

Zannier 本多尔岛 / Hardel Le Bihan Architectes

建筑探访指数：4.8 / 5.0 | 乘船进入一座被重新唤醒的地中海聚落

空间故事

- **把渡船当作第一段空间：** 从班多尔驶向岛屿的短航程会逐步显露港口、Delos 拱廊和后方树冠。抵岸后先沿码头回望整体轮廓，再进入狭窄步道，能更清楚地理解设计如何保持小尺度聚落，而非塑造一座封闭的大型度假村。
- **沿海岸比较不同片区：** Delos 更接近港口公共生活，Soukana 依坡地展开，La Madrague 则保留渔屋尺度。比较三者的墙体厚度、拱券、露台与海景关系，可以看见统一运营之下仍被保留的多重场所性格。
- **设计细节观赏：** 留意浅色抹灰与天然石材的交接、拱廊阴影、露台退台、穿孔墙面的滤光、老树周围的铺地收口，以及步道从硬质港口逐渐过渡到松林和耐旱灌木的变化。

旅行者行囊

- **绝佳体验：** 上午乘船抵达，先用一小时环岛步行，午间在港口附近停留，下午再进入已预约的餐饮或水疗空间。公共岛屿与酒店区域的开放安排可能调整，提前确认能避免把行程建立在无法进入的室内空间上。
- **审美练习：** 分别记录远观天际线、步行尺度和室内触感：先看建筑群如何贴合岛形，再观察转角、拱洞与植被如何控制视线，最后比较不同场所对石、木、灰泥和织物的使用。
- **拍照建议：** 海上远景适合保留岛屿完整轮廓，港口可用拱廊重复关系组织画面，下午斜光最能显示石墙与抹灰质感。独自旅行可在安静的海岸步道使用手机支架与定时连拍，让身体面向海面或沿路径行走；树荫与浅色墙面之间的柔光会比正午顶光自然。

- **顺道探索：** 可将本多尔岛与班多尔港、海滨市场和周边葡萄酒产区组合成一日路线，让岛上的建筑更新与蔚蓝海岸更日常的城市、海港和农业景观形成对照。

交通与停留建议

- **出发前确认：** 通常从班多尔港乘短程渡船登岛。船班、公众开放范围、餐厅与水疗预约会随季节和运营安排变化，请在出发前通过 Zannier Île de Bendor 官方渠道核对。
- **安排时段：** 上午海面较清透，适合从船上观察全岛；下午至日落前，西斜光会加强拱廊、石墙和植被的层次。若不住宿，预留至少半日才能从容完成环岛与停留。

探访建议： 不要急着直奔某个室内空间。先从船上建立全岛尺度，再沿港口、坡地与海岸完整走一圈，把建筑修复、景观恢复和酒店生活看作同一项设计。第二圈再选择最感兴趣的拱廊、庭院或石墙细看，岛屿更新的克制会比单张“打卡照”更容易被读出来。

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Architectural Visit Index: 4.8 / 5.0 | Arriving by boat at a carefully renewed Mediterranean settlement

Spatial Story

- **Let the ferry become the first space:** The short crossing from Bandol gradually reveals the harbour, Delos arcades and tree canopy. After landing, look back from the quay before entering the narrower paths; the sequence shows how the design preserves a small settlement rather than presenting a single resort object.
- **Compare the island districts:** Delos addresses harbour life, Soukana steps with the slope, and La Madrague retains the scale of fishermen's houses. Compare wall depth, arches, terraces and sea views to see how several identities survive within one operation.
- **Design details to notice:** Watch the joints between pale render and stone, the depth of arcade shadows, stepped terraces, filtered light through perforated walls, paving around mature trees, and the transition from hard harbour surfaces to drought-tolerant planting.

Traveler's Toolkit

- **Best experience:** Arrive in the morning, make an initial island circuit, pause near the harbour for lunch, then visit any restaurant or wellness space you have booked. Check current public access in advance.
- **Aesthetic exercise:** Record the project at three scales: skyline from the water, movement on foot, and interior tactility. Compare how stone, timber, plaster and textiles shift between different parts of the island.

- **Photography tip:** Keep the complete island silhouette from the boat, use repeating arcades around the harbour, and favour angled afternoon light. Solo travellers can use a small phone stand and timer on a quiet coastal path; shade beside a pale wall gives kinder light than midday sun.
- **Extend the route:** Pair Bendor with Bandol harbour, its waterfront market and a nearby wine estate, setting the island's renewal against the everyday coastal and agricultural landscape.

Getting There & Timing

- **Check before travelling:** Access is normally by a short ferry from Bandol. Ferry times, public areas and restaurant or spa reservations vary by season, so verify them through official Zannier Île de Bendor channels.
- **Best time:** Morning offers clear views from the water; late afternoon strengthens the depth of arches, stone and planting. Allow at least half a day if you are not staying overnight.

Visit Advice: Read the island first from the boat, then complete a circuit through harbour, slope and coast, treating architecture, landscape repair and hospitality as one design. On a second pass, slow down at the arcades, courtyards and stonework; the project's restraint becomes clearer through sequence than through any single postcard view.