



LIJIANG

丽江



外 文 出 版 社
FOREIGN LANGUAGES PRESS

LIJIANG

丽 江

FOREIGN LANGUAGES PRESS BEIJING

外文出版社 北京

图书在版编目(CIP)数据

丽江:/洪卫东编。—北京:外文出版社,1999.3

ISBN 7-119-02343-8

I. 丽… II. 洪… III. 风光摄影-云南-丽江地区-摄影集 IV. J426.742

中国版本图书馆 CIP 数据核字(98)第 38521 号

Compiled by: Hong Weidong

Text by: Wei Aijun

Photos by: Cheng Weidong Zhao Ting Jiang Jian

Zhang Yu Xing Yi Lan Peijin

Liu Jianming Zhang Wenyin

Chen Keqin Yang Fashun

Translated by: Li Zhenguo

Edited by: Lan Peijin Wei Aijun

Designed by: Yuan Qing

First edition 1999

Second edition 2000

Li Jiang

ISBN 7-119-02343-8

© Foreign Languages Press

Published by Foreign Languages Press

24 Baiwanzhuang Road, Beijing 100037, China

Home Page: <http://www.flp.com.cn>

E-mail Addresses: info@flp.com.cn

sales@flp.com.cn

Printed in the People's Republic of China

编辑: 洪卫东

撰文: 韦爱君

摄影: 成卫东 陈克勤 杨发顺 赵汀

刘建明 张文银 蒋剑 张禹

邢毅 兰佩瑾

翻译: 李振国

责任编辑: 兰佩瑾 韦爱君

设计: 元青

丽江

洪卫东 编

© 外文出版社

外文出版社出版

(中国北京百万庄大街 24 号)

邮政编码 100037

外文出版社网页: <http://www.flp.com.cn>

外文出版社电子邮件地址: info@flp.com.cn

sales@flp.com.cn

天时印刷(深圳)有限公司印刷

1999 年(24 开)第一版

2000 年第一版第二次印刷

(英汉)

ISBN 7-119-02343-8/J · 1472(外)

004800 (精)

LIJIANG

丽 江

FOREIGN LANGUAGES PRESS BEIJING

外文出版社 北京



A mountain formation movement, which took place 65 million years ago and which created the Himalayas, known as the “roof of the world,” gave rise to the Qinghai-Tibet Plateau. In the southeastern part of this plateau and the northwestern part of the Yunnan-Guizhou Plateau, meandering mountain ranges tower to the sky and swift rivers roar in deep gorges, presenting magnificent landforms over an area covering more than 200,000 sq. km. This area is the beautiful Lijiang Prefecture.

The general topographical features of Lijiang Prefecture are characterized by highland in the northwest and lowland in the southeast, with a very sharp fall in altitude. The prefecture is mainly composed of the Jinsha River canyon area and a number of huge mountain chains. The entire prefecture can be taken as a topographical wonder encompassing hilly lands, big and small rivers, lakes and pools, gaping valleys, and narrow and precipitous gorges.

The prefecture boasts over 90 rivers and streams, which mainly belong to the two systems of the Jinsha and Lancang rivers. In addition, there are numerous natural lakes formed from extremely limpid glacier water. These lakes are completely free of pollution.

Its unique geographical location, together with its rivers and mountains, endows Lijiang Prefecture with a varied climate, rich vegetation cover and abundant forest resources. Its plants include those native to tropical, temperate and frigid

zones. The thick forest and good vegetation cover provide an ideal habitat for a large variety of wild animals, among which is the famous Yunnan snub-nosed monkey.

