

# MOSCOW VISITORS GUIDE

## 莫斯科游览指南

**Tourist Attractions and Shopping**

Supplement to Perfect Flight Magazine

PERFECT FLIGHT

游览景点于购物

完美飞行杂志的补充

PERFECT FLIGHT





Moscow is one of the largest megalopolises in the world. It is not easy for foreign visitors to navigate the city.

SK Press Publishing is an expert publisher of easy-to-use Moscow city and metro maps. We suggest that you take a walking tour of the streets of Moscow; we show you the historic buildings and major tourist attractions; we invite you to take a ride on the Moscow Metro and to go luxury shopping.

For your convenience the Guide is in English and Chinese.

莫斯科是国际大都市之一。对大部分游客来说，在莫斯科辨别方向或选择行进路线是一件很难的事情。

“SK Press”出版社在出版地图和地铁线路图方面很有经验。地图和线路图都很方便，很好用。建议您游览一下莫斯科最有名的道路，参观莫斯科的名胜古迹，坐一下莫斯科的地铁，逛逛莫斯科高级的专卖店。

为了您方便，我们把游览指南翻译成英语和汉语了。



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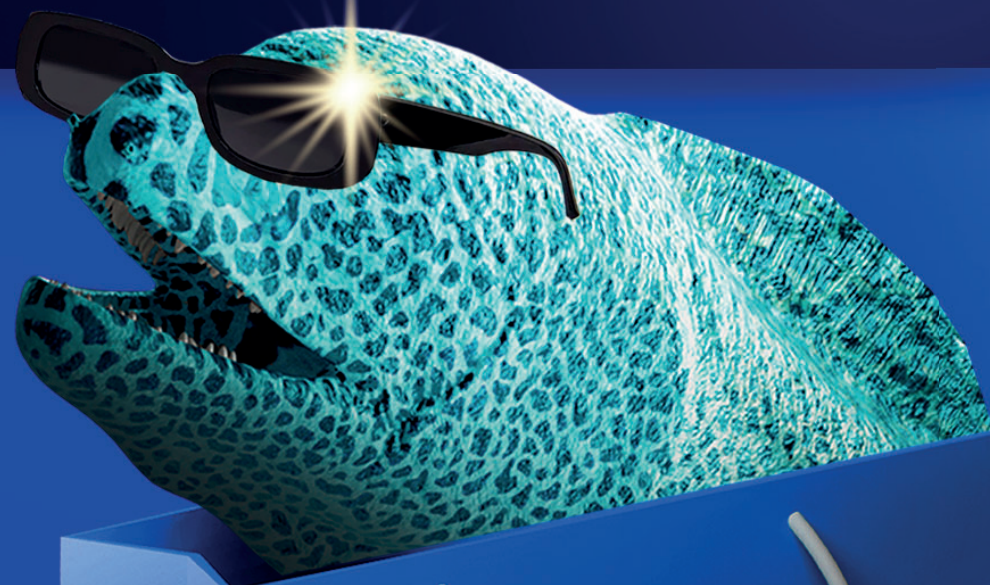
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空中花园购物中心提供多样化的购物体验：百货商店、精品店、众多俄罗斯和国际品牌旗舰店。位于三楼的 «潮流岛» (Trend Island) 百货商店占地 14,000 平方米，汇集了当地时尚品牌的最新产品。

AVIAPARK's highlight is a Guinness World Record-holding 24-meter high cylindrical aquarium, home to a wide array of tropical fish from around the globe including moray eel named Nastya.

空中花园的主要景点是 24 米长的圆柱形水族馆，被列入吉尼斯世界纪录，是世界上最高的水族馆。水族馆内还饲养着来自世界各地的各种热带鱼，其中包括一条名叫纳斯佳的海鳗。



Start a culinary adventure across three food courts with different concepts: a vast space for varied dining, an international food hall with gourmet offerings, and the Balcony food court in Trend Island, featuring unique vegetarian, delicious pastry, and breakfast options.

在三个不同主题的美食广场里开始您的美食之旅：一个巨大的空间提供各种午餐，一个美食大厅汇集了世界各地的美食，还有位于潮流岛百货公司的阳台美食摊，提供素食、美味糕点和几家早餐店。

Come and enjoy the charm and excitement of AVIAPARK! With so much to see and do, it's an unparalleled shopping and recreational experience for everyone and a visit you definitely don't want to miss!

空中花园里有太多有意思的事情啦！每个人都能找到自己想做的事儿，您一定不想错过！





RUSSIAN GEMSTONES ARE NOT ONLY THE COUNTRY'S NATURAL TREASURE BUT ALSO PART OF ITS CULTURAL HERITAGE.  
俄罗斯的宝石不仅是该国的自然财富，也是其文化遗产的一部分。



**Topaz (white topaz)**

Topaz symbolizes purity and light. The white topaz produced in Russia is famed for transparency and sparkling brilliance. This gemstone epitomizes harmony and is used to create jewelry and decorative objects.

**托帕石、黄玉（白色托帕石、白黄玉）**

托帕石是纯洁和光明的象征。开采于俄罗斯的白色托帕石具有透明和光芒四射的特点。这种宝石代表着和谐，被用来制作珠宝和装饰品。



**Malachite**

This gemstone with an intense green color and fancy veins comes from the Urals. Malachite decorates royal interiors and is used in making vases, gift boxes, and adornments.

**孔雀石**

孔雀石产于乌拉尔地区，具有浓郁的绿色和花纹脉络。孔雀石是皇室室内装饰的装饰品，也被用来制作花瓶、匣子和珠宝。



**Turquoise**

Symbolizing fortune and happiness, turquoise from Siberia is remarkable for its bright blue hues. The gemstone is popular in adornments and amulets.

**绿松石**

产自西伯利亚的绿松石是幸运和幸福的象征，其特点是呈现明亮的蓝色。这种宝石在珠宝和护身符中很受欢迎。



**Charoite**

This exclusive gemstone is found in Siberia and is known for a unique purple to violet color and swirly patterns. It's one-of-a-kind beauty made charoite popular in the art of jewelry making and souvenir production.

**察拉石**

这是一种产自西伯利亚的独特宝石，具有独有的紫色和波浪形花纹。它与众不同的美丽让察拉石在珠宝艺术品和纪念品中大受欢迎。



**Emerald**

Emeralds from the Urals are famed for their purity and rich green color. These precious stones were highly valued at royal courts and are used to create elegant adornments.

**祖母绿（绿宝石）**

产自乌拉尔地区的祖母绿因其浓郁的绿色和纯净度而闻名于世。这些宝石在皇室宫廷中备受推崇，被用来制作雅致精美的珠宝首饰。



**Sapphire**

Russian sapphires catch the eye by their deep blue color. The noble stone symbolizes wisdom and is used in high jewelry creations.

**蓝宝石**

俄罗斯蓝宝石以其深邃的蓝色吸引着人们。这种高贵的宝石象征着智慧，常用于制作高档珠宝。



**Alexandrite**

One of the rarest precious stones boasts a unique property: it changes its color from green in daylight to reddish-purple under incandescent light. A symbol of Russia, Alexandrite is recognized as one of the most enigmatic gemstones.

**亚历山大石**

这是一种稀有宝石，具有独特的变色特性：在日光下呈绿色，而在人工光下则呈深绯红色。亚历山大石是俄罗斯的象征，也是公认的最神秘的宝石之一。



**Jasper**

Jasper has an amazingly rich variety of hues ranging from green to red. From time immemorial this gemstone has been used in decorative and applied arts and has created an inimitable ambiance in interiors.

**碧玉** 碧玉色调丰富（从绿色到红色），令人印象深刻。这种宝石自古以来就被用于艺术和手工艺品中，并为室内营造出一种独特的氛围。



**Amethyst**

Amethyst, a violet variety of quartz, is associated with the clarity of thought and tranquility. It is widely used in adornments and decorative objects.

**紫水晶**

紫水晶是一种紫色石英，与清晰的思维和宁静有关。它被广泛用于珠宝和装饰品。



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**Fedoskino miniature**

Fedoskino miniature is a folk handicraft that emerged in the settlement of Fedoskino near Moscow in the late 18th century. Fedoskino miniature is a unique art renowned for its highly detailed and exquisite work.

In the early 19th century, master painters began to create miniature pictures on lacquered surfaces. They used them to adorn caskets, smoking accessories, and a range of household objects. With time, Fedoskino handicraft gained popularity not only in Russia but also abroad.

One of its clearly distinctive features is using a lacquer painting technique that translates into exquisite images. A variety of colors and shades are used to create true-to-life pictures. Still another distinctive feature is that the miniatures can be painted on different surfaces, like, lacquer, bone, or metal. Every artist boasts a style and technique of their own, which makes it possible to tell their work from that by any other painter.

Today, among the Fedoskino products you can find not only traditional items, such as caskets and tobacco boxes, but also adornments and even big pictures.

**费多斯基诺微型画**

费多斯基诺微型画是一种民间工艺。起源于18世纪末，位于莫斯科地区的费多斯基诺村。费多斯基诺微型画是一种独特的艺术，其特点是工匠的深刻而精巧的作品。19世纪初，工匠们开始在漆器表面创作微型画，然后用来装饰日常用品，如小匣子和烟盒。随着时间的推移，费多斯基诺的微型画不仅在俄罗斯，而且在外国也变得有名。

费多斯基诺微型画的主要特点之一是使用漆画技术，这使得创造精美的图像成为可能。工匠们使用不同的颜色和色调来创造逼真的图像。另一个特点是，微型画是在不同的表面上创作的，如漆器、骨和金属。每位工匠都有独特的风格和技术，使其作品有别于其他作品。今天，费多斯基诺的微型产品不仅包括传统物品，如小匣子和鼻烟盒，还包括珠宝以及绘画

**Gzhel**

This type of decorative painting is one of the best known and most popular varieties of Russian folk production. It originated in the late 18th century, after several ceramic workshops scattered over a vast territory of 27 villages united to set up what came to be known as 'Gzhel Branch' some 60 km from Moscow. Initially masters produced a limited number of ceramic articles, but gradually they began to attract the attention of customers from Moscow and other cities. The demand for ceramic products with highly original painting grew rapidly, and potters began to produce clay pots, pitchers, kettles, plates, and other tableware in large quantities.

The traditional technology of manufacturing Gzhel ceramics consists of several steps. First, clay is kneaded with sand and water. Then it is given the required shape on the potter's wheel. After that the product is dried and then fired in a kiln at a temperature of over 1,000° Celsius. After the firing, the object is covered with white glaze, over which an artist applies vivid blue designs, which make Gzhel products so familiar to everyone.

At present, Gzhel ceramics are more than just attractive and functional products - they have become a true symbol of Russian culture and history. As ever, they fascinate people by their beauty and highly original style, and, thus, enjoy popularity both in Russia and abroad.

**格热利陶器**

这种类型的绘画是俄罗斯民间工艺中最著名和最受欢迎的一种。它出现在18世纪末，由27个村庄中大的几个陶瓷作坊联合起来的结果。这些村庄的联合体坐落在距离莫斯科60公里的《格热利联营社》。初期，工匠们制作的陶瓷数量有限，但逐渐吸引了来自莫斯科和其他城市买家的注意。具有独创的彩色花纹的陶瓷产品的需求迅速增长，工匠们开始大规模生产粘土罐、水壶、水壺、茶壺、盘子和其他物品。

格热利陶瓷的传统生产工艺包括几个阶段。首先，用沙子和水对粘土进行揉捏，然后在陶轮上对产品进行塑形。之后产品被烘干并在超过1000度以上的窑中烧制。烧成后，它被涂上白色的釉，上面有大家熟悉的蓝色花纹。

今天格热利陶瓷不仅是美丽实用的商品，而且是俄罗斯文化和历史的真正的标志。它们的美丽和原创性令人着迷，因此不仅在俄罗斯，而且在外国也很受欢迎。

**Yeletsk Lace**

Yeletsk laces are handcrafted works that employ threads and lace patterns. They boast a rich history of over 200 years, and are regarded as a national treasure of Russia.

Primarily, laces were made by women as adornments for festive clothes and home interiors. Gradually, Yeletsk laces won popularity around the world, and began to appear in a wide range of home accessories, such as tablecloths, napkins, curtains, and also clothes.

The technique of manufacturing Yeletsk laces is very complicated and requires high skills. Different materials go into their creation, above all flax and cotton threads. To add a touch of special beauty and gloss to the fabric, the lacemakers introduced silk and metallic threads.

The traditions and unique character of this folk craft are preserved to this day, and, though it takes a lot of time and patience, Yeletsk laces are as ever made by hand. Today, they are among the most beautiful and exceptional handmade products that are available to customers.

You can feast your eyes on the beauty of Yeletsk laces, and learn more about the Russian cultural heritage, if you meet master lacemakers, and visit exhibitions and fairs with Yeletsk laces on display.

**叶列茨花边**

叶列茨花边是由线和蕾丝图案制成的手工艺品。它们是俄罗斯国宝，有着200多年的悠久历史。

初期，叶列茨花边是由女性创作的，作为服装和家居装饰的装饰品。从那时起，花边在全世界流行起来，用于制作各种室内装饰品，如桌布、餐巾、窗帘和服装。叶列茨花边的制作工艺很复杂且要求极高的技术。花边采用了亚麻线、棉线等多种材料，以及丝线和金属性等，为产品增添了特别的美感和光泽。

今天这种民间工艺的传统和独特性得到了保留，叶列茨花边仍然是手工制作的，虽然需要大量的时间和耐心，但花边是可以买到的最漂亮、最独特的手工艺品之一。

您可以通过和花边制作大师交谈以及参观展示叶列茨花边的展览会和博览会来欣赏叶列茨花边的美丽，并了解更多关于俄罗斯文化遗产的信息。



Gusev Crystal

Gusev crystal is a handicraft that has existed for more than two hundred years. It originated in the town of Gus Khrustalny in the Vladimir region in the 17th century, when local craftsmen began to produce glass. At first, they used only glass to create objects decorated with various designs. Gradually, they began to add lead oxides to glass to make it more transparent and lustrous. As a result, even more beautiful and exquisite glass appeared and came to be known as crystal. The manufacture of Gusev crystalware goes through a complicated step-to-step process, requiring high mastery. First, glass is heated to a high temperature, and then cooled. After that the glassmaker begins working with the ready product using various tools to achieve the required shape and enrich the glass with specific decor. As a final step, the product is ground and polished to make its surface smooth and glossy. Gusev crystal goes into the making of a wide range of adornments and interior accessories, among them vases, wine glasses, plates, candleholders, and pitchers. These crystalware items will do honor to any home, and can serve as lovely gifts for close relatives and friends.



古谢夫水晶

古谢夫水晶是一种已经存在了二百多年的工艺。它起源于17世纪弗拉基米尔地区的古西（Гусь）水晶镇，当时那里的玻璃生产已经建立。玻璃制造商开始生产有各种图案和设计的装饰物品。渐渐地，工匠们开始在玻璃中添加铅氧化物，使其更加透明和有光泽。这使得制造更多美丽和精致的产品成为可能，这些产品被称为“水晶”。古谢夫水晶的制作过程非常复杂，需要极高的技术。玻璃首先被加热到高温，然后冷却，之后工匠开始在成品玻璃上加工，使用各种工具来创造作品的形状和上面的图案。最后阶段是对作品进行打磨和抛光，使其具有光滑和闪亮的表面。古谢夫水晶被用来制作各种装饰品和室内用品--花瓶、玻璃杯、盘子、烛台、水壶等等。这些产品可以装饰任何房屋，成为送给亲戚和朋友的美好礼物。



Khokhloma

Khokhloma, a Russian folk craft of decoratively painted woodenware, boasts a long history. Today it enjoys international recognition, and is regarded as a national treasure of Russia. The handicraft appeared in the 17th century in the settlement of Khokhloma on the Uzol River. At first, decorative patterns were painted only on wooden tableware, but later they were used to adorn walls, furniture, and other objects of home interiors. The Khokhloma painting technique is based on observing its strict compositional principles, colour harmony, and thin line. Painting is done by hand using a brush and acrylic paints. A painter makes a drawing, then draws a thin line around it, and then fills it with multicoloured designs. Every element of the design looks like a separate fragment, but together they make up a single whole. Khokhloma patterns often feature floral motifs, primarily flowers, branches, and leaves. They also use elements of folk costume, animals, and birds. Khokhloma painting is used to decorate a variety of interior accessories, like tableware items, boxes, and toys. Thanks to it, we can have one-of-a-kind works that do honour to our homes. If you are still unfamiliar with Khokhloma painting, do find some its images. You will surely be fascinated with the beauty of this Russian folk handicraft.

