



AMANFAYUN



Activities Guide 活动指南

Famed for its natural beauty, Hangzhou is one of the seven ancient capitals of China. Founded over 2,200 years ago during the Qin dynasty, it became the capital of the Southern Song dynasty between 1138 and 1279, when it was recognised countrywide for its silk, tea and unique cuisine. It is believed that Marco Polo visited Hangzhou and described it as "the city of heaven, beyond dispute the finest and noblest in the world".

Modern day Hangzhou is a bustling city that retains the historic and cultural heritage for which it is famed. It is often considered the most picturesque city in China, due primarily to serene West Lake, a Unesco World Heritage Site, as well as countless pagodas, historic temples, botanical gardens, tea plantations and vast wetland areas.

杭州始建于2200年前的秦朝，是中国七大古都之一，以诗情画意的美景著称。于1138年至1279年间成为南宋朝的首都，当地出产的丝绸和茶叶被视为珍品。马可·波罗盛赞杭州为“天堂之城”。

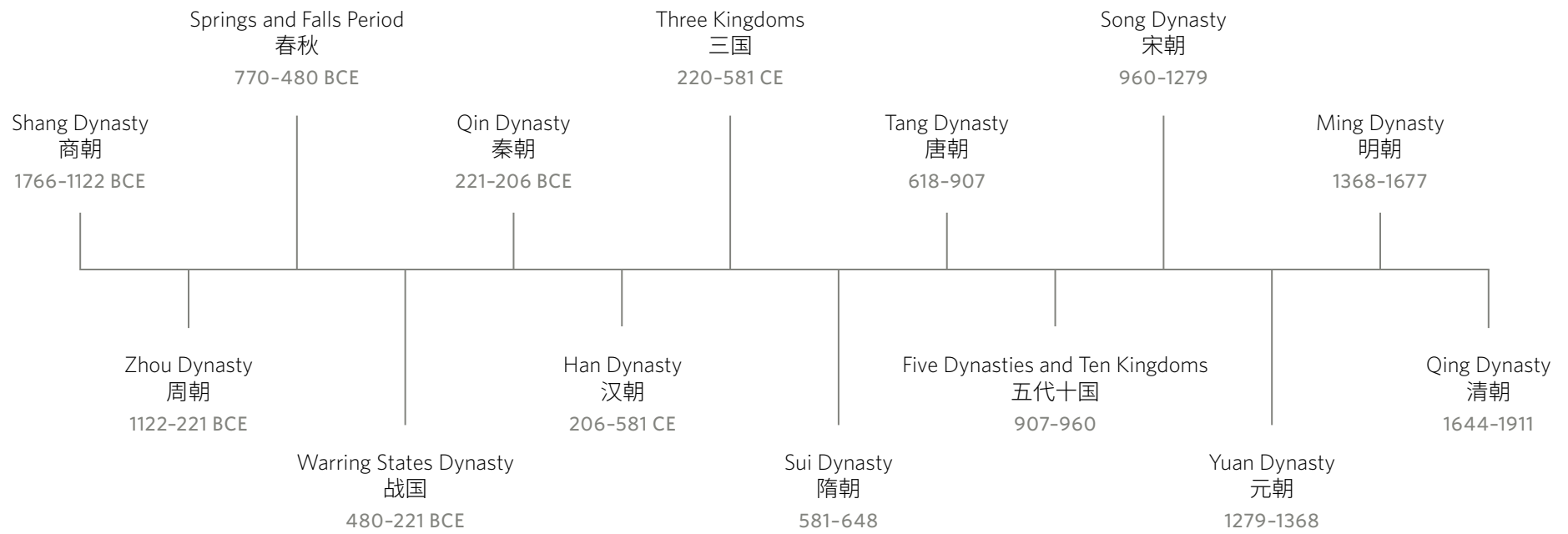
时至今日，杭州仍然被视为中国最美丽的城市。联合国教科文组织世界遗产地——波光潋滟的西湖，数不胜数的古塔，历史悠久的庙宇，郁郁葱葱的植物园，广阔的自然湿地，和久负盛名的龙井茶园，无不令人流连忘返。



Surrounded by a pilgrimage circuit of seven ancient Buddhist temples in a wooded valley just six kilometres from West Lake, Amanfayun is ideally placed for exploring the region's many attractions, offering bespoke guided tours tailored to individual interests.

