



世界文化与自然遗产
WORLD CULTURAL AND NATURAL HERITAGE

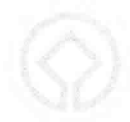
泰山

MOUNT TAI

CHINA TRAVEL & TOURISM PRESS 中国旅游出版社

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巍巍泰山 The majestic Mount Tai

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泰山观日出 Watching the rising sun on Mount Tai



序言

Preface

泰山是中华名山，五岳至尊，它雄踞于华北平原的东部，拔起于山东丘陵之上，山峦叠起，气势非凡。泰山山体高大，形象雄伟，主峰玉皇顶海拔虽仅1545米，但因其与周围山地和平原地区高差约达1300米，因而泰山的雄伟壮观之势非其他名山所能媲美。

泰山的风景集秀丽和雄壮于一身，融自然景观与人文景观为一体，沉稳厚重之中透出英豪之气。文人骚客的流连忘返，历代帝王的亲临封赐，令泰山成为了千百年来世人心目中的一处胜景，更是一座看不尽好风光，道不完沧桑事的奇山。

从自然地理的角度看，泰山的所在地属于暖温带半湿润季风气候，具有适于多种植物生长的不可多得的优越环境；从历史地理的角度看，泰山的位置正好处于决定古代中国的经济命脉的黄河下游地区，勤劳的民众、肥沃的水土供给着中原地区的社会发展所需；而从文化地理的角度看，泰山处于东夷文化中心地带，其南麓，为距今6400~6300年前的大汶口文化的发源地，北麓，距今4400~3900年前的龙山文化熠熠生辉，作为齐鲁文化的源头，其举足轻重的地位可见一斑。

自古以来，泰山就是先民心中的神山。从秦朝起至清朝，历朝历代的君王都将泰山当作祭天的圣坛。古代帝王登封泰山，多从中路沿石级而上，沿途经过红门宫、万仙楼、斗母宫、中天门、十八盘等名胜，因而中路有“登天景区”之说。

泰山顶峰——岱顶海拔1545米，日观峰、月观峰、象鼻峰、丈人峰等群峰拥簇；碧霞祠、玉皇庙、瞻鲁台、仙人桥交相辉映，站在岱顶放眼远望，河山大川，旷世美景尽收眼底。若时机得当还能幸运地观看到“旭日东升”、“晚霞夕照”、“黄河金带”和“云海玉盘”等泰山四大自然奇观。而泰山之阳的山麓，由于古人活动甚多，摩崖石刻、匾额诗章，集中了大量的人文景观，是泰山文化的精神宝库。泰山既是天成，又有数千年无数人的精心营造与构建，成为中华民族的一笔极其宝贵的精神财富。

泰山以其雄伟恢宏，端庄肃穆，浑厚质朴的自然形体，成为中国人审美实践中的一个重要源泉。同时人们又将自身的审美理想赋予了泰山，将自己的审美意识物化于泰山的各个自然与人文景观之中，使之成为中华民族审美创造的结晶。泰山作为中国传统名山的典型代表，作为一座历史悠久，在中国人心中有着特殊地位的名山，于1982年被列入国家重点风景名胜区，1987年被联合国教科文组织世界遗产委员会正式列入《世界文化与自然遗产名录》，成为全人类的珍贵遗产。





南天门 South Gate to Heaven

序 Preface

Mount Tai is one of the most famous mountains in China, and enjoys the fame of head of the five holy mountains. Lying in the east of the vast North China Plain, the mountain looks especially towering, compared with the surrounding hilly land. Layers of peaks and ridges scatter around the Yuhuang Summit, the main peak. Though the summit is only 1,545 meters above sea level, it has a 1,300-meter height gap with the surrounding hills and plain areas, thus forming a sharp contrast and making the mountain look much higher than others.

Besides beautiful scenery, the mountain also has lots of historical sites. The many inscriptions by scholars and poets and the records of visits by emperors have made the mountain a place of interest, attracting many from near and afar.

Mount Tai enjoys a pleasant environment with a warm temperate semi-humid monsoon climate, which is ideal for the growth of various plants. Its location in the lower reaches of the Yellow River had played a significant role in the economic life of ancient China. The diligent work of the Chinese people and the fertile land and rich water supply have met the need of social development in central China. The place used to be the cultural center of eastern China in remote times. To the south of the mountain is the original place of the Dawenkou Culture that dates back 6,400-6,300 years, and to the north is the Longshan Culture that dates back 4,400-3,900 years. This reveals the significant role of the mountain as the cradle of the culture of Shandong.

