



The most beautiful yet modest Qinghai Lake,
The running fairylike Tibetan antelope,
The glaring song and dance at Yusu grassland,
The fluttering colored sutra flags……
All beauty of Qinghai Province,
You can find right in this book, the feast of enchanting pictures and videos.

SPLENDOR OF QINGHAI

青海印象

视觉青海 / 图文

BOOK

廣東旅遊出版社
GUANGDONG TRAVEL AND TOURISM PRESS

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“Vision Qinghai” website was established in 2005 by those who have special feelings towards Qinghai, including photo-taking lovers, nature lovers and local culture observers. Through its pictures and service, the website aims to introduce the plateau characteristics of Qinghai, unfold the humanities ecological environment.

Those who share their pictures with us are:

Xing Heshun, the founder and maintainer of the website, a radiation protection expert and a nuclear safety engineer.

Zhang Dehai, the forestry and senior entomology technician, the bureau chief of the National Nature Reserve of the Qinghai Lake Administrative Bureau.

Wang Tingyu, the founder and artistic supervisor of the website, the member of the Chinese Photograph Society, the councilor of the Photograph Society of Qinghai Province.

Chen Lin, the retired cadre of the Political Consultative Conference of Qinghai Province, the nationality, religion and culture consultant of the website.

Ge Sang, the chief commentator of Tibetan Culture, the husbandry and grasslands specialist.

Jiang Xuntao, the chief geographic commentator of the website, the senior teacher of geography.

Han Wenzhi, the technical supervisor of the website, the airplane engineer.

“Vision Qinghai” website: www.visionqh.com

“视觉青海”网站创办于2005年，是由一些热爱青海、喜欢摄影、迷恋自然、关注当地民族文化的人士所创办。网站通过图片及其他方式，介绍青海具有原生性、异域性、民族性的高原特征，展示了青海的人文生态环境。

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Preface

Here is the root of China. The ancient Qiang that grew and multiplied in the He-Huang area was one of the most ancient branch of Chinese nationality, and the Kunlun Culture, which lasts thousands of years and has been upholding the national spirit of Chinese culture for five thousand years, is not only a symbol of culture, but also a totem of the great nationality.

Here is the origin of mountains. It is said that the Kunlun Mountain, originating west from the Pamirs and stretching east 2,500 kilometers, is the father of mountains and the vein of the earth. Vast and lofty, the mountain lies in west China like a gigantic dragon.

Here is the start of rivers. The Yangtse and Yellow rivers, mother rivers that rear the Chinese nationality, start south and north from the Kunlun-Bayankara Mountains respectively and run east across China to the Pacific. Half of the Yellow River's total flow and a quarter of that of the Yangtse River come from the sluggish trickles from the snow-clad mountains and high and cold grasslands.

Qinghai Province is famous for Qinghai Lake, which lies northeast of the province like a bright pearl. Rich in water and immense in size, the lake has supported all nationalities that live around with its abundant water and the rich pasture and fertile land, hence is regarded as a saint lake in people's mind. Moreover, due to its unique geographical position, it has become a significant symbol of China's nature, ecology and national culture.

Here is the most striking point of the division between the Qinghai-Tibet and Loess Plateaus, the monsoonal and continental climates, the first and second land ladders and the continental and exterior rivers. The nearly 700,000 square kilometers province is home to both the Han and minor nationalities, where the Central Plains and Tibetan cultures enhance each other's beauty and agricultural and nomadic civilizations mingle together.

Qinghai borders upon the Tibet Autonomous Region, the Xinjiang Uygur Autonomous Region, Gansu and Sichuan provinces, which all have their own rich natural and cultural tourism resources, yet Qinghai Province gathers together all that is good in the four provinces.

In Tibet, the Potala Palace and the Guge Dynasty are known to all. Yet *Zong Kaba* (or *Tsong-kha-pa*), the founder of the Yellow Sect, the most influential sect of Tibetan Buddhism, was born in Ta'ersi Temple, Huangzhong area of Qinghai Province. *Aemye Ma-chhen*, the holy mountain in Guoluo, was right where the greatest Tibetan leader Ge-sar fought and rose.

