



THE RITZ-CARLTON

SANYA, YALONG BAY



THE RITZ-CARLTON

GOOLF



欢迎来到美丽的三亚 - 高尔夫球者的热带天堂 WELCOME TO THE TROPICAL GOLFERS' PARADISE: SANYA.

三亚因其独有的热带气候而全年都适合高尔夫球运动。在此，我很荣幸将三亚高尔夫球场情况向您做简单介绍，希望您在这里拥有难忘的高尔夫球极致体验。

Sanya is famous for its God-given tropical climate suitable for golf swing throughout the year. Here we would like to give you an introduction of golf in Sanya. we wish you a spectacular golf experience.

三亚高尔夫球会 GOLF CLUBS IN SANYA



亚龙湾高尔夫球会 YALONG BAY GOLF CLUB

中国十佳高尔夫球会，亚洲及欧洲巡回赛主办球场。
18洞，占地面积68公顷/168英亩。
100个沙坑如星云密布，点缀其中，人工湖穿插环绕。
距金茂三亚亚龙湾丽思卡尔顿酒店仅有5分钟车程。

One of the top 10 courses in China and the official golf club of the Asian Tour & European Tour. An 18-hole course covering an area of 68 hectares/168 acres with 100 bunkers and a snaking river that dissects the golf course. Located just 5 minutes from The Ritz-Carlton Sanya, Yalong Bay.

简介：
开业时间 - 2000年
球洞数 - 18
球场设计师 - 罗伯特·琼斯二世
球场类型 - 林克斯球场
球场评级 - 71.9
高尔夫经营店 - 有
高尔夫教练 - 有
球杆租赁服务 - 有
轻击区 - 有
练习场 - 有
接送服务 - 有
电话：86 898 8856 5888

General Information:
Date Opened - 2000
Number of Holes - 18
Course Designer - Robert Trent Jones II
Course Style - Links
Course Rating - 71.9
Pro Shop Available - Yes
Golf Coach Services - Yes
Club Rental Services - Yes
Putting Range - Yes
Driving Range - Yes
Pick Up Service - Yes
Tel. 86 898 8856 5888

三亚高尔夫球会
 GOLF CLUBS IN SANYA



红峡谷高尔夫球会
 SUN VALLEY GOLF CLUB

27洞球场，其中包括9洞沙漠球场、9洞山地球场及9洞湖景球场。
 全国首创6杆洞。
 距金茂三亚亚龙湾丽思卡尔顿酒店仅有10分钟车程。

简介:
 开业时间 - 2004年
 球洞数 - 27
 高尔夫经营店 - 有
 球场设计 - JMP设计公司
 球场类型 - 山地球场
 球场评级 - 无
 高尔夫课程 - 无（设有陪同训练）
 球杆租赁服务 - 有
 轻击区 - 有
 练习场 - 无
 接送服务 - 有
 电话: 86 898 8856 6698

General Information :
 Date Opened - 2004
 Number of Holes - 27
 Pro Shop Available - Yes
 Course Designer - JMP Design Inc.
 Course Style - Mountains
 Course Rating - N/A
 Golf Lesson Available - No (accompanying trainer available)
 Club Rental Services - Yes
 Putting Range - Yes
 Driving Range - No
 Pick Up Service - Yes
 Tel. 86 898 8856 6698

三亚高尔夫球会
GOLF CLUBS IN SANYA



甘什岭森林高尔夫球会
FOREST VALLEY GOLF CLUB

18洞山地球场。
占地面积3000多英亩，球道全长7151码。
距金茂三亚亚龙湾丽思卡尔顿酒店仅有30分钟车程。

简介:
开业时间 - 2008年
球洞数 - 18
球场设计 - ATDL设计公司
球场类型 - 山地球场
球场评级 - 无
高尔夫经营店 - 有
高尔夫课程 - 无（设有陪同训练）
球杆租赁服务 - 有
轻击区 - 有
练习场 - 无
接送服务 - 有
电话：86 898 3151 0006

18 holes course covering an area of 3,000 acres,
7,151-yard of fairways.
Located 30 minutes from The Ritz-Carlton Sanya, Yalong Bay.

General Information:
Date Opened - 2008
Number of Holes - 18
Course Designer - ATDL Design Inc.
Course Style - Mountains
Course Rating - N/A
Pro Shop Available - Yes
Golf Lesson Available - No (accompanying trainer available)
Club Rental Services - Yes
Putting Range - Yes
Driving Range - No
Pick Up Service - Yes
Tel. 86 898 3151 0006

三亚高尔夫球会
GOLF CLUBS IN SANYA



龙泉谷高尔夫球会
DRAGON VALLEY GOLF CLUB

全国唯一一家19洞球场。
整个球场四周峰峦叠嶂，林木葱郁，碧湖青山，
绿草如茵。
距金茂三亚亚龙湾丽思卡尔顿酒店25分钟车程。

简介：
开业时间 - 2010年
球洞数 - 19
球场设计 - 美国Shmidt-Curly Design Inc.
球场类型 - 山地球场
球场评级 - 无
高尔夫经营店 - 有
高尔夫课程 - 无
球杆租赁服务 - 有
轻击区 - 有
练习场 - 无
接送服务 - 无
电话：86 898 3886 8800

The only 19-hole golf course in China.
Whole course is surrounded by lakes and mountains.
Located 25 minutes from The Ritz-Carlton Sanya, Yalong Bay.

