



中国历史文化名城

CHINESE CITIES OF HISTORICAL AND CULTURAL FAIR

历史文化名城研究中心审定

EXAMINED BY NATIONAL RESEARCH CENTER OF HISTORICAL AND CULTURAL FAIR

寧波

NINGBO



中国铁道出版社

CHINA RAILWAY PUBLISHING HOUSE

# 中国历史文化名城

CHINESE CITIES OF HISTORICAL AND CULTURAL FAME

国家历史文化名城研究中心 审定

EXAMINED BY NATIONAL RESEARCH CENTER OF HISTORICAL CITIES

# 宁波

NINGBO



中国铁道出版社

CHINA RAILWAY PUBLISHING HOUSE

## 《中国历史文化名城》系列画册编委会

主 任: 阮仪三 (国家历史文化名城研究中心主任)

常务编委: 阮涌三 郭 宇 顾鉴明 潘昶旭

## 《中国历史文化名城·宁波》

国家历史文化名城研究中心、宁波市规划局编

名誉主编: 何剑敏

主 编: 李定邦

副 主 编: 马春骐 叶国贤 王丽萍 孟建耀 张秉礼 王民宣

编 委: 潘昶旭 李大瑜 黄生良 吴晓月 汪志铭 何业琦

郭向东 徐良雄 金明强 杨雄鹰 蒋佑民

摄 影: 方淑英 吕 平 陈业俊 王渭林 叶 炜 严 龙

郑 敏 蒋佑民等

撰 稿: 蒋佑民 李大瑜

翻 译: 苏 能

策 划: 顾鉴明

## 图书在版编目(CIP)数据

宁波 / 李定邦主编. - 北京: 中国铁道出版社, 2006·5

(中国历史文化名城系列画册/阮仪三主编)

ISBN 7-113-06974-6

I.宁... II.李... III.旅游指南- 宁波市 - 画册

IV K928.955.3-64

中国版本图书馆CIP数据核字(2006)第021736号

责任编辑: 石建英 郭力伟 特约编审: 金 月

装帧设计: 古 文

出版发行: 中国铁道出版社

地 址: 北京市宣武区右安门西街8号(100054)

印 刷: 深圳国际彩印有限公司

版 次: 2006年5月第1版 2006年5月第1次印刷

印 数: 1-5000

开 本: 889×1194 1/48 印张: 2.5 字数: 90千

书 号: ISBN 7-113-06974-6/K·116

定 价: 28.00元

## 总 序

保护和发展城市的历史文化是当今全世界都在关心的重要问题。我国以其光辉独特的历史屹立于世界民族之林，历史文化名城更是中华民族的瑰宝。1982年以来，政府已陆续命名了数批重点保护的国家级历史文化名城。保护历史文化不仅仅是历史文化名城的问题，每一个城市都有自己的历史文化，一个没有自己文化和文明的城市，是算不上一个现代化城市的。所以，各个城市特别是历史文化名城都应在保护中努力发展符合本身特色的文化、经济、旅游等事业，以求继往开来，永葆青春。国家历史文化名城研究中心组织编辑的《中国历史文化名城》系列画册，无疑将会对更好地宣传、保护、发展名城起到有益的作用。

全国历史文化名城保护专家委员会主任  
中国科学院院士、中国工程院院士



## PREFACE TO THE ALBUM SERIES

It is a matter of worldwide concern to protect and promote the history and culture of the cities. Chinese is recognized by the entire world for her brilliant history and culture, and the cities of historical and cultural fame are a treasure of the Chinese nation. Since 1982, the State has nominated several groups of cities of historical and cultural fame to be protected at the national level. The preservation of history and culture does not only concern the cities of historical and cultural fame. Every city, without exception, has its own history and culture. A city without history and culture cannot be considered a modern city. In the course of the protection, every city, especially those of historical and cultural fame, should therefore endeavor to promote its culture, economy, and tourism, etc. in the light of its own characteristics so as to blaze new trails and maintain its vitality. The series of album, "the Chinese Cities of Historical and Cultural Fame", edited by National Research Center of Historical Cities, will undoubtedly play a significant part in the promotion, protection, and development of the cities of fame.

