



文明的印迹

Ancient  
Tea-Horse Road

# 茶马古道

「马行万里，茶香千年」

刘勇◎编著

全国百佳图书出版单位  
时代出版传媒股份有限公司  
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在中国西南部的山川中，绵延盘旋着一条神秘的古道——马蹄印深嵌在高山悬崖边的石板上，高悬的铁索吊桥下面流淌着湍急的河流……这是一条由驮运货物的马帮踏出的通道。

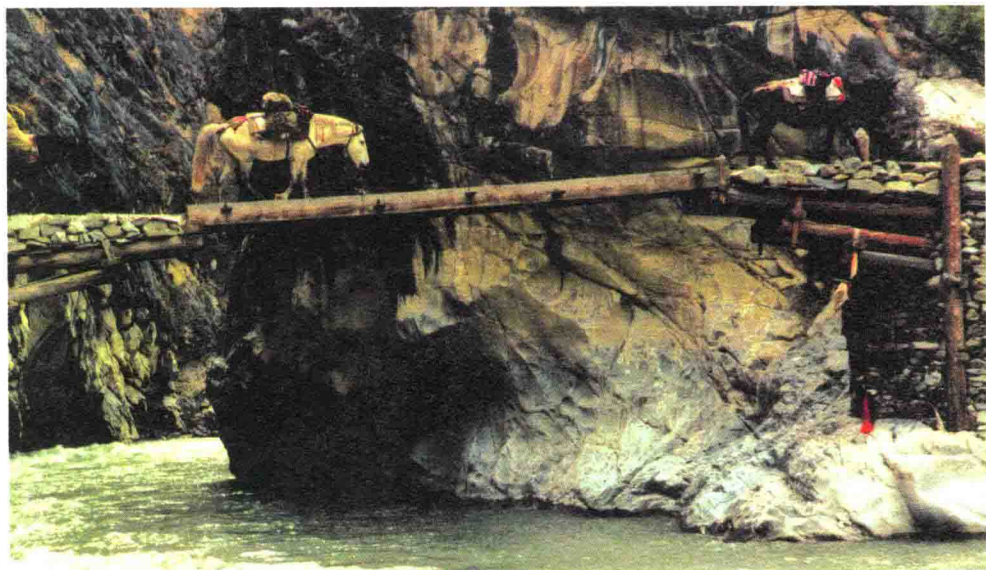
这就是茶马古道。

茶马古道“因茶而盛，为马而生”，源自中国西南地区1300多年前

Winding through mountains in southwest China, there is a mysterious ancient road—with deep hoof prints imbedded on the narrow trails of high cliff edges and turbulent rivers flowing under high suspending chain bridges...this is a passage treaded by caravans.

This is the Ancient Tea-Horse Road.

Originated in the ancient “Tea-Horse Mutual Trade” in China’s southwestern region,



的“茶马互市”，马匹至今仍是古道上主要的交通工具。茶马古道和中国古代的丝绸之路一样，不但是一条贸易的通道，也是民族文化交流的大走廊，有着深厚的文化内涵。

茶马古道应该说是世界上地势最高，路况最险，距离最长的千年古道，充满着神秘与传奇色彩。本书以图文并茂的形式，探寻茶马古道的形成过程，生动地展现了古道沿途的壮丽风光，以及各民族的民俗风情等，希望读者由此更好地了解茶马古道。



the Ancient Tea-Horse Road “flourished because of tea, and was born because of horses”. Even in modern times, horse caravans are still an important transportation means on this Ancient Road. Same as the Silk Road in ancient times, the Tea-Horse Road served not only as a passage for trade, but also a thoroughfare for ethnic cultural exchanges. So the Road bears profound cultural connotation.

It is no exaggeration to say that this one-thousand-year-old Tea-Horse Road is an ancient road of the highest elevation, the most precipitous road conditions and the longest distance in the world. The Road is full of mysteries and legends. Through texts and pictures, the book explores the history of this Ancient Road, presents the magnificent landscape and beautiful scenery, and introduces ethnic customs of people living along the Road. It is our sincerest hope that all these elements contribute to a better understanding of the Ancient Tea-Horse Road.



