



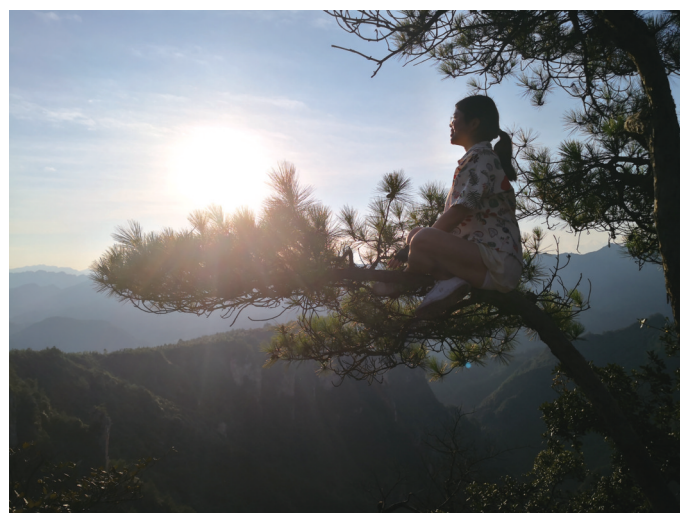
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你拍我晒



周末，带上家人来到崇山云端小镇。在露天音乐烤吧撸串，喝啤酒，看日落，等待夜幕降临，七彩闪烁的灯光将夜色点亮，别有一番味道。
本报记者潘鑫 摄

On the weekend, bring the family to Chong Mountain Town high in the clouds. In the open-air music roasting bar, skewering, drinking beer, watching the sunset, and waiting for the night to come. The colorful flashing lights will light up the night and have a special taste.
Photo by our reporter, Pan Xin



永定区罗塔坪乡驻马溪，素有“小张家界”之称，这里有奇峰秀水、怪石林立、峡谷深幽、百年古寨。在驻马溪休闲农庄正前方就有一条精华户外线路，可观日出日落，俯视整个罗塔坪。
文叔 摄

Zhumaxi in Luotaping Township is known as Small Zhangjiajie. There are wonderful peaks and beautiful waters, strange rocks, deep canyons, and century-old ancient villages. There is an elite outdoor route directly in front of Zhumaxi Leisure Farm, where you can watch the sunrise and sunset and overlook the entire Luotaping.
Photo by Uncle Wen

少年逐梦

Juvenile Chasing Dreams

开桨，启航，平静的水面划开道道涟漪。来自我市皮划艇运动队的少年们，乘风破浪。

这支成立于2014年的市水上项目训练队，很年轻，但已经是在全省拿冠军的水平。每天清晨，伴着初升的太阳，运动场里已经有了奋力拼搏的身影。

张家界的皮划艇运动最早可以回溯到2001年，从没有自己的训练基地和训练队，到现阶段成立市级专业队，期间逐步向省队、国家队输送队员。山里的孩子们和他们的皮划艇，将从澧水河划向更大的赛场。
文/本报记者 向欣 图/天上星

Open the oars, set sail, and the calm water makes waves. 15-or-16-year-old juveniles, brave the wind and waves.

This municipal water sports training team, established in 2014, is very young, but it is already at the level of championships in the province. Every morning, with the rising sun, there are already struggling figures in the sports field.

The canoeing in Zhangjiajie can be traced back to 2001. It has not had its own training base and training team ago, but at present, it has established a municipal professional team. During this period, it has gradually transferred its members to the provincial team and national team. The children in the mountains and their kayaks will paddle from the Lishui River to a bigger arena.

Written by our reporter Xiang Xin; Photo by Sky Star



虽已立秋，高温不减。武陵源的索溪河，成了游客、市民玩水、戏水、享清凉的好去处。其中，有“狗刨”者，有蛙泳者，有水中漫步者，有打水仗者，各得其乐。
子元 摄

Although the beginning of autumn, the high temperature is not decreased. The Suoxi River in Wulingyuan has become a good place for tourists and citizens to play in the water and enjoy the coolness. Among them, there are "dog paddlers", breaststrokers, water walkers, and water players, all enjoy in play.

Photo by Zi Yuan