Zhou Ganzhi

Chairman of National Experts' Committee for the Protection of Cities of Historical and Culture Fame  
Member of China Academy of Science  
Member of China Academy of Engineering

# 名城宁波导游图

Tourist Diagram of the Famous City of Ningbo



图例

- |         |         |
|---------|---------|
| ★ 市政府驻地 | 🌙 旅游度假区 |
| ★ 区政府驻地 | 🏨 宾馆    |
| 🎓 学校    | 🏠 医院    |
| 🚂 火车站   | 🚆 铁路    |
| 🚗 汽车站   | 🛣️ 高速公路 |



# 名城宁波

宁波，简称甬，位于浙江省东北部、杭州湾南岸，是浙江省第二大城市。宁波市下辖6区3市2县，总面积9365平方公里，其中市区面积2560平方公里，人口550万。宁波具有1100多年的建城历史，素称“人文渊薮”之邦。

宁波历史悠久。早在7000年前，先民们就在这里繁衍生息，并创造了灿烂的“河姆渡文化”。公元前221年秦始皇统一中国，建立郡县制，设会稽郡，鄞、鄞、句章三县并置。唐武德四年（621年）置鄞州，设州治于宁波老城区三江口；唐长庆元年（821年），明州刺史韩察建子城（内城）；明洪武十四年（1381年），为避国号，取“海定则波宁”之意改称宁波府。600多年来，宁波之名沿用至今。宁波境内留有众多的文物古迹，现有各级文物保护单位（点）510处，其中国家级11处、省级47处。1986年宁波被国务院命名为国家历史文化名城。

宁波具有浓郁的港城文化特色。唐时，对外交通贸易日趋繁荣，这里为全国四大港口之一；两宋时期对外友好往来更为频繁，对外贸易进入鼎盛时期，当时，其与广州、泉州并称我国三大对外贸易港；鸦片战争后辟为“五口通商”口岸之一；现城区尚有古海运码头、使馆、会馆、钱庄等众多体现港口城市的文物古迹，而宁波港（北仑港）已位居全国第二大港。

宁波是浙东文化的摇篮。慈溪上林湖越窑遗址，有汉至北宋的窑址100余座，是我国著名的越窑青瓷的中心产地；保国寺为长江以南最古老的木结构建筑；名列“五山十刹”的天童寺为曹洞宗的重要道场，是日



玉玦（新石器时代）  
The Jade Jue (Neolithic Age)



骨耜（新石器时代）  
The Bone Plough  
(Neolithic Age)

本曹洞庭的祖庭；明清以来，我国著名的思想家、史学家黄宗羲开创的浙东学派及哲学思想对国内外有着深远的影响。宁波又是文献之邦，以“天一阁”为代表的藏书楼是藏书文化的杰出代表；传统工艺、地方戏曲等优秀的历史文化传统，也给名城增添了多彩的文化内涵。

宁波是明清以来反侵略斗争的前沿。地处东南沿海的宁波人民具有抗击外来侵略的光荣传统，明代的抗倭斗争、第一次鸦片战争时期的爱国将领朱贵等领导的抗英斗争、中法战争期间给法国侵略者以重创并取得胜利的镇海口战役、清光绪年间的反帝反洋教的宁海王锡桐起义等为反侵略斗争史留下了光辉的一页。

宁波东临东海，有舟山群岛作为天然屏障，属副热带季风性气候。这里地势平坦，河流纵横，土地肥沃，“四明八百里，物产甲东南”是对这块富庶之地的真实写照。

“十大名菜”、“十大名点”等甬式菜点及余姚、慈溪的杨梅，奉化的芋头等土特产闻名天下。甬剧、姚剧等地方戏剧，梁山伯祝英台等民间传说，骨木镶嵌、朱金木雕、泥金彩漆、金银彩锈等传统工艺是宁波城市文化内涵和特色的重要组成部分，也为丰富人民的文化生活和发展旅游业提供了不可缺少的物质基础。

