



PROVINCIA DI Ferrara

费拉拉省



无止的美丽
Endless beauty



Ferrara
terra e acqua

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Organizzazione
delle Nazioni Unite
per l'Educazione,
la Scienza e la Cultura



Ferrara, città del
Rinascimento
e il suo Delta del Po

自从1995年，文艺
复兴时代之城费拉
拉和波河三角洲就
被纳入UNESCO文
化遗产的列表中

*Since 1995 Ferrara, a
Renaissance city, and its Po
Delta are inscribed on the
UNESCO World Heritage
List.*



O città bene avventurosa...
...la gloria tua salirà tanto
ch'avrai di tutta Italia
il pregio e 'l vanto.

Ludovico Ariosto (第43章，第55句)

1516-2016: 《疯狂的罗兰》500周年

1516 - 2016: the 500 years of The Frenzy of Orlando

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TUTTA LA COMODITÀ DELLA BELLEZZA

费拉拉就是可见、可摸、可感和可体验的无限宝藏。本指南是有创新的旅游工具，旨在陪游客欣赏费拉拉省的美景。网址、信息、图片、多媒体平台等方法会帮您们加深对费拉拉各种方面的了解。今年对费拉拉其实很重要，因为是“疯狂的罗兰”这部作品首次出版日的第五百周年，那些启发了作家灵感的地方依旧存在，安静地等待着您的到来。请大家来共同欣赏费拉拉的独特魅力吧！

THE CONVENIENCE OF BEAUTY

A heritage of endless beauty to be fully enjoyed, seen, touched and experienced. This is an innovative tourist tool designed to let you explore the wonderful area of the Ferrara Province in your own way. Links, facts, details, large images, explanations, multimedia contents: you are free to mix and match the different pieces of information to delve into a region that this year will celebrate the 500th anniversary of the first edition of The Frenzy of Orlando by Ludovico Ariosto (1516). The uncontainable beauty that inspired his verses is still intact: come and discover it!



费拉拉： 妙不可言

*Ferrara:
the great
Wonder*



Cattedrale di San Giorgio

永恒艺术之地， 思想发祥地， 世界文化遗产

费拉拉历史悠久、艺术繁荣，是位于波河边的中世纪中心。原来费拉拉是个在罗马式与哥特式大教堂的周围建立的中世界小村庄，自1200年初，它已成为了复兴时代思想与文化的重点城市之一。埃斯特家族的到来不但使费拉拉进展成艺术、音乐、文学、建筑与城市规划的要枢，而且还使它变成了许多艺术家及思想家的作坊基地。这些艺术家们听随着埃斯特家族的指示创造过1995年由世界文化遗产认同的文化宝藏。

九公里的城墙围绕着费拉拉市，市民们在城墙上就能进行慢跑、

*Timeless
art place,
cradle of culture,
World Heritage
site*

The medieval hamlet of Ferrara evolved over the centuries along the Po river and around its magnificent Romanesque-Gothic **Cathedral of Saint George**, and during the Renaissance became one of the leading European cultural cities thanks to the arrival of the Este family at the beginning of 1200. The city became a key crossroad for art, music, literature, architecture and urban planning hosting and nurturing generations of artists, patrons of the arts and thinkers who, under the wise guide of the Este family, shaped a cultural heritage, whose universal value was officially acknowledged by the World Heritage **UNESCO** list in 1995. Surrounded by 9 km of **Walls**, fully



费拉拉埃斯特家族的城堡 | Castello Estense

跑步、骑车等各种野外活动。如今这座城市仍保持着平衡与优雅景色。

在费拉拉，比亚焦·罗塞蒂是埃斯特时代的伟大建筑师之一。十五世

费拉拉所提供的景观非常平衡而优雅

纪末，他在十三世纪的埃斯特城堡（第10页）对面开始了埃尔科莱新区的城市扩张计划。比亚焦·罗塞蒂便改变了全城的布局，而且做出了历史上的第一个城市规划。费拉拉的这个新部分连接到中世纪区。目前，这个完美保存着的地区就是商业与文化的中心，人们都喜欢在古老的大厦、教堂和寺院边散步，像圣安东尼教堂，Volte街或市中心的犹太人区。现在意大利犹太人与纳粹大屠杀的博物馆（MEIS）正在展出费拉拉犹太群体的展品，这恰恰证明了犹太人对费拉拉的大影响。

人们在Ercole I d'Este大道上散步就能欣赏美丽的 Quadrivio degli angeli（天使十字路），它是文艺

*practicable, either on foot or by bike, the city still offers an image of amazing balance and wonderful elegance. One of the key figures behind the magnificent Este ruled Ferrara was Biagio Rossetti, who launched at the end of the Fifteenth century a bold town plan called Addizione Erculea to be developed opposite the Thirteenth century designed **Este Castle** (page 10) and that radically changed the city layout, it was the very first example of town planning. This new part of the city perfectly linked up with the previously existing and still beautifully preserved medieval district that makes up today*

The city offers an image of amazing balance and wonderful elegance

*the retail and monumental heart of the city. People like to walk among ancient elegant buildings, churches and monasteries like **Sant'Antonio in Polesine** or along the **Via delle Volte and the old Jewish Ghetto**. The **National Museum of Italian Judaism and the Shoah (MEIS)** is currently displaying a collection belonging to the Museum of the Ferrara Jewish*

复兴时期的建筑杰作。十字路上能参观壮丽的钻石宫(第12页)，那儿附近还有Massari公园和阿里奥斯托广场。大路、公馆、公园与广场逐渐成为了大家族权力的重要



Palazzo Schifanoia

标志。其中的一座伟大建筑无疑是斯齐法诺亚宫，它是为宫廷人员的消遣和外交活动而创造的，里面能欣赏Salone dei Mesi(年月的大堂)的壁画；Salone dei Mesi是费拉拉艺术作坊所创造的作品。那里附近还能参观Marfisa d'Este宫殿，Bonaccossi宫殿及Costabili宫殿，后者现在就是国家考古学博物馆的所在地。

费拉拉市很快就成为了文化和艺术的关键地点，有Cosmè Tura、Dosso Dossi、Garofalo多位伟大艺术家在这种刺激的氛围中创作出了世界闻名的作品。在这种充满文艺的情况下，宫廷还吸引了

Community showing their very old presence in this area.

Corso Ercole I d'Este features the Quadrivio degli Angeli, a Renaissance masterpiece, as well as the marvellous **Palazzo dei Diamanti** (page 12), the Massari Park and **Piazza Ariostea**.

Large boulevards, gardens, squares expressed a new concept of visual and functional celebration of the Signoria. New sumptuous buildings were built, like **Palazzo Schifanoia**, designed for the leisure and diplomatic activities of the court, hosting a wonderful series of frescoes in the Salone dei Mesi, a masterpiece by the so-called **Officina Ferrarese**, and then **Palazzina Marfisa d'Este**, **Palazzo Bonaccossi** and **Palazzo Costabili**, home of the National Archaeological Museum. The city became a breeding ground of



Via delle Volte

artists: great painters like Cosmè Tura, Dosso Dossi, Garofalo worked here and could enjoy the presence of scientists, academicians, chefs and, of course, writers like Pietro Bembo, **Ludovico Ariosto** and Torquato Tasso. This year several events (page 14) will celebrate



MEIS - Museo Nazionale dell'Ebraismo Italiano e della Shoah

有名的学者、科学家、厨师，还有著名作家，例如：皮埃特儂本博、阿里奥斯托与托尔夸托塔索。今年，市政府举办一系列的文化活动(第14页)来庆祝“疯狂的罗兰”首次

领主庆祝的新理念

出版的第五百周年纪念日，该代表作无疑是世界文学的里程碑。这伟大的时代不但没有结束，反而激发产生了一代又一代知识分子。其中最著名的画家有乔瓦尼·波尔蒂尼、Filippo De Pisis与乔治·德基里科，最著名的作家有Giorgio Bassani 和 Riccardo Bacchelli，还有优秀的电影导演为米开朗其罗·安东尼奥尼；他们都从这个五颜六色的城市中得到了启发。请查城市博物馆和展览馆的全部列表：www.ferrarainfo.com。



Palazzo Prosperi-Sacratì

the 500th anniversary of the first edition of *The Frenzy of Orlando*, a milestone of world literature. This exceptionally creative setting continued over the centuries and kept inspiring entire generations of intellectuals and artists of the likes of **Giovanni Boldini**, **Filippo De Pisis** and **Giorgio De Chirico**, but also writers like **Giorgio Bassani** and **Riccardo Bacchelli**, directors like **Michelangelo Antonioni**, who found in the magic hues of these places the inspiration to tell timeless stories about their present.

