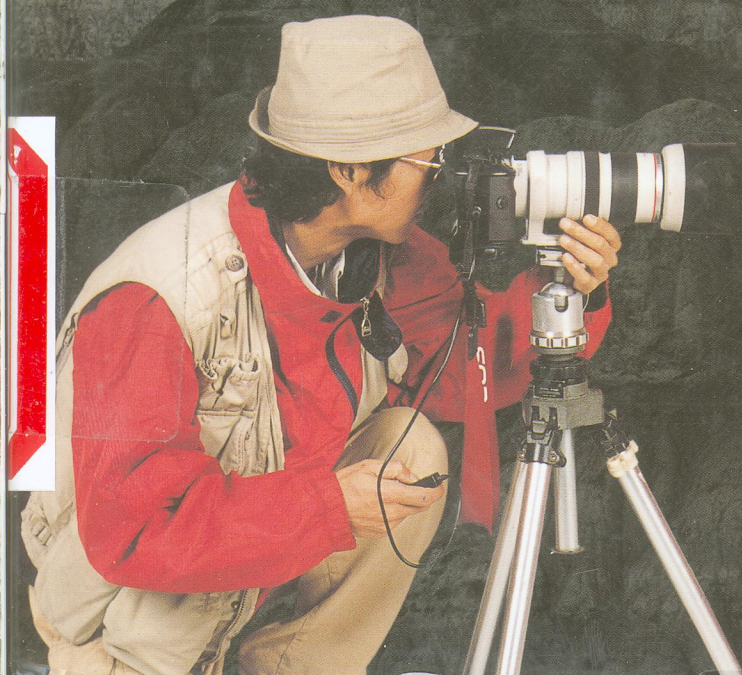


Photographing Scenes in Tibet of China with Instructions of Specialist

西藏风光摄影

名家指导



初小青 著
浙江摄影出版社

J414/3

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X I Z A N G

F E N G G U A N G S H E Y I N G



策划出版: 卫卫工作室

策 划 人: 陈钢春

责任编辑: 任 鲸 葛卫卫

文字编辑: 王文元

英文翻译: 黄继功

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装帧设计: 孙 菁

责任校对: 程翠华

责任出版: 汪立峰

图书在版编目 (CIP) 数据

西藏风光摄影名家指导 / 初小青著. —杭州: 浙江摄影出版社, 2001.9
ISBN 7-80536-861-9

I. 西... II. 初... III. ①风光摄影—摄影艺术
②风光摄影—摄影集—西藏 IV.J414

中国版本图书馆 CIP 数据核字 (2001) 第 047512 号

西藏风光摄影名家指导

初小青 著

出版: 浙江摄影出版社

发行: 浙江摄影出版社发行部

(杭州市葛岭路1号 邮编: 310007)

经销: 全国新华书店

制版: 深圳利丰雅高电分制版有限公司

印刷: 利丰雅高印刷(深圳)有限公司

开本: 889 x 1194 1/12

印张: 10

字数: 20千字

2001年9月第1版

2001年9月第1次印刷

印数: 1-2500册

ISBN 7-80536-861-9/J·490

定价: 148.00元

(如有印、装质量问题, 请寄本社出版室调换)

