

2018 IRONMAN 70.3 上海崇明站旅游服务指南

2018 IROANMAN 70.3 Shanghai Chongming Travel Guide

一、景点介绍 Recommended Sites

东平国家森林公园 Dongping National Forest Park

东平国家森林公园位于崇明岛的中北部，是华东地区最大的平原人造森林，也是上海地区较为知名的旅游景点。公园前身为东平林场，于 1959 年围垦始建。经过 50 多年的建设，公园内林木繁茂、湖水澄碧、环境优美、野趣浓郁，以幽、静、秀、野为特色，集森林观光、会议旅游、康复疗养、休闲度假、参与性娱乐等功能为一体，是人们“回归大自然”的理想之选。

东平国家森林公园像一颗绿色翡翠镶嵌在崇明北沿公路中段，成为崇明生态休闲旅游的核心品牌之一。2002 年被批准为国家 4A 级旅游景区。园内主要旅游项目有：森林小火车、彩弹射击、森林滑草、水上游乐园、野营帐篷、森林骑马、攀岩、野炊烧烤、卡丁车、天旋地转、水上步行球等。

开放时间：9:00-16:30

地址：崇明区北沿公路 2188 号

咨询电话：021-59338028、59338333

Located at mid-northern part of Chongming Island, it is the largest planted forest in the East China, which is also famous in Shanghai. Dongping National Forest Park grew out of Dongping Forest Farm. It started construction in 1959. After construction for five decades, there are countless

scenic spots in the park, such as luxuriant trees, pure water in the lakes, featuring quiet, tasteful, elegant and natural surroundings. It combines the function of group forest sight-seeing, touring during conference, hearing and recuperating, holiday spending as well as recreation, which has become the most ideal resort for visitors from home and abroad to “return to nature”. It is just like a bright pearl inlaid in the middle section of Beiyan Road, which has emerged as one of the core brand of the leisure tourism industry of Chongming. In 2002, Dongping National Forest Park was assessed as National AAAA-Class Tourism Attraction.

Opening hours: 9:00-16:30

Add: No. 2188, Beiyan Road, Chongming

Tel: 021-59338028、59338333

明珠湖·西沙湿地景区 Mingzhu Lake and Xisha Wetland

明珠湖·西沙湿地景区位于崇明岛西南部，由明珠湖和西沙湿地组成，2011年被批准为国家4A级旅游景区，主要以湿地观光、科普教育为特色。明珠湖是崇明岛上最大的天然淡水湖，水域面积3000多亩，以盛产各种鱼类而闻名，主要游览项目为：沙船、鱼标本馆、鸕鹚保护地等。西沙湿地总面积为4500亩，是上海市目前唯一的国家湿地公园，也是崇明岛国家地质公园重要地质遗迹展示区之一。

开放时间: 9:00-16:30

地址：崇明区三华公路南侧

咨询电话：021-59602009、39633635、59603888

Lying at the southwest part of Chongming Island, Mingzhu Lake and Xisha Wetland was assessed as National AAAA-Class Tourism Attraction, In 2011, it was featured by wetland and scientific education. With a water area of 3,000 mu, Mingzhu Lake is the largest natural fresh water lake in Chongming. It is famous for all kinds of fish. The main entertaining items include sandboat, fish herbarium, and Cormorant reserve. With an area of 4,500 mu, Xisha Wetland is the only National Wetland Park in Shanghai and one of the important exhibition areas of Chongming National Geological Park.