General Information:
Date Opened - 2010
Number of Holes - 19
Course Designer - US Schmidt - Curley Design Inc.
Course Style - Mountains
Course Rating - N/A
Pro Shop Available - Yes
Golf Lesson Available - No
Club Rental Service - Yes
Putting Range - Yes
Driving Range - No
Pick Up Service - No
Tel. 86 898 3886 8800

三亚高尔夫球会
GOLF CLUBS IN SANYA



神州高尔夫球会
THE DUNES

36洞球场，另设有五个练习球洞。
球场独特的沙丘地貌浑然天成，山间嶙峋怪石与湛蓝的大海相映生辉。
距金茂三亚亚龙湾丽思卡尔顿酒店1小时车程。

简介
开业时间 - 2011年
球洞数 - 36
球场设计师 - 汤姆韦斯科夫
球场类型 - 海滨沙地球场
球场评级 - 无
高尔夫经营店 - 有
高尔夫课程 - 有
球杆租赁服务 - 有
轻击区 - 有
练习场 - 有
接送服务 - 有
电话：86 898 3622 0000

36 holes golf course with an additional 5 practice holes. The rugged coastal dunes, craggy boulders and native bunker style blend agreeably with the natural surroundings. Located 1 hour from The Ritz-Carlton Sanya, Yalong Bay.

General Information
Date Opened - 2011
Number of Holes - 36
Course Designer - Tom Weiskopf
Course Style - Dunes
Course Rating - N/A
Pro Shop Available - Yes
Golf Lesson Available - Yes
Club Rental Service - Yes
Putting Range - Yes
Driving Range - Yes
Pick Up Service - Yes
Tel. 86 898 3622 0000

三亚高尔夫球会
GOLF CLUBS IN SANYA



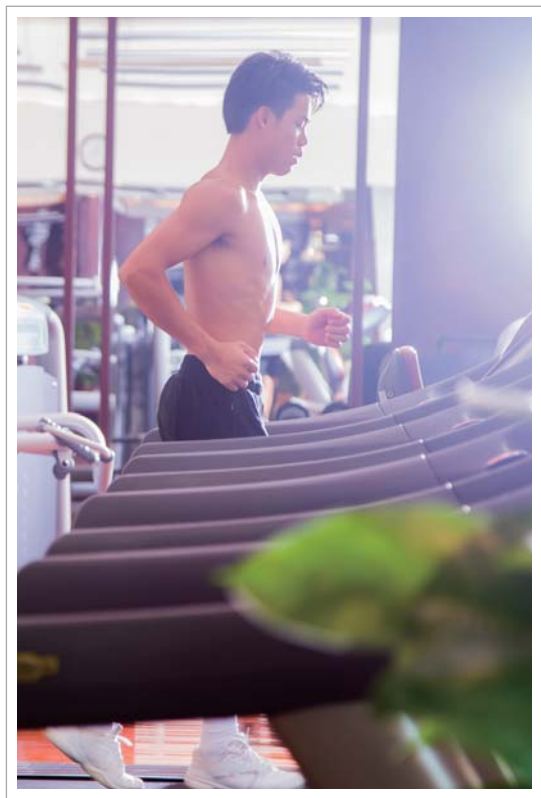
神泉国际高尔夫球俱乐部
MYSTIC SPRINGS GOLF CLUB

36洞，标准72杆球场。
依山傍水的设计格局中，球场保留了大量原生态的地形地貌。
距金茂三亚亚龙湾丽思卡尔顿酒店45分钟车程。

简介
开业时间 - 2011年
球洞数 - 36
球场设计师 - Nelson & Haworth
球场类型 - 山地球场
球场评级 - 无
高尔夫经营店 - 有
高尔夫课程 - 无
球杆租赁服务 - 有
轻击区 - 有
练习场 - 有
接送服务 - 有
电话：86 898 3188 8008

36 holes, standard 72-par golf course. The biodiversity within the golf course is conserved and integrated into the design of the course. Located 45 minutes from The Ritz-Carlton Sanya, Yalong Bay.

