

古都名城

Ancient Capitals

古都，是指中国历史上的王朝或政权的都城，它们是当时的政治中心，有的同时还是经济中心和文化中心。中国历史悠久，朝代更迭频繁。每当改朝换代之际，常会发生迁都的情况，因此做过都城的城市不少。其中比较著名的是七大古都：安阳、西安、洛阳、开封、南京、杭州和北京。

As the capital city of a dynasty, it was often the center of politics, and some, also the center of economy and culture. China has many dynasties in its long history and each time the old one is replaced, the capital city changed. The city that once served as a capital was not few, but the most famous were seven: Anyang, Xi'an, Luoyang, Kaifeng, Nanjing, Hangzhou and Beijing.





> 安阳

安阳是中国历史上可以确定地理位置的最早的都城，位于河南省最北部，地处山西、河北、河南三省的交汇处。

安阳是中国有史可考的较早的地区，具有3300多年的建城史和建都史。公元前14世纪，商王盘庚迁都于殷（今安阳小屯村一带），一直到商纣王亡国为止，历时273年，殷一直是商代都城。因此商朝也叫“殷商”。商朝人曾经在这里创造了光辉灿烂的文明，以青铜冶铸为代表的手工业和农业生产迅速发展。

商纣王亡国之后，殷都渐渐荒芜，化为一片废墟，故称“殷墟”。直到春秋战国时期，安阳地区才重新繁荣起来，并兴起了两座

> Anyang

As the oldest capital identified in Chinese history, Anyang in the northernmost tip of Henan Province is where Shanxi, Hebei and Henan meet.

Anyang, with 3300 years of history behind, is the earliest capital identified by archeological studies. During the 14th century B.C., Pan Geng, ruler of the Shang Dynasty, moved his capital to Yin, present-day Xiaotun Village of Anyang. In the following 273 years until the Shang Dynasty was overthrown in the reign of King Zhou, Yin had remained as the Shang capital. Because of this, the Shang Dynasty is also called “Yin Shang”. Shang people left a brilliant civilization in this place. Bronze melting and casting stood out as the representative of its advanced handicraft technology and farming production.

After the Shang Dynasty was down,

• 后母戊鼎

后母戊鼎因腹内壁铸有“后母戊”三字而得名。鼎造型高大厚重，通高133厘米，器口长110厘米、宽79厘米，重832.84千克，是迄今发现的中国古代最大的青铜礼器。现藏中国国家博物馆。

The Houmuwu Ding, Bronze Vessel from the Shang Dynasty

This huge bronze work got its name from the inscription found on its inside wall. The vessel is huge and steady, 133cm tall, 110cm across on its mouth, 79cm wide and weighing 832.84 kilograms. It is now in the collection of the National Museum of China as the largest bronze work so far discovered in the country.



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古都名城
Ancient Capitals



城市——邺城和安阳。以邺城为中心的安阳先后成为三国时期（220—280）的曹魏，十六国时期（304—439）的后赵、冉魏、前燕，北朝时期（386—581）的东魏、北齐六个王朝的都城，因此安阳被称为“七朝古都”。

清光绪二十五年（1899），金石学家王懿荣等在作为中药的“龙骨”上发现了甲骨文，又经金石学家罗振玉的查访考证，确定了甲骨文的出土地为安阳小屯，从而证实

however, this place of Yin, the former capital, was reduced into ruins. Because of this, contemporary scholars call this place, Yingxu, meaning the Yin Ruins. A desolate situation lasted until the Spring and Autumn and Warring States Periods, when this place, presently called Anyang, revived. Two cities, Yecheng and Anyang stood in this place. Still later, during the Three-kingdom Period (220-280) Anyang was the capital city for the State of Wei ruled by Cao Cao. It was also the capital for smaller regimes like Houzhao, Ranwei, Qianyan, as well as Dongwei



• 刻有甲骨文的兽骨

Animal Bones Inscribed with *Jia Gu Wen*

此地为殷墟。20世纪30年代，考古学家们对殷墟进行了大规模的发掘，发现了宫殿区、居住区、手工作坊区和墓葬区等重要遗址，出土了大量珍贵文物，其中就包括举世闻名的后母戊鼎。殷墟出土的带字甲骨约有15万片，这些甲骨原是商代占卜之物，上面记载的内容涉及政治、军事、文化、社会习俗等多方面的内容，以及天文、历法、医

and Beiqi of the Northern Dynasty (386-581), six in total. People call Anyang “the capital city of the seven dynasties”.

