

ཀྲུང་གོ་འོ་ཆེས་མཛེས་པའི་ས་ཁག། ལྷོ་ཁི་བྲོན་དཀར་མཛེས་ལུང་སྒོར།

中国最美的地方 CHINA'S MOST BEAUTIFUL AREA

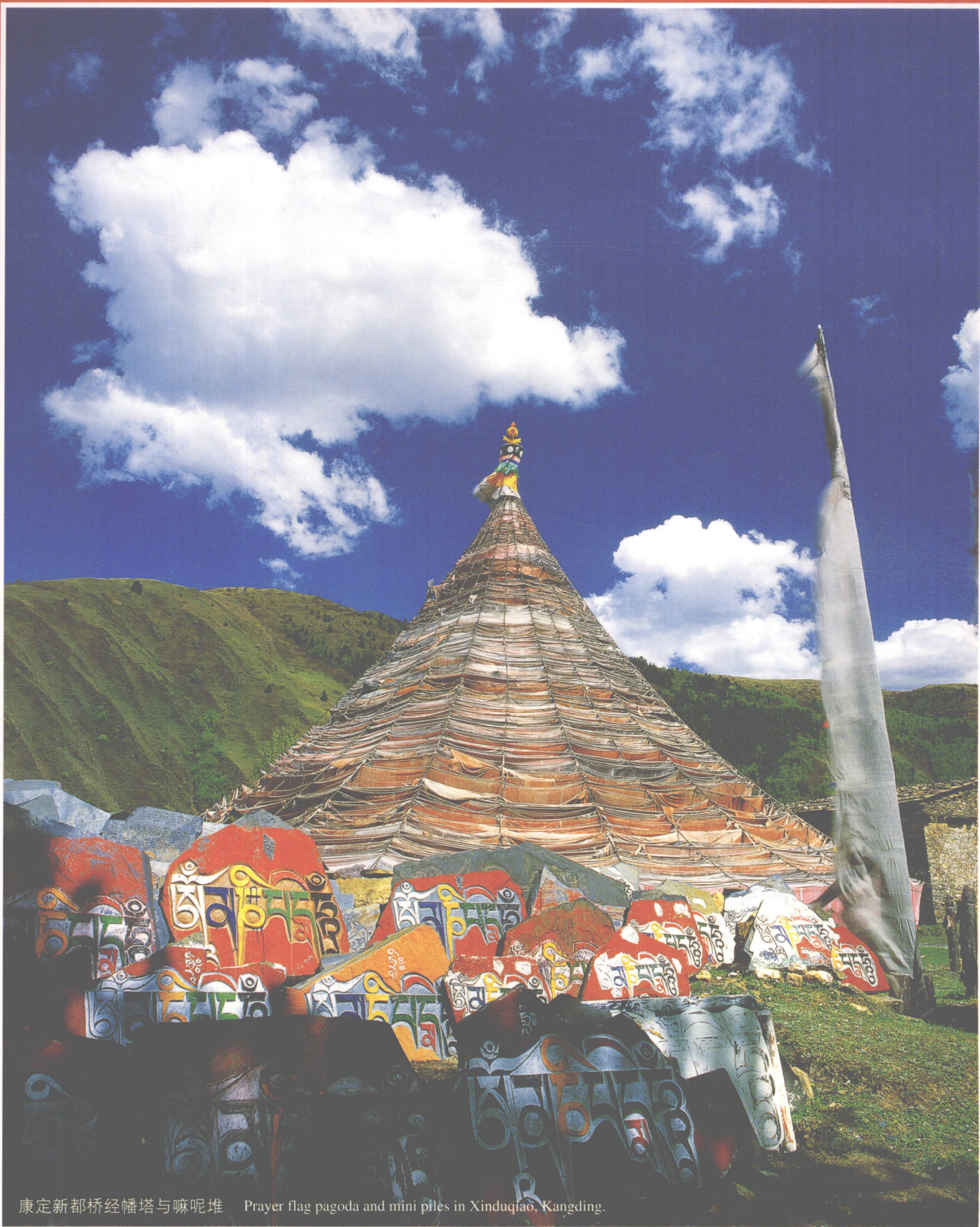
# 四川甘孜旅游

TOURS TO GARZE, SICHUAN



甘孜藏族自治州旅游局  
GARZE TIBET AUTONOMOUS PREFECTURE TOURIST BUREAU





康定新都桥经幡塔与嘛呢堆 Prayer flag pagoda and muni piles in Xinduqiao, Kangding.