法云安缙位于西湖西侧，一片幽静的山谷中，周围环绕着七座名寺庙宇，距西湖仅六公里，是探索众多景点的理想之地，并提供根据宾客个人需求量身定制的导览游。







The story of Amanfayun 法云安缦

The tea plantations surrounding Amanfayun are centuries old, cultivated by villagers living in the area since the Tang dynasty. Amanfayun itself has been designed after a traditional Chinese village and a few of the structures in the village are over 100 years old. Fayun Place for example is composed of two stately village houses dating back to the 1800s. All original structures have been carefully restored using traditional techniques and materials. Any new structures have been constructed using these same traditional methods.

法云安缦所在地在唐朝时就有村民居住，周围的茶园已有数百年历史。度假村内曲径通幽，小石铺路，设计布局保留中国古代村落风貌。法云舍是整个原始屋舍群中最核心的建筑，两层庄严华贵的院落，其历史可追溯到19世纪。酒店内几座住宅的历史可以追溯至百年以前，所有的新建和修缮也都遵照传统工艺。



West Lake 西湖

A Unesco World Heritage Site, West Lake's shores are lined with fragrant trees and lotus blossoms. Not only famous for its picturesque landscape, West Lake is also associated with many of China's scholars, poets and national heroes.

Formed from what was originally an inlet of the Qiantang River, the lake was created in its current form by the silting of the river in the 4th century. Covering eight square kilometres, its circumference is around 15 kilometres. The lake is divided by four causeways into five areas, with Outer West Lake the largest. The lake also boasts a large natural island known as Gu Shan or 'Gu Hill', as well as three smaller man-made islands.

西湖被联合国科教文组织列入世界遗产名录，四周青山环抱，绿荫葱茏，堤岸两旁奇花芳树，碧荷连天。西湖不仅以其如画的美景而闻名，而且与许多中国学者、诗人和民族英雄颇有渊源。

西湖最初为钱塘江入口一小湾，公元4世纪时由江水砂土淤塞而成，方圆8平方公里，绕湖一周近15公里。西湖以白堤、苏堤、杨公堤和赵公堤分隔为五个区域，其中外西湖是五个区域中面积最大的一个。西湖还拥有一个较大的天然岛屿“孤山”，以及三个人工小岛。



With its historic bridges, pagodas, islands and gardens, West Lake can be visited at any time of the day although it is at its most peaceful early in the morning. Guests can stroll the causeways or get out on the water in one of Amanfayun's traditional wooden rowboats.

古桥、宝塔、小岛、园林点缀其间，无论何时，即使是万籁俱静的清晨，都可领略到西湖的别致风采。宾客可在一天中的任何时间到访西湖，日间可乘坐传统的木筏泛舟湖上，游览到各处知名景点，亦或探寻鲜为人知的神秘之境。



Temple Trail 佛寺庙宇

Amanfayun lies within a pilgrimage circuit of seven significant Buddhist temples, all within walking distance of the resort. Some are set in tranquil woodland and others are surrounded by exquisite gardens. A few further up the hillside offer panoramic views of the surrounding area including West Lake. Guests can explore on their own or with an Amanfayun guide. It is also possible to join the monks in a number of the temples for morning and afternoon prayers, a deeply meditative experience with soulful chanting.