There are many tourist attractions in Lijiang Prefecture. For instance, the 13 snow-covered peaks of the Yulong (Jade Dragon) Mountains, with their main peak towering 5,596 meters above sea level, stretch for over 30 kilometers in an unbroken chain. Facing the Yulong Mountains across the Jinsha River are the snow-covered Haba Mountains. The roaring current of the Jinsha River races past between the two mountain ranges. On the river is the famous Hutiao (Leaping Tiger) Gorge. The altitude difference between the bottom of the gorge and the top of the highest peak exceeds 3,000 m. The scenery in the Yulong Mountains can be taken as the epitome of the natural landscapes in Lijiang. It comprises glaciers, thick snowfields, waterfalls, primeval forests, precipitous peaks and grassy marshlands. Apart from the Yulong Mountains, there are such tourist wonders as the Jiushijiu (Ninety-Nine) Dragon Pool, which lies on the Laojun (Old-Man) Mountain like a piece of green jade. This highland lake came into being as a result of erosion by ice, and the rich vegetation around it is a wondrous sight all the year round. Around Lugu Lake, which looks like a shining sapphire hidden deep in the mountains, live the matriarchal Mosuo people. Chenghai and Lingyuanqing lakes in Yongsheng County are other tourist attractions, as is the gigantic "V" bend in the Yangtze River, and the Baoshan Rock City, built on a mushroom-shaped gigantic rock and linked with the outside world by only one narrow trail.

Lijiang Prefecture is home to people of more than 20 minority ethnic groups, the bulk of whom are the Naxi. Each of these ethnic groups has a unique culture and history, which match into the beauty of the land, setting an example of a harmonious relationship between man and nature.

The Naxi ethnic group has a long history, and its origin can be traced back to the ancient nomadic Diqiang tribe. The majority of the Naxi have settled in the northwestern part of Yunnan as a compact community after long years of migration. Now, the Naxi population in Lijiang exceeds 200,000. In both the ancient

cities and scattered villages, people can still witness traces of the unique Naxi historical culture and folk customs. The most typical examples are the Dongba (“necromancer” or “sutra reader”) culture and ancient Naxi music. The rich Dongba culture includes pictographic records, drawings on different sorts of materials, music, dance, sacrificial rituals and folk customs. Created more than 1,000 years ago, the Naxi pictographs are still used today. For instance, more than 20,000 volumes of the Dongba Sutra are written with such pictographs. The sutra is regarded as an encyclopedia for the study of the culture of the Naxi ethnic group.

In their long history of social and historical development, the Naxi people have developed the tradition of worshipping nature, gods and ghosts, thus giving rise to a great number of shamans in charge of various sacrificial and religious rituals. These rituals are characterized by the performance of ancient dances peculiar to the Dongba culture.

The Naxi people are good at studying and assimilating the cultural achievements of other ethnic groups. One example is Naxi music. It represents a crystallization of their cultural exchanges with other ethnic groups. Called the Dongjing (Cave Sutra) music of Lijiang, it is a combination of the quintessence of the ancient Naxi music with the Confucian and Daoist musical traditions of the Han people. It is considered a “living fossil of the ancient music of China.”

The cultural phenomena of the Naxi ethnic group appear to be very complicated. Yet, the core of their culture reflects the experience of the ancient Naxi people, who underwent all the hardships of migration and came to revere the power of nature. They developed a rare ability to reach harmony with the natural environment—the mountains and the rivers. This cultural heritage has survived and can be witnessed in the daily life of the Naxi people in Lijiang Prefecture today.

The ancient city of Lijiang is located at the foot of the snow-capped Yulong Mountains. Known as the “soul of Lijiang,” the city forms a part of the cultural heritage of both China and the world as a whole.

The ancient city of Lijiang, which has been included in the United Nations’ “World Cultural Heritage” list, is in fact formed of three separate ancient towns, namely, Baisha, Shuhe and Dayan. It is called the “soul of Lijiang” because the

city itself is located where the Han, Tibetan, Nanzhao and Naxi cultures converge and has been a caretaker of civilization for over 1,000 years. The city's cultural relics are evidence of the harmony human beings have achieved with nature and are a base for dialogue between mankind and nature in the future.

With mountains towering to sky to its northwest, the city is open to the southeast. Thus, it is sheltered from the cold winds in autumn and winter, and enjoys sunshine all the year round. Lijiang's houses are built with carved bricks and up-turned eaves and are laid out in an orderly pattern. Some of them have screen walls in front. The city's undulating streets and lanes, tranquil stone-paved roads, gurgling streams flowing through houses and around courtyard walls, and stone and wooden bridges that link the lanes and courtyards all indicate the intimate and harmonious relationship the city has established with Mother Earth. The trees and flowers everywhere, the antique furniture and paintings in the age-old houses of the common folk, the sound of ancient music coming from the quiet, deep lanes all add to the unique and lingering charm of this ancient city.