For a complete list of the city museums please visit: www.ferrarainfo.com/en

A new concept of visual and functional celebration of the Signoria



古老的城墙 | *The ancient city Walls*

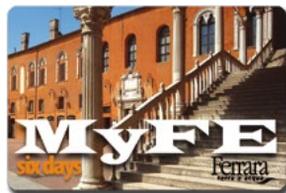
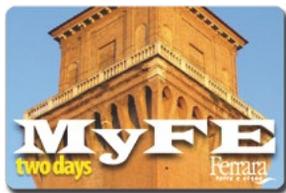


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斯特家族城堡

1385年埃斯特城堡就是埃斯特家族的古老住宅，城堡的高塔使全城的景色更有魅力，高塔甚至变成了费拉拉市的象征。该城堡很独特，它的四周环绕着一条水渠，目前，在欧洲被水渠围绕着的这样的建筑其实是很少见的。城堡展览室向公众开放，去欣赏它的博物馆是不能错过的机会。

The Este Castle

The towers of the ancient Este castle, built in 1385, stand magnificently out and have become the symbol of the Ferrara skyline. The castle is open to the public and it is one of the few castles in Europe still surrounded by a water moat. The museum setting designed by the renowned architect Gae Aulenti is not to be missed.

信息 | INFO

城堡广场 1号，费拉拉市
Piazza Castello 1, Ferrara
电话: +39 0532 299233 电传: +39 0532 299279
电邮: castelloestense@comune.fe.it

营业时间 | Opening hours of exhibitions

周一至周五: 9:30-17:30

周末: 9:30-18:00

十月至一月周一关门

请大家在网上查时间

From Monday to Friday 9.30 am - 5.30 pm. /

Saturday and Sunday 9.30 am - 6 pm

From October to January closed on Monday

Always check out on the website opening hours

www.castelloestense.it





钻石宫

钻石宫就是埃斯特家族的有名建筑师 Biagio Rossetti 的杰作。他以独特的手法装修了钻石宫的外墙，该建筑起名于它墙上 8,5万以大理石做的“钻石”。钻石宫是全世界最有名的文艺复兴时期建筑之一，它的美丽不但在于建筑设计，而且在于宫殿里的国际艺术展览会，里面也有国家画馆。

Palazzo dei Diamanti

*The absolute masterpiece by Biagio Rossetti, the great architect of the Este family, features the typical rusticated walls with 8500 marble "diamonds". It ranks among the most famous Renaissance buildings in the world not only for its architectural design, but also for hosting international temporary art exhibitions as well as a **National Gallery** featuring a major permanent art collection.*

信息 | INFO

Ercole I d'Este大道, 21号. 费拉拉市
Corso Ercole I d'Este, 21 - Ferrara
电话: +39 0532 244949
电邮: diamanti@comune.fe.it

营业时间

Opening hours of exhibitions

Dalle 9.00 alle 19.00 (Aperto tutti i giorni)
Every day from 9.00 am to 7.00 pm

www.palazzodiamanti.it





悠久的文学传统

自古以来，费拉拉就是文学和诗文的启发来源。不可不提Ludovico Ariosto 和Giorgio Bassani两名伟大作家，2016年也是后者出生日的第100周年。最值得参观的是广场、街路、房子和公园，这些地方都启发了文明世界的许多作家。

A long literary tradition

From Ludovico Ariosto to Giorgio Bassani, who was born one century ago: Ferrara and its territory are an inexhaustible source of inspiration for literature and poetry. Get lost exploring its squares, streets, houses, gardens where lived some of the most important authors, who were able to retrace in their works, often with unparalleled mastery, the unique atmosphere of these places.



Ariosto之地

1516年文学杰作“疯狂的罗兰”首次出版于费拉拉。500年后，市政府在城市里举办了很多有关Ariosto的纪念活动（查第13页），游客可以参观Ariosto广场、他家的公馆、Ariosto图书馆，还有大教堂旁边的旧酒铺。

更多信息：

www.ferrarainfo.com

The places of Ariosto

*In 1516 was published in Ferrara the first edition of one of the absolute masterpieces of the world literature, **The Frenzy of Orlando**. 500 hundred years after, Ferrara pays homage to Ludovico Ariosto with several events (see also page 13) in key Ariosto-related places, such as: the **Piazza Ariostea**, the house where he lived, now a museum, the **Biblioteca Ariostea**, a library hosting not only some of his original manuscripts but also his grave, and also the ancient wine shop where he used to go and that exists still today, next to the cathedral.*

For further information:

www.ferrarainfo.com/en

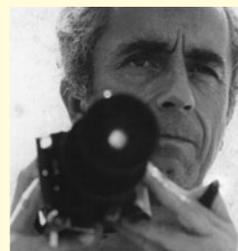


费拉拉与电影界

费拉拉市和波河三角洲使全世界的演员着迷了：米开朗基罗·安东尼奥尼、弗洛雷斯塔诺·换吹泥、仏如扩·亏日迟、卢奇诺·维斯孔蒂、普批·阿华体、据陆翊按哦·莫尼塔如多、维多里奥·狄西嘉、维姆·文德斯都是众所周知的伟大艺术家及导演，他们都把费拉拉视为理想的电影场景。而且，他们还受到过里卡多·把课里、乔治·巴萨尼等作家的启发。通过免费的指南，通过免费的指南，您可以找到位于城里和城外的电影取景地。

A land of cinema

Ferrara and its Po Delta have always inspired and charmed movie people: Michelangelo Antonioni, Florestano Vancini, Folco Quilici, Luchino Visconti, Pupi Avati, Giuliano Montaldo, Vittorio De Sica, Wim Wenders are just some of the many great directors who decided to set here their masterpieces, often based on the works of local authors like Riccardo Bacchelli and Giorgio Bassani. A free guide will let you discover the places that for over the last hundred years have been used as a huge cinematographic open air set.





280

在费拉拉和周围地域所拍摄的电影数目
films shot in Ferrara and its surroundings

1902

是在这里拍摄第一部电影的那一年
year of the first movie shot in Ferrara

27

为在这里拍摄电影而得奖的导演人数
directors got awards for films shot in this area

1

摄影文件中心
Comacchio and the Po Delta Cinema Documentation Centre

请下载这里拍摄的一切电影，并在智能手机上查一下指南。

Download all the cinematographic trails and use the guide from your smartphone.