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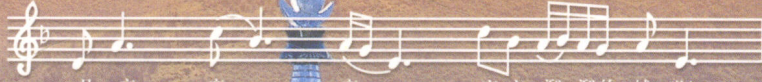
康定情歌  
THE LOVE SONG OF KANGDING  
དར་མདོའི་མཚན་མཛ།



跑马溜溜的山上 一朵溜溜的云哟，  
1. Over the (liuliu) paoma Mountain, there is a (liuliu) pure white cloud.  
རི་བོ་གདན་ཐོག་གི་ཕྱིང་བྱ། རྩེན་པ་དཀར་པོ་ཞིག་གྱུ་ཡིང།  
李家溜溜的大姐 人才溜溜的好哟，  
2. The (liuliu) eldest sister born from Li's is (liuliu)very pretty.  
ཡུར་ཚང་ཡིད་འོང་གི་བུ་མོ། རྩེན་པ་མཛེས་པོ་འདུག་ཡི།  
一来溜溜的看上 人才溜溜的好哟，  
3. Firstly,his falling in love with the (liuliu) girl for her (liuliu) beauty.  
བྱུང་ལོ་རྩེན་པ་ཕྱིང་མེ། མོ་ཀའར་བྱི་བཤམ་པར་ཤོར་ཚང།  
世间溜溜的女子 任我溜溜的爱哟，  
4. All the (liuliu) girls over the world, as much as (liuliu) I love.  
འཛེས་སྲིང་མཛེས་མ་མང་ཡིང། དང་ཡིས་འདྲད་པར་འཚེ་ཡི།



端端溜溜的照在 康定溜溜的城哟，  
The cloud is crowning (liuliu) Kangding (liuliu) Town uprightly.  
རྩེན་དཀར་ལང་ཡོང་བྱུ་འཕྱར་ནས། དར་མདོའི་གྲོང་ལ་གཤོག་བྱུང།  
张家溜溜的大哥 看上溜溜的她哟，  
The (liuliu) eldest brother born from Zhang's has fallen in love with (liuliu) her.  
མར་ཚང་གི་མཛེས་མར་དཔའ་འོག། མོ་ཀ་དཀར་པོ་རྩེན་བྱུག་བྱུང།  
二来溜溜的看上 会当溜溜的家哟，  
Secondly,his falling in love with the (liuliu) girl for her (liuliu) housework.  
འཛེན་བྱང་བྱམས་པ་མེ་ལྷན་པས། མོ་ཀའར་ཡིད་ལ་ཚགས་བྱུང།  
世间溜溜的男子 任你溜溜的求哟，  
All the (liuliu) boys over the world, as much as you (liuliu) woo.  
འཛེས་སྲིང་མོ་ཀའར་མང་ཡིང། ལྷོད་བྱིས་ཚོམ་པར་བད་མས་ཡི།



月亮弯 弯 康定溜溜的城哟！  
A crescent moon, Kangding (liuliu) Town.  
ལྷན་གསལ་ཡོང་བྱིས། དར་མདོའི་གྲོང་ལ་འཕྱོར་བྱུང།  
月亮弯 弯 看上溜溜的她哟！  
A crescent moon, his falling in love with (liuliu) her.  
ལྷན་གསལ་ཡོང་བྱིས། མོ་ཀ་དཀར་པོ་རྩེན་བྱུག་བྱུང།  
月亮弯 弯 会当溜溜的家哟！  
A crescent moon, for her (liuliu) housework  
ལྷན་གསལ་ཡོང་བྱིས། མོ་ཀའར་ཡིད་ལ་ཚགས་བྱུང།  
月亮弯 弯 任你溜溜的求哟！  
A crescent moon, as much as you (liuliu) woo.  
ལྷན་གསལ་ཡོང་བྱིས། ལྷོད་བྱིས་ཚོམ་པར་བད་མས་ཡི།







香格里拉之魂—稻城亚丁 Yading in Daocheng - the soul of Shangri-La.









雅拉神山下的康定塔公木雅经堂 Muya praying rooms in Lhakang, Kangding, at the foot of the sacred Yala Mountain.







