

བོ་འཕྲིན་པ་ རྒྱལ་ཁབ་ཀྱི་ཐོན་ལས་རྒྱུ་

# 迪庆·香格里拉

SHANGRI-LA · DIQING



云南美术出版社

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迪庆藏族自治州外事旅游局 编

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谨以此书献给

热爱香格里拉的人们

Especially dedicate this little album  
to those people who devote  
their loves to  
SHANGRI-LA

# 目 录

## CONTENTS

永远的香格里拉……………4

The eternal shangri-li

雪域圣地……………8

Holyland of Snow Realm

江河峡谷……………26

Rivers and Canyons

湖泊草原……………36

Lakes & Prairie

绿色王国……………58

Green Kingdom

佛光秘宗……………74

Mysterious Track of Glory

民俗民情……………90

Folklore

主要节庆介绍……………117

Introduction of Main Festivals and Holidays

香格里拉旅游路线图……………118

Tourism Route Map in Shangri-La

ཐིའུ་ཁྱེད་ཀྱི་ཕྱི་ལོ་ལྷོ་ཁྱེད་ཀྱི་ཕྱི་ལོ་

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# 永远的香格里拉

香格里拉是一个谜，香格里拉是一个梦，香格里拉是藏民心中的日月，香格里拉是世人魂牵梦萦，恒久追寻的桃源仙境。

真正的香格里拉在哪里？在迪庆，在中国云南滇西北那片与世隔绝、与世无争的人间净土。

独特的地理环境，形成了江河湖泊的摇篮。从青藏高原发源南下的长河，在迪庆汇成了滔滔不绝的金沙江、澜沧江、怒江的汹涌激流，造就了著名的三江并流奇观。

这里，有我国最大的华泉台地白水台；有原始林海环抱、草似绒毯、鲜花铺地、牛羊成群、恍若世外桃源的牧场人家；还有风光迷人、纯净晶莹的高原淡水湖泊群，是各种候鸟繁衍生息的胜地；雄、显、奇、秀各具特色、闻名遐迩的长江第一湾、虎跳峡等高山峡谷；神态迥异的梅里雪山、白茫雪山、哈巴雪山等几十座雪山犹如横空出世，耸立在旷古荒远的高原，守护着最圣洁的领地。

其中，梅里雪山主峰卡格博峰被我国藏区尊为神的化身，位居八大神山之首，是藏传佛教的朝觐之地；皑皑白雪下的明永恰、斯农恰冰川，是世界上罕见的低海拔现代冰川。与绚烂多彩的自然风光相伴，在迪庆这块富饶神奇的土地上，各民族世代杂居，相融共处，各信其教，产生了异彩纷呈的民族文化，形成了独特的人文景观。除了博大精深、神秘古朴的藏族宗教文化，还保留了汉文化中的儒道思想、伊斯兰文化，东巴文化和西方的天主教文化。迪庆人能歌善舞，节庆众多，各具特色。此外，丰富多彩的珍稀植物、数不胜数的珍禽异兽、丰富浓郁的饮食文化，深深地吸引着中外游人。

从某种意义上说，宗教、悠游、闲放、乐善、知足就是迪庆香格里拉精神和多种宗教并存的人文形态。人与自然和谐相处，在迪庆藏民的观念中，生命的永恒源于对生命、对自然的珍视。人的生命是有限的，而



大自然却是永恒的，人只有融入大自然，生命才能实现永恒的轮回。

这一切，都向人们讲述着神话般原始古朴的故事。香格里拉没有解开的谜还太多太多，走进香格里拉使你的心灵得到净化和永恒的升华。当你融入这片圣洁之地，也就感受了香格里拉的胸怀、体魄的宽厚与博大精深的雄浑，你会从心里发出诗一般的吟咏，更会用心灵去感受心中的天堂。

半个多世纪以来，从希尔顿笔下的主人公一直到今天热衷于体现香格里拉存在的人，一直在寻觅她、追求她，她离天国仅有半步之遥。或许，香格里拉是真正通往天堂的驿站。

新的世纪，香格里拉的确认，揭开希尔顿在《失去的地平线》中给世人留下的世纪之谜。然而真正的内在的秘密还没有揭开，我们找到的仅是香格里拉的表层，而香格里拉深邃的和更神秘的内涵才是千千万万人寻

找香格里拉的真正原因。

应该说，在《失去的地平线》问世之前的千万年前，香格里拉就已存在，寻找香格里拉的活动就已开始，且不断延续。小说出世，谜底依旧。今天我们进行了艰苦卓绝的考察、探索、研究，反而更增添了香格里拉的神秘色彩。

这种神秘，在人与自然的丰碑中，在梅里雪山深处众神的宫殿中，在大江大河卷起的千堆雪浪中，在百鸟齐鸣的莽莽林海中，在所有寻找香格里拉人的心中。

香格里拉不是迪庆、不是云南、不是中国所独有的，香格里拉属于全人类，是世界共同的理想和期望。

永远的香格里拉，永远地世世代代延续下去！

李承宗



## THE ETERNAL SHANGRI-LA

Shangri-La is a mystery, a dreamland, also the sun and the moon in the mind of the Tibetans. Shagri-La is the paradise where most people are searching and seeking for ages.

