

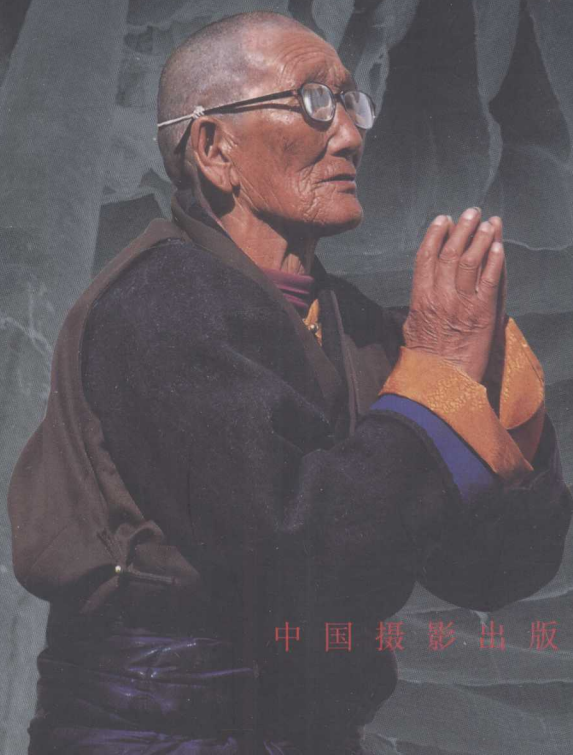
# 走进滇川藏

TRAVELING TO YUNNAN, SICHUAN AND TIBET

ཆེ་སྤྱན་ནི་བཀྲག་མདངས།

为生命着色

伍丹虹 著



中国摄影出版社

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伍丹虹，广东顺德人。工作于顺德市大良区彩图影像冲印中心。喜欢旅游，特别对独行非常向往。一个偶然的机会涉步摄影，从此与摄影结下不解之缘。多次踏足云南、四川、甘肃、青海、西藏、新疆、内蒙等地，寄情于山水之间，陶醉于相机里的世界。

几年来，成功举办了《经……》、《梦幻大地》等风光系列摄影展。继《走进滇川藏》旅游摄影集出版后，个人摄影专辑即将出版。

Wu Danhong, from Shunde, Guangdong, works for Shunde City Daliang District Color Graph & Image Center, who prefer to tourism, particular to journey by herself. It happened that she was involved into photographing, and now she loves such work. She went on a tour of Yunnan, Sichuan, Gansu, Qinghai, Tibet, Xinjiang, Inner Mongolia, etc., being interested in the natural landscape and intoxicated with the photographic world.

During these years, she has held some serial exhibitions of scenic photograph successfully, such as Via..., Dreamlike Land and so on. Following the publication of Stepping into Yunnan, Sichuan and Tibet, she is going to publish her private photo album soon.



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## 尊敬的读者： Dear Readers:

在多年不断的游历中，我耳闻目睹西部偏远地区，特别是藏区，由于自然环境及多方面的原因，他们长期在贫困中挣扎，特别是面对失学儿童而感到的无奈。因见识得太多，所以我再也不能无动于衷。现在每次旅程，已经不是为旅游而旅游，而是已经超越了本来的目的。

助学，可以说与我无关。但当我目光停留在失学的孩子们身上时，心里不是滋味，有说不出的难受……，正是这种感受，伴随着我在游历中不断思考；久而久之，理智上把它转化为一种无形的责任，并自觉不自觉地把它看成份内事。

当然，使他们摆脱现状，不是一朝一夕的事，也不是单凭某个人的力量可以解决，要通过全社会的关注和施以援手，使更多的失学儿童重返校园，接受教育，才是唯一希望。

因此，脑海里孕育出“由我做起”的想法，并驱使我为这些失学儿童做点什么，虽然我的能力卑微，但涓涓细水能汇成百川。所以我有个心愿，把这本书作为义卖，将所有收入捐赠给藏区儿童助学。当然这个愿望，还需要你们的支持才能实现。

尊敬的读者，当你拥有这本书时，已经是对藏区儿童助学的支持，孩儿们的未来将因你而改变。请允许我代表藏区失学儿童感谢你们，愿好人一生平安！扎西德勒！

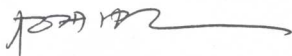
During my tours of years, I have heard about the long-term poverty, hardship and struggle of the people in the remote western areas, particularly in the Tibetan areas because of the poor natural conditions and other reasons—they are helpless at the dropouts particularly. Since I have experienced so much, I could not sit by any more. For each journey now, I would not focus on journey only, expecting to go beyond the journey itself.

