

中國遼寧省旅遊指南

China Liaoning Provincial Tour Guide

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遼寧省位于中國東北地區南部。地理位置優越，交通便利。大連、瀋陽兩大國際空港及四通八達的航綫，大連、營口、丹東、錦州等港口群，貫穿遼東半島的中國最密集的鐵路網和高速公路網，使遼寧成為東北亞旅遊的重點區域。

遼寧有悠久的歷史與燦爛的古代文化。早在三、四十萬年前，古人類已在遼河流域繁衍生息。遼寧是中華民族最重要的發祥地之一。遼寧省現有各類文物古迹 13,000 多處。中部的瀋陽故宮、關外三陵等清前史迹，南部的大連旅順近代戰爭史迹，東部的高句麗民族史迹和西部的秦、漢、魏、晉、遼、明、清史迹馳名海內外。

遼寧南瀕黃海、渤海，海岸綫綿延 2,100 多公里。名山、秀水、奇石、異洞遍布遼東半島和遼西走廊。千山、鳳凰山、醫巫閭山、冰峪、鴨綠江、金石灘、碣石和本溪水洞等風光名勝遠近馳名。

來遼寧旅遊，還可參加豐富多彩的特殊旅遊活動。如蒸汽機車旅遊、修學旅遊、婦女旅遊、康復療養旅遊、訪古旅遊和商務旅遊等。遼寧各地每年都舉辦各類民間節慶活動。如瀋陽的“燈節”和“國際秧歌節”、大連的“賞槐會”和“國際服裝節”、鞍山的“千山大佛節”、丹東的“絲綢節”和“鳳凰山會”、錦西的“興城海會”和“九門口長城會”等，都

吸引了大批海內外旅遊者。遼寧省推出的大連—瀋陽—北京
風光綫、長白山—鴨綠江山水風光綫、遼西古迹綫、遼東古
迹綫、中朝跨國旅遊綫、中俄跨國旅遊綫和末代皇帝旅遊綫
也受到海外遊客的普遍歡迎。

海內外的朋友們，熱情好客的遼寧人歡迎您！

遼寧省旅遊局局長：陳暉

O Preface

Lying at the south tip of Northeast China, Liaoning province boasts itself of a superior geological location and a convenient traffic. The Dalian and Shenyang air harbours with their airlines to all directions, the group harbours of Dalian, Yingkou, Dandong, Jinzhou, the China's densest railroad and highway nets across Liaoning Peninsula enable Liaoning to become an key tourist area in Northeast Asia.

Liaoning Province has a long history and splendid culture. As early as 300, 000 years ago, human beings were living and multiplying in the Liaohe Valley. Liaoning is one of the birthplace of Chinese nation. Liaoning now has 13, 000 historic relics. In the center of Liaoning, there are Shenyang Imperial Palace, Three Tombs of the Northeast China of the Qing Dynasty, the morden war relics in Lushun, Dalian in the south, the Gaogoli Minority historic relics in the east, and the historic relics in Qin, Han, Wei, Liao, Ming and Qing Dynasties are all well-known at home and abroad.

Liaoning borders on the Yellow Sea and Bohai Sea in the south with coastline of more than 2, 100 km. Scattered all over Liaoning Peninsula and Liaoxi Corridor are famous mountains, graceful waters, grotesque rocks and peculiar caves. Mt. Qianshan, Mt. Phoenix, Mt. Yiwulu, Bingyu Valley, Yalu River, Golden Rock Beach, Jieshi Palace and

Benxi Water Karst Cave are known far and wide.

Coming to Liaoning, one may participate in multifarious special tours, such as the Steam Locomotive Tour, the Vocational Study Tour, Women's Tour, Recuperation Tour, Imitation Ancientry Tour, Business Tour, etc. In addition, a variety of folk festivities are held every year in Liaoning. The Internatinal Yangge Festival of Shényang, the "Fair of Enjoying the Locust Flowers" and "International Fashion Festival" of Dalian, the "Buddha Festival" of Mt. Qianshan in Anshan, the "Silk Festival" and "the Mt. Phoenix Fair" of Dandong, the "Xingcheng Sea Fair" of Jinxi and "the Fair of Nine—arch Great Wall" in Jinxi have all attracted a great number of visitors throughout the country and the world.

The "Dalian—Shenyang—Beijing Scene Tour", "Mt. Changbai—Yalu River Landscape Tour", the "Sino—Korean Transnational Tour", the "Sino—Russian Tour" and the "Last Emperor Tour" are also widely welcomed by national and international visitors.

Friends of home and overseas,
warm, hospitable Liaoning people welcome you!

