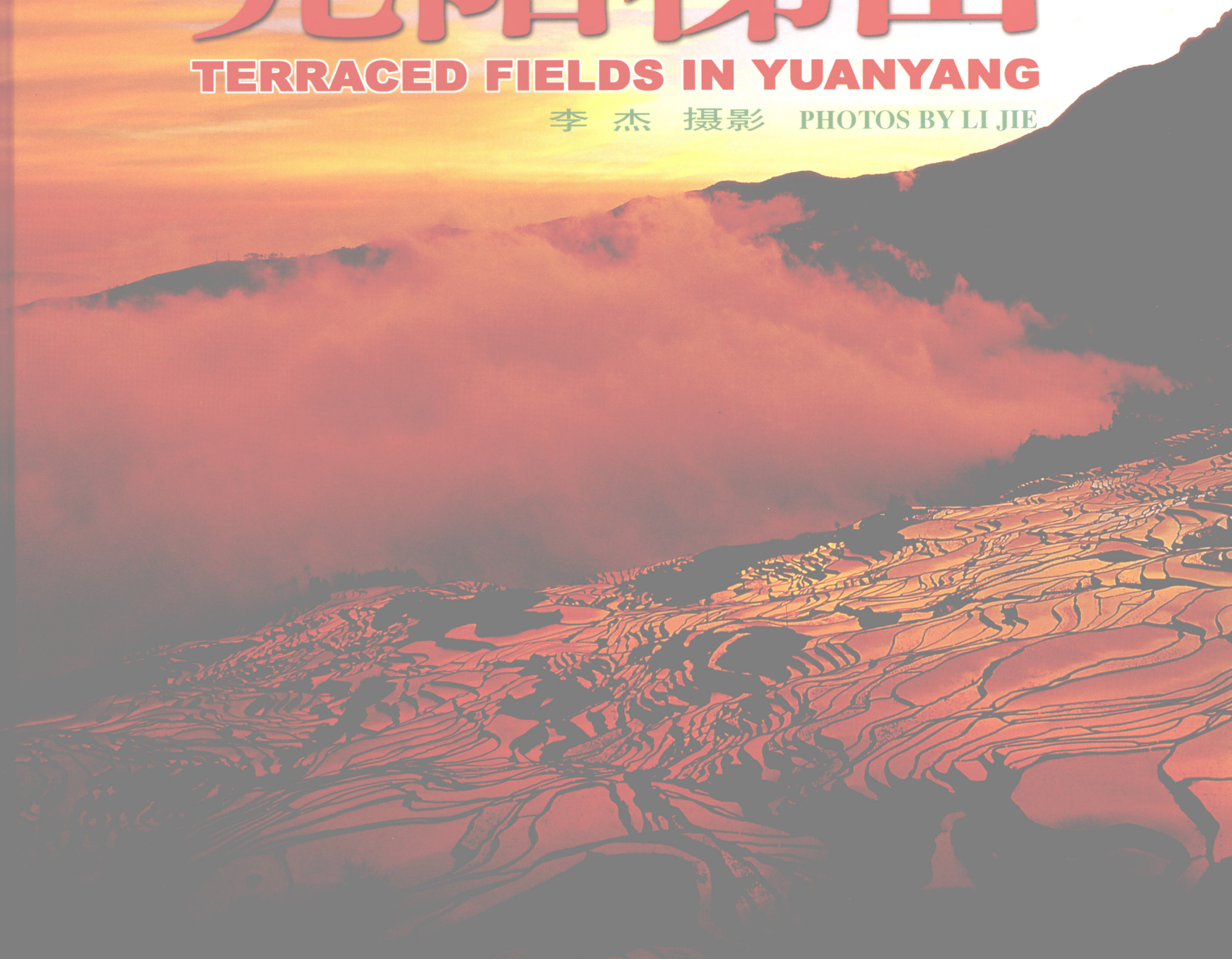


世界奇观 A FANTASTIC SCENE IN THE WORLD

# 元阳梯田

TERRACED FIELDS IN YUANYANG

李杰 摄影 PHOTOS BY LI JIE



中国旅游出版社 CHINA TRAVEL&TOURISM PRESS



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元阳梯田在中国的位置  
Locations of Terraced Fields in  
Yuanyang in the Map of China

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## 元阳梯田拍摄景点示意图

Locations for Taking Photos of Terraced Fields in Yuanyang



### 说明：

公里数是指新街镇到景点的大致距离。

适合拍日出的地方有多依树、胜村、箐口等；适合拍日落的地方有老虎嘴、坝达、荣山、龙树坝等。

### Notes:

Numbers in parentheses indicate the distance from the location to Xinjie Town.

