



文明的印迹

The Yangtze River and  
the Yellow River

# 长江黄河

「文明之源，华夏之根」

马利琴◎编著

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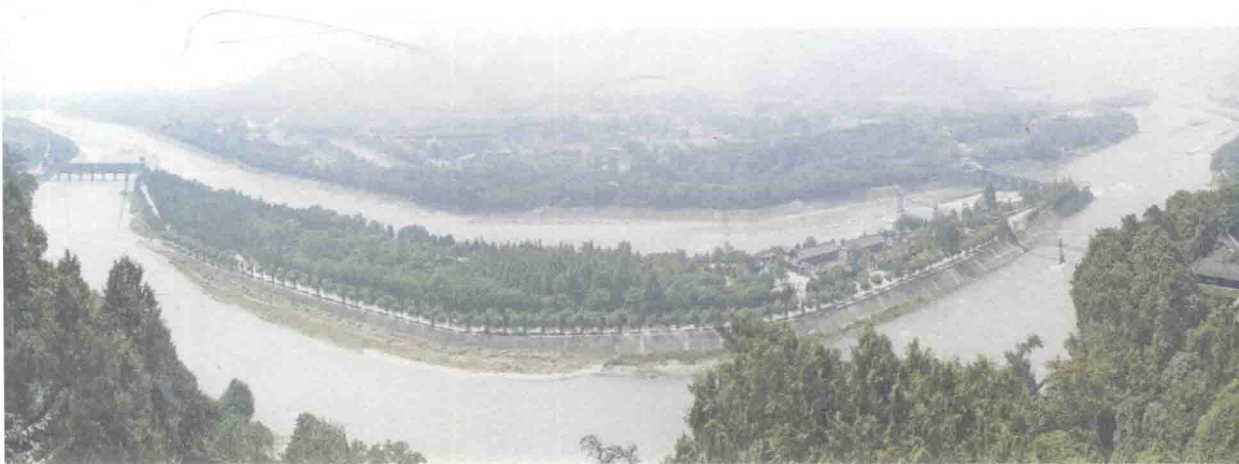
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世界上著名的文明古国大都起源于大河流域，而古老的中华民族就是在长江和黄河两岸孕育发展起来的。长江和黄河都发源自“世界屋脊”——青藏高原，一路奔腾向前，流过崇山峻岭、平原丘陵，向东流入

All the world-famous ancient civilizations originate from the large river basins. Without exception, the ancient Chinese nation is bred by the Yangtze River and the Yellow River. Both the two rivers originate from the “spine of the world”—Tibet Plateau and roll east, flow through high mountains, plains



大海。长江与黄河的中下游地区是中华民族开发最早的地区，华夏祖先早在数万年前就在横贯东西、沟通南北的两大江河边繁衍生息，不断创造和发展着中华文明。长江文化与黄河文化的来源与发展各不相同，因而有着各自不同的文化特色。但在几千年的发展历程中，两大文化系统经过不断地交流和融合，成为中国传统文化最重要的组成部分。本书着眼于长江、黄河文化对中华民族五千年文明的推动作用，详细介绍了长江与黄河的起源与分段、支流与湖泊、文明遗迹以及两岸名城，希望读者通过本书对长江与黄河能有更为切近、深入、全面的认识。

and lofty hills, at last enter into the sea. The middle and lower reaches areas of the Yangtze River and the Yellow River are the earliest regions developed by the Chinese nation. The Chinese ancestors had been settled by the two rivers as early as tens of thousands years ago and continuously creating and developing the Chinese civilization. The origins and developments of the Yangtze River and the Yellow River cultures are different and distinct in cultural characteristics. But during the development history of thousands' years, the two cultural systems kept communicating and fusing and become the most important components of the traditional Chinese culture. This book focuses on the Yangtze River and the Yellow River cultures' promoting effect on the five thousand years' civilization of the Chinese nation, and introduces the headstreams, sections, tributaries, lakes, historical sites and major cities of the Yangtze River and the Yellow River in detail. Wish the readers have a more detailed, intensive and comprehensive knowledge of the two rivers after reading this book.



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## 亚洲第一大河——长江

### The Yangtze River—Longest River of Asia

长江，身在中国境内，是世界第三大流量的河流，仅次于亚马孙河和刚果河。

长江，全长6300千米，仅次于尼罗河和亚马孙河，是世界第三长河。

长江，是亚洲第一大河、世界第三大河，也是世界上最长的完全在一个国家境内的河流。

The quantity of flow of the Yangtze River ranks number three in the world, just next to the Amazon River and the Congo River.