Chen Xi
Director of Liaoning Travel
& Tourism Administration

1 遼寧省概況 *An Introduction to Liaoning Province*

1.1 自然面貌 *Physical Geography*

遼寧省位于中國東北地區南部。地處東經 $118^{\circ}53' - 125^{\circ}46'$ ，北緯 $38^{\circ}43' - 43^{\circ}26'$ 。南臨黃海、渤海。西南以長城為界與河北省接壤，西北與內蒙古自治區毗連，東北與吉林省為鄰，東南與朝鮮民主主義人民共和國隔鴨綠江相望。

遼寧省東北部和西部是峰巒起伏的林區和山地；中部是廣闊的遼河大平原；南部是著名的遼東半島；西部渤海沿岸還有一條狹長的海濱平原，稱“遼西走廊”。從丹東鴨綠江口到山海關老龍頭，海岸綫綿延兩千一百多公里。大連、丹東、營口、錦州、錦西和興城等海濱城市秀美多姿，千山、醫巫閭山、鳳凰山、金石灘、冰峪、鴨綠江和本溪水洞等風光名勝遠近馳名。現有國家級風景名勝區 7 處、省級風景名勝區 9 處、市級風景名勝區 7 處。

遼寧省溫泉資源也很豐富，大小溫泉遍及全省，較著名的有鞍山湯崗子溫泉、丹東五龍背溫泉、錦西興城溫泉、本溪溫泉寺溫泉、遼陽湯河溫泉等。這些溫泉皆為療養旅遊的好去處。

Liaoning Province is situated in the southern part of Northeast China, at $38^{\circ}43' - 43^{\circ}26'$ North Latitude and $118^{\circ}53' - 125^{\circ}46'$ East Longitude. It borders on the Yellow Sea and Bohai Sea in the south, Hebei Province in the southwest with the Great Wall as the demarcation line, Inner Mongolia Autonomous Region in the northwest, Jilin Province in the northeast, and faces the Democratic People's Republic

of Korea across the Yalu River in the southeast.

Northeast and west parts of Liaoning are the forest and mountainous areas with undulating peaks and ranges. The center part is the broad and large Liaohe Plain. The famous Liaodong Peninsula lies to the south and a long narrow plain named "Liaoxi Corridor" along the Bohai Sea is located in the west. The coastline in Liaoning Province is more than 2,100 kilometers from the river mouth of Yalu River in Dandong to Laolongtou of Shanhaiguan Pass. The coastal cities Dandong, Yingkou, Jinzhou, Jinxi and Xingcheng are graceful. Scenic spots such as Mt. Qianshan, Mt. Yiwulu, Mt. Phoenix, Jinshitan (Golden Rock Beach), Bingyu Valley, Yalu River as well as Benxi Waterkarst Cave are all well known far and wide. There are five national level scenic spots, six provincial level scenic spots and seven municipal — level scenic spots in Liaoning Province.

Liaoning Province is rich in hot spring resources which spread all over the province. Among these hot springs, Anshan Tanggangzi, Dandong Wulongbei, Xingcheng, Benxi and Liaoyang Tanghe hot springs are famous and also good places for convalescence and journey.

1.2 歷史 History

遼寧歷史悠久，文化古老。早在 30 多萬年前，古人類已開始在遼河流域繁衍生息。五千多年前，遼寧地區已成為中華民族文化最發達的地區之一。自秦始皇統一中國至清朝末年（公元前 211～公元 1911 年），遼寧一直是中國東北地區政治、經濟和軍事中心。各朝代在這方土地上留下了大量充滿傳奇色彩的文物古迹。有秦始皇東巡碣石的行宮遺迹；有跨水卧波的九門口水上長城；有保存完好的興城明代古城；有規模宏大的清代帝王的宮殿和陵寢；有中日甲午戰爭和日俄戰爭遺迹。此外，還有中國末代皇帝溥儀接受改造的監獄……。遼寧省現有國家級重點文

物保護單位 19 處，省級文物保護單位 159 處。

Liaoning has a long and rich history. As far back as 300,000 years ago, our forefathers lived and multiplied on this land. Dating back to over 5,000 years ago, Liaoning was one of the most developed cultural areas of the Chinese nationality. From the year when emperor Oinshihuang unified China to the end of the Qing Dynasty (211 B. C. — 1911 A. D.), Liaoning had been the political, economic and military center of Northeast China. History has left us many historic relics including Jieshi Palace, Nine Arch Great Wall, the well — kept ancient city Xingcheng of the Ming Dynasty, the imperial palace and tombs of the Qing Dynasty, the historic relics of the Sino — Japanese War and Sino — Russian War and the War Criminal Prison where the Last Emperor Puyi received reeducation. There are altogether 19 important historic relics under special protection by the State and 159 by the province.