General Information
Date Opened - 2011
Number of Holes - 36
Course Designer - Nelson & Haworth
Course Style - Mountains
Course Rating - N/A
Pro Shop Available - Yes
Golf Lesson Available - No
Club Rental Service - Yes
Putting Green - Yes
Driving Range - Yes
Pick Up Service - Yes
Tel. 86 898 3188 8008



高尔夫力量训练计划 GOLF WEIGHT TRAINING PROGRAM

专为高尔夫运动设计的力量训练

高尔夫力量训练可以帮助您增强击球的力度，最重要的是，在您每年数以千计的挥杆时，它可以帮您保持身体的平衡。

根据客人要求可设私人教练课程

地点：健身中心

请联系健身中心预定，住店客人请拨打6120

Your weight training for golfing.

Golf weight training will help increase your ability to generate power, which will lead you to make longer shots and just as importantly - it will help you to counteract the imbalances that are inherent with swinging your club the same way a thousand times each year.

Private lessons available upon request.

Venue: Fitness Center

Please contact our Fitness Center at extension 6120 for reservations.

高尔夫普拉提

GOLF PILATES

普拉提的一些基本锻炼会增强您的力量，稳定性以及灵活性从而有益于提高您20-30%的运动能力。

根据客人要求可设私人教练课程
地点：健身中心
更多详情及预订，请联系健身中心分机6120

Get fit before going on the green.

Some basic exercises with Pilates can help you to increase 20-30% of your athletic performance by increasing strength, stability and flexibility.

Private lessons available upon request.
Venue: Fitness Center
Please contact our Fitness Center at extension 6120 for reservations.

高尔夫KINESIS

GOLF KINESIS

高尔夫运动前热身

Kinesis训练可以使我们在挥杆中更有效地发力。Kinesis训练是运用动力学原理锻炼我们身体的灵活性、稳定性、平衡感和力量，可以使我们在挥杆中更有效的发力。除此之外，还可以帮助高尔夫球者准确地平衡“身体重心”以免腰部受伤，以及您纠正您的挥杆姿势。

根据客人要求可设私人教练课程
地点：健身中心
更多详情及预订，请联系健身中心分机6120

Get fit before going on the green.

Kinesis system is able to train mobility, stability, balance, strength and the kinetic link in functional athletic movements. It also helps educate golfers on how to correctly stabilize the “core” to protect the low back from injury and to create the correct coil in the backswing.

Private lessons available upon request.
Venue: Fitness Center
Please contact our Fitness Center at extension 6120 for reservations.



太极 TAI CHI

高尔夫运动前精气神的修炼。

许多高尔夫球手经过几个月的太极练习可以将球击的更远。太极行云流水的动作使您只需要运用丹田而无需肌力便可以挥杆。

太极课程时间：周五至周日17:00-18:00
根据客人要求可设私人教练课程
地点：中心草坪
更多详情及预订，请联系健身中心分机6120

Your spiritual practice before going on the green.

Many golfers discover that they can drive the ball much further after practicing Tai Chi for only a few months. Tai Chi's relaxed motion allows the limbs to be swung by the dan tien's motion without muscle resistance.

Regular Tai Chi Lesson: Friday - Sunday 17:00-18:00
Private lessons available upon request.
Venue: Central Lawn
Please contact our Fitness Center at extension 6120 for reservations.

瑜伽 YOGA

长期的瑜伽训练能使人身心平静，使您于球赛中更专注集中，同时亦能更好的控制身体。高尔夫球的挥杆动作力量主要源于身体下盘，从臀部、躯干、肩膀、手臂到最后的球杆。适当的瑜伽动作能集中训练下盘，加强下半身的力量，助您打出更高更远的球。

Yoga helps in calming your mind and reducing tension. It allows you to stay focused and have better control of your body. In golf, the power of your swing starts from the ground up. This power is generated from the lower body and transferred to the hips, the trunk, the shoulders, the arm, and at last to the club. By practicing several yoga postures, your lower body will be strengthened and this will help you in achieving longer drives.

高尔夫伸展运动

GOLF STRETCHING EXERCISES

更出色的表现
For a better performance every day

肩膀和胸部伸展

保持站立或双膝着地姿势。紧扣双手放在背后，尽量向上伸展。

Shoulder & Chest Stretch

This can be performed kneeling or standing. Clasp hands behind back and straighten arms. Raise hands as high as possible and bend forward from the waist and hold.



肩部伸展

左手伸直横放胸前，右手托左手肘部并拉向自己方向，保持20秒钟。换手臂重复此动作。

Shoulder Stretch

Place one arm straight across chest. Place opposite hand on elbow then pull arm towards chest and hold. Repeat with other arm.



三头肌伸展

将左手伸过头背后，用右手握住左手肘关节，右手轻拉，避免用力过猛，停留20秒钟。换手臂重复此动作。

Triceps Stretch

Place one hand behind back with elbow pointing upward. Place other hand on elbow and gently pull towards head. Hold and repeat with other arm.



