

# 文化名片

## 宁夏

NINGXIA

Ningxia, a Wonderland  
走进宁夏丛书

A CULTURAL VISITING CARD OF NINGXIA

主 编 朱昌平  
副主编 黄占宝

王全瑞 刘 宏 孙纪文 编著  
By Wang Quanrui, Liu Hong and Sun Jiwen



SEU 2635336



黄河出版传媒集团  
宁夏人民教育出版社



2635336

G127.43  
1



走进宁夏丛书

主编 朱昌平  
副主编 黄占宝

王全瑞 刘宏 孙纪文 编著



黄河出版传媒集团  
宁夏人民教育出版社



## 图书在版编目 ( CIP ) 数据

宁夏文化名片/王全瑞, 刘宏, 孙纪文编著. —银川:  
宁夏人民教育出版社, 2012.5  
(走进宁夏丛书/朱昌平主编)  
ISBN 978-7-80764-814-7

I. ①宁… II. ①王… ②刘… ③孙… III. ①文化—  
概况—宁夏 IV. ①G127.43

中国版本图书馆CIP数据核字 (2012) 第095765号

## 走进宁夏丛书 宁夏文化名片

王全瑞、刘宏、孙纪文 编著

责任编辑 吴 阳 朱晓灵

装帧设计 狄多强

责任印制 刘 丽



黄河出版传媒集团  
宁夏人民教育出版社

出版发行

地 址 银川市北京东路139号出版大厦 ( 750001 )

网 址 [www.yrpubm.com](http://www.yrpubm.com)

网上书店 [www.hh-book.com](http://www.hh-book.com)

电子信箱 [jiaoyushe@yrpubm.com](mailto:jiaoyushe@yrpubm.com)

邮购电话 0951-5014284

经 销 全国新华书店

印刷装订 宁夏雅昌彩色印务有限公司

开本 787mm×1092mm 1/16 印张 13.5 字数 220千

印刷委托书号 ( 宁 ) 0009575 印数 1000册

版次 2012年5月第1版 印次 2012年5月第1次印刷

书号 ISBN 978-7-80764-814-7/K·5

定价 86.00元

版权所有 翻印必究



# 总序

## General Preface

屈冬玉

Qu Dongyu

# 该

用什么样的词语来形容宁夏这片神奇的土地?不会因为时光的侵蚀而消逝,在沙中、在河畔、在山巅,古老的西夏文明透过沉沉暮霭依旧吟唱在平原的每个角落;不会因为民族的交融而迷失,在稻田、在果园、在炕头,回汉兄弟的双手穿过茶盏油香的浓郁香气紧紧握在一起;不会因为世俗的偏见而偏移了前行的脚步,在街头、在荒漠、在湖边,塞上江南每天都在演绎着太多的故事和奇迹。

What language can I use to describe this land? The ancient Western Xia culture did not vanish with the passing of time; instead, it demonstrates itself in the sand, by the rivers and on the mountains of Ningxia. The mingling of the Hui nationality with other nationalities does not weaken it, only to witness the Muslims uniting firmly with brothers of other nationalities in the paddy fields, orchards and farmhouses. The worldly prejudice will not block its way forward, only to see miraculous events take place every day on the streets, in the deserts and by the lakes.

宁夏文化名片

总序

A Cultural Visiting Card of Ningxia  
General Preface



这里是中国最大的回族聚居区,绚丽的伊斯兰风情让人为之着迷;这里有黄河和沙漠交融的壮丽景观,长河落日与大漠孤烟并存的美景让人目眩神迷;这里有神秘的古西夏文明遗迹,夕阳下的“东方金字塔”至今在向世人诉说着那段古老的往事;这里有功效奇特的“红宝”枸杞和甜美的硒砂瓜,有美味的羊肉和八宝茶等待着远道而来的游客……每当我试图用什么词语来描述可爱的宁夏时,总会感叹自己的词汇是那么的匮乏。

Most Chinese Hui people inhabit in this region. Ningxia is amazing to the world with the splendid Islamic customs, the grand vision of the Yellow River crossing the desert, the poetic sunset accompanied by rising farmhouse smoke, the remains of the mysterious Western Xia civilization, the healthy local produce Gouqi berry, sweet and juicy watermelon, delicious mutton and eight-treasure tea. I always feel that my vocabulary is far from enough when I intend to describe my lovely hometown.