自序

近30年的摄影经历告诉我，只有融入自己灵魂与生命的作品才是不朽的作品。

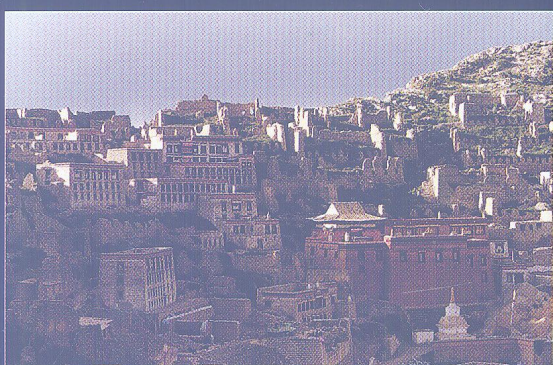
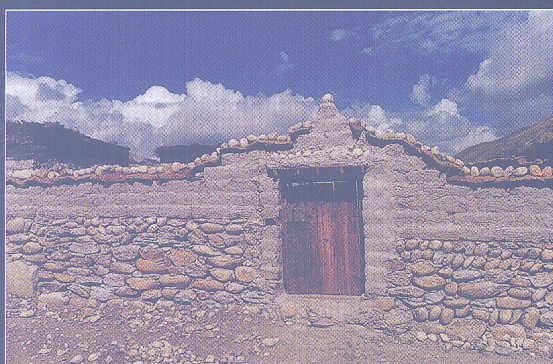
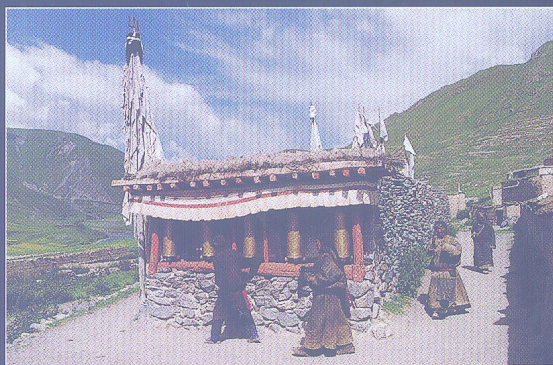
我怀着一颗虔诚与崇敬之心踏上这片净土，以自己对她的独特理解和风景摄影家不爱用的135相机、变焦距镜头和彩色负片拍摄了这些作品，并对每幅作品作了拍摄地点与经过，个人理解与感受、经验与技术的简要介绍，以便读者能更深刻地认识和理解作者投注的情感与作品的内涵。

艺术是一种感觉，很难用文字表述完整。本书所呈献的作品，是我对生命与自然的体验和感悟。也只有在这片神奇的土地上，我才有如此深刻的体验和感悟。而西藏的壮丽与神奇是永远说不完、书不尽、拍不绝的，只有强烈地热爱着她的人才有可能领略到她那独特的魅力。

希望本书的出版能对所有热爱大自然和向往西藏的人有所帮助。

初小青





Preface

My photographic experience for about 30 years tells me that only when the work is blended with my own life and soul, can it be counted as an immortal piece.

I trod on this clean and pure land of Tibet with a devout and reverent mind to take these photos with my own distinctive comprehension, using a "135 camera" which scenic photographers seldom adopt and zoom lens to take them in colour negatives. I made to every picture an introduction about shooting spot and course, personal understanding and feeling, and experience and technique as well, so that readers can understand deeper the emotion the author pours into it and the connotation within it.

The art is a sense perception which can hardly be expressed perfectly by writing. The works offered within this book are my comprehension of and experience with the nature and human life. Only being on the land of such miraculous territory could I have so deep comprehension and impression of it. Its splendor and its wonderfulness are, however, too plenty to tell, to write and photograph, so, only those who love it extremely can get the feeling of its unique charm.

May this book be helpful to the people who have an ardent love for the nature and yearn for the Tibet scenes.

By Chu Xiaoqing

1. 行进方式

首先要决定以什么方式走西藏。徒步、骑自行车、搭便车、租车、自驾车，这几种方式都有人尝试过。尽管每种方式有其不同的体验和感受，但以摄影创作为主的话，我建议最好是自驾车，当然这是要有一定经济实力的。如果徒步或骑自行车，必须具备良好的体能和足够的时间，还要有一定的野外生存能力。如果是搭便车，那必须作好思想和心理准备，因为有些路段是很难找到便车的。即使你运气好搭上了便车，但在途中并不是你想停就停的，特别是当你发现好镜头想停车拍摄而司机和其他乘客却不愿意停车等待时，你就毫无办法。租车较为普遍，但想一人包一辆车自由自在地拍摄的话，那两三个月下来你也可以买一辆北京吉普了。当然，你也可在旅馆的旅客留言板上登启事，寻找同路人来共同分担路费。自驾车的好处是自由、方便，但驾驶者除了有良好的驾驶和修理技术外，还必须具备超越常人的勇气和胆量。特别要提醒的是：千万别莽撞！