In 1899, the 25th year of the Guangxu Reign of the Qing Dynasty, Wang Yirong, a scholar in the studies of ancient inscriptions found on metal and stones, accidentally found *jia gu wen*, the inscriptions made on bones or tortoise shells of the Shang Dynasty. By academic efforts made by another scholar Luo Zhenyu, Xiaotun of Anyang was identified as the place where these bones and tortoise shells had been found. Further on, the Yin Ruins that had lost in history were identified. A large-scale excavation began in that place, which brought to light the Shang Dynasty’s residential, palatial, handicraft and burial areas. A large amount of findings were made, including the worldly famous bronze vessel, Houmuwu Rectangular Ding. The inscribed bones and tortoise shells were as many as 150 thousand. They were originally for the practices of divination but the inscriptions on them were about politics, military, culture, customs, astronomy, calendar and medicine. Up to now, these inscriptions make the earliest and also the most complete system of written characters



殷墟妇好墓

殷墟墓葬众多，比较出名的是妇好墓。妇好墓是商代第二十三代王武丁的配偶妇好之墓。据甲骨文记载，妇好生前曾参与国事，从事征伐和主持祭祀。妇好墓发掘于1976年，是殷墟发掘以来唯一能与甲骨文相印证，而确定墓主及时代的商代王室墓。

妇好墓中出土了大量的随葬品，有铜器、玉石器、骨器、象牙器、陶器等1928件，贝6800余枚。铜器品类齐全，有不少器形是罕见或从未见过的。其中带铭文的铜器有190余件，包括妇好生前宴飨或祭祀用器、妇好子辈祭母用器、方国的贡品和贵族的馈赠物等。玉器中不乏色泽晶莹、雕琢精细的上品，显示出商代玉雕技艺的高水平。人物玉雕五官位置准确，身体比例适当。写实的动物玉雕形象逼真、栩栩如生。非写实的动物玉雕有龙、凤、怪鸟等，表达了商人对龙凤的崇拜。



• 妇好三联甗（炊器）（商）

妇好三联甗由长方形六足甗架和三件大甗组成，上有精美的纹饰和“妇好”铭文。

Trigeminy Yan, a Cooking Utensil Unearthed from Fu Hao's Tomb (Shang Dynasty, 1600 B.C.-1046 B.C.)

This cooking utensil is made up with a rectangular shelf of six feet and three pots, on which a decorative pattern and "Fu Hao" were inscribed.

Fu Hao's Tomb Found in the Yin Ruins

Among the large number of tombs, Fu Hao's is the most famous. Fu Hao was the wife of Wu Ding, the 23rd ruler of the Shang Dynasty. By inscriptions found on these bones, Fu Hao was very active in state affairs and religious ceremonies. She even joined the army for expeditions. The excavation of her tomb was conducted in 1976. This tomb is the only one belonging to a Shang-dynasty royal family member able to be verified by the documentation of *jia gu wen*.

1928 pieces of bronze, jade, bone, ivory and pottery burial items were brought to light from her tomb, plus 6,800 pieces of sea shells. Some bronze works from the tomb had never been known before. The 190 pieces with inscriptions included those for banqueting and worshipping when she was alive, some from her children or lords or subordinate regimes. Some jade pieces were fantastically made to show advanced carving techniques of the time. The five organs in a human face and the proportion of body parts were perfectly done. Animal figurines like dragon, phoenix and eerie birds were very much life-like, showing a popular dragon and phoenix worship of the time.



• 妇好铜盘（水器）（商）

Fu Hao's Bronze Plate (for keeping water) (Shang Dynasty, 1600 B.C.-1046 B.C.)



• 妇好墓出土骨饰（商）

Bone Works Unearthed from Fu Hao's Tomb (Shang Dynasty, 1600B.C.-1046B.C.)



• 妇好鸛尊（酒器）（商）

Fu Hao's Bronze Wine Vessel (Shang Dynasty, 1600 B.C.-1046 B.C.)

