

YUNNAN, A LAND OF MULTIPLE COLORS

迷人的彩云南

撰文：司恩平 摄影：陆江涛 等



中国旅游出版社 CHINA TRAVEL & TOURISM PRESS

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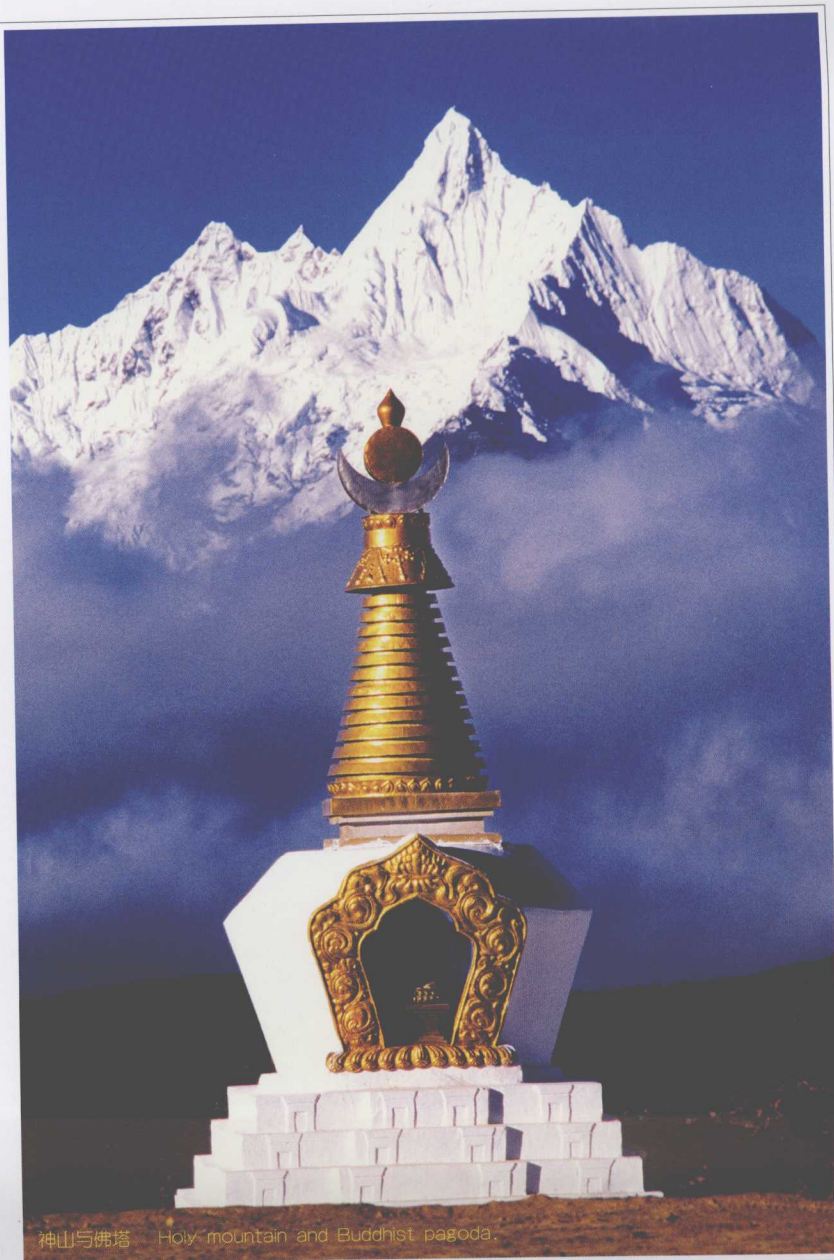
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神山与佛塔 Holy mountain and Buddhist pagoda.



