

WORLD CULTURAL AND NATURAL HERITAGE

◎ 世界自然与文化遗产

撰文 周克坚 摄影 自兴春等

丽江

LIJIANG

中国旅游出版社

China Travel & Tourism Press

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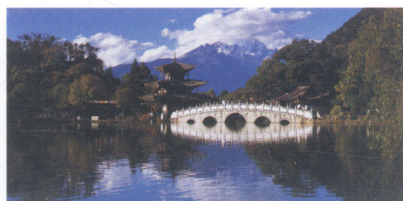
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目录

CONTENTS



丽江人与自然最完美的结合

LIJIANG: BLENDING
HARMONIOUSLY WITH NATURE

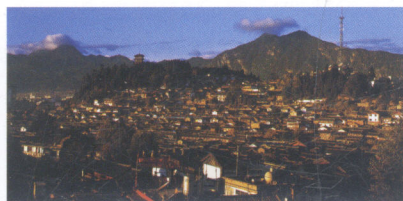
..... 004



秀丽壮观的自然风光

BEAUTIFUL NATURAL LANDSCAPE

..... 014



世界文化遗产丽江古城

THE ANCIENT TOWN OF LIJIANG,
A WORLD CULTURAL HERITAGE SITE

..... 042



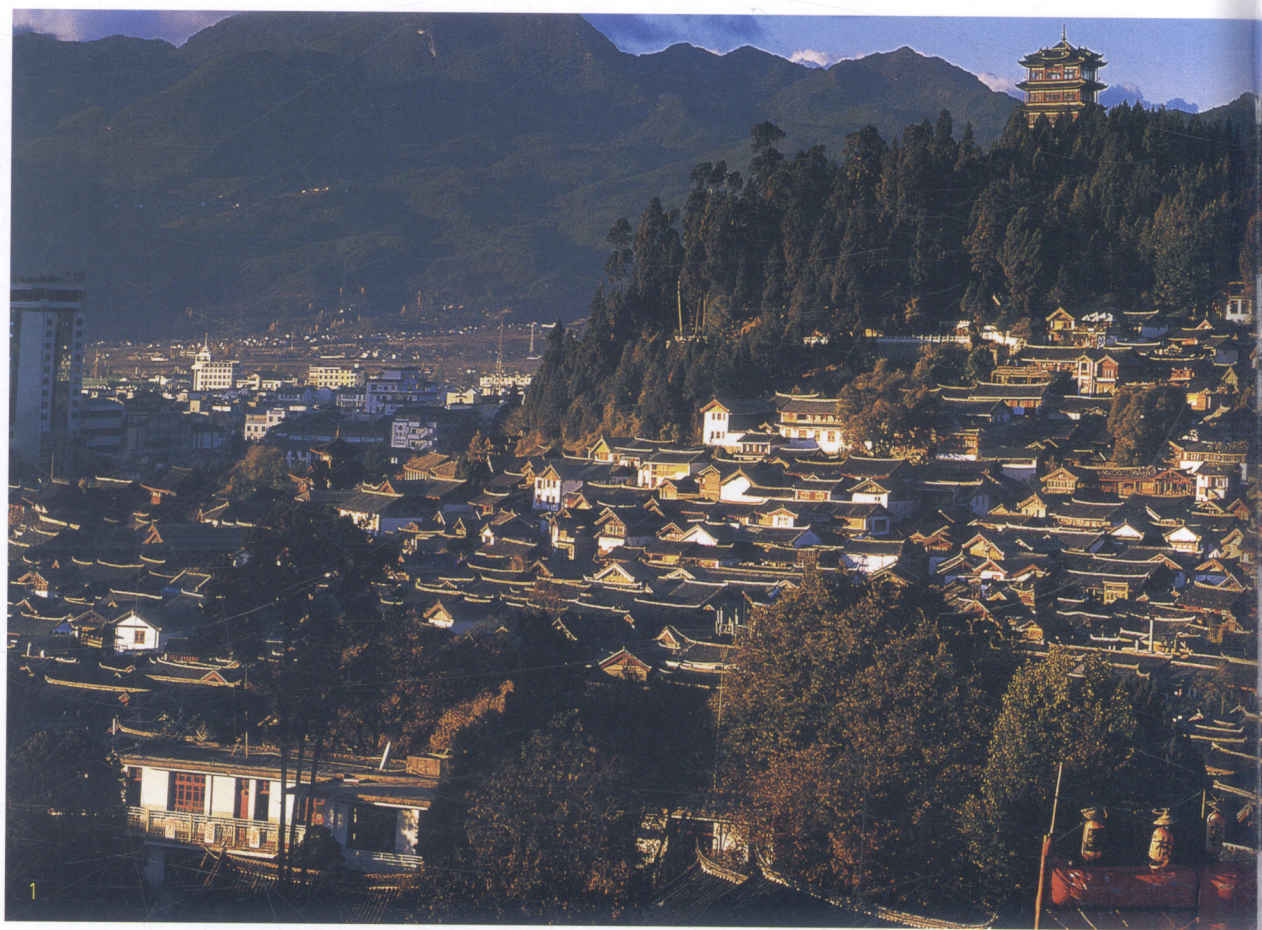
民族 宗教 文化

NATIONALITY, RELIGION, AND CULTURE

..... 098

Lijiang: Blending Harmoniously with Nature

最完美的结合 丽江人与自然



大自然以伟大的造化之功，创造了一方神奇美丽的土地。这方“怀抱在幸福之源”中的土地，就是人类心灵重归宁静的精神家园——丽江。

丽江，是尽得天然的。

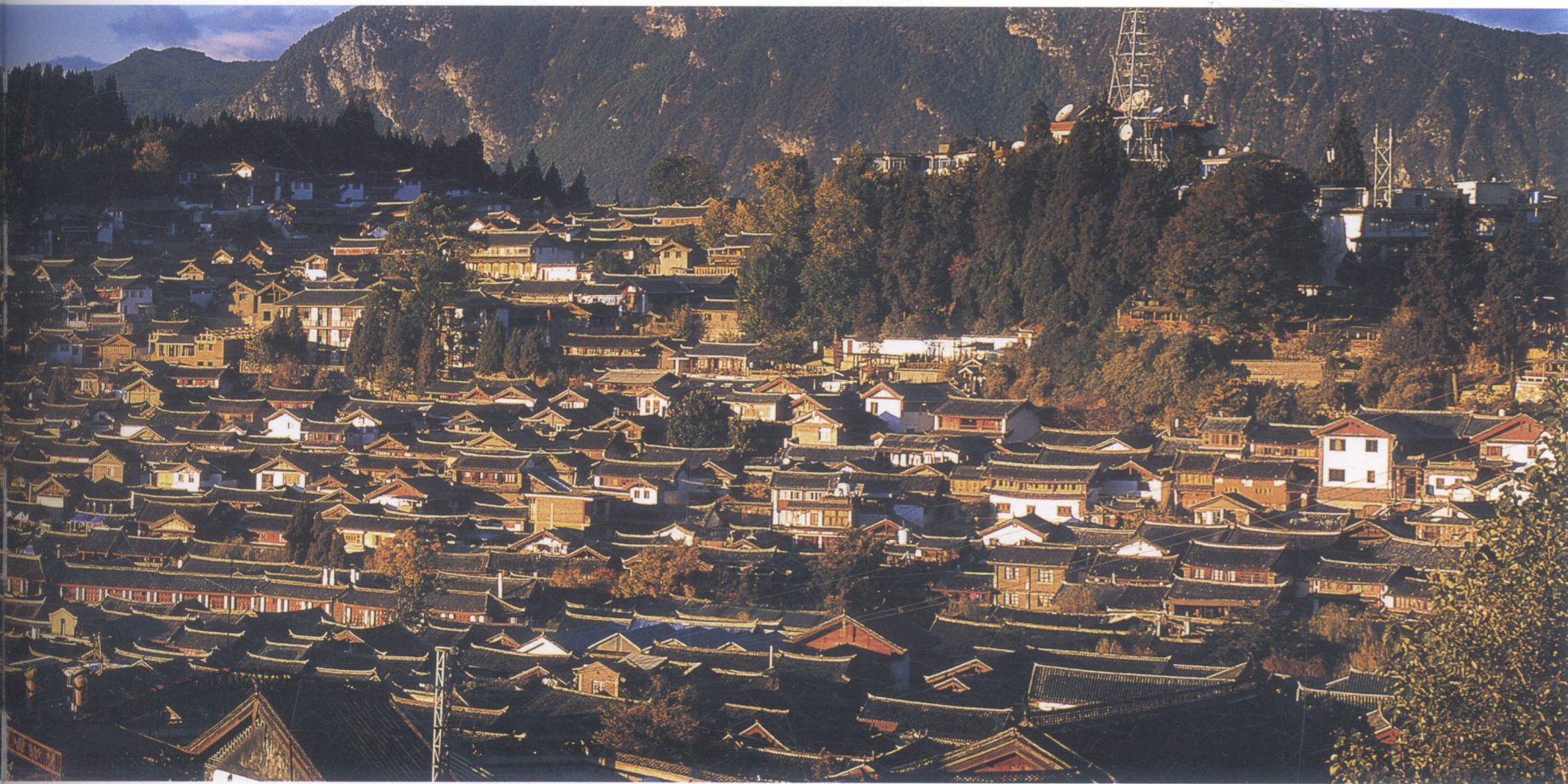
玉龙雪山，是伟丈夫，“只许星斗照其顶，鲲鹏欲度不敢飞”。玉龙腾空，云遮雾裹，潜藏着何等巨大的气势。玉龙雪山，是美女子，李霖灿赞其风韵：“平时是林黛玉，新雪后是薛宝钗，总是风致高朗，永不痴肥庸俗。”