Opening hours: 9:00-16:30

Add: South to Sanhua road

Tel: 021-59602009、39633635、59603888

前卫村 Qianwei Village

前卫村位于崇明岛的中北部。她于1969年从一片滩涂中围垦诞生，经过前卫人40多年的艰苦奋斗，发展成了既有现代化村镇风貌，又有田园诗意风光，人与自然和谐统一，经济比较发达的生态村。前卫村先后获得1996年度联合国“生态环境全球500佳提名奖”“全国文明村”“全国科普教育基地”“全国精神文明建设先进单位”等40多项市级和国家级荣誉。2003年和2010年先后被国

家旅游局评为全国农业旅游示范点和国家 4A 级旅游景区。

开放时间：9:00-16:30

地址：东平国家森林公园北首

咨询电话：021-59649261

Qianwei Village is located in the mid-northern part of Chongming Island. Originating from the reclamation of a marshy land in 1969, thanks to the hard struggle of the Qianwei people over 40 years, it has been developed into a well-to-do ecologic zone featuring the style of modern villages, the idyllic-life style and the harmonious unity of man and nature, with developed economy. Accordingly, it has achieved significant accomplishments and has won over 40 city and national-level awards, such as “the Nominee Award for Top 500 World-wide Ecologic Environment” by the UN in 1996, “National Civilized Village”, “National Base for the Publicity of Science”, “National Advanced Entity of Spiritual Civilization Construction” and so on. In 2003 and 2010, the village was assessed by China National Tourism Administration as the national agricultural tourism demonstration site and National AAAA-Class Tourism Attraction.

Opening hours: 9:00-16:30

Add: North to Dongping National Forest Park

Tel: 021-59649261

三民文化村 Sanmin Cultural Village

江南三民文化村以江南地区传统的民间、民俗、民族文化元素为特色，通过衣、食、住、行、艺、玩、商七个主题来分类，有6大特色展馆，展馆主题鲜明，展品类型丰富。美术馆、土布馆、手工艺馆乡风浓郁、风味独特；中华龙宫气势恢弘、寓意吉祥；演艺区内“扁担戏”、“江南丝竹”古意简炼，余音缭绕；剪纸、陶艺互动区可体验动手的乐趣；垂钓区、采摘区野趣横生。该景区是上海市文化产业园区，也是大世界基尼斯记录中华龙的展示地，还是华东地区最大的民间民俗民族文化展览馆群落。

开放时间：9:00-16:30

地址：崇明区林风公路 2201 号

咨询电话：021-59649400

Featuring folk and ethnic culture, Jiangnan Sanmin Village can be divided into seven themes; clothing, food, housing, line, art, play and business. There are 6 exhibition halls in Sanmin Village. The village is characteristic and diverse. Art gallery, homespun museum and handcraft museum are township and unique. Chinese dragon palace is momentum and propitious. Biandan art and Jiangnan sizhu of the performing district are simple and shrouded. Paper-cutting and pottery zone are full of fun. Shipping area and fruit-picking areas are quite interesting. It's Shanghai cultural industry park and the exhibition place of Chinese dragon, which is listed into Guinness World Records and the

largest folk exhibition communities in east China.

Opening hours: 9:00-16:30

Add: No.2201, Linfeng Road, Chongming

Tel: 021-59649400

高家庄园 Gaojia Manor

上海高家庄生态园地处崇明著名的景观道路港东公路 999 号，是一家集旅游、休闲、度假、农业观光等功能为一体的生态休闲农庄。农庄充分利用崇明独特的资源禀赋和优越的生态环境，博采众家之长，形成自己独特的风格。高家庄生态园目前已建成科普教育实验基地、垂钓俱乐部、百果采摘园、葡萄园、渔人码头、日本庭院、鸟文化展示馆、独具特色的蒙古包、精雕木刻式仿古烧烤城、棋牌室、瞭望台、古长城、竹文化展示等多个景点，2009 年被评为国家 3A 级旅游景区。

开放时间: 9:00-16:30

地址: 崇明区港西镇港东公路 999 号

咨询电话: 021-59670788

Gaojia Manor is located in the famous landscape road of Chongming Island—No. 999 Gang Dong Highway, is an eco-resort farm integrating tourism, leisure, vacation, agriculture sightseeing and eco-tourism. The manor takes full advantage of unique natural resources and superior ecological environment in Chongming. Absorbing the advantages of others, it has created its own unique style .At present, Gao' s Manor has built experimental base

for science education, fishing club, fruit picking garden, vineyard, Fisherman's Wharf, Japanese garden, bird cultural exhibition hall, the unique yurt, carved wood antique-style barbecue city, chessroom, observation platform, the ancient Great Wall, bamboo culture exhibition and many other landscape and tour zones. In 2009, it was assessed as National AAA-Class Tourism Attraction.