法云安缦坐落于七座名寺古刹的环绕之中，所有寺庙均可步行抵达。通往部分庙宇的道路小径蜿蜒，苍翠欲滴，风景宜人。行至山腰，可远眺西湖和杭州城。宾客可自行前往探索，也可通过酒店预约导览游，亦可参加寺庙早、晚课，与僧侣一同诵经礼佛。



Temple Trail: Lingyin Temple 灵隐寺

Of the seven temples and monasteries within walking distance of Amanfayun, the most renowned is Lingyin Temple or 'Soul's Retreat'. Founded in 326 AD, at its peak under the Kingdom of Wuyue (907-978 AD) the temple included 18 pavilions and 72 halls, housing over 3,000 monks. Today it remains one of the ten most important temples in China.

The formal entrance is the Hall of the Heavenly Kings, famous for its striking Buddhist statues and an ornate ceiling painted with phoenixes and dragons. Across a large garden courtyard lies the principal hall of the Great Sage. This houses the largest wooden Buddhist statue in China coated with 60 taels of gold. The temple is also famous for its hundreds of rock grottos that contain detailed rock carvings of the big-bellied 'Laughing Buddha'.

从法云安缙步行可至七所佛寺庙宇，其中最为著名的是灵隐寺。灵隐寺始建于公元326年，吴越王时期达到极盛，曾拥有十八阁、七十二殿，僧侣达三千余众。如今规模虽不及当时，却仍为中国十大名寺之一。

寺庙的正门是天王殿，殿内有数尊气势庄严的佛像。据说四大天王雕像守护着世界的四方，华丽的天花板刻画着龙凤图案。第二个主殿是大雄宝殿，由一个花园将其与入口处的殿堂隔开。此殿堂内供奉着释迦牟尼佛像，这尊历史悠久的佛像是由樟木雕刻而成，并镀有60两黄金，为中国最大的木雕坐佛。不仅寺庙的殿堂闻名于世，沿着寺院入口两旁，是成百上千的岩壁，其中包含有精细的大肚弥勒佛石雕。



Temple Trail:
Yongfu, Taoguang
and Lingshun Temples
永福寺、韬光寺、灵顺寺

Adjacent to Lingyin Temple and bordering Amanfayun is Yongfu Temple (Temple of Eternal Goodness). Set in the forest with meandering paths and extensive gardens, this is one of the prettiest temples in the area. Higher up North Peak lies Taoguang Temple, while at the top is the 1,600-year-old Lingshun Temple with panoramic views of West Lake.

永福寺（观音庙）毗邻灵隐寺并接壤法云安缙，置身于森林内蜿蜒的小路和广阔的花园之中，是该地区最美丽的庙宇之一。在山峰的更高处坐落着韬光寺，在北高峰的最顶端，矗立着可俯瞰西湖，有一千六百年历史的灵顺寺。



Temple Trail: Three Temples of Tianzhu 天竺三寺

A trail that begins near Amanfayun's entrance traces the original Tianzhu Pilgrim Path, linking the upper, middle and lower Temples of Tianzhu (the ancient Chinese name for India). All three feature a variety of images of Guanyin, the Goddess of Mercy. Faxi Temple (Temple of Happiness) is the upper temple - the largest of the three - established between 906 and 970 AD. Just south lies Fajing Temple (Temple of Purity), established by the Indian monk, Master Baozhang, in 597 AD. The lower Temple of Reflection was established by the Indian monk, Master Huili, in 330 AD. Surrounded by tea fields and a small village, today this temple is one of the very few nunneries in Hangzhou.

在前往法云安缦的途中有一条追溯古代朝圣天竺（印度在中国古代的名称）的通道，它连接着上、中、下天竺三座寺庙。天竺三寺都以供奉各式观音菩萨像为主，法喜寺是三座寺庙里最大的，建于公元906-970年间五代吴越王国期间。往南一公里处坐落着法净寺，由印度僧人保掌禅师于公元597年所创。下天竺又称法镜寺，由印度高僧慧理建于公元330年，这也是杭州唯一的一座尼姑庵，四周茶园青翠，小村错落其间。



Temple Trail: Jingci Temple 净慈寺

Another temple of interest farther afield is Jingci Temple, situated south of West Lake. It was originally built in 954 AD by Qian Hongji, the king of the Wuyue dynasty, for a famous monk named Yongming. The temple offers one of the 'Ten Views of West Lake' known as 'Evening Bell Ringing at Nanping Hill'.

