



They rarely steal the limelight, but AARON MILLAR makes the case for America's unloved state capitals

雖然不甚起眼，但Aaron Millar認為這幾個美國州府各有與別不同的吸引力

In the hit new film *Lady Bird*, showing onboard this month, Christine 'Lady Bird' McPherson spends her last year at high school looking for love, falling out with her mum and trying desperately to escape her hometown of Sacramento, California.

So far, so teen angst. But this film's special. With *Lady Bird*, first-time writer-director Greta Gerwig does the impossible and enriches the most cliched genre in all of Hollywood with authenticity, humour and heartwarming pathos. The critics noticed, bestowing it with two Golden Globes and five Oscar nominations.

But the surprising star is the city itself. Old Sacramento is a 11-hectare National Historic Landmark District, along the banks of the Sacramento River, which recreates the ambience of the 1849 Gold Rush era: restored Old West buildings, raised wooden sidewalks, steam trains, paddle-ships and horse and carriage rides. There's the Rio City Cafe, with an outdoor patio overlooking the

water; and the art, shopping and nightlife of the city's hip Midtown neighbourhood, including the stylish rustic-modern Red Rabbit for fresh seasonal produce (Sacramento is California's farm-to-fork capital) and artisan cocktails. Sacramento is on its way up; *Lady Bird* would have been proud.

This unsung state capital of California may not have the glamour of Los Angeles, the culture of San Francisco or the silicon of San Jose, but it makes you think: if Sacramento is secretly cool, which other state capitals are hiding in the shadow of their louder, hipper neighbours?

本月機上放映熱門新片《不得鳥小姐》，講述還有一年就高中畢業的Christine [Lady Bird] McPherson，像一般青少年那樣尋覓愛情、與母親吵架，而且想方設法逃離家鄉加州沙加緬度。

故事聽來不過就是青春期的煩惱，但這部電影自有獨特之處。本片導演Greta Gerwig首次自編自導，就創下令人意想不到

的佳績，以寫實、幽默以及溫暖人心的感染力，為荷李活最老套的類型電影帶來深度與創意，並且贏得兩項金球獎以及獲得五項奧斯卡提名。

不過本片有個出人意表的亮點，就是故事發生的地點沙加緬度。沙加緬度舊城是佔地11公頃的國家歷史地標區，位於沙加緬度河畔；裡面有經復修的舊式西部樓房、墊高了的木造行人道、蒸汽火車、明輪船與供人乘坐的馬匹及馬車等，重現1849年淘金熱潮時的氣氛。此外，這裡有Rio City Cafe餐廳，設有可眺望河景的戶外陽臺；還有藝廊與各式商店。城中潮區Midtown有精采的夜生活，也有風格質樸而充滿現代感的Red Rabbit餐廳，以新鮮時令食材烹調各式美食（沙加緬度是加州農場直送食材的重鎮），以及精心調製的雞尾酒。愈來愈多人開始留意沙加緬度這個城市，*Lady Bird*一定會引以為榮。這個不起眼的加州州府可能風頭不及星光熠熠的洛杉磯、文化氣息濃厚的三藩市或矽谷所在地聖荷西，不過，如果沙加緬度也有養在深閨人未識的魅力；那麼美國是否還有類似的州府，被附近更突出、更新潮的鄰居掩蓋了它們的鋒芒？

## OLYMPIA, WASHINGTON

Seattle is the state of Washington's celebrity city, but little-known Olympia, just 100 kilometres south, at the foot of **Puget Sound** – home to one of the highest concentrations of whales and dolphins in the world – has that same laidback culture condensed to a walkable size. Stroll the historic downtown, which is filled with artisan shops, street musicians and some of the best craft beer in the country, including at local's favourite the **Fish Tale Brewpub**; eat fresh oysters watching the sunset at **Anthony's Hearthfire Grill**; or just rent a bike and explore the city's numerous outdoor spaces – including **Tumwater Falls Park**, where you can watch salmon leap upriver each autumn to spawn. Just as good is the city's location: **Mount St Helens National Volcanic Monument** (home of the eponymous volcano that erupted in 1980), **Mount Rainier** (the highest peak in the state) and the gorgeous coastline of the **Olympic Peninsula** are all an easy day trip away. The 19th century **Swantown Inn & Spa**, in a quiet downtown location, makes the perfect base.

