



日喀則

གནེཔ་ཀའཕེལ

美麗富饒

༄༅། །མཇེས་སྤྱད་ནི་ར་གྱིས་ཕྱད་པ།



日喀則画册

江泽民


《日喀則畫冊》編輯委員會

主任：白 釗、桑 珠

副主任：帕巴次誠、鮑友德、喬元忠、繞典、索朗

主 編：索 朗

副主編：普 巴

編委委員：白 釗、桑 珠、帕巴次誠、鮑友德、喬元忠、繞 典、
索朗、廣平、周文銀、姜學岩、馬東榮、普 巴、拉
旺、次旦加布、王庭華、鄭永泗、米瑪玉珍、張讓
三、吳 堅、歐 珠、王家玉、格 桑、寧世群

責任編輯：拉 旺

圖片編輯：莫 毅、扎 頓、拉 旺、旦 巴

文字編輯：米瑪次仁

版面設計：汪春蕾、莫 毅、扎 頓

藏文翻譯：格 桑、拉 旺、扎 頓、次 仁、米瑪次仁

英文翻譯：旺 多

封面設計：

裝幀設計：現代攝影、雜誌社汪春蕾

攝影組：扎 頓、莫 毅、旦 巴

提供圖片：祁 雲、拉 巴、高志永、王玉龍、小旦巴、強
桑、丹 朗、旦木拉、旺 久、次 多、旺 拉、阿
多、次 培、甘瑞忠、顧正華、衛 校、屯 吉、包黨
生、波波次仁、索 石

書 名：《日喀則畫冊》

出版者：日喀則地區行政公署

發行者：西藏人民出版社

版 次：1993 年第一版第一次印刷

開 本：16開

印 張：3.5 印張

印 數：萬套

統一代號：ISBN7-223-00506-8 J. 23 (1)(2)(3)-(4)

承 印：深圳現代攝影、雜誌社

香港雅歷印刷有限公司

定 價：平裝每冊 人民幣 ¥：20.00

美金 US\$：6.00

精裝每套 人民幣 ¥：100.00

美金 US\$：30.00

封面提字 漢文：江澤民

藏文：阿沛·阿旺晉美

LIST OF SHIGATSE PICTORIAL EDITORIAL BOARD

DIRECTOR: BAIZHAO, SAMDUP

DEPUTY DIRECTOR: PAGPA TSULTRIM, BAO YOUDE, QIAO YUANZHONG, RAPTEN, SONAM.

EDITOR-IN-CHIEF: SONAM

DEPUTY EDITOR-IN-CHIEF: PURPA

COMMITTEE: BAIZHAO, SAMDUP, PAGPA TSULTRIM, BAO YOUDE, QIAO YUANZHONG, RAPTEN, SONAM, CENG GUANEPI-NE, ZHOU WENYIN, JIANG XUEYAN, MA DONGRONG, PURPA, LHAWANG, TSETEN GYALPO, WANG TINGHUA, ZOU YONGSI, MIGMAR YUDON, ZHANG RANGSAN, UGYEN, NGODUP, WANG JIAYU, KALSHANG, NING

SHIQUN.

DUTY EDITOR: LHAWANG

WORDING EDITOR: MIGMAR TSERING

PICTURE LAYOUT: MOYI, TADON, LHAWANG, TENPA.

LAYOUT: WANG CHUN LEI MOYI, TADON

TIBETAN TRANSLATION: KALSANG, LHAWANG, TADON, TSERING, MIGMAR TSERING.

ENGLISH TRANSLATION: W. TAILING

COVER DESIGN:

ART DESIGN:  INPHOTO  WANG CHUN LEI

PHOTOGRAPHER GROUP: TADON, MOYI, TENPA.

PHOTO CONTRIBUTION: QI YUN, LHAKPA, GAO ZHIYONG, WANG YULONG, TENPA, JAMSANG, TENAM, TAMLHA, WANGCHUK, TSEDOR, WANGLA, ADOR, TSEPEL, GAN RUIZHONG, GU ZHENGHUA, WEIXIAO, DUNKYI, BAO DANGSHENG, POPO TSERING, SORL.