# 走进甘孜 走进阳光

## Coming to Garze and Into Sunlight

甘孜藏族自治州位于中国四川省西部，距省会成都324公里，东接四川省雅安市，西邻西藏自治区，南连云南省和四川凉山彝族自治州，北至青海省与四川阿坝藏族羌族自治州，是新中国成立的第一个少数民族自治州，人口92万，其中藏族72万，占总人口的78.9%；幅员面积15.6万平方公里，辖18县，州府所在地为闻名世界的“情歌故乡”——康定。全州大多数地方年平均日照时间超过2400小时、300余天，是名副其实的“阳光地带”。

甘孜州地大物博，地处青藏高原向四川盆地过渡的横断山脉中部，跨越了中国地理的三个阶梯，金沙江、雅鲁江、大渡河纵贯全境，山河相间，相对高差达6400余米，属亚热带高原型季风立体气候，复杂多变，“一山有四季，十里不同天”，生态景观和生物资源保存完整，呈现出极端的多样性。原始的雪山、冰川、草原、森林、湖泊、峡谷、河流、温泉连缀一体，大熊猫、藏羚羊、藏马鸡等珍稀动物穿梭其中，展示出一幅纯净和谐的动人画卷，是著名的“雪山之乡”、“草原之乡”、“天然温泉之乡”、“峡谷之乡”、“湖泊之乡”、“河流之乡”、“高山杜鹃之乡”和大量动植物的家园，有“蜀山之王”贡嘎山、“冰川温泉森林公园”海螺沟、“香格里拉之魂”亚丁、“西天情海”木格措、“神山圣海”措普沟和毛垭坝大草原等一大批世界自然遗产、国家重点风景名胜区、自然保护区和森林公园。

甘孜州历史悠久，文化灿烂。炉霍关门石、丹巴中路等遗址的发掘，说明在旧石器时代，这里就有大量的人类活动。从春秋战国时期起，这里就成为了以藏民族为主体的多民族融合的走廊。1413年，明成祖朱棣封德格二世司徒活佛为国师，这里开始成为朝圣中心。1935—1936年，红军长征在此写下了“飞夺泸定桥”、“甘孜会师”、“建立博巴政府”等光辉篇章。1939年，以康定为省会的西康省在此成立，直至新中国诞生。在漫长的历史长河中，这里演化出了康巴、嘉绒、木雅、安多、扎坝、鱼通等多彩的藏族文化，藏传佛教的黄、红、花、白、黑五大教派同生共存。梵音缭绕，歌舞飞扬，康定情歌、茶马古道、德格印经院、岭·格萨尔王史诗、跑马山

转山会、理塘赛马会、松格石经城、“最美丽的乡村”、“千碉之国”、“美人谷”、“康巴汉子”等一系列极具震撼的文化品牌蜚声中外。

地域广阔的甘孜州可划分为三大旅游区：东部环贡嘎山旅游区包括康定、泸定、丹巴、道孚、九龙、雅江6县，有贡嘎山、跑马山、木格措、塔公、海螺沟、泸定桥、丹巴藏寨、道孚民居、伍须海、郭岗顶等景区；南部香格里拉生态旅游包括稻城、理塘、巴塘、乡城、得荣5县，有亚丁、白藏房、香巴拉七湖、下拥、措普沟、夏邛古镇、毛垭坝大草原、长青春科尔寺等景区；北部格萨尔文化旅游区包括德格、炉霍、甘



孜、色达、石渠、白玉、新龙7县，有格萨尔故里、德格印经院、玉龙拉措、八邦寺、白利寺、巴格嘛呢石墙、松格石经城、父系部落、拉日玛草原等景区。

从十八世纪中叶到十九世纪初，威尔逊、洛克、詹姆斯·希尔顿等西方探险家、传教士、作家不断造访这里，抽丝剥茧般逐步将这片雪域净土的神秘与美丽介绍给了世界，使这里成为了“香格里拉”的核心地区。在“选美中国”、“景观大道”等一系列权威评比中，甘孜州以其绝美的风光横空出世，独占花魁，世界旅游组织和国家旅游局更是将这里作为中国西部旅游、特别是四川旅游的后劲所在。

新世纪的光辉朗照着甘孜大地。随着二郎山隧道的贯通和通县油路工程的实施，甘孜州的可进入性已大大提高，接待设施日臻完善，康定机场将于2008年正式通航。甘孜旅游的春天已然来临，朋友，来吧，让我们携起手来，走进甘孜，走进康巴，走进净土，走进阳光！

The Garze Tibet Autonomous Prefecture is located in western part of China's Sichuan Province, 324 kilometers away from Chengdu, capital city of the province. It borders Ya'an in the east, Tibet in the west, Yunnan and Liangshan Yi Autonomous Prefecture in Sichuan in the south and Qinghai and Aba Tibet Autonomous Prefecture in Sichuan in the north. It is the first minority autonomous prefecture founded in New China. Garze has a population of 920,000. Of which 720,000 are Tibetans, or 78.9 percent of the total. This prefecture covers an area of 156,000 square kilometers, embracing 18 counties. Its capital is Kangding famous for love songs in the world. Most areas in the prefecture have an average sunlight time of 2,400 hours or some 300 days a year. Garze is really an area under the sunlight.