In Sichuan, the picturesque Jiuzhai Gou and Kangding customs are very famous, but it is hard to tell the difference between Jiuzhai Gou and Qinghai's Nianbaoyuze, both of which are geographically connected. Even you can say that Kangbahanzi in Qinghai is superior to both the places.

When mentioning Xingjiang, one cannot help thinking the vast Taklimkan Desert and the never-collapse diversiform-leaved poplar. But in Qinghai, you can find the biggest Yordan morphologic region in China and the southernmost and highest altitude poplar forest.



When coming to Gansu, we do know that the snow water from Qilian Mountain brings up the rich Hexi Corridor, and the Baiyangdu handkerchief shapes the Loess Plateau fellow into a real Gansu man. But do we know that both the Heihe and Shule Rivers, which moisten as more as ten thousand mu fertile soil, originate from Haibei area of Qinghai Province? And the loud and melodious "Flower", somewhat with wild flavor, comes from the He-Huang area?

Galloping on Jinyintan grassland, are you aware that here is right the top-secret location that we researched and succeeded in developing our first A-bomb and H-bomb? Strolling in Golmud streets, can you imagine that it was only a city of tents several decades ago? Driving on Chaerhan road, you may never believe that under your car, it was once a vast lake, in which abundant resources of kalium, magnesium and lithium were contained. Wandering in Delingha city square, do you believe that behind you there kept in secret a strategic armed force that may outshine a mighty army of a million strong?

Not to mention Hoh Xil, the most charming no man's land under heaven, and the strong and vigorous Tibetan antelopes that step into the Olympic Game. Geladandong, a sparkling and crystal-clear place full of glaciers, is the origin of the Yangtse River. Xingxiuhai, a vast swampy land with green grass and twinkling stars, is the start of the Yellow River. Even in the glistening yellow and fresh green cropland, the unparalleled ancient Liuwan painted pottery and the Lajia Site, which can be mentioned in the same breath as the European Pompeii ruin, can make you forget to go home and think a lot.

There are all wonderful things: the Tu girls dressed like rosy clouds, the Xunhua fellows with white hats, the Mongolian heros playing classical instruments, the Hui aunties with black headkerchiefs and so on.

Once in a time, Wang Luobin's song "*In a faraway Place*" and Wang Changling's poem "*Qinghai's thick clouds make the snowy mountain dark*" gave us an impression of strangeness, and remoteness of Qinghai. But now, the construction of highway, railroad and airports makes it very convenient to travel from inland to this province. Every summer, bicycle lovers visit the paradise by way of the Qinghai-Tibet highroad, and the ancient Tang-Tibet road becomes the favorite route of the self-driving group. It has been regarded as a prerequisite course to climb the snow-capped Yuzhufeng for the mountain climbers' training and practice. At the 2nd-grade highway around Qinghai Lake, whose maintenance enjoys better quality than that of expressways, the highest rank highway cycle rally in Asia is held every year. Nowadays, Qinghai becomes more charming than ever, and is not beyond reach any longer.

Come in the spring, the thousands of birds at Birds Island will sing you song;

Come in the summer, the grand and lofty song and dance at Yusu grassland will say you greeting;

Come in the autumn, the endless sight of golden desert plants in Qaidam Pendi will make you relaxed and happy;

Come in the winter, the snow-capped temple and herds of cattle or goats in a boundless land will make you feel a soul distillation.

Here is Qinghai, a weald of dream, and a land of inspiration.

序

这里是华夏之根。繁衍生息于河湟的古羌族，是中华民族中最古老的民族之一。而孕育于此处并延续了千百年的昆仑文化，是支撑了五千年华夏文明的精神脊梁，它不仅是一种文化象征，更是一种民族伟力的图腾。

这里是万山之祖。西起帕米尔高原，绵延 2500 多公里的昆仑山是万山之宗，地球之脉。莽莽昆仑，横空出世，如巨龙般延伸于中国苍茫雄浑的西部版图上。

这里是江河之源。长江、黄河，这两条养育着中华民族的母亲河，从昆仑山、巴颜喀拉山脉南北分道而行，蜿蜒东流而去。黄河总流量的 1/2、长江总流量的 1/4 都源自这里冰川雪岭和高寒草原的涓涓细流。