NAME OF BOOK: SHIGATSE PICTORIAL

PUBLISHED BY: ADMINISTRATIVE OFFICE OF SHIGATSE PREFECTURE

DISTRIBUTED BY: TIBET PRESS

EDITION: FIRST EDITION, 1993

SIZE: 16MO

PRINTING: FIRST PRINTING, 1993

COPY: 10,000 COPIES

UNIFIED PRINTING NO: ISBN7-223-00506-8 J.23 (1)(2)(3)-(4)

PLATE MAKING: SHEN ZHEN  INPHOTO

PRICE: PAPERBACK RMB ¥: 20.00

US \$: 6.00

HARDCOVER RMB ¥: 100.00

US \$: 30.00

COVER AUTOGRAPH (CHINESE): JIANG ZEMIN

COVER AUTOGRAPH (TIBETAN): NGAPO NGAWANG JIGME

၎င်းတို့သည်

အောက်ပါအတိုင်း

前言

日喀則史稱“藏”，位于祖國西南邊陲，山川雄奇壯美，歷史文化悠久，是歷代班禪的駐錫地。

她是蒼茫大地捧托出的世界上最高的土地。這裏山脈連綿起伏，群峰爭雄鬥姿，湍急的江河，碧綠的湖泊，沸騰的間歇噴泉，形成了世界上最雄奇壯觀的極高山自然景觀。其磅礴的氣勢，無與倫比的高度，令世間名川大山仰慕。而喜馬拉雅山南麓，則林海茫茫，懸崖峭壁，瀑布飛濺，山青水秀，一派“江南”景色。這複雜的地質地貌孕育了豐富的礦產資源及生物物種，形成了獨特的生態環境，為人類征服自然，揭開“世界屋脊”奧秘提供了極好的天地。她是當今人類生存空間中一塊純淨的土地。

在逝去的輪回中，曾有多少風雲人物，或以博學多識著名，或以傳經布道“成佛”，或以架索搭橋見長，或以統一國土創下偉業而流芳千古，可謂人杰地靈，名人輩出。這裏遍布山間的古寺名剎，珍貴文物，以及民間歌舞，古典藏戲等無不閃爍着藏民族歷史文化的光輝，映托出日喀則人民的聰明才智和創造精神。

在18.2萬平方公裏的土地上，草場豐茂，土地肥沃，是西藏農畜產品的主要產地。如今，工礦企業在起步，投資環境日臻完善，交通網絡已形成，名貴藥材、手工制品久負盛名。更因她與尼泊爾、不丹、錫金等國接壤，是西藏通往南亞的主要通道和窗口，具有得天獨厚的邊境優勢和開發建設的廣闊前景。

這是一片神奇富饒，充滿希望的熱土，這是一個勤勞智慧、熱情好客的民族。明媚的陽光已融化冰雪覆蓋的銀色世界，喜馬拉雅“天牆”不再是友誼交往的屏障。今天，她正以嶄新的風貌，迎接未來。堅信，明天它將更加美好。

PREFACE

Shigatse, the seat of the successive Panchen Lamas, historically known as the "Tsang" region, situates to the southern border of China with a beautiful landscape and a lengthy period of history and culture.

It rises to the highest of lands in this wide world. Here, a panorama of beautiful landscape has taken a formation by mountain ranges criss-crossing leaps and bounds, peaks scrambling for paramountcy, rivers rushing in torrents, lakes lying in limpid tranquillity, and boiling hot springs shooting in mountain. Such and such wonders and unrivalled heights add grandeur to its rivers and ranges. The foot of the Himalayas produces tropic zone with boundless forests, overhanging cliffs foamy waterfalls of lovely sceneries. Such geographical structure gives birth to rich resource for mineral and wild life and furthermore produces for mankind a nice zone to conquer the nature and disclose the mystery of "the roof of the world". Such a space has been remaining so far a virgin land for the living human of today.

In the by-gone times, Shigatse had produced numbers of distinguished figures, or scholars, or sages who had strived for "Boddhahood", or builders of suspension bridges of iron-chain, or uniters of the land whose reputation rings the ear even to this day.

One can find everywhere the glories of ancient Tibetan culture such as ancient monasteries and temples monuments of value, folk songs and dances, traditional Tibetan opera, and so on, which give expression to the intelligence and work of wonders of the natives of Shigatse of the by-gone days.

Shigatse, with her occupation of 18.2 Sq.Km. of rich pastures and fertile farming lands, is one of the major producers of agricultural and husbandry production in Tibet. Presently, factories, mines and other enterprises and emerging into existence, outlet of investments are forming into regularity and network of transportation is being set up. Medical herbs of rarity and handcrafts are of fame since ancient times. It is in possession of a land full of fertility and hope, and in possession of a people well known for their industry, intelligence, warmheartedness and hospitality. As the warmth of the sunlight do melt the silvery world of ice and snow, the Himalaya range becomes no more the "sky wall" which had been a barrier for friendly visits. And today, bearing with justice and a brand new look, it's waiting for the coming future. Thus, Let's firmly believe she would enjoy a more beauty by tomorrow.