霍赫洛马装饰画

霍赫洛马装饰画是俄罗斯的一种民间工艺，历史悠久，闻名于世。这种有图案的画是在木制物品上手工完成的，是俄罗斯的瑰宝。霍赫洛马装饰画于17世纪在乌索尔河畔的霍赫洛马村。最初画在木制器皿上，后来被应用于墙壁、家具和其他室内物品。霍赫洛马装饰画的技术是基于构图原则、色彩和谐和精细线条的应用。绘画是用画笔和丙烯颜料手工完成的。在物体上画上图，然后用细线勾勒，再填上彩色图案。图案的每个元素看起来都是独立的，但它们共同创造了一个整体。霍赫洛马图案通常包括自然图案--鲜花、树枝和树叶。也可以在图案中看到民间服饰、动物和鸟类的元素。霍赫洛马装饰画经常被用来装饰室内物品--器皿、小盒子、玩具。这种装饰画可以创造出独特的物品，成为家庭装饰。如果您还不熟悉霍赫洛马装饰画，一定要找到这些图案的画。您肯定会被俄罗斯民间艺术之美所吸引。



Kaliningrad Amber Factory

Amber extraction and processing, a craft and an art, have for centuries existed in different parts of the world. Nowadays, the Kaliningrad Amber Factory is one of the leading manufacturers and exporters of amber artworks on the planet. The factory operates its own open-cast mines, located on the coast of the Baltic Sea. Amber ore is extracted from the mines and transported to the factory, where it goes through several stages of treatment: washing, sorting out, and cleaning. After that the raw material is processed by special tools, and amber patterns are created. The Kaliningrad Amber Factory produces a wide range of amber artworks: bracelets, rings, earrings, necklaces, and other jewelry; also interior accessories like vases and candleholders, and a variety of souvenirs. The factory also creates exclusive handcrafted items bearing unique designs. The amber works produced by the Kaliningrad Amber Factory are regarded as true examples of fine art. As such, they are highly popular among customers around the world. The factory exports its produce to different foreign countries, including Germany, Italy, France, the United States, and Japan.

加里宁格勒琥珀厂

琥珀的开采和加工是一种古老的工艺和艺术，已经存在了几个世纪。加里宁格勒琥珀厂是世界上最著名的琥珀产品制造商和出口商之一。该厂有自己的采石场，位于波罗的海沿岸。矿石从地下开采出来，运到工厂。在那里经过几个加工步骤，包括清洗、分类和清洁。然后原材料被送到专门的机器上进行加工，形成琥珀的胚体。加里宁格勒琥珀厂生产各种琥珀制品--手镯、戒指、耳环和项链等珠宝首饰，以及花瓶、烛台和纪念品等室内用品。该厂还生产手工制作和独特设计的独家产品。加里宁格勒琥珀厂的产品是艺术典范，吸引了世界上许多买家的注意。该厂的产品出口到世界上许多国家，包括德国、意大利、法国、美国和日本。

Kaslinsky Cast Iron Plant

The culture and traditions of different peoples have always been admired for their beauty and unique character. A vivid proof of this is Kaslinsky iron casting, a craft that emerged in Russia in the 18th century. Handed down from generation to generation, this unique art continues to delight people with its beauty. The Kaslinsky casting traditions originated in 1747, the year when a merchant from Tula, Yakov Korobkov, acquired 250,000 desyatins (land measure equivalent to 2,7 acres) of land in the Southern Urals, and founded a metallurgic and cast-iron plant. Later, thanks to the efforts of the plant's other owners, the Druzhinin family, Kaslinsky artistic casting became highly popular and acquired recognition not only in Russia but also beyond its borders. The high artistic value of cast-iron works, top quality casting, virtuoso mechanical finish, and paints that give a deep black color with an even satin gloss - all unite to turn each and every casting into a true masterpiece, while the wide range of products executed in a variety of styles and themes raises Kaslinsky casting to a height inaccessible to competitors. Kaslinsky casting is a unique art worthy of admiration. By today, the folk trade has developed into a major industrial manufacturer of a great variety of metalware products.

卡斯利诺铸件

各民族的文化传统总是让人惊叹于它们的美丽和独特。这其中之一就是卡斯利诺铸件---一种18世纪起源于俄罗斯的民间手工艺品。这种独特的艺术代代相传，至今仍以其美感而取悦着人们。卡斯利诺铸件的传统起源于1747年，当时来自图拉的商人雅科夫·科罗布科夫在乌拉尔南部获得了25万俄顷的土地，并建立了卡斯利诺铁厂和铸铁熔炼厂。后来，由于厂主G.V.和V.G.德鲁日尼内赫的努力，卡斯利诺艺术铸件变得非常流行，不仅在俄罗斯，而且国外也获得了认可。高度艺术化的模型，优秀的铸造质量，精湛的加工和喷漆，使深黑的颜色带有光滑的缎面光泽--所有这些特点使每一个铸件成为真正的杰作，而以多种风格和多种主题已完成的大量的产品，使卡斯利诺的铸件达到了竞争对手无法达到的高度。卡斯利诺铸件是一种独特的艺术，值得钦佩。今天，卡斯利诺的铸件已经从民间工艺发展成为一个生产各种金属产品的产业集群。







ALLTIME

AllTime is more than just a shop, it's a whole world of watches and jewelry. The company's portfolio contains several dozen brands ranging from premium to affordable items, from familiar homemade and Swiss to Italian and Chinese products famous for their unique designs. The total assortment features thousands of models.

**ALLTIME.** Watches & Jewelry, Ul. Rusakovskaya 1. Metro «Krasnoselskaya».  
Tel.: +7(800) 200-39-75. Daily 10.00 a.m.-09.00 p.m.m

ALIONKA.

Confectionary.  
Ul. Arbat 1. Tel. +7 800 200 55 99  
Bersenevskaya emb. 1-6. Tel. +7 800 200 55 99

AMBER GALLERY.

Amber jewellery.  
Arbat str.23, str. 1.  
Mo-Su 10:00 до 20:00.  
Tel: +7(909) 785-17-01

BENDES.

Jewelry design studio.  
Petrovka 11,  
metro: Teatralnaya, Okhotny Ryad, Kuznetsky Most.  
tel +7(499) 370 32 10

CHEKOTIN.

Jewellery.  
8 Novinsky boulevard.  
Lotte Plaza shopping mall, 1st floor. M. Smolenskay,  
tel: +7(499) 677 50 77

PALEKH WATCHES.

GUM, Red square 3, 1st floor, 2d line

TAVAT.FUR.

Fur atelier,  
Kursovoy per. 8/2 m. Kropotkinskaya,  
tel.: +7(916) 439-73-00

TVRANDOT ANTIQUE GALLERY.

Tverskoy boulevard, 26.  
Daily 12.00 a.m.-11.00 p.m.  
Metro Pushkinskaya, Chehovskaya, Tverskaya.  
Tel: +7 (495) 225-8338, +7 (985) 5333568

“阿廖卡”品牌糕点店  
阿尔巴特街1栋 电话: +7 800 200 55 99  
阿尔巴特街1栋 电话: +7 800 200 55 99

琥珀画廊  
地址: 阿尔巴特街23号1栋楼  
营业时间: 周一至周日10:00-20:00  
电话: 8-909-785-17-01

本德斯 (BENDES)  
--珠宝设计工作室  
地址: 彼得罗夫卡街11号/ 地铁站: 剧院站、猎人商行  
地铁站、库兹涅茨基桥地铁站  
电话: +7(499) 370 32 10

Chekotin  
“切科金”精品店 地址: 诺温斯基街心花园8号 乐天  
购物中心1层 地铁站: 斯摩棱斯克站  
电话: +7 (499) 677 50 77

帕莱克 (Palekh)  
手表可以代代相传, 成为传家宝。  
莫斯科市 古姆商场 红场 3 号, 1 层, 2 号线

TAVAT.FUR  
皮革工作室  
地址: 莫斯科 库尔索沃胡同 8/2,  
克鲁泡特金斯卡亚地铁站,  
电话: +7(916) 439-73-00

Tvrandot  
图兰朵古玩店 地址: 特维尔街心花园26号  
地铁站: 普希金站、特维尔站  
营业时间: 每天12:00-23:00  
电话: +7 (495) 225-8338, +7 (985) 5333568

Palekh Lacquer Miniature

One of the most renowned folk handicrafts in Russia is Palekh miniature, a unique style of decorative painting on lacquered objects. The style developed in the 17th century in the village of Palekh in the north-east of Russia. Master painters used the lacquer painting technique then popular in China and Japan. Palekh painting, however, has its own specific features, and its bright colors and thin line make it clearly distinct from any other style.

The Palekh technique consists of several stages. First, the surface of the object, which can be made from wood, papier-mache, or metal, is prepared. Then the surface is covered with several layers of varnish. Every layer must dry before a successive layer is applied over it. After that the painter draws a picture using a brush and golden paints. Then the drawing is covered with bright paints in vivid contrast to the black lacquered background. Finally, several more layers of varnish are applied to protect the design and provide a more intense shine to the object.

Palekh decorative painting is one of the most exceptional and beautiful folk crafts in Russia. Every item created in its technique becomes part of a history that is handed down from generation to generation.

帕列赫微型画

俄罗斯最著名的民间工艺之一是帕列赫微型画, 这是一种独特的漆器绘画风格。它于17世纪在俄罗斯东北部的帕列赫村出现。工匠们使用了在中国和日本流行的漆器绘画技术。然而, 帕列赫绘画有自己的特点, 如明亮的色彩和精细的线条, 这使它与其他风格不同。帕列赫绘画技术包括几个阶段。首先, 工匠要准备好作品的表面, 可以是木头、纸浆板或金属。然后在表面涂上几层清漆, 让每层清漆干燥后再涂下一层。然后工匠用刷子和金漆画出图案。然后用鲜艳的颜色绘制图画, 与黑漆的背景形成鲜明的对比。最后, 该作品再上几遍清漆, 以保护设计并使其具有特殊的光泽。帕列赫绘画是俄罗斯最独特和美丽的民间工艺之一。用帕列赫绘画技术创造的每件产品都成为历史的一部分, 代代相传。



Orenburg Shawls

For their exceptional thinness and exquisite beauty Orenburg down-hair shawls are known far beyond the borders of Russia. Produced by master knitters in Orenburg Region, the shawls have gained worldwide recognition thanks to the amazing techniques of knitting and the fine transparent hem around the edges, which create an impression that these shawls have no weight at all.

The history of Orenburg shawls dates back to the 18th century, when the nomadic people who lived on the territory of what is now Orenburg Region engaged in cattle breeding and wool manufacturing. This wool was used as the basic material for hand-knitted shawls. Hand-knitting is a multistep, painstaking process requiring the mastery and experience inherited from master knitters of older generations.

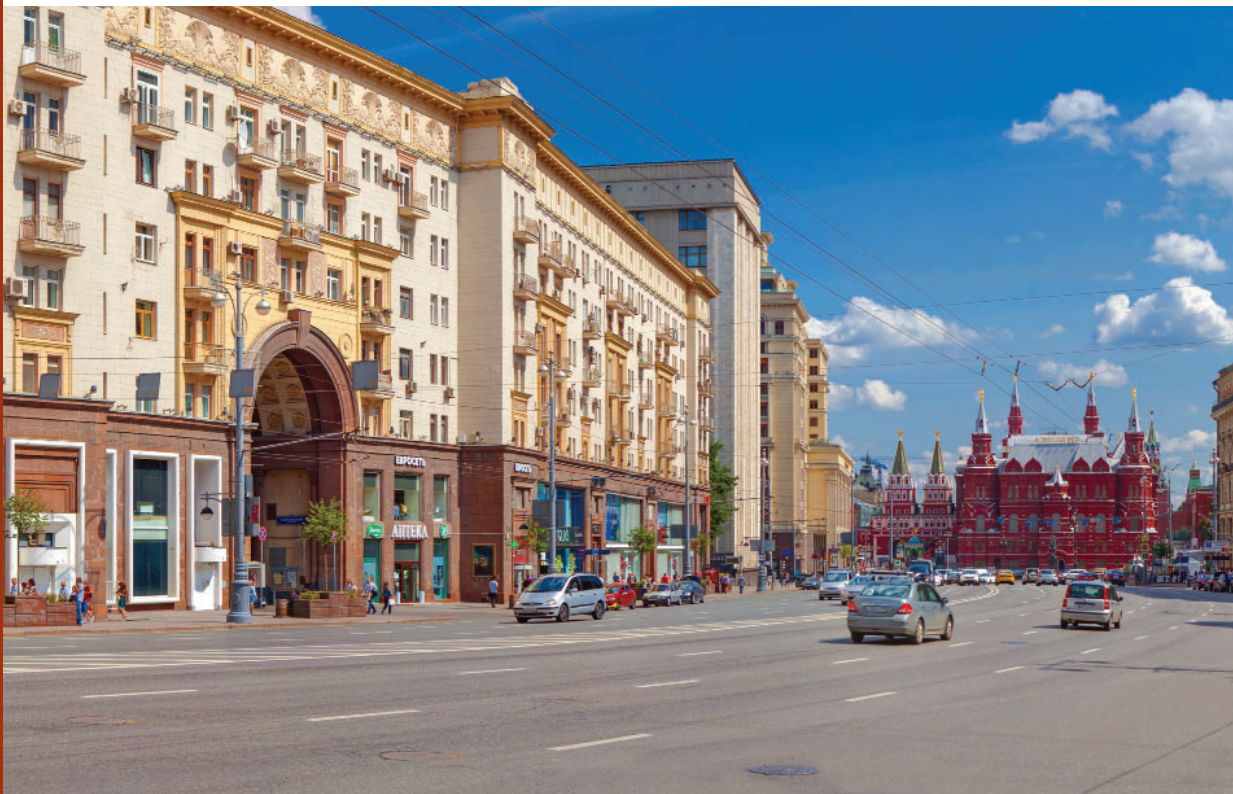
Today Orenburg shawls are both made by hand and produced on special tools. However, true connoisseurs of this folk craft prefer handmade products. Master knitters continue using the traditional knitting techniques and materials, above all, the fine down-hair of goats and lambs. Orenburg shawls come in a variety of sizes and colors, and are appropriate to wear in everyday life and at ceremonial events.

奥伦堡绒毛披肩

奥伦堡绒毛披肩以其独特的薄度和美丽而闻名于世, 远远超出俄罗斯的边界。它们是由奥伦堡地区的居民生产的。奥伦堡披肩之所以在世界范围内获得认可, 是因为它采用了一种神奇的编织技术--在披肩的边缘有一个薄薄的透明边框, 从而产生了极轻的效果。奥伦堡披肩的历史开始于18世纪。在奥伦堡地区的土地上生活着游牧民族, 他们从事养牛和羊毛生产。这种羊毛是奥伦堡披肩的主要材料。它们是由手工编织的。这是一个复杂而耗时的过程, 需要技术和经验, 而这些技术和经验是通过继承的方式传下来的。今天, 奥伦堡的披肩既可以手工制作, 也可以用机制。然而, 这种民间工艺的真正鉴赏家更喜欢手工制作。工匠们继续使用传统的编织技术和材料 - 山羊和羔羊的羊毛。奥伦堡披肩有不同的尺寸和颜色, 适合在日常生活和节日活动中穿着。



## TVERSKAYA • 特维尔大街



## TVERSKAYA STREET

Tverskaya is one of the most famous streets in the Russian capital. The history of this transport artery dates back over 500 years, when it became part of the road linking the Moscow Kremlin with the old Russian town of Tver.

Since the early 19th century to this day Tverskaya Street has been high on the list of the top tourist attractions of the Russian capital. Its iconic landmarks include Pushkin Square and Hotel National, the building of the Moscow government and the statue of Yuri Dolgoruky, the Eliseevsky Store and the Central Telegraph.