Where could the people find Shangri-La? It is in Diqing, a pure land far from the turmoil of the world and up the northwest of Yunnan Province in China.

The unique geographic landscape is a birthplace of rivers and lakes. Originating from the Qinhai-Tibet plateau, the Yangtze River flows southwards into Diqing, merging with the rivers of Jinsha, Lancang and Nujiang, forming up a marvelous spectacle of "conjoint of three rivers".

Here exists China's largest sister platform - The White Water Platform; here exists cattle farmer's houses surrounded by virgin forest, where one can see the natural carpets made up of grasses and flowers, flocks of sheep and herds of yaks. There are also beautiful glittering and translucent fresh water lakes on the plateau, a paradise for migratory birds to dwell and reproduce. The world famous Tiger-leaping Gorge and the First Bend of Yantze River are widely known for their magnificent, risky, extraordinary and beautiful view. Some dozens of snow-mountains such as Meili, Baimang, and Haba tower high up to the sky on the age-old plateau taking on numerous formations, like guards to keep eternal watch of this piece of holy land. Of all these mountains, the Peak Kagebo, the main peak of Meili Snow-Capped Mountains, is honored as the avatar of gods and the top of the eight greatest holy mountains in the Tibetan region. It is a holy place for Tibetan Buddhists to worship their gods. Under the white deep snow, there are two glaciers, which are rare in the world at such a low altitude, namely mingyongqia and Si Qia. Endowed with the fascinating natural landscape, different nationalities throughout history have resided peacefully and harmoniously together in Diqing. Different religions coexist on this beautiful rich land and together to have created brilliant national and human cultures. Along with the broad mysterious Tibetan Buddhism, there also remains the Confucianism of the Han culture, the Islamic belief, the Dongba culture and the Catholic. The Diqing people are born with the talents of singing and dancing, and they have numerous ceremonious event and holidays with different characteristics. In addition, the numerous species of rare plants and animals, and the ample dietary culture draws the attention of every tourist home and abroad.

To some extent, it is the human modality of Diqing that integrates with local belief, the local carefree style, the generous nature, the easy-going characters and contentment senses, highlight the spirit of Diqing Shangri-La. In the conception of the Diqing Tibetans, the man and nature should

live in harmony; the eternal life originates from man's treasure to life and nature. Nature is everlasting while life is limited; life metempsychosis can be achieved only when man mingle with the nature as one.

All these enter an ancient fairy tale murmuring to the world about the original beauty of this attractive land, Shangri-La. Ready to enter this mysterious land? Please do! Right in there, many age-long mysteries remained unexplained. Into the Shangri-La, surely enough one's heart will be touched and purified. As one step onto this holy land, one can easily feel special atmosphere that has been told for ages, and receive its general and profound connotation. Moreover, one will find a way that leads you to meet the Bodhisattva internally.

Over the past 55 years, the protagonist in Hilton's novel 'Lost Horizon' has been extremely favored for testifying the existence of Shangri-La, never stop seeking for her, following her. It seems that Shangri-La is just at the gateway of paradise. Probably, Shangri-La is just a relay station leading directly into the heaven.....

The discovery of Shangri-La in the new century revealed a mystery left from the Hilton's novel Lost Horizon. However, what we today has simply discovered is just the exterior of Shangri-La, the internal riddle is still a mystery. The truth of Shangri-La, which has worked millions of millions people to desire for, is somewhat more profound and more mysterious to everybody.....

Long before the publication of Lost Horizon, Shangri-La had existed physically for millions upon millions of years. The search of Shangri-La was launched long time ago and extended till the modern day still. The captivation was heightened after the birth of the novel. Nowadays, the modern people have carried out a series of inspection, exploration and research through all hardships and difficulties, which has coated Shangri-La with more mysterious colors.....

This kind of mystery exists in the monument of man and nature, in the spirits' palaces deep in Meili Snow Mountains, in the raging waves of large rivers, in the twitters of numerous birds in dense forests, and in the hearts of those that are thirty foy Shnagri-La.

Shangri-La is a holy place that enlists in the treasures of the mankind, in fact. It has become a common ideality and expectation of the world.

Shangri-La, an eternal holyland that will be handed down generation by generation forever!