2. 进藏路线

青藏线。西宁—拉萨。全程 1947 公里。这是进藏最好的路。如想安全或不想体验路途艰险，这是首选之路。

滇藏线。昆明—拉萨。全程 2317 公里。云南段的路还可以，进入西藏后的一些路段在雨季时常塌方。

川藏线。成都—拉萨。南线 2159 公里，北线 2407 公里。此线海拔落差较大，道路崎岖艰险，雨季也时常塌方。

新藏线。叶城—拉萨。全程 2743 公里。这是平均海拔最高的路，也是景色最美的路，但大部分路段都处于无人区内。

3. 进藏季节

进藏的最佳季节应是 6~9 月，这正是西藏的雨季，环境及气候的变化丰富多姿，你的机遇与选择会更多更广。但雨季常给交通带来麻烦，必须作好充分的心理准备。

4. 高山反应

来到高原，如果没有高山反应，那倒是不正常的。这种反应人人都会有的，无非是强弱而已，没那么可怕，主要看每个人的生理与心理素质。许多人只重视生理现象而忽视心理因素，这是不对的。除了健康的身体外，还应保持良好的心态，这在很大程度上会减轻你的高山反应。尽管我自己两次进藏都未体检，也从未吸过一口“氧”，但我还是建议进藏前去体检一下。因为人的体质不尽相同，还是多听医生的话为好。

5. 必备物品和注意事项

药盒。可根据自己的健康状况配备，但治疗感冒、肠胃的药必须带上。

帐篷。必须防雨、防风，还要透气。我亲身经历过帐篷漏雨而睡在水中，也见过同伴的帐

篷骨架被吹断。我自己是带了4根手枪带，用来绑石块以加固四角。最好是自己特制4根加长的桩钉，因许多地方找不到石块。我还经历了因大风将帐篷的外层吹得紧贴内层而堵死纱门，差点因缺氧窒息而死的险境，此后，每晚睡觉我都用三脚架隔在纱门与外层之间。

睡袋和气垫。不要吝惜花钱，一定要买好的，因为在西藏睡眠是最重要的。西藏的日、夜温差很大，即使在夏天也会达到0℃以下。另外，雨季里的西藏，有些地方也很潮湿，没有一块高质量的气垫，长期吸收湿气易得病。

地图、指南针和海拔仪。应多带几种版本的地图以便参照。指南针在野外是必不可少的。特别是往阿里，因为要穿越大片的无人区，即使遇见了牧民也大多听不懂你的语言。而海拔仪可以让你知道所处的高度，以便把握自己的行动。

野炊用具。高压锅是必备的。煤油喷枪使用起来不理想，一是煤油要另备；二是在海拔高、缺氧的情况下，煤油燃烧不理想。最好选用汽油喷枪，因为汽油燃烧好，又是汽车必须备足的。

打火机和火柴。打火机只能用火石的，一般的电子打火机没有用。另外应该注意的是：千万不要将打火机放在身旁或汽车仪表罩上暴晒，这容易引起爆炸。火柴最好放在装135胶卷的塑料盒里，既能防潮，又可多装，但磷片间必须用纸隔开。

帽子。不要小看它，如果没有它，西藏的太阳在很短的时间里就会让你脱皮。最好自己在帽子的后面缝上几片布，以便遮住脖子。

墨镜。墨镜是必备的，以防止高原紫外线和雪山反射光对眼睛的伤害。但在观察和拍摄时必须注意到墨镜的颜色。近视的人可用变色镜或翻插镜片。

摄影器材、胶卷。选择哪种相机进藏，这要因人因钱因用途而论。尽管各有所长，但要不失时机地抓取瞬息万变的西藏风光，我还是推荐135相机。因西藏的环境及气候变化莫测，特别是雨季。“天有不测风云”这句话用在西藏是再合适不过了。