1.3 人口、民族 Population and Nationalities

遼寧全省人口總數四千余萬。是以漢民族爲主的多民族省份。少數民族有滿、蒙古、回、朝鮮和錫伯等 43 個民族，占全省人口總數的 15%。其中滿族、錫伯族聚居人數居全國之首。少數民族大多數都有本民族的語言，在飲食、居室建築、服飾、婚姻和喜慶節日等方面也有許多不同的風俗習慣。

Liaoning has a population of over 40 Million. It is a multi — nationality province with the Han as its majority. There are 43 minority nationalities including Manchu, Mangol, Hui, Korean, and Xibo etc. that counting for 15% of the total. The numbers of the Manchu and Xibo who live in compact communities rank first in China. Most of the minority nationalities have their own languages. And also they have different customs of diet, architecture, dressing, marriage and festivals.

1.4 行政區劃 Administrative Divisions

遼寧全省總面積 14.57 萬平方公里。轄瀋陽、大連、鞍山、撫順、本溪、丹東、錦州、營口、遼陽、阜新、鐵嶺、朝陽、盤錦和錦西 14 個市。省會設在瀋陽市。

Liaoning province covers a total area of 145,700 square kilometers. Under its jurisdiction, there are 14 cities: Dalian, Anshan, Fushun, Benxi, Dandong, Jinzhou, Yinkou, Liaoyang, Fuxin, Tieling, Chaoyang, Panjin, and Jinxi with Shenyang as the provincial capital.

1.5 氣候與衣着 Climate and Clothing

遼寧省屬北溫帶大陸性氣候，年平均氣溫 6°C — 11°C 。一月份最冷，七月份最熱。沿海城市氣溫變化較中部城市稍小。每年 4—5 月為春季，6—8 月為夏季，9—10 月為秋季，11 月中旬至翌年 3 月為冬季。春秋兩季受季風影響，需穿夾衣、薄毛衫等；夏季多雨，應帶雨具；冬季氣溫較低，需穿棉毛皮或羽絨服裝御寒。

每年 5 至 10 月是遼寧最佳旅遊季節；1—2 月是觀賞冰雪景觀和民間節日最佳時間。

Liaoning province enjoys a climate in north temperate zone with the average temperature $6\sim 11^{\circ}\text{C}$. January is the coldest month and July the hottest. The temperature in coastal cities is less changeable than that of the inland ones. Every year, spring is from April to May; summer from June to August; autumn from September to October and winter from the middle of November to the middle of next March. The weather of spring and autumn is affected by monsoon, so you should wear lined coat and have to put on cotton, feather jacket to keep warm in winter. The golden time for tourism is from May to October every year. The best time for ice and snow view and folk festival is from Jan-

uary to February.

1.6 主要民間節日 Major Folk Festivals

- 瀋陽燈節: 每年一月中旬至二月中旬。
- 春節: 每年中國農曆正月初一至正月初三。
- 元宵節: 每年農曆正月十五。
- 鳳凰山會: 每年農曆4月26日至4月28日。丹東鳳城市。
- 賞槐會: 每年五月下旬。大連市。
- 千山大佛節: 每年六月上旬。鞍山市。
- 海會: 每年七月中下旬。錦西興城市。
- 國際服裝節: 每年八月中下旬。大連市。
- 國際民間藝術節(瀋陽秧歌節): 每年九月中下旬。瀋陽市。

Shenyang Lantern Festival: From mid—January to mid—February

Spring Festival: From 1st to 3rd of the first month of the Chinese Lunar Calendar

Lantern Festival: 15th of the first month of the Chinese Lunar Calendar.

Mt. Phoenix Fair: From 26th to 28th of the fourth month of the Chinese Lunar Calendar in Dandong Fengcheng Manchu Autonomous County.

Fair of Enjoying Locust Trees: Held on the last ten—day period of May in Dalian every

Buddha Festival of Mt. Qianshan: Held on the first ten days of June every year in Anshan

Sea Fair: held both in Jinxi and Xincheng cities From mid—July to the end of July every year.

International Fashion Festival: Held in Mid—September every year Dalian City

International Folk Art Festival: Held on the last ten days of September every year in Shenyang.