The Yangtze River locates within the territory of China. Its 6300 kilometers overall length makes it be the world's third longest river next to the River Nile and the Amazon River.

The Yangtze River is the longest river of Asia and the third longest river in the world. Meanwhile, it's the longest river completely flowing within a single country.







## > 长江的源流

长江从青藏高原出发，向东流经青海、四川、西藏、云南、重庆、湖北、湖南、江西、安徽、江苏、上海等11个省市自治区，最后注入东海。

### 长江源头

长江的源头位于世界屋脊——青藏高原的中心，位于号称“亚洲屋脊”的昆仑山脉和唐古拉山脉两大山脉之间。这里海拔在4500米以上，地势高耸，山体庞大，终年积雪。巍峨的雪山上冰川高悬，雪峰下沼泽遍布。每到冰雪融化的季节，一股股融水汇成许多水流。其中较大的河流有三条，即沱沱河、当曲和楚玛尔河。其中沱沱河最

## > Origin of the Yangtze River

The Yangtze River starts from the Tibet Plateau, and flows through 11 provinces and cities including Qinghai, Sichuan, Tibet, Yunnan, Chongqing, Hubei, Hunan, Jiangxi, Anhui, Jiangsu and Shanghai. At last the river heads east and enters into the East China Sea.

### Headstream of the Yangtze River

The headstream of the Yangtze River locates in the center area of the “spine of the world” —Tibet Plateau, between the “Asian Spine” Kunlun Mountains and the Tangula Mountains. The elevation of the headstream is over 4500 meters, where perennially snow-topped mountain peaks can be found everywhere. There are many swamps by the feet of the snow-capped mountains. When the season of ice and snow-melting comes, the glaciers



- 沱沱河大桥边的“长江源”纪念碑 (图片提供: 全景正片)  
Headstream of the Yangtze River Monument by the Tuotuo River Bridge

长，河道比其他两条顺直，人们根据“河源唯远”的原则，确定沱沱河为长江的正源。

沱沱河发源于唐古拉山脉主峰各拉丹东雪山的西南侧，全长375千

on the towering snow-capped mountains melt into many stream flows. Among which there are three major ones, the Tuotuo River, the Dang Qu and the Qumar River. The longest of the three is the Tuotuo River, and its river channel is



米，流域面积1.69万平方千米。各拉丹东雪山与周围20余座雪山组成庞大的雪山群，山上晶莹夺目的积雪和冰川储存着大量的固体水源。冰川末端的冰舌融水沿冰崖泻下，形成一股股小瀑布，这就是长江的源头，波涛万里的长江就是从这里开始的。一条条的冰川融水汇流为沱沱河，穿过雪山谷地，流出唐古拉山区，继续北流，接纳了支流当曲之后，便称为“通天河”。

“当曲”在藏语中是“沼泽河”的意思，这里有世界上海拔最高的沼泽地，到处是连片的沼泽和泉群。从高空俯瞰，大大小小的水潭星罗棋布，在阳光下闪烁，十分壮观。

楚玛尔河发源于昆仑山南支的可可西里山的东部，形状像条狭长的带子。“楚玛尔”为藏语，意为“红水河”。楚玛尔河流过三江源地区的北部，上游河床宽浅、水流散乱、沙滩广布，多风积沙丘，水量较小，到下游接纳了昆仑山南坡丰富的冰雪融水和地下水之后，水量明显增大，汇入通天河，成为长江的一大水流来源。

straighter than the other two. As a result, people define the Tuotuo River to be the headstream of the Yangtze River in accordance with the principle of “furthest source being the headstream”.

The Tuotuo River originates from the southwestern side of the Geladandong Mountain, which is the main peak of the Tangula Mountains. It flows over a distance of 375 kilometers and drains an area of 16.9 thousand square kilometers. The Geladandong Mountain and the roughly 20 snow mountains aside it constitute a large snow mountains group, on which the snow and glaciers reserve vast solid water. The bottom of the glaciers melt and the water flows down the glacial cliffs, many little waterfalls are formed. The giant Yangtze River is right originated from these tiny waterfalls. The streams of the melting water converge and constitute the Tuotuo River, which runs through the snow mountain valleys, flows out of the Tangula Mountains, and keep heading north. It is called the Tongtian River after it combines the tributary Dang Qu.