Garze Prefecture has vast territory and abundant resources. Situated in the middle section of the Hengduan Mountain, this prefecture extends over three geographical tiers with three rivers of Jinsha, Yalong and Dadu passing through. The mountains here are high and rivers are deep, with a relative drop of some 6,400 meters. Garze has a subtropical highland seasonal climate which is complicated and changeable, like a saying of "having four seasons in one mountain and a different weather in a place five kilometers away." The ecological conditions, landscape and biological resources are varied and balanced well. The primitive snow-clad mountains, glaciers, grasslands, forests, lakes, gullies, rivers and hot springs, teeming with giant pandas, Tibetan antelope, white-eared pheasant and other rare animals, constitute a pure and harmonious picture. The prefecture is well known as a village of snow-clad mountains, grasslands, natural hot springs, gullies, lakes, rivers, and highland peony and also a home of animals and plants. In addition the prefecture boasts a group of world natural heritages, key state scenic spots, nature reserves and forest parks such as the Gongga Mountain, the mountain king in the Sichuan, the Conch Gully, a forest park with glaciers and hot springs, Yading, the soul of Shangri-La, Muge Co, a love lake in China's west areas, Cegu Gully famous for sacred mountains and lakes and Maoyaba Grassland.

Garze Prefecture has a long history and brilliant culture. The discovery of some ancient sites such as Guanmen Rock in Luhuo and Zhonglu Ancient Site in Danba has proved there were human activities as early as in the Old Stone Age. Since the Spring and Autumn and Warring States Periods the prefecture has become a community