宁夏回族自治区是个小省区,小到只有区区的6.64万平方公里,630余万人口。但是这里不应该被世界所遗忘,宁夏平原自古以来就是内接中原,西通西域,北连大漠,各民族南来北往频繁的地区。两山一河(贺兰山、六盘山,黄河)架起了宁夏的经脉骨骼,千百年来,作为农耕文明与游牧文明的重要中转站,各个民族、不同文化在这里交相辉映,当历史的书页翻过,文化再一次沉淀,我们蓦然发现,宁夏已得到了来自历史的馈赠,作为中国向西开放的桥头堡,宁夏巍然屹立。



Ningxia is a small-sized region with the total area of 66 400km<sup>2</sup> and the total population of 6.3 million. However, it is rather important for it connects the central China, leads to the western regions and countries and links the northern deserts, playing the role of an important passage in the communication between the Chinese nationalities and foreign countries. The Helan Mountains, the Liupan Mountains and the Yellow River had been the joints of farming civilization and nomadic civilization in history, where different cultures co-existed in harmony. The bygones were bygones. Today, we still benefit from the historical heritage and Ningxia is standing firmly as a bridgehead in China's opening to the western countries.

宁夏具备了造物主予的两个极端。向北,素有“塞上江南”美誉的中国十大新天府——宁夏平原,得益于黄河母亲的滋润,这里土地肥沃,物产丰富;向南,六盘山下是以贫瘠而闻名于世的“西海固”地区,干旱少雨的恶劣生存环境触动了多少人的神经。翻开宁夏的发展史,我们更多看到的是宁夏人世代“与天斗”的悲壮事迹。近年来,宁夏根据自治区实际探索出了扶贫开发的新路,生态移民攻坚的号角已经吹响,宁夏将一举拔掉生活在不适宜居住、不适宜发展的中南部地区的35万贫困群众的“穷根”。

Geographically, Ningxia has two extremes. In the north, the Ningxia Plain, irrigated by the Yellow River, is fertile and productive with the southern scenery of South China. In the south, on the contrary, the Xiji



County, the Haiyuan County and the Guyuan City at the foot of the Liupan Mountains, well-known for the barren land, suffer from the arid environment, which is harsh for inhabitation. However, the local people had been fighting against the difficulty. In the recent years, the Ningxia Government, according to the local situation, has been seeking a new way of alleviating poverty through ecological emigration, namely, 350 000 poverty-stricken people will be moved away from the middle and southern parts of Ningxia where the natural environment is unsuitable for inhabitation or for economic development.

借由《走进宁夏》丛书的问世,我们希望能打开一扇世界了解宁夏的窗。

Now, the book Ningxia, a Wonderland is to be published, and I hope it will be a window for people to know Ningxia.

作为宁夏的心脏,在大西北酷烈的阳光下,银川以水的温柔撑起了外界对宁夏的第一印象。银川又称“凤城”,这里的宜居条件举世闻名,用“多彩”来形容这座城市是当之无愧的。重工基地石嘴山用他钢铁般的坚强撑起了宁夏不屈的发展之魂,今天,石嘴山以崭新的面貌和澎湃的活力吸引了来自四面八方的热切目光。坐落于宁夏正中的吴忠市,浓郁的回乡风情醉倒了多少游人;黄河滋润着这片多情的土地,阳光温暖着回汉儿女的心房,锦绣吴忠,正在奏响民族团结、和谐发展的华丽乐章。宁南固原,以悠久的历史 and 深厚的文化底蕴享誉海内外,却也以贫困落后让人为之揪心;而今宁夏生态移民工程为35万贫困人口拓开一条通往幸福的康庄大道。茫茫沙海中的绿洲中卫,只有在这里才能领略到“大漠孤烟直,长河落日圆”的壮丽景象;鲜红的枸杞,香甜的硒砂瓜,中卫的特色产业在发展的过程中悄然撑起了宁夏的又一个经济增长极。