药等科学技术。甲骨文是中国目前发现的最早、最完整的古文字，其出现将中国有文字可考的历史推移到4000年以前。

殷墟是商代灿烂文化的代表，其重要的文化价值有目共睹。2006年7月13日，联合国教科文组织将其列入《世界文化遗产名录》。

除了殷墟，安阳还有许多名胜古迹，著名的有灵泉寺、修定寺塔、文峰塔等佛教建筑。

灵泉寺位于安阳市区西南的宝山山谷之中，周围群山环抱，原名“宝山寺”，始建于东魏，隋朝时改称“灵泉寺”。在寺东和寺西分别是大留圣窟和大住圣窟。唐代时佛教地位上升，灵泉寺成为北方佛教圣地，号称“河朔第一古刹”。后世许多高僧以大留圣窟或者大住圣窟为依托开窟建塔，形成了全国规模最大的浮雕塔林——万佛沟。万佛沟内现存石窟2座，塔（殿宇）龛245个，佛、僧雕像数百尊，高僧

ever found in China. They pushed the history of China's written characters back to 4,000 years ago.

The Yin Ruins represent the brilliant Shang culture and the significance is worldly acknowledged. On July 13, 2006, UNESCO took it into the *World Cultural Heritage List*.

Apart from the Yin Ruins, Anyang has many places of interest like Buddhist buildings of Lingquan Temple, Xiuding Temple Pagoda and Wenfeng Tower.

The Lingquan Temple in the southwest of Anyang nestles comfortably



• 安阳灵泉寺石窟 (图片提供: 全景正片)

Grottoes of the Lingquan Temple, Anyang



铭记百余篇。这些遗存是研究中国古代建筑史、石刻艺术史、佛教史的珍贵文物。

修定寺塔位于安阳市区西北35千米处清凉山的东南麓，俗称“唐塔”，建于唐代，素有“中国第一华塔”之称。修定寺塔由塔基、塔身、塔顶三部分组成，远看似一顶方轿。塔身呈正方形，四壁用模制的菱形、矩形、三角形、五边形，

in the arms of surrounding mountains. The temple used to be called Baoshan Temple when it was built in Eastern Wei. It changed to its current name during the Sui Dynasty. On either side of it is a famous cave. Its fame reached zenith during the Tang Dynasty, when it became the number one Buddhist place in China's north. Monks of later generations expanded the temple around the two caves by building pagodas. So

• 修定寺塔 (图片提供: FOTOE)

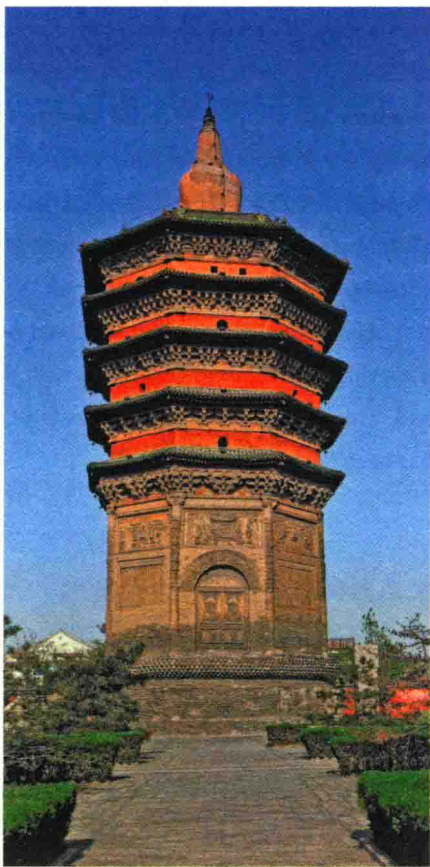
The Xiuding Temple Pagoda





以及直线和曲线组合的各种形制的3775块高浮雕砖镶嵌而成，装饰面积达300多平方米。浮雕图案有76种，有仕女、飞天、童子、武士等人物图案，以及青龙、白虎、花卉、彩带等事物图案。

文峰塔位于安阳市古城的西北角，建于五代后周时期，原名“天



the largest stone relief carvings across the country appeared: Wanfogou. It has two grottoes, 245 shrines, over a hundred statues and inscribed writings by established monks. They make a valuable source of information for the studies of ancient architecture, stone carving and Buddhism.

35 kilometers northwest off the Anyang City proper, on the southeastern slop of Mount Qingliang, this Xiuding Temple Pagoda built during the Tang Dynasty is very famous. To some, it is “number one pagoda” in China. This structure contains three parts, base, body and top. Looked from afar, its rectangular shape resembles a sedan chair used in the old days. Its sides have 3775 high-relief carvings in different shapes, diamond, square, triangular, pentagon in straight and curve lines. Put together, these carvings are over 300 square meters large. Their motif has a wide range of objects, from noble ladies, flying apsaras, children and warriors, to dragons, tigers, flowers and color ribbons.