While promenading along Tverskaya, you will plunge into the atmosphere of the historical city and the megalopolis of today, you can wander round its museums and shops, savor the national and international cuisines.

Tverskaya is a highly popular street for photo shooting, particularly when it becomes a major venue for parades and concerts during the New Year's celebrations and on Victory Day.

## 特维尔大街

特维尔大街是俄罗斯首都最著名的街道之一。这条交通要道的历史始于五百多年前，当时它是连接莫斯科克里姆林宫与古老特维尔的道路的一部分。

从19世纪初至今，特维尔大街一直是俄罗斯首都的主要旅游景点之一。该街道的名片包括普希金斯广场和国立宾馆、莫斯科政府和尤里·多尔戈鲁基纪念碑、叶利谢耶夫斯基杂货店和中央电报局。

走在特维尔大街上，您会沉浸在古城和现代大都市的氛围中，可以逛博物馆和商店，品尝国内和世界各地的美食。特维尔大街是一条非常受欢迎的摄影街，尤其是在新年节日和胜利日期间，这里会举行游行和音乐会。

## SHOPPING • 购物

**ALIONKA.**

Confectionary.  
1st Tverskaya-Yamskaya, 12  
Tel. +7 800 200 55 99

**BENETTON.**

Women. Men. Accessories.  
Ul. Tverskaya 19. Metro «Pushkinskaya»  
Tel.: +7 (495) 699-10-24

**BRONNICKIY JUWELIER.**

Jewelry.  
Ul. Tverskaya 6. Metro «Okhotny Riad»  
Tel.: +7 (800) 700-19-70

**FALCONERI.** Women. Men. Accessories.

Ul. Tverskaya 6. Metro «Okhotny Riad»  
Tel.: +7 (499) 755-93-96

**GLENFIELD.** Women. Men. Accessories.

Ul. Tverskaya 12 bld. 2. Metro «Pushkinskaya»  
Tel.: +7 (800) 333-60-28

**GLORIA JEANS.** Women. Men. Accessories.

Ul. Tverskaya 16 bld. 1. Metro «Pushkinskaya»  
Tel.: +7 (800) 505-82-82

**IMPERIAL PORCELAIN MANUFACTORY.**

Ul. Tverskaya 6. Bld.1 Metro «Okhotny Riad»  
Tel.: +7 905 593 29 29

**INTIMISSIMI.**

Women. Men. Underwear.  
Ul. Tverskaya 6. Metro «Okhotny Riad»  
Tel.: +7 (499) 755-94-29.

**NATURA SIBERICA.** Beauty.

Ul. Tverskaya 4. Metro «Okhotny Riad»  
Tel.: +7 (495) 692-20-84

**RENDEZ-VOUS.**

Women. Men. Footwear.  
Ul. Tverskaya 15. Metro «Okhotny Riad»  
Tel.: +7 (800) 700-88-66

**TISSOT.** Watches.

Ul. Tverskaya 15. Metro «Okhotny Riad»  
Tel.: +7 (495) 775-07-28

**YVES ROSHER.** Beauty.

Ul. Tverskaya 6. Metro «Okhotny Riad»  
Tel.: +7 (499) 325-32-68

## “阿廖卡”品牌糕点店

第一特维尔斯卡亚至亚姆斯卡亚街12号  
电话: +7 800 200 55 99.

## 贝纳通 (Benetton) 男女服装、配饰

地址: 特维尔大街 12/2号

地铁站: 猎人商行

电话: +7 (495) 699-10-24

## 布朗尼茨基珠宝行, 珠宝饰品

地址: 特维尔大街6号

地铁站: 猎人商行

电话: +7 (800) 700-19-70

## 法尔克内里 (Falconeri), 男女服装。配饰

地址: 特维尔大街6号 地铁站: 猎人商行

电话: +7 (499) 755-93-96

## 格伦菲尔德 (Glenfield) 男女服装、配饰

地址: 特维尔大街 12/2号 地铁站: 猎人商行

电话: +7 (800) 333-60-28

## 格洛丽亚牛仔裤 (Gloria Jeans) 男女服装、配饰

地址: 特维尔大街 16 号

地铁站: 普希金斯卡娅地铁站

电话: +7 (800) 505-82-82

## 帝国瓷器工厂, 内衣

地址: 特维尔大街6/1号 地铁站: 猎人商行

电话: +7 905 593 29 29

## 茵米西米 (Intimissimi) 男女服装 内衣

地址: 特维尔大街6号

地铁站: 猎人商行

电话: +7 (499) 755-94-29

## 西伯利亚的大自然 (Natura Siberica)

健康与美容

地址: 特维尔大街4号 地铁站: 猎人商行

电话: 7 (495) 692-20-84

## 约见 (Rendez-Vous) 男女鞋类

地址: 特维尔大街 12/2号 地铁站: 猎人商行

电话: +7 (800) 700-88-66

## 天梭 (Tissot) 钟表

地址: 特维尔大街4号

地铁站: 猎人商行

电话: +7 (495) 775-07-28

## 伊夫-罗舍尔 (Yves Rosher) 美容

地址: 特维尔大街6号

地铁站: 猎人商行

电话: +7 (499) 325-32-68



## STOLESHNIKOV • 斯托雷尼科夫



## THE SECOND MOST EXPENSIVE ...

Stolesnikov street runs between Tverskaya Square and Petrovka street. In the 17th century, a settlement of weavers, called Stoleshniki, lived there. The small street was then popular among aristocrats and rich high-ranking clerks. The street originally comprised wooden houses, but after the great fire of 1812 one- to two-storey stone buildings were built.

At the end of the 19th century, many drapers and mercers opened shops here. At this time, five- to six-storey buildings, housing well-furnished apartments, were built.

By the middle of the twentieth century Stolesnikov street was famous for a shop selling confectionary and for book shops. There were also plenty of antique shops. Now, the ground floor of many buildings on the street are luxury boutiques for world-famous brands. Stolesnikov Street is the most expensive street not only in Moscow but in the whole world - with only one exception! According to research by Jones Lang LaSalle in 2007, it is second only to the Champs Elysees.

The closest metro stations to this famous street are: Tverskaya, Pushkinskaya, Okhotny Road, Teatralnaya and Kuznetsky Most, which are about 500 metres away.

## 斯托雷尼科夫小巷

斯托雷尼科夫小巷 (Stolesnikov lane) 从特维尔广场 (Tverskaya square) 延伸到彼得罗夫卡街道。17世纪这是织布工市郊“斯托雷尼科”(Stoleshniki)。18世纪莫斯科的贵族和富裕的官员也喜欢这个位于莫斯科中心的小巷。一开始这个小巷上的房子都是用木头做的，1812年的大火后，政府在那里建筑了一两层的石头房子。

以前俄罗斯著名的作家吉利亚洛夫斯基长时间住在斯托雷尼科夫小巷，并赞赏小巷的美丽：“斯托雷尼科夫小巷反映了整个城市的生活，仿佛太阳光映在水中”。在19世纪和20世纪的交汇时刻，小巷里建了很多商店和商铺，主要出售织物和小百货。同时，在斯托雷尼科夫小巷建了新的设备齐全房子，有五六层高。

小巷不仅是莫斯科最昂贵的街道，而且也是全世界唯一的例外。

20世纪中期斯托雷尼科夫小巷以它的糖果点心店和书店而著名。这里的古旧书店提供更广泛更优质的产品。当前著名品牌的专卖店位于斯托雷尼科夫小巷的房子的第一层。小巷作为莫斯科而全世界的最贵的商业街道之一。根据2007年Jones Lang LaSalle公司进行的研究，位于斯托雷尼科夫小巷商店的物价仅次于香榭丽大道上的商店。

离小巷最近的地铁站大概五百米。特维尔地铁站、普希金站、猎人商行站、剧院站、库兹涅茨克桥站都在斯托雷尼科夫小巷附近。

## SHOPPING • 购物

**12 STOREEZ.**

Women. Men. Accessories. Ul. Stolesnikov pereulok 13/15. Metro «Teatralnaya». Tel.: +7 (499) 110-83-59

**ALROSA DIAMONDS.**

Jewelry. Ul. Stolesnikov pereulok 14, M. Teatralnaya, Tel.: +7 (800) 221-81-02

**BELLE YOU.**

Women. Underwear. Ul. Stolesnikov pereulok 9. M. Teatralnaya, Tel.: +7(800)707-24-26

**BILLIONAIRE.**

Men. Accessories. Ul. Stolesnikov pereulok 13/15. Metro «Teatralnaya». Tel.: +7 (495) 252-33-96

**EKONIKA.**

Women. Accessories. Ul. Stolesnikov pereulok 13/15, Metro Teatralnaya, Tel.: +7 (495) 135-87-01

**FABIANA FILIPPI.**

Women. Accessories. Ul. Stolesnikov pereulok 14, M. Teatralnaya, Tel.: +7 (495) 139-64-75

**MERCURY.**

Watches & Jewelry. Ul. Stolesnikov pereulok 13/15. Metro «Teatralnaya». Tel.: +7 (800) 700-08-00

**ST. JAMES.**

Women. Men. Accessories. Ul. Stolesnikov pereulok 18. Metro «Teatralnaya». Tel.: +7 (499) 733-92-07

12个故事. 男女服装及配饰, 地址: 斯托列什尼科夫胡同13/15号, 地铁站: 大剧院地铁站, 电话: +7 (499) 110-83-59

阿罗萨钻石, 珠宝首饰 地址: 斯托列什尼科夫巷14号, 地铁站: 大剧院地铁站 电话: +7 (800) 221-81-02

贝尔由 (BELLE YOU), 女装 内衣 地址: 斯托列什尼科夫巷9号, 地铁站: 大剧院地铁站 电话: +7(800)707-24-26

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埃科尼卡 女装及配饰, 地址: 斯托列什尼科夫胡同13/15, 地铁站: 剧院地铁站, 电话: +7 (495) 135-87-01

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手表和珠宝 地址: 斯托列什尼科夫小巷, 13/15, 特阿特拉利纳亚地铁站 电话号码: +7 (800) 700-0800

圣·詹姆斯. 男女服装及配饰, 地址: 斯托列什尼科夫胡同18号, 地铁站: 大剧院地铁站, 电话: +7 (499) 733-92-07

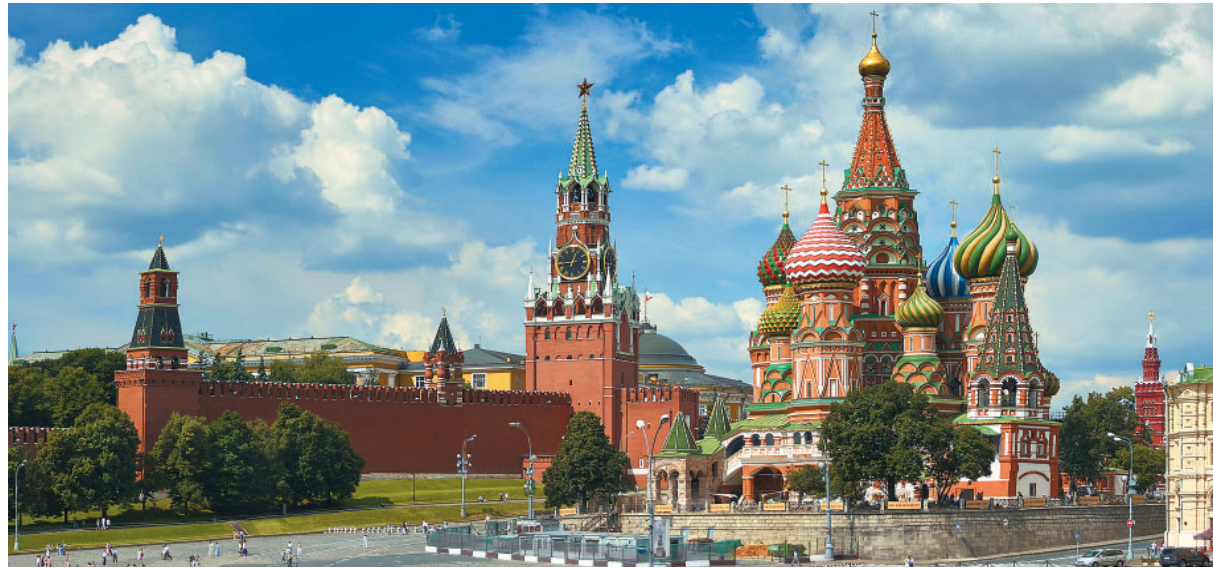


## FABIANA FILIPPI

The Italian women's clothing brand set up in Umbria in 1985 has combined handicraft traditions with the latest trends in design. Though the collection is based on knitwear it also features a variety of assorted merchandise, such as outdoor clothing, skirts, trousers, footwear, handbags, and accessories. Ideal cuts and exquisite details, the luxury of natural materials, refined hand finish, and the sense of harmony intrinsic to Italians attract an ever growing number of female devotees.

**FABIANA FILIPPI,** Women. Accessories. Ul. Stolesnikov pereulok 14. Metro «Teatralnaya». Tel.: +7 (495) 139-64-75





### The Moscow Kremlin

Is the main socio-political and historical-artistic complex of the city, and the official residence of the President of RF. The area was first settled in the Bronze Age (2nd millennium BC). In 1990 the Kremlin was included in the UNESCO List of the World Heritage sites.

#### 克里姆林宫

克里姆林宫是一组建筑群，是俄罗斯主要艺术和历史中心，也是总统府的所在地。：克里姆林宫组成的建筑物建于青铜时代(公元前二世纪)。1990年，克里姆林宫被联合国教科文组织列入世界遗产名录。



### Arbat street

Extends from Arbat Gates Square to Smolensky Square. Located between Prechistenka Street and Novy Arbat Street. It was named after Orbat — the name of the area located to the west of the Kremlin. The Arbat was pedestrianised in 1986. You can find the Russian Alley of Stars here.

#### 阿尔巴特大街

阿尔巴特街是莫斯科市中心的一条著名步行街，这条大街的起点是阿尔巴特大门广场，大街的末尾是斯摩棱斯克广场，大街位于Prechistinka路和新阿尔巴特大街的之间。关于这街名的由来，阿尔巴特是以前位于克里姆林宫西边的地区。把这个地区变成步行街的计划是1974-1986制定的。俄罗斯“明星林荫道”也位于阿尔巴特大街。



### The Cathedral of Christ the Savior

Was built in the 1990s, and is a reconstruction of a 19th century cathedral. The cathedral is the collective cenotaph of the soldiers of the Russian Imperial Army, who died in the war with Napoleon. On the walls of the cathedral are inscribed the names of officers who fell in the Patriotic War of 1812 and the Overseas campaigns of 1797-1806 and 1814-1815.

#### 基督救世主大教堂

苏联解体前夕，俄国东正教会接到许多要求重建救世主大教堂的请愿。1990年，在救世主大教堂原址举行了重建奠基仪式。大教堂是俄罗斯帝国陆军士兵的集体纪念碑，他们在与拿破仑的战争中牺牲了。教堂墙上刻着在1812年卫国战争和1797-1806年及1814-1815年海外战役中阵亡官兵的名字。



### Zaryadye Park

Zaryadye Park is the just opened park in the historical centre of Moscow. It is located on the territory with an area of 13 hectares between Kitaygorodsky Proezd, Varvarka street, Moskvoretskaya embankment and connects the pedestrian part of Kitay-Gorod with the Kremlin. In the park there were reconstructed four landscape zones of Russia: tundra, steppe, forest and swamp. The zones go down as terraces from the upper level to the lower level from north-east to south-west, intersect and overlap. In the park there are Big Hall of Philharmony, a hotel, historical monuments and museums, including nine churches, and an archeological site museum.

#### 扎里亚季耶公园

扎里亚季耶公园正式开办于2017年，它位于莫斯科的一个历史中心。面积为13公顷，在中国城街、瓦尔瓦里夫卡街、莫斯科沃列茨卡亚沿岸街之间。扎里亚季耶公园连接着中国城街的人行道和克里姆林宫。公园里有俄罗斯的四种植物环境：寒地、草原、森林、沼泽。这些景观以凉台形式从地段的高处下来到最底部，从东北下来到西南，相交、层层堆积。





#### Cathedral of the Immaculate Conception of the Holy Virgin Mary

This major Roman Catholic church in Russia serves as the cathedral of the Roman Catholic Archdiocese of Moscow. The cathedral holds services in a variety of languages, as well as Tridentine Masses, and services based on an Armenian Rite. It also hosts youth events, catechetical courses, and fundraising concerts of organ, church, and classical music.