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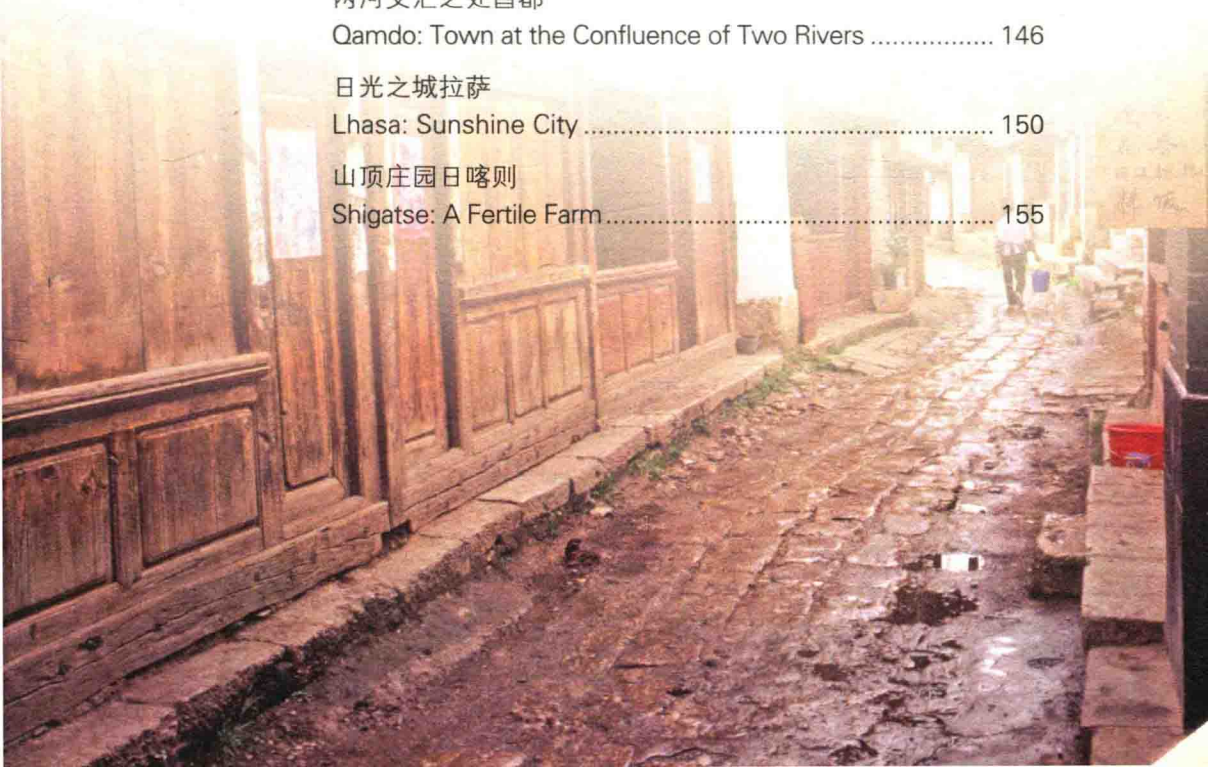
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## 古道沧桑

### Vicissitudes of the Ancient Tea-Horse Road

茶马古道蜿蜒在中国西南部的横断山脉之间，一千多年来，它将云南、四川的茶叶输送到西藏，又将雪域高原的马匹、兽皮、藏药等特产运到内地，促进了内地与西藏的经济文化交流。

Winding through the Hengduan Mountains in southwest China, the Ancient Tea-Horse Road has witnessed the trade between Yunnan, Sichuan and Tibet over the past more than a thousand years, where tea from Yunnan and Sichuan was shipped to Tibet in exchange of Tibetan horses, furs, herbs and other native produce. Indeed the Road has served as a linkage between the Tibetan Plateau and the interior by facilitating the economic and cultural exchanges between the two regions.