*Dang Qu* means “river swamp” in Tibetan language. It locates in the swampland with the highest elevation of the world, where a good deal of swamps and springs spread. From a bird's eye view,

### 三江源自然保护区

三江源自然保护区位于青藏高原腹地、青海省南部，为长江、黄河和澜沧江的源头汇水区。其西南与西藏接壤，东部与四川毗邻，总面积为36.6万平方公里。这里水资源丰富，河流纵横，湖泊众多，沼泽地分布广泛，还分布着大面积的现代冰川，是三条大河径流补给的主要源泉，因而被誉为“中国水塔”。作为中国面积最大、海拔最高的天然湿地，三江源地区具有独特而典型的高寒生态系统。这里地形地貌复杂，环境类型多样，也是世界上物种最丰富、最集中的地区之一。共有包括藏羚羊、野牦牛、藏原羚、喜马拉雅旱獭等在内的70余种青藏高原特有的珍稀物种在这里繁衍生息。

### National Nature Reserve of Three Rivers Source

The National Nature Reserve of Three Rivers Source locates in south Qinghai Province, the central region of the Tibet Plateau. It's the source water catchment area of the Yangtze River, the Yellow River and the Lancang River. Northeast to Tibet and west to Sichuan, the total area of the reserve is 366 thousand square kilometers. The National Nature Reserve of Three Rivers Source is crowned as "the water-tower of China", with countless rivers, lakes, swampland, and extensive contemporary glaciers within the area. The rich water resources promote it the key supply source of the three major rivers. As being the natural wetland with largest area and highest elevation in China, the Three Rivers Source Area possesses unique and typical alpine ecosystem. The complex geomorphologies and multitudinous environmental forms provide the area with the most plentiful and centralized biodiversity in the world. Over 70 varieties of rare wild animals live here, including the endemic species of the Tibet Plateau like the Tibetan antelope, wild yak, goat and Himalayan marmot.

### 长江分段

按不同的水文、地貌特征，长江干流通常被划分为上游、中游、下游三段：从河源至湖北宜昌为上游段，宜昌至江西湖口为中游段，

pools of different sizes dot the landscape and glint in the sunshine. That scene is very spectacular.

The Qumar River originates from the eastern of the Hoh Xil Mountain, the southern branch of the Kunlun





• 穿行于群山峡谷之中的金沙江

Jinsha River Passing Through the Mountains and Gorges

Mountains, shapes like a long narrow belt. *Qumar* is from Tibetan language and means "red river". The river flows through the northern Three Rivers Source Area. In its upper reaches the riverbed is wide and shallow, the stream is scattered, the river is full of sandy breaches and sand dunes piled up by the winds, and the water volume is small. But in the lower reaches, after absorbing the plentiful snowmelt from the southern slope of the Kunlun Mountains and taking in the vast underground water, the water volume of the river increases significantly. After then it joins the Tongtian River and becomes one of the major water sources of the Yangtze River.

湖口以下为下游段。

长江上游段长4529千米，约占总长度的72%。上游的沱沱河和通天河穿行于青藏高原腹地，河谷开阔，河槽宽浅，河道蜿蜒曲折，水流缓慢散乱，岔流很多。从四川

### Sections of the Yangtze River

The main stream of the Yangtze River is divided into upper reaches, middle reaches and lower reaches in accordance with the different hydrology and geomorphology characters. The upper reaches start from its headstream to Yichang in Hubei Province; the middle