胸部伸展（左手扶墙）

左手扶墙，身体向左手方向倾斜，感到胸部肌肉有被拉开，停留20秒钟，换手臂重复2次。

Chest Stretch (Wall)

Place an outstretched arm against a wall or doorway and lean forward with that shoulder. You should feel a stretch in your chest when you lean forward. Hold and repeat for same arm then repeat 2 stretches for other arm.



背部伸展

双膝着地，双臂向前伸展。
向前方慢慢下滑到舒适位置为止。重复此动作。



Back Stretch

Start by kneeling on the ground with your arms out in front of you.
Slide your arms further away and slowly shift your hips back towards your feet until a comfortable stretch is felt.
Now slide your hands to the right until a stretch is felt down the side of your torso.
Repeat to the left.

腰部伸展

平躺在地上，右膝向胸部方向屈膝。
右腿慢慢弯曲，向左交叉，伸展到腰部和腿部舒适为止。
双肩始终要打开与地面平行。一腿伸直，一腿弯曲，保证双膝并列。



Low Back Stretch

Lie on back with right knee drawn toward chest.
Slowly bring bent leg across body until a stretch is felt in the lower back and hip area.
Remember to keep shoulders squared and flat on ground at all times. Bottom leg should be bent so that your knees are aligned.

蝴蝶式伸展

身体坐直，脚跟相对。
双膝分开，双脚拉向腹股沟和大腿内侧，直到伸展舒适为止。
请挺直腰部以提升拉伸效果。



Butterfly Stretch

Sit in upright position and place heels together.
Spread knees apart and pull feet toward groin until a stretch is felt in groin and inner thighs.
Remember to keep low back straight to emphasize stretch.

水疗体验

THE RITZ-CARLTON SPA TREATMENT

一天的高尔夫球运动后，来一次全身心的放松之旅吧

Your relaxation after a day on the green



高尔夫焕彩

GOLFERS REJUVENATION

时间：90分钟

结束了在高尔夫球场上一天酣畅淋漓的挥杆，ESPA为您精心准备“心灵之旅”，让您恢复轻松和舒适。

理疗复苏套餐包括：

“玉足”礼

针对足部的反射穴位按摩，为您平衡能量，放松身心。

“气”平衡

用热石对背部、面部、头部进行按摩，能有效缓解背部、颈部和肩部的紧张肌肉，让您身心舒缓，恢复活力。

高尔夫调理

GOLFERS TONIC

时间：90分钟

在球场上运动一天后，请给自己留出一段时间舒缓紧张的肌肉，恢复活力。这款护理有效缓解击球引起的背部和颈部紧张肌肉，同时呵护疲惫的腿和脚，让您倍添活力，神采奕奕。从浴足开始，磨砂及用热石按摩小腿和脚部，然后敷上温热的蜡膜，让疲惫的脚底恢复能量。整个护理在最后热石块做强力背部按摩，帮助您释放压力、舒缓肌肉紧张，令身心恢复活力。

请联系水疗接待处预订，住店客人请拨打6933

Duration: 90 minutes

The treatments are specially designed for the specific needs of golfers, helping to address particular areas, such as stress-related tension, tight muscles and sensitized skin.

Restore Includes:

‘Yu Zu’ Reflex Ritual

This reflex zone treatment concentrates on specific areas of the feet to balance energy and instill a feeling of wellbeing.

‘Qi’ Balancing

Treatment with Hot Stones, powerfully relieves stress and tension built up in the back, neck and shoulders.

Duration: 90 mins

After a day on the fairway, allow yourself some time to recover and soothe aching muscles with this treatment targeting swing tension held in the back and neck, and golf weary legs and feet. Begin with a soothing foot soak, scrub and specific massage with hot stones that helps to release tension and muscular stress and leave body and mind revitalized.

Please contact the Spa reception at extension 6933 for reservations.

高尔夫球者饮食建议

FOOD FOR GOLFERS



提升高尔夫球者运动能量的十条建议

避免接触咖啡因和酒精，它们都含有导致液体流失的利尿剂。咖啡因会给大脑和肌肉带来过多刺激，使您表现失常。过多的酒精摄入则会严重影响您的协调力。

避免在开球前2个小时内摄入大量食物，因食物停留在您的消化系统内而造成大脑和肌肉的血液缺乏，从而影响您的专注力和体力。开球两三个小时前用餐最为适宜。

不要暴饮暴食。高尔夫球手长时间的强运动量需要循序渐进的释放能量，所以简单少食的餐饮有助于增强新陈代谢。

每日保持5至6次的少食多餐，才能保障您身体源源不断的营养需求。

多喝水。每天饮用8至10杯水，可以为您持续提供体内所需水分，特别是在夏季时节。

每餐都要摄入适当的碳水化合物、蛋白质和脂肪。这些能帮助您更好的消化、并确保您吸收适当的营养成分。

携带点心或是便当。大量的饮料对健康不利，所以千万不要过分依赖饮料的能量。

避免摄入高热量或含糖分较多的食品。这会让您的血糖浓度迅速升高或降低，从而导致身体疲惫。

在您打球前，不要尝试新食物，尽量食用让身体感觉舒适的食物。

不需要花大量时间准备丰富的食物。一份简单的水果和坚果，就能够提供您所需要的能量。

10 ways to increase your energy with a golf performance diet.