Since ancient times, Mount Tai has been worshipped as a holy mountain. The emperors of Qin (221BC-206BC) through to Qing (1644-1911) dynasties had made Mount Tai a sacred altar to worship the heaven. Most of them took the central stone stairway when ascending the mountain, through the Red Gate Palace, the Ten Thousand Immortals Tower, the Doumu (Mother Goddess of the Great Bear) Monastery, the Gate Halfway to Heaven and the Eighteen Bends, the central route has therefore been called "the way leading to the heaven".

Erecting some 1,545 meters above sea level, the summit is surrounded by a number of peaks such as the Sun-Viewing Peak, the Moon-Viewing Peak, the Elephant Trunk Peak and the Old Man Peak, with the Bixia (Azure Cloud) Temple, the Yuhuang (Jade Emperor) Temple, the Platform for Watching the State of Lu and the Immortal Bridge dotting on them. Standing on the peaks, visitors may have a good view of the marvelous scenery of mountains and rivers. Lucky ones might have the chance to enjoy the four brilliant sights, namely, the Morning Sun Rising in the East, the Setting Sun Kindling the Sky, the Golden Belt of the Yellow River and the Jade Plate of the Sea of Clouds. At the southern foot are numerous cliff inscriptions left by scholars and officials. The natural formation and the artificial construction have made the mountain a spiritual treasure of the Chinese nation.

The incomparable majesty and solemnity of Mount Tai has made it an important source for the aesthetic practice of the Chinese. As a representative of lofty mountains in China, and a mountain that enjoys a special status in the heart of the Chinese people, Mount Tai was listed as a place of interest under state protection in 1982, and in 1987, it was included as a World Cultural and Natural Heritage by the UNESCO World Heritage Committee.





历史胜迹

Historical Sites

在众多中华名山中，泰山虽然不是海拔最高的山，但却以长者风范独拥“群山之首”、“山岳之祖”的称谓。除得天独厚的自然因素外，历史文化因素才是其渊源所在。

泰山的历史文化源远流长。大汶口文化遗址和龙山文化遗迹两大文化遗存充分证明了泰山地区是中华民族远古文化的重要发祥地，在人类社会形成的初期，就扮演了文化引领者的角色。

泰山在古代先民心目中的特殊地位，使其逐步发展为与“天”通灵的圣山。《史记·封禅书》中记述管子的话说“古者封泰山、神梁父者七十二家。”自秦至清，两千多年来，历代帝王把他们对天的敬畏表现在泰山，先后有十余位皇帝声势浩大地亲自登临泰山封禅祭祀，造就了泰山“五岳独尊”的崇高地位。

称泰山为文化名山，不仅仅是帝王的封禅和留墨，更让今人能直观地感受到泰山浓重的历史文化氛围与深厚积淀的是至今仍巍然矗立的岱庙、孔子登临处、斗母宫、万仙楼、经石峪、青帝宫、普照寺、碧霞祠、玉皇庙等多处古代胜迹；在泰山上和谐共处了千百年的儒、佛、道，造就了泰山独特的人文景观；秦、汉、两晋、唐、宋、元、明、清等历代摩崖石刻一千四百余处，使泰山的山石草木似乎都染上了浓浓的墨香，整座山简直就是中华书法文化的天然博物馆。

这样一座名山，必然留下了诸多文人墨客的足迹。孔子、司马迁、曹植、陆机、谢灵运、李白、杜甫、刘禹锡、苏辙等当时的大儒、名流都曾经慕名登临泰山，他们赞美泰山的诗词歌赋抒写了千古佳话。

Though its altitude is not the highest among all mountains, Mount Tai has been regarded head of all. Apart from natural resources, the historical and cultural background is also a good explanation.

Mount Tai has a long historical and cultural record. The ruins of the Dawenkou Culture and the Longshan Culture have forcefully proved that the region was a major original place of the primitive culture of the Chinese nation, and played the role as cultural leader in the early days of human society.

The unique status of Mount Tai in the eyes of ancient Chinese made it a sacred mountain with special links with the heaven. The *Records of the Historian* quoted Guan Zhong, a virtuous minister of the State of Qi during the Spring and Autumn Period (770BC-476BC), as saying that "a total of 72 ancestors have visited and worshipped Mount Tai and Mount Liangfu". Over 2,000 years from the Qin through to the Qing dynasties, 10-odd emperors had visited Mount Tai and held large-scale sacrificial ceremonies to pay their reverence to the heaven, which acknowledged the holy position of Mount Tai as head of the five loftiest mountains in China.