走进老君山的神奇美丽之中，掩藏在秀色之中的“九十九龙潭”突然跃入眼帘，人们一定会为发现了人类苦苦寻觅的蓝色湖泊而惊喜万分。当阳光镀亮了方圆百里的大树杜鹃之时，变幻莫测的花色便向世间展示出独特的美丽。老君山，是传说与梦幻化成的现实，那千姿百态的丹霞风光，带着常青的记忆，向人们讲述着大自然的伟大造化。

万里长江，从青藏高原出发，由北向南至丽



1. 古城映朝霞
The ancient town of Lijiang.
2. 纳西族老妈妈
Naxi elders.



江县石鼓镇陡然掉头东流，形成巨大的“V”字形江湾，人称“万里长江第一湾”。江湾亭中石鼓，不仅记载着三国“五月渡泸”、元代“革囊渡江”等古人的赫赫战功，也记下了红军渡江北上史诗般的故事。

长江上游是古称丽水的金沙江，它以万种柔情滋养了无数文人学士、英雄豪杰，还以它的百般坚强，劈峡而过玉龙、哈巴雪山，以撼天飞瀑跌落成天地间的伟大壮丽，留下了猛虎跃峡的动

人传说。

藏在大山之中的，是梦中的泸沽湖。湖面飘荡着远古的独木舟，清风唱着世代代的“阿哈巴拉”，使人恍然身在“刳木为舟以济不通”的洪荒太古时代。

说不尽的丽江，有着说不尽的美丽与神奇。

在“天人合一”的古朴意识里，丽江人提炼出了伟大的想象。

在伟大的想象中，纳西族的先民依山傍水，

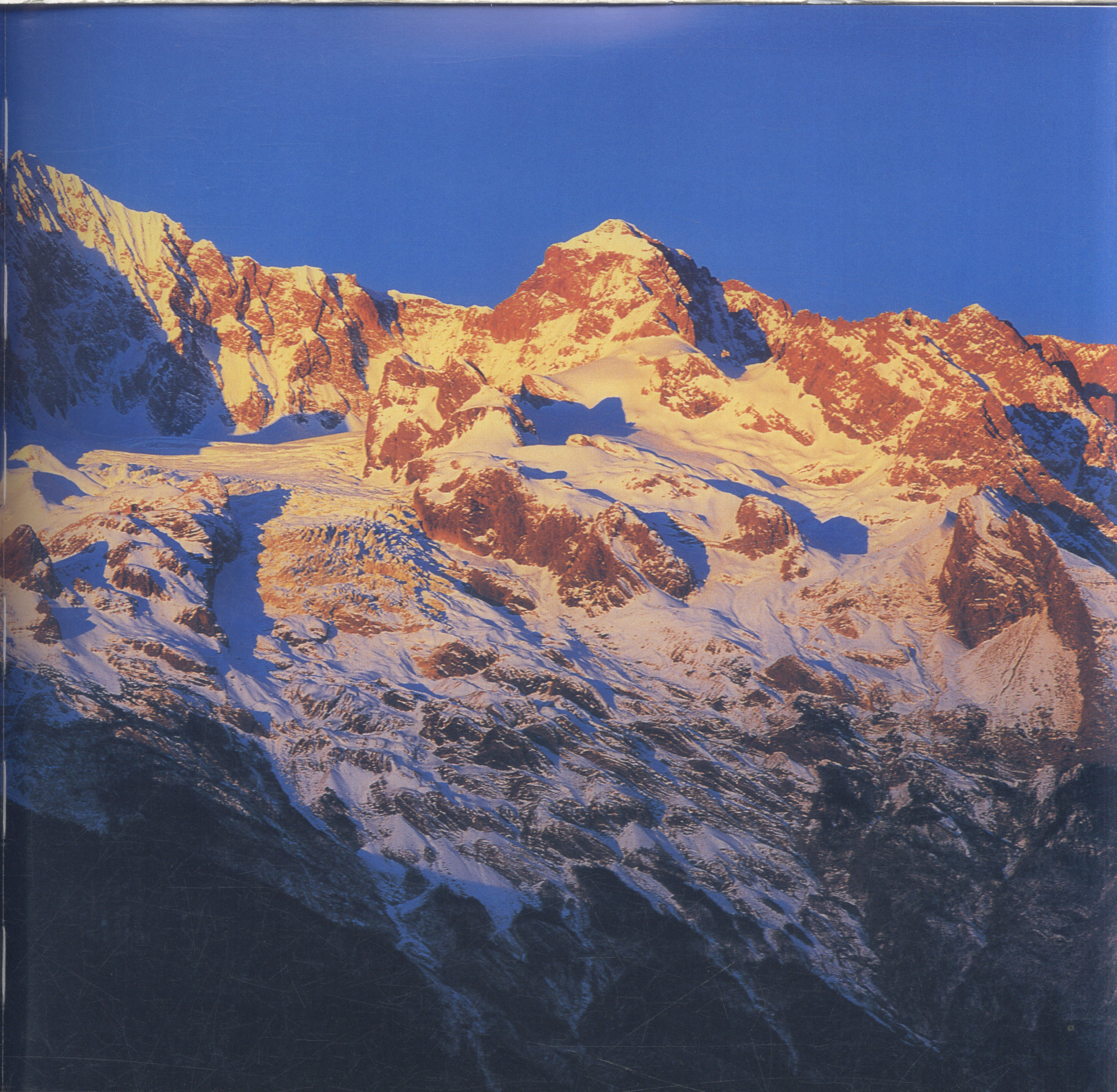
在大自然的怀抱里，筑起了一座没有城墙的丽江古城，为人类献出了一份世界文化遗产。

在伟大的想象中，纳西族的智者东巴，受大自然的深刻启示，见木画木，见石画石，创造了称为“思究鲁究”的象形东巴文字，写出了纳西族古代的百科全书《东巴经》。

伟大的想象，绘出了一幅多彩的图画：泸沽湖畔的摩梭人，为世间万物涂上了鲜艳的女性色彩，留住了地球上最后的“母系家庭”的古朴的



3. 玉龙雪山晨辉
Mt. Yulong bathing in the morning sun.





“阿夏婚”形态。永胜地区他留人奇特的“串棚子”婚恋习俗，是活着的文化遗产。彝族的太阳文化，破译着天地间的无穷奥秘，书写着人类的创世纪。