美麗富饒

這是一片神奇而美麗的土地。

萬峰之首珠穆朗瑪峰，雄偉壯麗的名山冰川，多姿多彩的自然保護區，為旅游、探險、考察提供了難以尋覓的場地。雅魯藏布江流域，年楚河畔麥浪翻滾，油菜花黃，是西藏的糧倉。1.42億畝的高山草場，牛羊肥壯，牧歌悠揚。黑頸鶴、長尾葉猴、雪豹、長葉雲杉等珍稀動植物，麝香、蟲草、雪蓮等名貴藥材，種類繁多，質優量豐的鉻、硼、鹽、金、玉、鋰等礦產和豐富的水能太陽能地熱資源，無疑為日喀則的經濟發展，提供了巨大而豐厚的潛能。



THE LAND OF CHARMS

This is a Marvellous and beautiful Land !

The unrivalled Mt. Qomolangma (Mt. Everest), those majestic ranges and rivers and those natural conservation areas of beauty make themselves a nice target for tourism, adventures and surveys. The valley of Yarlung tsangpo river, the swaying crops along the Nyangchu river and the stretches of golden flowers of the rape seed are a granted granary for Tibet. Grazing herds of thriving sheep and yaks and melodious hill songs of herdsmen feast one's eye all over the pleateau grassland which occupies an area of 142,000,000 " mu ". Animals and plants of rarity such as black-necked cranes, long-tailed monkeys, highland leopards and fir trees, etc. and valuable medical sources such as musks, Chinese caterpillar fungus and snow-lotus are found in variety. the abundance of minerals such as chromium, boron salt, gold, jade and lithium, and also, hydraulic power, solar power and geothermal power, doubtlessly produce the greatest potentialities on economic development of Shigatse.