I would say, to help the dropouts might have nothing to do with me. When I cast my sight upon the dropouts, however, I feel terribly sorry, with some unhappiness in my mind. Just for such experience, I have been pondering during my journeys, and I have assumed a responsibly unconsciously as time passes, and take it as my duty voluntarily.

Well, it will take a longer time to help such people and dropouts to change their present status, and anybody alone can not do so. For this end, we need the concerns and help from our entire community, so that we can help more dropouts to go back to school for a better education — this is the unique hope.

Hence, I have an idea of “do it myself”, and I am driven to do something for there dropouts therefore. Although I confine to the limited ability, I believe that great rivers come from the water trickling sluggishly. So I publish this book for charity sale, donating the income to the dropouts of Tibetan areas. Of course, my dream needs your support, or it would not be turned true.

Dear readers, you have offered your support to the dropouts in Tibetan areas when you buy this book, and the children would enjoy a brighter future because of you. I would like to say “thank you very much” to you on behalf of the dropouts in Tibetan areas. May you have a happy life! Tashi delek! — Thank you!



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# 序

多年的愿望在心中徘徊，多年的梦想在行走间放飞，寻找灵魂的空间，品尝百味人生，成为我矢志不渝的追求……

金秋十月，在这丰灿的季节，喜欢流浪的我，背上行囊，带着亲友的祝福，独自走上茫茫的滇、川、藏旅程，去感悟自然，感悟异地文化，享受丰盛人生，享受行走间妙不可言的乐趣。

当然，每一个人游历的目的都不同，体现的角度也有差异，但最终的目的都是一样——享受生活。人的一生有很多事都是上天安排，唯一可以选择的是用那种方式去体现生活。我们有幸来到世上，就有理由让它活得更精彩，才没有愧对生命。因此我选择独自上路。既然选择独行，就需要更大的勇气，去承受更多的磨难；独自面对各种各样的问题，独自决定很多不愿意决定的事和承受旅途的孤独、寂寞与无助。但当你在旅途中独自静思、冥想，自由自在释放自己，按自己的意愿享受旅途的全过程，不需顾及同行人的感受，那么孤独、寂寞是可以忍受的。其实孤独、寂寞也是一道难得的风景。

经过穿越极地的再生，纳木错的洗礼，大昭寺的静思，亚丁的感悟，梅里的大美，雨崩的恩赐，珠峰的绝唱，宗教的熏陶，灵魂得以升华，对人生的态度便变得超然淡泊。特别是藏族入坦然的人生观，使我得到前所未有的启迪。

朋友，把握机会，挑战自我，不要留下遗憾。让我们一起放飞心中的梦想，感受行走于天地间的惬意，体现生活，享受人生。

但愿我旅途的见闻、感受，能带给你茶余饭后的愉悦，已是我的荣幸。由于水平有限，不足之处敬请原谅。

二〇〇四年八月

The years aspiration is lingering in my mind, the years dream is let go during journeys. Seeking the space for soul and experiencing the life, this is my persistent pursuit

I love travel. I carried my travel bag in October, a harvest season, and began my travel once again, with the beatitude from my relatives and friends. I was going to Yunnan, Sichuan and Tibet to know about the nature, the culture of other regions, as well as to experience the colorful life and enjoy the wonderful journey.