科马基奥的海滨：大自然的杰作

*The Comacchio Riviera:
a natural masterpiece*



传统的捕捞地 | Traditional fish trap

美丽的平衡

位于费拉拉省东部的科马基奥市，由海岸和波河的三角洲保护区组成，水与地的结合形成了独特的地理形状，这座泻湖上的城市就是陆地和水完美平衡的象征。科马基奥市有许多可参观的珍贵建筑和独特景观，其中最值得参观的是十七世纪建造的 Trepponti 桥（三连桥）。该桥位于城市的入口，它引领着游客们去欣赏宫殿、桥梁及运河等其它人工和自然相结合的杰作。在科马基奥市中心您也将拥有许多欣赏美景的机会。例如您可以悠然自在地在市中心漫步，尽情地感受这座海滨城市的气息。

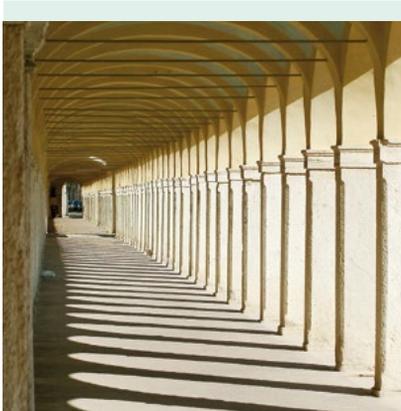
在漫步过程中您不能错过的是 Manifattura dei marinati（海产

The extraordinary balance of beauty

*In the eastern part of the Ferrara province, art and nature express themselves in incomparable and amazing ways. **Comacchio, its Riviera and the Po Delta Park** perfectly epitomize the incredibly delicate balance between water and soil, which is the unique trademark of this whole area. The lagoon town is a box hiding several jewels in the crown ranging from architectural to landscape assets. On top of the list there is its inimitable seventeenth-century bridge, the **Trepponti**, waiving its top at the town entrance and leads the visitors along buildings, bridges and canals showing the deep and complex long relationship between man and nature. Sightseeing in the historic town centre offers several opportunities to better understand this culturally multi-faceted area. A visit to the **Manifattura dei Marinati** is a must. In this factory in the past sea food was processed and thus*



Remo Brindisi的房子改成博物馆 | Museum House of Remo Brindisi



Loggiato dei Cappuccini

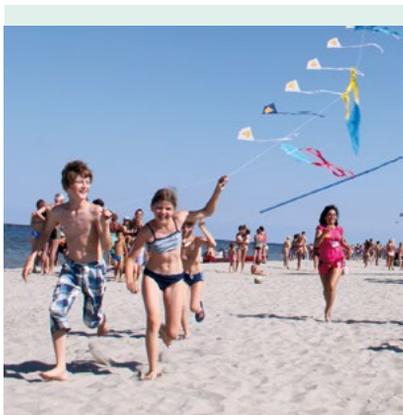
品加工作坊），当地过去的经济中心。那里原来是海产品加工作坊，现在成为了鳗鱼博物馆。博物馆里面展出着与当地生活和劳动相关的工具及录像。（请查47页）沿着市里的运河散散步，游客还有机会参观罗马船博物馆，Bellini 宫殿，San Cassiano 大教堂以及 Cappuccini 凉廊的精彩骑楼。还有，你们不能不去看钟楼和“小麦凉廊”。科马基奥的艺术和历史不断地发展到现在，2016年是画家Remo Brindisi逝世的第二十年。在Lido di Spina（斯匹那海

was the key pillar of the local economy. It hosts today the **Eel Museum** featuring objects and videos about the local life (for further information please see page 47). The walk along the canals can continue with a visit to the **Roman ship Museum**, the **Palazzo Bellini**, the **Basilica di San Cassiano** or below the

A place combining charming art with pleasant relax

wonderful arcades of the **Loggiato dei Cappuccini** to end up with a nice look at the clock tower of the **Loggia del Grano**. However, art and history are not confined to the past: in fact this year will be celebrated the twentieth death anniversary of the great master **Remo Brindisi**. In Lido di Spina, one of the Seven Lidos, it is possible to visit his House Museum, including unrivalled art and architectural masterpieces. The **Comacchio Riviera** is the ideal destination for a holiday either with the family or with friends, for a relaxing weekend break or just to have fun in the exciting coastal nights. The Lidos offer not only huge beaches and Blue-flag eco-labelled sea but also a wide range of services, events and

村) 一费拉拉海岸线上的重地, 他的故居现在被建成了一座博物馆, 里面可以欣赏到许多高雅的艺术作品和现代建筑。



孩子们在海滨上玩玩 | Children at the beach

结合艺术与休闲魅力的地点

科马基奥海岸是您跟家人或朋友一起度假的理想胜地。费拉拉海岸上的七座海滨小镇均以海岸线长而闻名, 它们还获得了“蓝旗”海水的称号。这里为游客们提供丰富多彩的文化娱乐活动, 选择那儿度过您的周末一定能让您得到全身心的放松。这儿为您提供各种各样的住宿服务: 从海边到松林深处, 处处都有高品质的宾馆、旅游村、露营地以及可租用的房子, 而且住宿地点都离海滩不远。

attractions. The area features **hotels, tourist resorts, camping sites, serviced flats, apartments** fully equipped with amenities facing the seafront or sunk in the pinewoods, always close to modern and convenient shore **bathing facilities**. Sunbathing can be interrupted by a swim in the sea or in the swimming pool, but you can also exercise, join a tournament, do some sport or attend one of the several different classes available for the guests. From windsurf to kite surf, from basketball to volleyball, to beach tennis, group dancing, sailing, canoeing: you name it! Regardless of your passions and favourite activities at the **Lidi di Comacchio** you will certainly find what you like doing the most! And while you delve into your favourite hobby skilled professional entertainers and animators will take extra good



Lido di Spina

care of your children in a safe and timely manner. The Riviera has in stock thousands of activities also for them: from theme parks, to sporting activities, to dancing, all sorts of contests, tournaments, dances and prizes. However, we are convinced that what

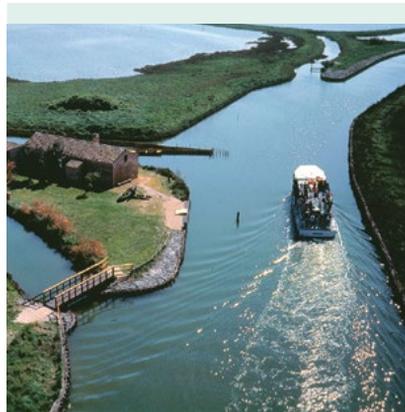


火烈鸟 | Pink flamingos

在科马基奥海岸上，您能尽情地享受阳光和沙滩。您可以在海里或游泳池里游泳、跳水、冲浪、打排球、划船和玩帆船等。父母和孩子可以享受亲子活动的乐趣。在那儿有无数的娱乐活动等待着他们，如精彩的儿童节目，有趣的亲子运动和比赛等。除了享受放松的感觉，您还不能忘记欣赏那里美丽的自然景观。

大自然的美丽，令人惊叹

波河三角洲保护区是全欧洲也是意大利最大的水域之一。由于这里生物的多样性，可以说这个地方就是博物学家，生物学家，科学家，游客，看鸟人等各学科研究



科马基奥泻湖 | Valli di Comacchio

*will really surprise you is neither the charming art nor the pleasant relax but the absolute beauty of nature. The **Po Delta Park** is one of the largest wetlands of Europe, the largest in Italy, featuring unique biodiversity making it a heaven for naturalists, biologists, scientists, tourists, birdwatchers and also twitches. This is the reason why since 2015 it is classified as a **Man and Biosphere UNESCO** site and Comacchio is a Birdwatching Capital recognised by Lipu, to testify the major commitment undertaken for environmental protection and sustainable development. This unequalled area, shaped by the sea and the river, is the perfect habitat for an inimitable flora and fauna, including hundreds of bird species as well as a*