As the capital of Ningxia, Yinchuan empresses the visitors with water-like tenderness in the northwestern blazing sun. Nicknamed "Phoenix City", the colorful Yinchuan is well-known for her quality living conditions. The Shizuishan City, a base of heavy industry, demonstrates his spirit of development with his strong will and attracts the attention of eager visitors with his new appearance and great vigor. Situated in the middle of Ningxia and nourished by the Yellow River, the Wuzhong City displays the charms of the Hui nationality, which surprises the visitors. On this beautiful and fertile land nourished by the Yellow River, the local people, Hui nationality and other nationalities, are walking towards nationality unity and harmonious development. The southern part of Ningxia is mountainous with a long history and profound culture well-known home and abroad. However, the people in this area suffer deeply from poverty. At present, the Ecological Emigration Project is paving the way to happiness for the 350 000 local poverty-stricken people. The Zhongwei City, an oasis in the desert, will remind you of the scene of poetic sunset accompanied by rising farmhouse smoke. The red Gouqi berry and the juicy watermelon create new economic increase in the development of the local special industries.

《走进宁夏》丛书通过“多彩凤城·银川”“重工基地·石嘴山”“锦绣回乡·吴忠”“文化古城·固原”“沙海绿洲·中卫”这几张“宁夏文化名片”系统地介绍了宁夏的地理历史、特色文化、旅游景点、名优特产及风味饮食。对于从来没有来



过宁夏的朋友来说,这套丛书能够帮助你建立对宁夏的初步印象,或许可以成为你来宁夏旅游的最佳指南。

The book series Ningxia a Wonderland include Duocai Fengcheng—Yinchuan, Zhonggong Jidi—Shizuishan, Jinxiu Huixiang—Wuzhong, Wenhua Gucheng—Guyuan and Shamo L ü zhou—Zhongwei. As “Cultural Visiting Cards”, these books introduce systematically the history, geography, distinctive culture, tourist spots, superb local produce and special food. For those who have not been to Ningxia, the books might impress them to some extent and might be a guide in their possible tour to Ningxia.

“贺兰山下果园成,塞北江南旧有名。”宁夏不该被世界忘记,在建设和谐富裕新宁夏、全面步入小康社会、实现民族复兴的大道上,宁夏必将谱写下属于自己的浓重一笔。

是为序。

Ningxia should not be forgotten by the world. I am sure that Ningxia will play her important role on the way of creating a harmonious well-off society and realizing the renaissance of the nation.



# 引言

## Forward

在 中国的版图上,宁夏无疑是个小地方。然而,这个地方却有自己独特的个性,对于外界来说,甚至有着幽幽的神秘。是的,她地处中国西北部,历史上曾有一个同样神秘的西夏王朝;今天宁夏是我国唯一的回族自治区,是回族最密集的聚居地,有着独特的文化;这里也是各民族的移居地,不同文化在这里融合,和谐地存在并发展着。

Undoubtedly, Ningxia is a small region in China. However, this place is fairly special, even mysterious to the outside world. Located in the northwest of China, it witnessed the founding and perishing of the Western Xia Dynasty. As the only autonomous region of the Hui Nationality, it is the most densely populated area of the Hui people in China, where immigrants of other nationalities inhabit as well. The distinctive Hui culture and the cultures of other nationalities co-exist here and develop in great harmony.