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七彩云南

YUNNAN, A LAND OF MULTIPLE COLORS

云南，一片神奇的土地，古老而年轻。

许多年以来，它俨然如天边外的一个世界，因而古人用“彩云南现”、“云岭之南”来遥指这片高原。

走进云南，人们常用一句话广而告之天下客——大有可观。

走进云南，可观云南，品味这片神奇古老的土地，扑面而来的，是自然拙朴的原生态意味和

氤氲厚重的历史气息。她会顿生穿透时空的沧桑幻觉，萌发对大自然感恩和敬畏的快乐，衍生朝圣般的虔诚，共鸣珍爱生命的心声。时光与自然、历史和现实的交错，毫无疑问成为了驰骋时间长





河，跨越空间大山的思绪风帆，引导着旅行者用不倦的双脚追寻每一道风景独特的元素。

云南至少有着170万年的人类史，居住着26个民族。巍巍绵延的横断山脉，湍急奔流的6大水系，构成了错综复杂的地理环境。各民族不同的自然生活环境，不同的历史进程、不同的民族性格，铸就了不同的社会文化形态。

当你走进云南，接触到勤劳勇敢、能歌善舞的各族兄弟姐妹，你会感到自己置身于一个民族

文化的博大天地，民族风情的奇妙海洋。

这里，曾因其民族的多种社会形态并存，而被历史学家和人类学家称为一部“活的社会发展史”。各民族人民谱写出无数动人的精神颂歌，创造了青铜文化、东巴文化、贝叶文化、爨文化、南诏文化等民族文化，留下了无数璀璨于世的艺术瑰宝。

那些千奇百怪、渲染着古代传统文化的图腾方式和礼仪节庆，构成扑朔迷离的立体景观。

那些造型奇异的民居建筑，五彩缤纷的衣着服饰，别具风采的音乐舞蹈，别开生面的优美传说，充满了奇情异想和生活的诗意，表达出各民族人民继承与光大他们的文化传统，在岁月的变迁中对生活与未来寄予的希望和快乐。

这里，每片森林都蕴藏着希望，每座高山都极富个性，每条江河都源远流长。

这里，到处可以看到艺术的源头或流向，看到梦的诞生和美的形成，以及艺术世界中永远动



1. 从空中俯瞰云南大地
A bird's-eye view of Yunnan.



人的美的造型。

人们说过，云南是一块不会让人失望的土地，因为在这里——

文学家会得到泉涌的灵感和动人的故事；

历史学家会追寻到深邃、幽远、厚重的久远足迹；

美术家会发现绚丽的色彩与优美的线条；
摄影家会拍到神秘梦幻的天外奇景；
音乐家会捕捉到创作的激情和迷人的旋律；
旅行家会赞叹不已大自然的鬼斧神工；
美食家会品尝到独特爽口的美味佳肴；
教徒们则会如愿以偿地找到虔诚的圣洁与庄

严的圣殿。

……

多少世纪以来，生活在这片土地上的云南各族人民，以自己的生命挚爱着这诗一般的家园。

他们为她的高山大川、峡谷平坝，为她的森林、湖泊、溪流和每一寸哺育他们的土地而充满



2. 基诺族的狂欢节

Carnival of the Jinuo people.



激情。

他们也同样为这片土地衍生出来的民族文化感到骄傲和自豪。

这就是云南，迷人的风采独树一帜。

“峰峦涌作千顷海，峰簇裁成万仞葱”。这是对云南地貌的形象写照。

站在形似雄鸡，峰谷纵横，河流回旋，盆地镶嵌的云南地图前，你会发现完全可以把这片土地称为“山的海洋”。而在这片特殊的不平坦的起伏“海洋”中，云南大山的“子民们”以每公里六米的节律抬升着，搭建着阶梯，从海拔仅76米的滇南河口，溯向到滇西北高达6740米的香格里拉

拉德钦梅里雪山的卡格博峰，结果竟搭成了一把绿葱葱的逐级而上的九百里天梯？其顶端的卡格博峰迄今还是人类未曾登上过的处女峰。

在这把天梯上，三大巨人——高黎贡山脉、怒山脉和云岭山脉，傲然挺立，风采迷人，膝下的子民们纵向排列，自北向南长驱而下，高





黎贡山、碧罗雪山、太子雪山、白马雪山、哈巴雪山、玉龙雪山、点苍山、无量山、哀牢山、梁王山、乌蒙山……从青藏高原一直伸向东南亚。

云南是山的世界，山是云南的脊梁，大山是人们的摇篮，人们是大山的子民，云南与山可谓形影相随。登高望远，群山连绵，层层叠叠，近的色深，远的浅淡，望不尽的山峦似乎彼此间有着割不断的血缘。凡天壤相接之处，必有山的轮廓嵌入天际，映入眼帘，大山成为连天接地的桥梁。