丽江，是人类心目中美丽神奇的人间乐园，纳西族、彝族、普米族、傈僳族、藏族、白族等多个民族，在这里世代相聚；藏传佛教、道教、伊斯兰教、天主教和东巴教等多种宗教，在这里共存共荣。在这片“只有春天和秋天”的土地上，有圣洁的雪山、有绿色的草甸、有蓝色的湖泊、有自由的信仰、有手足般的民族情谊。在洛克的世

界里，丽江就是希尔顿笔下的“蓝月山谷。”

俄国人顾彼得在其《被遗忘的王国》一书中写道：“我一直梦想找到并且生活在那个重重大山使它与外部世界隔绝的美丽的地方，也就是詹姆斯·希尔顿在他的小说《失去的地平线》中所想象的地方。小说中的主人公偶然间发现了他的‘圣山’，凭着我的设想和不屈不挠的精神，在丽江我也找到了自己的‘圣山’”。在人与自然亲如弟兄的文化氛围里，丽江各民族守住了长江上游最后一块绿色净土，使丽江成为雪山、冰川、森

林、草甸、湖泊、江河、纯净空气的荟萃之地，成为温馨、宁静、和谐等人类美好理想的归依之所。

人类在自己一手造就的荒原上，苦苦地寻找着丢失已久的精神家园。在追寻中，人类终于参悟到了，神奇美丽的丽江，是人类追求的美好理想，是人与自然最完美的结合。

Nature has created Lijiang, a fantastic and beautiful tract of land. Lijiang is embraced by the source of happiness, and it is the soul of mankind's home-



4. 万里长江第一湾
The first bend of the Yangtze River

land of tranquility.

Lijiang is naturally endowed.

The snow-capped Yulong (Jade Dragon) Mountain towers magnificently in the sky. The mountain has great natural beauty. "It is like Lin Daiyu before snow, and just like Xue Baochai after snow," praised Li Lincan, a noted Chinese poet.