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

## 華盛頓州·奧林匹亞

西雅圖是華盛頓州的名城，不過位於西雅圖以南只有100公里，在**Puget Sound**海灣下端的奧林匹亞卻沒有多少人認識。聚居於海灣裡的鯨魚和海豚密度之高冠絕全球，而這個位於海灣畔的州府面積不大，洋溢悠閒的生活氣息，最宜以漫步方式暢遊一番。歷史悠久的市中心手工藝店林立，街頭有音樂人在表演，還可找到全國最佳的手工啤酒。不妨到當地人最喜歡的**Fish Tale Brewpub**酒吧來一杯冰凍啤酒，或者到**Anthony's Hearthfire Grill**餐廳，一面品嚐新鮮生蠔一面欣賞日落美景。你也可以租輛單車到市內各處周遊，例如**Tumwater Falls Park**公園，秋季時更可以看到三文魚沿河逆流而上產卵的情形。這個城市位置適中，鄰近有多個值得一遊的好去處，包括**聖海倫火山國家紀念碑**（這是聖海倫火山於1980年爆發的遺址）、全州最高的**Mount Rainier**山，還有**奧林匹克半島**風光優美的海岸線等，都是一日遊的理想行程。建於19世紀，外貌古色古香的**Swantown Inn & Spa**旅館及水療中心，位於市中心的清靜地點，是理想的下榻之選。

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

## MONTPELIER, VERMONT

Montpelier is the smallest state capital in the country, home to just 7,500 people. But what it lacks in size it makes up for in quintessential New England charm. Set in the foothills of the **Green Mountains**, the heart of autumn leaf-peeping territory, Montpelier has a thriving arts scene with streets laden with cute independent galleries, artsy cafes and fresh, farm-to-table restaurants, including **Kismet** (start with a Vermont gin infused Honey Martinez cocktail for a real treat). The **Vermont State House**, one of the oldest and best-preserved capitol buildings in the country, is worth a visit; the **Three Penny Tap Room** showcases the best of Vermont's microbrew scene; and this being New England there's as much maple syrup as you can handle. What you won't find is a McDonald's: Montpelier is the only state capital in the country without one. Stay at **The Inn at Montpelier**, a 19th century building with elegant four-poster beds and handwoven quilts, for some serious spoiling. ☺

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

## 佛蒙特州·蒙特佩利爾

蒙特佩利爾是全國最小的州府，人口只有7,500人。雖然面積細小，可是這個城市卻擁有典型的新英倫迷人風光。蒙特佩利爾位於**Green Mountains**山的山腳下，是秋季觀賞紅葉的勝地；城中到處都見到雅緻的藝廊、文藝氣息濃厚的咖啡室，以及選用農場直送新鮮食材的餐廳。不妨前往**Kismet**餐廳，來一杯加了佛蒙特釀製的Honey Martinez雞尾酒，可說是無上享受。此外，**佛蒙特州議會大廈**是全國其中一座最古老也保存得最完美的州議會大廈，值得前往參觀。**Three Penny Tap Room**啤酒酒吧供應佛蒙特州上乘的小規模釀製啤酒，極有特色。由於這裡是新英倫，你也可以在這裡盡情享受楓糖漿的美味。不過你在這裡不會找到麥當勞連鎖快餐店，蒙特佩利爾是全國唯一一個沒有麥當勞連鎖快餐店的州府。**The Inn at Montpelier**旅館建於19世紀，客房內有典雅的四柱大床和倍感舒適的人手縫製被褥，是不俗的住宿選擇。☺

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





**CARSON CITY, NEVADA**

Las Vegas may have all the glitz and neon lights, but Carson City has Old West charm, outdoors fun and plenty of gambling, but on a smaller, friendlier scale. Follow the **Kit Carson Trail** through downtown to learn about the 150-year history of the capital; take a ride onboard **The Glenbrook**, an authentic 19th century steam train; or explore Carson City's huge selection of antiques shops – **Hanifin's Arts & Antiques** is a veritable Aladdin's cave and one of the

biggest in Nevada. But this is an outdoor town at heart: the city limits stretch all the way to the shoreline of **Lake Tahoe**, with secluded beaches, bright turquoise water and hills all around. Float trip down the **Carson River**, hike up to the **King's Canyon waterfall** and finish off at the century-old **Carson Hot Springs Resort** for a soothing soak and swim. Check out **The Union** for seasonal local food and the **Gold Dust West Hotel & Casino** for good gaming and accommodation deals.