## > 唐宋的茶马互市

茶马古道起源于古代的“茶马互市”，可以说是先有“互市”，后有“古道”。茶马互市是历史上汉藏民族间一种传统的以用茶易马或用马换茶为内容的贸易往来，始于唐宋时期。作为中国历史上的鼎盛时期，唐朝国家实力的增强，促进了各民族之间的频繁交往，中原民族与西南少数民族之间互市的内容进一步丰富。

唐高祖武德八年（625），突厥、吐谷浑等西北少数民族请求互市，唐高祖允准，并且派遣使者出使吐谷浑。内地所产的丝织品和茶叶是唐王朝用于互市的基本物品，而牲畜则是少数民族用于互市的主

## > Tea-Horse Mutual Trade during the Tang and Song Dynasties

The Ancient Tea-Horse Road had its origin in the “Tea-Horse Mutual Trade” in ancient times. It can be stated that “Mutual Trade” gave birth to the “Ancient Road”. First emerged during the Tang and Song periods, the “Tea-Horse Mutual Trade” by then was only a traditional form of barter trade between the Hans and the Tibetans. During the flourishing period of the Tang Dynasty, prompted by its national strength, the government adopted a policy to encourage the exchange between its ethnic minorities. As a result, the scope of mutual trade was expanded and diversified between people in the Central Plains and ethnic minorities in the southwestern region.

In the 8th year of the Wude Period

要商品。

唐太宗在位期间，青藏高原上的吐蕃人逐渐崛起。贞观十二年（638），吐蕃首领松赞干布率吐蕃大军进攻大唐边城松州（今四川松潘），唐太宗派大军讨伐，大败



#### • 唐太宗像

唐太宗李世民（627—649年在位）是唐朝的第二位皇帝。他即位后，积极纳谏，励精图治，使社会出现了国泰民安的局面，开创了著名的“贞观之治”。他是史上最出名的政治家与明君之一。

#### A Portrait of Emperor Taizong of the Tang Dynasty

Li Shimin, Emperor Taizong was the second emperor of the Tang Dynasty who ruled from 627 to 649. After ascending the throne, Taizong was open to advice and committed to efficient governance, which brought peace and prosperity to the country and the people. His "Governance during the Zhenguan Period" was considered an innovative and successful period in Chinese history. Taizong was remembered by later generations as one of the most famous politicians as well as one of the wise kings in Chinese history.

during the reign of Emperor Gaozu of the Tang Dynasty (625), in response to the request of the Turks, Tuyuhuns and other ethnic minorities inhabited in the northwestern region for trade, the Emperor gave his endorsement for mutual trade and sent envoys to the Tuyuhuns territory. Back then, tea and silk products from the interior were the basic goods traded for livestock raised by ethnic minorities.

During the Zhenguan Period of the Tang Dynasty when Emperor Taizong ruled China, a Tibetan tribal group on the Qinghai-Tibet Plateau gradually rose. In the 12th year of the Zhenguan Period (638), a Tibetan army led by its king Songtsän Gampo (617-650), invaded a border town named Songzhou (present day Songpan City, Sichuan Province). This invasion invoked immediate resistance by the troops sent by Emperor Taizong and ended in a complete failure. Defeated by the Tang army and stunned by the prosperity of the Great Tang Empire, Songtsän Gampo decided to bend over and serve the Great Tang. In his letter of repentance to Emperor Taizong, Songtsän Gampo made a special request for a royal marriage to consolidate the tie between the Great Tang and Tibet. Later in the 15th year of the Zhenguan



吐蕃于松州城下。松赞干布俯首称臣，并对大唐的强盛赞慕不已。他在上书谢罪的同时，还特向唐朝求婚，以示血脉交融的联姻之好。贞观十五年（641），唐太宗应允吐蕃的请求，把16岁的文成公主嫁给松赞干布。文成公主进藏时，带去了大量的庄稼种子、生产工具、医疗器械，以及包括茶叶在内的生活用品，还有经史、诗文、工艺、医药、历法等书籍。

吐蕃藏民最早的饮茶习惯是由

Period (641), Emperor Taizong consented to the marriage proposal and sent Princess Wencheng who was sixteen years old, on a wedding journey to Tibet. Along with the royal convoy, Princess Wencheng brought with her a variety of crop seeds, production tools, medical devices, books about classics, history, literature, technology, medicine, calendar and etc., and daily necessities, including tea.