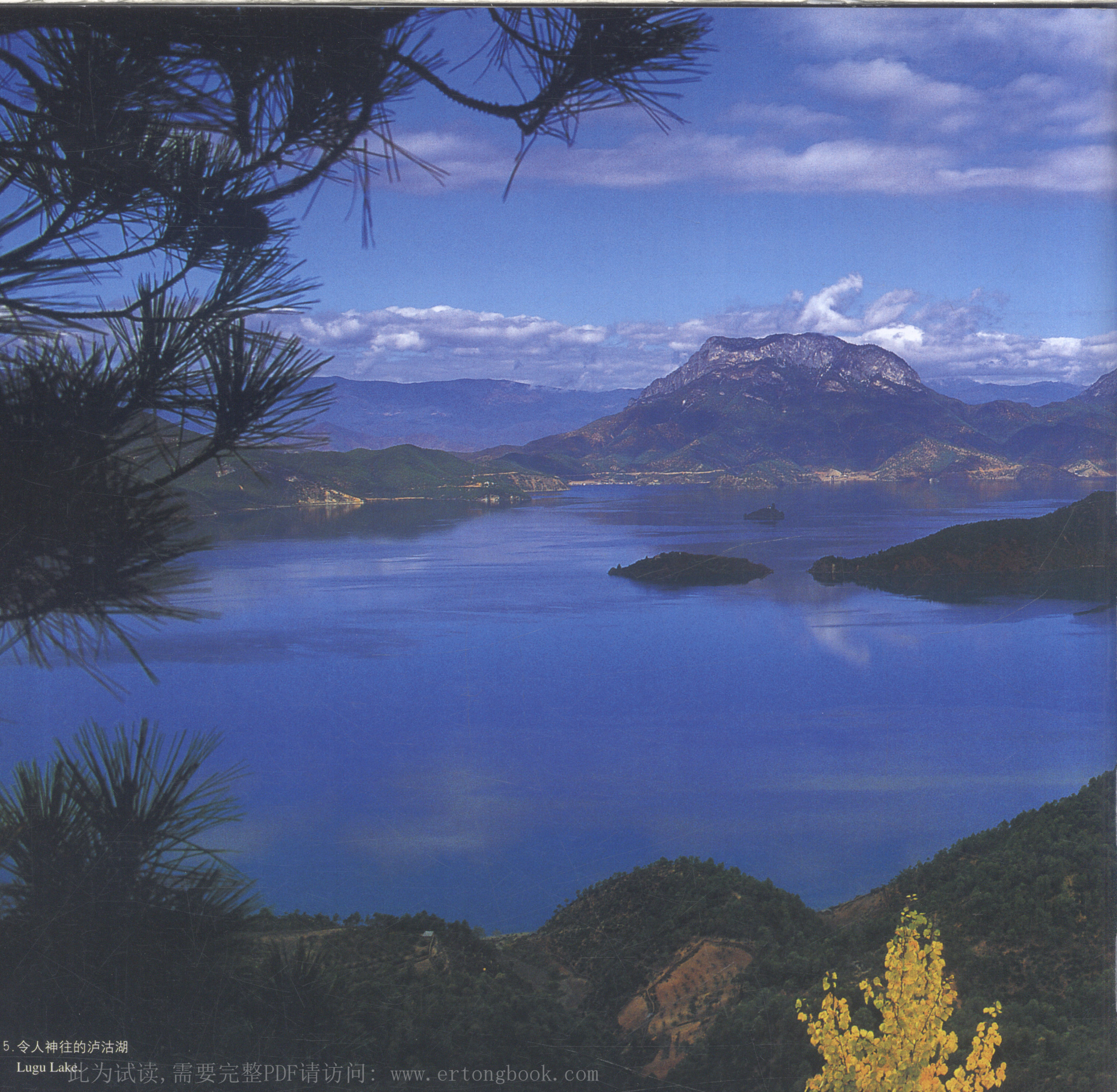
Entering Laojun Mountain, one can see the Ninety-Nine Dragon Pools. Visitors are often amazed by the beautiful scenery of blue lakes. Along the

lakeside are azaleas in full blossom, presenting their beauty in the bright sunshine. Laojun Mountain is a dreamland, a limestone land formation of various gestures with ever lasting memories, telling the stories of nature.

The Changjiang (Yangtze) River derives from the Qinghai-Tibet Plateau. It runs southward to Shigu Town in Lijiang County, and then turns eastward, forming a great V-shape bay, now known as the No. One Bay along the Changjiang River. The Stone

Drum in the Jiangwan (Bay) Pavilion records the battle achievement in ancient times and the stories of the Red Army.

On the upper reaches of the Changjiang River is the Jinsha River, which was called the Lishui River in the past. The Jinsha River has given birth to many scholars, men of letters, and heroes. It is enchanting for its beautiful scenery along the banks, such as the snow-capped Yulong and Haba Mountains, and the Tiger Leaping Gorge.





Sandwiched by mountains is Lugu Lake, where one can find dugout canoes, an ancient means of transportation.

In the simple sense of the harmony of man and nature, the people of Lijiang have rich imaginations. The ancestors of the Naxi ethnic group built a town without city walls, leaving behind a cultural heritage site for later generations.

Legend has it that Dongba, the wisest man of the Naxi people, got inspiration from nature. He drew trees and stones as he saw them, thus creating the Dongba writing system known as Sijiulujiu. He also wrote the *Dongba Scriptures*, an encyclopedia of the ancient Naxi people.

The great imagination of the Naxi people depicts many vivid pictures. The Mosuo people along the banks of Lugu Lake have painted a bright maternal color for their lives, and they might be the last people

in the world that still maintain matriarchal society and free Axia "marriage". The Sun Culture of the Yi ethnic group answers many questions of the world, and records the history of mankind.

Lijiang is a paradise inhabited by many ethnic groups, including the Naxi, Yi, Pumi, Lisu, Tibetan, and Bai. Many religions coexist: Buddhism, Taoism, Islam, Catholicism, Dongbaism, and Hanguism. On this tract of land, which experiences only spring and autumn, there are snow-capped mountains, green grassland, blue lakes, free religious beliefs, and good relationships among the inhabitants of many ethnic groups.