我不仅选择了135相机，还选择了变焦距镜头：17~35mm、35~350mm。这是我常用的两只镜头，其目的就是能够在17~350mm的焦距内随心所欲地进行取景、构图和拍摄。

由于135相机所拍的底片画幅小，为了最大限度地提高作品的精度，我选择了颗粒最细的柯达IS025胶卷。

三脚架是拍风光必备的。由于高原缺氧，呼吸和心跳比在平原时快，加上西藏的风很大，所以，在拍摄时只要有可能应该尽量使用三脚架。

选择胶卷也是因人因用而定，但必须带足。

另外须注意的事项

- ①在登高或剧烈活动后休息时，应尽量选择稍高的位置坐，起来时动作也不宜太快。
- ②尽可能沿车辙多的或新鲜的路走。
- ③迷路或辨不清方向时顺电线杆走。
- ④看到有从上面道路插下来的捷径时车辆千万别往上行驶。
- ⑤过河时尽量选择上午，因下午融化的雪水会使河流水位上升。

1. Option of Getting into Tibet

The options of getting to Tibet would be the first thing to be determined. All the forms which have ever been practiced are on foot, by bike, to take an incidental car in passing, to call a taxi and to make a self-driving. For all the difference of feeling and experience, I suggest, if putting photographing first, better to take the form of self-driving, of course, it requires a certain economic actual strength; If you go on foot or by bike, you may have a strong physique and enough time and a certain ability to live in the wild as well. If you are taking a car in passing, you must make for yourself mental preparation, because it isn't a simple thing to meet a passing car on some road's sections and even if you are lucky enough to get on such a car, you wouldn't be so wishful to have it stopped as you need, especially when discovering a good shot, you may fail to shoot with the objection of the driver or the passengers or both of them; The form to call a taxi is generally adopted, however, if you take a taxi for free and unrestrained shooting, the cost after two or three months would be enough for you to buy a Beijing jeep. Certainly, you may have the idea to call upon certain fellow travelers to share the payment by a notice you post up on the visitors' board at your hotel; As to self-driving, there is an advantage of being free and convenient, but it requires an exceptional courage besides the excellent technique on car driving and repairing you have already had.

One thing must be specially warned: Never fling caution to the winds!

2. Choosing a Line into Tibet

Qing - Zang Line. Xining - Lhasa. Whole journey 1947 kilometres.

This is the best course to enter Tibet.

If you have a purpose of safety or have no idea of experiencing the journey's hardships and dangers, it is your first choice.

Dian - Zang Line. Kunming - Lhasa. Whole journey 2317 kilometres.

The section of this line in Yunnan is pretty good while in some sections inside Tibet there would be often landslides in rainy seasons.

Chuan - Zang Line. Chengdu - Lhasa. Southline 2159 kilometres. Northline 2407 kilometres.

The road surface along this line has a greater drop with rugged and

dangerous roads and often has landslips in the rains.

Xin-Zang Line. Yecheng-Lhasa. Whole journey 2743 kilometres.

It's a road with highest average elevation and most beautiful scenes, but most of them are located in no man's land.

3. Seasons Suitable for Entering Tibet

The best seasons to enter Tibet should be the sixth-ninth months (June~September). They are just the rainy seasons of Tibet. The alterations of the environment and climate are rich and varied which give you more chances and wider choices for your work, nevertheless, the rains would often bring about the possibility of traffic troubles and unsafety for which we must have sufficient psychological preparation.

4. Alpine Reactions

Once mounting the plateau, nobody can get rid of alpine reactions, but some feel strong and others feel weak, there is nothing serious of it. On the highland it is, on the contrary, out of normal if there were no alpine reactions on human body, they depend on one's personal physiological and psychological constitution. and it is incorrect that lots of people pay attention only to the physiological phenomenon and let the psychological factor neglected. Besides a sound body, you ought to keep a good state of mind which may help you, to a great extent, reduce your temporary symptoms. Although I didn't ever experience taking a breath of pure oxygen in the time when I twice entered Tibet, I suggest that one had better take a physical examination before his journey. In view of different constitutions, one may as well listen to what his doctor advises.

