

什刹海小丛书

# 什刹海

的  
传  
说  
和  
故  
事

北京市西城区什刹海研究会  
北京市西城区什刹海街道办事处 编  
北京市西城区什刹海风景区管理处



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# 什刹海

的传说和故事

于永昌 / 著

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## 序

美丽的什刹海历来被誉为古都北京的“璀璨明珠”，而什刹海地区是驰名中外具有丰富历史文化内涵的旅游胜地。2005年《中国国家地理》杂志将什刹海与厦门鼓浪屿、苏州老城、澳门历史城区、青岛八大关并称为“中国最美的五大城区”。

什刹海历史悠久。远古时期，奔腾澎湃的永定河犹如一条巨龙，在北京小平原上摇来摆去，它的故道之一，世称为“三海大河”。永定河改道后，在今什刹海和北海、中海的地方留下一串湖泊，人称白莲潭。金代，为修建离宫太宁宫，将白莲潭南部水域加以开拓，成为皇家御园，被隔在宫外的白莲潭北部水域，就成为后来的积水潭，又称海子。蒙元之交，刘秉忠依据积水潭的地理位置，在其东选定中轴线，制订全面的城市规划，建起一座比原中都城远为宏伟的新城——元大都。后为更好地解决漕运问题，在郭守敬领导下修建了通惠河，引燕山和西山的泉水汇聚积水

# 序

潭,逐步建成京杭大运河的北端码头。“舳舻遮海水,仿佛到方壶”,诗人曾以神话中的海上仙境(方壶)来比喻积水潭,并且大加赞美。元代积水潭畔成为大都城内最繁华热闹的集市,为后来北京城的发展做出了贡献。

明时,积水潭(海子)逐渐变为蜿蜒相连的三片水域,分为西海、后海、前海。湖畔寺庙多,名园多,稻田多,有“西湖春、洞庭夏、秦淮秋”之美,而这里的冬景,十顷冰湖,飞雪弥漫,好一派北国风光,却是南方水乡任何胜地不能相比的。

清代,湖畔又出现了几座宏大的王府。清末民初,荷花市场的举办,使什刹海成为集休闲、消夏、购物、娱乐为一体的场所。

解放前夕,什刹海水面减少,环境脏乱,社会秩序混乱。1949年1月31日北平和平解放,随着古都的新生,什刹海也获得了新生。10月1日新中国成立。经人民政府多次疏浚整顿,致力建设,并加强管理,什刹海地区大大改变了面貌。《北京什刹海历史文化风景区总体规划》与《北京旧城25片历史文化保护区保护规划》的颁布与实施,为什刹海的保护、规划、管理、建设指明了方向。多年来,什刹海地区一些重要文物景点得以修复和重建,并新建了一些景点。这样经过几十年各方面的努力,什刹海已逐步形成了一个享有盛誉的广为中外人士所向往的历史文化旅游风景区。

为了更好地挖掘、传承什刹海的历史文化,在北京市

西城区委、区政府的领导和支持下,什刹海研究会、什刹海街道办事处、什刹海历史文化风景区管理处决定编撰一套小丛书,从各个侧面全面详细地介绍什刹海。希望它不仅有助于旅游,而且能广泛地引起人们对什刹海的兴趣,更加了解什刹海,爱护什刹海,并更好地建设什刹海。我们希望这套丛书能受到读者的喜爱。

什刹海研究会

2008年4月

# 序

## Preface

The beautiful Shichahai has been rewarded as the Shining Pear of the historical Beijing, and Shichahai is the historical tourist attraction known home and abroad. In 2005, the China National Geography named Shichahai, together with Gulangyu in Xiamen, Ancient city in Suzhou, Historical district in Macau and Badaguan in Qingdao, the "Most Beautiful Five Districts in china".

Shichahai has a long history. In ancient times, the surging Yongding River was like a huge dragon, waving on the little flatland of Beijing. One of its former routes is called "big river with three seas". After changing routes, Yongding River left a chain of lakes in the current areas of Shichahai, Beihai and Zhonghai, being called White Lotus Pond. In Jin dynasty, in order to build Taining Palace, the southern water of White Lotus Pond was expanded and built into the imperial garden. The northern water left later became Jishuitan, also named Haizi. During the transition of Meng and Yuan authorities,

according to the geographical location of Jishuitan, Mr. Liu Bingzhong made up a overall city planning project selecting the axis line in the east of Jishuitan and built up a new capital, Grand Yuan Capital which was much more grandeur than the former capital. Afterwards, in order to solve the problem of water transportation, under the direction of Mr. Guo Shoujing, Tonghui River was dug. Spring water from Yan Mountain and West Mountain was gathered in Jishuitan and gradually came into the north wharf of Beijing-Hangzhou Grand Cannel. Poets once praised Jishuitan as the fairyland on the sea, Fanghu, in myths, "a convoy of ships covering sea water, like stepping on the fairyland of Fanghu."