宁夏是一个十分内秀的地方,踏实地在历史的长河中发展着,没有浮躁,没有张扬,以致于外界对她的了解远浅于其他地方。我,作为宁夏的第二代移民,去过国内很多地方,而每每静下来,还是会为这个地方感动。“花香,还要邀人来嗅,才不辜负花的青春。”常常地,我琢磨应该为宁夏做点什么。经过一番思考之后,我决定编一本小册子,向国内外朋友介绍一下宁夏。



Ningxia is a graceful lady who behaves in an introvert manner only to make her mysterious to the outside world. "Every flower should blossom in the open." With this truth striking me, I was determined to write a book to introduce Ningxia to the loving people of beauty.

在这本书里,我向大家介绍了宁夏悠久的历史、独特的地理环境、丰富的地域文化、令人向往的旅游景点、优质的地方特产和具有地域特色的饮食。为了中西文化交流的需要,资料均翻译成了英文,并配有彩色插图。虽然本书没有学术著作的高深,没有艺术作品的优美,也没有娱乐的热闹,但是,我觉得她有不施粉黛的纯朴之美。

In this book, I will introduce to you the long history, the special geographical environment, rich regional culture, glamorous tourist spots, superb local produce and distinctive food of Ningxia. I believe that my book is surely of natural beauty, not necessarily profound academically or fascinating artistically.

经过两年的工作,这本小册子就要出版了。我放走了工作中愉悦的辛苦,期待她能绽放。如果您透过这张“名片”能对宁夏有一定的了解,有更深入关注她的愿望,我也就心满意足了。

After two years of my pleasant effort, I am eager to see the book published. I will be sweetly satisfied if this "Visiting Card" will acquaint you with Ningxia and arouse your interest for her.

王全瑞

Victor Wang Quanrui



# 目录

## Contents

- 01 地理和历史概况 / The Geography and History of Ningxia
- 02 地理概况 / The Geography of Ningxia
- 06 悠久历史 / The History of Ningxia
- 12 人口概况 / The Population of Ningxia
- 11 行政区划 / The Administrative Division
- 17 特色文化 / The Distinctive Culture of Ningxia
- 18 黄河文化 / The Culture of the Yellow River
- 22 回族伊斯兰文化 / The Islamic Culture of Hui People
- 28 西夏文明 / The Western Xia Civilization
- 32 移民文化 / The Immigration Culture
- 36 边塞文化 / The Frontier Culture
- 38 丝路文化 / The Culture of the Silk Road



- 13 宁夏旅游 / The Tourism in Ningxia
- 11 塞上江南 / A Northern Region with Lush Southern Scenery
- 16 长城博物馆 / The Great Wall Museum
- 18 银川玉皇阁 / The Yinchuan Jade Emperor Pavilion
- 50 银川钟鼓楼 / The Bell Tower and Drum Tower of Yinchuan
- 52 海宝塔寺 / The Haibao Pagoda
- 51 承天寺塔 / The Chengtian Temple Pogoda
- 56 南关清真寺 / The Nanguan Mosque
- 60 苏峪口森林公园 / The Suyukou National Forest Park
- 61 西夏王陵 / The Western Xia Mausoleums
- 72 西部影视城 / The West Film Studio
- 78 贺兰山 / The Helan Mountains
- 82 贺兰山岩画 / The Helan Mountain Rock Arts
- 81 滚钟口 / The Gunzhongkou Pass
- 92 沙湖 / The Sand-Lake
- 96 北武当庙 / The North Wudang Temple
- 102 拜寺口双塔 / The Baisikou Twin Pagodas
- 106 黄河古渡 / The Ancient Ferry of the Yellow River
- 110 水洞沟遗址 / The Ruins of the Shuidonggou Culture
- 112 兵沟旅游区 / The Soldier Ditch Tourism Zone
- 111 纳家户清真寺 / The Najiahu Mosque
- 116 108塔 / The 108 Towers
- 120 黄河大峡谷 / The Grand Canyon of the Yellow River
- 128 牛首山 / The Ox-head Mountain
- 131 董府 / The Dongs' Mansion
- 138 同心清真寺 / The Tongxin Mosque
- 112 沙坡头 / The Shapotou Desert
- 116 高庙 / The Gaomiao Temple



