

# 最美中国

中国必游的100个地方

BEST OF CHINA  
100 PLACES YOU MUST VISIT



中国青年出版社  
CHINA YOUTH PRESS

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# 目录 Contents

## 最迷人的自然景观

### The Most Fascinating Natural Landscapes

漓江山水 Lijiang .....	008
黄龙 Huanglong .....	010
九寨沟 Jiuzhaigou .....	012
三江并流 Three Parallel Rivers of Yunnan .....	014
云南石林 Yunnan Stone Forest .....	016
德天瀑布 Detian Falls .....	017
黄果树瀑布 Huangguoshu Falls .....	018
黄河壶口瀑布 Hukou Falls .....	020
新疆天山天池 Tianchi Lake .....	022
新疆喀纳斯 Kanas Lake .....	023
塔克拉玛干沙漠 Taklamakan Desert .....	024
罗平 Luoping .....	026
雅鲁藏布大峡谷 Yarlung Zangbo Grand Canyon .....	027
长江三峡 The Three Gorges .....	028
泸沽湖 Lugu Lake .....	030
武隆天坑 Wulong Karst .....	032
贵州荔波喀斯特森林 Libo Karst Forests .....	033
纳木错 Namtso Lake .....	034
野柳 Yehliu .....	036
日月潭 Sun Moon Lake .....	037
青海湖 Qinghai Lake .....	038
大兴安岭 Greater Khingan Range .....	040
神农架 Shennongjia .....	041

巴丹吉林沙漠 Badain Jaran Desert .....	042
四川卧龙大熊猫保护区 Wolong Nature Reserve .....	043
乌尔禾 Urho .....	044
稻城亚丁 Daocheng's Yading .....	045
呼伦贝尔草原 Hulun Buir Grasslands .....	046
西藏林芝 Linzhi .....	047
香格里拉 Shangri-La .....	048

## 最壮美的山岳

### The Most Breath-taking Mountains

珠穆朗玛峰 Mount Everest .....	052
黄山 Mount Huangshan .....	054
泰山 Mount Tai .....	056
武当山 Mount Wudang .....	058
峨眉山和乐山大佛 Mount Emei and Leshan Giant Buddha .....	060
青城山和都江堰 Mount Qingcheng and Dujiangyan Irrigation System .....	062
武夷山 Mount Wuyi .....	064
庐山 Mount Lushan .....	065
阿尔山 Aershan .....	066
华山 Mount Hua .....	067
玉龙雪山 Jade Dragon Snow Mountain .....	068
四姑娘山 Siguniang Mountains .....	069
五台山 Mount Wutai .....	070
火焰山 The Flaming Mountains .....	071
贡嘎山 Mount Gongga .....	072
冈仁波齐山 Mount Kailash .....	073
武陵源 Wulingyuan .....	074
元阳梯田 Hani Terraces .....	075

## 最恢弘的宫殿庙宇与古代防御工事

### The Grandest Palaces, Temples, and Ancient Defense Works

北京故宫 The Forbidden City .....	078
天坛 Temple of Heaven .....	082
长城 The Great Wall .....	084
沈阳故宫 Shenyang Imperial Palace .....	088
孔庙、孔府和孔林 Confucius Temple, Cemetery and	



Family Residence .....	090
布达拉宫 Potala Palace .....	092
古格王国遗址 Guge Kingdom .....	094
塔尔寺 Ta'er Monastery .....	096
悬空寺 Hanging Temple .....	097
拉卜楞寺 Labrang Monastery .....	098

### 最秀美的园林

#### The Most Elegant Gardens

颐和园 Summer Palace .....	102
避暑山庄 Chengde Mountain Resort .....	104
拙政园 Humble Administrator's Garden .....	106
留园 Lingering Garden .....	108
网师园 Master of Nets Garden .....	110
狮子林 Lion Grove Garden .....	111
上海豫园 Shanghai Yuyuan Garden .....	112

### 最神秘的陵寝

#### The Most Mysterious Tombs

十三陵 Thirteen Ming Tombs .....	116
秦始皇兵马俑 Terracotta Warriors .....	118
西夏王陵 Western Xia Tombs .....	120
明显陵 Xianling Tomb .....	122
清东陵 Eastern Qing Tombs .....	123
清西陵 Western Qing Tombs .....	124
明孝陵 Ming Xiao Tomb .....	125