云南不仅山多，而且山奇。

这里，有着北半球距赤道最近的雪山群。在灿烂阳光和蓝缎般美丽的天空下，梅里雪山、轿子雪山、玉龙雪山、点苍山、白茫雪山、哈巴雪山、永德大雪山等山岳冰川挺拔屹立，颇为壮观。

这里，有着中国的火山之冠腾冲火山群，可以登上圆锥般的火山口，在锥状、钟状、白状和盾状的火山及其台地上惊喜与赞叹。也可以在号称“地热博物馆”的“热海”享受美容、健身、观奇的快乐。

这里，与山派生出来的奇观还有石林、土林和彩色沙林。石林奇形诡异，千峰叠翠。土林造型变幻万千，色彩缤纷。彩色沙林以季节、气候、角度和时间的不同而色调变化，景观迥然异趣。

这里，依山而成，幽深莫测，钟乳嶙峋的溶洞也分外的雄奇险峻，不仅多而密集，且类型齐全，险、美、奇兼备。阿庐古洞、建水燕子洞、九乡溶洞、白龙洞、冷风洞、珍珠洞等等都是旅游和科考的精品。

有山就有峡谷，于是，在云南大地上，沟壑纵横，江河奔流而下就成了大自然展示其造物想像力，考验云南人勇敢和毅力的最具代表性的杰作之一。

山，是云南热情的怀抱，在这里，总有看不完的大山，走不尽的山路，唱不完的山歌，跳不尽的山舞，永远也说不完讲不尽的山的故事，山的秘密。

所以，才有人这样说，山其实是云南之魂。有山必有川，有山就有水。



3. 高原的报春花
Primroses on plateau.
4. 高山黄杜鹃花
Alpine azaleas.
5. 雄伟壮观的白茫雪山
The magnificent Baimang Snow Mountain.

在云南这把用山连天的梯子上，山用它与天和云交流的情感，孕育了冰雪、甘泉、溪流和森林，让江河长大成人。

亿万年前的喜马拉雅造山运动，在云南这片充满原始生机的红土高原上也造出了六条奔腾流动的生命之源，古人称为“六水”，即江水、河水、濮水、劳水、周水和多水，那便是流经云南的金沙江——长江，怒江——萨尔温江，澜沧江——湄公河，元江——红河，南盘江——珠江，独龙江、大盈江、瑞丽江——伊洛瓦底江。而培育这六大水系的云南，人们则形象地把它称之为“亚洲的水塔”。它用不停的脚步召唤和带着横穿纵贯于云南的大小六百多条河流，龙舞虬盘。它们带着声的倾诉，力的渲泄，水的柔刚，日以继夜地创生着、衍发着以亿计数的水电的动力。

山是大地的骨架，江河之水则是大地的血脉，万物的根源。这些流动的血脉，给大地带来了异彩纷呈的容貌，生机勃勃的活力。

古称黑水、绳水、丽水，却因盛产金沙而得名金沙江，从唐古拉山走来，一路上穿山入峡，气势磅礴，造就无数壮丽景观。虎跳峡惊险雄奇，天下一绝。长江第一湾水高江阔，弯急突然。

怒江，汉称周水，唐叫怒江。水流湍急，河道深切，险滩层出，两岸山脉夹江对峙，世界级大峡谷由此而生。

被称为东方多瑙河的澜沧江——湄公河，一江跨六国，是亚洲第一大河流。它跨越25个纬度，从高原雪域冰川区，经寒带、温带、亚热带、热带进入赤道带，几乎全包容了世界各种气候带。这条看似温文尔雅的大江，其实蕴藏着巨大的能量，占了中国总水能资源的14%。其光与热的储量，完全堪称一个“小太阳”。沿着澜沧江走过，一段旅途竟能感受春夏秋冬。沿岸山川奇丽，人文独特。迈开脚步，溯江而下，天、地、人、物的丰采神韵，比比皆是。历史岁月，举目可见。

在润湿的热带气候条件下，高原上的玄武岩在漫长的岁月中，慢慢分解为红土。在身边水流的引诱下，红土将奔放热情的身躯投入了江河，从此，这条发源于云南省巍山县永建乡的水系元