#### 圣母玛利亚圣灵大教堂

这座位于俄罗斯的最重要的罗马天主教堂是莫斯科罗马天主教的代表建筑。大教堂为天主教徒群众提供各种语言服务，以及以亚美尼亚仪式为大众服务，还可承办青年活动，问答式课程以及风琴、教派和古典音乐慈善音乐会。

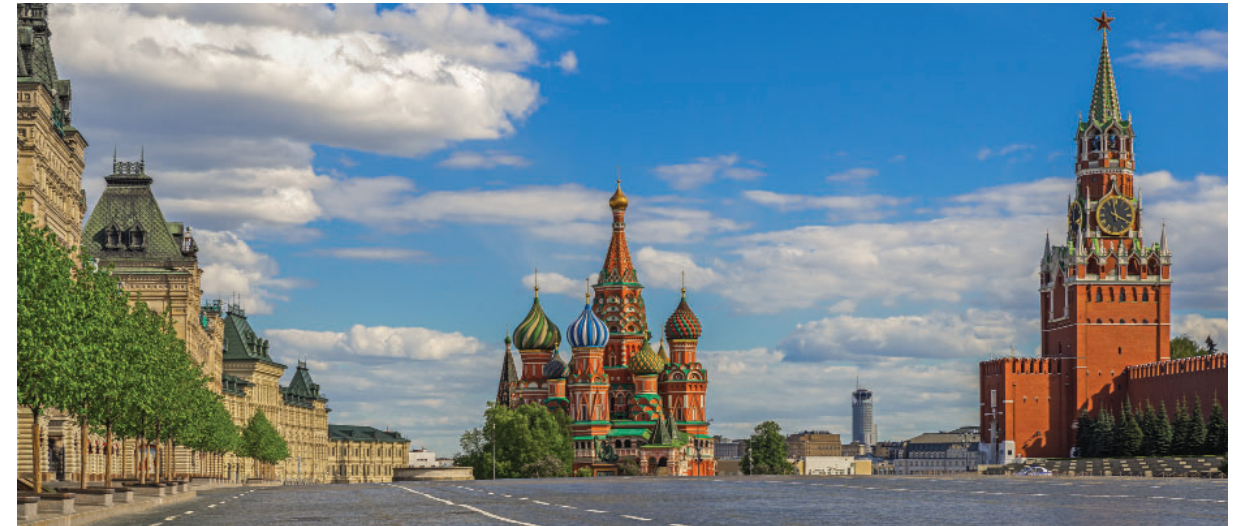


#### Kremlin at Izmailovo

The cultural and entertainment complex of wooden structures is styled after the Russian wooden architecture of the 16th and 17th centuries. The complex was built between 1998 and 2007 on the premises of the Izmailovo Estate. Today it houses seven museums and exhibition venues, including the Museum of Russian Folk Toys and the Museum of the History of the Russian Fleet.

#### 伊兹麦洛娃克里姆林宫

木制结构的文化和娱乐建筑群采用16和17世纪的俄罗斯木结构建筑风格，该建筑群于1998年至2007年间在伊兹麦洛娃玫瑰庄园建造。现在，它拥有七个博物馆和展览场地，包括俄罗斯民间玩具博物馆和俄罗斯舰队历史博物馆。



#### Red Square

The main square of Moscow extends along the Kremlin's north-eastern wall. It is home to the so-called Lobnoye Mesto, the Statue of Minin and Pozharsky, the Lenin Mausoleum, and the necropolis by the Kremlin wall. The square's northern side is occupied by the State Historical Museum and the Kazan Cathedral, on its southern side is the Pokrovsky Cathedral, commonly known as the Cathedral of Saint Basil.

#### 红场

红场是莫斯科的主广场，位于克里姆林宫的东北方向。红场包括著名的罗波诺耶梅斯托、米宁和波扎尔斯基雕像、列宁陵墓以及克里姆林宫墓地。广场的北侧是国家历史博物馆和喀山大教堂，南侧是波克罗夫斯基大教堂，俗称圣巴西尔大教堂。



#### Tsaritsyno

The Tsaritsyno Palace Museum and Park Reserve, located in the south of Moscow, was founded by the order of Catherine the Great in 1776. Tsaritsyno is a major monument of the so-called Russian Gothic style. It is the largest pseudo-Gothic structure of the 18th century in all of Europe, and the only palace complex executed in this style.

#### 察里津

察里津故官博物馆和公园保护区位于莫斯科南部。1776年，由凯瑟琳大帝下令建立。察里津是俄罗斯风格建筑的主要遗址，是欧洲18世纪所有建筑物中最大的哥特式建筑，也是这种风格中唯一的宫殿建筑群。





### Poklonnaya Hill

Poklonnaya hill (bow-down hill) is the razed hill in the Western part of Moscow, located between the rivers Setun and Filka. For the first time it was mentioned in chronicles describing the war between the Grand Duchy of Moscow and the Grand Duchy of Lithuania. On May 9th, 1995, the Victory Park was opened here. It is one of the largest war memorials in Russia and in the world.

### 俯首山

俯首山位于莫斯科西边行政区，在谢通河和菲利卡河之间。第一次提到俯首山是在一本叫《贝霍韦茨的编年史》的书里（16世纪）。这本书描述了立陶宛大公国和莫斯科大公国之间的战事。1995年5月9号为了庆祝伟大胜利50周年，在俯首山开办了胜利公园。



### Moscow Zoo

The Moscow Zoo was founded in 1864. It is one of the oldest zoos in Europe, the fourth by area in Russia. It is in the Top 10 by the number of visitors in the world. It has a collection of more than one thousand animal species with more than 5,000 animals. The Zoo is located close to the Garden Ring between Bolshaya Gruzinskaya and Zoological streets. The main entrance is located on the crossroad of Krasnaya Presnya and Bolshaya Gruzinskaya streets, close to the Barrikadnaya and Krasnopresnenskaya metro stations.

### 莫斯科动物园

莫斯科动物园建立于1864年，这是欧洲历史上最悠久的动物园之一。按照面积，在俄罗斯动物园中排名第四，仅次于雅罗斯拉夫尔动物园，顿河罗斯托夫动物园和新西伯利亚动物园之后。莫斯科动物园排名世界公园参观人数前十位。动物园有一千多种动物，5千多种植物。动物园位于莫斯科小环附近，在红普列斯尼亚街、大格鲁吉亚街、动物学街之间。入口在红普列斯尼亚街和大格鲁吉亚街的十字路口，离街垒地铁站和克拉斯诺普内斯卡亚地铁站很近。



### Central Park of Culture and Recreation ( Gorky Park)

Was founded on August 12th, 1928. In 1932 it was named after Maxim Gorky. The major architect was the famous Konstantin Melnikov, who created the lay-out of the park (from the entrance to Neskuchny Garden) in the 1920s.

### 莫斯科高尔基中央文化休闲公园

高尔基中央文化休闲公园，于1928年8月12日开业。1932年以高尔基名字命名。20世纪20年代，展览会重建，中央公园是由纳斯库赤尼花园和邻近的麻雀山两部分构成。俄罗斯著名的先锋派艺术家-康斯坦丁·梅尔尼科夫对其进行重建与修复。在中央公园的入口是凯旋门形状的大门，旁边就是科里亚半大街和列宁格勒大街。



### VDNKH

Vystavka Dostizheniy Narodnogo Khozyaystva (VDNKh) (Exhibition of Achievements of National Economy), is a permanent general-purpose trade show and amusement park in Moscow. Between 1991 and 2014 it was also called the All-Russia Exhibition Centre. It is one of the 50 top large Exhibition centres in the world. The area of the park is 317 sq m. The area of the pavilions is 134 000 sq.m. In 2015 it was chosen as the best congress and exhibition centre in Russia.

### 国经成就展

全称是国民经济成就展览馆。1992-2014 年是全俄展览中心。是世界五十个最大展览馆之一。占地面积317公顷，展馆总面积13万4千平方米。国经成就展有三个作用：博物馆，展览馆，康乐宫。2015年国经成就展荣获了俄罗斯最好展览会称号。





#### Vorobyovy Gory (Sparrow Hills)

The Sparrow Hills is one of the most scenic areas in Moscow. Located on the high right bank of the Moskva River, the site affords a most picturesque view of the city and river, and often becomes a venue for spectacular shows. Along with Red Square and the Moscow Kremlin, the Sparrow Hills are regarded as one of the most important landmarks of the Russian capital.

#### 沃罗比约夫山（麻雀山）

麻雀山是莫斯科风景最秀丽的地区之一，位于莫斯科河的右岸，在那可以欣赏到城市和河流最美丽的景色，并且那里经常举办盛大的演出，麻雀山与红场和莫斯科的克里姆林宫一起被认为是俄罗斯首都最重要的地标之一。



#### Ostankino Tower

This television and radio tower is located next to the Ostankino TV Center. Upon its completion in 1967, the 540.1-meter tower was the tallest tower in the world. It currently remains the tallest free-standing structure in Europe, and is the 11th tallest in the world. There is a restaurant at a height of 328-334 m, and two viewing platforms at heights of 337 and 340 m respectively.

#### 奥斯坦金诺塔

这座电视塔和无线电塔位于奥斯坦金诺电视中心旁边，这座塔楼于1967年竣工，高达540.1米，是世界上最高的塔楼，目前它仍然是欧洲最高的独立建筑，也是世界上第十一高的建筑。塔上有一个餐厅，位于328至334米处，还有两个观景台，高度分别为337米和340米。



#### Kolomenskoye

The site of the former country residence and patrimonial estate of grand princes and czars is now part of the Moscow State United Art, Historical, Architectural, Landscape and Nature Museum and Reserve. Here, the Church of the Icon of Our Lady of Kazan houses the icon of the Mother of God, one of the most venerated icons in today's Russia, known as the Holy Protectress of Russia.

#### 卡洛明斯克庄园

这里曾是前国家元首的府邸，也是王子、沙皇的遗产。现在是莫斯科国家艺术、历史、建筑、自然博物馆和保护区的一部分。在这里，喀山圣母教堂是上帝之母的象征，是现在俄罗斯最受尊敬标志性建筑之一，被称为俄罗斯的神圣保护者。



#### Novodevichiy Convent

This Russian Orthodox Convent was founded in 1524 by Grand Prince Vasily III of Moscow. The convent's architectural ensemble took shape between the 16th and 17th centuries, and since then has remained intact. As an exceptional example of the Moscow Baroque style, it was proclaimed a property of all mankind and taken under UNESCO's protection.

#### 新圣女修道院

新圣女修道院 这座俄罗斯东正教修道院于1524年由莫斯科的瓦西里三世大王子下令建立。修道院建于16到17世纪之间，之后一直保持完整。作为莫斯科巴洛克风格的一个典型建筑，它被认为是全人类的财产，并受到联合国教科文组织的保护。





## Bolshoi Theater

The State Academic Bolshoi Theater is one of the biggest and most renowned opera and ballet theaters both in Russia and in the world. The complex of its buildings is located on Theater Square. The theater, its museum, and the building of its historical stage have the status of a cultural heritage site of the Russian people.

The theater comprises the ballet and opera companies, the Bolshoi Orchestra, and the Stage-Wind Orchestra. On November 29, 2002, the first night of Rimsky-Korsakov's opera "Snow Maiden" inaugurated the Bolshoi New Stage. During the extensive restoration of the Main Stage, lasting from 2005 through 2011, all of the Bolshoi opera and ballet productions were held on the New Stage. Today, the New Stage hosts both Bolshoi productions and guest performances by Russian and foreign companies.

## 莫斯科大剧院

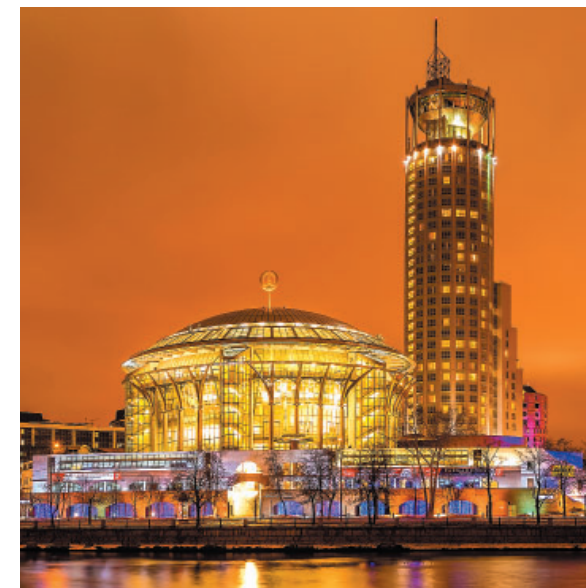
莫斯科大剧院是俄罗斯和世界上最大、最著名的歌剧和芭蕾舞剧院之一，建筑群位于剧院广场。剧院、博物馆和表演的舞台都是俄罗斯人民的文化遗产。剧院由芭蕾舞团和歌剧公司、莫斯科大剧院管弦乐队和舞台管乐团组成。2002年11月29日，里姆斯基-柯萨科夫歌剧《雪女》的首演拉开了大剧院新舞台演出的序幕。从2005年到2011年，在舞台重建期间，所有的歌剧和芭蕾舞演出都在新舞台上进行。如今，新舞台既有莫斯科大剧院的演出，也有俄罗斯和外国公司的客座演出。

## House of Music (Moscow International Performing Arts Center)

The Moscow International House of Music (MMDM) is one of the major philharmonic complexes in both Russia and the world, and a multifunctional cultural center with the mission of promoting contemporary performing arts. The House's three halls, Svetlanov, Chamber, and Theater, and the stage of its summer patio (the Music Terrace) host daily performances by Russian and foreign symphony orchestras, chamber ensembles, solo instrumental performers, opera singers and ballet dancers, also theater, jazz, variety, and folk companies, international forums and festivals, meet-the-artist events and presentations, festive shows and conferences. The complex is located on the Kosmodamianskaya Embankment on the Moskva River, and is the principal element of the greater Krasnye Kholmy (Red Hills) architectural ensemble.

## 音乐之家 (莫斯科国际艺术中心)

莫斯科国际音乐之家(莫斯科国际音乐之家)是俄罗斯、也是世界上最重要的音乐综合场馆之一，也是一个多功能文化中心，它的使命是促进俄罗斯现代表演艺术的发展。音乐之家包括三个大厅：斯韦特拉诺夫、议院和剧院以及夏季露台（音乐露台）的舞台，主要承办俄罗斯和外国的交响乐团、室内乐团、独奏乐器演员、歌剧歌手和芭蕾舞演员日常的演出活动，包括戏剧、爵士乐、杂耍，国际论坛和节日，会见艺术家的活动和介绍，展览和会议等，该建筑群位于莫斯科河上的暗流地带，是红山建筑设计的主要元素。



## Tchaikovsky Concert Hall

The Tchaikovsky Concert Hall of the Moscow State Academic Philharmonic Society was opened in 1940. The inauguration was timed to coincide with the centenary of Tchaikovsky's birth. Today the Hall lends its stage to music festivals, academic music concerts, and various stage productions. It runs annually about 300 concerts, which are attended by over 350,000 spectators. The auditorium incorporates stalls, three amphitheatres, and two balconies. The stage is half circled by 1,505 seats. The Tchaikovsky Concert Hall is home to the Academic Symphony Orchestra of the Moscow Philharmonic, the Igor Moiseev Ensemble of Popular Dance, the Pyatnitsky Russian Folk Chorus, the Nikolai Osipov Orchestra of Folk Instruments, and some other companies. The building also houses the Moscow Philharmonic Chamber Hall.