### 最辉煌的石窟艺术

#### The Most Splendid Grotto Art

敦煌莫高窟 Dunhuang Grottoes .....	128
大足石刻 Dazu Rock Carvings .....	130
龙门石窟 Longmen Grottoes .....	132
云冈石窟 Yungang Grottoes .....	134
麦积山石窟 Maiji Mountain Grottoes .....	136

### 最别致的城市景区

#### The Most Distinctive Urban Scenic Spots

北京奥运建筑 Beijing Olympic Complex .....	140
--------------------------------------	-----

上海黄浦江 Shanghai Huangpu River .....	142
澳门历史城区 Historical Areas in Macau .....	144
三亚 Sanya .....	146
杭州西湖 Hangzhou West Lake .....	147
厦门鼓浪屿 Xiamen Gulangyu Island .....	148
台北市 Taipei .....	149
大连 Dalian .....	150
青岛 Qingdao .....	151
香港 Hong Kong .....	152

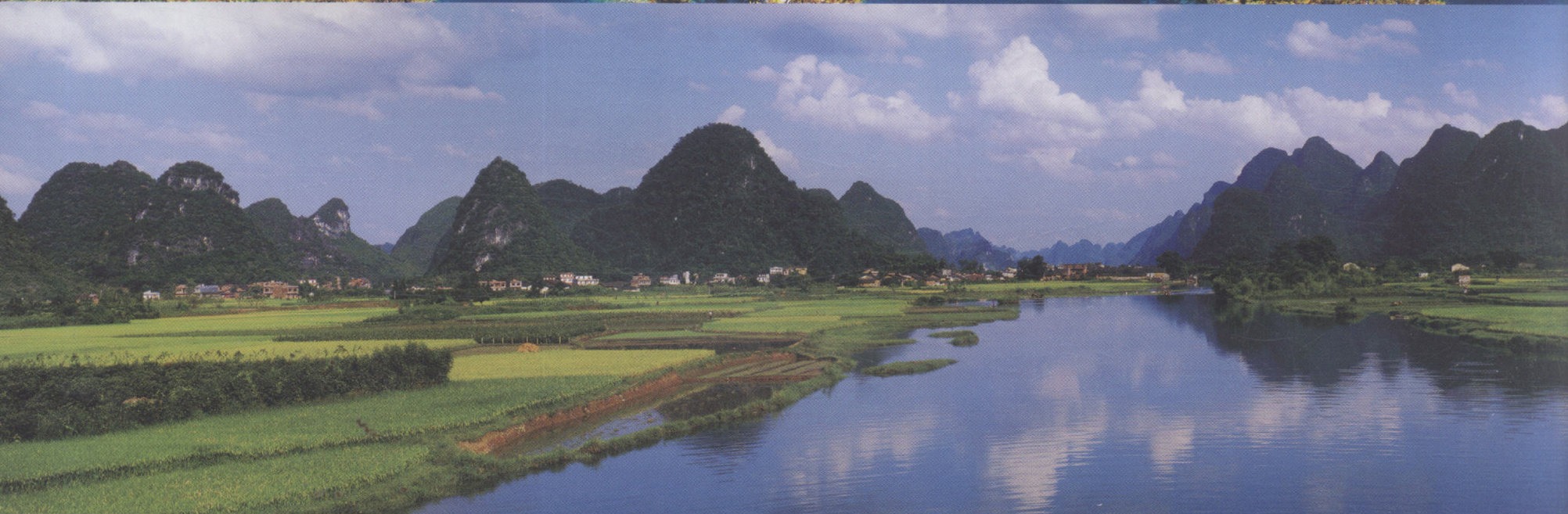
### 最怀旧的古镇

#### The Most Ancient Towns

大理古城 Old Town of Dali .....	156
丽江古城 Old Town of Lijiang .....	158
西递和宏村 Xidi and Hongcun Ancient Villages .....	160
周庄 Zhou Zhuang .....	162
平遥古城 Old Town of Pingyao .....	164
西双版纳 Xishuangbanna .....	166
福建土楼 Fujian Tulou .....	168
开平碉楼 Kaiping Diaolou .....	170
同里古镇 Old Town of Tongli .....	171
乌镇 Wuzhen .....	172
凤凰古城 Old Town of Fenghuang .....	174
丹巴藏寨 Danba Tibetan Village .....	176
图瓦村 Tuwa Village .....	177