The absolute beauty of nature will entice you

者的天堂。也正因为这个特征，从2015年起这个保护区就被纳入了联合国教科文组织人与生物圈项目（UNESCO MAB）。科马基奥因有效的环保政策和在可持续发展方面的努力，被认证为LIPU观鸟中心。这里由河海形成的优越环境就是动植物的理想栖息地。人们可以在一些观望塔上看到几百种鸟类，还能欣赏到成群结队的粉色火烈鸟。

在三角洲保护区，人们可以个人或者在导游的帮助下进行探索。您可以选择徒步、坐船、骑车、骑马等方式探索这个迷人的地方。尤其是位于古城中心南部的科马基奥流域，让人看出当地的历史及居民与大自然结下的不解之缘。古老的房子和世代相传钓鱼技术，盐碱地与完美无瑕的池水会使你们的旅程扣人心弦，难以忘怀。

*beautiful non-migratory colony of pink flamingos that can be watched from several turrets. The whole area is there to be discovered alone or in groups, on foot or by bike, riding or sailing by exploring its magical places, trails and pathways. Regular guided tours with skilled naturalist guides regularly start from the Delta Park Visitors Centre. In particular the **Comacchio lagoons**, south of the historic town centre, let you appreciate the unique connection between the history of this area, its nature and its people. The old traditional fishermen's houses, the traditional fishing techniques, the salt works, the pristine lagoons: every visit will be excitingly unique, intense and moving.*



翠鸟 | Kingfisher

Gran Bosco della Mesola



博拉诺海小镇

博拉诺海岛位于松林和博拉诺河口之中，是海岸线上天然环境最洁净的地方之一。一般来说，谁喜欢水上活动，谁喜欢徒步或骑车出游，谁就应该去博拉诺海村待几天。

Surrounded by the pinewood and by the Foce di Volano, it is one of the most pristine coastal Lidos, much liked by kite surfers and other water sports junkies as well as by hoking and biking lovers.

Nazioni 海小镇

该海岛的娱乐活动以它的大湖为主，专门适合于喜爱水上运动的人。在湖中能进行风帆、划艇、皮划艇等活动。在海岛上，享受水上活动带来的乐趣，就是Nazioni海村为您提供最佳体验。

The ideal destination for water sports junkies, thanks to its beautiful lake where sailing, canoeing and kayaking can be practiced. Sea and sport, the perfect mix for a dynamic holiday.



Scacchi 和Pomposa海 小镇

Scacchi 和Pomposa海小镇

这两个海岛是您跟家人度假的完美选择。想逃离城市压力的人可以来这里放松几天，享受这里的宾馆或酒店为您提供的高品质星级服务。

*Ideal for a peaceful family holiday,
perfect for those who want to get
away from stress and be pampered
by top level services.*

加里波港

加里波港是一座古老的海港城市。它的主要特点是餐馆都开在加里波大运河边上。在那里的餐馆用餐，您可以一边享受美食，一边欣赏大运河的美景。这里的餐馆都深受游客们的喜爱。加里波运河把海岸一分为二，每天早晨两边的海岸都停靠着从大海归来的渔船。

An old resort featuring lovely restaurants along its central coastline dividing canal where fishermen boats moor at dawn.

埃斯特家族海小镇

埃斯特家族海岛以它的俱乐部、酒吧及时尚商店为主，是旅游的理想目的地。近几年，海岛引进了更多先进的旅游概念和现代化的旅游设施，这也让海岛更加符合当代人的度假理念。海岛每年都吸引着成千上万的青年们前来度假。这里一定是科马基奥海岸最流行的中心。

Thanks to its many bars, clubs, restaurants, trendy shops and a modern and fully equipped marina, it is very popular among young people and it is also the destination for socialites.



斯匹那海小镇

斯匹那海村位于茂密的松林之中，自古以来一直吸引着文化界和产业界的名人。今天，它拥有各种流行场所，开展适合所有年龄段群体的娱乐活动。

This elegant lido, with its wonderful pinewood, has always hosted leading intellectuals and industrial tycoons; today it features trendy clubs, and offers activities for tourists of all ages.



请在www.turismocomacchio.it上发现科马基奥海岸线，免费下载相关应用

Discover Comacchio and its Lidos at www.turismocomacchio.it and download the free APP.

泻湖游览

游览的起点是离科马基奥不远的捕鱼站，从这里可以步行或坐船去探索许多浅水泻湖。该地的主要特点是来自海里的盐水和波河的淡水一起流进泻湖中。游览大概历时两个小时。

The lagoon tour

The Station of Pesca Foce, a few kilometres away from Comacchio, is the starting point of the walking and sailing tours leading to the discovery of these large shallow lagoons, where the salted sea water mixes up with the fresh water from the Po river. Tours last two hours.

信息 | INFO

游览时间：由三月至十月，每天
Tour season: every day from March until October

票价表：（大人）11欧元，（年龄为7-16人）9欧元，（年龄为0-6人）免费票
Tariffs: € 11 adults - € 9 from 7 to 16 years of age - free for children under 6 years

网址 | *For any further information and reservations*
www.vallidicomacchio.info, +39 340-2534267





传统渔民的房子

在游览科马基奥泻湖的过程中，您还能参观老渔民所居住的传统房子。这里的渔夫们用一种世代相传的传统技巧钓鳗鱼，所钓的鳗鱼都会被送到Manifattura dei marinati（海产品加工作坊）进行加工。

The traditional fishermen houses

During the lagoon tours it is possible to visit the ancient houses where fishermen used to live and fish, with very traditional fishing gear, called "lavoriero", the eels, which were then processed at the local Manifattura dei Marinati.

3

第三章 艺术与地域： 历史的道路

*Art
and territory:
History
trails*



Il faro di Goro | Goro Lighthouse

文化美景之旅

埃斯特家族的革新推动力跨越了费拉拉的城墙，他们的文艺复兴理念达到了他领土最远的边界。在他们对建筑和文化的规划中，大自然、大河和精美建筑物都融合在一起。于是，现在人们很容易看出那个时期的痕迹，城市和周围的环境形成一体。比如：园林、土壤改良之地、运河和文艺复兴的建筑，这些文化遗产跟上、下世纪的古迹相辅相成。这些地方都保持着艺术和大自然之间的平衡，给旅行者和游客提供难忘的经历，它们的美丽被纳入了UNESCO世界文化遗产。

在城墙外面，人们能发现古老的彭波薩修道院(35页)、梅索拉城堡(34页)，然后可以在科迪戈罗和戈罗欣赏灯塔和波河保护区。游客们

Discovering a cultural landscape

The modernizing Renaissance vision of the Este family went beyond the city walls and embraced all their estates whose cultural planning was based on a unique match between nature and the river, on the one hand, and, on the other, the most refined architecture, leading to a perfect city-landscape integration. It is easy to come across traces of this unique heritage: gardens, reclaimed lands, canals, Renaissance buildings (the *Delizie Estensi*, page 36) are perfectly harmonized with the previous and following remains. They offer a unique and exciting travelling experience thanks to the perfect balance between nature and art also acknowledged and enhanced by the inscription on the UNESCO heritage list. Discover the millenarian **Pomposa Abbey** (page 35) or the **Mesola Castle** (page 34) and the incredible atmosphere of the Po Delta Park. Have a break in **Codigoro**, visit