Avoid caffeine and alcohol. Both of these are diuretics and cause fluid loss. Coffee can over stimulate your mind or your muscles, making your performance uncontrolled. Excessive consumption of alcohol severely affects your coordination.

Avoid large amounts of food in the two hours leading up to tee time. Food in your digestive system diverts blood away from your brain and muscles, affecting concentration and physical performance. A meal two to three hours before play is preferred.

Don't skip meals. Golfers need that slow and steady release of energy to see them through difficult or long hours of play. Smaller meals are better to help increase metabolism.

Eat 5 to 6 small meals throughout the day. This gives your body the nutrition it needs to last.

Drink a lot of water. Think in terms of 8 to 10 glasses each day. Continue throughout your round to stay hydrated especially during the summer months.

Combine carbohydrates, proteins and fats at each meal. This aides in overall digestion and ensures you are getting the proper nutrients.

Bring a snack or bag lunch. Beverage carts are not known for healthy choices, so don't put yourself in a position to feel forced to rely on them.

Avoid high processed foods or sugar based foods. They tend to raise blood sugar levels quickly and, then, drop rapidly causing fatigue.

Stick with the basics. Don't try new foods just before you play. Stick with what you know your body responds well to.

Keep it simple. There is no need to make elaborate meals or go to great extent in preparation. A piece of fruit and bag of nuts will go a long way in replenishing energy when you need it.



早餐和午餐便当

TAKE AWAY BREAKFAST & LUNCH BOX

集中所有精力在高尔夫球场上

Your time is precious. Use it to concentrate on the green.

高尔夫球者需要摄入适当的食物和营养以保持更多的能量和肌肉耐久力。一份好的高尔夫营养餐应包含低脂肪、高蛋白的食物。而我们恰能提供您所需要的食品。

A golfer needs to have a proper diet and nutrition for more energy and muscle endurance. Good golf nutrition contains food low in fat and high in protein content. We offer just what ou need.

高尔夫早午餐便当

一份将营养均衡的早/午餐便当，将为您的高尔夫球之旅提供必需的能量。

Take Away Breakfast Box And Lunch Box

A well-balanced breakfast or lunch box will serve you energy for the whole day golfing.

请联系送餐部预订，住店客人请拨打220

Please contact In Room Dining at extension 220 to order.

海边用餐

海边，座落于壮丽的亚龙湾畔，结合适舒与极致用餐体验的海滨餐厅，提供各类新鲜海味烧烤盛宴，为进行一整天高尔夫运动的您提供营养补给。

Beachfront Dining

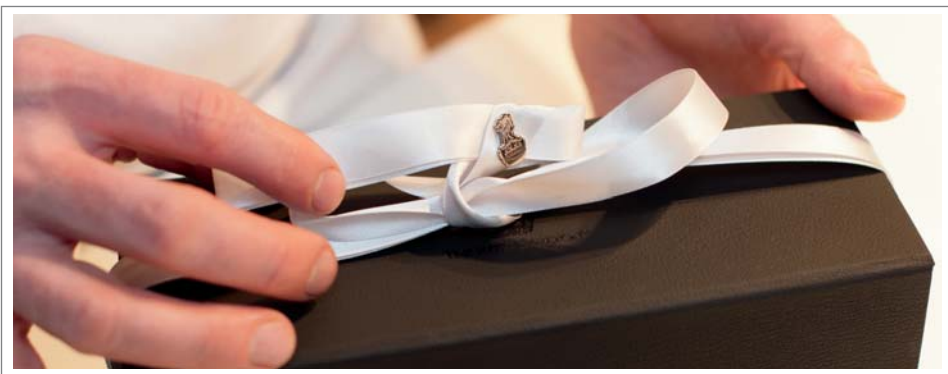
Sand, a relaxed yet refined beachside restaurant in an al fresco setting with spectacular views of Yalong Bay, offers fresh seafood and grilled fare for golfers to recharge and nourish after all-day long exercises.

别墅食享

于别墅私密的户外区域，乐享专业大厨精心烹制的特色美食，享受一整天高尔夫活动之后的欢乐家庭时光。

Villa Dining

Enjoy the intimate dining experience at the villa outdoor area and spend a quality family time after golf.



精品店 GOLF SHOP

我们提供种类丰富的高尔夫用品

您可在金茂三亚亚龙湾丽思卡尔顿酒店的精品店购买到各种各样高尔夫用品。例如T恤衫、高尔夫手套等。

任何需求请联系精品店，住店客人请拨打6268

We offer variety of golf amenities

Golf amenities are sold in the retail shop at The Ritz-Carlton Sanya, Yalong Bay. From Polo shirts to golf gloves, several items are sold to satisfy the golfers' needs.