Tea-drinking as a habit, was first introduced to the Tubos, ancestors of the Tibetans by local celebrities or elites who had visited the interior or had been



• 阎立本《步辇图》（唐）

《步辇图》取材于唐太宗贞观十五年（641）吐蕃首领松赞干布与文成公主联姻的事件，描绘了唐太宗李世民接见吐蕃使臣禄东赞的情景。

*Emperor Taizong's Sedan (Bu Nian Tu)* by Yan Liben (Tang Dynasty)

The theme of the painting was based on the historical event of the marriage between the Tubo (Ancient Tibet) King Songtsän Gampo and Tang Princess Wencheng in the 15th year of the Zhenguan Period of Emperor Taizong (641). This painting depicts the scene when Emperor Taizong receives the Tubo envoy Lu Dongzan.



到过内地或得到大唐赏赐的上层人物，以及生活在藏区靠近内地的边民兴起的。因藏区属高寒地区，藏民过着以游牧为主的生活，糌粑、奶类、酥油、牛羊肉是藏民的主食。过多的脂肪不易消化，而茶叶既能够促进消化，又能防止燥热，对藏民身体健康有益，这使藏民逐渐形成饮茶的习惯，茶叶成为生活的必需品。但由于藏区不产茶，藏汉边界地区的商人即展开以马换茶的易货贸易。

唐代茶马互市的主要通道为“青藏道”，也称为“唐蕃古道”。这条道路东起关中地区（今陕西省），经过青海，从四川西北角过金沙江，经西藏的昌都地区、那曲地区至逻些（今拉萨市）。

而从五代到宋代初年，由于内地战乱频仍，需要从藏区采购很多战马。同时，为了以茶叶贸易来加强与藏区各部落的关系，朝廷正式建立起了“以茶易马”的互市制度，使茶叶输藏成为朝廷专管的一项国策。作为茶马互市的必经之路，茶马古道也随之有了较大

rewarded by the Tang Government, as well as residents living in the Tibet-Han border areas. As Tibet is in the alpine region, ancient Tibetans were leading a nomadic life. They dined mostly on tsampa, milk, butter, beef and mutton. Such a diet contained much fat which was difficult to digest. Tea could not only help with the digestion system, but also quench excessive body heat. Tea-drinking gradually became a habit of the Tibetan people as well as a daily necessity. As tea had never been cultivated in Tibet, merchants on the Tibet-Han border areas started the barter trade in tea and horses.

Back in the Tang times, the Qinghai-Tibet Route (also known as the Ancient Tang-Tibet Route) was the main passage for the tea-horse mutual trade. This Route starts in Guanzhong area (present day Shaanxi Province) at the eastern end, going westwards through Qinghai, crossing the Jinsha River at the northwest corner of Sichuan, passing Qamdo and Nagqu areas in Tibet, and ends in Luoxie (present day Lhasa City).

From the time of the Five Dynasties to the early years of the Song Dynasty, frequent wars over the Central Plains led to a large demand for Tibetan horses. Meanwhile, in order to strengthen ties

的拓展。

为使边贸有序进行，更为了维系大宋王朝的权威，宋代还设有专门管理茶马交易的机构“检举茶监司”。由于当时藏族对茶叶已十分依赖，“嗜茶如命。如不得茶，非病即死”，控制了茶叶的供给就等于控制了藏族人的生活，因此茶马互市对维护宋朝在西南地区的安全与稳定起到了重要作用。

with Tibetan tribes through the tea trade, an official barter trade system was established to regulate the tea-horse mutual trade. Hence exporting tea to Tibet became a national policy implemented directly by the Central Government. As the only passage for tea-horse mutual trade, the Ancient Tea-Horse Road experienced a considerable boom and expansion.

