

TASTE OF LIFE

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STEFANOS TSITSIPAS
BOLD & VIGOROUS

ANCIENT GREEK PHILOSOPHY FOR MODERN LIFE
——現代生活中的古希臘哲學

MYKONOS & SANTORINI
米科諾斯島和聖托里尼島

CABBO ROSSO & CHEF GEORGE XYNOS
將無限美景與頂級美食烹飪相結合

大約3500年前，一次劇烈的火山爆發，釋放出了相當於兩百萬顆原子彈的能量。全世界都感受到了這次來自地球深處的怒吼，它引發的海嘯，噴發出的灰燼，影響波及至數千公里之外，令氣候都發生數年的變化。距離希臘大陸東南方200公里的愛琴海上，聖托里尼島卻如鳳凰涅槃般從這次火山爆發中誕生了。如今，曾經的烈火與煙塵都平息了下來，這裏成為了世界上最寧靜的所在，彷彿一切都從未發生過。

那巨大的火山口足有6公里寬，如果你登上它海拔300米的頂端，便可以觀賞到大自然留下的另一幅壯麗畫卷，雲朵在深不見底的山口中繚繞，天海的盡頭是愛琴海上最夢幻的日落。

About 3,500 years ago, a volcano erupted with a force equal to two million atomic bombs. It was greater than any volcanic event on Earth in the past 10,000 years, and its effects were felt all over the world. It caused tsunamis, spewed ash across thousands of miles, and filled the atmosphere with debris, changing the world's temperature for years.

The Greek island of Santorini was ground zero; it is the phoenix that arose from those ashes. Once a site of such great turmoil, it is now a place of lively adventure and peaceful rejuvenation.

The 6-kilometre-wide crater (called a caldera) left by the eruption gives Santorini the appearance

Santorini

A Land Imbued with the Magic of Greek Legends

The cliffs that form Santorini's caldera are like the seats of a giant amphitheatre, and it is here that nature puts on one of her finest shows.

聖托里尼島上的希臘傳說

聖托里尼島的火山口就像一座古希臘巨大的圓形劇場，每天大自然都會在這裏上演最瑰麗的劇目。

English Text by **Natalia Basdeki** and **Tara dos Santos**
Translated by **Zhao Wen**

在聖托里尼島上的傍晚日落時分，是島上最富盛名的美景之一。

It's common in Santorini to see locals and visitors alike set up chairs to watch the sunset every evening. A sunset is always a beautiful thing, but Santorini is famed as one of the best places in the world to experience this daily miracle.



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Opposite: Getting around by donkey or by boat allows one to visit all the beautiful nooks and coves of Santorini. Above: One of the major attractions of Santorini is the pervasive view of the caldera, a kilometers-wide crater left by one of the most violent volcanic events ever, which is now filled with rippling waters. Left: A traditional pruning technique used on Santorini's vineyards is called *kouloura*; the vine is trained into the shape of a basket that protects the grapes inside from wind and the hot sun. Below: The living room of a *yposkafa* — one of the traditional homes excavated into the island's rock.

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Photo courtesy of Perivaldas Lifestyle Houses

上圖：聖托里尼島上最著名的一處景觀是火山口，寬度達一公里。這裏曾經是地球上火山活動最劇烈的區域，現在火山口變成了一灣碧綠的湖水。中圖：聖托里尼島上的葡萄園，依然在採用一種傳統的修剪技術，將葡萄藤做成了一個籃子的形狀，保護著裏面的葡萄不受大風和烈日的侵害。下圖：當地人稱之為「洞穴屋」的島上岩石層中開鑿建造的居住空間。對頁：乘船或騎驢，可以遊覽聖托里尼島那些人跡罕至的秘密角落和小海灣。

曾經流傳在歐洲大陸的希臘神話傳說，彷彿在這裏依然上演和延續著。我似乎在遠處看到了另一座小島，那會是太陽神阿波羅為前去奪取金羊毛的阿爾戈英雄們，特別創造的躲避風暴的阿納菲小島嗎？至少此時，我願意相信那真的是。

在《荷馬史詩》中，熱情好客是會受到眾神褒獎的美德。希臘人顯然牢記了這一點，甚至相信如果不對訪客們表示出足夠的熱情，會遭到天譴。在聖托里尼島上，許多居民自己的房子都會提供給遊客們居住，同時還有當地農場出產的各種美食奉上。

這些舉世聞名的有著白色、粉色牆壁和藍色、灰色屋頂的房屋，沿著火山山坡的走勢，蜿蜒而建，偶爾還會有一間高大的風車屋聳立出來，令人愈加有了時空穿越之感。這些房屋被當地人稱作「*yposkafa*（洞穴屋）」，因為它們的一部份都是從岩石中開鑿出來的，它們在陽光下閃閃發光，好似一片白色的沙灘。

當我一路來到莊園 Erosantorini，這裏的建築儘管是現代風格，依然和島上其它建築風格一脈相承，簡潔又乾淨，與自然環境完美融合。走進酒店，牆壁上鑲嵌著當地的石材作為裝飾，質樸的感覺與做工精美的現代風格家具形成了鮮明的對比。在一處客廳裏，天花板上垂下了一根粗大的管道，底部掛著一個圓球樣的壁爐。這樣別具一格的设计，真是令人過目難忘。