另一座较远处值得探访的寺庙是净慈寺，位于西湖南岸南屏山中慧日峰下，是五代十国时期后周显德元年（954年）吴越王钱缪为永明禅师所建。该庙是著名的“西湖十景”之一，被称为“南屏晚钟”。



Six Harmonies Pagoda 六和塔

Completed during the Northern Song dynasty in 970 AD, Liuhe Pagoda or 'The Pagoda of Six Harmonies' was built with the intention of restoring balance between the six directions of the universe - north, south, east, west, heaven and earth - to counteract the devastating destruction of the Qiantang River tidal bores. Destroyed itself by warfare in 1121, the pagoda was rebuilt during the Southern Song dynasty in 1156. Additional exterior eaves were added during the Ming and Qing dynasties.

Situated on the north bank of the river, the octagonal brick-and-wood structure is today one of China's most significant pagodas preserved from ancient times. Towering 60 metres above

六和塔建成于北宋公元970年，六和塔的建成旨在复原宇宙六方之和谐——天地与东南西北四方，以镇钱塘江汹涌的江潮。1121年，六和塔毁于兵火，于南宋1156年重建，其外观木檐加建于明清时期。

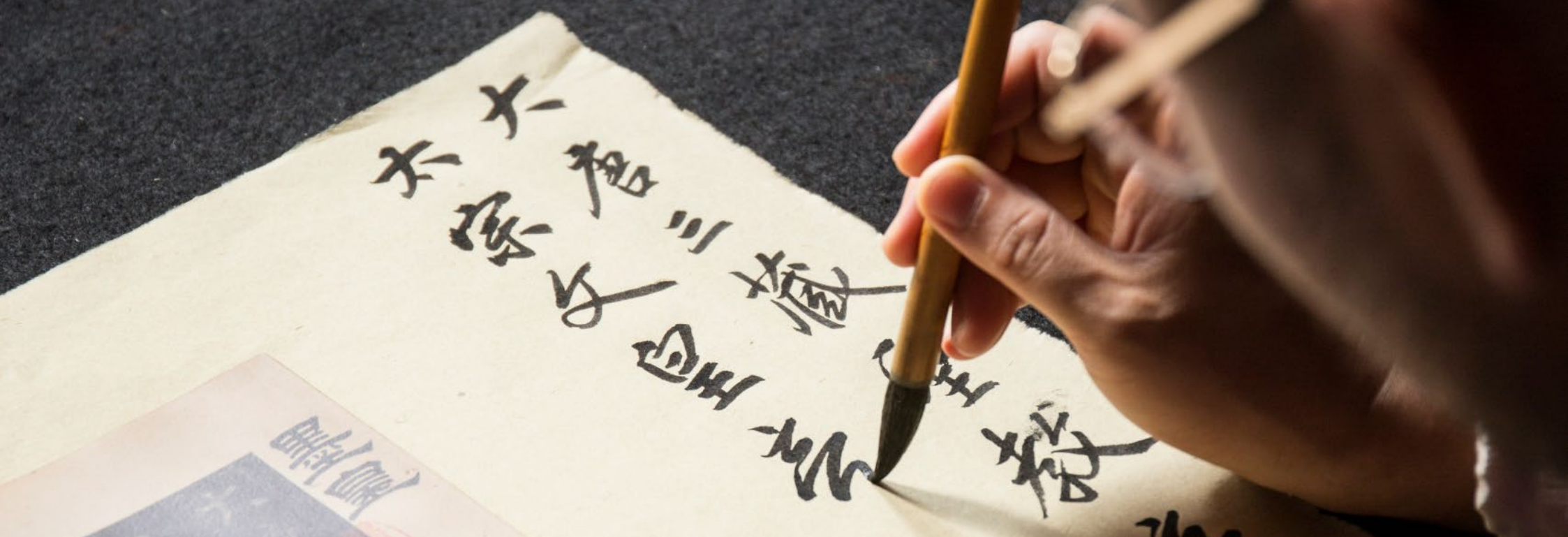
六和塔坐落于钱塘江北岸的月轮山上，是中国存留至今的重要古塔之一。塔身为八角形砖木结构，高近60米，共13层，每一层均可凭栏远眺，观赏钱塘江和杭州城的秀美风景。