In Yuan dynasty, Jishuitan became the most prosperous market of the Grand Capital and contributed greatly to the development of Beijing city afterwards.

In Ming dynasty, Jishuitan gradually became three meandered linking waters of Xihai, Houhai and Qianhai. Three were a lot of temples, renowned gardens and rice fields on its banks, having the beauties of "Spring of West Lake, Summer of Dongting Lake and Autumn of Qinghuai River". In winter, this place had typical North scenery with broad ice lake and diffusing flying snows which was incomparable for any water village resorts in the South.

In Qing dynasty, there appeared several grand Royal Highness



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Residences. In the end of Qing dynasty and beginning of People's Republic, Shichahai became a place with functions of relaxing, spending summer leisure, shopping and entertainment.

On the eve of Liberation, the water surface shrank; surrounding environment became dirty and social order was in a chaos. After the peaceful liberation of Peking on Jan. 31, 1949, with the new birth of the ancient capital, Shichahai also got a new birth. On Oct. 1, new China was founded. By several dredging and rectifying efforts, concentrative construction and strengthened management, Shichahai area was ameliorated greatly. The issue and implementation of the Overall Plan of the Historical and Cultural Scenic in Shichahai, Beijing and the Protection Plan of 25 Pieces of Historical and Cultural Areas in Old City Beijing provide the direction of the protection, planning, management and construction of Shichahai. For many years, many important cultural relic spots have been renovated and rebuilt; several new scenic spots have been built up. After dozens of years of efforts from all circles, Shichahai has become a historical and cultural tourism scenic spot renowned among and dreamed by people home and abroad.

In order to better research and inherit the history and culture of Shichahai, under the leadership and support of Party

Commission and Regional Government of the West District of Beijing, Shichahai Research Society, Residential Administrative Office in Shichahai and the Management Division of the Historical and Cultural Scenic Area of Shichahai decided to compile a series of books, having a detailed and overall introduction of Shichahai from every aspect. We hope that they are not only beneficial for tourism, but also extensively inspire people's interest about Shichahai, making people better understanding, protecting and constructing Shichahai. We hope that this series of book could take the fancy of readers.

**Shichahai Research Society**

**April, 2008**

一个历史文化厚重的城市或地区，自会有它的文化传承和精神记忆。

北京是世界著名古都之一，有着三千多年的建城史，历史文化底蕴深厚，民俗风情内容丰富。什刹海地区素有北方“江南水乡”之称，具有开阔优美的水域，自元代起就建有多个景观，形成了不少赏玩场所。这里街市繁华，闹中有静，是各方人士喜欢聚集之地。大批俗语、歌谣、民间传说和有趣的故事，在民众中广为流传。什刹海这处灵秀之地，所孕育的众多美妙传说故事，尤其值得一谈。从今天所汇集和挖掘什刹海地区传说故事的内容中，可以领悟到民众的艺术创作才能，深刻的寓意和鲜明的爱憎。这些传说故事有着很强的生命力，也是北京非物质文化遗产的一个组成部分。

和各地众多传说故事一样，在什刹海地区的传说故事中，有些也是无史可查的，有的甚至失实。如众多传

说版本中都写有明代朱元璋的辅臣刘伯温、徐达在建造北京城时大显身手。事实上刘、徐在明成祖朱棣迁都北京前早已故去多年了。又如“活财神”沈万三，相传是江南首富。据记载，其人在太祖年间已死于云南流放之地，不可能现身迁都后的京城。然而在什刹海地区的传说故事中，人们就是饶有兴味地讲说刘伯温、徐达在建造京城时施展手段，活灵活现地描述沈万三带人指地掘银。正是由于传说中有这些虚构的人物情节和神话色彩，才增加了传说故事的生动性，也更让人津津乐道。

在这册书中编写了涉及什刹海地区人物和景观的传说故事五十余则。依内容中显现的年代顺序，清代以前的诸篇，传说性质较浓。清代以后至今的篇目，以真人史料为主，故事性强些。这册书的内容会有不少疏漏，希望读者中熟谙什刹海人文历史的人士阅后加以指正，并能提供更多的线索、素材，以便有机会再版时充实内容，使这本书更为丰富和好看。

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