青海省以青海湖而得名。这个镶嵌于青海东北部的明珠，不仅以其烟波浩渺、宽广博大被看作圣湖，以其辽阔富饶、草肥水美养育着生活在她周围的各族儿女，还以其独特的地理位置，成为中华大地上自然、生态和民族文化重要的标志。

这里是青藏高原和黄土高原、季风气候和内陆气候、第一阶梯和第二阶梯、内陆河和外流河分界线上最醒目的一点。由此，在青海这块近 70 万平方公里的土地上，汉族和少数民族同生共栖，中原文化和藏文化相互辉映，农耕文明和游牧文明缠绕交织。

青海分别与西藏、新疆、甘肃、四川相邻。这四个省区，都分别有自己的自然和文化旅游资源，而青海则将这四省的精华集大成于一体。

西藏，布达拉宫和古格王朝名扬天下，而藏传佛教最具影响力的黄教创始人宗喀巴，却诞生于青海湟中的塔尔寺；果洛的神山阿尼玛卿，是藏族最伟大的领袖格萨尔征战和崛起的地方。

四川，风光秀丽的九寨山水和康定风情名声在外，在青海，不仅山水相连的年宝玉则与九寨难分高下，玉树的康巴汉子似乎也更胜一筹。

提起新疆，人们莫不想到那恢宏的塔克拉玛干沙漠和千年不倒的胡杨，而青海，则拥有我国最大的雅丹地貌群和地理位置最南、海拔最高的胡杨林。

说到甘肃，祁连山的雪水养育出富庶的河西走廊，白羊肚的手巾雕塑出黄土高坡的陇上汉子，殊不

知，那滋润着万亩沃土的黑河、疏勒河均发源于青海海北境内，那悠扬高亢带有野味的“花儿”，更是源出青海的河湟地区……

放马在金银滩的草原上，你是否知道，这里曾经是我国第一颗原子弹、氢弹成功研制的绝密地带？信步在格尔木的街头，你能否想象，这是个几十年前用帐篷搭起的城市？驾车在察尔汗，你是否相信，车轮底下便是万里瀚海，湖水里蕴藏着世界上最为丰富的钾、镁、锂资源？溜达在德令哈的广场上，你能否相信，在你的身后，隐藏着堪比百万雄狮的战略武装力量？

更不要说可可西里，世界上最迷人的无人区，那矫健无比、走进奥运的藏羚羊；各拉丹东，晶莹剔透、冰川广布的长江源头；星宿海，绿草如茵、星光闪烁的广袤湿地；即便是河湟谷地那黄澄澄或绿油油的庄稼地，那举世无双的柳湾彩陶，那有着“东方庞贝古城”之称的喇家遗址，也会使你流连忘返，思绪万千。

还有那打扮得如彩云般的土族姑娘，戴着白色小帽的循化小伙，弹奏着马头琴的蒙古汉子，披着黑色盖头的回族阿娘……

曾经，王洛宾一曲“在那遥远的地方”，王昌龄的一句“青海长云暗雪山”，给人们留下青海陌生而遥远的印象。而今，公路、铁路和航空港的建设，迅速拉近了各地与青海的距离，每到夏季，青藏公路便成了自行车爱好者通往天堂的通道；唐蕃古道，更是自驾车爱好者心驰神往的线路；攀登玉珠峰雪山，已经成为登山运动员必要的培训和实践项目；保养质量超过高速公路的环青海湖二级公路，每年都要举办亚洲最高级别的公路自行车拉力赛。如今，青海更具魅力，青海不再遥远。

春季里来吧，青海湖鸟岛的千万只鸟儿为你放歌；
夏季里来吧，玉树草原豪情激荡的歌舞向你问候；
秋季里来吧，柴达木盆地连绵无际，金灿灿的荒漠植物令你心旷神怡；
冬季里来吧，白雪皑皑里的寺院，苍茫大地上的牛羊使你心灵荡涤。