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

**內華達州，卡森市**

拉斯維加斯有的是五光十色的霓虹燈和紙醉金迷的娛樂場所，但卡森市卻擁有古老的西部風情和有趣的戶外活動；這裡也有博彩娛樂，不過規模小得多，氣氛亦友善親切得多。沿著穿越市中心的**Kit Carson Trail**古蹟徑漫步，可以認識這個州府過去150年的歷史；或者乘坐由19世紀保存至今的**The Glenbrook**蒸汽火車暢遊一番，再到市內林立的古董店選購心頭好。**Hanifin's Arts & Antiques**古董店規模十分大，在內華達州數一數二，是名副其實的寶山。卡森市位於**Lake Tahoe**湖畔，湖水翠綠，擁有多個僻靜的沙灘，可以盡情享受戶外活動。此外，還可以乘船沿著**卡森河**遊船河，或者前往**King's Canyon**瀑布遠足，然後在有百年歷史的**卡森溫泉度假村**浸溫泉和游泳，舒緩疲勞。**The Union**餐廳供應當地出產的時令美食，讓你大快朵頤；而**Gold Dust West Hotel & Casino**酒店及賭場則是博彩耍樂和下榻的理想之選。

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





## SALEM, OREGON

Portland is one of America's coolest leftfield cities: food trucks, awesome tunes and quirky coffee shops on every corner. But, Salem, fewer than 80 kilometres south, has something even better: wine – and loads of it. Oregon's award-winning pinot noir region, in the **Willamette Valley**, is like a down-to-earth Napa Valley minus the crowds. Check out the tiny **J Wrigley Vineyard**, hidden in the midst of rolling vine-clad hills, for one of the best. The city itself has a lively arts scene (there's the 1926 vaudeville **Elsinore Theatre**, once graced by Clark Gable); historic homes to tour (the 1878 Italianate mansion, **Bush House**, with its 42 hectare garden is superb); and lovely, quirky places to stay nearby, including **Goatel**: a yoga-inspired glamping retreat with goats roaming around (yes, really). And when you tire of wine touring, Oregon's spectacular coast is only an hour away: lush rainforests spilling onto windswept, deserted beaches roaring with some of the best surf in the Pacific Northwest. ☺ [oregonwinecountry.org](http://oregonwinecountry.org)

## 俄勒岡州，Salem市

波特蘭市內常見美食車的蹤影，還有出色的音樂和到處可見的特色咖啡店，可說是美國最有型的城市之一。不過位於距離波特蘭市南面不足80公里的Salem市，則具備了更令人沉醉的吸引力，因為當地出產源源不絕的葡萄酒。俄勒岡州的獲獎葡萄酒pinot noir產自Willamette Valley山谷，這裡有如加州的納帕谷，不過風格踏實，而且沒有那麼多遊客。J Wrigley Vineyard酒莊隱藏在大片種滿葡萄的山丘之間，這座酒莊規模不大，卻是當地數一數二的優秀酒莊。Salem市也有豐富的文藝活動（市內的Elsinore Theatre劇院建於1926年，當年是表演歌舞雜技的場地，荷

李活紅星Clark Gable亦曾在這裡演出）以及可供參觀的歷史大宅（如建於1878年的意式大宅Bush House，不但氣派非凡，更擁有佔地42公頃的花園）。附近還有別具一格的住宿可供選擇，包括以瑜伽為主題的豪華度假露營區Goatel，住客不僅可以在這裡做瑜伽，還可以看到可愛的山羊漫步其間。如果你對美酒之旅感到厭倦，只需駕車一小時，就可抵達風光壯麗的俄勒岡海岸，那裡有茂密的雨林，一直伸延至被大風吹拂的無人沙灘，濤聲拍岸，是西北太平洋一帶的上佳滑浪地點。☺ [oregonwinecountry.org](http://oregonwinecountry.org)



### TALLAHASSEE, FLORIDA

Tallahassee is Florida with a southern twist. It may not have Miami's glamour, or the thrill rides of Orlando, but Florida's capital is rich in history and hospitality, more akin to its Deep South neighbours than the rest of the state. Check out the **Bradfordville Blues Club**, down a dirt road on the outskirts of town, sprawling oaks dripping in moss all around, for one of the liveliest and most authentic juke-joints in the US; local institution **Dog et AI**, where you can order a hot dog in one of 10,230 variations (one for every day of the next 28 years); and the **Museum of Florida History**, to learn about the state's 14,000 year history of human habitation. Just as good as what's in the city is what surrounds it: more than 950 kilometres of park trails, and at **St George Island**, an hour out of town, one of the most beautiful shell beaches in the south. The boutique **Hotel Duval** makes a great base in the city, with good rooms and an excellent restaurant to boot.