Please contact our retail shop at extension 6268 for any inquiries.



豪华轿车服务 LIMOUSINE SERVICE

高尔夫球者的尊贵座驾
We will take you to the golf clubs

高尔夫球会
Golf Courses

亚龙湾高尔夫球会
YALONG BAY GOLF CLUB

红峡谷高尔夫球会
SUN VALLEY GOLF CLUB

甘什岭森林高尔夫球会
FOREST VALLEY GOLF CLUB

龙泉谷高尔夫球会
DRAGON VALLEY GOLF CLUB

神州高尔夫球会
THE DUNES

神泉国际高尔夫球俱乐部
MYSTIC SPRING GOLF CLUB

单程/往返
One Way / Round Trip

奔驰 Mercedes Benz R350
别克商务 Buick GL8

奔驰 Mercedes Benz R350
别克商务 Buick GL8

奔驰 Mercedes Benz R350
别克商务 Buick GL8

奔驰 Mercedes Benz R350
别克商务 Buick GL8

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别克商务 Buick GL8

奔驰 Mercedes Benz R350
别克商务 Buick GL8

如需要任何帮助请联系礼宾部，住店客人请拨打6021
Please contact our Concierge at extension 6021 for further assistance.

三亚儿童高尔夫

KIDS GOLF PROGRAM IN SANYA

专为小高尔夫球手量身定制
For younger golfers



三亚部分高尔夫球会提供儿童高尔夫球会服务，
以下是相关信息。

如需要任何帮助请联系礼宾部，住店客人请拨打
6021

We have golf clubs in Sanya providing golf
programs for young golfers.
Here below is the general information about the program.

Please contact our Concierge at extension 6021 for
further assistance.

亚龙湾高尔夫球会 YALONG BAY GOLF CLUB

高尔夫教练：有（如需教练，请提前预约）
球杆租赁服务：有
年龄要求：5岁以上

Coach service: Yes (available upon request)
Club rental service :Yes
Age limitation: Above 5 years old.

家庭娱乐活动

FAMILY ACTIVITIES AT THE RESORT



水疗

The Ritz-Carlton Spa

ESPA为您提供各式专业的理疗和按摩。当您在球场挥杆时，您的家人可以在这里享受丽思卡尔顿之礼。

如需任何帮助请联系水疗接待，住店客人请拨打6933

康乐中心

RECREATION CENTER

康乐中心为孩子们提供游戏机、乒乓球、以及全家一起娱乐的麻将。

如需任何帮助请联系康乐中心，住店客人请拨打6432

健身中心

FITNESS CENTER

ESPA一层健身中心为您提供各式锻炼器械，您亦可以租赁自行车探索美丽的亚龙湾，或在网球场上激情挥洒。

如需任何帮助请联系水疗接待，住店客人请拨打6933

儿童俱乐部

KIDS CLUB

丽思儿童俱乐部为小绅士淑女们准备了生动有趣的的活动，此外，在您外出时还提供婴儿托管服务。

如需任何帮助请联系丽思儿童俱乐部，住店客人请拨打6122

The Ritz-Carlton Spa offers a variety of treatments and massages which will keep your family entertained while you are out on the ground.

Please contact The Ritz-Carlton Spa at extension 6933 for further assistance.

Our recreation center provides interactive games, table tennis, mahjong and many fun activities for kids and parents to play together.

Please contact our Recreation Center at extension 6432 for further assistance.

We offer state-of-the-art gym facilities at the first floor of The Ritz-Carlton Spa and you can also rent a bicycle from the Fitness Center to explore beautiful Yalong bay. A tennis court is also available and can be reserved upon request.

Please contact the Spa reception at extension 6933 for further assistance.

We have many activities for your kids to enjoy while you are out on the ground.

Please contact our Ritz-Kids Club at extension 6122 for further assistance.

高尔夫礼仪

GOLF ETIQUETTES

保持顺畅

MAINTAIN A GOOD PACE

轮到您击球时，请尽快完成击球。您可能不喜欢等待其他队伍，那么也请不要让其他队伍等待您。当既定的球员临时离开，虽然锦标赛规定需按既定顺序击打，但在友谊赛中可忽略此规则。如果您后方有组员准备开始击球时，请不要花太多时间寻找失球。如果您坚持根据高尔夫规则，花5分钟时间寻找失球，建议您举手示意，让后组球员先行通过。尽量保持与前组球员同样的步伐，如果您前面有足够的空间，请让较快组通过。在两名高尔夫球手乘坐同一辆球车，从不同方向打同一洞时，请先送离较远的球手，然后再送另一球手。当两人击球完毕后，在球洞下方远处汇合。从高尔夫球车走向球场时，最好携带几支球杆，否则您将不得不返回球车更换球杆，这将会浪费时间。当本组球员完成推杆后，请尽快离开果岭。