## 柴可夫斯基音乐厅

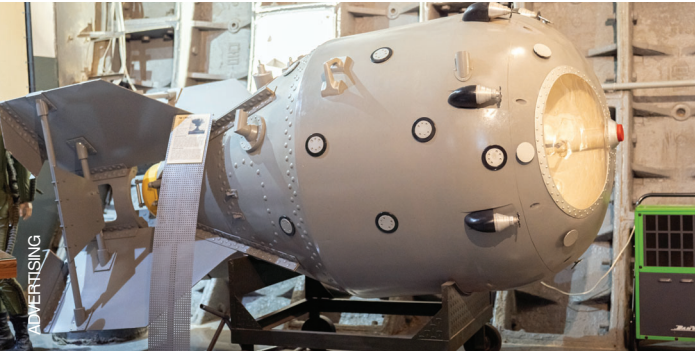
柴可夫斯基音乐厅 莫斯科国立爱乐协会的柴可夫斯基音乐厅于1940年对外开放，揭幕仪式恰逢柴可夫斯基诞辰一百周年。现在，音乐厅为音乐节、专业的音乐会和各种舞台制作提供了舞台，每年都举办约300场音乐会，有超过350,000名观众观看演出。礼堂包括正厅的前排座位，三个露天剧场和两个包厢，舞台被1,505个座位以半圆的形式围绕在中间。柴可夫斯基音乐厅可为莫斯科爱乐学术交响乐团、流行舞蹈的亚历山德罗维奇乐团、俄罗斯民间合唱团、民间乐器管弦乐团以及一些其他公司的演出提供舞台，此外还设有莫斯科爱乐音乐厅。





Museum ‘Bunker-42’, an antinuclear shelter, available to visit, 5th Kotelnicheskyy Pereulok, 11, metro Taganskaya. Guidepost – a three-story yellow mansion, green gates with a red star. Available to visitors aged 8 and older; guided tours only. Open 10 a.m. to 9 p.m.

42号地堡博物馆是一个反核地堡，面向大众开放，位于第五科捷利尼胡同，11栋楼，塔甘斯卡雅地铁站。地标是一个3层的黄色独栋建筑，绿色的大门上有一个红色的星星。8岁以上的人只能作为旅游团的成员可以参观。开放时间为10:00至21:00



We invite you to visit the museum and history complex ‘Bunker-42’, located in the very heart of Moscow, near the Taganskaya metro station. This unique site is the world’s only underground air-raid shelter sitting at a depth of 65 meters. Years ago it was home to a secret military headquarters. Today it houses a museum dedicated to the years of the Cold War between the Soviet Union and the United States, also an entertainment area and a restaurant of Soviet and European cuisines. Its huge underground floor-space and exceptional architecture make it possible to arrange individual and group excursions around one of the former top-secret Soviet military sites.

我们邀请您参观位于莫斯科市中心塔甘斯卡雅地铁站附近的历史性的建筑群即42号地堡博物馆。这是一个独特的工程 - 世界上唯一的地下掩体，位于地下65米。它曾经是一个秘密的军事总部。现在这里是一个专门介绍苏联和美国冷战时期的博物馆，有一个休闲娱乐区和一个提供苏联和欧洲美食的餐厅。巨大的地下空间和不寻常的建筑允许个人和团体可以参观的苏联曾经的秘密军事设施之一。

Phones / 电话:  
+ 7(499) 703-44-55; + 7(985) 790-00-82

Email / 电子邮件: zakaz@bunker42.com

**MUSEUM OF RUSSIAN IMPRESSIONISM.**  
Leningradsky av., h.15, b.11,  
m. Belorusskaya, Mon-Sun 11AM – 9PM

**MUSEUMS OF KREMLIN.**  
1. Armoury chamber. Treasury.  
2. Uspensky cathedral, burial vault of the heads of the Orthodox Church.  
3. Arkhangelsky cathedral, burial vault of Russian knights and early tsars.  
4. Blagoveshchensky cathedral, burial vault of Russian tsars.  
Kremlin, M. Biblioteka im. Lenina. Mo-We, Th-Su, 10.00–17.00.

**TRETYAKOV GALLERY.**  
Art museum, Lavrushinsky per. 10, M. «Tretyakovskaya», «Novokuznetskaya»  
Tu-We 10:00–18:00; Th -Sa. 10:00–21:00; Su.10:00–20:00. Tel.: +7 (495) 957-07-27.

**HISTORICAL MUSEUM.**  
National history of Russia. Red square 1,  
M. Okhotny Ryad, Teatralnaya. Mo, We, Th, Su 10:00–18:00; Fr, Sa. 10:00–21:00. Tel.: +7 (495) 692-37-31.

俄罗斯印象派博物馆,  
地址：列宁格勒大街15号11栋,  
地铁站：白俄罗斯地铁站（Belorusskaya）,  
营业时间：周一至周日11:00-21:00

克里姆林宫的博物馆, 博物馆协会  
1. 军械库 博物馆宝库  
2. 圣母升天大教堂 东正教会首脑墓  
3. 大天使大教堂 王子及俄罗斯首位沙皇墓  
4. 天使报喜大教堂  
俄罗斯历代沙皇墓 克里姆林宫  
地铁站：列宁图书馆站  
营业时间：周一至周三、周五至周日10:00-17:00

特列季科夫画廊, 美术博物馆  
营业时间：周二至周三10:00-18:00 周四至周六 10:00-21:00 周日：10:00-20:00  
画廊的入口在下班前一小时关闭  
地址：拉夫鲁申斯基巷 10号  
地铁站：特列季亚果夫斯卡娅站、新库兹涅茨卡雅站  
电话：+7 (495) 957-07-27

历史博物馆, 俄罗斯国家历史博物馆  
地址：红场1号 地铁站：革命广场站、猎人站、大剧院站  
营业时间：周一、周三、周四、周日10:00-18:00 周五、周六10:00-21:00 电话：+7 (495) 692-37-31

**THE PUSHKIN STATE MUSEUM OF FINE ARTS. PAINTINGS AND SCULPTURES.**  
Volkhonka str., 12, M. Kropotkinskaya, Biblioteka im. Lenina. Tu, We, Sa, Su 11:00–20:00; Th, Fr 11:00–21:00. Tel.: +7 (495) 697-95-78.

**NOVAYA TRETYAKOVKA (NEW TRETYAKOVKA).**  
Paintings and sculptures. Krymsky val 10. M. Oktyabrskaya, Park Kultury. Tu-We 10:00–18:00; Th-Sa 10:00–21:00; Su 10:00–18:00. Tel.: +7 (495) 957-07-27.

**COSMONAUTICS MUSEUM.**  
History of space exploration. Prospect Mira, 111, M. VDNH. Tu - We, Fr, Su. 10:00–19:00, Tu, Sa 10:00–21:00. Tel.: +7 (499) 750-23-00.

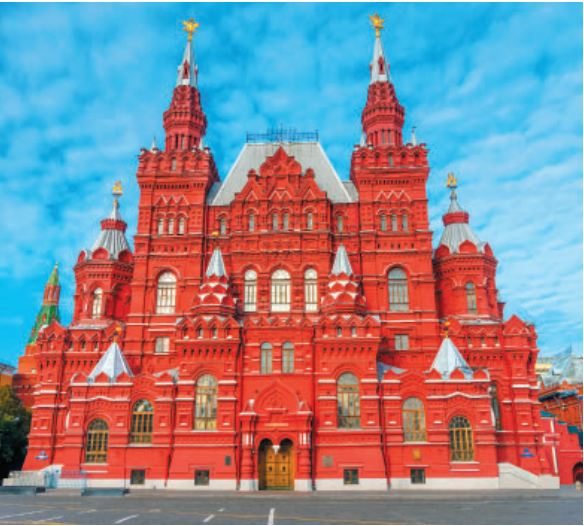
**MUSEUM OF ORIENTAL ART.**  
Paintings and sculptures, archeological collections. Nikitsky boulevard, 12A M. Arbatskaya, Aleksandrovsky Sad.  
Tu 11:00–20:00; We - Th. 12:00–21:00; Fr-Su. 11:00–20:00. Tel.: +7 (495) 691-03-41, +7 (495) 690-05-23.

普希金美术博物馆, 绘画及雕塑  
地址：沃尔洪卡街12号  
地铁站：克罗波金斯卡亚站、列宁图书馆站  
营业时间：周二、周三、周六、周日11:00-20:00 周四、周五11:00-21:00  
电话：+7 (495) 697-95-78

新特列季科夫画廊, 绘画及雕塑  
地址：克里姆斯基岗街 10号  
地铁站：十月站、文化公园站  
营业时间：周二周三10:00-18:00 周四、周六10:00-21:00 周日：10:00-18:00  
电话：+7 (495) 957-07-27

宇航员博物馆, 太空探索的历史  
地址：和平大街111号  
地铁站：国民经济成就展站  
营业时间：周二、周三周五、周日10:00-19:00 周四、周六 10:00-21:00  
电话：+7 (499) 750-23-00

东方艺术博物馆, 绘画，雕塑，装饰和应用艺术品，以及来自一百多个国家的考古展品。  
地址：尼基茨基林荫大道12A  
地铁站：阿尔巴特站、亚历山大花园  
营业时间：周二11:00-20:00 周三 至周四12:00-21:00 周五至周日11:00-20:00  
电话：+7 (495) 691-03-41, +7 (495) 690-05-23



## Historical Museum

For nearly a century and a half the magnificent building of the State Historical Museum has been one of the most attractive sights of Moscow’s Red Square. Built between 1875 and 1883 as a depository for national treasures, the museum now houses priceless artifacts of archeology, numismatics, and early booklore, also weapons, household objects, and works of fine and applied arts. In 1997, eleven halls on the first floor welcomed visitors, who could now see the expositions of artifacts dating from ancient times up to the 12th century. The latest exposition embraces exhibits dating to the beginning of the 20th century. Today the museum lives an eventful, exciting life with grand plans for further development as well as exhibition and educational activities.

## 历史博物馆

近一个半世纪以来，国家历史博物馆的宏伟建筑一直是莫斯科红场上最吸引人的景点之一。这座博物馆建于1875年至1883年间，是国家宝藏的储藏地、现在博物馆里收藏着许多文物，包括珍贵的考古、钱币、早期书籍、武器、家居用品以及美术和实用艺术作品。1986年，博物馆因重建而关闭。1997年，一楼的11个大厅向游客开放。参观者可以看到从古代12世纪以来的文物展览，最近的展览可以追溯到20世纪初。如今，这座博物馆焕发出了勃勃生机，不仅拥有进一步发展的宏伟计划，还开展了许多展览和教育活动。



## 10 RUSSIAN DISHES • 10道俄罗斯菜肴



**Borsch** — a meat soup with vegetables, including beetroot as an indispensable ingredient, the juice of which gives the soup its red color. Served with sour cream.

罗宋汤是一种带有蔬菜的肉汤，其中甜菜是必须的，它的汁液使汤呈现红色。与酸奶油一起食用。



**Rassolnik** — a thick meat soup with the addition of barley and salted cucumbers. Often cooked from calf's kidneys.

加腌黄瓜的肉汤是一种带有大麦和酸黄瓜的浓肉汤。它通常是用小牛肉肾脏做的。



**Schi** — a cabbage soup, often based on meat stock. The wide variety of schi soups includes green schi with sorrel or nettle instead of cabbage, and sour schi with sauerkraut.

白菜汤是一种用圆白菜制成的汤，通常以肉汤为基础。有许多种类，包括用野菠菜或荨麻代替卷心菜做的青菜汤，以及用酸菜做的酸菜汤。



**Uha** — a clear fish soup, sometimes with the addition of potatoes, carrots, millet or other grains.

(鲜) 鱼汤是一种清澈的鱼汤，有时加入土豆、小米或其他谷物和胡萝卜。

**Vareniki** — boiled dough dumplings with fillings. Fillings include potatoes, pumpkin, cottage cheese, sour cherries. Vareniki stuffed with meat or fish are known as pelmeni.

煮饺是带馅的面团，在水中煮熟。馅料可以是土豆、南瓜、奶渣或樱桃。有肉或鱼的也叫饺子。



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pernava







**Kotleti** — products made from ground meat, fish, or vegetables, usually shaped into round or oval patties, and fried in a coating of breadcrumbs.

肉饼是用碎肉、鱼或蔬菜块，包裹面包屑炸制。一般是椭圆形或者圆形的。



**Kasha** — liquid, thick, or crumbly porridge made with different grains and boiled in water or milk. Cooked buckwheat is very popular as a side dish.

粥是由不同的谷物在水或牛奶中煮成的流质的、粘稠或松散的菜肴。荞麦粥是一道受欢迎的配菜。



**Blini** — Russian pancakes made from leavened wheat batter and pan-fried. Served hot with sour cream or melted butter, also with caviar, salted (smoked) fish, and any topping as desired.

薄饼 - 俄罗斯煎饼是用流质的小麦酵母面团在煎锅中烘烤而成。热的时候配上溶化的黄油或酸奶油。也可以与鱼子酱、盐渍（熏制）鱼和其他你喜欢的配菜一起食用。



**Pirozhok** — a medium-sized patty made from yeast-leavened, unfermented, or laminated dough with a filling. Patties are baked or deep-fried. They can be round, oval, or triangular. The most popular fillings include meat, mushrooms, fish, cabbage, potatoes, rice, egg with green onions.

馅饼是一小块酵母的、死面的或酥皮的面团，里面有馅。饼是在烤箱中烘烤或油炸的。饼可以是圆形、椭圆形或三角形的。常用的配料包括肉、蘑菇、鱼、卷心菜、土豆、米、鸡蛋和葱。



**Pechatny pryanyk** — the “printed” gingerbread cookie is baked using a special gingerbread dough with the addition of honey and spices. Nuts, candied fruit, resins, and fruit or berry jam are also often added to enrich the flavor of the product. The gingerbread cookie most often looks like a square, round, or oval plate slightly convex in the middle. On the upper part there is usually an inscription or a simple drawing, and often a coat of confectionery sugar glaze is on the top.

状元饼是一种用特殊的姜饼面团加上蜂蜜和香料烤制而成的糕点。通常会加入坚果、蜜饯、葡萄干、水果或浆果果酱以增加风味。通常看起来像一个中间略微凸起的盘子，呈长方形、圆形或椭圆形，通常上面有题词或简单的图画，通常上面有一层甜甜的糖衣。

## RUSSIAN NATIONAL CUISINE

Traditional Russian cuisine in the restaurant Matryoshka

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莫斯科, Kutuzovsky prospect 2/1c6

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WWW.matryoshka-rest.ru

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**O2 LOUNGE.**

European.  
3, Tverskaya St., 12th floor,  
Tel.: +7 (495) 225 8181, Okhotny Ryad, Teatralnaya,  
Ploshchad Revolyutsii. Sun-Wed: 12:00–0:00,  
Thu-Sat: 12:00–02:00

**ALEXANDROVSKY BAR.**

International.  
15/1, str. 1, Mokhovaya str., Metro Okhotny Ryad.  
Daily 10:00–23:00 Tel. +7 (495) 258 7000

**ARTBAR CONTINENTAL.**

22, Tverskaya Street, Moscow  
Tel.: +7 (495) 787 88 87

**AURORA LOBBY BAR.**

International.  
Petrovka str., 11. metro Teatralnaya, Pushkinskaya.  
Daily: 8:00–24:00 . Tel.: +7 (495) 937 1000,

**BEER&BRUT.**

Ul. Pokrovka 26/1.  
Tel.: +7 (965) 250 2626, 12:00–00:00

**BOSTON SEAFOOD & BAR.**

Ul. Lesnaya, 7  
Su-Th 12:00-00:00 Fr-Su 12:00–01:00  
Tel.: +7 (495) 960 2080

**BOSTON SEAFOOD & BAR.**

Ul. Letnikovskaya, 2, str. 1  
Mo-Su 12:00–00:00  
Tel.: +7 (495) 287 4600

**BOSTON SEAFOOD.**

Moscow region, Pokrovskoye, Ul. Tsentralnaya,  
33 Novaya Riga Outlet Village  
Opening hours: Mo-Th 12:00–22:00  
Fr-Su 12:00–23:00  
Tel.: +7 (495) 280 5510

**CAFE ARARAT.**

Armenian.  
4 Neglinnaya str., 1th floor. Tel.: +7 (495) 783 1299,  
Kuznetskiy Most, Lubyanka, Teatralnaya, Okhotniy  
Ryad, Ploshchad Revolyutsii. Daily: 1 p.m. – 11 p.m.