the slopes of Moon Disc Hill, the pagoda has 13 storeys, each offering excellent views of Qiantang River and the outer regions of Hangzhou City.

Just behind the pagoda is an extensive garden with miniature pagodas hidden amongst the trees. The Chinese Pagoda Exhibition Park was opened in 1993 and features over 100 replicas of famous pagodas from all over China. Tastefully designed, it offers a tranquil setting in which to wander.

六和塔之后为一座宽广林苑，许多微型宝塔掩映于青松翠柏之间，这就是1993年落成的中华古塔博览苑，由中国各地一百多座著名宝塔模型缩小复制雕刻而成，雅致美观，宁静安详，让人流连忘返。



Chinese arts at Amanfayun 中国传统文化

Daily from 15.00-17.00 (June to November)
and 14.30-16.30 (December to May)

每日传统文化活动时间：六月至十一月
15:00至17:00, 十二月至五月14:30至16:30。

Every afternoon at Fayun Place guests can enjoy complimentary afternoon tea and learn the art of calligraphy, clay figure making or paper cutting from local masters and artists. Fayun Place also hosts evening musical performances, calligraphy & painting exhibition and talks by historians and other experts on subjects as varied as Buddhism and Traditional Chinese Medicine irregularly.

住店宾客可于法云舍享用茶水及精致传统点心，还可于每日下午向当地艺术家学习书法、泥塑、剪纸等传统技艺。法云舍也会不定期举办演奏会和书画展，并邀请历史学家和其他专家举办讲座，主题涉及佛教和中医药。



China National Tea Museum 中国茶叶博物馆

Hangzhou is often lauded as the 'Tea Capital of China' for its excellence in tea cultivation, education and culture. The hills surrounding West Lake produce the world famous Longjing (Dragon Well) Tea. A visit to the China National Tea Museum, just a few minutes' drive from Amanfayun, explains the many fascinating aspects of tea cultivation and its importance in the history of China. Different teas can also be sampled to enhance the experience. Situated in an expansive garden setting, the museum is made up of several separate buildings around a number of tranquil ponds and pavilions. The traditional Tea House on the property is an inviting venue for experiencing a traditional tea ceremony with scenic views.

西子湖畔的青山翠园盛产闻名遐迩的龙井茶，杭州因其出色的茶叶栽种与文化熏陶而享有“中国茶都”的美誉。中国茶叶博物馆距法云安缦仅几分钟车程，在此不仅可以揭开茶叶产制的神秘面纱一窥究竟，了解茶文化在中国历史上的深远影响，还可品鉴风味各异的清香茗茶。博物馆坐落在一个宽敞林苑之中，由几组独立的建筑群围绕宁静的池沼和凉亭错落有致地组成。博物馆内的茶馆是体验传统茶道与美景的理想去处。



In the spring (April to early May), join Amanfayun's tea expert and pick tea leaves from the resort's own tea plantation, then learn how they are dried and brewed at Fayun Place. Tea ceremonies and tea tasting can be experienced year-round.

