

## 蘭辛的自然之美和文化景點

### 梁曉偉

如果你要到美國的中西部探訪，就一定不應該錯過密西根州，而首府蘭辛絕對是我在密西根州首選之一的絕佳度假之地。從歷史文化到優美的綠色空間，以至充滿魅力的城市街區，還有知名的密西根州立大學，讓我深深地感受到這座城市同時具有的大都市和小鎮的魅力。

### 密西根歷史博物館

在我展開旅程的第一天，來到了密西根歷史博物館。密西根歷史博物館擁有與密西根州歷史相關的豐富收藏，走進博物館裏，你會看到密西根上半島銅礦，一個房間的校舍，20 世紀 20 年代的街景，1957 年的底特律車展等等。當我參觀完，對密西根的文化和歷史有了更多的了解。

### 蘭辛河步道和蘭辛市場

離開了密西根歷史博物館，我來到了蘭辛市中心，市中心最吸引人的一個特色地方是叫蘭辛河步道的一條沿著河搭建起來的 21 公里長的木製浮橋。它創造了一條貫穿市中心的紐帶，連接著城市空間和綠地。河上有人在划艇和步道上有人在跑步，旁邊的長凳子上有人在一邊看書一邊喝著咖啡。這裡絕對是休閒最棒的地方。

我沿著步道走，之後來到了蘭辛市場。雖然現在的市場是建於 2010 年，可是它從 1909 年就開始營業至今了。市場內有當地新鮮的有機農產品售賣，有各式的特色小餐廳。午餐的時候聚集了不少附近上班一族在這裡吃飯和休息。我選擇了一家可以看著熙熙攘攘市場景色的餐廳座位坐下，點了一份新鮮的三明治和果汁，望著熙攘的市場，盡情享受休閒時光。

### 密西根州立大學

我沿著蘭辛河步道繼續往前走，我也特意拜訪了位于東蘭辛的密西根州立大學。它是全美知名的大學，每年都吸引大量來自世界各地的學生，特別有很多的中國留學生在這裡就讀。密西根州立大學不但是以教育和農業和通訊理論聞名、同時也是包裝與音樂治療研究的先鋒。

在東蘭辛，我還前往了位于密西根州立大學校園內的由世界著名建築大師扎哈哈

迪設計的伊利和埃德斯廣博藝術館。博物館的建築外部由褶皺的不銹鋼和玻璃組成，使它在周圍的傳統磚建築中顯得突出。館內展示有來自世界各國文化的當代藝術作品，像是從古希臘、羅馬至現在。伊利和埃德斯廣博藝術館還緊密地結合學術教育研究，它也成為了蘭辛藝術、文化、教育、建築的新地標。

## **蘭辛老城**

提到藝術，在蘭辛我還有一個向大家推薦的地方，那就是蘭辛老城。有多老呢？它在 1843 年的時候出現了第一個定居者，現在是充滿藝術氣氛的商業區。在美麗的維多利亞建築中，你可以找到畫廊、精品店、特色商鋪和精致的餐廳。你可以在這裡享受美食，盡情購物，也可以選購心愛的藝術作品。

如果你要來密西根旅遊，記得不要錯過它的首府蘭辛，它的美麗和溫暖會成為你難忘的旅遊回憶。

## **旅遊向導**

*發現歷史*

**密西根歷史博物館**

[michigan.gov/mhc](http://michigan.gov/mhc)

*戶外休閒*

**蘭辛河步道**

[ansingrivertrail.org](http://ansingrivertrail.org)

**蘭辛市場**

[lansingcitymarket.com](http://lansingcitymarket.com)

**東蘭辛**

[cityofeastlansing.com](http://cityofeastlansing.com)

**蘭辛老城**

[iloveoldtown.org](http://iloveoldtown.org)

*文化藝術與教育*

**密西根州立大學**

[msu.edu](http://msu.edu)

**伊利和埃德斯廣博藝術博物館**

[broadmuseum.msu.edu](http://broadmuseum.msu.edu)

**更多資訊**

**蘭辛旅遊**

請訪問 [lansing.org](http://lansing.org)

## **Lansing's Natural Beauty & Cultural Attractions**

**By Vic Liang**

If you're visiting the Midwestern United States, you should not miss Michigan. Lansing, the capital of Michigan, is definitely one of my first choices for a great vacation. From history and culture to beautiful green spaces and charming town districts to the famous Michigan State University, I deeply felt the city's metropolitan and small town charm.

### **Michigan Historical Museum**

On the first day of my journey, I visited the Michigan Historical Museum, which has a rich collection of Michigan-related exhibits. There are walk-through replicas of an Upper Peninsula copper mine, one-room schoolhouse, 1920s street scene, 1957 Detroit Auto Show and more. Walking around the museum, I was able to get a good understanding of Michigan's history and culture.

### **Lansing River Trail Recreation**

After leaving the Michigan Historical Museum, I headed to downtown Lansing. One of downtown's most inviting features is the 21 km long wooden boardwalk along the river known as the Lansing River Trail. It creates a bond through downtown, connecting the urban spaces and green spaces. You'll see some people rowing on the river, some people jogging on the trail, some people on benches by the river sipping coffee while reading a book. This is definitely a great place to spend some time.

I walk along the trail and eventually came upon the Lansing City Market. Although the current market was built in 2010, the market has been operating since 1909. Inside the market selling fresh local organic produce, there are all kinds of unique, small restaurants. Lunchtime gathered a lot of office workers here to eat and rest. I chose a seat with a view of the market, ordered a fresh sandwich and juice, and enjoyed my leisure time.

### **Michigan State University**

Further down the Lansing River Trail, I made time to visit Michigan State University in East Lansing. It is one of the nation's leading universities, and every year attracts a large number of students from all over the world, and especially there are a lot of Chinese students studying here. Michigan State University is known not only for its agriculture and communication theory, but is also a pioneer in manufacturing and music therapy research.

In East Lansing, I also went to a world-renowned design of architect Zaha Hadid, the Eli and Edythe Board Art Museum, also located on the campus of Michigan State University. The building's exterior is composed of stainless steel folds and glass, so that it stands out among traditional brick buildings surrounding it. It exhibits contemporary works of art from cultures all over the world, such as ancient Greece and Rome until now. Tightly integrating academic education and research, it has become a landmark of art, culture, education and architecture in Lansing.

### **Old Town Lansing**

Speaking of art in Lansing, I have a place to recommend a visit to Old Town Lansing. How old? The first settlers arrived here in 1843, but now it is a business district full of artistic atmosphere. In beautiful Victorian buildings, you can find galleries, boutiques, specialty shops and fine restaurants. Here, you can enjoy food, shopping and picking out favorite works of art.

If you want to come to Michigan, remember not to miss the capital city of Lansing. Its beauty and warmth will bring you unforgettable travel memories.

### **When you go**

*Exploring history*

#### **Michigan Historical Museum**

[michigan.gov/mhc](http://michigan.gov/mhc)

*Outdoor recreation*

#### **Lansing River Trail**

[lansingrivertrail.org](http://lansingrivertrail.org)

#### **Lansing City Market**

[lansingcitymarket.com](http://lansingcitymarket.com)

#### **East Lansing**

[cityofeastlansing.com](http://cityofeastlansing.com)

**Old Town Lansing**

[iloveoldtown.org](http://iloveoldtown.org)

*Arts Culture and Education*

**Michigan State University**

[msu.edu](http://msu.edu)

**Eli and Edythe Broad Art Museum**

[broadmuseum.msu.edu](http://broadmuseum.msu.edu)

**For more information**

*Travel Lansing*

Please visit us at [lansing.org](http://lansing.org)