• 文峰塔 (图片提供: 微图)

The Wenfeng Pagoda



宁寺塔”，清乾隆年间改称“文峰塔”。这座塔的建筑富有独特的风格，为中国古塔中罕见的形制。其塔身为五层楼阁密檐式砖木结构建筑，从下至上逐层增大，呈伞状。文峰塔为八角塔，8个角上都有巨龙环绕的盘龙柱，上加铁链枷锁；8根龙柱之间有8幅浮雕佛教故事图像，八角的檐头上都系有铜铃。塔身底层的四周正面各有一券门，其中正南面为真门，其他为装饰所用。券门上为砖雕的二龙戏珠图。这座塔自古以来都是安阳的标志性建筑。

Wenfeng Pagoda on the northwestern corner of the old town of Anyang was built in Houzhou of the Five-dynasty Period. It had different names in history, but after the Qianlong's Reign, the present one. This pagoda is very unique. Its body has five stories, all having multi-eaves in wood, width keeping growing with each floor up to form an umbrella shape. This pagoda is an eight-corner structure, each corner having a pillar with a dragon locked up with iron chain intertwining on it. Between the eight columns are eight low-relief carvings telling stories from Buddhism. There is a bronze bell on each of them. At the base of the pagoda, on each side is an arched door, but the southern one is real, all the rest being only symbolic. On the lintel is a carving of two dragons playing with a ball. This pagoda, ever since it was built, has been the landmark of the city.



> 西安

西安，古称“长安”，是中国历史上建都朝代最多的城市，位于陕西省关中平原中部，现为陕西省的省会。关中平原是通往中国西南和西北的咽喉之地，战略位置十分重要，因而西安历来是兵家必争之地，同时也是古代帝王建功立业之地，自然屡屡被封为国都。在中国历史上，先后有西周、秦、西汉、新、东汉、西晋、前赵、前秦、后秦、西魏、北周、隋、唐13个王朝在西安建都。

西安最早被定为国都的地点为“丰镐”，丰和镐其实是两个地方，分别位于西安市西南沣河的西岸和东岸。丰都为周文王所建，镐都为周武王所建。这里一直是西周（前1046—前771）王朝的政治、

> Xi'an

Used to be called Chang'an in history, Xi'an probably housed more dynasties as their capital city than any other across China. Currently it is the provincial capital of Shaanxi Province, right in its central part of Guanzhong Plain. This place is the transportation hub to China's southwest and northwest, with huge military significance and having been vied for over the past history. It was also the place for dynasties to be established. Naturally, it was suitable to be made as a capital city. In China's ancient history, 13 dynasties and regimes successively made Xi'an their capital including Western Zhou, Qin, Western and Eastern Han, Sui and Tang dynasties, etc.

The earliest location of their capital was in Fenghao, actually two places: Feng and Hao individually in the western and eastern banks of the Fenghe River



秦始皇陵及兵马俑

秦始皇陵位于西安临潼以东5千米处的骊山北麓，是一座55米高的土丘。其建于公元前246年至公元前208年，由72万工匠耗费39年才建成。土丘上原是庞大的宫殿群，地下也是一座宏伟的宫殿。在秦始皇陵的四周分布着大量的陪葬坑，在陵园东侧1500米处就是其中最著名的秦始皇陵兵马俑坑。兵马俑坑发现于1974年，被称为20世纪世界最伟大的考古发现之一。其中出土了大量真人真马大小的陶制兵马俑，以及各式各样的青铜兵器，再现了秦朝先进的作战阵容，并展现了秦代高超的雕塑和冶金技术。秦始皇陵兵马俑规模宏大、内涵丰富，被誉为“世界第八大奇迹”。

Qinshihuang's Mausoleum and Underground Terracotta Army

His mausoleum is located on the northern slope of Mount Lishan, five kilometers east of Lintong under the administration of Xi'an. It is actually a 55-meter tall mound, built between 246 B.C. and 208 B.C., costing 720 thousand workers' 39 years to finish. A huge palatial complex used to stand on top of the mound, above an equally magnificent underground palace with the accompanying burial pits. East to the mausoleum, about 1500 meters off is the famous pit that contains his terracotta army. It was accidentally found in 1974, termed as "one of the most significant archeological discoveries in the 20th century." From the pit a large number of life-size pottery warriors and horses, as well as a large number of bronze weapons were brought to light. Their arrangement tells contemporaries of the battling formation in ancient China, superlative sculpturing and metallurgical techniques of the time. Because numerous archeological treasures were brought to light from this huge and magnificent pit, it deserves its name "the eighth wonder of the world".