**CAFE KRANZLER.**

Russian, Asian, European.  
Ul. Balchug 1. Tel.: +7 (495) 287 2008.  
Novokuznetskaya. Mo-Sun 10:00–23:00

O2休息室 (O2 Lounge)

欧餐 地址：特维斯卡亚街3号12楼  
电话：+7 (495) 225 8181  
地铁站：猎人商行站、剧院站、革命广场站  
营业时间：周日-周三12:00–00:00  
周四-周六12:00–02:00

亚历山德罗夫斯基酒吧 (Alexandrovsky bar)

各国美食 地址：15/1 莫霍瓦亚街  
电话：+7495-258-70-00  
地铁站：猎人商行站  
营业时间：每天10:00-23:00

欧陆艺术酒吧

地址：特维尔大街22号 地铁站：普希金地址站、特维尔大街地铁站  
电话：+7 (495) 787-88-87

创造者酒吧 (Aurora Lobby Bar)

各国的美食 地址：别特罗夫卡街11号  
电话：+7495-937-10-00  
地铁站：剧院站、普希金站  
营业时间：每天08:00-24:00

啤酒&布鲁特. 地址：波克罗夫卡26/1号,

电话：+7 (965) 250 2626,  
营业时间：12:00-00:00

波士顿海鲜酒吧

地址：列斯纳亚街 7栋  
营业时间：电话周五 12:00-00:00  
周五至周六 12:00 -01:00  
电话: .+7 (495) 960-2080

波士顿海鲜酒吧

地址：列特尼科夫斯卡娅街2栋1号楼  
营业时间：周一至周五 12:00 至 00:00  
电话: +7 (495) 287 - 4600

波士顿海鲜酒吧

莫斯科州 波克罗夫斯科耶村 中心街 新里加奥特莱斯33号 营业时间：周一-周四12:00-22:00  
周五-周日12:00-23:00  
电话：+7 (495) 280-55-10

阿拉拉特咖啡馆 (Caf é Ararat)

美式菜系 地址：涅格林纳雅街4号1楼  
电话：+7 495 783 1299  
地铁站：库兹涅斯克桥站、卢比扬卡站、剧院站、猎人商行站、革命广场站  
营业时间：每天下午01:00—下午11:00

克兰兹勒咖啡馆 (Caf é Kranzler)

日餐、亚洲菜系、欧洲菜系 地址：巴尔丘克街1号  
电话：+7 495 287 2008  
地铁站：新库兹涅斯克站  
营业时间：周一至周日10:00-23:00



ADVERTISING

Cafe Tchaikovsky occupies two floors of the Philharmonic building on Triumphalnaya Square, right next to the famous Tchaikovsky Concert Hall. The menu features 19th-century Russian cuisine reimagined by chef Alexey Chigak. Dishes include pike cutlets made with wild fish from Yakutia, handmade dumplings and vareniki, rich soups, beef Stroganoff, and stuffed cabbage rolls — all harmoniously balanced with hearty steaks and refined pasta dishes. A highlight of the restaurant is its in-house pastry shop, where popular Russian desserts are made from scratch: eclairs, “Napoleon” mille-feuille, handcrafted chocolates, and traditional fruit pies. Fresh bread and pastries are also baked daily in the restaurant’s own bakery. The interiors reflect timeless European elegance. Every detail was custom-designed — from marble staircases and terracotta columns to wooden and mirrored wall panels, cast-iron base tables, leather and velvet sofas, classic wall sconces, and fabric lampshades. Panoramic windows in the main hall overlook Mayakovsky Square. The second dining room is arranged around a rotunda with private alcoves behind columns that resemble theatre boxes — perfect for a romantic dinner or a business meeting. The venue also hosts receptions and banquets.

**Cafe "Tchaikovsky"**

Triumfalnaya square, 4/31  
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Daily from 10:00 to 00:00

柴可夫斯基咖啡厅位于 凯旋广场爱乐音乐厅的两层楼里，紧邻柴可夫斯基音乐厅。  
菜单上的菜肴都是 19 世纪的俄罗斯菜品，由主厨阿列克谢·奇加克（Алексея Чигака）按制作者的说明烹制而成。雅库特梭子鱼肉排、饺子、浓汤、炖牛肉和酿卷心菜与牛排和意大利面和谐共存。特别值得注意的是餐厅内的糖果店，这里制作的俄罗斯甜点很受欢迎：从埃克利饼和 "拿破仑"到手工糖果和甜馅饼。餐厅的面包和糕点也是由餐厅自己的面包房制作的。大厅的内部装饰采用欧式古典风格。所有家具和装饰元素都是定制的：大理石台阶、陶土圆柱、木板和镜面板、铸铁基座上的桌子、皮革和天鹅绒沙发、壁灯和织物灯罩。主厅的全景窗可以俯瞰马雅可夫斯基广场。第二个厅围绕圆形大厅建造，柱子后面有私人区域，让人想起剧院的包厢—是非常适合约会或商务会议的地点。餐厅还适合举办自助餐和宴会。



地址：莫斯科, 凯旋广场, 4/31  
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<p><b>CAFE KRANZLER.</b> Russian, Asian, European cuisine. Ul. Balchug 1. Tel.: +7 (495) 287 2008. Metro Novokuznetskaya. Mo-Sun 10:30—23:00</p>	
<p><b>CAFE PUSHKIN.</b> Russian cuisine. Tverskoy blv 26a, Metro Tverskaya. Mo-We: 9:00 - 24:00 Th: 9:00 - 00:00, Fr-Sa: 00:00 - 00:00 Su: 00:00 - 24:00 +7 (495) 739-00-33</p>	<p>普希金咖啡馆 (俄式) 地址: 特维尔林荫路 26a 号 营业时间: 周一至周三: 9:00 - 24:00 周四: : 9:00 - 00:00 周五至周六: 00:00 - 00:00 周日: 00:00 - 24:00 电话 +7 (495) 739-00-33</p>
<p><b>CAFE PUSHKIN AT THE FOUNTAIN.</b> Red Square, 3 10:00-22:00 Tel.: +7(495) 025-00-33</p>	<p>喷泉边的普希金咖啡馆 红场 3 号 10:00-22:00 电话: +7(495)025-00-33</p>
<p><b>CAFE "TCHAIKOVSKY".</b> Triumfalnaya square, 4/31 +7(495) 699-91-14 Daily from 10:00 to 00:00</p>	<p>柴可夫斯基咖啡厅 (Cafe "Tchaikovsky") 地址: 莫斯科, 凯旋广场, 4/31 电话: +7(495) 699-91-14 营业时间: 每日 10:00 至 00:00</p>
<p><b>CHAMPAGNE BAR.</b> European. 3 Tverskaya St. Tel.: +7 (495) 225 8888. Okhotny Ryad, Teatralnaya, Ploshchad Revolyutsii, Sun-Thu: 07:00—23:00, Fri-Sat: 16:00—01:00</p>	<p>香槟酒吧 (Champagne Bar) 欧洲菜系 地址: 特维斯卡亚街3号 电话: +7 (495) 225 8888 地铁站: 猎人商行站、剧院站、革命广场站 营业时间: 周日-周四 07:00--23:00 周五-周六 16:00--01:00</p>
<p><b>CONSERVATORY LOUNGE &amp; BAR.</b> International, Japanese, Armenian. 4 Neglinnaya str., 10 floor. Kuznetskiy Most, Lubyanka, Teatralnaya, Okhotniy Ryad, Ploshchad Revolyutsii. Daily: 12 p.m. — 12 a.m. Tel.: +7 (495) 783 1298.</p>	<p>温室酒吧 (Conservatory Lounge &amp; Bar) 各国、日餐及美食 地址: 涅格林纳雅街4号10楼 电话: +7 495 783 1298 地铁站: 库兹涅斯克桥站、卢比扬卡站、剧院站、猎人商行站、革命广场站 营业时间: 每天下午12:00—12:00上午</p>
<p><b>FILINI.</b> Italian and international cuisine. 3rd Yamskogo polya street, 26A. Tel.: +7 (495) 660 4900. Belorusskaya metro. Open daily from 6:30 am to 11 pm</p>	<p>菲力尼 (Filini) 意大利及各国的菜系 地址: 莫斯科 第三驿站街26A 电话: +7 495 660 49 00 地铁站: 白俄罗斯站 营业时间: 上午6:30-下午11:00</p>

<p><b>THE FLEUR CAFE RESTAURANT.</b> International. Sushchevsky Val str., 74, Metro Rizhskaya. Daily: 7.00—23.00. Tel.: +7 (495) 225 8282</p>	<p>菲力咖啡餐厅 (The Fleur Café Restaurant) 各国美食 地址: 苏切夫斯基土堤街74号 电话: +7495-225-82-82 地铁站: 里斯卡娅站 营业时间: 每天07:00-23:00</p>
<p><b>GRAND LOBBY BAR.</b> International. Tverskaya, 26/1. Metro Mayakovskaya, Pushkinskaya. Daily: 10.00—23.00. Tel.: +7 (495) 937 0000</p>	<p>大堂酒吧 (Grand Lobby Bar) 各国美食 地址: 特维斯卡亚街26/1 电话: +7495-937-00-00 地铁站: 马雅可夫斯卡娅站、普希金站 营业时间: 每天10:00-23:00</p>
<p><b>HERITAGE RESTAURANT.</b> Russian contemporary cuisine. Leningradsky Ave, 36, Bldg 33, Moscow, 1st floor. Tel.: +7 (495) 479 1230. Dinamo, Everyday 12:30 p.m. — 11 p.m.</p>	<p>文物餐厅 (Heritage Restaurant) 日餐及现代菜系 地址: 莫斯科列宁格拉斯基大街36号 33栋1楼 电话: +7 495 479 1230 地铁站: 季纳莫站 营业时间: 每天下午05:00—02:00凌晨</p>
<p><b>KITAYSKAYA GRAMOTA.</b> Cantonese cuisine. Ul. Sretenka, 1. Moscow Region, Barvikha, «Барвиха Luxury village», 12:00—23:00</p>	<p>中国文化 (中餐) 地址: 斯列坚卡街1号/ 奥金措夫斯卡区、巴尔维哈村 114号楼2栋 “巴尔维哈豪华村” 营业时间: 12:00-23:00</p>
<p><b>KROMBACHER.</b> German cuisine. 1st Tverskaya-Yamskaya str., 19. beerkitchen.moscow@</p>	<p>克龙巴赫 (Krombacher) 德餐 地址: 第1特维斯卡亚至亚姆斯卡亚街19号 网址: beerkitchen.moscow@</p>
<p><b>(KU:) RAMEN.</b> Japanese cuisine. Smolenskaya str., 8, B. Gruzinskaya Str., 69. kuramen.ru   @kuramen_moscow</p>	<p>拉面居 ((KU:) Ramen) 日餐 地址: 斯摩棱斯克街8号、B.格鲁津斯卡娅街69号 网址: kuramen.ru @kuramen_moscow</p>
<p><b>LEA.</b> Gastro bistro and bar. Zubovskaya pl. 3 str. 1, M. Park Kultury Mo-Su 00:00 - 00:00 T. +79269933227</p>	<p>美食小酒馆及利亚 (LEA) 酒吧 祖波夫斯卡娅广场 3号1栋 营业时间: 周一至周日 24小时 电话: +79269933227</p>
<p><b>LOBBY BAR.</b> International. 34, 1st Tverskaya-Yamskaya Street, Metro Mayakovskaya, Pushkinskaya, Belorusskaya. Daily: 11.00—23.00. Tel.: +7 (495) 258 3000</p>	<p>大堂酒吧 (Lobby Bar) 各国美食 地址: 第1特维斯卡亚至亚姆斯卡亚街34号 地铁站: 马雅可夫斯卡娅站、普希金站、白俄罗斯站 电话: +7495-258-30-00 营业时间: 每天11:00-23:00</p>
<p><b>LOBBY LOUNGE.</b> Lobby Bar, International cuisine. Ul. Balchug 1. Tel.: +7 (495) 287 2008. Metro Novokuznetskaya. Mo-Sun 08:30—20:30</p>	<p>大堂酒廊 (LOBBY LOUNGE) 大堂酒吧、世界各地的美食。地址: 巴尔丘格街1号 电话: +7 (495) 287 2008。 地铁站: 新库兹涅茨卡雅站 营业时间: 周一至周日08:30 - 20:30</p>
<p><b>MAFFEO.</b> Lobby bar, European, Russian and Pan-Asian cuisine, ul. Wilgelma Pika, 16, m. Botanichesky Sad, 08:00 to 23:00 (Su-Th), 08:00 to 01:00 (Fri-Sat) tel. +7 495 139 18 18</p>	<p>马菲奥(MAFFEO)大堂酒吧 俄式、欧式和泛亚风味餐 地址: 威廉峰街16号 地铁站: 植物园站 营业时间: 08:00 - 23:00 (周日 - 周四), 08:00 - 01:00 (周五 - 周日)</p>
<p><b>MAGNUM WINE BAR.</b> Ul. Lesnaya, 5Б. Sa-Th: 12:00—00:00. Fr: 12:00—01:00 Tel.: +7 (495) 775 8805</p>	<p>马格南 (Magnum) 葡萄酒酒吧 地址: 列斯纳亚街 5Б栋 营业时间: 周六至周四 12:00-00:00 星期五 12:00 -01:00 电话: +7 (495) 775-8805</p>



LOUNGE BAR ORLOV

The Orlov Lounge Bar is located in the lobby of the St. Regis Moscow Nikolskaya hotel and is not only a place for business meetings and recreation, but also a real oasis of comfort and luxury. Cozy armchairs, elegant sofas and a chic grand piano create an atmosphere in which you will feel really comfortable. Here you can spend time with a cup of coffee or afternoon tea in the tradition of St. Regis, enjoying a cozy atmosphere. And in the evening, guests can try original cocktails from our cocktail station, including the signature Bloody Mary cocktail. All this makes the Orlov Lounge an ideal place to meet with friends or colleagues, relax and unwind in an elegant atmosphere.



MANUL (SIBERIAN).

ul. Okhotny Ryad 2, (2d floor)  
Su-Th: 12:00- 00:00, Fr-Sa 12:00-02:00  
Tel.: +7(499) 283 7627

MATRYOSHKA RESTAURANT.

Kutuzovsky pr. 2/1 s 6,  
Kievskaya, Mo-Su 09:00 - 23:00, tel. 7 (495) 025 25 65

MEAT&MORE.

Russian, European. Bld.2, 40 Pokrovka Street.  
Tel.: +7 (495) 229 5778. Kurskaya, Krasnye Vorota,  
Chistye Prudy, Kitay-gorod, 24/7

MOZART.

European cuisine and mediterranean cuisine.  
Voznesenskiy per. 7. Tel.: +7 (495) 981 3300.  
Arbatskaya, 12 p.m. – 23 p.m.

ORIENTAL COCKTAIL BAR.

Pan-Asian cuisine.  
Leningradsky Ave, 36, Bldg 33, Moscow, 14th floor.  
Tel.: +7 (495) 479 1231. Dinamo.  
Everyday 5 p.m. – 2 a.m.

POLE.

Zubovskaya pl. 3 str. 1, M. Park Kultury  
Mo-Su 12:00 - 00:00  
T. +79269933226

P-SQUARE BAR.