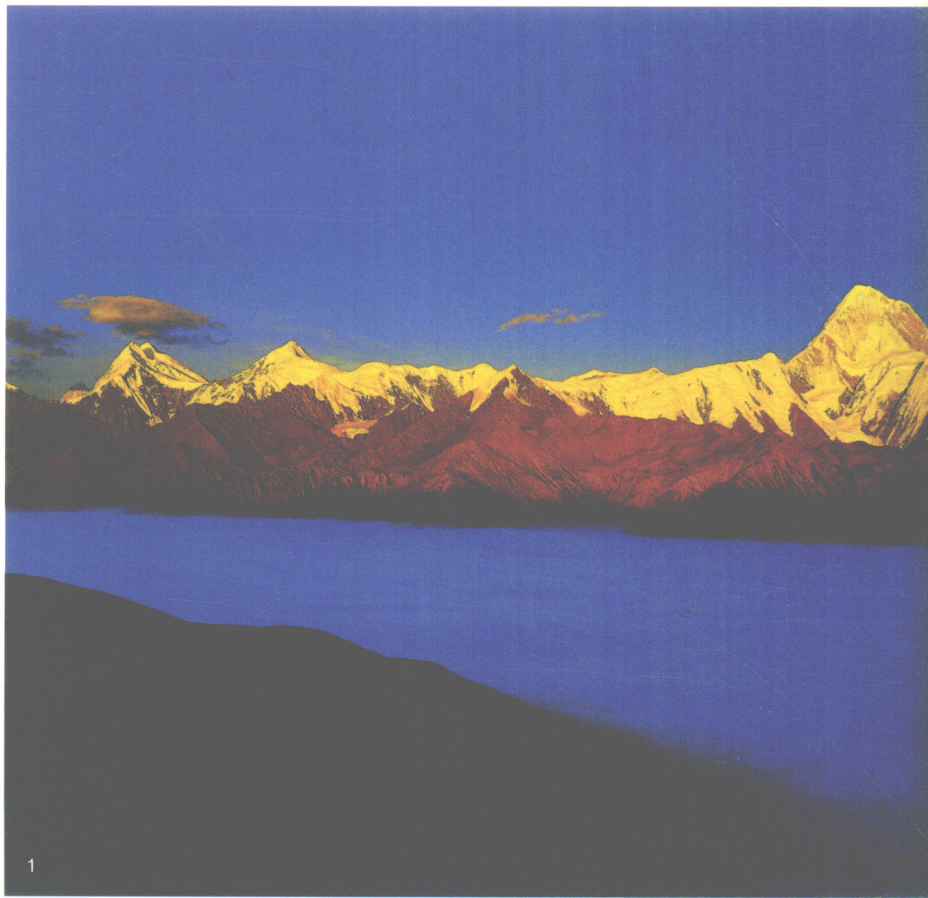


of various ethnic groups with Tibetans as its main body. In 1413, the Ming Emperor Chengzu titled Derge II, a Living Buddha, the preceptor of state. Since then the prefecture became the center of pilgrimage. During 1935-36, the Red Army forces arrived here and wrote down a brilliant chapter in its history by "capturing and crossing the Luding River," "gathering at Garze" and "establishing Boba government" during their Long March. In 1939, Xikang Province with Kangding as its capital was founded and was cancelled after the founding of New China. During this long period of history, colorful Tibetan cultures of Kangba, Jiarong, Muya, Nadu, Zanba and Yutong emerged and the five sects—the Yellow, Red, Striped, White and Black — of Tibetan Buddhism coexisted. Many cultural products such as Tibetan Buddhism, Tibetan dances and songs, Kangding love songs, ancient tea trade routes, the Derge Buddhist Press, epic King Gesar, Festival of the Ritual Walk Around Holy Mountains on Paoma Mountain, Litang Horse Race, Songge Stone Scripture Town, the most beautiful villages, blockhouses, Beauty Gully and Kangba men are famous at home and abroad.

The vast Garze Prefecture boasts three large tourist areas. The tourist area in its eastern part around the Gongga Mountain embraces six counties of Kangding, Luding, Danba, Dawu, Jiulong and Yajiang, and several scenic spots such as Paoma Mountain, Muge Lake, Lhakang, Conch Gully, Ludingqiao, Danba Tibetan Village, blockhouses in Dawu, and Wuxu Lake. The eco-tourist area in its southern part around Shangri-La covers five counties of Daocheng, Litang, Batang, Xiangcheng and Derong, embracing Yading, white Tibetan-style houses, Xiangbalaqi Lake, Xiayong, Cepu Gully, ancient town of Xiaqiong, Maoyaba Grassland, and Litang Chamchen Chokhor Monastery. The Gesar Culture Tourist Area in its northern part embraces counties of Derge, Luhuo, Garze, Sertar, Serxu, Baiyu and Xinlong, and such scenic spots as hometown of Gesar, the Derge Buddhist Press, Yulongla Lake, Palpung Monastery, Beri Monastery, Barge Mani Wall, Songge Mani Stone Town, the patriarchy tribe, and Lharima Grassland.

From the mid-18th century to the early 19th century, some explorers, missionaries and writers from West such as Wilson, Locke and James Hilton visited the prefecture and introduced this pure, mysterious and beautiful snow land to other countries and made it known as a central area of Shangri-La. In recent authoritative competitions, Garze Prefecture leads others for its excellent landscape. The World Tourist Organization and China National Tourism Administration take it as the main destination of tours to China's west areas, especially the tours to Sichuan Province.

Since the completion of Erlangshan Tunnel in the 21st century, it has become more convenient to visit Garze. Also Garze Prefecture has updated its reception facilities and the Kangding Airport will be put into use in 2008. It is mature to visit Garze. Friends, you are welcome to Garze. Let's go to Garze, to Kangba, to this pure land full of sunlight.







1. 贡嘎山——蜀山之王, 东方圣山
  2. 泸定海螺沟——冰川温泉森林公园, 亚洲最大的冰瀑
  3. 康定玉龙西泉华池——神山下的瑶池
1. Gongga Mountain - the mountain king in Sichuan Province and the

holy mountain in the East.

