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LANDSCAPE IN CHINA'S TIBET

王建军 摄影 PHOTOS BY WANG JIANJUN



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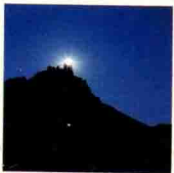
暮色中的纳木错
Huge rocks on the bank of the Nam Co in Nagqu











山远水远

文/赵芳

“山远水远你我的心不曾远
似近似离亲情的心不离
潺潺地流走是似水难忘的岁月
缓缓飘来是那永不褪色的记忆……”

每当这深情悠远的旋律在耳边响起，人们仿佛被一种神圣的力量所震撼，就会情不自禁地融入西藏那苍阔的雪域高原。

西藏，弥漫着不息的生命意识，流贯着粗豪的原始气韵，总让人憧憬与难舍。辽阔湛蓝的天空，洁白如絮的云朵，空旷寂静的原野，峭拔肃穆的雪山，浩渺如镜的湖泊，金碧辉煌的庙宇……这就是西藏，天地之美集中在了这片被称之为世界屋脊的高原，山水相依，旷古辽远，凝聚了穿透劲健的博大襟怀。

西藏是万山之祖。这里纵横耸峙着长达千里雄放浑茫的山系，在茫茫高原上，昆仑山、喀喇昆仑山、唐古拉山、冈底斯山、念青唐古拉山、喜马拉雅山等几大山脉由北向南铺展阵列。巨大的山脉褶皱，记录着亿万年来沧海桑田的变迁，激荡着远古的绝响。冰清玉洁的珠穆朗玛峰，雄踞于地球之巅。西藏的雪山雄峭，在圣洁的精神高度下，你会感受到强烈的震撼。雪山高远，天地间因她们的存在，而更加静谧纯净，相依相连。

西藏是万河之源。西藏的江河大川，展现出自然给予生命的舒展。日夜奔涌的雅鲁藏布江，融载着雪山之水，如一条银色巨龙，穿流险滩峡谷，滋养草场田甸，润泽荒丘大漠，孕育了高原圣地千年文明史。静静流淌的拉萨河，随时光穿梭，见证着藏民族的起源与发展，讲述着民族生存与传承。众多的高原内陆水系，所到之处，凝结成明珠般晶莹碧透的湖泊。

西藏雄浑古朴，大气磅礴的自然景观，为世人呈现出丰富多彩的自然绝作，征服着每一位来到这里的人们。在辽阔的西藏大地上，散落着诸多被印度神教、佛教等宗教派别尊为“神山圣湖”的雪峰和湖泊，衍生出无数美丽的神话传说。神山的白，神圣地占据了世间全部的色彩空间；圣湖的蓝，纯粹得足以涤荡所有执著追寻的心灵。白的气魄，蓝的轻灵，一同构成了西藏灵性的天地，也构成了无法割裂的神山与圣湖。南迦巴瓦峰、冈仁波齐峰、念青唐古拉山……在冰峰雪山中，你会为世间的自然纯净而动情，去理解并赞美生命；纳木错、羊卓雍错、玛旁雍错……无边的碧蓝湖水，不仅映出冰雪群峰的倩影，也是人们风餐露宿所朝拜的自然归宿，映衬着成千上万朝圣者的艰辛旅途。高原的阳光灿烂明媚，超长的日照时间，让人感到真切而温暖。天造地设、鬼斧神工的土林蔚为奇观，辽阔草原延展无边，茂密森林苍翠莽然。春日的桃花在林芝的山野之间灿若朝霞，成片的水稻蕴涵着丰收的热望，荒漠上顽强绽放的花朵艳丽得宛如梦幻。

西藏，来过之后才会发觉难以企及。这里，总有那么多的美等待你去发现，等待你足迹的丈量与造访……心与自然相交的永恒一刻，人与天地也融为一体。一路行来，仿佛走进了历史，走向古远。在西藏广袤的土地上，藏传佛教的著名寺院随处可见：坐落在日光城拉萨、离天堂最近的圣殿布达拉宫，象征藏汉民族团结的大昭寺，阿里的古格王国，第三女神脚下的绒布寺，山南地区的雍布拉克，札达县的托林寺……神秘的宗教精神被物化为金碧辉煌、气势恢弘的建筑艺术，诉说着往昔繁华，漫溢着厚重的宗教文化，彰显出藏传佛教的宏盛。嘛呢堆上猎猎作响的经幡，寺庙杳杳桑烟中班驳的苍凉，一切岁月流逝的洗刷，无不传递着一种神圣。在西藏，问天，问地，问神山，问圣湖，问落日……灵魂总会在与自然的交融中被升华与洗礼，超越世间所有的高度，皈依这坚实的精神家园。

“山远水远你我的心不曾远，相融你我在这天地之间。”著名风光摄影家王建军先生用镜头捕捉着天地之间蕴蓄变化的奔涌激情，一幅幅精彩的图片浸润着丰盛饱满的情感，传递着天人合一的艺术精神，用劳动和付出诠释西藏，展现中华大地磅礴的气概，把这片天地相依、自然风光与历史文化浑然一体的高原圣地表现得淋漓尽致。融入这壮美的天地之间，面对山的风骨，水的精魂，面对自然的慷慨赠予，你会成为歌者，超越这遥远的距离，与天地一道汇成生命的交响，蓦然懂得生命的意义。

中国西藏，天地之间，山高水远。



SOURCES OF MOUNTAINS AND WATERS

Zhao Fang

Mountains and rivers are far from me, but my heart is close to you.