- 152 须弥山石窟 / The Xumishan Grottoes
- 156 黄河水车 / The Yellow River Waterwheels
- 158 六盘山红军长征纪念亭 / The Red Army's Long Marches Monument  
on the Liupan Mountain
- 162 固原博物馆 / The Guyuan Museum
- 161 火石寨 / The Flint Village
- 166 六盘山国家森林公园 / The Liupan Mountains
- 168 海原大地震遗址 / The Haiyuan Earthquake Site
- 173 名优特产 / The Superb Local Produce
- 171 枸杞 / The Gouqi Berry
- 178 贺兰石 / The Helan Stone
- 180 滩羊皮 / The Tanyang Sheepskin
- 182 甘草 / Licorice
- 183 珍珠米 / Pearl Rice
- 185 风味饮食 / The Special Local Food
- 186 宁夏羊肉 / The Mutton of Ningxia
- 188 宁夏面食 / The Local Wheaten Food
- 189 八宝茶 / Eight-treasure Tea
- 190 清真全羊席 / The Muslim All-Sheep Banquet
- 192 回民筵席十大碗 / The Ten Large Bowls Feast of the Hui People
- 191 跋 / Postscript
- 197 后记 / General Postscript



# 地理和 历史概况



## The Geography and History of Ningxia

宁夏地处中国西北部,面积不大,却有着独特的地理特征。这里有山,有水,有平原,还有沙漠。

在中华民族的发展中,宁夏有着悠久的历史。这里见证过西夏王朝的盛衰,也目睹了回族同各民族的融合和交流。

Located in the northwest of China and small in size, Ningxia is unique in geographic features with mountains, rivers, plateaus and deserts.

Ningxia has a long significant history in the development of the Chinese nation. She witnessed the ups and downs of the Western Xia Dynasty as well as the co-existence and exchange with other nationalities.





# 地理概况

## The Geography of Ningxia

宁夏位于北纬 $35^{\circ}14' \sim 39^{\circ}23'$ ,东经 $104^{\circ}17' \sim 107^{\circ}39'$ 。宁夏疆域轮廓南北长、东西短,南北相距约456公里,东西相距约250公里,总面积为6.6万多平方公里。

Ningxia (full name Ningxia Hui Autonomous Region) is located at a latitude of  $35^{\circ}14' \text{ N}$  to  $39^{\circ}23' \text{ N}$  and a longitude of  $104^{\circ}17' \text{ E}$  to  $107^{\circ}39' \text{ E}$ . Measuring about 456km from north to south and 250km from east to west, the region covers an area of about 66 000km<sup>2</sup>.





宁夏地处中国西部的黄河上游地区,东邻陕西省,西部、北部接内蒙古自治区,南部与甘肃省相连。宁夏自古以来内接中原,西通西域,北连大漠,各民族交往频繁。

Ningxia is situated in the upper reaches of the Yellow River of Western China. It is bounded to the east by Shaanxi province; to the west and north by the Inner Mongolia Autonomous Region; and to the south by the Gansu province. Since ancient times, with Ningxia's border going eastward to the central plains of China, westward to the western countries, and northward to the Tengger Desert, the contacts among nationalities have been frequent.

宁夏地处中国地质、地貌“南北中轴”的北段,位于华北台地、阿拉善台地与祁连山褶皱之间,处于高原与山地的交错地带,地质构造复杂。从西面、北面到东面,分别由腾格里沙漠、乌兰布和沙漠和毛乌素沙地包围,南面与黄土高原相连。地形南北狭长,地势南高北低,西部落差较大,东部起伏较缓。

Ningxia is located in the northern section of the geological and geomorphological north-south axis, among the North China tableland, the Alxa Platform and the Qilian Mountain fold. There has a very complex geological condition in the edge of plateaus and mountains, with the Tengger Desert, the Ulanbuh Desert, and the Muus Sandland to the west, north and east; the Loess Plateau to the south. Its landform is long and narrow in southern and northern areas, low-lying south high north; the west area shows high level difference, while the east area has a flat wave.