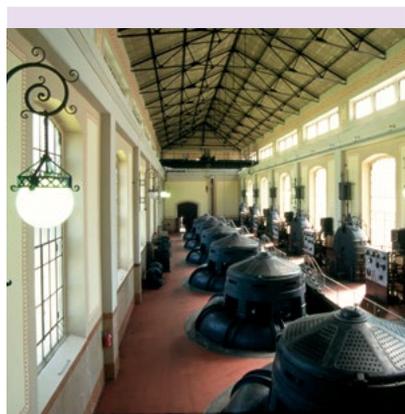


Anse Vallive di Ostellato

还有机会走遍梅索拉大森林和博拉诺松林，他们可以参观修道院长塔和帕盧塔古老水闸，这些都是古人在天然环境中所留下的遗产。人们可以参观科马基奥和它的泻湖(16页)以及Ostellato的天然水域，那里的博物馆展出当地人的历史和发展进程。

继续向南方游览，人们就能参观阿尔真塔的生态博物馆。这座博物馆很有名，因为里面能了解许多有关阿尔真塔和当地居民的历史、环境和产业发展的情况。除了生态博物馆之外，还有两个特别有趣的地方值得欣赏。它们是 Saiarino之地博物馆和阿尔真塔泻湖保护区。在那片土地上遍布着古代的人民所留下的文化遗产。比如：在斯匹那村的伊特鲁里亚文化中心，在邦德诺的微兰诺人、罗马人和拜占庭人等留下的文化古迹。

跟随着古人的踪迹，游客还能进行



土地复垦的博物馆 | Land Reclamation Museum

Goro and its Lighthouse, overlooking the Sacca di Goro. Between a visit to the natural reserve of Gran Bosco della Mesola and a trip to the Volano pinewood, you will come across the old locks of Torre Abate and Torre Palù, wonderful examples of man-made landscape shaping. Otherwise, after visiting Comacchio and its lagoons (page 16) you can visit the lagoons of the Anse Vallive di Ostellato, where

全部地域就是文化设计的产物

The whole area was culturally planned



Torre Abate

考古之旅。您不能不参观费拉拉的考古学博物馆。另外几个值得参观的景点就是科马基奥罗马船博物馆、沃吉耶拉考古学的公民博物馆和Verginese的博物馆。最后，沿着特雷西加洛和位于Ro ferrarese的波河边上的水磨，游客可以走到琴托和邦德诺，那里最值得欣赏的是 Rocca di Stellata——中世纪很有名的小堡垒。

大自然和文化之间的平衡令人享受旅行的兴奋经历

A unique and exciting travelling experience thanks to the perfect balance between nature and culture

*the local Museum of the Territory shows how this area developed. You can then visit the **Ecomuseum in Argenta**, a “diffused” museum including historic and naturalistic display areas like the Museum of the Argenta lagoons, or the Municipal Museum, as well as the **Museum of Saiarino’s land reclamation**, and also the Argenta lagoon park. The whole area is rich in ancient remains dating back to old civilizations like the Villanovans in Bondeno or the Etruscans in the coastal town of Spina, but also the Romans and the Byzantines. You can embark on an extraordinary archaeological journey: from the **Archaeological Museum of Ferrara** to the **Museum of the Roman Ship in Comacchio**, from the **Civic Archaeological Museum of Belriguardo** in Voghiera to the one of Verginese in Portomaggiore. After visiting **Tresigallo**, a real gem of Italian functionalism, and the **Po Mill** in Ro Ferrarese, you will cross little towns and natural parks to finally end up in **Bondeno** with the lovely Fortress of **Rocca di Stellata** and then in the beautiful town of **Cento** (page 38).*

Castello della Mesola



梅索拉城堡

梅索拉城堡是1578年，在阿方索 II 的统治期间建造的。城堡由九英里长的院墙围绕着，原来的用途就是外出捕猎时的市外住宅。今天，游客们可以参观这座城堡以及城堡里面的梅索拉鹿博物馆。博物馆里展出的是梅索拉大树林的生态演变及其主要特点，进而加深大家对树林中最美丽又有名的动物——梅索拉沙丘大鹿的了解。



The Mesola Castle

*Built in 1578 by Alfonso II as a hunting residence, the **Mesola Castle** was supposed to be the very first building of a new town which never saw the day. Today it hosts the beautiful **Deer and Wood Museum of Mesola**, which illustrates the nearby natural reserve as well as the main features of its most important local species: the dune deer.*

信息 | INFO

Piazza Santo Spirito, Mesola
电话/Tel. +39 339 1935943

营业时间 | Opening hours:

从星期二到星期天 9.30-12.30 / 14.30-17.30
(从十一月到三月)

9.30-12.30 / 15.00-18.00 (从四月到十月)
Open from Tuesday until Sunday

票价表: (大人) 3欧元, (优惠价) 2欧元

Tariffs: € 3 adults - € 2 concessions



彭波薩大修道院

彭波薩大修道院于六、七世纪成立，现在还保留着它原来的辉煌风貌。当时修道院是朝圣者、修士和知识分子聚集的中心。目前游客能参观圣马利亚教堂、回廊、卡匹多罗大堂、食堂和彭波薩博物馆。其中，最值得欣赏的是大修道院内风格奇异的壁画、美丽的地板和钟楼。

The Pomposa Abbey

Established between the VI and VII century a.C., it is still as beautiful as it was around year 1000, when it became a meeting point for pilgrims, monks and intellectuals. Today it is possible to visit the church of Saint Mary, the cloister, the Sala del Capitolo, the Refectory and the Pomposa Museum as well as the magnificent Giotto-like frescos, the floors and the bell tower.

信息 | INFO

SS 309 Romea, Pomposa
www.abbaziadipomposa.it

营业时间 | Opening hours:

大修大院每天8:30-19:00开门、周一关门。

The Abbey is open every day from 8:30 am until 7:00 pm. The Abbey complex is closed on Mondays.



埃斯特家族的精美建筑

埃斯特家族的建筑规划的重点是建造提供休闲消遣的住宅，而这些建筑物就叫做“Delizie”。经过了几个世纪，其中的许多Delizie消失了，今天还保留着梅索拉的城堡，在沃吉耶拉的Delizia di Belriguardo和它的葡萄园、考古博物馆，在科帕罗的Villa della Mensa，在波尔托马焦雷的Delizia del Verginese和它的花园，还有罗马时代墓地所留下的文物。在邦德诺的Delizia della Diamantina和在阿尔真塔的Delizia di Benvignante只可以从外面欣赏，禁止进入。





The Delizie Estensi

*The Este family land-planning project included the construction of sumptuous residences for leisure time purposes called the “Delizie”. Many of them did not survive over the centuries. However, some of them still remain and can be visited, like the **Mesola Castle**, the **Belriguardo residence** in Voghiera, including the famous *Sala della Vigna*, the **Villa della Mensa** in Copparo, the **Verginese Residence** in Gambulaga of Portomaggiore with lovely gardens and the remains of an ancient Roman burial ground. The **Diamantina residence** close to Bondeno and the **Benvignante residence** close to Argenta can be visited only externally.*



更多有关费拉拉Delizie的信息:
www.ferrarainfo.com/it/delizie

Discover the Delizie Estensi at:
www.ferrarainfo.com/en/delizie

琴托市和圭尔奇诺

琴托市，经过多世纪人民的辛勤劳动，孕育出了如今富饶肥沃的土地。这儿也是伟大画家圭尔奇诺的家乡。他是巴洛克时期伟大的画家之一，因他出色的颜色表达能力及画作所表现出的强烈的情绪意识而受到了世人的赞许。目前，琴托市仍是主要的文化中心。游客可以到省长宫殿参观Bonzagni博物馆，还可以欣赏堡垒和Borgatti剧场。最后，您不能不去犹太人区散步或参加闻名世界的琴托狂欢节。