这便是青海，一个让你魂萦梦绕的旷野，一块让你荡气回肠的土地。

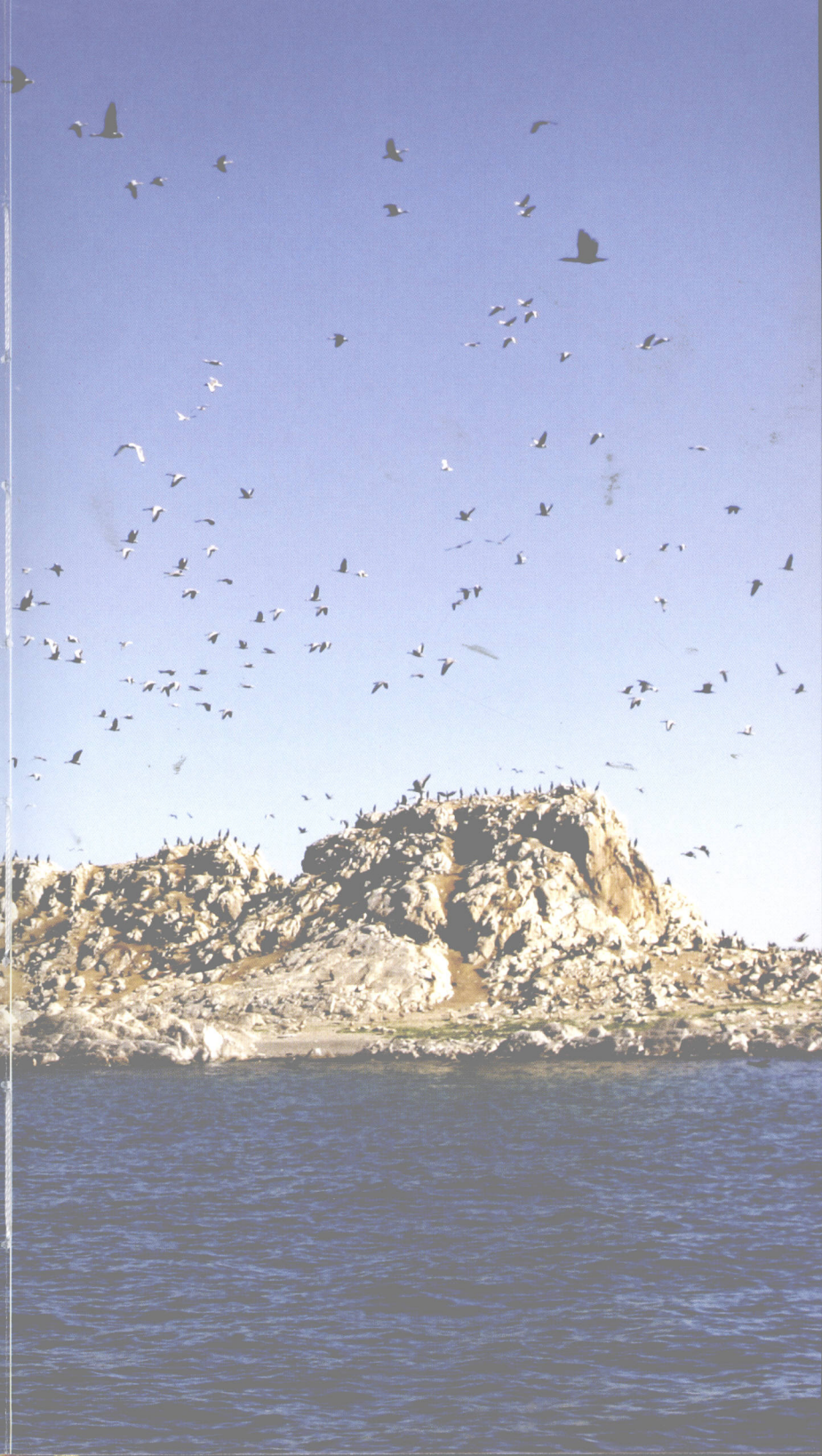


青海
天地

SPLENDOR OF QINGHAI
QINGHAI WORLD
青海印象







Sankuaishi in Qinghai Lake, also named Guchashan, lying southwest in lake, is formed with 7 combined lime stones and reefs. It slopes gently on the south side and precipitous on the north. With a height of about 17 meters, a length of about 700 meters from east to west and a width of about 150 meters from south to north, it covers an area of approximately 0.056 square kilometers and is 8 kilometers south apart from lakeshore and 20 kilometers northwest from Birds Island. Birds that inhabit here are mainly bareheaded geese, Cormorants, fishing gulls and brown-headed gulls. Now the total number of the birds living here has go beyond that on Birds Island.