• 秦始皇陵兵马俑坑

The Pit of Qinshihuang's Terracotta Army



经济和文化中心。据文献记载，丰、镐布局整齐，均为正方形，每面各开三个城门，街道为东西和南北向，南边为宫殿区，北边为市场区，左边建有祖庙，右边建有社稷坛。丰镐都城在西周末年的战争中被毁，至春秋时期这里的地面建筑已经荡然无存了。

秦始皇统一中国后，经过几次迁都，最终定都咸阳。咸阳与西安



• 秦始皇像

秦始皇（前259—前210），是中国历史上第一个统一的、多民族的、专制主义中央集权制国家——秦朝的开国皇帝。

Qinshihuang

Qinshihuang (259 B.C.-210 B.C.), the first emperor of the Qin Dynasty, was the founder of the Qin Dynasty, the first united and multi-national country of feudal centralism in Chinese history.

southwest of Xi'an. Feng was first used by Ruler Wen of the Zhou Dynasty, while Hao by ruler Wu of the Zhou. Together, they remained as the capital city of Western Zhou (1046 B.C.-771 B.C.), the political, economical and cultural center. By history records, both Feng and Hao were neatly planned in layout, both being square with three gates on each side. Both had streets running from east to west and south to north. Both had southern part for royal family and northern part, market. Ancestral temples were seen on the left side, while the Altar of Land and Earth on the right. Fenghao as the capital was destroyed in wars in the late Western Zhou. By the Spring and Autumn Period, there was no structure left on the ground, only its name!

After Qinshihuang, the first emperor, unified China, he moved his capital a couple of times before he finally settled down in Xianyang, a place very close to Xi'an and used to be part of it. After Qin was overthrown, Xianyang as the capital was burned down, leaving behind Qinshihuang's underground tomb and his terracotta army pits for later generations to marvel at.

Following the Qin Dynasty, Han rulers also took Xianyang, part of present-



在历史上同属一座城市。虽然在秦朝灭亡后，这座都城化为了灰烬，但秦始皇在西安营建的秦始皇陵及兵马俑，让秦朝在西安留下了浓重的一笔。

汉承秦制，汉长安城是在秦都咸阳的基础上发展起来的。公元前202年，在秦兴乐宫的基础上修建了长乐宫；公元前200年，长安被正式定为国都，经过近百年的修建，汉长安城成为了当时世界上最宏伟壮丽的城市之一。城内规划整齐，据考证，其布局和形制符合《周礼·考工记》中对都城格局的记载：“匠人营国，方九里，旁三门。国中九经九纬，经涂九轨。左祖右社，前朝后市，市朝一夫。”汉长安城为后来的几个朝代在西安建都奠定了一定的基础。

隋朝建立以后，修建了一座比汉长安城规模更大、布局更加规整的城市——大兴城。唐朝则在大兴城的基础上进一步扩建，形成了唐长安城。这里就是现在西安市及其近郊地区的所在地。唐长安城全城周长36.7千米，面积84平方千米，平面布局呈大长方形，城内街道整

day Xi'an, as their capital under the name of Chang'an. In 202 B.C., on the location of famous Qin-dynasty Xingle Palace, a magnificent palace named Changle was completed. In 200 B.C., Chang'an was made the capital city of the Han Dynasty. In the following century, with incessant efforts to build and to improve, Chang'an became the most magnificent city in the world. It had perfect city planning, and by historians, it strictly followed the rules prescribed by the biblical book in ancient China, *Rites of Zhou: Books of Diverse Crafts*. It was "a square 4.5 kilometers across, with three city gates on each side; the city was checkered by nine longitude and nine latitude streets, with temples on the left, worshipping altar on the right, and the palace with government building in the front and market about 140 meters on each side in the back." This layout was followed by later dynasties when they made Xi'an their capital city.

