

魅力泉源

A SPRING IN YOUR STEP

羅托魯瓦除了擁有地熱溫泉、越野單車設施和激流，更瀰漫著一股有趣的氣味

Geothermal springs, mountain-biking, white-water rafting: there's just one more thing you need to know about Rotorua

文/Text Sharon Stephenson





羅托魯瓦懾人的地貌令人忘卻空氣中那股難聞的氣味（左圖），而其地熱溫泉及泥漿池更有治療一些小毛病的功效（下圖）

Rotorua's dramatic landscapes more than make up for the smell (left) while geothermal springs and mud pools are used to treat a number of ailments (below)



如果你選擇度假地點時，僅僅考慮當地瀰漫在空氣中的氣味是否怡人，那麼你很可能不會選擇紐西蘭北島城市羅托魯瓦，因為那裡散發著一股非常近似臭雞蛋的難聞氣味。

然而在羅托魯瓦居住了10年的Jacky James保證：「你很快就會習慣，其實這股氣味是來自間歇泉、嘶嘶作響的火山口和沸騰的泥漿池，因為這裡是世界上最非同凡響的地熱地區之一。」

她說得對，這個外號「硫磺城」的地方，不僅讓你近距離體驗大自然的躍動，更是北島的動感之都。

If you were to select a holiday destination based solely on its aroma, then you probably wouldn't pick Rotorua. That's because this city in New Zealand's North Island smells remarkably like rotten eggs.

"But you quickly get used to it," promises Jacky James, who's lived in Rotorua for 10 years. "And besides, the smell is a by-product of the erupting geysers, hissing craters and boiling mud pools that make this one of the most remarkable geothermal regions in the world."

IMAGES: Polynesian Spa; Chris McLennan

到當地旅遊，可從蒂普亞起步，探索蒂華卡雷瓦雷瓦地熱谷，觀賞著名的波胡圖間歇泉，泉水噴上30米高的半空，每天多達20次。

遊客還可到訪泥漿池，泥裡的酸性氣體和蒸汽令礦物質分解，因而冒出氣泡。紐西蘭原住民毛利族早已發現礦物泥具治療功效，時至今日，人們更利用礦物泥治療皮膚、風濕和關節炎等問題。

在蒂普亞，遊客還可透過地熱泉這個「蒸汽鍋」，用嘴巴「品嚐」毛利族文化。蒂普亞的市場營銷經理 Kiri Atkinson-Crean 說：「訪客首先親自挑選他們喜愛的食物，然後放進編織籃內，拋進地熱泉去煮。蒸汽為食物帶來獨特的風味，這裡的居民幾百年來都是這樣煮食。」旅客可以趁食物烹煮的時間遊溫泉，或到編織和手工藝學校參觀。

在這個地熱奇景中，若想獲得更貼身、更個人的體驗，就要到波里尼西亞國際溫泉浴場。這個座落於大自然之中的休閒之所，位於羅托魯瓦湖畔，有27個含豐富礦物質的溫泉池，池水引自兩個天然溫泉。泉水溫度維持在攝氏40度左右，是讓疲勞軀體得以鬆弛並恢復活力的完美地帶。其中一個天然溫泉 Rachael Spring 為溫泉池帶來鹼性的泉水，傳說指在泉水中沐浴，會令人青春常駐。

除了泡溫泉，你還可以租單車馳騁全長150公里的單車徑。這單車徑恍如一個蜘蛛網覆蓋著羅托魯瓦。單車徑的難易度有高有低，無論旅客騎單車的技術和體能如何，都會找到適合他們的路段。你可以騎著單車休閒地駛過華卡雷瓦雷瓦森林，也可以到天際纜車重力公園體驗驚險刺激的下坡單車徑。

作為世界級的山區越野單車設施，天際公園有專用纜車，由山腳接載單車手和他們的裝備到達山上200米高的起點。

園內其中10.5公里的單車徑，是適合所有技術程度的單車手。但經驗較豐富的車手，當然不可錯過300米長的飛躍路段，以及達到國際級的斜坡。

羅托魯瓦緊張刺激的活動不止於此，這裡還擁有世界最佳的激流旅程。經驗豐富的旅客，可以挑戰5+級的激流，包括三個瀑布以及在凱圖納河上、全世界規模最大的激流瀑布設施。

凱圖納河穿越的峽谷，流傳許多毛利族人的傳說。旅客可以選擇全天或半天的激流旅程，勇於冒險的人士甚至可以乘直升機，前往區內偏遠的河流例如莫圖河和莫哈卡等一試膽色。





IMAGES: Te Puia: Graeme Murray



位於羅托魯瓦、全長共150公里的單車徑，有不同的難度，適合不同經驗的單車手（上左圖）

在蒂普亞可以欣賞到毛利族人編織傳統羽毛披肩的手藝（右圖）

凱圖納河是世界最大的激流活動設施（左圖）

Rotorua's 150km of trails suit riders of all levels (top left)

An intricate Maori feather cape is woven at Te Puia (right)

Kaituna is the world's largest commercially rafted waterfall (left)

She's right: 'Sulphur City', as it's often called, provides not only a ringside seat to Mother Nature's feistiness, it's also the action capital of the North Island.