5. Necessaries and Points for Attention

Medicine Chest: Be prepared according to personal state of health, but preventive medicines for catching cold and for indigestion are indispensable.

Tent: Must be rainproof, windproof and ventilative as well, I have had an experience of myself sleeping in the water which resulted from my leaking tent under the rain and have once viewed my companions' tent-frames broken by the wind. I brought 4 strips of pistol belts with which rocks were bound fast to the



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corners of the tent. So, one had better prepare for himself four sticks of lengthened pegs, because in many places, rocks are hardly to be found. I met once with a slight mishap that a strong wind reached and blew the outer and inner flaps of my tent to attach together and blocked the screen from letting in air that nearly suffocated me to be dying. Since then, I always put my tripod between them every night to prevent them from attaching again.

Sleeping Bag and Air Cushion: Be sure to buy the high quality ones and never save your money for them, because it is most important to have a sound sleep in Tibet, besides, the temperature there varies greatly between day and night, even in summer time it would come to below 0°C, moreover, some places in Tibet are very moist in rainy seasons, without a high quality air cushion, people may fall ill with sucking up the moisture for a long time.

Maps, Compass and Elevation Instrument: Never forget to carry along maps of various editions for your reference. Compass is ever indispensable for doing field work, specially when you are going to Ali area, because you have to cross a vast no-man-area, even if you can meet some herdsmen, they can't probably understand your spoken word. And the elevation indicator can show you the altitude you are being at, that helps you to plan your action coming next.

Camp-cooking Utensils: A pressure cooker is necessary and indispensable while kerosene stove isn't ideal, first, kerosene itself must be extra prepared, second, kerosene burns worse in the condition of lacking oxygen in highland. Gasoline is a better option because it burns well, moreover, it is a fuel that your car must be sufficiently provided with.

Lighter and Match: A flint-lighter can be used only, electron lighter is useless here. Others worthy to pay attention to are: Never put your lighter close beside you or expose it in the sun on the car's instrument hood for long to prevent it from exploding. As to the match, you had better keep it in the 135 film plastic case, which is not only dampproof but also somewhat capacious, be sure the rubber wrapped up in papers.

Cap: Don't take your cap for little, without it, Tibet's sun will soon bake your skins off. It would be best to needle pieces of cloth on its backside to protect your neck from the sun.

Sunglasses or Goggles: A protection against the highland ultraviolet rays and the reflecting light of high snows. When you're observing or to take photo, you must not neglect the color of your glasses, A near-sighted man may

use a pair of those that could change the color according to the light or a set that has double pairs of plates, and the outer pair can be turned up out of use.

Photo Equipment and Film: What kind of camera should be chosen for photographing in Tibet? That depends upon the man of the user and his money and the point of the use he wishes. Although all kinds of cameras have respectively their own advantages, in order to lose no opportune moment to seize the swiftly changing scenes in Tibet, I am yet to recommend the 135 camera, it is good for the Tibet's changeable environment and climate, specially in its rainy seasons.

I choose not only the 135 camera but also the zoom lenses;17-35mm, and 35-350mm.They are the two lenses I usually adopt, the purpose is to make it possible for me to carry on my creative work as I please within the focus of 17-350mm, to find view, to compose a picture and to take photos.

As the film applying to 135 camera has small picture in size, in order to improve the accuracy of my work to the maximum, I choose the Kodak film ISO 25 with smallest granules.