江——红河，就和红色结下了不解之缘。在玉溪地区，它被称为元江，而在红河州以及越南，它就是红河，直到注入蓝色的海洋。

四百多年前，明代的大旅行家徐霞客两次来到云南，在南盘江流域，寻觅五千里南盘江——珠江的源头。这个源头，就是云南沾益县马雄山东麓一个寂静的出水洞。珠江的胚胎出洞后，依然迷恋着美丽的大地母亲。它在南边绕了个弯又拐回曲靖说再见，这才一直奔东而去，人们因此把它的云南名字叫做南盘江。这个温柔多情的云南姑娘，走过多情的滇东大地，走过贵州的青青苗岭，走过广西如画的壮乡，走过广东的车水马龙，走过香港和澳门不夜的灯火，一直走进太平洋。

由西藏察隅县出发的独龙江，一上路就翻山越岭，在绵延起伏的巍峨山峦中奔跑，有若从天而降。在这段很多年以来一直与世隔绝的旅途

中，独龙江把自己修炼成了一条高傲和饱含秀美风光与人文光彩的河，一条古老而又神秘的江。经千山万谷进入茂密雨林和倩影婆娑竹林怀抱的美丽德宏后，这条充满霸气的江，入乡随俗，变成了妩媚和温柔的大盈江、瑞丽江和可爱的缅甸“姑娘”伊洛瓦底江。

走过这些江，不乏惊险粗犷的感觉，也有清幽雅静的吸引。

如果说，奔腾的大江是云南版图上的棋盘线，那么分布上面的大大小小30余个断层陷落淡水湖泊，就是这些棋盘间最亮丽精致的棋子。它们像一块块镶碧嵌玉的明镜散布在山间的盆地中。滇中有昆明滇池、澄江抚仙湖、江川星云湖、宜良阳宗海和通海杞麓湖；滇西有大理洱海、永胜程海、宁蒗泸沽湖、剑川剑湖和洱源茈碧湖；滇南有石屏异龙湖、蒙自南湖、长桥海、大屯海。这些湖泊，是高原上最美景

致的定格。

所以，有人才这样说，水是云南之魂。

我们这个时代，流行一种很美丽、很快乐、很时髦、很让人留恋的颜色，那是绿色。

绿色是大自然创造的最慷慨但也最脆弱的颜色，云南是这种颜色的生命之源。

绿色让这里成为了世界气候的博物馆，六千多米的地形相对高差使39.4万平方公里的云南汇集了热带、亚热带、温带和寒带的气候类型，“一山有四季，十里不同天”。

这不同的四季不同的天，犹如魔术般的变化，其实来源于云南气候跨八个纬度间的温度差异，因而她网罗了相当于从中国南部的海南岛到东北长春市之间的年均温差。因而，大自然在这里就像人们在四季里不断变换服饰一样，显露出异彩纷呈的世界。只不过这个世界是以绿色作为基调而调和出来的缤纷世界。



于是,云南才充满了这样的诱惑与魅力——既有中国境内最低纬度的冰川,终年积雪的山峰,又有亚热带四季入春的山间盆地,以及炎热的河谷和弥漫着热带植物气息的迷人风光。

在云南的旅行往往是这样的:清晨,你从山谷底气候炎热的江边出发,去看那抬头可见的山峰。当你气喘吁吁登上山腰,却发现不用脱衣,因为气候宜人。在垂直海拔几千米的距离内,你尽可以领略从中温带到北热带的气候和自然景物。于是,这种立体型的气候特征和横断山脉的南北走向,使北方的动植物可沿山脉的上部而下;南方热带性动植物又可沿河谷而上。这样,就为云南带来了动植物垂直分布或生存的千种姿态,万种风情。也为云南带来了“动植物王国”的美称。如此,奇花异木、珍稀动物和独特风光和你在旅途中不期而遇也就不足为奇了,要不然会把这片土地称为美丽神奇?

在这片美丽神奇的土地上,104个自然保护区守护着大自然给予人类的,屈指可数的最后一物种的生命,其中,西双版纳、高黎贡山、哀牢山、白马雪山、苍山洱海和南滚河就是这些生命在云南乃至我们生存的这个地球上最后的栖

息地和绿洲。

所以,有人这样说,绿色是云南之色,是生命之色。

品味云南,东南西北中,无论你选择何方,可谓处处有景,步步有情。

感悟云南,纵横山水间,不管你走到哪里,终是时时奇,天天有新。

Yunnan, a mysterious, wonderful land, has a long history yet looks young.