2. Conch Gully in Luding - a forest park boasts glaciers, hot springs and the largest icy waterfall in Asia.

3. Xiquanhua Lake on Yulong, Kangding - a lake at the foot of the holy mountain.



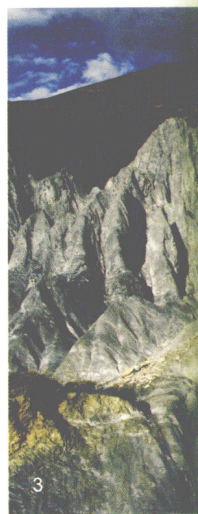
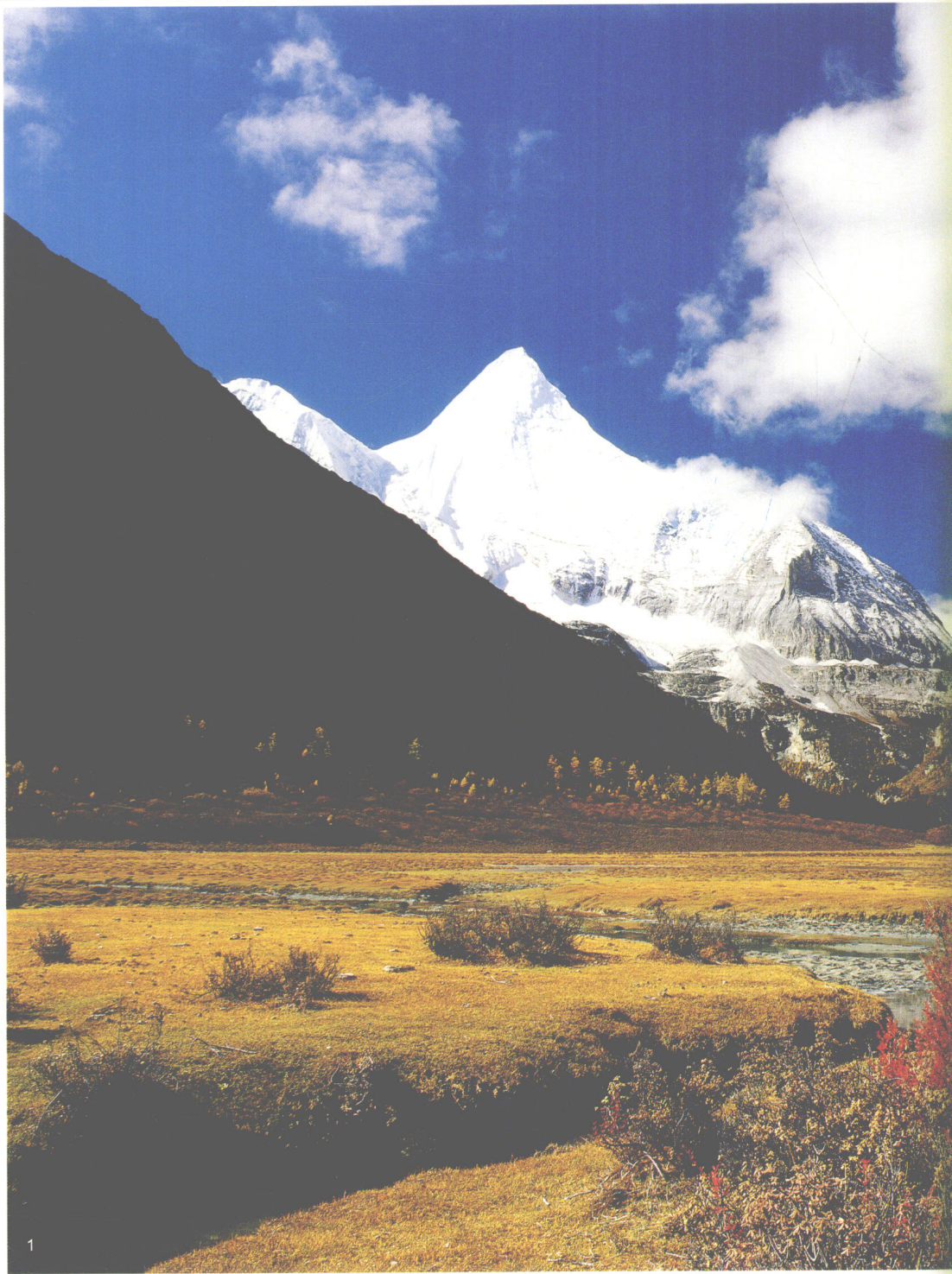
## 雪山之乡

### Village of Snow-Clad Mountains

甘孜州地处“世界屋脊”青藏高原东部横断山脉的腹心地带，雪峰林立，冰川密布，有海拔6000米以上的雪山50余座，终年积雪的雪山100余座，大大小小的现代冰川200余条，是当之无愧的“雪山之乡”。雪山四周沟谷深切，相对高差极大，立体景观多样。高山仰止，厚重不迁，世代居住在这里的藏族同胞将它们视为“神山”倍加珍惜，原始风貌保存完整，是世界上观赏、体验极高山的最佳之地。

The Garze Prefecture is situated in the central area of the Hengduan Mountain in the eastern part of Qinghai-Tibetan Plateau on the "Roof of the World". This prefecture has snow-clad mountains and glaciers everywhere. It has some 50 such mountains with an elevation of more than 6,000 meters and some 100 mountains covered by snow year round. Also it has some 200 modern glaciers. The Garze Prefecture is really a village of snow-clad mountains. Around these mountains there are deep gullies. These gullies demonstrate a big difference in their elevation and constitute a three-dimension scene. The Tibetan people living here for several generations treasure these mountains as the sacred ones. As a result, these mountains preserve their primitive and intact appearance and become the best place to appreciate and learn something from these highland mountains.