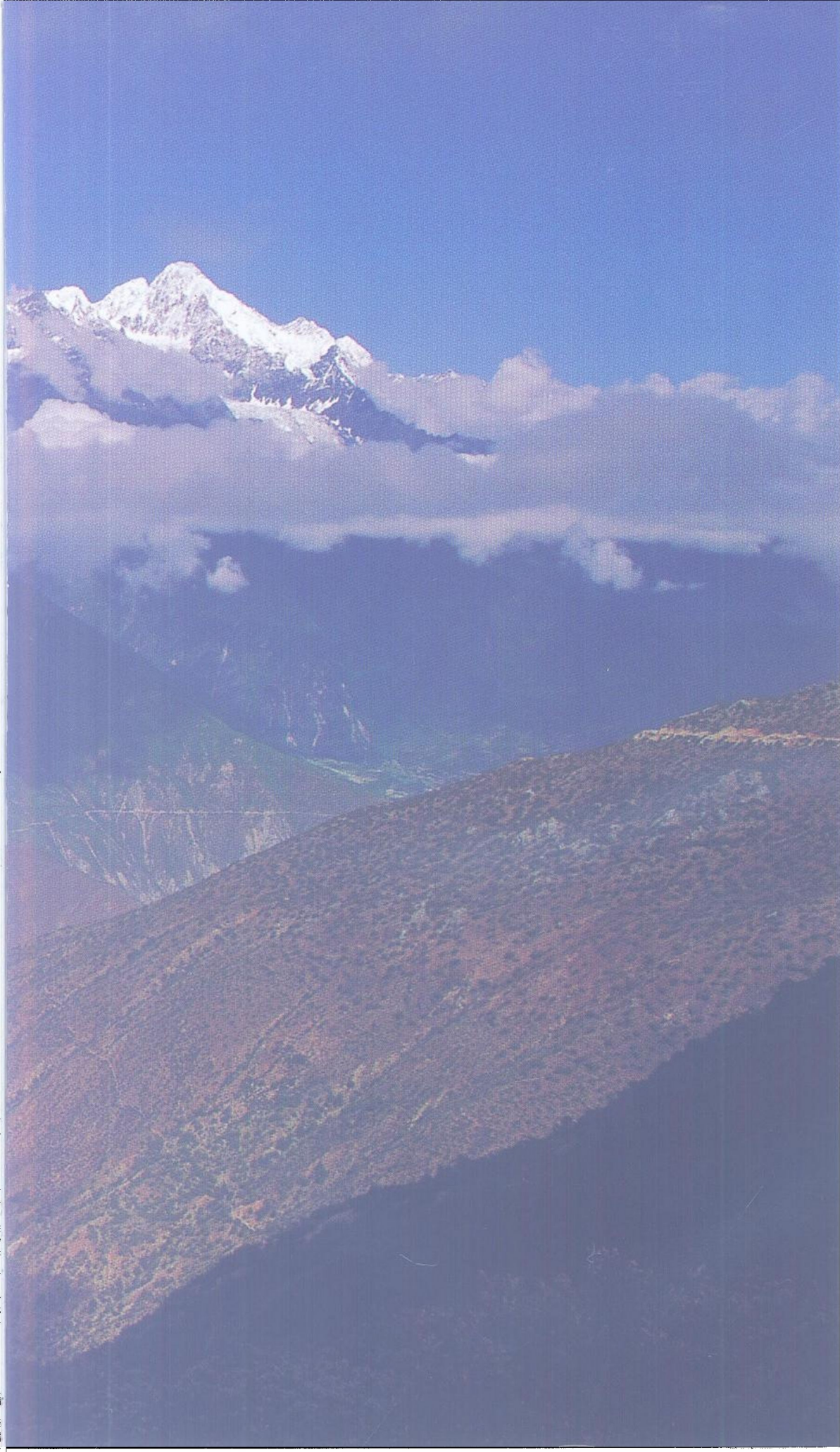
A tripod is necessary to scene-shooting. As there is less oxygen on highland, people would have a quicker breath and heart-beat than on flatlands, plus its strong wind, all these would affect the quality of shooting, therefore, better to use a tripod as frequently as possible.

The choice of films may also depend on the user's favour and the points of use,but films must be prepared enough anyway.