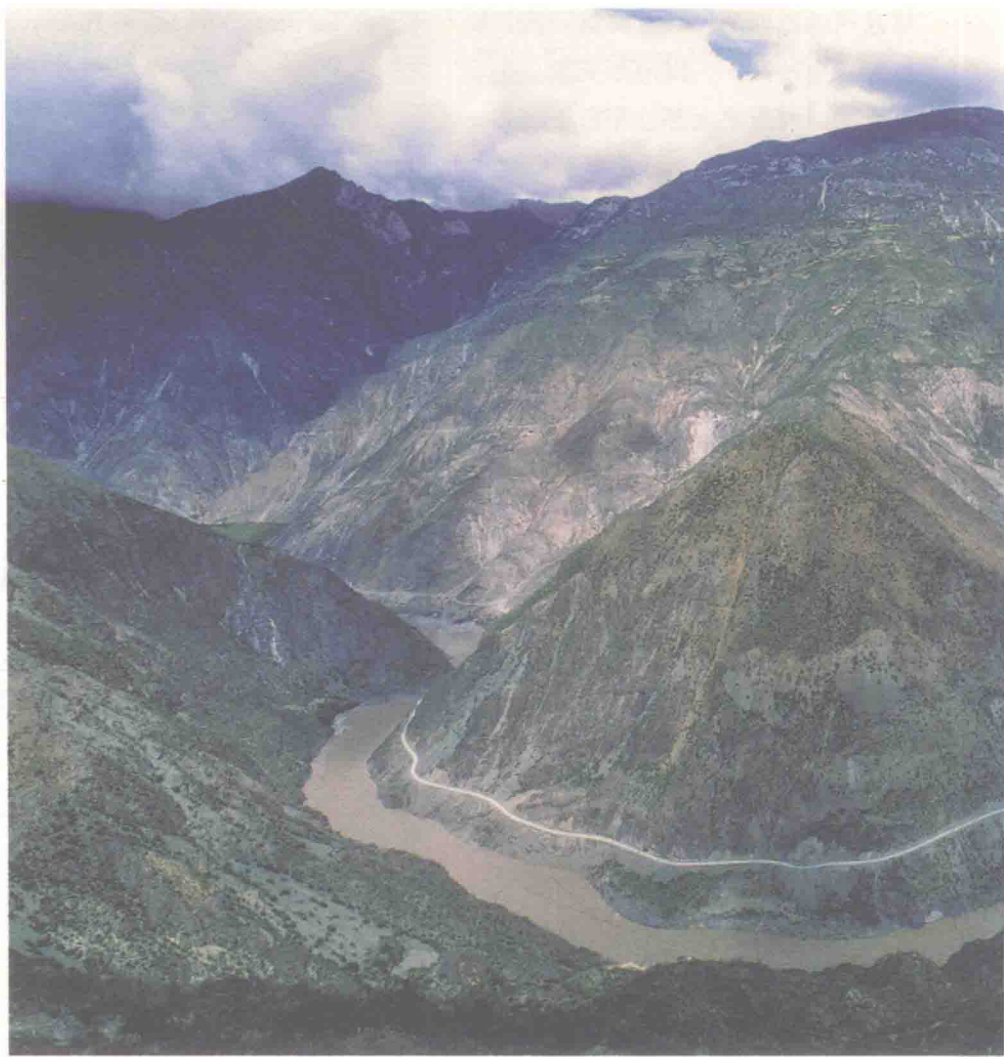
甘孜州的巴塘河口到宜宾这一段，古称“金沙江”，因地形突变、山高谷深，河流绝大部分穿行于峡谷之中，河水湍急。到云南石鼓以下，江水突然转向东北流，著名的虎跳峡就在石鼓以下，峡长16千米，最窄处仅30米。自宜宾以下至湖北宜昌之间的河段，习惯上称“川江”，河道蜿蜒于四川盆地之内，河床平缓，沿途接纳沱江、嘉陵江和乌江等众多支流，水量大增，江面变宽。过重庆奉节的白帝城，就进入了举世闻名的长江三峡（瞿塘峡、巫峡、西陵峡），长约193千米。

长江中游段从宜昌开始，长927千米。江水进入长江中下游平原，江面宽阔，水流缓慢，河道弯曲。其中，从湖北的枝城到湖南城陵矶一段，因古代属荆州地区，所以取名为“荆江”，素有“九曲回肠”之称。中游两岸湖泊众多，江湖相通，构成洞庭湖和鄱阳湖两大水系。

下游段水深江宽，从湖口到入海口共长844千米。江苏省扬州、镇江一带的长江干流又称“扬子

reaches are from Yichang to Hukou in Jiangxi Province; sections after Hukou refer to the lower reaches.

The length of the upper reaches is 4529 kilometers, accounting for about 72% of the overall length of the Yangtze River. The Tuotuo River and the Tongtian River in the upper reaches flow through the hinterland of the Tibet Plateau with broad river valley, wide and shallow riverbed, wandering channel, slow and scattered water flow, and lots of branches. The section from the Batang estuary in Ganzi Zhou in Sichuan Province to Yibin is called the Jinsha River since ancient times, where the topography is fickle, the mountains are high and the valleys are deep. Most of the river in this section flows fast through the gorges. When the river arrives at Shigu in Yunnan Province, the channel suddenly zigzags northeast. The famous Tiger Leaping Gorge is right near Shigu. The gorge is 16 kilometers long, and the narrowest place is only 30 meters. The section from Yibin to Yichang in Hubei Province is traditionally called the Chuan River. The channel creeps in the Sichuan Basin and the river is mild. Meanwhile after absorbing several tributaries including the Tuo River, the Jialing River