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

### 佛羅里達州，塔拉哈西市

塔拉哈西市雖然位於佛羅里達州，卻帶有一點南方的保守風氣。這裡也許沒有邁阿密的魅力，也沒有奧蘭多的迪士尼世界，但這個州府卻有豐富的歷史和好客的傳統，文化傳統跟毗鄰的南方州份更為接近。**Bradfordville Blues Club藍調俱樂部**位於市郊一條泥路旁，四周長滿橡樹，地上青苔點點，你可以在這裡聽到全美國最活潑、正宗的藍調音樂。當地的熱狗專門店**Dog et AI**供應多達10,230款變化的熱狗，若每天吃一款，可以吃足28年！前往

**Museum of Florida History歷史博物館**參觀，可以了解佛羅里達州自有人類居住以來14,000年的歷史。市內固然有許多好去處，市郊亦然，你可以前往逾950公里的公園遠足徑郊遊，或駕車一小時到城外的**St George Island島**，這是南方最美麗的貝殼海灘之一。精緻的**Hotel Duval酒店**位於市中心，提供設備一流的客房與出色的餐廳，是理想的住宿選擇。

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





### 愛達荷州·Boise市

Boise市既有多姿多采的城市生活，也有刺激的戶外活動：白天激流泛舟之後，晚上可到時尚豪華的葡萄酒吧（開業不久的**Camel's Crossing**餐廳是其中的表表者）小酌。早上在河畔全長40公里的**Greenbelt**遠足徑踏單車，晚上可欣賞**Idaho Dance Theatre**舞蹈劇團或**Ballet Idaho**芭蕾舞團的演出。你也可以花一整天時間在**Boise Mountains**山脈的山腳下遠足，晚上到城中的**Basque Block**社區去體驗傳統的巴斯克文化風情。這是北美洲最大的巴斯克社群的中心，有不少特色餐廳，包括**Bar Gernika**酒吧，以美味的下酒小菜tapas與雞尾酒奉客。不管你想進行哪些活動，**The Inn at 500 Capitol**酒店都是理想的下榻之選。這家豪華舒適的精品酒店位於文化區的中心，精心佈置的客房設有露台，可俯瞰城中風景。夏季市內舉行多個戶外節慶，包括免費的**Alive After Five**音樂會；冬季時則可前往位於Boise市東北面25公里的**Bogus Basin**滑雪場，盡情享受滑雪樂趣。■

[boise.org/visit](http://boise.org/visit)



### DISCOVER MORE

Find *Lady Bird* in Movies (Western Cinema) on the interactive menu

### 探索更多

在互動選單的電影（西方影院）觀看《不得鳥小姐》

### BOISE, IDAHO

Boise is the perfect combination of city life and outdoor adventure: **whitewater rafting** by day, swanky wine bars by night (new kid on the block **Camel's Crossing** is one of the best). Bike the 40 kilometre riverside **Greenbelt trail** in the morning and catch a show by **Idaho Dance Theatre**, or at **Ballet Idaho**, in the evening; spend all day hiking in the foothills of the **Boise Mountains** and then sample some traditional culture at the **Basque Block**: the epicentre of the largest Basque community in North America, with fabulous restaurants including **Bar Gernika**, which does superb tapas and cocktails. But whatever you do, **The Inn at 500 Capitol** will make the perfect base: a plush boutique hotel in the heart of the cultural district with gorgeous rooms and balconies overlooking the city. Come during summer to enjoy one of the many outdoor festivals that line the streets, including the free **Alive After Five** concerts; or in winter for some big mountain skiing at **Bogus Basin**, just 25 kilometres northeast of the city. ■

[boise.org/visit](http://boise.org/visit)