Of course, we have different goals of journey in different forms, but the ultimate goal is to enjoy the life. You would be doomed to do something in your life, and what you can choose only is the mode to materialize your life. We are lucky and were born to the world, so we have reasons to lead a more colorful life, and then we will not feel sorry for our life. Hence, I have chosen to go on the tour all by myself. Now that I have chosen to do so, I need more courage to endure more hardships, to face various problems, to make many decisions that I am not willing to, and to suffer the solitude, loneliness and helplessness all by myself on the way. But you can stand such solitude, loneliness on the way when you ponder and contemplate by yourself, and relax yourself freely and enjoy the full process of a journey at will, without considering the feeling and experience of others. Factually, the solitude and loneliness means an enjoyment, and the hard-won landscape.

My soul has been sublimed and I will not seek fame and wealth any more after the reincarnation in the polar region, baptism at Namtso Lake, contemplation at Jokhang Temple, gnosis at Yading, experience at Meili, charity at Yubeng, profoundness at Mount Everest, as well as the edification of religion. Particularly, the Tibetans philosophy calmness has delivered the unprecedented enlightenment to me.

Dear friends, do seize the opportunity, challenge yourself, and do not leave any regret. Let us to fly the dream in mind together and to experience the pleasure of journey, and to personify the subsistence and enjoy the life.

I wish the news, experience and story from my journeys will give you some pleasure and enjoyment, then I will be pleased therefore. This book is open to your criticism, for my knowledge is limited.