For ages, Yunnan is like a fairyland isolated from the world. In ancient times, this plateau was viewed as colorful clouds emerging in the south.

Entering Yunnan, people will share a common impression-marvelous attractions.

Entering Yunnan, you can enjoy the natural indigenous flavor and rich cultural atmosphere penetrating this ancient land. Immediately, you will be overwhelmed by an illusion of going beyond time and space, gain a joy of appreciating and revering the great nature, develop a feeling like a devout pilgrim, and echoing in response with a love for life. The



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6. 高原牧场

A highland pasture.

7. 滇金丝猴

Yunnan snub-nose monkey.

8. 世界自然遗产 神秘的梅里雪山

The mysterious Meili Snow Mountain, a world natural heritage.

mixture of time with nature and history with modernity will undoubtedly become a sail of thinking, braving the waves of the river of time, crossing the mountains of space, and guiding the travelers on the path in pursuit of the unique elements of every view.

With a history of more than 1.7 million years, Yunnan is inhabited by 26 ethnic groups. The meandering Hengduan Mountains and the torrent six river



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systems compose a complex geographical environment. The ethnic groups vary in natural living environment, historical process, and characters, and this contributes to a variety of social and cultural forms in Yunnan.

Entering Yunnan, you will soon get in touch with the brave, diligent, and artistically talented people of various ethnic groups and find yourself in a fantastic world of ethnic cultures and customs.

Because of the co-existence of a variety of social forms, the place was considered a "living social development history" by historians and anthropologists. The people of various ethnic groups have composed countless spiritual odes, created the Bronze Culture, Dongba Culture, Cuan Culture, and Nanzhao Culture, and left behind many splendid gems of art.

The strangely designed totems and customs imbued with traditional culture present bewildering landscapes.

The distinctive-styled residential structures, colorful costumes, amazing music and dancing, and beautiful legends are permeated with astounding intelligence and a poetic touch of life, embodying all the ethnic people's efforts in carrying forward and glorifying their cultures and traditions as well as their hopes and delights in life and future.

Here, every forest contains hope; every mountain demonstrates specific characteristics; and every river has a distant source.

Here, it is easy to find the source and flow of art, the birth of dream, the formation of beauty, and the eternal, beautiful designs in the world of art.

In people's eyes, Yunnan is a land that will never

disappoint visitors, because on this soil —

Literati will obtain streams of inspirations and lovely stories;

Historians will discover traces of the remote past;

Painters will find gorgeous colors and beautiful lines;

Photographers will capture mysterious, resplendent scenes;

Musicians will gain creative passion and enchanting rhythms;

Travelers will marvel at the uncanny workmanship of the great nature;

Gourmets will enjoy distinctive, delicious food;

Religion believers will find holy, solemn shrines...

For centuries, the inhabitants of Yunnan have



devoted their deep love to their homeland.

They are full of passion because of the mountains, valleys, dams, forests, lakes, rivers, and every inch of land that has nurtured them.

They are proud of the diverse ethnic cultures developing on this land.

This is Yunnan, showing a charm of its own. As a verse describes the landforms of Yunnan, mountain ranges resemble the tides of the sea, and edgy peaks tower to reach the sky.

Facing the topographic map of Yunnan, which features a shape of rooster embracing crisscrossed



9. 彝族小伙子祭火的形象
A young man of the Yi ethnic group at a fire-sacrifice ceremony.
10. 傣族佛塔
Dai-styled Buddhist pagoda.
11. 世界自然遗产 怒江大峡谷
Nujiang Great Gorge, a world natural heritage.



mountains and valleys, winding rivers, and inlaid basins, you will find that Yunnan is virtually a “sea of mountain.” In this special “sea,” the mountains rise six meters every kilometer, and formed between the river mouth in southern Yunnan, only 76 meters above sea level, and Kagebo Peak on Meili Snow Mountain in the northwest, which towers 6,740 meters above sea level, is a green “heavenly ladder.” Today, Kagebo still remains an untouched virgin peak.

Along this “heavenly ladder” are three great mountain ranges—Gaoli-Gongshan, Nushan, and Yunling. Other mountains are longitudinally arrayed from north to south—Mt. Gongshan, Biluo Snowy Mountain, Taizi (Prince) Snow Mountain, Baima

(White Horse) Snow Mountain, Haba Snow Mountain, Yulong (Jade Dragon) Snow Mountain, Mt. Dianchang, Mt. Wuliang, Mt. Ailao, Mt. Liangwang, and Mt. Wumeng—extending from the Qinghai-Tibet Plateau to Southeast Asian.