The locations good for taking photos of the sunrise include Duoyishu, Shengcun Village and Qingkou and those good for taking photos of the sunset include Tiger Mouth, Bada, Rongshan and Longshuba.





多依树 Duoyishu



勐品 Mengping or Tiger Mouth



箐口 Qingkou



胜村 Shengcun Village



爨春 Aichun



坝达 Bada

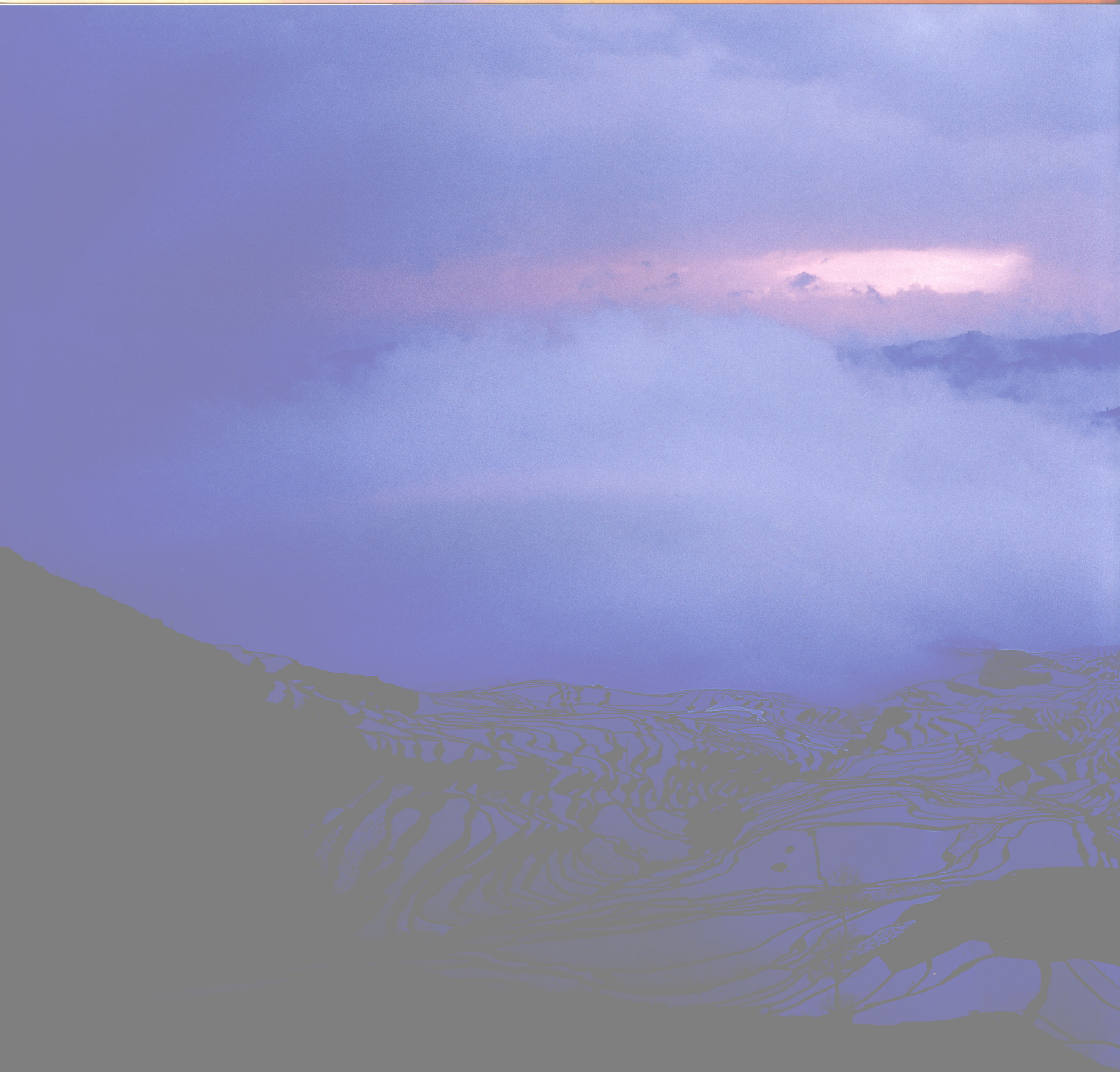


龙树坝 Longshuba



哈播 Haba



















# 元阳梯田奇观

## MARVELOUS TERRACED FIELDS IN YUANYANG

元阳梯田,位于中国云南省红河州元阳县境内,地处哀牢山南段,总面积 2 万多平方公里。位于垂直气候带的元阳有“十里不同天”之说,平均气温约为 15℃~20℃,温差大,雨量充沛。特殊的地理气候造就了哈尼、彝等民族特殊的生产与生活方式。他们在海拔 200 米至 2000 米、坡度 25 度左右的沟壑山岭间开凿了 19 万亩层层叠叠的梯田。据说这些梯田追溯起来已有 2000 年的历史。

很久以前,居住在这里的先民充分利用“山有多高,水有多高”的自然条件,开沟引水,围筑造田。年复一年,他们用智慧和辛勤的劳动,创造出了以多依树、勐品、坝达、箐口、龙树坝等为代表的元阳梯田。哀牢山重重叠叠,关山阻隔,外界很少有人知道元阳的梯田,直到 20 世纪 80 年代后,这一人间奇迹才显山露水,名扬天下。如今,元阳梯田已经成为一道无与伦比的绝世人文景观,吸引着世界各国无数的旅游者和摄影爱好者。

在延绵起伏的哀牢山中,数十级乃至数百级梯田依山势盘绕而建,曲曲弯弯,层层叠叠,宛如一道道拾级而上的天梯直伸云天。每当秋收过后,清水入田,在朝辉夕阳的照耀下,漫山遍野金光灿灿;白云蓝天倒映田中,光波闪烁,色彩变幻,仿佛置身在无边无际的巨大迷宫中,不知起点和终点;奔腾如海的云雾,时