地图索引 Putting the 100 Places on Map .....	178
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# 最迷人的自然景观

THE MOST FASCINATING  
NATURAL LANDSCAPES



# 漓江山水

## Lijiang

游客可以从北京、上海、香港等地乘飞机到达桂林开始漓江之旅。传统的旅游旺季是4月-10月。建议避开5月初和10月初的旅游黄金周，挑一个较为安静的时刻来享受漓江山水。

Flights to Guilin Airport leave from many cities across China including Beijing, Shanghai and Hong Kong. The traditional tourist season is from April to October. The so-called "Golden Week" during the National Holiday is particularly busy, and visitors are advised to enjoy the Lijiang landscapes during a somewhat quieter period.

漓江堪称世界上风光最秀丽的河流之一，它在从广西桂林到阳朔的83公里蜿蜒路程中，偕同两岸姿态万千的山峰，为世人贡献了“甲天下”的绝美风光。

漓江风景区是世界上规模最大、风景最美的岩溶山水游览区。俯瞰大地，漓江就宛若一条青绸绿带，曲折回绕在万千奇峰之间。沿江风光旖旎，水面倒影奇峰，“百里漓江，百里画廊”是对这美景的最妥帖形容。于漓江泛舟，不必担心因为天气而扫兴，晴天，看青峰倒影；阴天，看漫山云雾；雨天，看漓江烟雨，每一幅都是令人叫绝的写意山水画。

The Lijiang River, which meanders its way through eighty-three kilometers of lush Guangxi countryside from Guilin to Yangshuo, is celebrated as one of the world's most beautiful rivers. Together with the mountain peaks of unimaginable variety that line its banks, the river gives the world the *non plus ultra* of landscapes, offering scenery that is grander and karst mountains more majestic than those found anywhere else on Earth. In the words of the Tang Dynasty poet Han Yu: "The river is like a green silken ribbon, the mountain peaks like jade hairpins." Indeed, viewed from above, the river could well be mistaken for a viridian silk as it twists hither and thither through the mountains. Along the river, the sight of one great mountain after another reflected in the crystal-clear, tranquil waters is truly captivating. It has been said that its landscapes rival those of any art gallery. Whatever the weather, boaters on the Lijiang need not fret: on a clear day you can see the green peaks reflected in the water; on a cloudy day you can behold the shrouded mountain tops; on a rainy day you can witness the misty drizzle. Each one is a landscape painting in itself, stirring a sense of wonder in all who view it.

1 如画般迷人的山水景致

The scenes of Lijiang are as enchanting as a watercolor painting.

2 漓江像一条碧绿的丝带在群峰间环绕

The river winds along the mountains like a fine piece of silk.

3 青峰碧水，田园农家，漓江两岸的风光至朴至美

The clear waters are flanked by green mountains and rustic homes.









# 黄龙 Huanglong

黄龙气候湿润寒冷，雨水多集中在每年5-8月。到黄龙旅游以春末至秋初为宜，9月底至10月最佳。理想的线路是先坐索道上山，再步行下山，保存体力来观赏沿途美景。

Huanglong is typically damp and cold, and rain is at its heaviest between May and August. Late spring to early autumn is a good time to visit, while September to October is the best. The ideal route around Huanglong is to take the cableway up the mountains and then descending on foot, allowing you to soak up the beautiful scenery without wearing yourself out.