The Sui Dynasty made its capital in this place bigger by more orderly arranged streets added. It was called Daxing. The Tang Dynasty after Sui, also in this place, expanded the capital, making it an eye-opener: the magnificent Tang capital of Chang'an, presently the Xi'an and part of its suburbs. It is a rectangular shape, with



齐划一。宫城和皇城位于外郭北部中央，为城市的核心区。整座城以南北向的朱雀大街为中轴线，左右对称，这种布局特点对后来的城市建设有着深远的影响。盛唐时期，长安城是世界上最繁华的国际大都市，是各国人民友好往来和学习的中心。唐朝末年，这座城市遭到严重破坏。天祐元年（904），唐昭宗被迫迁都洛阳。西安城作为都城的历史宣告终结。

西安城内保留着大量的历史遗迹和文物景观，向人们展示当年古都的繁华。除了秦始皇陵兵马俑之外，还有华清池、大小雁塔、钟鼓楼、西安碑林、西安城墙，以及茂陵、昭陵、乾陵等。

华清池，又名“华清宫”，位于西安市临潼区骊山脚下，是中国著名的温泉胜地。华清池作为中国古代帝王的行宫和游览地已有3000多年的历史，周、秦、汉、隋、唐的历代帝王曾先后在这里修建了离宫别苑。这里风光柔美、古迹众多，是蜚声中外的名胜景点。

唐代佛教盛行，都城长安是当时全国的佛教活动中心。这里寺院

a perimeter 36.7 kilometers long to cover 84 square kilometers with orderly streets inside. The palatial area was at the center of the northern part of the outer city, the central part of Chang'an. There was a south-north central axis running across the city, with buildings on each side highly symmetrical. This arrangement influenced later city planning of China. This city was the most magnificent, most prosperous cosmopolitan city in the world, a place drawing visitors from all over the world. In the late Tang, incessant wars inflicted huge damage on this city. In 904, Emperor Zhaozong had to shut it down as a political center. He moved his capital eastward to Luoyang. This relocation ended the history of Xi'an as a capital city.

Millions of cultural and historical relics are found in Xi'an, vying to tell about the glory this city enjoyed in history. Apart from these places, Xi'an has many famous buildings like the Huaqing Pool, Big and Small Wild Goose Pagodas, the Tower of Drum and Bell, the Stele Forest, ancient city walls and Mao, Zhao and Qian mausoleums.

The Huaqing Pool at the foot of Mount Lishan has another name, the palace of Huaqing. It is the famous hot



• 华清池
The Huaqing Pool

遍布、梵塔林立。大、小雁塔是其中最为著名的古塔，为西安的标志性建筑。大雁塔位于西安城东南4千米处的慈恩寺内，原名“慈恩寺塔”，是唐高宗永徽三年（652）为保存玄奘由印度带回的佛经而建。大雁塔为楼阁式砖塔，塔身7层，通高64.5米，塔体由下而上递减，比例协调。整个建筑气宇轩昂，在塔上可俯视西安城。小雁塔位于西安城南约1千米处的荐福寺内，

spring of China. Over the past 3000 years, it has served the needs of rulers during their short stays. Today, it is a must to tourists. Rulers of Zhou, Qin, Han, Sui and Tang dynasties had a detached palace in this beautiful place. Today, it is a famous tourist attraction with many historical sites.

Buddhism was influential in the Tang Dynasty and Chang'an, the capital city, became a Buddhist center with many temples and Buddhist buildings across the city. Among them, the Big and Small Wild



• 大雁塔
The Big Wild Goose Pagoda



• 小雁塔
The Small Wild Goose Pagoda

原名“荐福寺塔”，是唐景龙元年（707）所建。小雁塔为密檐式方形砖塔，原有15级，现存13级，高约43米。塔形秀丽玲珑，其与塔内悠扬的钟声合成“雁塔晨钟”，为有名的“关中八景”之一。

中国古代城市一般都建有钟楼和鼓楼，用以报时。西安的钟楼和鼓楼相距很近，因而人们习惯将它们合称为“钟鼓楼”。钟鼓楼位于西安市中心，均为明代建筑。钟楼

Goose Pagodas were the most famous. The big one, 4 kilometers southeast to the city inside a temple called Ci'en Temple Tower, was built in 652 after Monk Xuanzang returned from India. It was purposed to keep the sutras he brought back. This tower-like structure has 7 stories, 64.5 meters high, getting smaller with the rise from bottom to top by a set ratio. On top one gets a commanding view of the city. The Small Wild Goose Pagoda was one kilometer off south to the city,