1. 亚丁央迈勇神山
2. 康定雅拉雪山（5820米）
3. 八美土石林——高原地质奇观
4. 稻城亚丁的三座神山——夏诺多吉神山、央迈勇神山和仙乃日神山
5. 理塘格聂神山（6204米）——康南第一神山







1. The sacred Yangmai Yong Mountain in Yading.
2. The snow-clad Yala Mountain (5,820 meters above sea level) in Kangding.
3. Earthen and Stone Forests in Baimai - a geological miracle on highland.
4. Xianuoduoji, Yangmai Yong and Xiannairi - three

sacred mountains in Yading, Daocheng.  
5. The sacred Genie Mountain (6,204 meters above sea level) in Litang - the first holy mountain in southern part of Garze Prefecture.





甘孜州是中国的五大牧区之一，草原众多，有大大小小的草原30余个，分布广泛，天高地阔，形态各异，大多在雪山下的江河源头，多与湿地、高山湖泊相伴，水草丰美，牛羊成群，春为花海，夏呈绿茵，秋成金毯，不仅催生了源远流长的游牧文明，也为康巴高原的四季装帧了一幅幅多彩的油画。

The Garze Prefecture is one of the five largest pasturelands in China. In total it has some 30 large and small grasslands scattered widely in the prefecture. Having different shapes, these vast grasslands are mostly located by the river sources at the foot of snow-clad mountains. Lying by the wetlands, mountains and lakes, they have plenty of water and weeds which attract flocks of sheep and cows. In the spring, these grasslands look like seas of flowers, in the summer they are green everywhere and in the autumn they really become golden seas. They have not only promoted the development of a long-standing nomadic civilization but also become a colorful oil painting of Kangba grasslands.

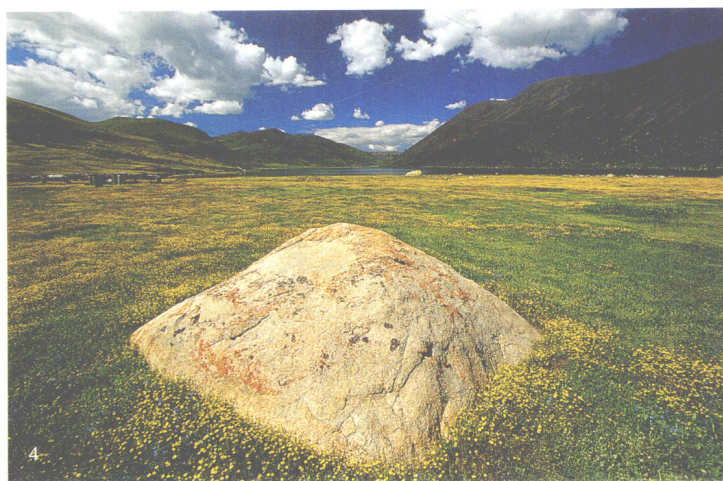
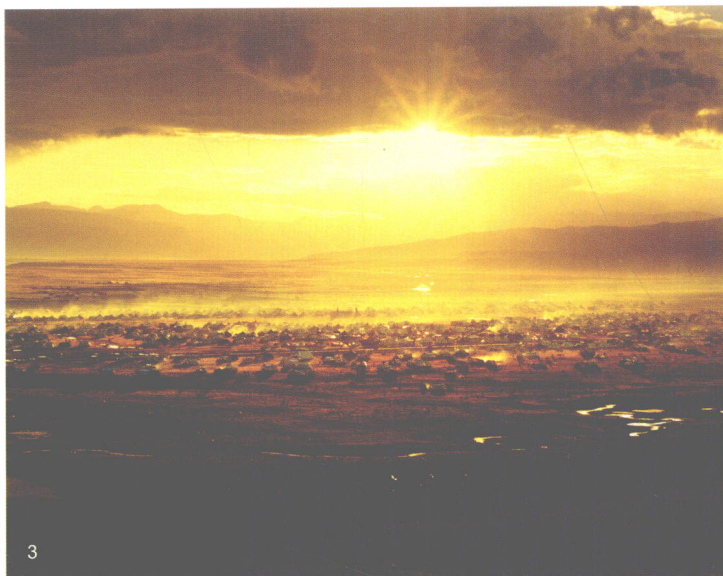


1. 康定雅加埂高山牧场
2. 稻城红草地
3. 理塘毛垭草原帐篷城
4. 白玉昌台草原

5. 万马奔腾
1. Highland Yajiageng Pasture in Kangding.
2. Red Grassland in Daocheng.
3. Tent City on Maoya Grassland in Litang.