隐时现地演幻着远处的哈尼山寨,如诗画、如梦境,如神仙居住的世外桃源。春天来临,牛忙耕犁,人忙插秧,绿油油的秧苗覆盖了整个梯田,细雨洗涤后的青山绿水,呈现出一派勃勃生机。秋收时节,遍地金黄,稻谷飘香,大地丰收,景象万千。

多依树,是元阳梯田最具代表性的景观。观赏日出、云海的最佳地方,距元阳老县城一新街约 30 公里,海拔 1900 米。9000 多亩梯田曲曲弯弯沿山势蜿蜒,犹如一个巨大的海湾。每天清晨,太阳从山脊上缓缓升起,霞光洒在梯田中,云海从山谷间升腾而起,整个多依树顿时苏醒。霞光、云海、梯田、山寨交相辉映……一幅幅绝世美景,惊艳人寰。

勐品,俗称老虎嘴,是元阳梯田中最著名的田园风景。曾被法国报刊列为 1993 年度新发现的世界七大人文景观之一。高山峡谷中的一块珍贵平原,像一块巨大的画板,哈尼人用辛勤的双手鬼斧神工般地在画板上画出一幅变幻无穷的梯田画;起点、终点?抽象、具象?……任人张开想象的翅膀,去找寻属于自己的理想。

坝达梯田,是元阳梯田中最为广阔的梯田景观。置身山顶把 50 多个村寨和 2 万多亩梯田尽收眼底,这里是观落日的绝佳位置。由于此地的山峰与山谷的绝对高度差别较大,立体气

候的特征十分明显,时常会出现山上晴空万里,山谷云雾缥缈;奇妙的自然景象把人带入无限的幻想之中。

元阳梯田,除了最具代表的多依树,最著名的勐品和最广阔的坝达外,还有箐口、龙树坝、哈播等各具特色的梯田美景,不胜枚举。然而元阳梯田有一个共同的特点:山地季风造就了哀牢山脉地域多雨多雾的独特气候,形成了田掩在雾中,云飘在田上的美轮美奂变幻莫测的和谐景观。近处的山寨、梯田,远处的青山、云海,在云雾中,在丽阳下相存相依,构成了一幅幅壮丽而不朽的绝世画卷。

元阳梯田,生在滇南哀牢山密林之中,与当地哈尼等民族兄弟姐妹共生共存。它的存在,是人类对大自然的深刻认知与把握,集中表现了人类在大自然中求生存的坚强意志,同时也体现出哈尼人高超的生命智慧。直到今天,元阳梯田仍然是哈尼人赖以生存的物质基础。19 万亩梯田,养育着 30 多万人口,4000 多条沟渠灌溉着层层梯田。哈尼人祖祖辈辈在梯田的劳作和收获的交融中,形成的独特的人与自然的生存方式和形态,更是令世人魂牵梦萦。