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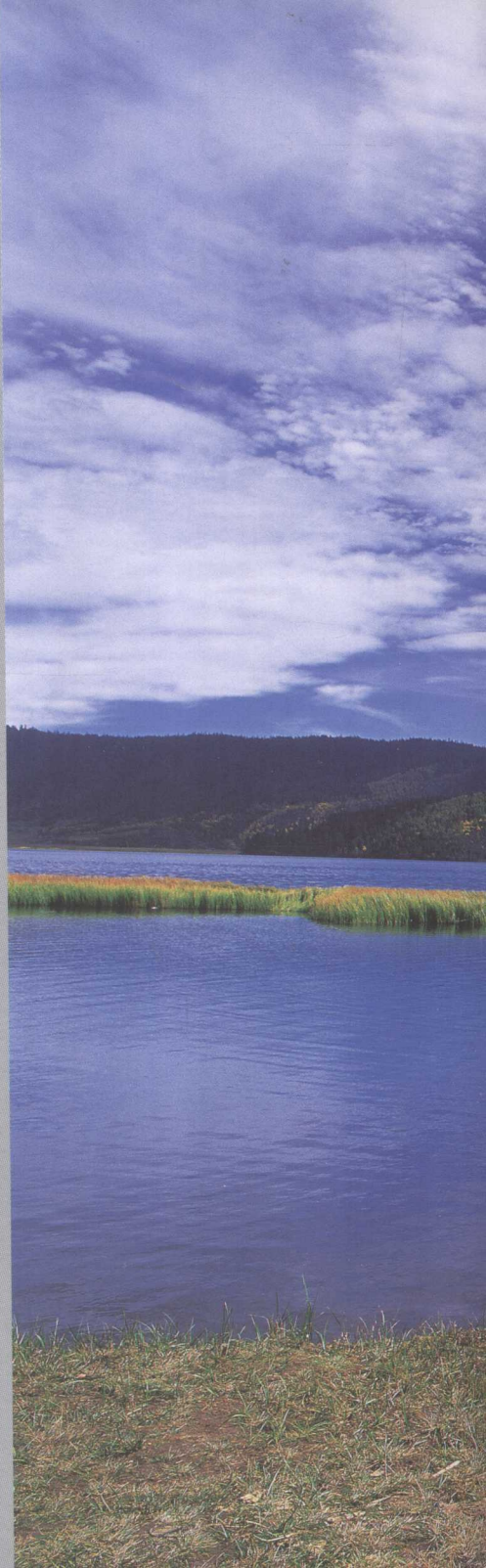
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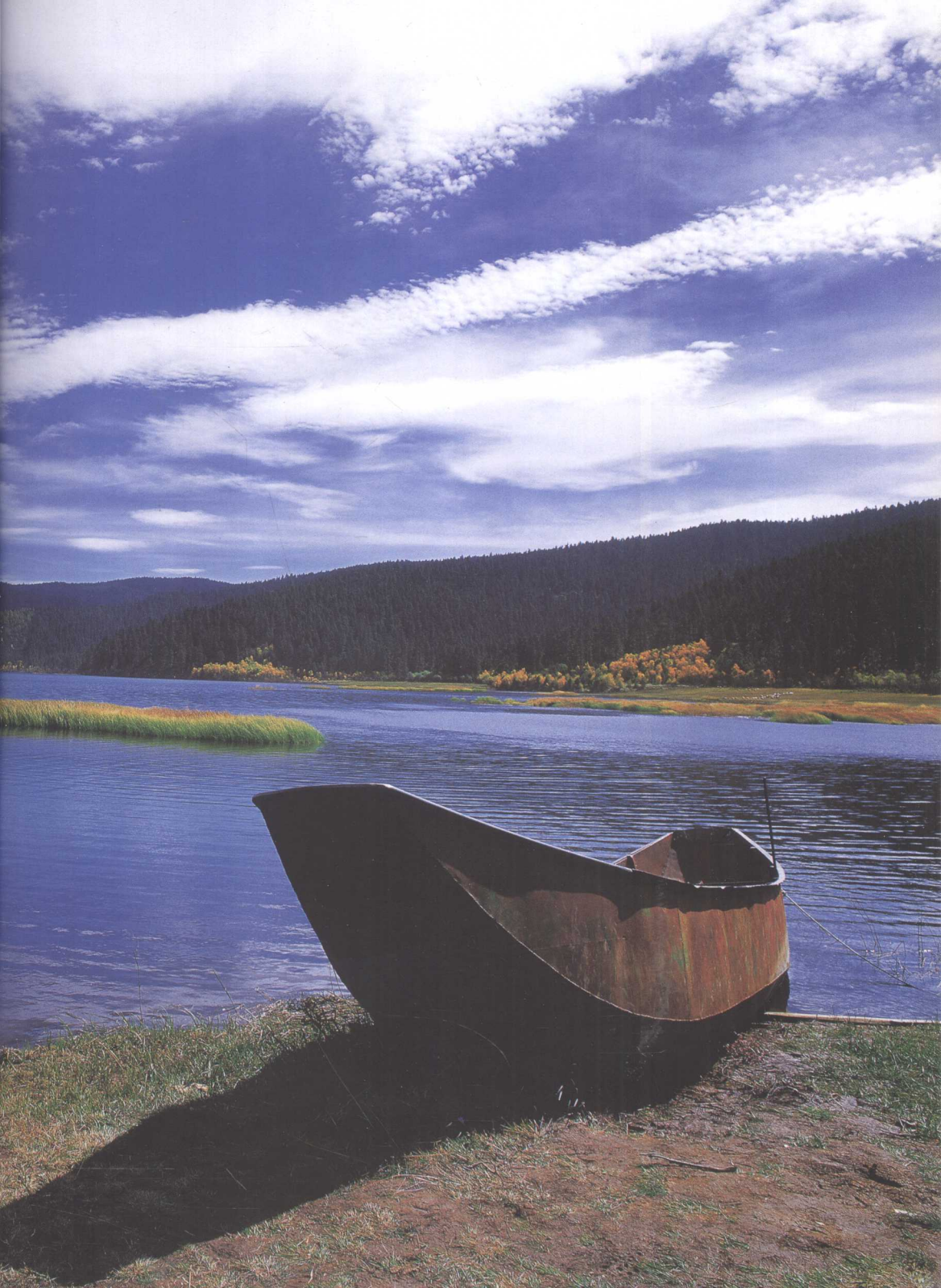


# 梦回属都湖

DREAMING OF RETURNING TO SHUDU LAKE









秋天是收获的季节，我背起行囊，带着亲友的祝福，踏上滇、川、藏漫长而艰辛的旅程。这是我继青藏回来后多年心愿，为了这个心愿，下了很大的决心，因已经不再是年轻的女性。当离开故土那一刻起，就意味着走上风雨飘摇的路，就注定忍受旅途的苦难和享受苦难过后的喜悦……

