



日喀則

ཀའི་ཤར་ལུ་ཡོད་པའི་

SHIGATSE

風土人情

༡༡། །ཡུལ་སྤྱུལ་གོམས་རྒྱུས།

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江泽民

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၎င်းတို့သည်

အောက်ပါအတိုင်း



風土人情

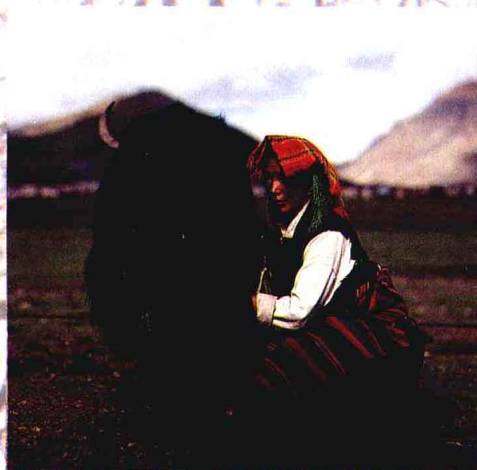
千百年來，雪域高原的自然環境陶冶了藏民族的豪爽性格，長期的社會生活鑄就了特色濃郁的民族習俗。

一年一度的神舞節“斯姆欽姆”、“堆欽”，使你充分領略古典宗教藝術的魅力。

傳統藏戲三大流派，寓故事與歌舞之中，演唱變化有序，舞姿古樸優美，唱腔高亢悠揚，深受群眾喜愛。

那獨特的婚喪嫁娶；那眾多民間傳統節日中，人們佩金戴銀，服飾繽紛的場面；那男女老少載歌載舞，賽年賽馬的氣氛；還有那醇醞香甜的青稞酒和優美動聽的敬酒歌……真是處處時時令人心曠神怡。

居住在邊境鄉村的夏爾巴人，以其特有的生活方式和禮儀，吸引着海內外遊客。



LOCAL CUSTOMS

For ages geographical and living condition of the Tibetan plateau have nurtured a special custom for the inhabitants here. The annual religious dances of the Grand Performance and other festivals would take you into a fantasy of religious arts.

The three different traditions of Tibetan opera with their narration of stories amidst operatic songs and dances, high and clear voices mostly in extended melodies, are much appreciated by folks

Funerals and marriages, traditional songs and dances partaken by the young and old alike, yak and horse races folks in their festive attires ornamented with gold and silver wares, tastes of sweet-sour barley beer with melodious songs at proposing of toasts, all are really unique in style.

The Sherpa people at borders, with their particular style of living and manners is also an attraction to visitors from home and abroad.

藏歷新年



驅邪

Driving off "evil spirits"

黎明新水

Carrying water at dawn

TIBETAN NEW YEAR



祭祀

Offering to the Gods

新式唐嘎畫(巴圖作)

A new type of "tha
ngka" (drawn by
Baou).

藏歷新年



敬山

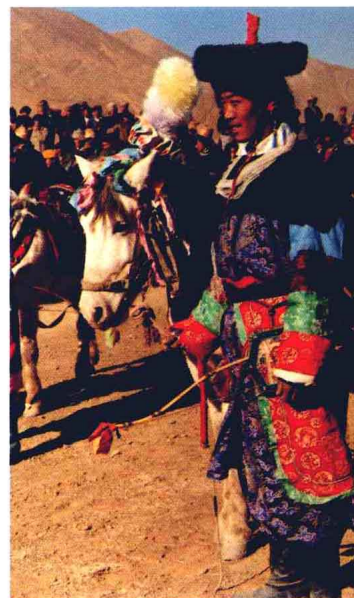
Offering to the local
gods



祈禱

At pray

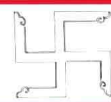
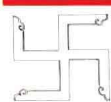
TIBETAN NEW YEAR



初三跑馬射箭

The horse race in Shi-gatse in the New Year





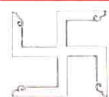
敬陽神

Offering to the God
of the bridegroom



畫萬字雙福吉祥圖

Drawing the symbol
of swastika, meaning
wish for "eternity"



AT MARRIAGE



親朋好友敬上禮品

Marriage gifts from
friends and relatives



敬獻哈達

Offering of cere-
monial scarves





各地婚俗



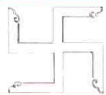
敬青稞酒

Proposing a toast of
barley beer

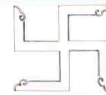


歡慶良宵

Enjoying at the party



AT MARRIAGE



新郎新娘

The bridegroom and
the bride

跳起吉祥舞

Dancing and singing



江孜達馬節



入場儀式

Participation to the
festival



HORSE RACE IN GYANTSE



骑手
Horseman



身着古老服飾的婦女
In festive attires



載歌載舞
Singing with dancing

江孜達馬節

賽·觀看