Other Points for Attention

- 1.When you're taking a rest after ascending a height or after strong exercises, you should select a higher place to sit down. After rest, don't stand up in a hurry.
- 2.Take, as far as possible, rutty roads or those that are newly trodden.
- 3.When you lose your way or bearings, drive ahead along the wire poles.
- 4.When you find a short-cut spreads out before you from the road above, never take it to drive up.
- 5.When you are going to cross a river, take it by forenoon, because the snow would melt in the afternoon and cause the rise of water-level of the river.





时间、地点

1994年7月3日摄于梅里雪山。梅里雪山地处西藏的察隅县和云南的德钦县之间，也是夹在两江（东边澜沧江、西边怒江）之间的一座雪山。主峰海拔6740米。

Time and Site

3 July, 1994. Meili (in Pinyin) Snow Mountain, The Meili (in Pinyin) Snow Mountain is a mountain between zayü County of Tibet and Dêqên County of Yunnan Province, which also lies between the two rivers (east: Lancang River and west: Nu River.) its highest peak's elevation 6740 metres.

使用器材

Canon EOS-5QD相机，EF28~70mm变焦距镜头，富士ISO50胶卷。

拍摄经过

上午9点多到达梅里雪山，但大雾笼罩着山峰。半个多小时过去了，同行中有一位不耐烦了。为顾全局只好委屈自己依他开路。当车子开出4公里多时，回头再看，山峰已露出。赶紧调转车头开回原地，没一会便拍到了这一镜头。曝光组合设定为光圈f/8~11，速度1/60秒。

经验之谈

- ①耐心与专一是成功的前提。只要你认准了，就应不惜代价，宁可白等一天也不可失去一个好镜头。
- ②如果你是结伴而行，那最好是能与你志同道合的人同行。因为兴趣的差异会在途中产生许多麻烦和矛盾。

作品感受

画面体现了自然的博大（主峰海拔6740米）和人的渺小（主峰下是村庄），也体现了人与自然的和谐。前景阴影中的山体增强了山峰的白，也使画面更加稳重。主峰两边的山有如双手，托起飘在峰前的云带，好似雪山献给我们的哈达，祝我们进入西藏——扎西德勒。



时间、地点

1998年8月18日摄于扎达士林, 海拔4300米。扎达县地处西藏西部、象泉河流域, 为西藏自治区边境县之一。著名的古格王朝遗址就在其境内。

Time and Site

18 August, 1998. Zanda Earthforest, elevation 4300 meters, Zanda County is located in the reaches of Xiangquan River in the west of Tibet, one of the border counties of Tibet Autonomous Region, which includes the ruins of the famous ancient Guge Dynasty.

使用器材

Canon EOS-5QD 相机, EF35 ~ 350mm 变焦距镜头, 柯达 IS025 胶卷。

拍摄经过

尽管早晨满天乌云, 我还是登上了山顶, 这已是第四次登顶了。我空腹坐在山顶陪伴着乌云至10点多, 正收拾好器材准备下山时, 无意间向四周扫了一眼, 突然发现南面有一线蓝天逐渐向北飘来。我凭经验估计2小时后能飘到我这里, 便重又架起相机坐下等待。尽管飘得很慢, 但风向始终没乱。就在我估计的时间内, 我在3秒钟内用不同的光圈速度组合拍下了3组照片。这幅照片用光圈 $f/5.6 \sim 8$, 速度 $1/30$ 秒拍摄。

经验之谈

- ①不要轻易放弃一线希望。尽管天有不测风云, 但平时用心去观察、感受大自然而积累的经验, 到时决不会没用的。
- ②对这样的画面千万不要用平均测光, 不然, 主体部分将会曝光过度。有点测光最好, 如没有就应减少曝光量。

作品感受

向往西藏, 神秘是原因之一。而到了西藏, 神秘也会随时在你眼前闪现。在这阴凉的世界里, 我清晰地留下了这束神秘之光。而被神秘之光照亮的山谷里的事, 只有我的灵魂才知道。