Leaving away from you, but not my passion for you.

Flowing away are the days I cannot forget.

Coming to me is my everlasting memory of you.

When you hear this deep and emotional melody you will be shocked by a certain kind of mysterious strength. With such strength you cannot refrain from going to appreciate this snow-clad highland of Tibet.

Tibet, with a sense of ceaseless life and a bold and unconstrained primitive charm, makes people yearn for going or find hard to leave. The blue sky, white clouds, tranquil country and tall and precipitous snow-covered mountains, vast mirror-like lakes and golden, brilliant monasteries ... can only be found in Tibet, the roof of the world.

Tibet is the sources of mountains and here the mountains undulate for hundred miles. On the vast highland, from north to south lie the Kunlun Mountain, Karakorum Mountain, Tanggula Mountain, Gangdise Mountain, Nyainqentanglha Mountain and Himalaya Mountain. The huge mountain folds have recorded down the great changes of the earth and aroused our memory of remote ancient times. The jade-like Qomolangma Peak stands on this roof of the world. With their purity and sacredness, these magnificent mountains shock tourists to Tibet. Their existence makes the land in Tibet more solemn and pure.

Tibet is the sources of rivers and lakes. The rivers and lakes here stretch out freely. The Yarlung Zangbo River runs forward, with the water down from the snow-covered mountains. Like a huge dragon, the river runs through valleys and shores, moistening pastures, wasteland and deserts and cultivating thousand-year-old civilization of this highland. The Lhasa River witnesses the origination and development of Tibetan ethnic group and tells us the existence and propagation of Tibetan people. Many hinterland water systems leave pearl-like lakes in where they reach to.

The unconstrained and magnificent natural scenes in Tibet offer tourists a colorful masterpiece of nature and lure every tourist. Scattered on this vast highland are some snow-clad holy peaks and lakes respected by believers of Hinduism, Buddhism and other religious sects. Behind them are many nice legends. The color white of these holy mountains leads all colors in the world and the color blue of the holy lakes cleanses the soul of travelers who come for them. The white and blue colors constitute the holy land of Tibet, representing the holy mountains and lakes which are linked closely. You will be excited for seeing these natural and pure mountains, including the Namjagbarwa Peak, Kangrinboqe Peak and Nyainqentanglha Mountain, and understand and enjoy life. The lakes like the Nami Co, Yamzho Yumco and Mapam Yumco reflect these snow-covered mountains and peaks. Also they are holy lakes prayed by hundreds of thousands of pilgrimages who come after a hard journey. Sunlight on this highland is bright. The longer sunshine here makes people warm and happy. The earthen forests left by nature are wonderful, the grasslands are vast and boundless and forests are green and dense. The peach trees are blossom in spring and plots of highland barley illustrate a bumper harvest. The flowers on the desert are nice and attractive.