青海湖三块石，又名孤插山，位于湖西南，是由 7 块密集在一起的石灰石、礁石组成，礁石南坡较平缓，北边为陡壁。该石高约 17 米，东西长约 700 米，南北宽约 150 米，面积约 0.056 平方公里，南距湖边 8 公里，距西北方向的鸟岛 20 公里。栖息在这里的主要鸟类是斑头雁、鸬鹚、渔鸥和棕头鸥。目前，这里栖息的鸟的数量已经超过鸟岛。



The Daotang River, originated from the Chahan grassland, west foot of Riyue Mountain, flows from east to west for 42 miles and goes directly to the Qinghai Lake. It is famous for the story of Princess Wencheng in Tang Dynasty who passed here when she went to marry the head of Tibet, Songtsen Gampo, and the unique geological phenomenon of west-flowing rivers. The wetland nearby is an important habitat for *Procapra przewalskii*, our Class I State-Protected Animal, as well as for many waterfowls.



倒淌河发源于日月山西麓的察汗草原，自西向东流淌 40 多公里后注入青海湖的耳海，因文成公主进藏的故事和奇特的河水西流的地质现象而闻名。倒淌河湿地是我国一级保护动物普氏原羚的重要栖息地，也是众多水鸟生息繁殖的地方。

Icebound Qinghai Lake looms through the sea of clouds.
千里冰封的青海湖在云海里若隐若现。



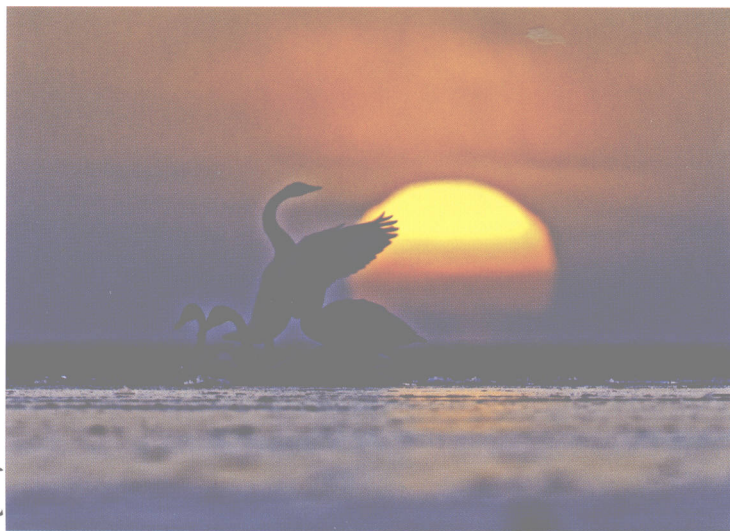
Sankuaishi (Three Stones) is the paradise for birds. Higher place rocks belong to the Cormorants on the island, the grassless gentle slope is the world of fishing gulls and the grassy beach land is occupied by bareheaded geese.

三块石是鸟的乐园。岛上较高处的岩石为鸬鹚拥有，寸草不生的缓坡是渔鸥的天地，而斑头雁则占据了青草萋萋的滩涂。



In winter the most beautiful figure should be the swan. Every year there are approximately 1,500 swans coming to the lake to live through the winter.

冬季的青海湖最靓丽的主角当属天鹅。每年冬天，均有大约 1500 只天鹅在青海湖越冬。



Swans at sunrise in Qinghai Lake.

青海湖日出时的天鹅。



Qinghai lakefront is listed among the four best places to watch rape flowers together with Wuyuan in Jiangxi, Luoping in Yunnan and Menyuan in Haibei, Qinghai Province. Rape flower near Qinghai Lake is especially famous for the view of expansion, evenness and that the water and sky blended in one color. Meanwhile, it blossoms the latest here around the Qinghai Lake.

青海湖畔是与江西婺源、云南罗平、青海海北门源并列的四大油菜花观赏景点。青海湖油菜花由于这里辽阔平坦，天水一色而尤为著名，同时这里也是油菜花开得最晚的地方。

Snow and ice in Qinghai Lake begin to melt in April. Land revives again.