These marvelous terraced fields are located in the Yuanyang County in Honghe Prefecture, Yunnan Province. In the southern section of the Ailao Mountain, these fields cover an area of more than 20,000 square kilometers. The temperature here averages 15-20℃ with a big gap during the daytimes and plenty rainfalls. With an obvious vertical climate, Yuanyang is famous for enjoying different scenes after walking for five kilometers. Owing to these unique geographic conditions and the favorable climate, the local Hani and Yi minority peoples have had their special production and living habits. They have built 13,333 hectares of terraced fields on the mountain slopes of some 25 degrees with an elevation of 200-2,000 meters. It is said these terraced fields have a history of some 2,000 years.

Long times ago, the ancestors of the local people brought into full play the natural conditions and built the terraced fields and dug ditches to lead the water to these fields according to the geographic conditions. Through their hard work, they built the terraced fields with those in Duoyishu, Mengpin, Bada, Qingkou and Longshuba as their representatives. The undulating Ailao Mountain blocked the people from beyond the mountain to know the terraced fields in Yuanyang before the 1980s. The marvelous terraced fields in Yuanyang have gained reputation in other parts of the country gradually since the 1980s and have become an unparalleled cultural scenic spot which attracts numerous tourists and photographers from at home and abroad.

On the up-and-down mountain slopes the terraced fields have been built according to the terraces of the Ailao Mountain and are overlapped by another and extend to the clouds like a ladder. After the crops are harvested in autumn, these terraced fields are filled with water and glister under the sunlight. The reflections of the white clouds and the blue sky in the watery fields are changing and

colorful. These fields are like a huge maze with no ends. The floating cloud and mist make the Hani villages in the distance look like a picture, a dreamland or a fairyland. In the spring, oxen are tilling the fields and people are planting rice seedlings. All the terraced fields are covered by green rice seedlings. A drizzle turns the green mountains and blue water more vigorous. During the autumn harvest season, the crops in the field turn golden and the fields are filled with fragrance of the rice, a wonderful scene.

The terraced fields in Duoyishu are the most representative. Duoyishu is the best place to view the sunrise and clouds. It is 30 kilometers away from Xinjie, the old county seat of Yuanyang. It has an elevation of 1,900 meters. More than 600 hectares of terraced fields extend according to the up-and-down mountain slopes, like a huge bay. In the morning every day, the sun rises behind the mountain ridge, the terraced fields are under the sunrise glow, and the clouds rise up from the valleys. Duoyishu Village wakes and the sunrise glow, clouds, terraced fields and village constitute a wonderful and beautiful picture.

Mengpin or Laohuzui is most famous for its country scenery. It was once praised by a French newspaper one of the seven greatest cultural wonders in the world in 1993. A seldom plain among the canyons is like a huge drawing board on it the Hani people have drawn a picture about the terraced fields with their hands, which is constantly changing. Without starting point and end, this picture let the viewers to image as they like and to look for their ideals.

Bada terraced fields are the largest of the all in Yuanyang. Standing on the top of the mountain you will have a good view of more than 1,333 hectares of terraced fields and more than 50 villages around. Also it is a good place to view the sunset. Owing to a big gap between the mountain peaks and the valleys, the vertical weather has obvious features of being sunny on the mountain while

cloudy in the valley. Such an intriguing natural scene brings people into an illusion.

Except the terraced fields in the places mentioned above, those in Qingkou, Longshuba and Habo have their own unique features and constitute beautiful scenes too. But all the terraced fields in Yuanyang have a common feature: the monsoon climate on the Ailao Mountain areas provides much rain and mist which float above the terraced fields and create a constantly changing scene. The villages and terraced fields nearby and the green mountains and clouds in the distance are interdependent and supplementary each other and constitute a brilliant and magnificent picture.

The terraced fields in Yuanyang are in the dense forests on the Ailao Mountain in Yunnan Province and grow and exist together with the local Hani people. These terraced fields are the results of a deep understanding and control of nature by the local people. They demonstrate the strong will of the people for their survival in nature and at the same time illustrate the high life wisdom of the Hani people. Until today, these terraced fields in Yuanyang are the material bases the Hani people rely on for their subsistence. More than 13,333 hectares of terraced fields which are irrigated by 4,000-odd ditches support more than 300,000 local people. During their work on and harvest from these terraced fields, the Hani people have formed their unique existence forms and ways for dealing with nature. These are much attractive.