Opening hours: 9:00-16:30

Add: No. 999, Gangdong road, Gangxi town, Chongming

Tel: 021-59670788

二、崇明旅游巴士1日游线路 City Travel Bus Route

旅游巴士1线: 在南门水陆换乘中心乘坐崇明旅游1线, 中途停靠高家庄园、东平国家森林公园、三民文化村, 最终达到前卫村。回程由前卫村返回南门水陆换乘中心。旅游巴士1线定时发车, 采用阶梯票价。

At the South Gate Water and Land Transfer Center, you can take the Travel bus line 1. You can stop at Gaojia Manor, Dongping National Forest Park, and Sanmin Cultural Village on the way, and finally reach the Qianwei village. The bus



上行

南门水陆换乘中心	9:00	13:20	前 卫 村	11:00	15:40
高 家 庄 园	9:20	13:40	三 民 文 化 村	11:03	15:43
森 林 公 园	9:35	13:55	森 林 公 园	11:10	15:50
三 民 文 化 村	9:42	14:02	高 家 庄 园	11:25	16:05
前 卫 村	9:45	14:05	南 门 水 陆 换 乘 中 心	11:45	16:25

下行

旅游1线阶梯票价表

南门水陆 换乘中心					
4元	高家庄园				
8元	4元	森林公园			
12元	8元	4元	三民文化村		
12元	8元	4元	2元	前卫村	

return back from the Qianwei village to the South Gate Water and Land Transfer Center. Travel bus line 1 starts according to timetable, implement the Tiered pricing.



Upline		Downline	
South Gate Water and Land Transfer Center	9:00 13:20	Qianwei village	11:00 15:40
Gaojia Manor	9:20 13:40	Sanmin Cultural Village	11:03 15:43
Dongping National Forest Park	9:35 13:55	Dongping National Forest Park	11:10 15:50
Sanmin Cultural Village	9:42 14:02	Gaojia Manor	11:25 16:05
Qianwei village	9:45 14:05	South Gate Water and Land Transfer Center	11:45 16:25



旅游巴士 2 线:在南门水陆换乘中心乘坐旅游巴士 2 线,直达西沙·明珠湖景区。旅游巴士 2 线全程 10 元,定时发车,中途不停。

At the South Gate Water and Land Transfer Center, you can take Travel bus line 2 ,go directly to the Mingzhu Lake and Xisha Wetland. Travel bus line 2 starts according to timetable, does not stop halfway. Fare is 10 yuan.



上行		下行	
南门水陆换乘中心	9:00 13:20	明珠湖公园	11:00 15:40
明珠湖公园	9:45 14:05	南门水陆换乘中心	11:45 16:25



Upline		Downline	
South Gate Water and Land Transfer Center	9:00 13:20	Mingzhu Lake Park	11:00 15:40
Mingzhu Lake Park	9:45 14:05	South Gate Water and Land Transfer Center	11:45 16:25

咨询电话: 021-69695888

Tel: 021-69695888

三、美食 Local Specialty Food

崇明清水蟹

崇明清水蟹，原名“中华绒螯蟹”、“崇明老毛蟹”。个小、壳薄，肉质细密而有香味，雌性蟹黄足，雄性蟹脂多，独具风味。近年来，由于养殖环境的改善，崇明清水蟹个体能长到半斤以上，深受市民青睐，市场上供不应求。

Chongming crab is also named eriocheir. It's unique and small in shape. It has thin shell, the meat is delicate and fragrant. The female crab has much crabroe while the male crab has much fat. In recent years, Chongming crab can be raised

to over half jin with the improvement of the environment. So it's so popular in the market that it's in short supply.