In a Russian book entitled *The Forgotten Kingdom*, the author wrote: "I have been looking for and have wanted to live somewhere in the depth of mountains, a place described by James Hilton in his *Lost Horizon*. The leading character of the story found

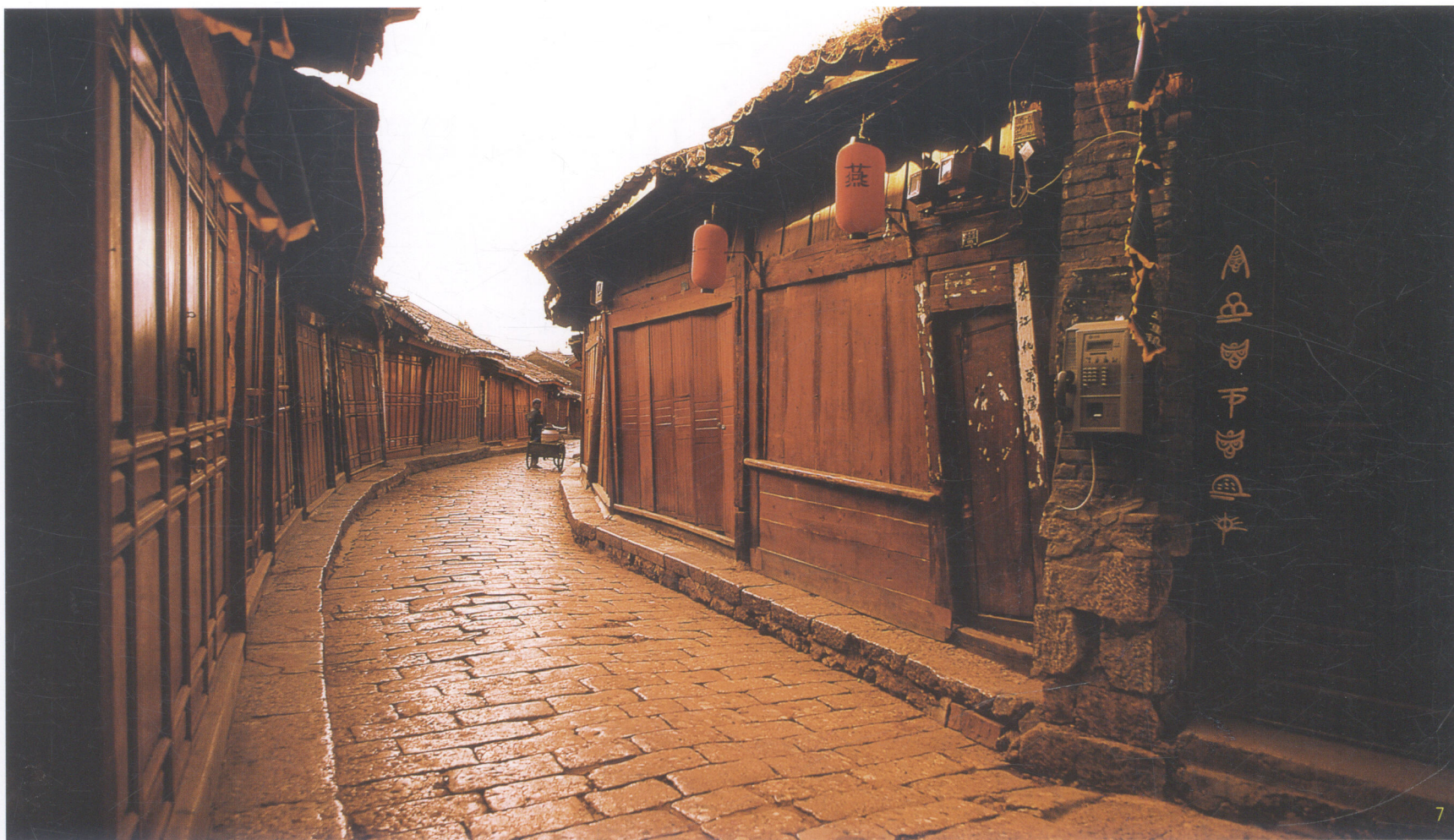
his 'holy mountain' by accident. With my imagination and unyielding will, I found my 'holy mountain' in Lijiang."

Lijiang lifts the torch of idealism, leading tens of thousands of people to their homeland.

The soil has given birth to the culture. The inhabitants of Lijiang have guarded the last tract of green land along the Changjiang River, and have made it an ideal home of warmth, tranquility, and harmony for mankind, with snow-capped mountains, glaciers, forests, pasturelands, lakes, rivers, and fresh air.

Man has never stopped looking for their lost homeland of purity in the wilderness. In the end, they find that Lijiang is their final destination because it blends harmoniously with nature.





6. 纳西族大妈跳起欢快的歌舞
Dancing to the rhythm of happiness.