我眺望腳下海岸邊的碼頭，一艘艘帆船正停泊在那裏，趁著天氣晴朗揚帆出海，如果是與家人好友同行，可能會更不亦快哉吧！這裏每一處客房都設有獨立的游泳池，保證客人充份享受到私密和寧靜。在夜晚，酒店會在戶外播放電影，同時還可以享用雞尾酒和搭配希臘風味蘸醬的自製薯片。看完電影，土耳其浴室裏清新的桉樹油味道，已經散逸在了空間中。多種可供選擇的水壓和溫度，讓每個人都能在沐浴中享受到最深切地撫慰，配合柔和的彩色燈光和舒緩悅耳的音樂，這更會是一場心靈的沐浴。

火山灰沉積的土地總是格外肥沃，聖托里尼島上出產的西紅柿、櫻桃、蠶豆、茄子等農產品格外美味。當地的石牆之間還生長著一種酸豆，又叫馬檳榔，味道很獨特。值得一提的是，聖托里尼島上可能有著世界上最古老的葡萄園，火山土壤特殊的物質成分，讓這裏特有的阿西爾提可葡萄釀製出完美酸度的葡萄酒，同時還可以避免蟲害，這也是這裏的葡萄種植得以存在數千年的主要原因。在酒店的酒窖裏，各種年份和種類的當地葡萄酒一應俱全，尤其適合搭配當地的美食。



of an amphitheatre. The caldera rises some 300 metres above sea level, and at its edge I watch clouds filling the cavity below, dancing quickly across the amphitheatre's stage, as the sun sets over the Aegean Sea. The island is famed as one of the best places in the world to experience a sunset, with locals and tourists alike gathering daily to watch.

Santorini is a place where Greek legend seems alive. Just as Apollo caused the island of Anafi to appear to the Argonauts as a shelter from storm, I see Anafi appear like magic out of nothingness as the clouds shift.

In Homer's epics, the virtue of hospitality is of utmost importance — it is strongly rewarded by the gods, who also punish when it is lacking. This Greek philosophy of hospitality has endured: the people of Santorini are known to open their homes to the island's visitors, or offer food from their farms.

Santorini is a place where the seam between nature and the man-made world is hard to discern. Along the caldera, buildings grow out of the rockface. Many of the houses on the island are *yposkafa* — excavated into the rock. This local building tradition is perfectly suited to the sloped landscape, it saves on building materials, and provides a natural source of air conditioning. Throughout the island, the white houses gleam like white sand in the sun, and the sky-blue roofs seem to me a desire to hold a piece of the sky, to bring it to the Earth.

As I approach the Erosantorini estate, I nearly miss the gate, its stone blending into the natural surroundings. As I enter, it feels like walking off the street and into the endless blue sea. The fresh air from the caldera greets me, and a grand infinity pool stretches over the edge of the cliff.

The estate represents the utmost luxury, yet that luxury isn't extravagant or contrived. It is about all the finest touches to accentuate the natural beauty and experience of Santorini.

The architecture — based around traditional Cycladic white cubes — is clean and minimal, complementing rather than competing with the view

作為一座火山形成的島嶼，聖托里尼島的面積並不大，它事實上是希臘基克拉迪群島三十九座大小島嶼中的一座。島上最著名，也可能是僅有的一處古蹟是建於十三世紀的阿克羅蒂里城堡。這座城堡修建在了一處米諾人定居點遺址上，早在青銅時代，米諾人就居住在這裏。這處遺址被掩埋進了火山灰中，完好地保存了下來。

阿克羅蒂里城堡塔是當地文化中心La Ponta的，所在地現在搬遷到傳統的Megalochori村和，在這裏遊客們可以切身體驗和走近傳統的希臘音樂和神話傳說。一位中心的工作人員，給了我我和我的三位朋友一人一把希臘古老的魯特琴，又名彈詩琴，還教我們演奏一些簡單的音符。我們幾個人興奮地舉行了一場即興演奏會，可惜效果有些「不堪入耳」。



順時針自左：從酒店無邊設計的泳池望去，火山口的景色似乎是泳池的延續；Erosantorini酒店的許多菜餚均採用當地食材烹製，有著獨特的風味；酒店的裝潢使用了許多質樸的材料，如石頭等，並保持了島上傳統的基克拉迪建築風格，主要特色就是各種白色立方體的巧妙組合。



of the caldera. It's the kind of simplicity achieved through the skillful removal of all clutter and superficialities, leaving only that which enriches the environment and the experience.

Inside, the walls are inlaid with local stone, creating a rustic contrast to luxurious fabrics and fixtures. A floating fireplace hangs from the ceiling like an olive on its stem.

Each suite in the hotel has a private pool and provides peaceful seclusion. In the evenings, an outdoor cinema plays movies while servers offer cocktails and homemade potato chips with Greek dips.