位于四川省西北部的黄龙是由众多雪峰和冰川组成的。在景区内可以饱览丰富的高山森林景观、清晰的第四纪冰川遗迹和壮观的钙华地貌。黄龙以彩池、雪山、峡谷、森林“四绝”著称于世。在山谷中可以看到钙华彩池、钙华湖、钙华瀑布等几乎所有的典型喀斯特地貌景观，是当之无愧的天然钙华博物馆。其中3400余个色彩斑斓的彩池，仿佛一块块颜色大小不一的宝石撒落谷底，奇美壮观。

Huanglong in Northwest Sichuan is an area dotted with snow-capped mountains and glaciers. Its forested mountains, quaternary glaciers and spectacular calcite formations are a feast for the eyes. Huanglong is primarily known for four outstanding features: its colorful pools, white peaks, deep canyons and verdant forests. From the valley, the full gamut of karst formations can be seen, including travertine pools, lakes and waterfalls. Of particular note are the 3,400 colorful pools of all sizes dotted with various hues, which glisten in the valleys like precious stones.



- 1 黄龙最大的天然钙华彩池群——五彩池  
Huanglong's largest natural calcite formations – The Multi-color pools
- 2 秋日的五彩池，仿佛一颗颗绿色的宝石拼叠而成  
"Reflecting the Moon" Pool
- 3 美丽的映月彩池  
Multi-color Pools in autumn, shimmering like emeralds.







# 九寨沟 Jiuzhaigou

九寨沟与黄龙仅隔128公里，气候相近，旅游旺季也大抵相同。在九寨沟内有一条蜿蜒起伏的观景栈道，为游客亲近美景提供了方便。游客也可以乘坐观光大巴一路游赏，最经典的景点有箭竹海、熊猫海、五花海、珍珠滩、诺日朗瀑布等。

Jiuzhaigou lies just 128 kilometers from Huanglong, and enjoys a similar climate and peak tourist season. A wooden walkway winds through Jiuzhaigou, offering an up-close view of the area. There is also the option of a sightseeing bus, which passes through all the main sights including Arrow Bamboo Lake, Panda Lake, Five Flower Lake, Pearl Shoal and Nuorilang Falls.

九寨沟大概是最贴近人们心目中“童话世界”的地方。这块同时拥有“世界自然遗产”和“世界生物圈保护区”两项桂冠的神奇土地位于四川省西北部，在呈“Y”字形的山谷间，高山水流忽疾忽徐地穿行于雪峰、丛林和山谷中，造就了沿途的一座座湖泊、一眼眼泉水和一条条瀑布。

九寨沟的景色就好像一幅幅颜色饱满的油画，丰富的水生植物群落如同画家一样赋予了湖水碧绿、青蓝、橙红等幻变的色彩，这些壮美奇丽的水景为九寨沟赢回了“九寨归来不看水”的无上口碑。

Jiuzhaigou is perhaps the closest thing to a fairytale world to be found anywhere on the planet. With the honor of being both a “world natural heritage site” and a “world biosphere reserve,” Jiuzhaigou lies in the northwest of Sichuan Province. Its valleys are arranged in a “Y” shape, and as the waters that flow through them wind among the mountains and forests, they form countless small lakes, springs and waterfalls.

The scenery of Jiuzhaigou is like a collection of oil paintings bursting with color, and the vibrant blues, greens and oranges of each cluster of water plants could have been lifted straight from an artist's palette. It is said that for those who have witnessed the waters of Jiuzhaigou for themselves, all other waterways pale in comparison.







- 1 诺日朗瀑布是九寨沟最著名的景观之一  
Nuorilang Falls are one of Jiuzhaigou's most prized scenic spots.
- 2 秋高气爽的长海  
Long Lake in the cool autumn breeze.
- 3 由大小不一的19个湖泊组成的树正群海  
Shuzheng Lake is made up of nineteen lakes of various sizes.



# 三江并流

## Three Parallel Rivers of Yunnan

“三江并流”景区广袤无垠，包含了怒江、澜沧江、金沙江3个风景片区，8个中心景区，60多个风景点，总面积达3500多平方公里。著名的旅游胜地丽江、香格里拉等地皆位于这一地区。

The Three Parallel Rivers Region is extremely large, covering the Nujiang, Lancang and Jinsha areas, with eight central scenic zones, and over sixty scenic spots, covering an area of more than 3,500 square kilometers. Famous sites such as Lijiang and Shangri-La are located in this stretch of land.