2003年10月14日傍晚抵达云南中甸，即香格里拉县。中甸对于我来说并不陌生，当第一次踏上这块土地，它就在我脑海里留下印记。随着时间的推移，我对它的感情越来越深。那份感情源于它的宁静、神奇的自然环境，质朴、淳厚的民族风情和神秘、深邃的宗教文化。

Autumn is a season of harvest, and I take my travel bag to go to Yunnan, Sichuan and Tibet for a long journey of more than forty days, with the blessing from my relatives and friends. I wish to go on this journey after my tour to Tibet. This is a wish of years. I have made up my mind with difficulty, for I am not young woman. From the moment when I leave my hometown, the journey means a tough and hard road to me, and it is doomed that I have to endure the hardships, and enjoy the happiness after the hardships...

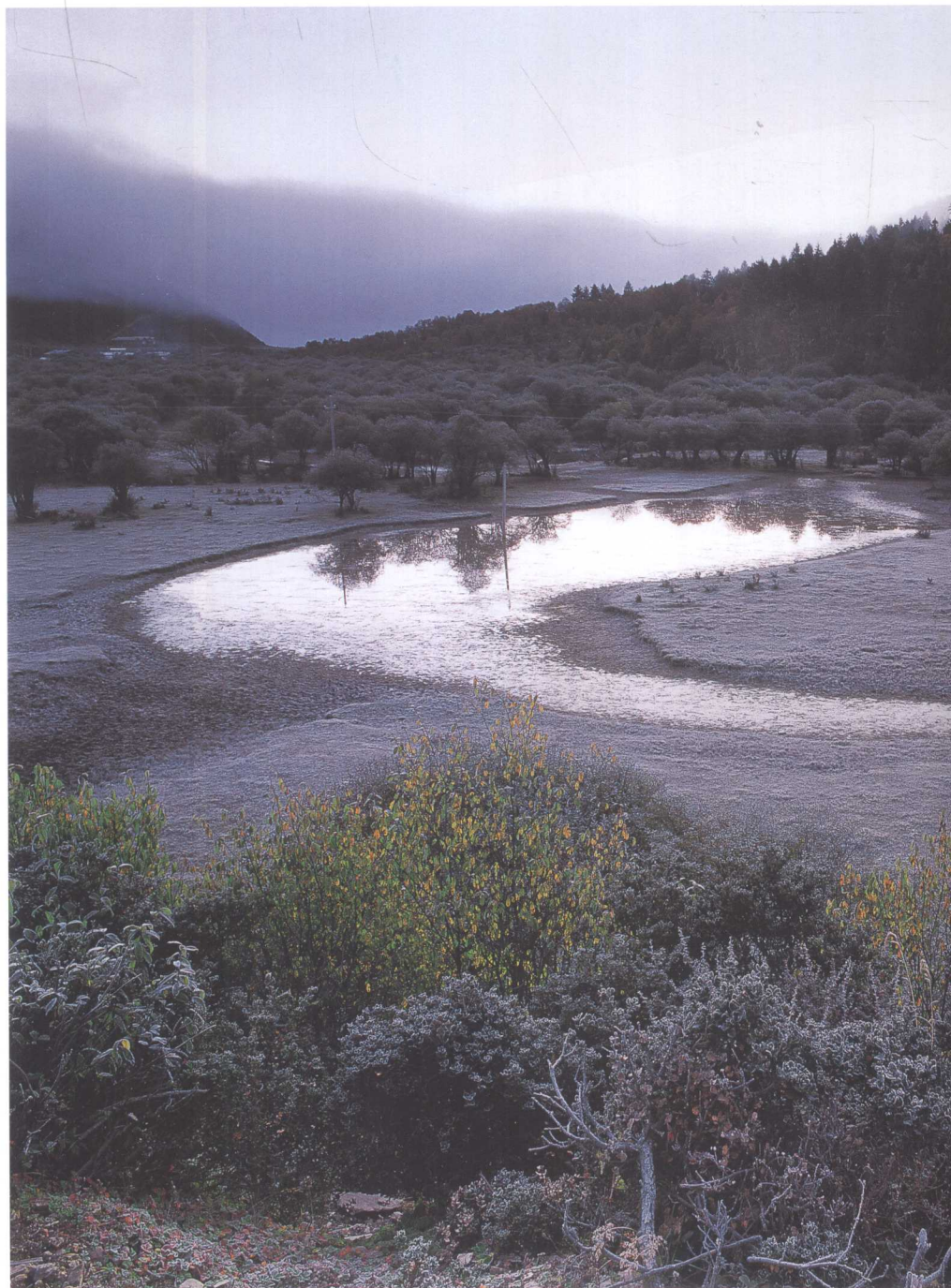
I arrived at Zhongdian County in Yunnan, namely the Shangri-la County. It is not strange to me. This is my second time here, and I was impressive of it when I came here the first time. With the time rolling by, I love it more and more. Such feeling is based on the tranquility, miracle of its natural environment, as well as the simple and pure national custom and the mysterious and abstruse religious culture.