四月是青海湖冰消雪化的日子，大地开始复苏。

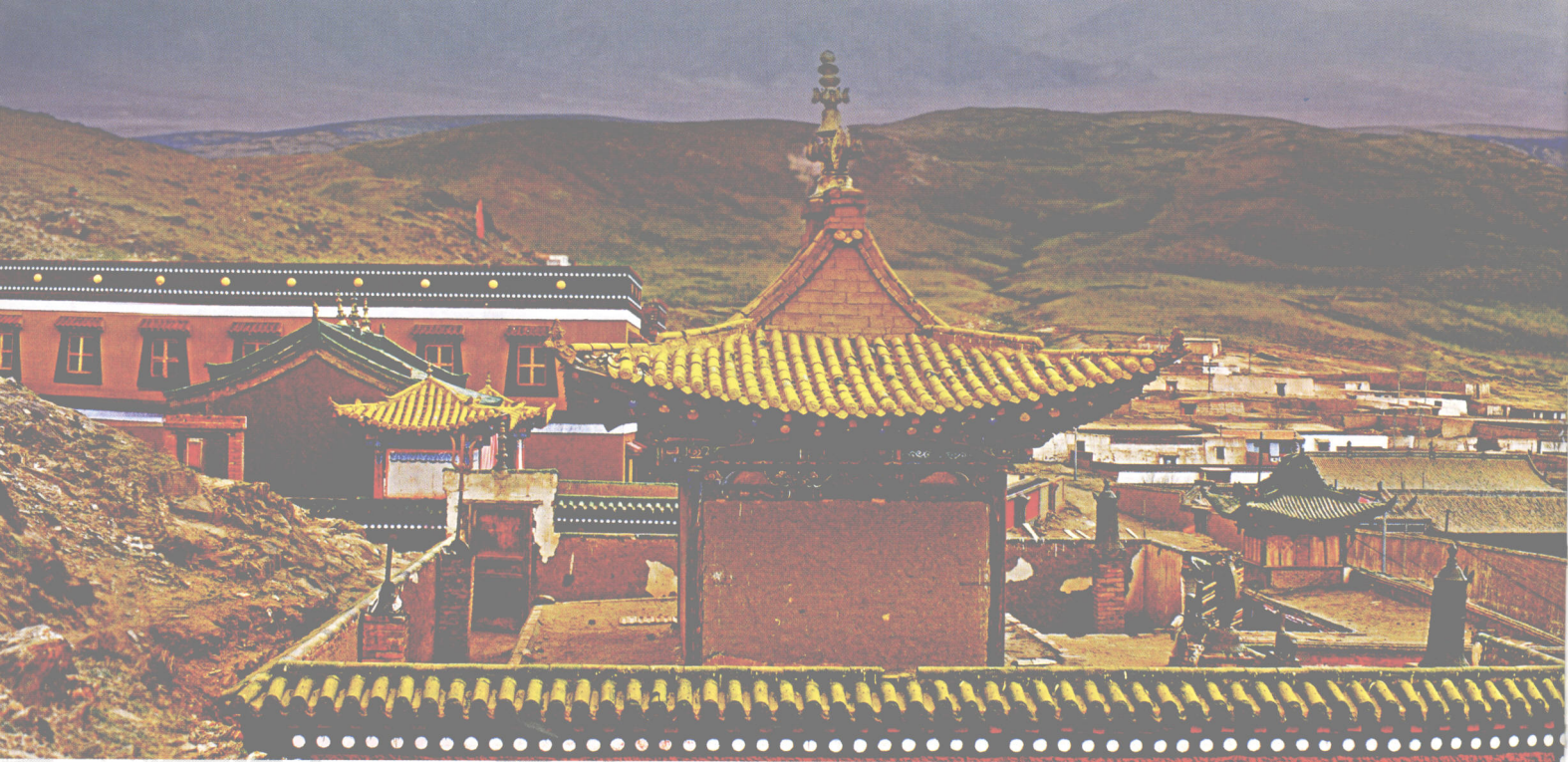


Qinghai Lake's spring is spring of birds. Lakhs of migratory birds come here for living or propagating.

青海湖的春天是鸟儿们的春天，数十万只候鸟来到青海湖生息繁衍。



青海
天地



Baifosi, a famous Buddha Temple near Qinghai Lake, lies at the foot of Tongbao Mountain, the north bank of Qinghai Lake.

白佛寺是青海湖岸比较著名的寺院，位于青海湖北岸的同宝山下。