Yunnan is a world of mountain. The winding mountain ranges compose the backbone of Yunnan. Mountains are the cradle of people, while the Yunnan inhabitants are descendants of the mountains. Viewed from a high position, range upon range of the mountains stretch as far as the eye can see and seem to be connected by ties of blood. With their outlines inlaid between land and sky, the mountains are like bridges linking earth to heaven.

The mountains in Yunnan stand out not only in number but also in diversity.

Here, the snow mountain complex is the nearest one to the equator in Northern Hemisphere. In the brilliant sunshine and set off by the sky as beautiful as blue satin, the Meili, Sedan, Jade Dragon, Dianchang, Baimang, Haba, and Yongde Snow Mountains present a magnificent view.

Here, the Tengchong Volcano Group is larger than any other dormant volcano group in China. Standing at the crater, you will marvel at the volcanoes in the shapes of cone, bell, mortar, and shield. You can also enjoy the various delights brought by



the terrestrial heat.

Here, landscapes deriving from the mountains also include stone forests, clay forests, and colored sand forests. While the stone forests feature oddly shaped rocks, clay forests embrace multiple clay images. And the sand forests present varying views in different colors according to such elements as season, climate, angle, and time.

Here is also a dense complex of limestone caves hidden in secluded mountain valleys and featuring rugged stalactites. The Alu Ancient Cave, Jianshui Swallow Cave, Jiuxiang Cave, White Dragon Cave, Cool Wind Cave, and Pearl Cave are not just tourist attractions but also destinations for scientific research.

Where there are mountains, there are valleys. On the soil of Yunnan, valleys and ravines crisscross, and rivers and streams rushing down the mountains are masterpieces created by nature to test the bravery and willpower of the local people.

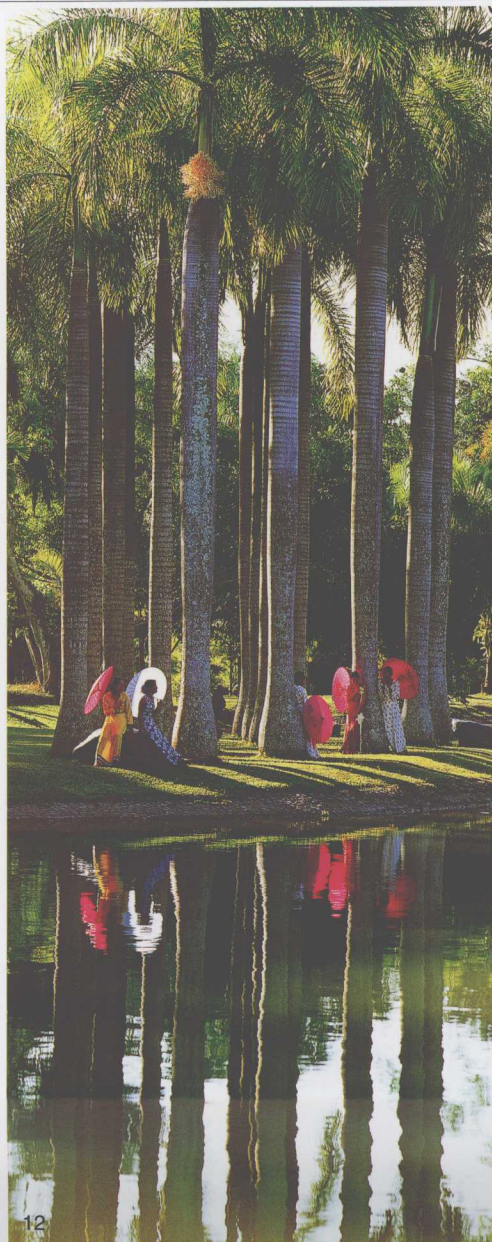
Mountains are the warm embrace of Yunnan. Here, there are endless mountains to see, endless mountain paths to travel, endless mountain songs to sing, and endless stories and mysteries about the mountains to share.

Therefore, some people say that mountains are virtually the soul of Yunnan.

Where there are mountains, there must be waters.

As they connect earth to heaven, the mountains communicate their emotions with sky and clouds and have nurtured ice, snow, forests, springs, streams, and rivers.