The fact that Mount Tai is called a mountain of culture is not only because of the visits and inscriptions by emperors, but the numerous ancient sites that record the history, namely, the Daimiao Temple, the Spot Graced by Confucius, the Doumu Monastery, the Ten Thousand Immortals Tower, Jingshiyu (Sutra Rock Valley), the Qingdi (God in the East) Palace, the Puzhao (Universal Illumination) Temple, the Bixia Temple and the Yuhuang Summit. For centuries, Confucianism, Buddhism and Taoism have been worshipped by people of different beliefs in the mountain, forming a unique humanism scene of Mount Tai. And the 1,400-some cliff inscriptions left in history seem to lend dense smell of ink to the rocks and plants, making the mountain a natural museum of Chinese calligraphy.

Not only emperors, scholars and poets, including Confucius, Sima Qian, Li Bai, Du Fu, Cao Zhi, Lu Ji, Xie Lingyun, Liu Yuxi and Su Zhe, had also visited the place and wrote poems to praise the mountain.





岱庙，是历代帝王祭祀泰山神的地方，旧称“东岳庙”或“泰庙”。岱庙始建于汉代，宋真宗前往泰山举行封禅大典时，又大加拓建，修建了天贶殿等，规模更加庞大。岱庙南北长406米，东西宽237米，总面积96222平方米。城堞高筑，宫阙重叠，布局严谨，气势磅礴。岱庙平面布局可分中路、东路、西路。中路南北轴线上依次分布着配天门、仁安门、天贶殿、后寝宫等建筑。东路有汉柏院和东御座；西路建有唐槐院、雨花道院，庙前还设有遥参亭。整组建筑高大雄伟，体现了一股威严的气势，有皇家建筑的风范。

天贶殿是岱庙最重要的建筑之一，面阔九间，进深五间，通高22.3米，面积近970平方米。殿为重檐庑殿式，上覆黄琉璃瓦，重檐之间有竖匾，上书“宋天贶殿”。天贶殿内北、东、西三面墙壁上绘有巨幅《泰山神启跸回銮图》。壁画高3.3米，长62米，传为宋代遗作，以泰山神出巡为画面内容，其浩荡壮观的场面令人叹为观止，被誉为泰山人文景观一绝。

Daimiao, or Temple of Mount Tai or Dongyue (Eastern Mountain) Temple, used to be the venue where emperors worshipped the God of Mount Tai. It was first built in the Han Dynasty (206BC-220AD) and was extensively expanded, with the Tiankuang (Heavenly Gifts) Hall being built when Emperor Zhenzong of the Song Dynasty (960-1127) visited Mount Tai and held sacrificial ceremonies.

The temple is 406 meters long from north to south and 237 meters wide from east to west, covering a total area of 96,222 square meters. With high walls and rows of halls and palaces, it looks grand with beautiful regularity. The structures are divided into three parts on the plain layout: eastern, central and western. Along the north-south central axis stand the Peitian (Associate of Heaven) Gate, the Ren'an (Benevolence and Peace) Gate, the Tiankuang Hall and the Rear Chamber. On the east are the Han Dynasty Cypress Courtyard and the Eastern Throne Hall, and on the west the Tang Dynasty Pagoda Tree Courtyard and the Yuhuadiao Courtyard. In front of the temple stands the Yaocan (Distant Worship) Temple. The whole complex looks grand and solemn with an imperial style.

The Tiankuang Hall is the major structure of the temple. It is nine bays wide, five bays deep, 22.3 meters high, and covers nearly 970 square meters. The hall has double eaves, with four slope roofs covered by yellow glazed tiles. Between the two eaves is a vertical board inscribed with "Tiankuang Hall of the Song Dynasty". On the eastern, northern and western interior walls is a huge mural: *The God of Mount Tai on An Inspection Tour*. The 3.3-meter-high and 62-meter-long mural, drawn in the Song Dynasty, depicts the grand scenes of the inspection by the God of Mount Tai. The great scenes are often acclaimed as the peak of perfection.