宁波，历经千百年的历史沧桑与辉煌，留下了无以磨灭的灿烂历史文脉。21世纪，宁波将在构筑“经济强市、文化大都市”的宏伟目标中，竭力做好名城保护工作，创造更加美好的未来。

## THE FAMOUS CITY OF NINGBO

meaning of "the waves will be calm if the sea is peaceful". Over more than 600 years, the name of Ningbo has been used up to now. There are lots of cultural relics and remains left within the territory of Ningbo, it now has 510 places (spots) of cultural relics under protection at various levels, among which 11 are under national-level protection and 47 are under provincial-level protection. In 1986, Ningbo was named as a National Historical and Cultural City of Fame by the State Council.

Ningbo has strong port city cultural features. In the Tang Dynasty, the foreign transportation and trade were becoming

more and more prosperous, the place was one of the four largest ports across the country. In the period of the Northern and Southern Song dynasties, the friendly exchanges with foreign countries became more frequent, and together with Guangzhou and Quanzhou were called the three major ports of foreign trade of the country; and after the Opium War it was opened as one of the "Five Treaty Ports". To date there are still port city cultural remains such as ancient ocean-shipping piers, embassies, guilds, money shops, etc. existing in the city area, while the Harbor of Ningbo (Beilun Harbor) has become the second largest port all over the country.

Ningbo is the cradle of the East Zhejiang Culture. Within the ruins of the Shangshan Yue Kiln area in Cixi, there are over 100



鉞 (春秋)  
The Tong Yue Bronze Axe  
(Spring and Autumn Period)



越窑黑釉瓶 (东汉)  
(Eastern Han Dynasty)  
Yue Kiln Black Glaze Bottle

in the southern part of Zhejiang Province on the southern band of Hangzhou Bay, and is the second largest city in Zhejiang Province. With 6 districts, 3 cities and 2 counties under its jurisdiction, the City of Ningbo has a total area of 9365 square km, among which the urban area amounts to 2560 square km, with a population of 5.5 million. Ningbo has over 1100 years' history of its foundation, and has long been reputed as a land of a "gathering place of talents".

7000 years ago, there were predecessors living and multiplying here, and created the brilliant "Hemudu Culture". In BC

221, the First Emperor of the Qin Dynasty unified the whole China and established the system of prefectures and counties, and set up the Kuaiji Prefecture, with the three counties of Yin, Mao and Juzhang built jointly. In the fourth year of the Wude Period of the Tang Dynasty

(621) the Prefecture of Yin was set up, with the prefecture seat positioned at the Three River Confluence in the old city area of Ningbo; in the first year of the Changqing Period of the Tang Dynasty (821), Han Cha the Governor of Prefecture Mingzhou built the minor city (inner city); in the fourteenth year of the Hongwu Period of the Ming Dynasty (1381), in order to evade the name of the county, renamed the place Ningbo in the

kiln remains opening from the Han Dynasty to the Northern Song Dynasty, which is the central production place of Yue Kiln celadon ware well-known in our country; the Baoguo Temple is the most ancient wooden structure building south of the Yangtze River; the Tiantong Temple listed among the famous “five mountains and ten temples” is the important rite-performing place of the Sotoshu Sect, and is the source shrine of the Japanese Sotoshu Shrine; since the Ming and Qing dynasties, the philosophical ideology of the Eastern Zhejiang School founded by Huang Zongxi the famous thinker and historian of our country has exerted profound influence both at home and abroad. Ningbo is also a land of documents, the libraries with the “Tianyi Pavilion Library” as their outstanding representative stands for the book collecting culture; and the excellent historical and cultural tradition of the traditional arts and crafts as well as local operas have also added cultural connotation to this city of fame. Ningbo has been a forefront of anti-aggression fight since the Ming and Qing dynasties. Located along the southeastern coast of our country, the Ningbo people has the glorious tradition of fighting against foreign aggression; the fight against Japanese pirates in the Ming Dynasty, the anti-Britain fight led by Zhu Gui the patriotic general in the first Opium War period, the Zhenhaikou battle that we won the victory over French aggressors and made them inflicted heavy losses in the Sino-French War period, the anti-imperialism and anti-foreign-religion uprising launched by Wang Xitong from Ninghai and so on left behind them a glorious page in



越窑提梁壶（西晋）  
Yue Kiln Tiliang Pot  
(Western Jin Dynasty)

the anti-aggression history.