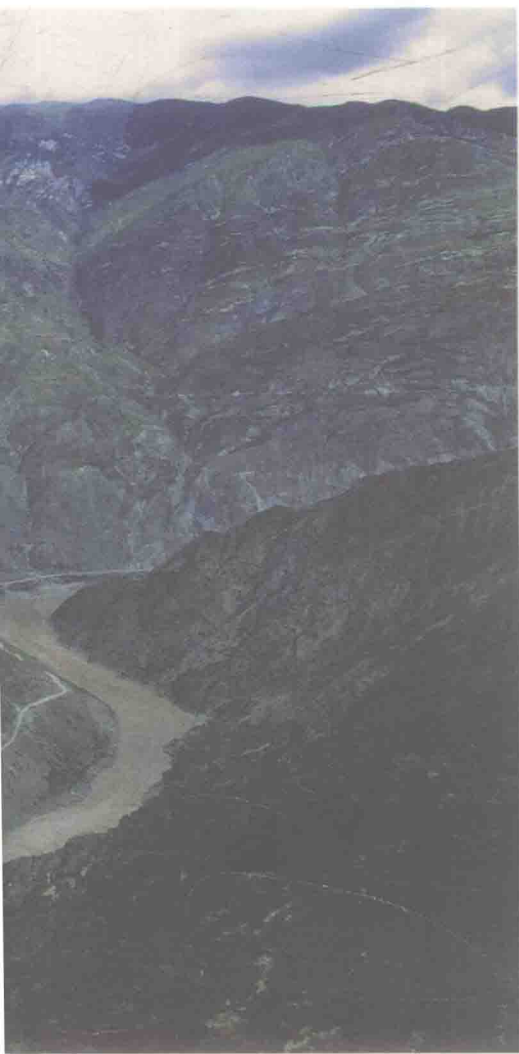


• 云南德钦的金沙江大拐弯

长江从青藏高原奔腾而下，进入云南境内后，与澜沧江、怒江一起在横断山脉的峡谷中穿行，形成“三江并流”的壮丽景观。到了云南香格里拉县的沙松碧村，突然转向东北，形成了罕见的“V”字形大弯，这个奇观被称为“长江第一湾”。

Great Bend of Jinsha River in Deqin in Yunnan Province

The Yangtze River rushing down the Tibet Plateau into Yunnan Province, passing through the gorges of the Hengduan Mountains together with the Lancang River and the Nu River, constitute the spectacular scene of the "Three Parallel Rivers". When arriving at Shasongbi village in Shangri-La County in Yunnan Province, the Yangtze River suddenly zigzags northeast, forming an uncommon "V" type bend, which is called the First Bend of the Yangtze River.



and the Wu River, the water volume of the river largely increases and the surface of the river is also widened. After passing Baidi Castle in Fengjie in Chongqing, the river flows to the world-famous Three Gorges (Qutang Gorge, Wu Gorge and Xiling Gorge), which is 193 kilometers long.

Passing the Three Gorges, the Yangtze River arrives at Yichang. Since then the river comes to its 927 kilometers long middle reaches and enters into the Yangtze Plain. The surface of the river is widened, the speed of water slows down and the channel is bended. In the middle reaches, as the part from Zhicheng in Hubei Province to Chenglingji in Hunan Province belonged to the Jing area in ancient times, this section is called the "Jing River", which has long been known as the "Bitter Zigzag". The plentiful interlinked lakes spread on the both banks of the Yangtze River's middle reaches constitute the 2 major water systems of the Dongting Lake and the Poyang Lake.

The lower reaches start from Hukou to the mouth of the Yangtze River, which is 844 kilometers long. In this section the water is deep and the river is wide. The main stream near Yangzhou and Zhenjiang in Jiangsu Province is specially





• 《长江万里图》夏圭（宋）

*Ten Thousand Miles Long Yangtze River by Xia Gui from the Song Dynasty*

江”，现在外国人常用“扬子江”这一名称泛指整个长江。由于海水倒灌，江水流速减缓，所携带的泥沙便在下游河段沉积下来，因此在江心形成了数十个大小不一的沙洲。其中最大的是崇明岛。

called the “Yangtze River”, which is now commonly used by foreigners to refer to the whole river in a general sense. Because of the sea water encroachment, the flow rate is slowed down. As a result, the silts carried by the river deposit in the lower reaches and form dozens of sandbars in uneven sizes in the middle of the river, among which the Chongming Island is the biggest one.