European and Russian cuisine, Tverskaya street, 22.  
Tel.: +7 (495) 787 8887. Tverskaya, Pushkinskaya,  
Chekhovskaya, Mayakovskaya. Mon-Fri 08:00–23:00,  
Sat-Sun 10:00–23:00

马努尔 (西伯利亚风味)  
地址: 猎人商行街 2 号 (2 层) 营业时间:  
周日-周四: 12:00-00:00; 周五、周六: 12:00-02:00  
电话: +7(499) 283-7627

俄罗斯套娃  
地址: 库图佐夫斯基大街 2/1 6 栋  
营业时间: 周一至周日 09:00-23:00  
电话: 7 (495) 025 25 65

肉及肉制品 (Meat&more)  
俄罗斯的、欧洲的产品 地址: 40 波克罗夫卡街 2 号  
电话: +7 495 229 57 78 地铁站: 库尔斯克站、  
红门站、清塘站、中国城站 24/7

莫扎特 (Mozart)  
欧洲菜系和地中海菜系 地址: 沃兹涅辛斯基大街 7 号  
电话: +7 (495) 981-33-00  
地铁站: 阿尔巴特站 营业时间: 下午 12:00–23:00

东方鸡尾酒吧 (Oriental Cocktail Bar)  
泛亚洲菜系  
地址: 莫斯科列宁格拉斯基大街 36 号 33 栋 14 楼  
电话: +7 495 479 1231  
地铁站: 季纳莫站 营业时间: 每天下午 05:00–02:00 凌晨

田野餐厅  
祖波夫斯卡娅广场 3 号 1 栋  
营业时间: 周一至周日 12:00-00:00  
电话: +79269933226

-方形酒吧 (P-Square Bar) 欧洲和俄罗斯菜系  
地址: 特维斯卡亚街 22 号 电话: +7 495 787-88-87  
地铁站: 特维斯卡亚站、普希金站、契科夫站、马雅科夫斯卡娅站  
营业时间: 周一-周五 08:00-23:00 周六日 10:00-23:00



МОРЕКН

Moscow, Volokolamskoe highway, 71,  
building 2 (entrance 5)

Reserve: +7 (985) 090-50-81



ADVERTISING

FREE COCKTAIL

The first women-only bar in Europe  
where no men allowed

Bar & karaoke, tarot sessions,  
talks with a sexologist

1. Tear off this flyer and bring it to the bar

2. Hand it to your server to receive your gift

1/13 bld.1, Pokrovka St., Lower Level  
Inside the ADVENTURA project —  
entrance from Pokrovka Street

+7 (495) 255-05-05



This is not a public offer. To redeem the gift, the coupon must be given to a server. The certificate may be used only by individuals 18 years or older. It cannot be combined with other promotions. Valid while supplies last. Promotion run by LLC "Mesto Naprotiv", 1/13 bld.1, Pokrovka St., Moscow, 101000. INN 9731079685.

1000₽ BONUS AWAITS

A Restaurant & Bar of Adventures on Pokrovka

- Fire-Kissed Cuisine
- Parties Until Dawn
- World-Inspired Cocktails

1. Tear off this flyer and bring it to the bar
2. Hand it to your server to receive your gift

1/13 Bld.1, Pokrovka St.

+7 (495) 255-05-05

ADVENTURA

The Adventure Never Ends



This is not a public offer. To redeem your voucher, please hand it to your server. Valid for food menu items. Can be used on alcoholic drinks if the recipient is 18+. Cannot be combined with other offers. Valid while menu items are available. Offer by OOO "Mesto Naprotiv", 1/13 Bld.1, Pokrovka St., Moscow, 101000. INN 9731079685.

ADVERTISING



# RESTAURANTS • 餐厅导游表

### THE PIANO BAR.

International. 1st Tverskaya-Yamskaya, 19/ Metro Belorusskaya. Daily 9:00–24:00. Tel.: +7 (495) 931 9700

### RED&WHITE.

International. Lesnaya str., 15. Metro Belorusskaya. Daily: 7:00–23:00. Tel.: +7 (495) 783 6500

### RFR GRILL.

European and Russian eco, dishes on lava grill). Krasnopresnenskaya., 12, entr. 1. Tel.: +7 (495) 258 1672. Daily: 6:30–23:00, rfrgrill.ru

### SAGE.

Ul. 1-st Tverskaya-Yamskaya, 21, m. Belorusskaya, Tel.: +7 495 025-2225, Mo-Su: 09:00 – 00:00

### SARTORIA LAMBERTI.

Italian, 3, Tverskaya St. Tel.: + 7 (495) 795 0025. Okhotny Ryad, Teatralnaya, Ploshchad Revolutsii, Mon-Sun 12:00-00:00

### SAVOY.

ul. Rozhdestvenka 3/6 str.1 Mo-Su 08:00-00:00, Breakfast: Mo-Fr 08:00-13:00, Sa-Su 08:00-16:00, tel. +7 985 310-72-03

### SAVVA.

Modern Russian Cuisine. 2, Teatralniy Proezd. Tel.: +7 (499) 501 7800. Teatralnaya, Ploshchad Revolyutsii, Okhotniy Ryad, 24h / 7 days

### SHAGAL, AUTHOR'S.

European, Avant-garde, 70, Zemlyanoy Val. Tel.: +7 (495) 777 1351. Taganskaya, Every day from 6:30 till 23:00

### #SIBIRSIBIR RESTAURANT.

Traditional and modern Siberian cuisine. Ul.Smolenskaya 8, Mon-Thur 08:00–00:00, Fri 08:00–01:00, Sat 12:00–01:00, Sun 12:00–00:00, m. Smolenskaya. Tel.: +7(499) 652 5161

### SIXTY.

Moscow-City, Presnenskaya emb., 12 «Federation Tower», 62d fl. Su-Th 12:00–00:00 Fr-Sa 12:00 –02:00 Tel. +7 (495) 653-8368 Whats up: Tel.: +7 (915) 240 6060

钢琴酒吧 (The Piano bar) 各国美食  
地址: 第1特维斯卡亚至亚姆斯卡亚街19号  
电话: +7495-931-97-00 地铁站: 白俄罗斯站  
营业时间: 每天09:00-24:00

红白餐厅 (Red&White) 各国美食  
地址: 列斯纳亚街15号  
电话: +7495-783-65-00 地铁站: 白俄罗斯站  
营业时间: 每天07:00-23:00

RFR 烧烤  
(欧式及俄式生态厨房、在熔岩式的烤箱中做菜)  
地址: 克拉斯诺普列斯年斯卡亚沿岸街12号1号门  
电话: +7 (495) 258-16-72  
营业时间: 每天6:30-23:00 网址:rfrgrill.ru

圣人 餐厅  
地址: 第一特维尔-亚姆斯卡娅街 21号  
地铁站: 白俄罗斯地铁站  
电话: +7 495 025-2225 营业时间: 09:00 – 00:00

萨多利亚\*兰伯蒂 (Sartoria Lamberti)  
意大利餐  
地址: 特维斯卡亚街3号  
电话: + 7 (495) 795-00-25  
地铁站: 猎人商行站、剧院站、革命广场站  
营业时间: 周一至周日 12:00-00:00

萨沃伊  
地址: 莫斯科 罗日杰斯特文卡街 (圣诞树街) 3/6栋 1  
营业时间: 周一至周日 8:00---00:00时  
早餐: 周一至周五8:00---13:00时  
周六、周日: 8:00---16:00时 电话: +7 985 310-72-03

萨瓦 (Savva) 现代俄餐  
地址: 捷阿特拉里纳巷2号  
电话: +7 (499) 501-78-00  
地铁站: 剧院站、革命广场站、猎人商行站  
营业时间: 24小时/7天

夏卡尔 (Shagal)  
特制的、欧洲的、前卫的美食  
地址: 土围子70号 地铁站: 塔甘卡站  
电话: +7 495 777 13 51  
营业时间: 每天6:30-23:00

#西伯利亚西伯利亚  
传统和现代西伯利亚餐 地址: 斯摩棱斯克亚路, 8  
营业时间: 周一-周四 08:00至00: 00,  
周五 08: 00至01: 00,  
周六12: 00至01: 00, 周日12: 00-00: 00  
斯摩棱斯克亚地铁站 电话 +7 (499) 652 51 61

十 (SIXTY) 餐厅, 莫斯科市, 普列斯年斯卡亚沿河街  
12 俄罗斯联邦大厦, 62 层  
营业时间: 电话周五 12:00-00:00  
周五至周六 12:00 -02:00  
电话: +7 (495) 653-83-68 电话: +7 (915) 240 60 60



Wine&Crab is one of the most popular restaurants with seafood delicacies with a visit recommendation from the authoritative Michelin gastronomic guide. Starring a variety of crabs and a wine collection. From the very beginning and to this day crabs are the visiting card of the project – the menu includes Kamchatka crab, spiny crab and opilio crab. The a la carte menu includes an assortment of crab sweets and eclair with crab and champagne cream, scallop with yuzu snow and rapan beef stroganoff. Wine is a

worthy pairing for the dishes – there are more than 1000 wines in the menu, 300 of which are champagne. You can study the labels under the vaults of the wine cellar in the company of a sommelier and you can rack your brain over the choice – it is not for nothing that the restaurant received a two-glass award from Wine Spectator for its wines. During the warm season, there is a terrace on the street, surrounded by blooming hydrangeas – the rhythm and energy of the city is especially felt here.



ADVERTISING

Wine & Crab  
Seafood restaurant  
+7 (495) 621-53-29  
12:00-00:00 Nikolskaya, 19-21/1 Lubyanka



**SHINOK.**

Ul.1905 goda, d.2A,  
Mo-Su:00:00-24:00. +7(495) 651-81-01  
What's App +7 (985) 182-97-09

**SOLUXE HUAMING RESTAURANT.**

Chinese, ul. Wilgelma Pika, 16, m. Botanichesky Sad,  
11:00 to 23:00, +7 495 139 18 18

**STEAK HOUSE.**

European and American cuisine.  
Ul. Novy Arbat 32. Smolenskaya, Arbatskaya,  
Barrikadnaya,  
12 p.m. – 23 p.m. Tel.: +7 (495) 734 7000

**TATLIN.**

22, Tverskaya Street, Moscow  
Tel.: +7 (495) 787 88 87

**TORRO GRILL.**

Steaks & Burgers  
Ul. Lesnaya, 5B Mo-Su 12:00–00:00  
Tel.: +7 (495) 798 6670

**TORRO GRILL.**

Steaks & Burgers  
Ul. Letnikovskaya, 2, str. 1  
Mo-Su 12:00–00:00 Tel.: +7 (495) 775 0420

**TORRO GRILL.**

Steaks & Burgers  
Ul. Zemlyanoy val, 33. Mo-We 12:00–23:00 Th-Su  
12:00–00:00 Tel.: +7 (495) 665 1407

**TRATTORIA MOZZA.**

Ul. Lesnaya, 7 Mo–Su 12:00–00:00  
Tel.: +7 (495) 790 0438

**TURANDOT.**

Pan-asian cuisine.  
Tverskoy blv 26,Metro Tverskaya.  
2.00–0.00. Tel.: +7 (495) 414 3139

**TWINGARDEN.**

Strastnoy blvrd., 8A Mo-Su 12:00 - 00:00, tel. +7 (499)  
112-33-00. Whatsup +7 (968) 945-40-62

**UNICA RESTAURANT.**

Blagoveshchensky per.10 str. 2,  
Mo-Su 12:00 - 00:00

**WINE & CRAB.**

Seafood restaurant. Ul. Nikolskaya, 19-21/1,metro  
Lubyanka. 12:00–00:00. Tel.: +7 (495) 621 5329.

希诺克 (小酒馆)

地址: 1905年大街2A栋  
营业时间: 周一至周日: 12:00-24:00  
电话: +7(495) 651-81-01  
What's App +7 (985) 182-97-09

华明豪华餐厅 (SOLUXE HUAMING) 中餐厅

地址莫斯科 威廉峰街 16 号  
营业时间: 11: 00-23:00 (周一至周日)

牛排馆 (Steak House)

欧洲和美式菜系 地址: 新阿尔巴特大街32号  
电话: +7 (495) 734-70-00  
地铁站: 斯摩棱斯克站、阿尔巴特斯卡亚站、  
巴里卡德纳亚站 营业时间: 下午12:00-23:00

塔特林

地址: 特维尔大街22号 地铁站: 普希金地址站、特维尔  
尔大街地铁站 电话: +7 (495) 787-88-87

托罗 (Torro) 烧烤牛排和汉堡

地址: 列斯纳亚街 5B 栋  
营业时间: 周一至周五 12:00 至 00:00  
电话: +7 (495) 798-66-70

托罗 (Torro) 烧烤牛排和汉堡

地址: 列特尼科夫斯卡娅街2栋1号楼  
营业时间: 周一至周五 12:00 至 00:00  
电话: +7 (495) 775-04-20

托罗 (Torro) 烧烤牛排和汉堡

地址: 泽姆利亚诺伊瓦尔街33栋  
营业时间: 周一至周三 12:00-23:00  
周四至周五 12:00 -00:00 电话: +7 (495) 665-1407

南非莫扎 (Trattoria Mozza) 餐厅

地址: 列斯纳亚街 7 栋  
营业时间: 周一至周五 12:00 至 00:00  
电话: +7 (495) 790-0438

图兰朵 (Turandot) 泛亚洲菜系

地址: 特维尔街心花园26号  
电话: +7 (495) 414-31-39  
地铁站: 特维尔站

双子花园

地址: 斯特拉斯特诺伊林荫大道8A  
营业时间: 周一至周日12:00-00:00  
电话: +7 (499) 112-33-00  
手机: +7 (968) 945-40-62

尤尼卡餐厅

地址: 莫斯科, 布拉戈维申斯克胡同10号 2号楼  
营业时间: 每天 12:00 至 00:00

葡萄酒&螃蟹 (Wine & Crab) 海产品

电话: +7 (495) 621-53-29, 营业时间: 12:00-00:00,  
地址: 尼科利斯卡雅街 19-21/1, 地铁站: 卢比杨卡地铁



Atlantica is a restaurant on Kutuzovsky prospekt: premium seafood and fish at cost every day! One of the best fish restaurants of the city gives you an opportunity to get acquainted with a whole collection of inhabitants of the oceans, seas and rivers – from Karelian trout and Kamchatka crab to Sakhalin scallop and Murmansk salmon. The main hits are: famous crab dog with 100 grams of Kamchatka crab (1290₽) and luxurious sea plateaus: for two or for a group of people.

Every day of the week the restaurant offers one type of seafood or fish at cost. Monday is a salmon day, Tuesday – an octopus day, Wednesday – a day of Sakhalin scallop, Thursday – a sea urchin day, Friday is an oyster day, Saturday is a crab day and Sunday is a shrimp day. So, Tuesday is dedicated to octopus – for an impressive portion you need to pay only 1740₽, and on Saturday



ATLANTICA  
RESTAURANT



you can become a proud owner of a large Kamchatka crab claw by spending 1790₽. In the morning luxurious breakfasts are served here. In addition to sea sets with the freshest seafood (890–1090₽), you can order French omelette with Kamchatka crab (790₽) or Eclair with red caviar and butter cream (690₽). On weekends, the whole Moscow tries to get there, so it's better to book a table in advance.

Moscow, Kutuzovsky prospekt., 36A  
+ 7 (495) 780-0067  
<https://atlantica.rest>  
9:00–24:00



## Kostroma

This city, located on the Volga River, 344 km from Moscow, was founded in the 12th century. Its historical center boasts a well-preserved architectural ensemble in the neoclassical style of the late 18th-19th centuries.

The city's Historical, Architectural, Ethnographic and Landscape Museum and Reserve "Kostromskaya Sloboda" is one of the oldest Russian open-air museums.

The larger part of the museum-reserve is located behind the southern wall of the Ipatiev Monastery, at the confluence of the Volga and Kostroma Rivers. The other exposition area is on the side of the monastery's northern wall.

The exposition justly prides itself on the Cathedral Church of the Blessed Virgin Mary, built in 1552, the oldest monument of the church wooden architecture in all of Central Russia. Legend has it that the church was built by two brothers, carpenters Karp and Papila, who were allegedly eventually buried under the church.

## 科斯特罗马

这座城市位于伏尔加河畔，距离莫斯科344公里，始建于12世纪，历史中心为采用18世纪至19世纪新古典主义风格并且保存完好的建筑群。该市的历史建筑博物馆保护区是俄罗斯最古老的露天博物馆之一。博物馆保护区的大部分场馆位于伊帕切夫修道院的南墙后面，位于伏尔加河和科斯特罗马河的交汇处，另一个展览区位于修道院北墙的一侧。展区以1552年建造的圣母玛利亚大教堂为中心，它是俄罗斯中部最古老的木制建筑教堂。传说它是由两个木匠兄弟卡普和帕皮拉建造的，他们死后被埋葬在教堂下面。







## The New Jerusalem Monastery

The New Jerusalem Monastery of the Resurrection is an outstanding monument of 17th-century Russian architecture founded by Patriarch Nikon in 1656. The unique monastery erected on the Istra River in the vicinity of Moscow was meant to represent the Holy Land, hence its holiest site, the Cathedral of the Resurrection, was modeled after the Church of the Holy Sepulcher in Jerusalem. The ensemble boasts a rich history and magnificent architecture including the underground Church of Saints Constantine and Helen, the Church of the Nativity, fortress walls, and a picturesque park. Today it serves as an active cloister, a museum, and a popular pilgrimage site.