Facing the East China Sea in the east, Ningbo has the Zhoushan Archipelago as its natural protecting screen, and is of subtropical monsoon climate; with a plain topography, zigzag rivers and fertile lands, Ningbo has the saying of “the Siming territory of eight hundred li, offers produce ranking first in Southeast China” as a true portrayal of its rich land.

“Ten well-known dishes”, “ten famed refreshments” and other Yong-style delicacies as well as the red bayberry of Yuyao and Cixi, taro of Fenghua and other local products are renowned to the world. The Yong opera, Yao opera and other local operas, *Liang Shanbo and Zhu Yingtai* and other folk legends, the inlaid wood-ware, wood carving with red lacquer and gold foil, golden painted lacquer-ware, gold and silver thread color embroidery and other traditional arts and crafts are important component parts constituting the cultural connotation and features of the city of Ningbo, and also provide indispensable material foundation for enriching the people's cultural life and developing the tourism industry.

Experiencing millennia of historical vicissitudes and glory, Ningbo has got indelible resplendent historical culture. In the 21<sup>st</sup> century, Ningbo will, aiming at the magnificent target of structuring an “economically strong city, and a culturally big city”, make every effort to protect the famous city, and create a more glorious future.

#### 图例 Legend

文物保护单位

Unit of Cultural Relic

● ● ● 国家级 At the National Level

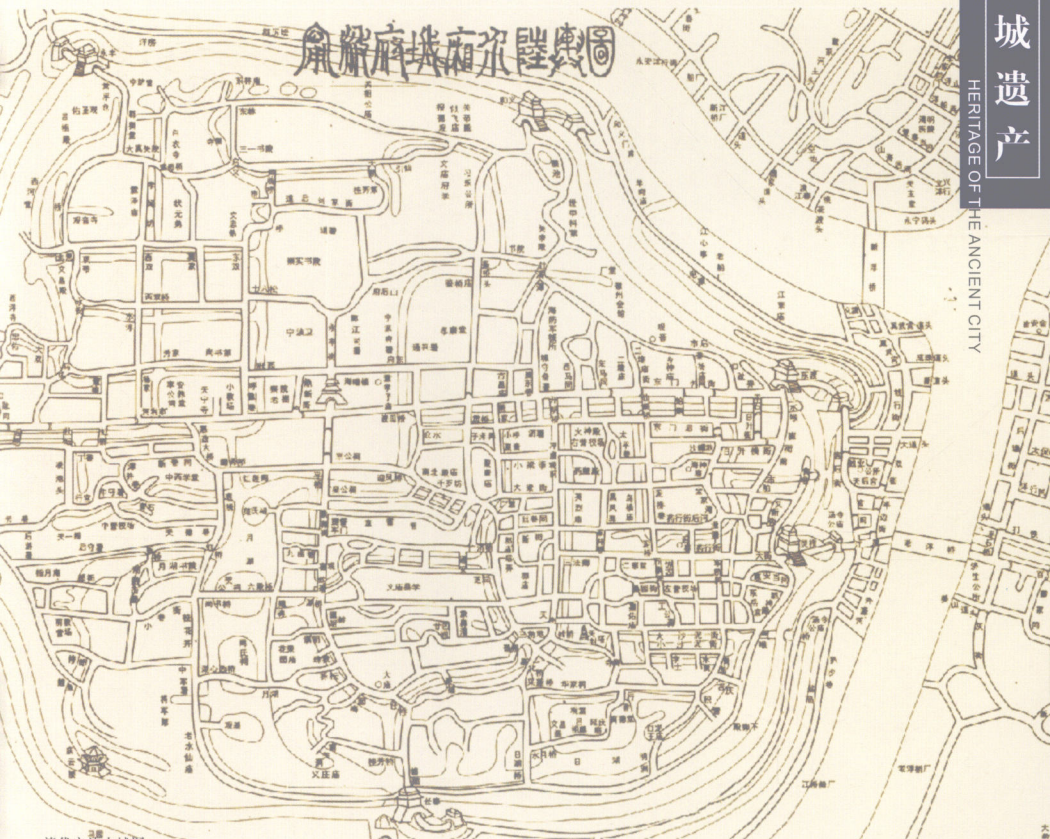
● ● 省级 At the Provincial Level

● 市（县）级 At the Municipal (County) Level



## ○ 名城宁波 THE FAMOUS CITY OF NINGBO

一 / 古城遗产 /	1
Heritage of the Ancient City	
二 / 名镇古村 /	31
Famous Town and Ancient Village	
三 / 雪窦名胜 /	41
Famous Sights on Xuedou Hill	
四 / 历史胜迹 /	51
Places of Historical Interest	
五 / 明州名人 /	79
Famous Person of Mingzhou	
六 / 文化精粹 /	85
Cultural Cream	
七 / 风味特产 /	95
Special Local Products and Flavor	
八 / 当代建设 /	101
Contemporary Construction	
九 / 旅游服务 /	107
Tourist Service	



清代宁波古城图

The Plan of the Ancient City of Ningbo the Qing Dynasty