Cento and Guercino

*In this heavily man-shaped area there is Cento, home town of Giovan Francesco Barbieri, best known as Guercino, one of the most famous painters of the European Baroque, very appreciated for his great mastery of colour and his highly emotional works. Cento is a very active cultural centre with several highlights such as the **Aroldo Bonzagni Gallery** in the **Palazzo del Governatore**, the **Castle**, the **Borgatti Theatre**, the **Former Jewish ghetto** and its well-known **Carnival**.*





斯特拉塔堡垒

堡垒于1000年前后由埃斯特家族建立，在14世纪被加固和重建。在历史的长河中，堡垒起到了重要的战略作用，从那里可以监视到往河流东边航行的船只。堡垒位于波河的左边，离邦德诺市几公里远，由于它特别的“星星”形状而给这片地区起了与星星相关的名字。目前堡垒正在维修过程中，因此游客们只能参观堡垒的外观。

The Rocca di Stellata

Established around year 1000 and later consolidated in the XIV century by the Este family, for centuries the fortress was used for strategic reasons as an outpost to control western river sailing activities. Located on the left hand bank of the Po River and a few kilometres away from Bondeno, this town was named after its star-shaped fortress that can be visited only externally.



4

美食文化： 向美味致敬

*The food
culture:
a palate
celebration*





小提琴形状的南瓜 | Violina Pumpkin

费拉拉地区： 美味盛宴

来费拉拉旅行的客人一定不能错过当地历史悠久、精致迷人的美食。高品质的食材与独一无二的食谱相互融合，在给您的舌尖带来冲击的同时还让您体会到多元本土文化的魅力。费拉拉最传统的农产品包括不少蔬菜和谷类。例如：PGI绿色芦笋、沃吉耶拉地区PDO的大蒜、波河三角洲的PGI大米、小提琴形状的南瓜。另外，还不得不提起本地最甜美的水果，桃子、梨子、甜瓜、草莓及西瓜。那些农产品都是本地美食的最佳配料。有经验的“scalchi”（雅斯特宫廷）的美食专家和厨师们巧妙地把这些食材的美味发挥到了极致。他们常把本地蔬菜、水果与不同肉类、香料拌在一起做出了一道道美食。就在文艺复兴时期，宫廷里常常举办盛大的晚宴。那里所邀请的客人都非常有名，其中的一位伟大人物就是洛伦佐·德·美第奇。据说，杰出厨师Cristoforo da Massisbugo所准备的菜肴受到了洛伦佐·德·美第奇和各界

The unmistakable taste of a land

*A journey through the Ferrara province must include a pleasant and appealing dive into its deep, refined and cultivated roots. You will experience extraordinary top quality raw materials as well as unique recipes enhancing the multifaceted and charming identity of this area. Traditional production includes the **PGI Green Asparagus, the PDO Garlic from Voghiera, the PGI Po Delta Rice, Violina Pumpkin** and the sweetest fruit sorts like **peaches, pears, melons, strawberries, and watermelons**. By mixing these delicious ingredients with meat and spices, the skilled “scalchi”, the cooks working at the Este court, used to prepare lavish banquets for distinguished guests like Lorenzo De’ Medici, big fan of the great master **Cristoforo da Messisbugo**. Taste had to go hand in hand with harmony: the **PGI Coppia bread**, considered as one of the best bread types in the world (page 44) is still*



草莓 | Strawberries

名流的喜爱。
据说，和谐是美食哲学的重要概念之一，Coppia IGP是世界上最好吃的面包之一。这是一种用面粉、猪油、麦芽和橄榄油制成，形状是扭曲而对称的面包。目前，这种独一无二的面包依旧体现着和谐的美味概念。

传统而高雅的菜肴

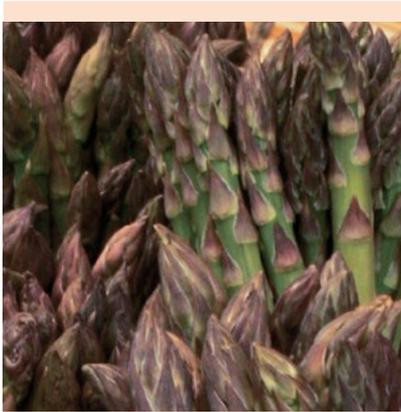
此外，您还可以品尝各种美味的冷切猪肉，例如：Salame Ferrarese, Zia 和 Salama da Sugo，三者都是腌制的香肠。用猪肠把牛肉和猪肉包好，然后风干几个月后才能吃。这几种腌肉里面都加入了大蒜。其中的Salama da Sugo 就是当地主要的特色菜。
另外，我们还有带有咸甜味道的 Cappellacci di zucca IGP。这是一种带有南瓜、帕尔马干酪和肉豆蔻馅儿的意式饺子。我们还必须提到精制的 Pasticcio Ferrarese，一种以通心粉做馅儿，带有甜味外壳的圆饼。
如果您爱吃海鲜，您可以拥有多种多样



Voghiera特产大蒜 | Garlic of Voghera DPO

an emblematic example of this food philosophy. You can either taste succulent cold cuts and sausages like the **Salame Ferrarese** and the **Zia**, both with garlic, or the famous **Salama da Sugo** (page 46), one of the leading dishes of the local cuisine, or the charming combination of sweet and savoury of the pumpkin filled **PGI Cappellacci di Zucca** and the refined **Pasticcio Ferrarese** (page 45). If you prefer seafood, then you are spoiled for choice. You can choose among the Adriatic sea fish, the mussels and **clams from Goro**, several river and lagoon

*A traditional
gastronomy
with deep, refined
and cultivated
roots*



绿色芦笋 | *Green asparagus PGI*

样的选择。您就可以品尝亚得里亚海鱼、贻贝、戈罗镇的蛤蜊或者各种河鲜。当然还包括鳎鱼——科马基奥泻湖的“女王”。鳎鱼是当地27种官方食谱的主要食材之一。

当地人知道美食离不开Bosco Eliceo的葡萄酒。它们之间是完美搭档。据说，Bosco那里种植的独特葡萄品种是公爵Hercules II Este的妻子（法国的Renée）从法国带来的嫁妆。

饭后，我们还推荐您品尝当地美味的传统蛋糕和甜点。最值得一提的是Tenerina蛋糕，一种传统的意大利巧克力甜点，类似于巧克力蛋糕。我们还有Mandorlini del Ponte（杏仁馅儿的饼干）和令人嘴馋的Pampepato IGP圆形蛋糕，主要成分包括：水果、坚果和干果，外壳是一层巧克力。

fish types including **eel** (page 47), the queen of the Comacchio lagoons, that can be tasted in one of the 27 traditional official recipes where it is the leading ingredient. Your food trails shall always include the flavoursome **wines of the Bosco Eliceo DOC** estate, whose vinestock was brought, according to the legend, as dowry by Renée of France, spouse of Hercules II of Este. Finish up your food journey with a tasting session of exquisite local traditional cakes and desserts like the Tenerina cake, the Mandorlini del Ponte and the tempting bowl shaped **PGI Pampepato** made with cocoa, spices, dried and candied fruit.