崇明白山羊

崇明白山羊为肉、皮、毛兼用型品种。崇明白山羊肉，不但味道鲜美，而且具有暖脾胃、补身虚，强身壮骨，食疗盈瘦之功效。崇明生产的小包装红焖羊肉曾被评为“农业博览会金奖”，并获得绿色食品标志使用权。羊皮质地纤细，柔软光滑，属优质皮革。

All the chongming white sheep's meat, skin and fur can be used. The meat is not only delicious, but also has the effect of warming stomach and supplementing nutrition. The braised lamb produced by our county was assessed as “agriculture expo gold medal”, and achieved the right to use the green food's logo. The skin is thin, smooth, and it has good leather.

崇明老白酒

崇明老白酒,是以糯米为原料,经淋饭后拌药加水精心酿制而成,加上该酒味道甜润,色呈乳白,故又有甜白酒、米酒、水酒之称,在崇明已有数百年酿造历史,被国家质量监督检验检疫总局评为地理标志保护产品。崇明老白酒上口甜而微酸,香味醇厚,酒度适中(12° ~ 13°),后劲足,是深受欢迎的低度酒。

Chongming rice wine is made by glutinous rice. Cooked rice is mixed with water and drug so that the wine is sweet in taste and white in color. So it's also named sweet white wine, rice wine and water wine, it has hundred years' history, assessed as geographical indications protection products by general administration of dual supervision, inspection and quarantine of our country. Chongming rice wine is sweet and slightly acidic. It has mellow flavor, moderate alcohol and enough stamina. It's a popular low alcohol wine.

四、推介餐饮名店 Restaurant Recommendations

锦绣宾馆 Jinxiu hotel

锦绣宾馆以花园别墅风格为特色,绿化面积达 38%,一年四季花香四溢,绿树成荫。宾馆以先进的管理理念、一流的服务水准和菜肴质量赢得了社会各界的一致好评,取得了良好的经济效益和社会效益,被同行推荐为“崇明县食品卫生安全协会”会长单位、“崇明县旅游协会”副会长单位,先后获得“中华餐饮名店”、“全国巾帼文明岗”、“全国共青团号”、“上海市安全优胜旅馆”、“上海市价格计量信得过单位”等荣誉称号。

地址:崇明区城桥镇新崇南路 4 号

咨询电话：021-69699888

Jinxiu Hotel is characterized by villas, with the green area of 38%. The flowers bloom all year round with pleasant shade of the trees. With advanced management concept, top service standards and high-quality cuisine, we gain high reputation in recent years, as well as economic and social profits. Jinxiu Hotel is recommended as President Unit of Chongming Food Safety and Health Association, Vice President Unit of Chongming Tourist Association. We are awarded as “China Famous Restaurant”, “National Model Working Position”, the “Youth League of Shanghai”, “Shanghai Safe and Preferable Hotel”, Shanghai “Integrity Unity for price and Measurement” and so on.

Add: No.4, South Xinchong road, Chongming

Tel: 021-69699888

东江羊肉馆 Dongjiang Mutton restaurants

东江羊肉馆以烹制崇明白山羊肉为主，在岛内享有盛誉，尤其是店里的招牌菜——用崇明白山羊制作的红烧羊肉，色泽诱人、香气扑鼻、回味无穷；白煮羊蹄膀，口味清淡，清鲜不膻。另外，羊肉馆还可提供其他崇明特色农家菜。

地址：崇明区城桥镇团城公路 7218 号

咨询电话：021-59693674

The Dongjiang Mutton Museum mainly uses Chong Qing Goat Meat and is famous in the island. Especially the signature dish of the store, Braised Lamb made with Chong Qing Goats,

has attractive color, aroma and endless taste , taste light, fresh and. White boiled pork shank has light taste. It is fresh. In addition, the lamb restaurant can also provide other Chongming specialty dishes.

Add:No. 7218, Tuancheng road, Chongming

Tel: 021-59693674