In order to keep the border trade in an orderly manner and more importantly to maintain the dignity and authority of the Song Empire, the Song Government specifically instituted an agency named “Office for the Administration and Inspection of Tea Trade” to supervise the tea-horse mutual trade. As tea had already become a stable food item for the Tibetans, it was cherished by the Tibetans “as their life, and they would get sick or even die if they were deprived of tea”. As far as the Song Government was concerned, since tea played such an important role in Tibetan’s life, controlling the supply chain would tantamount to controlling the lifelines of Tibet. Hence the tea-horse mutual trade naturally played a crucial role in safeguarding the security and stability of the southwest frontier region.



• 西藏大昭寺内描绘文成公主进吐蕃的壁画  
A Mural Painting in Jokhang Monastery, Tibet, Depicting a Scene When Princess Wencheng was Welcomed in Tubo (Ancient Tibet)

## 吐蕃与松赞干布

公元7-9世纪，古代藏族人在青藏高原建立了吐蕃政权，它由松赞干布创立并延续两百多年，是西藏历史上的第一个政权。松赞干布的吐蕃王朝适应奴隶社会的需要，制定法律及职官、军事制度，统一了度量衡，创制了文字，与唐朝及天竺（今印度）、尼婆罗（今尼泊尔）广泛交往，佛教也于此时正式传入吐蕃。

## Tubo Kingdom (Ancient Tibet) and Songtsän Gampo

Between the 7th and the 9th century, Ancient Tibetans established the Tubo Regime on the Qinghai-Tibet Plateau. Founded by King Songtsän Gampo, this regime was the first of its kind in Tibet's history and lasted for more than two hundred years. During the reign of Songtsän Gampo, the administration adapted itself to the needs of a serfdom society, instituted laws, official posts and military systems, unified measurements and created a written language. Meanwhile, the kingdom pursued extensive communication with the governments of Tang, Tianzhu (present day India) and Nigeborneo (present day Nepal). Also it was during this period that Buddhism was officially introduced into Ancient Tibet.



### • 铜镀金松赞干布像（清）

松赞干布（617-650）是藏族吐蕃王国的创建者。

A Gold-Plated Bronze Statue of Songtsän Gampo (Qing Dynasty)

Songtsän Gampo (617-650), is the founder of the Tubo Kingdom.



## > 元明清的繁荣

元代时，统治中原的蒙古族人并不缺少马匹，官府废止了宋代实行的茶马治边政策，边茶主要与银两和土货交易。不过元朝为了加强对藏区的治理，在茶马古道沿线建立了历史上著名的“土官治土民”的土司制度。自此茶马互市和茶马古道的管理、经营均发生了重要变化。茶马古道既是经贸之道、文化之道，又是边防之道，即中央政府的治藏、安藏之道。

明朝开国后，在“以茶驭番”思想的指导下，官营茶马贸易体制得以建立，茶马互市再度恢复。一直到清代中期，基本上沿袭了宋代的做法，后期才渐渐废止。1371年，朝廷最先在秦（今甘肃天

## > Prosperity during the Yuan, Ming and Qing Dynasties

During the Yuan Dynasty the Mongols who ruled the Central Plains had no shortage of horses. Therefore they abolished the tea-horse mutual trade based border governance policy implemented during the preceding Song Dynasty. Border tea trade was conducted mainly in cash and local specialties. Nevertheless, for the sake of strengthened governance over the Tibetan region, the Yuan rulers introduced a historically well-known “Local Governance System” in areas along the Ancient Tea-Horse Road. The essence of the system was to govern the native people through native chieftains. This new measure brought about profound changes to the operation and management of the Ancient Tea-Horse Road. As far as the Central