戈罗蛤蜊 | *Clams from Goro*

Messer Cristoforo da Messisbugo



费拉拉式的面包

费拉拉式的面包在一天中的每一刻都会是理想的食物。清晨，我们可以闻到从这座城市里的每一个角落散发出来的独特香气，这就是费拉拉面包的香气。由于它的美味和独特的形状，可以说Coppia ferrarese IGP是传统烹饪中味道与典雅的完美结合。此外，它还拥有较高的历史价值，因为它是埃斯特宫廷厨师的创造。

The Ferrara bread

*Perfect for any time of the day, in the morning it spreads its wonderful inviting smell all over the city. The **PGI Coppia ferrarese** is the perfect match between taste and elegance, beautifully epitomized by the local cuisine developed by the cooks of the Este court.*





费拉拉式的面食

由甜美的南瓜手工制作而成的新鲜薄面团，就是费拉拉Cappellacci IGP的主要材料。这款埃斯特宫廷中最经典的美食，以肉酱、黄油和鼠尾草作为主要配料制作而成。另一道埃斯特宫廷的经典美食就是Pasticcio。这款美食由甜美的酥皮糕点、肉、蘑菇、块菌和besciamella白酱制作而成。它无疑是当地美味的杰作。欢迎你们来品尝！

Unique first courses

*A thin hull of freshly hand made pasta filled with sweet pumpkin: the **PGI Cappellacci di Zucca ferraresi**, one of the most popular dishes developed by the Este court, are usually seasoned either with a traditional meat sauce called ragù or with butter and sage. Together with the **Pasticcio**, also developed under the Este rule, it is a perfect example of balanced harmony thanks to the combination of sweet short pastry with a filling made of pasta, meat, béchamel sauce, mushrooms and truffle. A real tasty masterpiece not to be missed!*

Salama da sugo (猪肉大腊肠)

Salama da sugo是一种成熟一年、圆形的大腊肠。主要的制作材料包括：猪肉、大量盐、香料、Bosco Eliceo小镇Fontana原产地的红葡萄酒，康乃馨种子。当然还包括一些传统秘方。这种腊肠味道浓厚，需要长时间的烹饪才能煮熟。这种腊肠的吃法很多：可以用调羹吃，也可以用刀切成小块儿吃。最理想的配料是土豆泥或者新鲜的水果。冬夏两季与Bosco Eliceo的红酒一起品尝更是美味。

Salama da sugo

It is a roundish sausage, matured for one year, to be cooked in a pan. It is made of pork meat, salt, spices, registered designation of origin Fortana wine from the Bosco Eliceo estate, clover and a very secret ingredient that nobody will ever unveil. A joy for the palate, intensively tasty, Slow Food labelled, to be enjoyed all through the year, either sliced or by spoonful, or with fresh fruit and some red wine from the Bosco Eliceo estate.





鳗鱼与其它鱼类

马尾藻海是鳗鱼的繁育之地，鳗鱼就从那里游到科马基奥泻湖中生活。自古以来，它们从这儿被当地渔民钓走，并成为了当地必不可少的一道美食。当地制作鳗鱼的传统方式有：腌制，熏制，煮沸，鱼肉汤。谈到海鲜和鱼类，另外几道令人难忘的美味是Goro的蛤蜊和亚得里亚海的鱼，就是这些特别的味道让我们想起千年前水土同存的历史。

Eels and fish

Eels leave the Sargasso Sea to find refuge in the Comacchio lagoons where they have been fished and cooked for centuries according to traditional old recipes, therefore they were mostly marinated, boiled or served in soups. The taste and flavours of the clams from Goro and of the fish from the Adriatic Sea are intense and unforgettable and reveal the complexity of a millenary water-land balance.



5



运动与休闲时 间：美好生活的 秘诀

*Sport
and leisure time:
the art
of good life*



Burana FE 101骑车行程路线 | Burana FE 101 Bikeway

寻找身体和灵魂 之间的平衡

费拉拉省是运动及室外活动的理想之地。这儿风景旖旎，既有令人心旷神怡的美景，又令人心跳加速的道路。在这里，探索者可以在水和地之间开拓出新的探索之路。是这座城市最普遍、最重要的交通工具。同时，它还象征着费拉拉人最方便、最健康的生活方式。

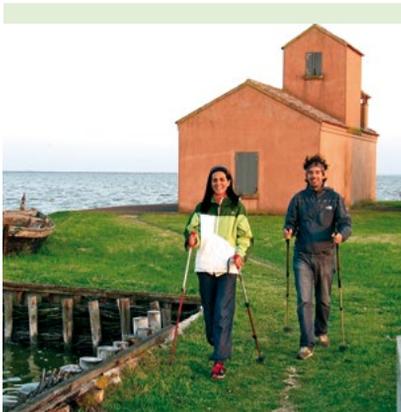
由古城和城墙向外延伸而出的自行车道会给游客们提供前所未有的探索机会。游客们可以沿途欣赏到当地妙不可言的景色、艺术作品和自然景观。

其中，Destra del Po波河右路（波河是意大利最长的大河）被认为是最重要的自行车路段，它从东到西，长约125公里。波河右路的道路纵横交错，有的简单得孩子们也可以走，还有的崎岖得只有运动员才能征服。这些道路不但连接了费拉拉省的不同区域，而且把费拉拉与周边的大城市连接在一

Searching for the perfect balance between body and soul

The Ferrara province is ideal to match your passion for sport and outdoor life. In this picturesque and compelling landscape, level and enticing, the interaction between water and land keeps tracing new ways to explore.

Here the **bike** is the uncontested star (page 52), the real symbol of local life and of its inhabitants. You can safely explore every part of this region, from historical city centres to hundreds of kilometres of fully serviced cycling trails. You can wander around, following surprising art and nature trails like, for instance, the **Destra Po**, a 125 Km long trail that crosses this area from the west to the east. Dozens of different trails are available: from simple and relaxing pathways to more challenging and sporty routes. They cover several towns and villages as well as farther cities like



北欧健步 | Nordic walking



游钓活动 | Sports fishing

起。比如有些道路直达威尼斯、曼托瓦和博尔扎诺。甚至有三条大路：Eurovelo 8、摩纳哥-海边和Adriabike，使费拉拉和几个国外城市连接在一起。

如果人们喜欢健走或跑步，他们可以参加“北欧式健走”或“城市徒步旅行”组织的旅行，也可以参加铁人三项和马拉松比赛。这些活动会在科马基奥海滨和内陆城市举行。您可以在一年的不同时间参加这些活动。

活跃的闲暇时间不是您的最佳选择？没有问题！我们为您提供了其

理想的户外环境

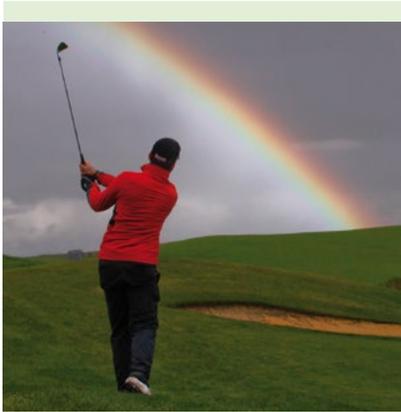
他的选择。您可以去美景环绕的运河边垂钓，又或者参加奥斯泰拉托和米利亚里诺的垂钓俱乐部。

您可以骑着摩托艇在开阔的江面和海洋上恣意驰骋！您可以在美景环抱的高尔夫球场打高尔夫。这些高尔夫球场会为你们提供全方位的最

Venice, Mantua or Bolzano and even foreign states, like the EuroVelo 8 route, the München - Seaside trail and the Adriabike route connecting Slovenia with Italy. If you prefer **power walking or running**, you can join **Nordic walking** activities, **urban trekking trails** or triathlon contests or marathons, that take place locally in several towns as well as on the Comacchio Riviera all through the year.