2 觀光勝地 Scenic Spots

2.1 瀋陽市 SHENYANG

瀋陽市位於遼寧省中部，是遼寧省的省會，中國著名的重工業城市和全省的經濟、文化中心，東北地區重要的交通樞紐。瀋陽市東與撫順市為鄰；南和本溪市、遼陽市相連；西與鞍山市、錦州市接壤；北和阜新市、鐵嶺市毗鄰。瀋陽市轄九個城區（和平、瀋河、鐵西、大東、皇姑、東陵、蘇家屯、於洪、新城子）、一市（新民市）和三個縣（遼中、法庫、康平）。總面積為 13 008 平方公里，其中城區面積 186 平方公里。瀋陽市有漢、滿、回、朝鮮、錫伯和蒙古等 29 個民族，總人口 650 萬。其中滿、朝鮮、回、錫伯和蒙古等 5 個少數民族的人口均超過萬人。

瀋陽地區屬溫帶季風型大陸性氣候。冬季寒冷干燥，多北風和西北風，最冷月（1 月）平均溫度是 -12.8°C 。夏季高溫多雨，多南風和西南風，最熱月（7 月）均溫是 24.8°C 。年均溫是 7.8°C 。瀋陽地區年降水量在 760 毫米左右，6~8 月占全年降水量的 50% 以上。

瀋陽地區的河流，屬遼河、渾河兩大水系，流經市區的河流有渾河、新開河和南運河。渾河，古名瀋水，是市區南部最大的自然河流。瀋陽市內流程為 132 公里，其主要支流有蒲河等。新開河全長 51 公里，是距今 50 多年前開鑿的一條河道；南運河蜿蜒 14.5 公里，是 1952 年開鑿的一條人工河道，經過近年興建改造等工程，已成為碧波蕩漾、遊人熙攘的著名風景區。此外，流經瀋陽市的河流還有遼河、柳河、養息牧河、繞陽河、秀水河、沙河等，其中以遼河為最長。

瀋陽市礦產資源豐富，有煤、石油、天然氣、鐵、石灰石、大理石、砂石等。一望無際的平原以及東部丘陵，為發展農、林、牧、副諸業提供了有利條件。今日的瀋陽已經是一個以機械工業為主，包括電氣、冶金、輕工、電子、建材、化工、紡織、醫藥、食品等門類齊全的綜合性

工業名城。

瀋陽是東北地區最大的交通樞紐。鐵路運輸發達，有長大、瀋山、瀋吉、瀋丹、瀋撫、瀋赤等重要干綫在此交匯。目前，瀋陽站和瀋陽北站的客、貨運量分別居全國的第一、第二位。

瀋陽是遼寧乃至東北地區的經濟中心城市。伴隨着中國改革開放形勢進一步發展，瀋陽成爲一座引人注目的國際交往城市，已同世界上100多個國家和地區建立了貿易、經濟和科學文化往來關係，還同日本札幌和川崎、美國芝加哥、德國的杜塞爾多夫、意大利的都靈等城市結爲“友好城”。

瀋陽是一座歷史悠久的古城。市區北部“新樂遺址”發掘出的文物證明，早在7200多年前的新石器時期，瀋陽人的祖先已生息繁衍在這塊土地上。戰國時期，這是燕國的屬地；秦漢時期稱爲侯城，遼金時改稱瀋州。13世紀初，遼、金戰亂中，瀋州城在戰火中化爲一片廢墟。元初重建城郭。1296年，改稱瀋陽路，因其位於瀋水（今渾河）之北而得名。瀋陽之稱，即始於此。明朝建立后，於1386年取消瀋陽路，改稱瀋陽中衛。歷代王朝雖然把瀋陽視爲一座要塞重鎮，但它始終沒有獲得較大規模的發展，直到努爾哈齊建立后金政權定都瀋陽后，才大興土木修建城池，營建宮殿，整飾城容，瀋陽城方始呈現出都城氣派。皇太極繼位后，於1634年將瀋陽改名爲“謀克敦”（滿語，意“興盛之城”），這就是“盛京”一名之伊始。隨着后清王朝的崛起日益強大，盛京名聲亦隨之大振，逐漸成爲關外的政治、經濟和文化中心。商賈紛至沓來，工商業日益繁榮。清軍入關后，1644年定都北京，以盛京爲陪都，瀋陽依然是東北地區的統治中心。1657年，清朝擴大盛京轄治，在這里設置了戶、禮、兵、刑、工五部衙門，治下設奉天府，并在今瀋陽市區內設承德縣。瀋陽后来易名“奉天”蓋緣於此。

瀋陽的名特產品有御賜枕、延生護寶液、羽毛畫、艾濃洗面皂、綢花、彩石鑲嵌畫、天然色高級地毯；風味小吃有老邊餃子、李連貴熏肉大餅、馬家燒麥、那家館白肉血腸等；飲料有八王寺汽水、瀋陽雪花啤