The Hammam steam room diffuses eucalyptus oils, providing a plethora of health benefits, including decongestion and boosted mental alertness. A so-called "emotional shower" uses a special combination of different water pressures and temperatures, with coloured lights and other sensations, to heal the body and soothe the mind.

The wine cellar is filled with local wines, grown in vineyards that are perhaps the oldest continually cultivated in the world. The volcanic soil keeps the vines remarkably free from disease. It also produces a pleasant acidity in the white wine. Vines that were planted thousands of years ago have never been uprooted, making Santorini's vineyards a living ancient monument.

The volcanic soil also produces mouth-watering cherry tomatoes, fava beans, and white aubergines, among other specialties. Tangy wild capers grow amidst the dry-stone walls and are a local delicacy.

The island is small, making its various experiences easy to reach. I enter the 13th-century castle of Akrotiri, which stands above the excavated site of a Bronze Age Minoan settlement that was preserved in the ash from the eruption that wiped out that civilization.



Clockwise from left: The view of the caldera from Erosantorini is especially impressive from the hotel's infinity pool, which seems to drop right over the edge of the caldera; Many of the dishes served at Erosantorini are made from local ingredients and have the special terroir of this volcanic island; The hotel has a natural aesthetic, making use of many earthy materials, such as stone, and staying true to the island's traditional Cycladic architectural style, which features white cubes that are clean and minimalist.

這座藝術中心是由Yannis Pantazis和Argy Pantazis夫婦創辦的，丈夫Yannis親手製作了這些古老的希臘樂器。還有一種風笛名叫tsabouna，儘管現在人們說起風笛首先會想到蘇格蘭，但最早的有記載的風笛卻是出現在公元前425年，古希臘著名喜劇作家阿里斯托芬現存僅有的作品《阿卡奈人》中。

隨後，我又去了1260陶瓷工作室，那裏教授訪客製作傳統的希臘罐子。順便我還去了我最喜歡的當地小酒館Metaxi Mas，這個酒館座落在Exo Gonia村中，能體驗到最地道的當地風情，還可以觀賞聖托里尼島東部的景色。

當我在落日的餘暉中，漫步在由鵝卵石鋪就的街道上，湖藍、粉紅、奶油色的牆壁與藍色的海水和黃綠色的灌木在我眼前交織出一幅歷經數千年的傳奇。我的耳邊彷彿傳來了手拿魯特琴的荷馬，那低沉悠遠的吟唱，那些古老的神靈與英雄也許從未離開，依然用他們的精神默默守護著這裏的人們與他們寧靜幸福的家園。

The tower of this castle was the home of a cultural centre called La Ponta, now is relocated to the traditional village of Megalochori and offers to visitors an interactive experience that brings traditional Greek music and myth to life. A worker there hands me and three of my friends each a lute, then teaches us to play some simple notes. The four of us perform a small concert of traditional Greek music under his tutelage.

Yannis and Argy Pantazis, husband and wife, restored the tower and created La Ponta. Yannis has recreated the ancient instruments at La Ponta with his own hands. One of those instruments is the *tsabouna*, a kind of bagpipe. Although bagpipes are associated with Scotland, the first recorded mention of bagpipes is in *The Acharnians*, written by



the Greek Aristophanes in 425 B.C.

I visit 1260°Ceramic Studio, where I learn to make traditional pots. I stop in my favourite traditional tavern, Metaxi Mas, in the village of Exo Gonia, for the authentic atmosphere and a beautiful view of the eastern part of the island.

This island is where Homer's rosy-fingered dawn still awakes daily, reaching out to touch its cliffs and cast a pinkish hue on its white houses. It's where luxury is down-to-earth, accentuating the beauty and peace of the natural environment while quietly providing all the comforts made by man. It's where the same wines and caves that delighted and housed the ancient Greeks are offered with a spirit of hospitality that has also been passed down through the ages. 🍷



Clockwise from top left: Oia is one of the many inviting villages on Santorini; The Greek god Apollo is said to have caused the island of Anafi, visible from the coast of Santorini, to appear to the Argonauts when they needed shelter from a storm; Yannis Pantazis, co-owner of La Ponta cultural centre, plays the *tsabouna*, the ancient Greek version of the bagpipe; The lute is among the traditional Greek instruments played at La Ponta; The 13th-century castle of Akrotiri, which houses La Ponta; A ceramic vase featuring a bird as well as the swastika symbol, a symbol used by the ancient Greeks and many other ancient cultures, with meanings often related to power, energy, and good fortune.



左上起順時針：Oia是聖托里尼島上最迷人的村莊之一；傳說希臘神祇太陽神阿波羅為奪取金羊毛的阿爾戈英雄們，創造了躲避風暴的阿納菲小島；La Ponta文化中心的共同所有者Yannis Pantazis，為我們演奏了古希臘版的風笛tsabouna；古希臘傳統樂器魯特琴；La Ponta文化中心座落在一座十三世紀的城堡Akrotiri中；一件裝飾有鳥形紋樣和卍符號的陶器，卍符號出現在包括古希臘文明在內的許多古老文明中，代表著力量、能量和好運。