喜瑪拉雅山脉

THE HIMALAYAS RANGE





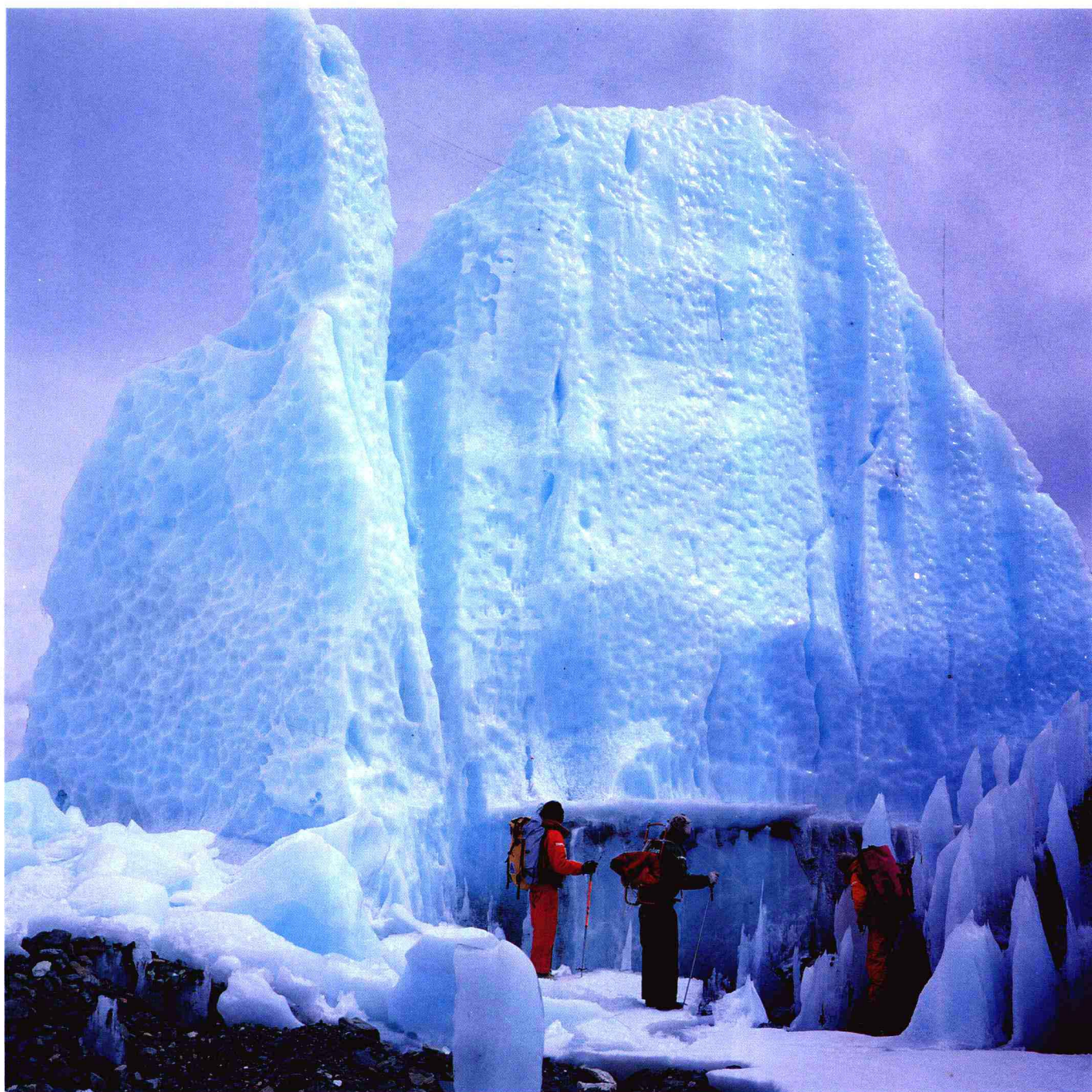


萬峰之首珠穆朗瑪

THE PEAK OF
QOMOLANGMA

此为试读, 需要完整PDF请访问: www.ertongbook.com

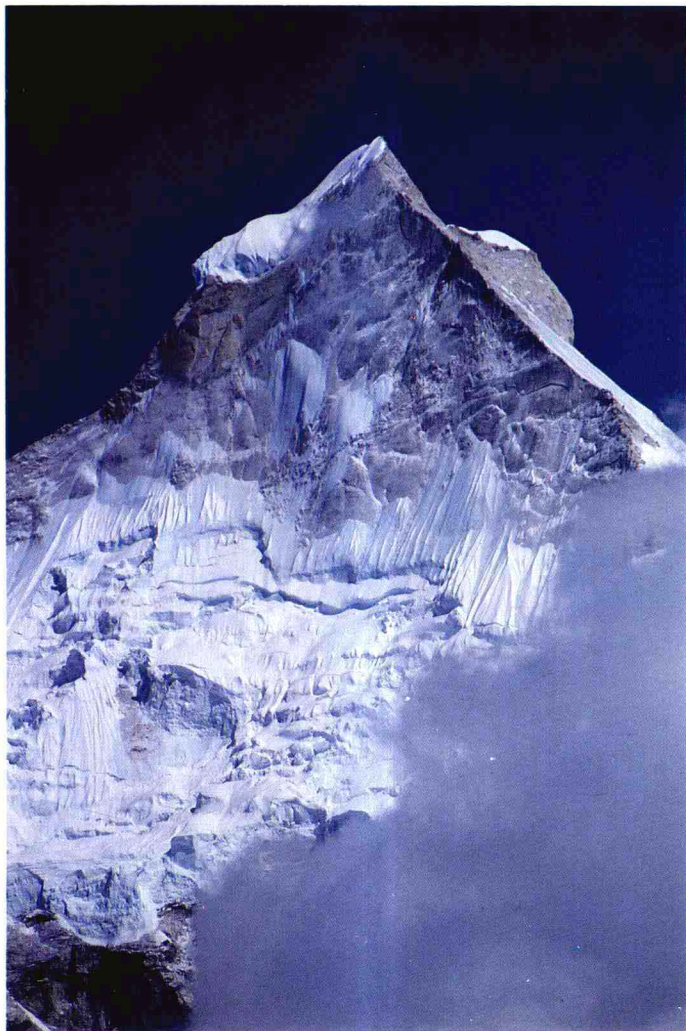




冰川、冰塔
Glacier, Serac

從中絨布眺望珠峰
Mt Qomolangma
seen from Zhongro-
ngbu





門隆則峰
Mt. Meilongzi



冰峰雪水
Icecle and snow water



卓莫拉利峰
Mt. Qomolari



從帕裏鎮眺望卓莫拉利峰
Seeing Mt. Qomolari
from Parli



卓奥友峰
Mt. Qowuyu



希夏邦馬峰
Mt. Xixiabangma



馬卡魯峰
Mt. Makalu



金雕
Golden Eagle



哈曼氏馬雞
Harman's Eared
Pheasant