Li Chengzong

# 目 录

## CONTENTS

永远的香格里拉·····4

The eternal shangri-li

雪域圣地·····8

Holyland of Snow Realm

江河峡谷·····26

Rivers and Canyons

湖泊草原·····36

Lakes & Prairie

绿色王国·····58

Green Kingdom

佛光秘宗·····74

Mysterious Track of Glory

民俗民情·····90

Folklore

主要节庆介绍·····117

Introduction of Main Festivals and Holidays

香格里拉旅游路线图·····118

Tourism Route Map in Shangri-La



# 雪域圣地

Holyland of snow realm

## 梅里雪山

梅里雪山主峰——卡格博峰海拔6740米，为云南第一高峰。是藏传佛教的朝觐圣地。每年秋末冬初，西藏、四川、青海、甘肃的一批批香客，千里迢迢牵羊扶杖徒步赶来朝拜这心灵中的自然丰碑。

卡格博峰是云南六个国家级重点风景区内“三江并流”主要景观之一。

卡格博峰下，冰斗、冰川连绵。其中“明永恰”和“斯农恰”如两条银鳞玉甲的长龙，从海拔5500米往下延伸至2700米森林地带，离澜沧江面仅800多米，是世界稀有的低纬度、低海拔季风海洋性现代冰川。





## Meili Snow-Capped Mountains

Peak Kagebo is the master peak of Meili Snow-capped Mountains, seating at the height of 6740 meters above sea level, being the highest peak in Yunnan.

It is a sacred place of the Tibetan Buddhism worshippers. It is regarded as a place for worshipping their gods. Late in fall or early in winter every year, the pilgrims coming from afar to approach this sacred place on foot, step by step. Most people will come from places like Tibet, Sichuan, Qinhai, and Gansu.....

Peak Kagebo is one of the scenic spots of 'Conjoint

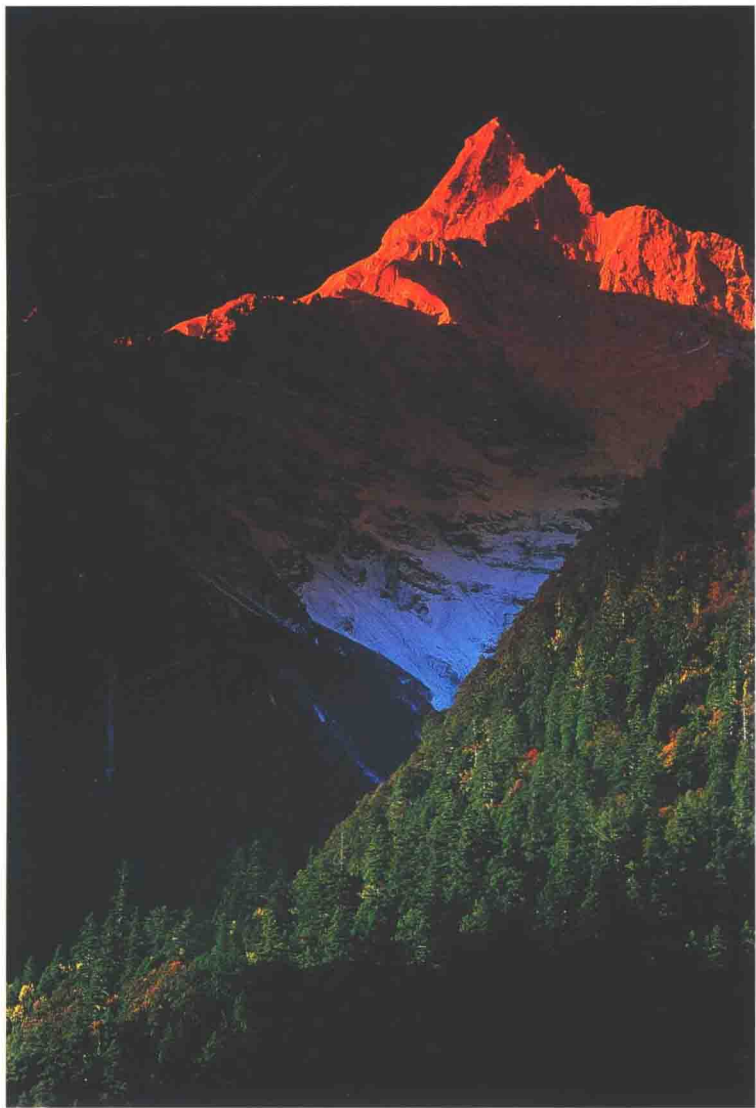
of three Rivers', which is one of the six scenic spots in Yunnan of t the state grade. Right at the foot of Peak Kagebo lie the glaciers, row after fow, line after line. Standing outstandingly are the Mingyongqia Glaciers and Sinongqia Glaciers, falling from 5,500 meters to 2,700 meters downwards,rest at the bottom forest zone, with only 800 meters lower than the surface of Lancang Rive, like two white dragons with silver scales and jade nails. They are rare new glaciers existing in a monsoon and maritime climate at such a low altitude and low latitude.



卡格博主峰 6740 米 Master Peak of Kawagebo (6,740m)



梅里雪山春色 Spring in Meili Snow-Capped Mountains



面茨姆峰 Miancim Peak





雪山彩霞（面茨姆峰） Sunrise colors the Snow-capped mountain (Mianeimu Peak)