You are not an active life buff? No problem! You can **fish** along several canals surrounded by lovely natural settings or in several fishing sports clubs, like the ones in Ostellato and Migliarino. You can enjoy water relax also by having a **motorboat tour** either along the many waterways or at sea

The ideal place to match sport with outdoor life



高尔夫球 | Golf

佳视野，您可以欣赏曼妙的都市景观，还可以享受令人惊叹的大自然风景。

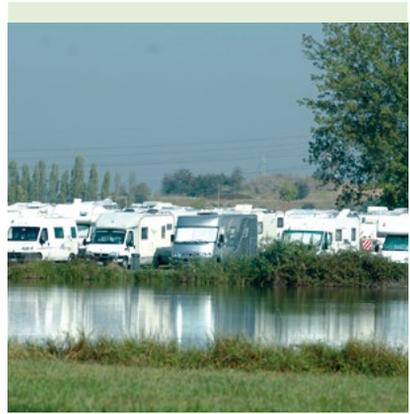
如果您还是大自然的爱好者，我们向您诚挚推荐骑马项目。您可以一边骑着本土的卡马格三角洲马，一边在壮丽的波河三角洲悠闲地散步。

在这个地区，我们还为您提供了最特别的观鸟活动。您可以匿伏在棚屋或观鸟塔上独自观赏鸟类。又或在专业人员的指导下观赏。从这儿您将发现世界上一个非凡独特的动物种类。

最后，如果您喜欢在户外，我们还为您提供了齐全的野营装备，这样您就可以在休息区舒适地过夜。这些休息区分布在城市和海边。

(page 56) or you can play **golf** in one of the many special facilities overlooking breath-taking urban or natural landscapes.

If you love nature more than anything else, then you have to explore the Po Delta **riding** a horse, namely a beautiful locally bred **Delta Camargue horse**, or maybe discover one of the most amazing activities offered by this area: **birdwatching** (page 54). Alone or with expert guides, in the sheds or on top of the turrets, you will discover a unique and extraordinary fauna. If you like spending the night outdoors, there are several **camping** sites both in urban and seaside areas.



露营地 | Camping

骑马旅行团 | Horseback riding tours



骑车贴士

在当地的旅游信息办公室，您可以免费获取摆放在车把上的骑车地图以及新的骑车指南。从这些骑车指南上，您可以找到不少骑车的路线。您还可以从指南上找到旅行时间、路线上的地形和路上的餐馆等信息。另外一个更方便的方法就是GPS格式的路线。您很容易就可以下载到这些GPS路线并保存在卫星导航仪或者手机上。

Two wheels always handy

Please visit the nearest Tourist Information Desk and ask for the free handlebar Bike Maps and also for the new Bike Book with detailed technical information about all the courses including travelling times, duration, kinds of ground surfaces, refreshment services. You can also download the routes in GPS formats for your Sat-Nav device or your smartphone.





125

125 公里：波河右路，最长路线的长度
kilometres of the longest stretch: the Destra Po route

30

30条：官方旅游路线的数目，含有不同的难度系数
official trails, with different levels of difficulty

3500

3500公里：可旅游的全部距离
viable km, including mixed traffic routes or exclusive lanes

7+2

费拉拉省内道路与其它意大利城市和欧洲国家的连接数量
the connections with other Italian cities and European countries

若您想发现更多新路线，下载免费的应用工具，阅读我们的旅行建议，请在费拉拉省的网站www.ferrarabike.com寻找相关的任何信息。

Find out more about the routes; download for free the tools, read some tips and hints for your next two wheeled tours in the Ferrara province at www.ferrarabike.com

完美的观鸟活动

这片土地包括泻湖、松林、树林、河边的保护区等各种各样的天然生境，对观鸟活动正合适。这里能观看的主要是候鸟和造巢鸟类，住在波河保护区里的鸟类超过320种，其中最美丽的是苍鹭、猛禽、水鸟和火烈鸟。目前，观鸟活动就成为了这里传统文化必不可少的一部分：许多自然导游会带你们经过观鸟路线，走上观鸟塔。

Flawless Birdwatching

*Dozens of lagoons, pinewoods, forests and natural reserves along the rivers make this area unique in terms of potential to watch wild birds live in their natural habitat. Wintering, nesting or just migratory birds, herons, waders, birds of prey and the wonderful pink flamingos: more than 320 species were counted in the **Po Delta area – MAB UNESCO – Man and Biosphere Reserve**. Carefully designed trails, expert naturalistic guides, turrets and sheds for birdwatching purposes: here birdwatching is a real culture based on a true and deep respect for the environment.*







海与河之间

从费拉拉直到海滨，有无限的江河网络可去探索。您可以独自前往，也可以由专家陪同前往。有许多导游会带您去游览波河的三角洲（欧洲最大的三角洲之一）、科马基奥泻湖与内海。

去探索本地领域的时候，您可以直接从沿岸的码头乘坐渡轮前往，也可以从戈罗、Gorino、波尔图加里波第等其它渔港出发前往。

从那些港口出发，您有机会在精心设计的路线上，沿途参观一些著名的景点和美丽的小港。请查看www.ferrarainfo.com/en了解行程、季节及有关信

Between the sea and the river

A complex meshwork of waterways separates Ferrara from the sea, a world to explore, alone or with skilled experts. There are several guided tours to discover one of the largest European deltas, through the Comacchio lagoons or from the sea. You can leave with your own boat from one of the many tourist marinas on the Riviera or you can enjoy a ride on a motorway leaving from the fishing ports of Goro, Gorino, Porto Garibaldi, following carefully designed trails and routes, made of specific dynamic thematic stepping stones, equipped berthing places and amazing landscapes. You can discover the trails, the seasons and get all the other information at: www.ferrarainfo.com/en



您可以免费下载水路航行系统，并在智能手机上查看。

Please download for free on your smartphone the map of navigable waterways

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il mondo è
più vicino.

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Ferrara? Easy

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dall'aeroporto di Bologna
al centro di Ferrara:

- ▶ 16 corse al giorno,
50 minuti di viaggio
- ▶ biglietti a bordo

Shuttle Service from
Bologna Airport to the
historic centre of Ferrara:

- ▶ 16 trips a day,
50 min. journey
- ▶ tickets on board



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终年开放 | OPEN ALL YEAR ROUND

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tel. +39 0532 330276 | iatargenta@comune.argenta.fe.it

Cento - Palazzo del Governatore - Piazza Guercino, 39

tel. +39 051 6843334 | informaturismo@comune.cento.fe.it

Codigoro - Abbazia di Pomposa - Via Pomposa Centro, 1

tel. +39 0533 719110 | iatpomposa@libero.it

Comacchio - Via Agatopisto, 2/a

tel. +39 0533 314154 | comacchio.iat@comune.comacchio.fe.it

Mesola - Piazza Santo Spirito, 3

tel. +39 0533 993358 | iat@comune.mesola.fe.it



季节性开放 | SEASONAL OPENING

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tel. +39 0533 995030 | turismo@comune.goro.fe.it

Lido di Volano - Piazzale Volano Centro

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Lido delle Nazioni - Lungomare Italia, 148/b

tel. +39 0533 379068 | iatlidonazioni@comune.comacchio.fe.it

Lidi di Pomposa e Scacchi - Via Monte Grappa, 5

tel. +39 0533 380342 | iatlidopomposa@comune.comacchio.fe.it

Porto Garibaldi - Via Caprera, 51/a

tel. +39 0533 329076 | iatportogaribaldi@comune.comacchio.fe.it

Lido degli Estensi - Via delle Querce, 60

tel. +39 0533 327464 | iatlidoestensi@comune.comacchio.fe.it

Lido di Spina - Viale L. da Vinci, 112

tel. +39 0533 333656 | iatlidospina@comune.comacchio.fe.it



PROVINCIA
DI FERRARA



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