7. 这里的古城静悄悄
The tranquility of the ancient city.

8. 点燃河灯
Before they float on the river.



自然 风光 秀丽 壮观 的

Beautiful Natural Landscape



丽江，是自然风光的荟萃之地。

气度非凡的玉龙雪山，高拔入云，群山北向朝拜，在“天人合一”的古朴意识里，玉龙雪山理所当然成了最尊贵的山体。玉龙雪山，是北半球离赤道最近的终年积雪的山峰，其景观雄浑壮美，集冰川雪海，叠泉飞瀑，原始森林，高山草甸等诸多景致为一体。玉龙雪山鲜明的立体气候，使其生态类型齐备，被誉为“药材宝库”、“天然动物园”和“高山花园”。

金沙江盘旋于玉龙山脚，奇险之处便是声震天外的世界奇峡——虎跳峡。虎跳峡，是极富魅力的观光胜地，又是待开发的水能资源宝地。有名的长江第一湾，是金沙江掉头东去之处，江畔石鼓，相传为诸葛亮五月渡泸平南中后，“以镇诸夷”建此碑碣。鼓上刻文为明代木氏土司和土蕃战事之“太平歌”和“破虏歌”。因石鼓而得名的石鼓镇，景色秀丽，素有小江南之称。百里江湾，分布着丽江远古以来历史、文化的丰富遗存：始

建于清光绪十三年（1887）的石鼓铁虹桥，以铁链作梁，铺以木板而成，为清末纳西族第一代留日学人周兰坪倡捐筹建。石鼓上游，有隋朝时建的塔城古铁桥遗址，是历史上汉、藏、纳西等民族茶马互市的交通要塞，后毁于“唐蕃大战”。1936年4月，红军第二方面军，在贺龙、任弼时、萧克等人率领下，在石鼓至巨甸一带分5个渡口渡江北上，完成了一次人类的伟大壮举。

金沙江，闯过凶险的虎跳峡，绕大具、奉科，过太子雄关后，就来到古老、奇险、神秘的宝山石头城。宝山石头城，建于一块巨大的蘑菇状的岩石上，其势险要，唯有南面一条山道可以进出，颇有“一夫当关，万夫莫开”的气势。宝山石头城，建于元朝至元（1277-1294）年间，是当时丽江府宣抚司所辖的七州之一，称为宝山州。公元1253年，忽必烈亲率中路大军在此“革囊渡江”。

宝山石头城民居，依石壁而建，柱基及所用器具大都为石质。游人身临其境，妙趣无穷，无

9. 玉龙雪山全景

The snow-capped Yulong Mountain.



不望而兴叹，发思古之情。

金沙江的怀抱里，著名的老君山素有云南众山之父的称誉。满山的杜鹃向世人捧出了一座仙境般的花山。秀丽的“九十九龙潭”使人如同身入瑶池，飘然欲仙，奇特的丹霞地貌引来了成千上万的游客。

美绝人寰的泸沽湖，天高气爽，如诗如梦，她“不但是图画而且又是音乐”，再加奇异独特的摩梭母性文化，泸沽湖真是大自然最完美的艺术品。

Lijiang takes pride in its beautiful natural landscape.

The imposing snowy mountain of Yulong towers in the north of Lijiang. It is the closest snow-capped mountain to the equator on the Northern Hemisphere, and has glaciers, springs, waterfalls, virgin forests, and alpine grassy marshlands. The distinct vertical climate makes the mountain a treasure house of me-

dicinal herbs, a natural zoo, and a garden on the highland.