酒、老龍口白酒、瀋陽陳釀酒等。

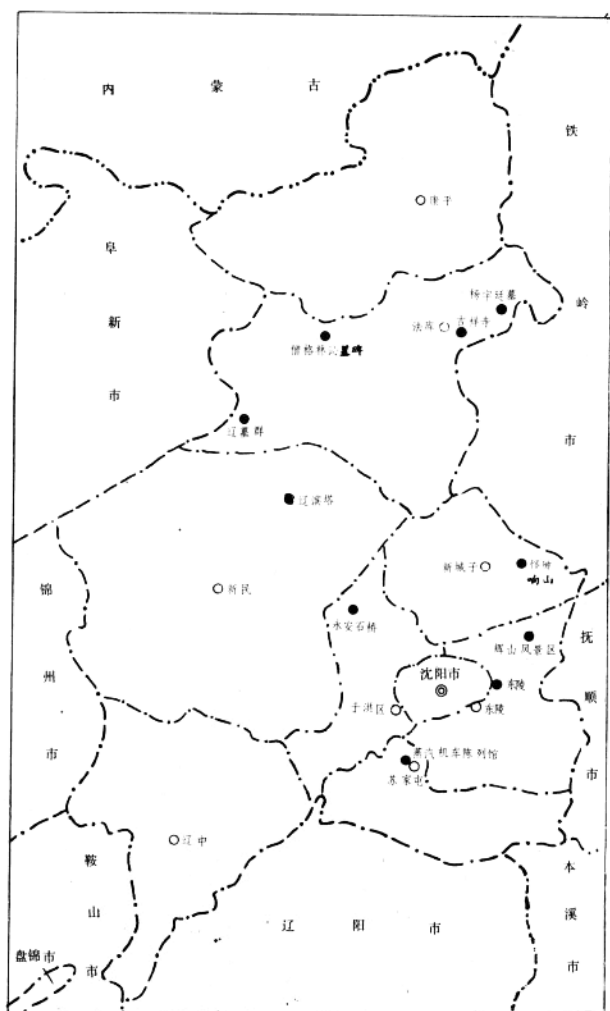
瀋陽故宮 Shenyang Imperial Palace

位於瀋河區瀋陽路，是中國現存下來的兩座帝王宮殿建築群之一，具有較高的歷史和藝術價值，始建於后金天命十年（1625年），建成於清崇德元年（1636年），是清太祖努爾哈赤和清太宗皇太極營造和使用過的宮殿。清世祖福臨也曾在这里即皇帝位，改元“順治”，並於當年入關，統治全中國。故宮占地6萬多平方米，全部建築計300多間，共組成20多個院落。按其布局，可分為東路、中路和西路三大部分。以中路為主體，東、西路為兩翼。東路建於清太祖努爾哈赤時期，主要建築是大政殿和十王亭。大政殿前，八字形東西排列着10座方亭，稱“十王亭”。自北向南，東部依次為：左翼王亭、正黃旗亭、正紅旗亭、鑲藍旗亭、鑲白旗亭；西部依次為：右翼王亭、鑲黃旗亭、鑲紅旗亭、正藍旗亭、正白旗亭。這種出自八旗制度的建築布局是瀋陽故宮獨具的特色，為清入關前，以八旗制度為核心的軍政制度在宮殿建築上的反映，是少數民族中帳殿制的定型化，充分體現了漢、滿、蒙各民族建築特點的融合。中路建築的主體部分位於瀋陽城區的中心部位上，建於清太宗皇太極時期。南端始自大清門，依次向北為崇政殿、鳳凰樓、清寧宮等。諸多建築排列在一條中軸綫上，兩側還有許多對稱式的附屬建築。西路建築為清入關后續建，建成於乾隆四十八年（1783年），主要有：戲臺、嘉蔭堂、仰熙齋和文溯閣等。

福陵、昭陵 Fuling Tomb, Zhaoling Tomb

瀋陽的福、昭二陵，是聞名遐邇的“關外三陵”中的兩座，也是具有中國古代建築特色和濃厚民族風格的帝王陵寢。

福陵 位於瀋陽東郊的丘陵上，俗稱東陵。前臨渾河，后倚天柱山，是清太祖努爾哈赤和孝慈高皇后葉赫納喇氏的陵墓。福陵基本建成於清順治八年（1651年），康熙、乾隆時期又有部分增建。占地194 800平方米，自南向北地勢逐漸增高。南面正中有正紅門，門東西兩側牆上鑲嵌有蟠龍五彩琉璃壁。門前有華表、石獅、石坊、下馬碑等。進入正



瀋陽市旅遊景區分布示意圖