在春季（4月至5月初），宾客可探访酒店的自有茶园，在制茶师傅的带领下体验采茶的过程，在法云舍学习茶叶炒制之法。



Hefang Street 河坊街

A charming pedestrian-only lane showcasing a variety of Chinese crafts, Hefang Street in Hangzhou provides a bustling mix of restaurants and boutiques selling silk, paper-cut art, sculpted candy, local snacks and more. It is also home to the Traditional Chinese Medicine Museum, where visitors can learn about the varieties of herbs and treatments used in traditional healing.

河坊街位于西湖东南吴山脚下，是一段步行街区。河坊街熙来攘往，热闹非凡，中国早期商业的繁华景象和民俗风情在这里得到淋漓尽致的展现。这里百年老年云集，现代和传统商品琳琅满目。它还是中医药博物馆的所在地，游客可以在此了解传统中医的运用。



Chant with Buddhist Monks 诵经祝祷

Join the monks for morning or afternoon prayers at local temples or the Buddhist Academy nearby. Please consult your guest assistant for details regarding timing and venues.

每日清晨和傍晚，法云安缙附近寺庙的僧人们会集合进行诵经祷告，宾客亦可参与其中。请事先与您的宾客助理确认时间及地点。



Religion 宗教

Chinese religions are family-orientated and have been characterised by pluralism since the beginnings of Chinese history. Ancestor veneration and Heaven worship formed much of ancient Chinese religious beliefs, with the emperor seen as the 'Son of Heaven'. Taoism (or Daoism) came into being early in the Han dynasty, while Confucianism developed from the teachings of the Chinese philosopher Confucius (551-479 BCE). Buddhism remains the largest organised religion in China since its introduction in the 1st century. The Chinese tradition of 'Three Religions Combining into One' (Confucianism, Buddhism and Taoism) developed during the Sui and Tang dynasties, and this eclecticism is still very much a feature of Chinese religious beliefs today. Amanfayun's expert guides offer personalised tours of the nearby temples and monasteries.

自古以来，中国的宗教就以家庭为导向，并具有多元化特征。对祖先的崇敬和天朝崇拜形成了多元的多中国古代宗教信仰，皇帝则被视为“天子”。道教起源于汉代，而儒教则是从中国哲学家孔子（公元前551-479年）的思想理论发展而来。自一世纪佛教传入以来，至今仍然是中国最大的宗教。在隋唐时期，中国就形成了“三教合一”的传统（儒、佛、道），这是当今中国宗教信仰的一大特色。

法云安缦为宾客提供附近寺庙的导览游。



Festivals 节庆

China is renowned for its many festivals and celebrations. Amongst the most important are Spring Festival, Lantern Festival, Qingming Festival (Tomb-Sweeping Day), Duanwu Festival (Dragon Boat Festival) and Mid-Autumn Festival. Hangzhou also has its own colourful festivals that are unique to the city. The West Lake Pilgrimage Fair, Qiantang Tide Watching Festival are the best known.

Amanfayun can arrange personalised experiences of these festivals if they occur during your stay

中国以大量的节日和庆典而闻名，其中最重要的是春节、元宵节、清明节、端午节和中秋节。杭州还拥有许多独特的本地节庆活动，其中西湖香市和钱塘观潮最为著名。

如您在节日期间入住，法云安缦可为您安排这些节日的个性化体验。



Boating on West Lake 西湖泛舟

Spend a morning or late afternoon adrift on West Lake in one of Amanfayun's comfortable boats, and enjoy a picnic prepared by the resort as you pass distant pagodas.

Personalised experience for up to 6 people.

于清晨或午后乘坐法云安缦为您安排的传统木船泛舟西湖，品尝精心准备的早餐或下午茶，悠闲地穿梭在湖上各处景点之间。

该项体验每次至多6人。



Cycling West Lake 西湖骑行

During the cooler months, a wonderful way to explore the lake shore is by bicycle.