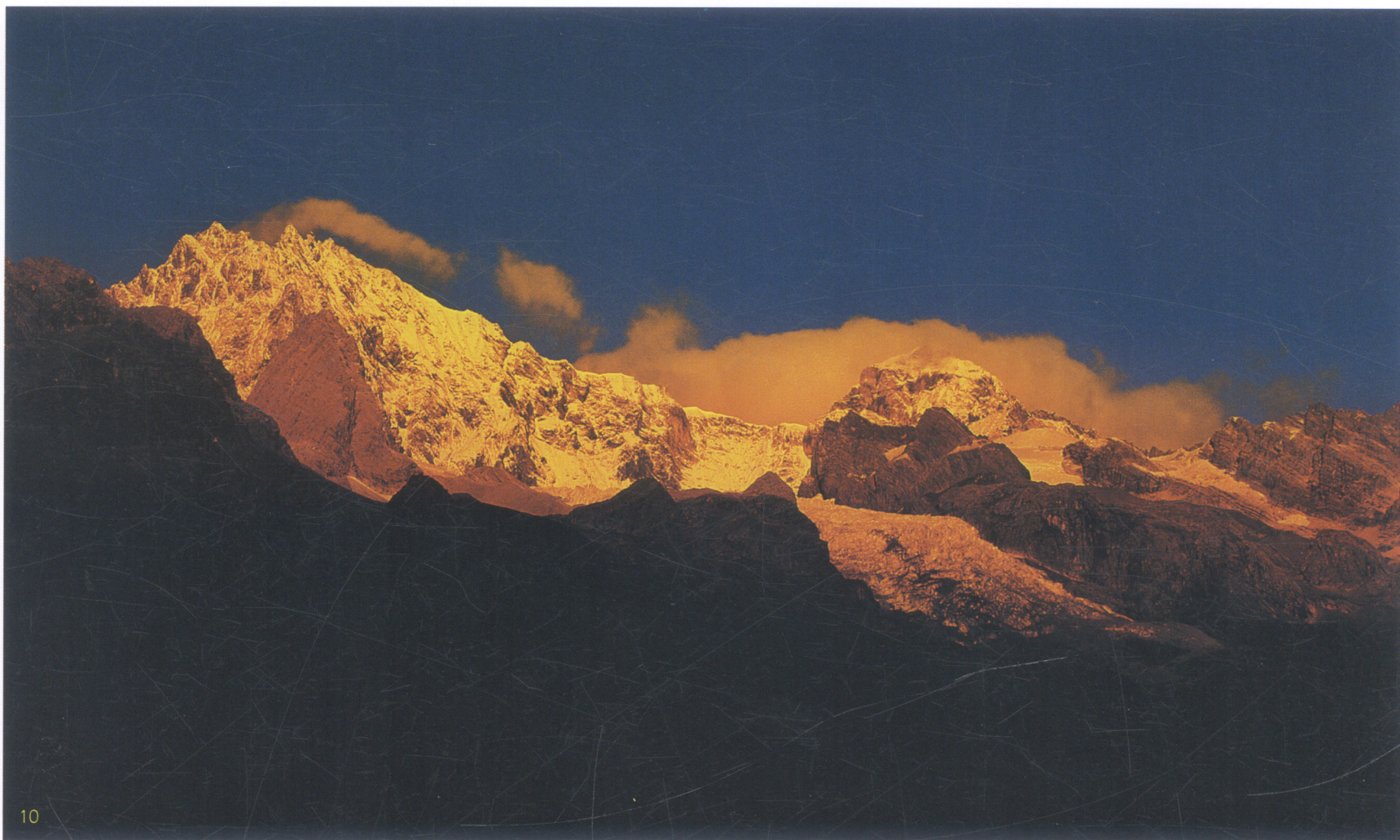
The Jinsha River winds its way at the foot of Yulong Mountain. The most dangerous place it passes is known as the Tiger Leaping Gorge, where visitors can enjoy the beautiful scenery. The gorge has great potential for the development of hydraulic power. The well-known No. One Bay, along the Changjiang River, changes the course of the Jinsha River eastward. The Stone Drum on the bank of the Jinsha River was built to commemorate Zhuge Liang's visit to the area, and the town nearby was named after the Stone Drum, or Shigu in the Chinese language.

The long history of Lijiang has left behind many places of historical and cultural interest, including the Iron Rainbow Bridge erected in the 13th year of the reign of Emperor Guangxu during the Qing Dynasty (1644-1911) with funds donated by Zhou Lanping,

the first of the Naxi ethnic group to study in Japan.

On the upper reaches of Shigu are the ruins of the ancient iron bridge erected during the Sui Dynasty (581-618)-an important transportation link for the Han, Tibetan, and Naxi peoples in the past. Unfortunately, the bridge was damaged during a war. In April 1936, the Red Army passed through here, under the leadership of He Long, Ren Bishi, and Xiao Ke.

Passing through the Tiger Leaping Gorge, after the Daju, Fengke, and Taizi Passes, one comes to the Stone City, ancient, dangerous, and mysterious. The Stone City in Baoshan was built on a mushroom-shaped rock during 1277 and 1294 in the Yuan Dynasty (1271-1368), during which time it was named Baoshan Prefecture, one of the seven prefectures under the jurisdiction of Lijiang. In 1253, Kublai Khan (1215-1294), also known as Emperor Shizu of the Yuan Dynasty, stationed his troops here on his puni-



10

tive expedition to the Dali Kingdom.

The houses in the Stone City were built according to the terrain of the hills, and most of the pillars and containers are made of stones.

Along the Jinsha River banks stands Laojun Mountain, noted as the Father of Mountains in Yunnan Province. The mountain is covered by azaleas. The fantastic Ninety-Nine Dragon Pools and the grotesque limestone land formation have drawn countless visitors.

It is pleasant in Lugu Lake, the most perfect world of the art of nature.

10. 朝霞染红玉龙雪山

Mt. Yulong bathing in the rising sun.

11. 玉龙雪山春色

Mt. Yulong in spring.

12. 受全球变暖影响，近年来玉龙雪山的积雪在减少，不少山峰露出山体本色

The globally growing temperature has decreased snow on Mt. Yulong over the last few years.



11