4. Chomta Grassland in Palyul.
5. Galloping horses.







甘孜州的高山湖泊星罗棋布，多为冰蚀湖和堰塞湖，几乎县县都有“海子山”，其中仅稻城海子山就有1140余个湖泊。大多数湖泊静卧在雪山的环抱中，为森林、草原所簇拥，水质清冽，像一只只纯真的眼睛，抚摸着天空的每一朵云彩，像一颗颗守望的心灵，聆听着大地的每一次呼吸。生活在这里的康巴儿女将其称为海子（大海的儿子），视为圣湖，妥善保护其中的一草一木、一虫一鱼，湖中和周围的生态环境原始古朴。

The Garze Prefecture has highland lakes everywhere and most of them are glacial erosion and dammed lakes. Each county in the prefecture has its lakes on mountains. For instance Daocheng has some 1,140 lakes on the mountains. These lakes stand quietly on the snow-clad mountains and hide in the forests or lie on the grasslands. Filled with clean water, these lakes are like pure eyes, staring at the clouds in the sky. Also they are souls listening to the breath of the land. The Kangba people living here call them the sons of the sea and treat them as sacred lakes and protect them including the trees and weeds around them or insects and fish in them. So these lakes and areas around them have good ecological conditions.

1. 西天情海——康定木格措
2. 稻城牛奶海
3. 康区第一神湖——巴塘措普湖
4. 仙女倾心的神湖——德格玉龙拉措（新路海）
5. 乡城香巴拉七湖

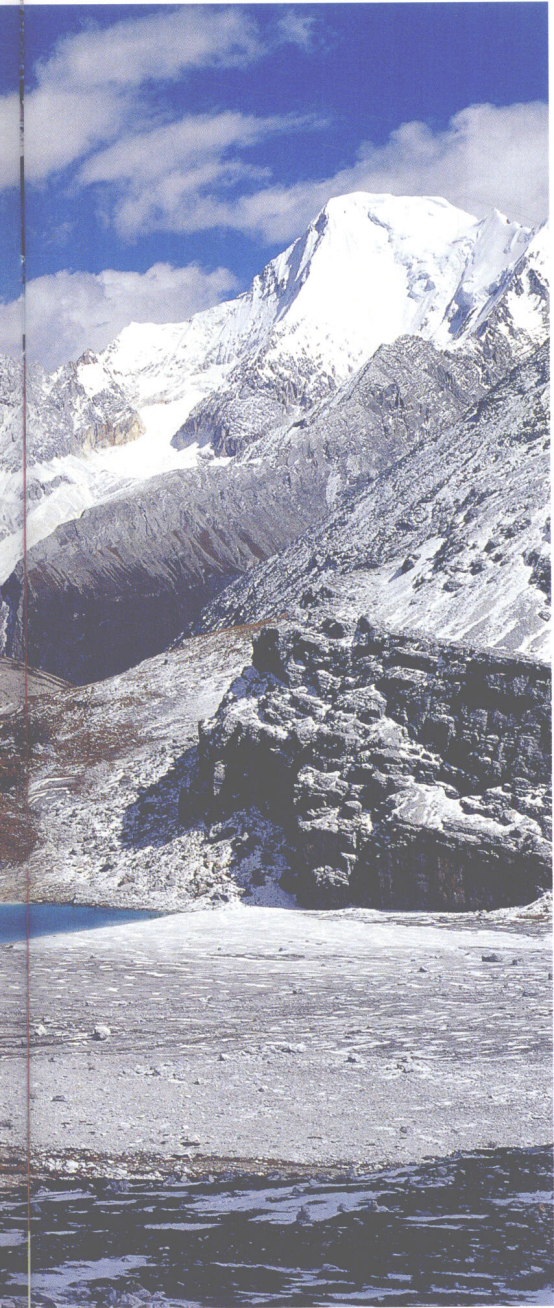
1. Muge Lake - a love lake in Kangding.
2. The Milk Lake in Daocheng.
3. Cepu Lake in Baitang - the first holy lake in Kangba area.
4. Yulongla (Xinlu) Lake in Derge - a holy lake for fairy maidens to express their emotions.
5. Xiangbala qi Lake in Xiangcheng.







3



4



5



## 河流之乡

## Village of Rivers

甘孜州地势高峻，水量丰沛，是许多大江大河的源头。无数条江河溪流在这里织就了一张绚丽的水网：雪山清流时而在草原上蜿蜒，时而在森林中欢腾，时而在峡谷里奔涌，倒映着蓝天白云，哺育着万物生灵，使康巴大地充满了勃勃生机。

With a high elevation and plenty of water, the Garze Prefecture is the sources of many rivers which constitute a magnificent water network. The clean water from the snow-clad mountains wind their ways on the grasslands or gurggle in the forests and flow down through the gorges. They reflect the white clouds in the sky and cultivate all living things on the earth, bringing vitality to the Kangba land.