早晨霜雪覆盖着山坡 Slopes Covered with Forest in the Morning



第二天清晨6点，带着睡意，我坐上去属都湖的汽车，经过三十多公里的颠簸，到属都湖已经睡意全消。深秋的属都湖，早晨非常寒冷，路旁的小草及树木，铺上一层白白的霜，看上去多了几分明净。当我背着摄影包，气喘吁吁赶到属都湖，湖边的树木一片金黄，而湖中小岛上的树已经落叶，剩下一枝枝光秃秃的树干在风中抖动。这时太阳隐约从云缝间露了出来。轻雾从山后飘然而出，湖面顷刻披上一层薄薄的轻纱。雾随着风飘来荡去，湖中的小岛和树木时隐时现，随着阳光的强弱变换着不同的色彩，是那样朦胧、飘逸、婉约。太阳渐渐升起，雾随即散去，湖面又升起一层烟，如一条白色的绸带在水面游动，转眼间消失得无影无踪……

我站在湖边，静静地享受着眼前的景色，不由得惊叹：人间乎？仙界乎？

上午10点，离开属都湖，回到中甸县建塘镇。下午购买路上所需的用品，包括水、压缩饼干、方便面、常用药物及汽车的必要配件。晚上，早早睡觉，准备迎接艰辛旅程。



如诗如画 Poem-like and Picturesque





雾里属都湖 Shudu Lake in Mist



At 6 o'clock in the next morning, I, with the drowsiness, took the bus to Shudu Lake. I awoke fully at Shudu Lake after the driving of more than 30km. The Lake in late autumn was very cold in morning, where the grasses and trees besides the road were covered with a layer of white frost, so such grasses and trees looked cleaner and brighter. With my camera bag on my back, I rushed to the Lake where I found the trees beside the Lake in gold, whereas the trees on the isle of the Lake were bare, just with exposed boughs and branches were shaking amid the wind. Then the sun appeared from the clouds and the mist came out of the mountains. The surface of the Lake was covered with the mist in an instant, and the mist floated with the wind. The isle on the Lake and the trees on the isle appeared or disappeared from time to time, and varied their color with the changing strong or weak sunshine. It was dimly, elegant and restrained. The sun was rising slowly and the mist disappeared at once, and a layer smoke appeared on the lake surface, like a white guimp lace wandering on the water surface and then fading away at once...

Standing beside the Lake, I enjoyed the present scenery quietly and surprises at such beautiful view. I claimed: am I in the world or the fairyland?

Here I experienced the surprising and a feeling of being lost during the photographing, and I felt that I had no the ability was hard for me to take photos here. Sometimes I was dismay. I left the Shudu Lake at 10am and came to Jiantang Town, Zhongdian County. I bought in the afternoon some necessary articles for my journey, including the purified water, hard bread, instant noodle and common drugs and the needed parts for cars. I went to bed earlier than usual at the night so to as have an assured rest to cope with the hard travel.





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# 太阳谷探秘

EXPEDITION IN SUN VALLEY