宏伟的岱庙古建筑群

The grand ancient structural complex of Daimiao





泰山岱庙遥参亭内一景

A scene in the Yaocan Temple

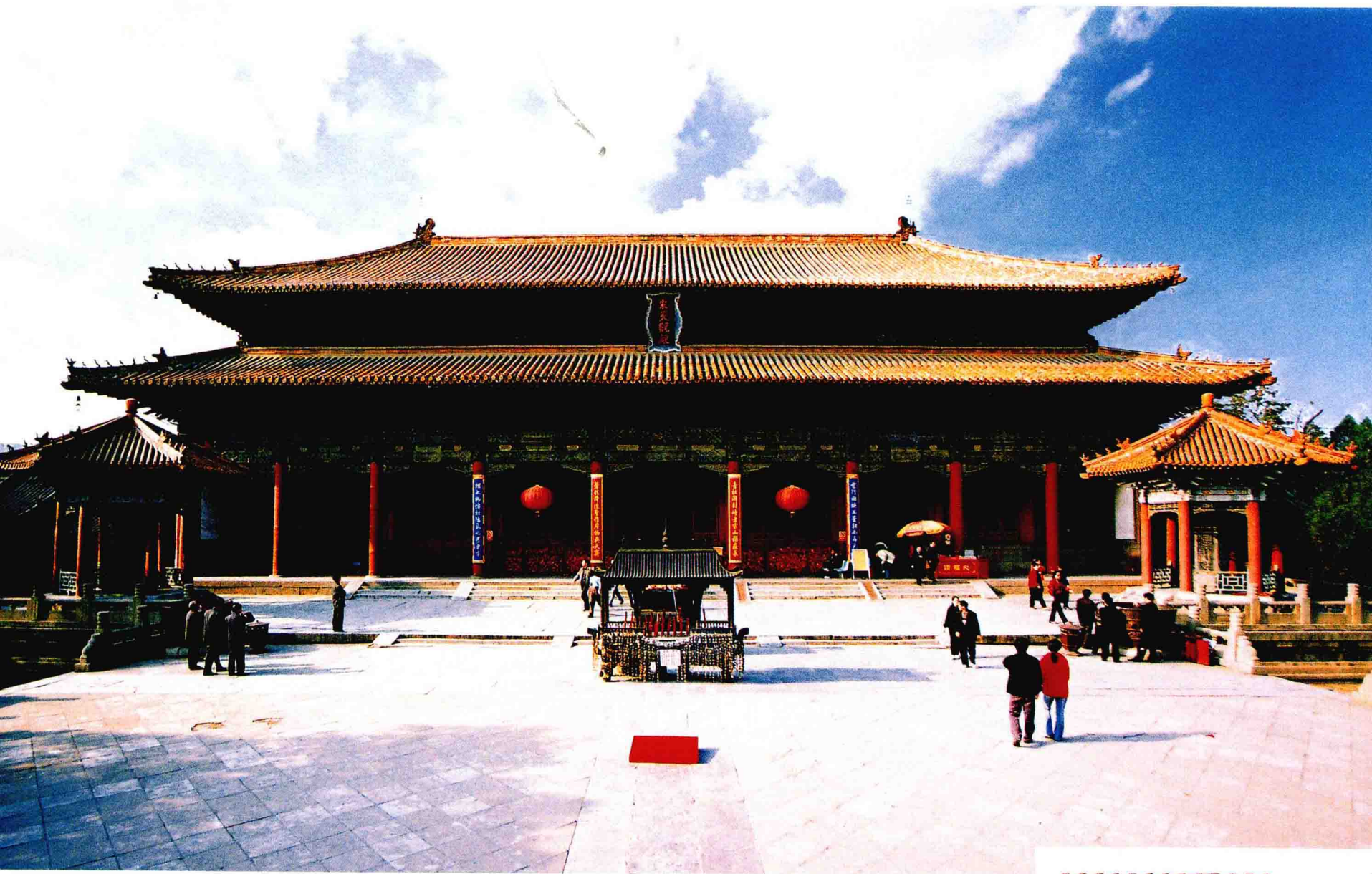


遥参亭是岱庙的前庭。古代帝王到泰山举行参拜前，须先到遥参亭举行简单的仪式，然后再到岱庙举行正式仪式。

The Yaocan Temple is a front structure of the Daimiao Temple. Before formal sacrificial ceremonies in Daimiao, emperors would usually first held simple ceremonies here.

岱庙坊位于遥参亭与岱庙之间。建于清朝康熙年间。岱庙坊是泰山现存最大的石坊，造型威严，石坊立柱通体浮雕，极其精美，是清代石坊建筑的典范。

Standing between the Yaocan Temple and the Daimiao Temple is the Daimiao Archway, which was built during the reign of Emperor Kangxi of the Qing Dynasty. It is the largest existing stone archway on Mount Tai. On the columns are exquisite reliefs demonstrating the technique of stone archway construction of the Qing Dynasty.



天貺殿为岱庙主殿，与北京故宫太和殿、曲阜孔庙大成殿并称中国古代三大宫殿式建筑。它重彩描绘，古朴典雅，重檐叠角，若苍鹰展翅欲飞；清风徐来，风铃响动，庄严肃穆。

The Tiankuang Hall, the main hall of the Daimiao Temple, has, together with the Hall of Supreme Harmony in the Forbidden City in Beijing and the Hall of Great Achievements in the Confucius Temple in Qufu, been known as the three large ancient palace-style architectural complexes in China. The colorful paintings make the building look simple but elegant, the upturned double eaves look like eagles spreading the wings to fly, and the jingling of the decorative bells on the roof ridges add solemnity to the hall.