## ◎ 月湖历史文化街区

位于老城区的西南部，至北宋形成“十洲”胜景。此处历来是文人吟诗唱和、市民闲暇休息之处，现存文物史迹较为集中。

### YUEHU HISTORICAL AND CULTURAL STREET BLOCK

Located in the southwestern part of the old city area, it had formed the “Ten Isles” scenic attractions by the Northern Song Dynasty. This place has always been the place where men of letters recited their poems with others joining in and where the citizens relaxed themselves to have a rest, and there are quite lots of cultural and historical spots gathering here.





## ◎ 水则碑 ●●

位于月湖东南侧平桥附近。南宋开庆元年(1259年)春三月,为便于观察水位变化设“水则碑”,碑中刻一“平”字,水位高于“平”字时,即启闸泄水,防止洪涝灾害。1995年在考古发掘中得以出土,断碑残亭予以重新修复。

## SHUIZE TABLET

It stands nearby the Pingqiao Bridge southeast of the Yuchu Lake. In the third lunar month in spring of the first year of the Kaiqing Period of the Southern Song Dynasty (1259), for the convenience sake of observing the water level, the “Shuize Tablet” was erected, in the center of which a character of “平 (level)” is inscribed; when the water level is higher than the character of “平”, the sluice is opened to discharge the water to prevent the flood disaster. It was unearthed in the archaeological digging in 1995, the broken tablet, together with the pavilion ruins, were renovated.



### ◎ 马衙街历史建筑群

位于月湖西岸，大多为明清建筑，最著名的有天一阁藏书楼、秦氏支祠等国家级文物保护单位。

### THE HISTORICAL BUILDING GROUP ON THE MAYA

Sited on the western shore on the Yuehu Lake, they are mostly buildings of the Ming and Qing dynasties, the most famous among which are the Tianyi Pavilion Library, Qin's Clan Temple and other cultural relic units under the national-level protection.



## ◎ 天一阁 ●●●

位于城区月湖之西，为明代嘉靖四十年（1561年）范钦所建，距今440余载，是我国现存最古老的藏书楼，也是世界上现存古老的藏书楼之一。

### THE TIANYI PAVILION LIBRARY

Situated west of the Yuehu Lake in the city area, it was built by Fan Qin in the fortieth year of the Jiajing Period of the Ming Dynasty (1561), dating back to over 440 years ago; it is the oldest library existing now in our country, and is also one of the oldest libraries existing now in the world.



天一阁 The Tianyi Pavilion Library

正门  
The Grand Entrance









司馬第 The Residence of High Officials