A good place to start is Te Puia, where you can explore the wonders of Te Whakarewarewa Geothermal Valley and watch the famous Pohutu Geyser shoot 30m into the air, which it does up to 20 times a day.

Visitors can also check out the bubbling mud pools, the result of acid gases and steam that cause minerals to decompose. It was indigenous New Zealanders, the Maori, who discovered the mud's medicinal purposes and today it's used to treat skin, rheumatic and arthritic ailments.

At Te Puia visitors can also literally 'taste' Maori culture with the 'steambox'. "Visitors handpick their kai (food); it's placed in a woven basket which is then dropped into a geothermal spring to be cooked," explains Te Puia Sales and Marketing Manager, Kiri Atkinson-Crean.





Hell's Gate地熱公園的泥漿浴
可為你消除疲勞（上圖）

每天，波胡圖間歇泉（右圖）
都會噴發20次之多

Hell's Gate Geothermal park is a bit of
paradise for weary bodies (above)

The Pohutu Geyser (right)
erupts up to 20 times a day

“The steam gives the food a distinctive flavour,” says Kiri. “It’s how people here have cooked their food for hundreds of years.”

While the food is cooking, visitors can enjoy a tour of the hot springs, as well as the weaving and carving schools.

There’s an opportunity to get even more up-close and personal with geothermal wonders at the Polynesian Spa. Perched on the shores of Lake Rotorua, this natural retreat features 27 mineral-rich thermal pools fed by two natural springs. The water temperatures hover around the 40C mark, making it perfect to relax and restore weary bodies. Legend has it that one of the springs, the Rachael Spring, which feeds the spa with alkaline water, will bless those who bathe in its waters with ageless beauty.

There’s more to do than simply soak. You can hire a bike to explore the 150km of trails that wrap around Rotorua like a spider web. These trails cater for all skills and fitness levels and you can choose a leisurely ride through the Whakarewarewa Forest or opt for the high-octane downhill thrill of Skyline Gravity Park.

A world-class mountain-biking facility, Skyline has dedicated gondolas that deliver riders and their bikes to the start of the trails, a 200m vertical rise. There are 10.5km of trails for all skill levels, but the more-experienced rider will want to head for the 300m jumps and international-grade slopes.





Regent of Rotorua酒店充滿懷舊風情（最上圖），而Abracadabra Cafe & Bar等時尚食肆則提供當地出產及有機食材烹調的菜式，讓顧客在悠閒的環境中品嚐（上圖）

The Regent of Rotorua has a retro feel (top) while chic eateries like Abracadabra Cafe & Bar offer organic and local produce in a laid-back setting (above)

There are even more thrills to be had. Rotorua also features some of the best white-water rafting in the world. Experienced rafters can take on Grade 5+ rapids, including three waterfalls and in Kaituna, the world's largest commercially rafted waterfall, which winds through a narrow gorge steeped in Maori folklore. Full and half-day tours are available and the truly adventurous can also helicopter into some of the region's more remote rivers, including the Motu and Mohaka. 🚣

IMAGES: Hell's Gate, Pohitu Geyser: Chris McLennan

吃住玩樂 PLACES TO STAY, EAT AND THINGS TO DO

住宿 STAY

高尚的 Regent of Rotorua酒店充滿懷舊風情，是城中型格的住宿選擇。這間精品酒店位於Eat Street附近，這條街道名副其實是主要餐廳的集中地。

The Regent of Rotorua is upmarket, retro and the coolest place in town to lay your head. This boutique hotel is also close to Eat Street where all the main restaurants are located.

www.regentrotorua.co.nz

美食 EAT

Abracadabra Cafe & Bar的菜式包羅萬有，從甜點churros到突尼斯辣味羊小腿一應俱全。餐廳選用多種有機食材，並提供無麩質、無奶和素食餐點。

Abracadabra Cafe & Bar has something for everyone – from churros to Tunisian spiced lamb shank. There's lots of organic produce, along with gluten- and dairy-free and vegetarian options.

www.abracadabrafe.com

玩樂 DO

先到蒂普亞享受蒸汽浴（www.tepuia.com），然後前往波里尼西亞國際溫泉浴場接受水療護理（www.polynesianspa.co.nz）。接下來騎著單車飛馳下山（www.skyline.co.nz），或體驗緊張刺激的激流旅程（www.multidayadventures.co.nz）。

Get steamy at Te Puia (www.tepuia.com) and then take a dip in the Polynesian Spa (www.polynesianspa.co.nz) before hurtling down the hill (www.skyline.co.nz) or tackling the rapids with a spot of white-water rafting (www.multidayadventures.co.nz).