新耶路撒冷复活修道院是17世纪俄罗斯建筑的杰出纪念碑，由尼康牧首于1656年建立。这座独特的修道院坐落在莫斯科地区的伊斯特拉河畔，以圣地为原型：其主要圣殿——复活大教堂的原型就是耶路撒冷的圣墓教堂。这座历史悠久、建筑宏伟的建筑群还包括君士坦丁和叶琳娜地下教堂、耶稣诞生教堂、要塞城墙和风景如画的公园。如今，它已成为一座活跃的修道院、博物馆和广受欢迎的朝圣中心。



## Trinity Lavra of St. Sergius

Sergiev Posad, the only Golden Ring city located in Moscow Region, is home to the Sergiev-Posad State History and Art Museum Preserve.

The museum comprises: *the Sacristy, the Treasury Building, and Hospital Chambers with the Church of Blessed Zosimas and Sabbatius of Solovki. The Treasury Building* invites visitors to a system of expositions, among them *The History of the Trinity Lavra of St. Sergius, Necropolis of the Trinity Lavra of St. Sergius, The Architectural Ensemble of the Trinity Lavra of St. Sergius and Methods for its Restoration, The Old Russian Painting of the 14th-17th Centuries, The Old Russian Applied Arts of the 14th-17th Centuries, The Russian Art of the 18th-early 20th centuries, The Russian Folk Art of the 18th-early 20th Centuries, and Contemporary Decorative and Applied Arts.*

In 1992, by the order of the Russian President, the Sergiev-Posad State History and Art Museum Preserve was listed among the national cultural heritage sites of special value, belonging to the Russian Federation.

Today the museum's collection consists of over 110,000 exhibits.

## 谢尔吉圣三位一体修道院

谢尔吉耶夫·波沙德是莫斯科地区唯一的金环城市，也是谢尔吉耶夫-波萨德州立历史博物馆和艺术博物馆保护区的所在地。

该博物馆包括：圣器收藏室、财政部大楼以及带有佐西玛和萨瓦季四坡顶教堂的医馆。财政部大楼配有允许参观者参观博览会的系统，其中包括谢尔吉圣三位一体修道院的历史、墓地、建筑合奏及其修复方法，14至17世纪的古俄罗斯绘画和古俄罗斯应用艺术，18世纪至20世纪初的俄罗斯艺术和俄罗斯民间艺术，以及现代装饰与实用艺术。1992年，按照俄罗斯总统的命令，谢尔吉耶夫-波萨德国家历史艺术博物馆保护区被列为具有特殊价值的国家文化遗产，属于俄罗斯联邦。现在，博物馆收藏了超过十一万件展品。







## Suzdal-Vladimir

The Vladimir-Suzdal Historical, Architectural and Art Museum and Reserve, set up in 1958, unites today monuments of Russian residential, defense, and church architecture. The museum comprises architectural masterpieces located in three cities, Vladimir, Suzdal, and Gus-Khrustalny, and also in two settlements, Bogolyubovo and Kideksha. Of highest value are its monuments of 12th-13th-century white stone architecture.

Archeological data suggest that the Suzdal Kremlin dates back to the 10th century. Located on its grounds, the Cathedral of the Nativity of the Theotokos is one of the most amazing monuments of Old Russian architecture. The Cathedral of the Nativity and three monuments in Vladimir - the Assumption Cathedral, the Cathedral of Saint Demetrius, and the Golden Gate - are in the group of the eight White Monuments of Vladimir and Suzdal, which is recognized by UNESCO as a World Heritage Site.

## 弗拉基米尔和苏兹达尔历史遗迹

弗拉基米尔和苏兹达尔历史艺术博物馆保护区建于1958年。它融合了俄罗斯的住宅、国防和教堂的建筑特点。该博物馆包括位于弗拉基米尔、苏兹达尔和古斯赫鲁塔尼三个城市以及两个遗产点，博戈柳博沃和基蒂可沙的建筑杰作，其中最珍贵的是12至13世纪的白石建筑。

考古数据表明，苏兹达尔克里姆林宫的历史可以追溯到10世纪。圣母大教堂被认为是古俄罗斯建筑文化真正的建筑精品，圣母大教堂和弗拉基米尔的三座古迹 - 圣母升天大教堂，圣德姆特里亚斯大教堂和金门都是弗拉基米尔和苏兹达尔的八座白色古迹之一，它们都被联合国教科文组织列为世界遗产。





## The Kazan Kremlin

Kazan is a city of a 1000-year history. Its main symbol and heart is the Kazan Kremlin, known throughout the world for its unique architectural sites, cultural monuments of the UNESCO World Heritage.

The Kazan Kremlin is the oldest part of Kazan, representing a complex of architectural, historical, and archaeological monuments. It is one of the most popular tourist attractions in Russia, visited by over 3 million people annually. In addition to the unique architectural sites, the Museum-Reserve complex is complemented by 9 museums and exhibition halls. In September 2023, the Museum dedicated to the fortification of the fortress and the Spasskaya Tower at different historical stages opened in the Kazan Kremlin. Furthermore, for over 18 years, the Kazan Kremlin has been home to the first representative office of the State Hermitage in Russia. It regularly hosts significant exhibition projects, making great works of world culture and art accessible. Restoration work in the Pristutstvenniye mesta building was also completed in 2021. It is now a multifunctional public space for tourists and residents, featuring exhibition halls, lecture halls, restaurants, and shops. The courtyard of the Pristutstvenniye mesta also serves as a venue for rest, film screenings, concerts, masterclasses, and lectures.

喀山是一座拥有上千年历史的城市。它的主要标志和核心是喀山克里姆林宫，因其独特的建筑风格而闻名世界，被联合国教科文组织列为世界文化遗产。喀山克里姆林宫是喀山最古老的一部分，是建筑、历史和考古遗迹的建筑物。它是俄罗斯最受欢迎的旅游景点之一，每年有300多万人前来参观。除了独特的建筑物之外，博物馆文物保护单位还设有9个博物馆和展览厅。2023年9月，在救世主塔楼内开设了一座博物馆，专门介绍不同历史阶段的要塞防御工事和塔楼本身。此外，国家冬宫博物馆在俄罗斯的第一个代表处已在喀山克里姆林宫设立超过18年，在这里定期举办独特的展览项目，并提供世界文化和艺术的杰出作品。同时2021年，建筑内大堂的修复工作也已完成。现在，它是一个面向游客和市民的多功能公共空间。这里有展厅、讲座、餐厅和商店。而大堂的内院则是另一处休闲、影院、音乐会、工匠课堂和讲座的场所。



## Rostov the Great

Rostov the Great, one of the oldest Russian cities, dating from 862, boasts 326 historical monuments. The Rostov Kremlin Museum and Preserve is on the list of the Russian cultural heritage sites of higher value.

The museum was opened in 1883 in the White and Otdatochnaya Chambers of the Rostov Kremlin. In 1921, it was extended by two affiliates, one in the Spaso-Yakovlevsky Monastery (Monastery of St. Jacob Savior) on the city's outskirts, the other in the Borisoglebsky Monastery, 20 km northeast of Rostov. By that time the museum had amassed an imposing collection of valuables, and set up an archive. One year later the exposition was enriched with a collection of Russian avant-garde paintings.

The third floor of the Samuilov Building now houses a picture gallery of 18th-20th-century Russian fine art, including masterpieces by Shishkin, Aivazovsky, Makovsky, Malevich, and Burlyuk. The second floor features an exposition of Old Russian art consisting of icons created from the 13th to the early 20th century.

The building known as the Judicial Prikaz boasts a unique collection of enamels on metal, known as finift.

## 大罗斯托夫

大罗斯托夫是俄罗斯最古老的城市之一，其历史可追溯至公元862年，拥有326座历史古迹。罗斯托夫克里姆林宫博物馆自然保护区被列入俄罗斯文化遗产名录中。

该博物馆于1883年在罗斯托夫克里姆林宫的白厅和奥塔托什纳亚展厅对外开放。1921年，它发展成立了两个附属机构，一个是城郊的雅科夫列夫斯基修道院（圣雅各布救世主修道院），另一个是距离罗斯托夫东北方20公里的鲍里索格列布斯基修道院。当时，博物馆已经收藏了大量的珍贵物品，并建立了档案馆。一年后，博览会上展出了一系列俄罗斯先锋派画家的画作。

萨穆伊洛夫大厦的三楼有一个俄罗斯美术画廊，主要展出18世纪至20世纪的作品，包括希什金、艾伊瓦佐夫斯基、马可夫斯基、马列维奇和勃留克的杰作。

二楼展示的是古老的俄罗斯艺术，其中包括从13世纪到20世纪初的圣像画。这座名为传票的建筑因为拥有独特的金属特色，被称为铜饰珐琅。







## Yaroslavl

This historic Russian city on the Volga River, founded in 1010, offers an opportunity to explore 140 unique monuments of Russian architecture, and get an idea of the grandiose results of the town-planning reform carried out by Catherine the Great between 1763 and 1830.

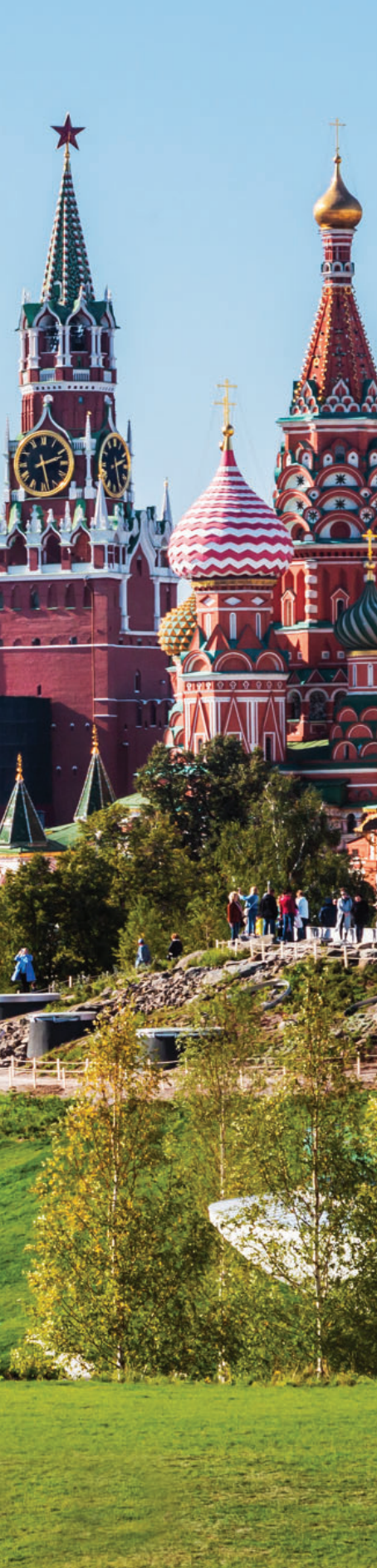
The Yaroslavl State Historical, Architectural, and Art Museum and Reserve is one of Russia's major cultural institutions. The museum-preserve houses the oldest of the city's surviving structures - the Spaso-Preobrazhensky (Transfiguration of the Savior) Cathedral, built in the early 16th century. The museum-reserve is also home to six 17th-century churches.

## 雅罗斯拉夫尔

这座历史悠久的俄罗斯城市建于1010年，位于伏尔加河畔，有140个独特的俄罗斯建筑古迹。据考证，这里是凯瑟琳大帝在1763年至1830年期间进行的城镇规划改革的宏伟结果。

雅罗斯拉夫尔国家历史艺术博物馆保护区是俄罗斯的主要文化机构之一。博物馆保护区拥有该城市最古老的建筑——基督变容大教堂，其建于16世纪初，六座17世纪的教堂也位于博物馆保护区内。













## TRANSPORT IN MOSCOW

## Tickets

To use the Moscow city transport network (metro, monorail, MTsK or Moscow Central Circle, and MTsD or Moscow Central Diameters), as well as aboveground public transport (buses, electro-buses, trams) you can buy a one-trip ticket or a refillable Troika card (when buying a Troika card, make a deposit of 80 rubles). You can purchase a transport card at special automated machines for selling cards and topping up balances, and also at all metro, monorail, MTsK, or MTsD ticket offices.

The cost of one ride in the Central Zone is 50 rubles, but 56 rubles if you pay by your Troika card. Once a year the fare is adjusted by the carrier. When paying by Troika card, you can use the 90 Minute Tarif, which allows you to make one trip by metro, monorail, MTsK or MTsD, and also an unlimited number of rides on all types of aboveground public transport.

## Metro

The Moscow metro network, like all other types of public transport in Moscow, operates from 5:30 a.m. to 1:00 a.m. The first and the last trains arrive at different stations at different times (approximately 3-20 minutes after the metro starts operating). At 1:00 a.m. all metro stations and transfer corridors to other lines close their entrances. The shortest waiting time for the next train during the morning and evening peak hours is 90 seconds, at other times the average waiting time is 2.5-3 minutes.

Each metro line is identified by a specific colour and number. Every station is announced by a voice in Russian. It might be interesting to note that the male voice announces the next station when the train moves towards the city centre or clockwise on the ring line, while the female voice makes announcements when moving from the city centre or counterclockwise on the ring line.

## Overground Public Transport (buses, electro-buses, trams)

There are some 11,000 overground public transport stops (for both boarding and disembarking) in Moscow. Many of these are equipped with USB ports to charge mobile devices, and also with electronic displays, which provide real-time information on the arrival of vehicles moving on a specific route. These stops also provide information on the numbers of the routes on which are the buses, electro-buses or trams that stop there. 16 late-night overground transport routes are operated in Moscow with an interval of 15 to 30 minutes.

The numbers of late-night routes are designated with the Russian letter "H" which stands for 'nochnoy' (night). There are also two round-the-clock routes: one designated with the Russian letter 'B' (with vehicles arriving every 15 minutes), and the other with 'm40' (with vehicles arriving every 30 minutes). For detailed information on the routes of the Moscow public transport, visit mosgorzrans.ru To make your trips on Moscow public transport more comfortable, install the application 'Московский транспорт' on your smartphone (available for both iOS and Android). The application will offer you the cheapest and quickest route, calculate the approximate time, transfers on the route, and the cost of your trip. Using the application, you can keep track of vehicles moving on all routes.

## 莫斯科的交通

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使用“特洛伊卡”交通卡时，“中心区”的单程票价为 50 卢布，使用“特洛伊卡”交通卡时为 56 卢布。运营商每年会对价格进行一次调整。使用“特洛伊卡”交通卡付费时，可享受“90 分钟”的优惠。它允许您乘坐一次地铁、单轨列车、МЦК 或 МЦД，以及不限次数地乘坐地面交通工具。

## 地铁

莫斯科地铁与莫斯科所有公共交通一样，运营时间为早上 5:30 至凌晨 1:00。开往不同车站的首班车和末班车到达时间不同（大约在地铁开始运营后 3-20 分钟）。凌晨 1:00 时，所有车站都停止进站，所有通往其他线路的中转站也关闭。早晚高峰时段列车间隔最短为 90 秒，平均为 2.5-3 分钟。地铁线路有特定的颜色和编号。每个车站都有俄语播报。有趣的是，当地铁向市中心或环线顺时针方向行驶时，由男声播报下一站；当地铁远离市中心或环线逆时针方向行驶时，由女声播报下一站。

## 公共交通（公共汽车、无轨电车、有轨电车）

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此外，还有 24 小时线路“Б”（间隔时间是每 15 分钟一班）和 24 小时线路“m40”（间隔时间是每 30 分钟一班）。

有关莫斯科城市交通路线的详细信息，请访问网站 mosgorzrans.ru

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