在天气凉爽的月份，自行车骑行是探索湖岸美景的理想方式。



Nine Creeks and Longjing Village 龙井九溪

An easy trekking route through bamboo forests and scenic tea fields crosses nine small streams via by stepping-stones to reach Longjing (Dragon Well) Village. Famous for its eponymous tea, this quaint village is always a hive of activity, especially in the spring, when locals are busy harvesting and roasting their specialist blend. Amanfayun guests can taste a range of local teas, including Longjing, at the Tea House on Fayun Pathway, or visit the China National Tea Museum nearby.

In the spring (April to early May), join Amanfayun's tea expert to pick tea leaves from the resort's own tea plantation, then learn how they are dried and brewed at Fayun Place.

徒步穿越竹林和风景秀丽的茶园，穿过九条小溪，即可到达龙井村。这个古朴的村庄因与其同名的茶而闻名，特别是在春季，当地人正忙着采茶和制茶。法云安缦的宾客可以在法云径旁的和茶馆品尝包括龙井在内的各种当地茗茶，或造访附近的中国茶博物馆。

在春季（4月至5月初），宾客可探访酒店的自有茶园，在制茶师傅的带领下体验采茶的过程，在法云舍学习茶叶炒制之法。



Grottoes of Feilai Feng 飞来峰探索

Explore the rock grottoes of Feilai Feng, the wooded peak opposite the entrance of Lingyin Temple. It was named 'the flying peak' because its craggy limestone appearance is very different to that of the surrounding Wuling Mountains, and legend holds that the peak flew from India to demonstrate Buddha's omnipotence.

Trails lead to tranquil forest glades and hidden grottoes, many containing Buddhist rock carvings. The main cave is dedicated to the bodhisattva Guanyin and inside there is a crack in the rock ceiling through which one can see a thin sliver of sunlight known as 'the one thread of heaven'.

在灵隐寺入口对面，是一片雕刻着精美佛像的岩壁，被称为“飞来峰”。之所以如此命名，是因为它是由石灰岩组成，粗糙的外观使其迥异于周围的山峰；传说此峰原本存在于印度，一夜之间飞到杭州，以此作为佛法无所不能的证明。

大量的雕刻装饰于山峰表面，还有更多则藏身于各个不同的岩洞和洞壁。主要的洞穴专门刻有观音像，洞内岩顶上有一条裂缝一直延伸到地表。游客在洞穴内抬头仰视可看到阳光有如一缕薄银，这就是著名的“一线天”。



Hiking to North Peak 北高峰徒步

Offering some of the most beautiful views in the area – all the way to West Lake – North Peak is 300 metres high and home to Lingshun Temple. This rewarding hike begins at Amanfayun, where the trail leads along a stream before ascending the 168-metre Feilai Feng. After exploring its many grottoes, the trail continues beyond Lingyin Temple and again heads uphill through a peaceful valley with densely wooded slopes on either side. As you near the top of North Peak, the temple's graceful rooftops become visible. Finish the hike with refreshments on the temple's stone viewing decks.

北高峰海拔300米，是灵顺寺的所在地，能清晰地观赏西湖的潋滟风光和迷人的城市景观。这项徒步活动始于法云安缙，沿着小径行至168米高的飞来峰。在探索石窟之后，继续沿小径行至灵隐寺外，向北高峰前行。穿过宁静的山谷，两旁都是茂密的林坡。当靠近北高峰之巅时，可欣赏到寺庙精美的穹顶。在抵达顶峰后于观景台观赏美景，放松身心。



Chinese arts at Fayun Place
法云舍传统文化活动

Every afternoon guests can learn calligraphy, clay figure making and paper cutting from local masters and artists.

每日下午, 宾客可前往法云舍, 跟随艺术家学习书法、泥塑、剪纸等传统技艺。

Contact

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A photograph of a traditional Chinese courtyard at dusk. The courtyard is paved with large, irregular stone tiles. In the background, a traditional building with a tiled roof and wooden lattice windows is visible. The interior lights of the building are on, casting a warm glow. A small lamp is mounted on the wall to the right. The overall atmosphere is serene and traditional.

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