Keep the round moving by being prepared to hit your shot when it is your turn. You probably don't like waiting on other groups - don't make other groups wait on you. The player who is away hits first in a group. However, in friendly matches (as opposed to tournament play), this rule can be ignored in favor of "ready play"-players hit as they are ready. All players should agree to "ready play" before it is put into effect. Do not spend too much time looking for a lost ball, particularly if there is a group behind you ready to play. If you insist on taking the full five minutes allotted in the rulebook to look for lost ball, golf etiquette says wave up the group behind to allow them to play through. Always try to keep pace with the group ahead of you. If space opens in front of you, allow a faster group to play through. When two players are sharing a cart and hit to two directions, drive to the farther one and drop off that player with his club, then drive to the closer one. After both players hit, meet up farther down the hole. When walking from your cart to your ball, take a couple clubs with you. Taking only one club, then having to return to the cart to retrieve a different club, is a huge time-waster. Always leave the putting green as soon as your group has finished putting.

注意安全

KEEP IT SAFE

请确保同组队员在安全距离之外才能挥杆。同样，当其他球员挥杆时，确保自己的安全。当您练习挥杆前，请确保挥杆方向内无其他球员，因为在草地内可能会有小石块或其他物体被击起而伤及他人。请确保在前组球员离开射程后击球如果您的球可能击中他人或超越前组球员，请大声警示“Fore!”(国际通用警告语) 请注意高尔夫球车上的安全建议，并小心开车。尽量不要在草坪上行驶。请不要在愤怒的情况下将球杆扔出。这种粗鲁幼稚行为会造成危险。

Do not swing your club until you know that others in your group are at a safe distance. Likewise, keep your distance when others are swinging. Be aware to steer clear of trouble. When practicing your swing, never swing in the direction of another player. There may be pebbles or twigs or other matter in the grass that could fly up and injure a playing partner. Do not hit the ball until you are certain that the group ahead of you is out of range. If your ball appears headed toward another player or another group, give them a warning by yelling out, "Fore!" (an internationally recognized alert). Observe the safety suggestions posted in golf carts and drive carefully. Golf etiquette requires keeping your cart off the grass as much as possible. Never throw clubs in anger. In addition to being rude and childish, it could also be dangerous.

高尔夫礼仪 GOLF ETIQUETTES



更多高尔夫礼仪建议 FEW MORE GOLF HINTS

请保持安静。不要在其他球员挥杆时聊天。
击球后不要叫喊，即使喧闹声没有打扰到其他球员，但是球场上仍有其他人员可能会被吵到。
在果岭上推杆时，请避免站在那些身影可能会投射到对方球员身上或推杆路线上的地方。
在果岭上，应避免在对方球员的推杆路线上运动。请远离推杆路线或是（从后方）绕过，因为您在路上踩踏，可能会影响球的滚动路线。

Quiet, please. Never talk during another player's swing.
Do not yell out following a shot. Even if boisterous behavior doesn't bother your playing partners, there are other people on the course who may be within earshot.
Be aware of your shadow on the putting green. Don't stand in a place that causes your shadow to be cast across another player or that player's putting line.
Never walk through a playing partner's putting line. Your footprints might alter the path of a partner's putt. Step over the putting line, or walk around (behind) the partner's ball.

高尔夫小贴士

GOLF TIPS

铁杆击球4要素
4 keys to consistent iron shots.

准备
使用铁杆时，双肩保持水平。而使用开球杆时，双肩应略微翘起，身体稍远离目标。要做到此姿势，将球杆放在身前，双手紧握球杆末端并向下略沉，这能使您精力集中。

ADDRESS
Getting your shoulders fairly levelled puts you in position to hit crisp irons. With a driver, the shoulders are tilted more away from the target. To achieve this position, stand a club in front of you and push downward with both palms on the butt end. This gets you more entered.



上杆
上杆动作越紧凑，越容易打出扎实的铁杆。为了避免不必要的动作，从正常的准备击球姿势开始，请先调整好手腕关节，然后起杆。

BACKSWING
The more compact our backswing, the easier it is to hit solid irons. To eliminate wasted motion, pre-set your wrist hinge and then simply turn to the top. Feel this sensation when starting from your normal address position.



脊椎角度
每当挥杆结束，需保持结束姿势；然后将球杆放下，就好像回放一样。您需回到击球的准备姿势，这样可以保护您的脊椎。

SPINE ANGLE
Swing to a finish position and then hold it for a moment. Then bring the club back down as if someone hit the rewind button. You should be able to get right back into your address position. That's maintaining your spine angle.



击球
杆身向前倾斜，使双手尽可能在杆头前方，然后正常挥杆，重新找到您击球的感觉。

IMPACT
Lean the shaft forward, with your hands well ahead of the clubhead (left). Make your normal swing, and try to re-create this feeling when you strike the ball.