The Himalayan orogeny hundreds of millions of years ago gave birth to the vital sources of six river systems on the red-soil plateau. Historically known as "Six Waters," the six river systems passing Yunnan Province are the Jinsha-Changjiang (Yangtze), the Nujiang-Salween, the Lancang-Mekong, the



Yuanjiang-Honghe, the Nanpan-Zhujiang (Pearl), and the Dulong-Daying-Ruili-Irrawaddy. As the cradle of the six river systems, Yunnan is dubbed as the "Water Tower of Asia." In unceasing steps, it beckons and guides the more than 600 rivers crisscrossing its territory, which generate considerable hydraulic power day after night with torrential sound, great strength, and turbulent currents.

While mountains are the skeleton of the land, rivers are like flowing blood vessels, brining resplendent appearance and fresh vitality to the land.

Historically known as Heishui, Shengshui, or Lishui, the Jinsha (Gold Sand) River, so named because of its abundant production of gold sand, originates from Tenglula Mountain, flows through many mountains and valleys, and presents countless attractive views. Along the river, the Hutiao (Tiger Jump) Gorge is well-known for its dangerous precipices, and the First Bend of the Yangtze River features a broad expanse and an abrupt turn.

The Nujiang River, known as Zhoushui during the Han Dynasty (206B.C.-A.D.220), features swift currents, a deep river course, and many dangerous shoals. With mountains stand facing each other across the river, a world-class great gorge came into being.

The Lancang-Mekong River, dubbed as "River Danube of the Orient," is Asia's only international river crossing six countries. It spans 25 latitudes, which cover almost all the climatic zones of the globe, from the glacier area on plateaus in frigid zone to temperate zone, subtropical zone, tropical zone, and finally to the equator. Though it has comparably gentle, elegant flows, the river contains tremendous energy, accounting for 14 percent of China's hydraulic resources. With potential light and heat reserve, it is compared to a "Lesser Sun." Traveling along the Lancang River, one will experience all the spring, summer, autumn, and winter seasons and enjoy beautiful landscapes and unique cultures on both its



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banks. The charm of the heaven, earth, man, and nature meets the eye and historical traces can be found everywhere.

Under the conditions of humid tropical climate, basaltic rocks on the plateau gradually disintegrates into laterite, and because of the lure of the nearby water, the red soil throws itself into the river. Therefore, the Honghe (Red) River, originating from Yongjian Township in Weishan County, Yunnan Province, is closely tied with red color. In Yuxi area,

the river is called Yuanjiang, while in Honghe Prefecture and Vietnam, it is called Honghe, until it enters the vast blue sea.

More than 400 years ago, Xu Xiake, a famous traveler of the Ming Dynasty, visited Yunnan twice to search for the source of the Nanpan-Pearl River. The source was finally discovered in the quiet cave at the eastern foot of Maxiong Mountain in Zhanyi County. After being born from the cave, the river is still infatuated with her motherland, so it made a turn

12. 甜美的西双版纳

Xishuangbanna, a beautiful land.

13. 泸沽湖边休闲的摩梭人

Mosuo people resting on Lugu Lake.

in the south and then flows eastward after bidding farewell to her mother. Therefore, the river's section in the territory of Yunnan is called Nanpan (Southern Winding). Leaving Yunnan, the river continues its journey eastward and passes Guizhou Province, the



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picturesque Guangxi Zhuang Autonomous Region, Guangdong Province, Hong Kong, and Macao, and finally enters the Pacific.

Originating from Chayu County in Tibet, the Dulong (Sole Dragon) River makes its way at a rapid speed among the mountain ranges, like a dragon flying from the heaven. In this journey isolated from

the world, the river tempers itself into one that is arrogant, gorgeous, ancient, and mysterious. After entering Dehong, an elegant place surrounded by dense rain forests and beautiful bamboo groves, it turns into the charming, gentle Daying and Ruili Rivers, and as it enters the territory of Myanmar, the river has a new name-Irrawaddy.

Travelers to these rivers will not only be impressed by their danger and magnificence but will also be attracted by their tranquil and elegant flavor.

If the turbulent rivers compose the lines of a chessboard, the more than 30 fault subsidence freshwater lakes scattered around Yunnan are the delicate pieces on the chessboard. They also resemble jade-like