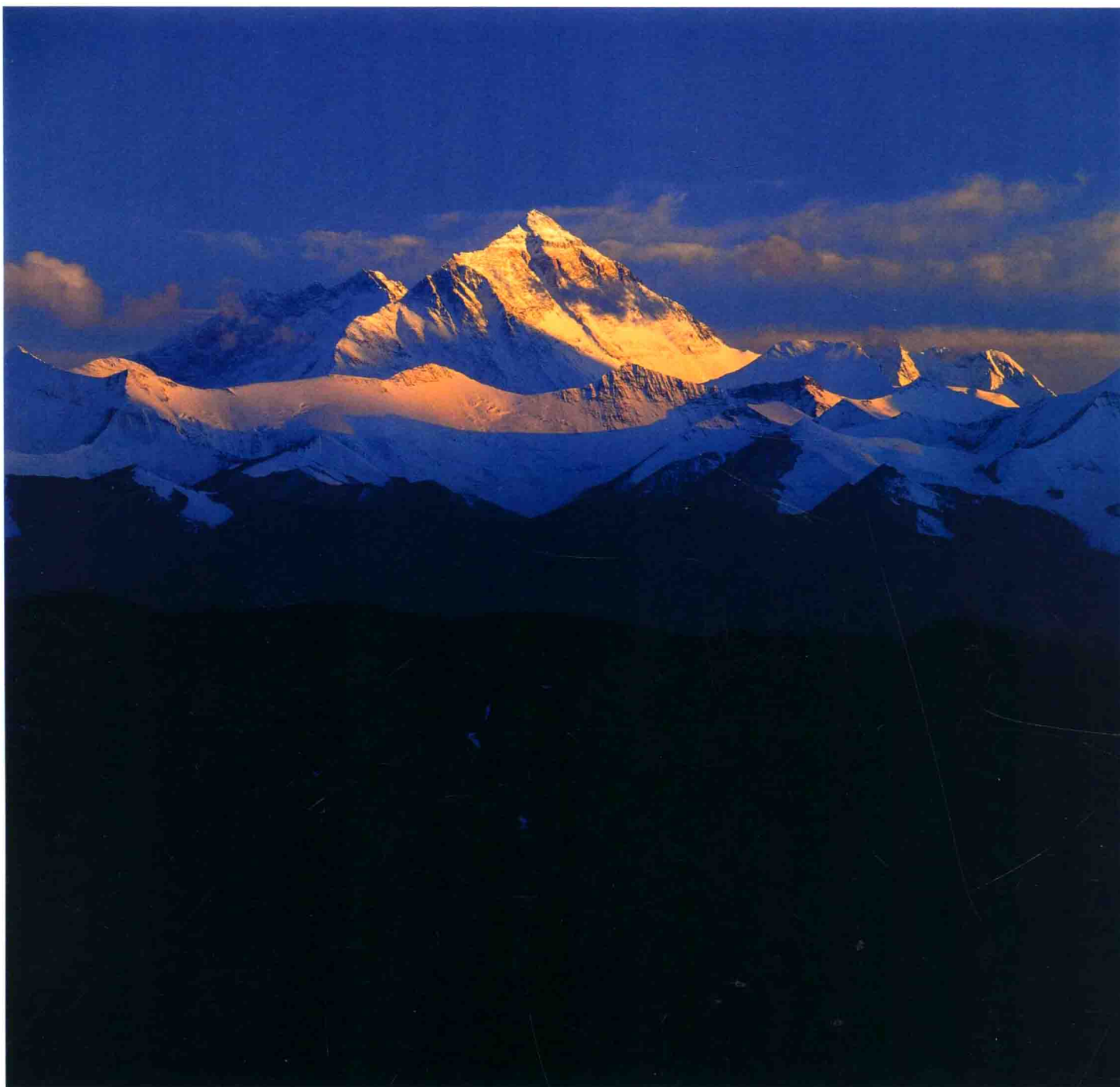
After you arrive at Tibet you will find it difficult to see all here and there are too many beautiful things wait for you to discover. When the heart links with nature, the human and the universal has linked together. Coming to Tibet seems you have entered history of a remote age. Buddhist monasteries can be seen in all parts of the vast Tibet. The Potala Palace in the sunlight city Lhasa, the Jokhang Monastery reflecting the unity between the Tibetan and Han peoples, the ruins of the Guge Kingdom in Ngari, the Rongpu Monastery at the foot of the mountain of the Third Goddess, the Yombulagang Palace in Shannan and the Toling Monastery in Zanda County demonstrate the brilliant and magnificent architecture art. They witness their prosperity in the olden times and illustrate a wonderful religious culture and the development of Tibet Buddhism. The prayer flags on the Mani mounds fly in the wind, and the monasteries, which have experienced ups and downs, convey a certain kind of profound feeling. In Tibet, through their exchanges with the heaven, the earth, the holy mountains and lakes and even the set sun, the people have finally purified their souls.

Mountains and rivers are far from us, but our hearts are close to you. We join you on this highland. Famous landscape photographer Wang Jianjun, through his pictures, records down the passions for the great changes on this highland and conveys his rich emotions and artistic spirit of mixing human beings with the nature. These pictures comprehensively explain natural landscape, history and culture of Tibet and demonstrate the magnificent momentum of China. On this highland, facing the mountains, and rivers and lakes, facing all these granted by the nature, you want to be a singer and, going beyond this long distance, join the symphony of life. By then you will really understand the significance of life.

China's Tibet is a highland where the mountains are high and water runs far away.







珠穆朗玛峰，藏语意为“第三女神”，海拔8844.43米，雄踞于地球之巅，为世界第一高峰。她位于喜马拉雅山中段中尼边界上、西藏日喀则地区定日县正南方。珠峰地区拥有4座8000米以上、38座7000米以上的山峰，是典型的断块上升山峰，被誉为地球第三极。

The Qomolangma Peak means the third goddess in Tibetan language. It is 8,844.43 meters above sea level and is the highest peak in the world. It stands on the middle section of the Himalaya Mountain on the border of China and Nepal to the south of Tingri County in Xigaze Prefecture, Tibet. Composed of four peaks with an elevation of more than 8,000 meters and 38 peaks with an elevation of more than 7,000 meters, the Qomolangma Peak is a typical fault block and ascending mountain peak and is named the third-grade globe.

←鸟瞰雪域高原
A bird's-eye view of the snow-covered plateau

→珠穆朗玛峰夕照
The Qomolangma Peak under the sunset glow