发源于青藏高原的金沙江、澜沧江和怒江，在进入云南省境内之后，穿越崇山峻岭自北向南并行奔流170多公里，形成世界上罕见的“江水并流而不交汇”的奇特自然地理景观，这就叫作“三江并流”。

4000万年前大陆板块碰撞产生的地质巨变，是形成今天高山与大江交替展布奇观的主要原因。怒江峡谷享有“东方大峡谷”的盛誉，以深邃、雄奇著称；金沙江水切割出的深约3500米、最窄处仅有30米的“虎跳涧”，则是世界上最深的峡谷；澜沧江上的西当铁索桥悬挂两山之间，摇摇欲坠，过桥也是对勇气的极大考验。

The Jinsha, Lancang and Nujiang Rivers all start at the Qinghai-Tibetan Plateau, and after entering Yunnan Province, they follow more than 170 kilometers of lofty mountains southwards side by side without crossing, forming the spectacular Three Parallel Rivers of Yunnan.

Forty million years ago, tectonic collisions gave rise to huge geological changes, creating the great mountains and rivers in the region. In the Parallel Rivers Region, Jinsha and Lancang come within sixty-six kilometers of each other, while just nineteen kilometers separate Lancang and Nujiang at their nearest points. Nujiang Canyon is often referred to as the “Grand Canyon of the East,” on account of its depth and majesty. Though just thirty meters wide, Jinsha River’s Tiger Leaping Gorge reaches down 3,500 meters, and is the deepest canyon in the world. Stretched across Lancang River is a suspension bridge. Crossing the bridge is a true test of courage.

The high mountains and deep valleys exhibit a stark difference in climate. The bottom of the canyons is extremely hot, the middle of the mountains cool and temperate, while the mountain peaks are covered in snow and ice.

- 1 浩浩荡荡的江水从高山间切割出河道  
The rivers run between lofty mountains.
- 2 雄伟神奇的梅里雪山是藏民心目中的神山，至今无人登顶主峰  
Meili Snow Mountain is one of the Tibetan people’s most sacred mountains, and its main peak has never been scaled to this day.
- 3 金沙江猛然转弯向北，离怒江和澜沧江而去  
Jinsha River dramatically curves northwards away from Nujiang and Lancang Rivers.







2



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015

Best of China—100 Places You Must Visit



# 云南石林 Yunnan Stone Forest

游客从昆明火车站乘汽车需要2小时到达石林。其主要游览区李子营石林，面积约12平方公里，是景区内石林最集中、最美的一处。每年农历六月二十四（大约7月底到8月初）是彝族火把节，喜欢热闹的游客可以趁此时体会浓郁的民族风情。

*From Kunming Railway Station, the Yunnan Stone Forest is a two-hour train ride away. The main sightseeing area known as Liziyang Forest covers some twelve square kilometers, and is the largest, most concentrated and most beautiful section of the Stone Forest. On the 24th day of the sixth month of the lunar year (usually late July or early August), the Yi tribe celebrate their Torch Festival. Visitors in search of a lively, culturally rich atmosphere would do well to plan their visit around this time.*

在云南省境内一块占地近400平方公里的土地之上，大自然从两亿五千万年前就开始了神奇的创作。于此沉积了亿万年的石灰岩层在地壳运动和水流溶蚀的作用下，向世人呈现出丰富，完美的喀斯特地貌景观。

低矮的石牙与高大的石柱成簇成片地广布于山岭、沟谷、洼地等各种地形中，并与洞穴、湖泊、瀑布等相融共生，共同组成一副千姿百态的喀斯特地貌全景图画。特别是连片出现的高达20米—50米的石柱群，远望就像参天的树林，“石林”之名即得出此处。

Over 250 million years ago, Yunnan Province was the site of one of nature's true miracles. It was here that the movements of the earth's crust, together with erosion from the water, began to sculpt the limestone formations into the beautiful and varied karst landscape now known as the Yunnan Stone Forest.

Small shards of rock and huge stone pillars litter the peaks, gullies and depressions, and they combine with the caves, lakes and waterfalls to create a grand, complex karst work of art. Of particular note are the waves of stone pillars that range from twenty to fifty meters in height. From a distance, these rock clusters resemble towering forests; it is to these that the area owes its name.

石林中怪石林立，犹如天作  
The strange, lofty stones in the Stone Forest are true wonders of nature.

