderfully artistic, with famous works by Michelangelo and other eminent Renaissance masters on every side.

Apart from its great cathedrals and museums, Florence's most recognizable landmark is the graceful Ponte Vecchio, an ancient bridge lined with shops that spans the Arno River. Just steps away from Ponte Vecchio is the elegant Hotel Lungarno, founded by celebrated footwear designer Salvatore Ferragamo, whose fashion empire of luxury handmade shoes, bags, silks, watches, and stylish clothing now spans the world.

The Lungarno Collection of hotels and villas sited in several Italian cities reflects Ferragamo's sense of refined craftsmanship. Their Florence property includes the Borgo San Jacopo restaurant, where Chef Beatrice Segoni magically creates culinary perfection using fresh and original interpretations of distinguished Tuscan and Italian cuisine.

On the other side of Ponte Vecchio, the "La Terrazza" bar on the rooftop of Hotel Continentale offers magnificent sunset views of the entire city. At street level, renowned bartender Karim mixes exotic cocktails in the Fusion Bar & Restaurant inside Gallery Art Hotel. And of course, upscale shopping is a full-time activity in the nearby avenues and plazas.

For an even more unique Tuscan experience, consider a longer stay in the surrounding countryside. Luisa Donati's family owns a large

agricultural estate in Montestigliano, two hours from Florence, with olive trees and 12 fashionable villas that visitors rent by the week.

Tuscan country cooking is rich and memorable. Although each villa has its own magnificent private kitchen, you might also enjoy a meal in the main building together with the entire 14-member Donati family. Everything is cooked in their own high-quality, home-grown olive oil.

Luisa's family also own a "palazzo" mansion in Mercatello sul Metauro, a village in Le Marche province to the east, where guests can stay for days or weeks in plush surroundings, like in a palatial hotel. The Donati's have owned the palazzo for over 700 years. Their family history is intertwined with Italy's greatest medieval poet, Dante Alighieri, the Florentine author of *The Divine Comedy*.

On the way to Mercatello, we stopped in the nearby city of Siena to see the semicircular il Campo, one of the most beautiful urban squares in the world. Then we continued via Italy's Eurail trains past picturesque farmlands, vineyards, and ancient walled towns.

Mercatello still looks like it did in the Middle Ages. There, Luisa had arranged for an association of nine men dedicated to food and wine, to cook dinner in an open hearth fire. It was a boisterous evening filled with magnificent dishes, laughter and song, the very image of a grand Italian feast in a 14th century setting that could have served as a backdrop for *Romeo and Juliet*.

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11.2014 / DYNASTY / Page 65



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