高尔夫小贴士

GOLF TIPS

关键要领

大多数击球介绍主要是关注上杆要领，但是挥杆动作对持续有力的打击也是非常重要的。简单来说，在挥杆的过程中，避免让杆身超过您的手臂，如果做到这点，应始终紧握球杆尾部，并保持以左腿为旋转支点。

KEY ON GRIP

Most instructions about the chipping stroke focus on the backswing, but the through-swing is very important for making consistently solid contact. Simply put, you never want the clubshaft to pass your left arm as you swing through. To achieve this, keep the grip end of the club moving at all times as your body pivots around your left leg. While holding your follow-through, the shaft and your left arm should still be in line.



用身体的力度击球

最好的击球一定要运用身体旋转，反之亦然。如果您在果岭边击球时遇到问题，请尝试将双脚摆好或是腹部更贴近目标。在挥杆过程中，保持这种姿势可以使得球杆保持较浅和顺滑的击打。尽可能将身体转向目标，并保持球杆在您（左）胸前，不用刻意专注于双手，您的感觉会得到提升。

PITCH WITH YOUR BODY

The best pitchers in the game use a lot of body rotation; the worst use almost none. If you're having trouble making solid contact on greenside shots, try setting up with your feet or belly button pointed more toward the target. This pre-sets the body in a through-swing position. From there, the club will stay shallow and slide through impact. Always turn your body to the target, with the club staying in front of your chest (left). With the focus off your hands, your touch will improve



木杆击球

一次完美的木杆挥杆路线应是“U”形。做到这一点，您必须保持球杆贴近地面，双脚在球的两边。许多高尔夫球手上杆姿势正确，但随后他们在挥杆的过程中球杆向上击打。如果在击球时保持杆头低位，您必须向前移动，伸直右臂。无需担心球杆面角度。如果您将球杆击出草坪，高尔夫球将会呈现不错的弧线和高度。

SWEEP YOUR WOODS

A good image with fairway woods is making a U-shape swing. To do that, you have to keep the club low to the ground for a couple of feet on both sides of the ball. A lot of golfers get the backswing right, but then they flip the club upward through impact. To keep the clubhead low throughout the shot, you have to be moving forward and straightening your right arm. Don't worry bout loft: if you sweep the ball off the grass, the club's loft will send the ball ince and high.



一杆进洞 HOLE IN ONE



恭喜 CELEBRATION

金茂三亚亚龙湾丽思卡尔顿酒店非常荣幸共庆您的出色成绩。只要出示高尔夫球会当天颁发的“进洞”证明，您将会获得房间免费升级，以及我们特意为您准备的庆祝香槟！

The Ritz-Carlton Sanya, Yalong Bay would like to congratulate you on your great performance of the day. Please bring us the certification of the Hole in One from the Golf Clubs. You will receive a complimentary upgrade to the highest room category available for the night and a bottle of Champagne for your celebration!



A	亚龙湾高尔夫球会	Yalong Bay Golf Club	5 minutes
B	红峡谷高尔夫球会	Sun Valley Sanya Golf Club	10 minutes
C	神泉国际高尔夫俱乐部	Mysitc Springs International Golf Club	45 minutes
D	神舟半岛高尔夫球会	The Dunes at Shenzhou Peninsula	1 hour
E	鉴湖蓝湾高尔夫球会	Jian Lake Blue Bay Golf Club	1 hour
F	海南清水湾高尔夫球会	Hainan Clear Water Bay Golf Club	45 minutes
G	三亚海棠湾中海高尔夫球会	Sanya Begonia Bay Peninsula Golf Club	30 minutes
H	龙泉谷高尔夫球会	Dragon Valley Golf Club	25 minutes
I	三亚甘什岭深林高尔夫球会	Sanya Forest Valley Golf Club	30 minutes
J	三亚鹿回头高尔夫球会	Sanya Luhitou Golf Club	30 minutes
K	七仙岭高尔夫球会	Qixianling Golf & Spa	45 minutes
L	三亚红棠湾国际高尔夫俱乐部	Sanya Hongtang Bay International Golf Club	1 hour

咨询
INQUIRE



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Hotel Official Wechat

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电话：86.898.8898.8888
传真：86.898.8858.6888
电子邮件：rcsy.reservation@ritzcarlton.com
酒店网址：ritzcarlton.com/sanya
酒店官方微博：@金茂三亚丽思卡尔顿酒店

The Ritz-Carlton Sanya, Yalong Bay
Yalong Bay National Resort District Sanya, Hainan 572000 P.R. China
Tel: 86.898.8898.8888
Fax: 86.898.8858.6888
Email: rcsy.reservation@ritzcarlton.com
Hotel Website: ritzcarlton.com/sanya
Hotel Official Weibo: weibo.com/ritzcarltonsanya