



HONGKONG AIRLINES

香港航空

Aspire

優遊

JANUARY 2018

SAN FRANCISCO

薪火相傳

造訪三藩市不拘一格的城區
了解當地嬉皮文化如何扎根成長

WHERE TO GO IN 2018

A MONTH-BY-
MONTH GUIDE

今年往哪去
2018年
月份旅遊大全

VINTAGE KIMONOS
INSPIRE THIS
FORWARD-THINKING
HONG KONG DESIGNER

深受古董和服啟發的
香港前瞻設計師程韻詩

Bridging generations

Meet the characters
keeping the hippie
spirit alive in the
city's most eclectic
neighbourhood

PAGES 68-103
INFLIGHT
ENTERTAINMENT
GUIDE

機上娛樂指南

April 4月

TAKE ON THE SWELLS OF YILAN 宜蘭滑浪多樂趣

An hour's drive from Taipei, Yilan County's black sand beaches – created by volcanic rock – and consistent swells from the Pacific Ocean beckon. By April, surfers have shed their wetsuits and the beaches of Wai'ao and Double Lions buzz with activity.

When two million Chinese Nationalists fled to Taiwan in 1949, they established Martial Law. Beaches were closed off with barbed wire for military drills and children grew up fearing the ocean instead of playing in it. The island's first surf shop opened near the Daxi train station in 1980 during the final years of Martial Law, but attracted mainly expats and counter-culture rebels.

Today, numerous surf shops dot the stretch of sand from Wai'ao to Daxi Station. "It wasn't always like this," says George "Super George" Tsai of the Chinese Taipei Surfing Association (CTSA). In his surf school on Double Lions Beach, elementary school children wear yellow

rash shirts with big green G's (for Super George) emblazoned on them. They listen intently as Tsai explains water safety and currents.

"Back in my day, parents warned their kids against going in the ocean. Today, kids are learning how to surf,"

Tsai says. Various factors led to this change: the popularity of Hollywood surf movies, the younger generation having more time for leisure activities and the allure of a healthy, outdoor lifestyle that surfing promoted.

While Taiwan has a short history of surfing in comparison to Hawaii or Australia, its scene has grown tremendously and it's common to see Taiwanese pro surfers practising their tricks in Yilan. This time, the stakes are higher. The CTSA is trying to assemble an Olympic surf team to send to Tokyo in 2020, which also happens to be the first time that surfing will be a sport at the Olympics. They'll find out in 2019 if they make the cut.

宜蘭縣距離台北市大約一小時車程。這裡擁有迷人的火山岩黑沙灘，太平洋浪濤拍岸而至。每逢四月，滑浪愛好者都會卸下潛水衣，紛紛踏上外澳和雙獅海灘。遠處是長滿台灣檜木的起伏山巒，再遠一點的海洋某處，就是翠綠嶙峋的無人島嶼龜山島，昔日的軍事重地，現已成為生態公園。

宜蘭開滿了形形色色的滑浪專門店，由外澳海灘一直延伸至大溪火車站。「以前不是這樣子的。」中華民國衝浪運動協會（CTSA）的蔡濯羽（喬治）說。他的滑浪

學校位於雙獅灘，一群小學生身穿印有巨型綠色「G」字（Super George的簡寫）的黃色滑浪服，專心聆聽喬治講解水上安全守則和海浪狀況。

相比起夏威夷和澳洲，台灣的滑浪史雖然不算悠久，但卻發展神速，本土專業滑浪手在宜蘭練習的情景比比皆是。適逢奧運會首次加入滑浪項目，中華民國衝浪運動協會正努力籌組滑浪隊伍，希望能參加2020年東京奧運會。到了2019年，他們就會知道隊伍是否符合參賽資格了。



4 FAST FACTS: GOLD COAST 2018 COMMONWEALTH GAMES

資訊快送：2018年
黃金海岸英聯邦運動會

Taking place from 4-15 April, 2018 marks the fifth time Australia will be hosting the games. Australian cities that have previously hosted the games are Sydney (1938), Perth (1962), Brisbane (1982) and Melbourne (2006).

今年是澳洲第五次主辦英聯邦運動會，將於4月4日至15日期間舉行。其他曾主辦此體壇盛事的澳洲城市還包括悉尼、珀斯、布里斯本和墨爾本。

This year's Games comprise 18 sports and 7 para-sports. 今屆英聯邦運動會包括18個運動項目和七項殘障運動。

Beach volleyball, para-triathlon and women's rugby sevens will make their Commonwealth Games debuts this year. 沙灘排球賽、殘障三項鐵人賽和女子七人欖球賽，於今年首度列入英聯邦運動會項目。

This year's event is the first in the history of the Games that an equal number of men's and women's medal events will be contested. 今屆英聯邦運動會是有史以來第一次有相同數量的男女獎牌賽事供運動員競逐。