The people of Lijiang live tranquil lives, and are very caring toward each other. The city is notable for its *dapinhuo*, or mutual help, activities to help the aged.

The ancient city of Lijiang is by no means a fossil. It is alive and full of vigor. Its "poetic style of living," its aesthetic norms and its simple way of life, all of which are derived from the age-old traditions which its people preserve are a treasure that has disappeared in modern cities and is hard to recover. This is perhaps the very reason why the United Nations included it in its "World Cultural Heritage" list.

The unique and gorgeous beauty of Lijiang invariably gives people an intimate feeling. It is an ideal place to visit for people who love nature and are fascinated by quaint folk customs.



6500 万年前,大陆板块的碰撞、造山运动,抬升起了世界屋脊青藏高原,在其东南边缘和今云贵高原西北部,面积 20 多万平方公里的土地上,云岭逶迤、江河纵流的雄奇地貌颇为壮观。这里,就是美丽的丽江。丽江地形的总趋势为西北高、东南低,海拔悬殊大。它以金沙江峡谷及山地高原为主,其间高山峡谷并列,谷坝镶嵌其中,丘陵、江河、湖泊、宽谷、峡谷并存,形成了错综复杂、千姿百态的地貌景观。丽江境内大小河流 90 多条,主要属金沙、澜沧两大水系。天然湖泊众多,由于均为雪水汇聚而更显明澈澄碧,毫无污染。此外,特殊的地理位置、山河的走势和流布,以及多样的气候类型,使丽江拥有丰富的森林资源,植被茂密,植物种类繁多,热带、温带、寒带植物均有分布。丰富的植物资源自然使众多野生动物,包括滇金丝猴等珍奇动物都能找到最适宜的安家之地,为它们的生息繁衍提供了良好环境。大自然的山水灵气,动、植物的和谐相生,构成了丽江佳景天成、美仑美奂的奇丽风光。

丽江景致多样,风格各异。玉龙雪山集冰川雪海、叠泉飞瀑、原始森林、高山草甸等诸多景致于一体,雄浑壮美,是丽江自然风光的代表;主峰海拔 5596 米的玉龙雪山十三座雪峰,绵亘 30 多公里,与哈巴雪山对峙,汹涌澎湃的金沙江奔腾于两山之间,其间的虎跳峡峡谷高差达 3000 米以上;如翠玉撒于老君山间的九十九龙潭均为高山冰蚀湖,四季景色绚丽,生态景观丰富;泸沽湖有如熠熠生辉的蓝宝石镶嵌在逶迤的青山之间,其独有的摩梭“女儿国”风情极具奇异色彩;永胜的程海、灵源箐,以脱俗的气质而闻名远近;“万里长江第一湾”巨大的“V”字形江面显示了造

化之功鞭策长江东去的豪情气概；而建在金沙江畔一整块蘑菇状巨形天然岩石上的宝山石城，只有一条路通往外界，险要而神秘。

丽江生活着以纳西族为主的二十多个少数民族，每个民族都拥有自己悠长的历史，与生养他们的这片美丽土地相辉映、相融合，休戚与共，体现出一种近乎完美的自然同凡人的契合与融洽。纳西族历史悠久，渊源于中国古代游牧民族氏羌，经历了漫长的迁徙过程，最终大部分聚居在滇西北地区，其中丽江的纳西族人口超过了20万。整个丽江，包括古城乃至众多广布的纳西乡村至今还存活着以东巴文化、纳西古乐为代表的独特历史文化遗存和民风民俗。东巴文化的蕴涵十分广博深奥，它包括象形文字、图画、经典、音乐、文学、舞蹈、仪式仪规，以及贯穿东巴教义的各种民风民俗。一千多年前纳西族创制的象形文字流传至今，用它书写的约2万多卷的《东巴经》成为纳西族的百科全书，是活着的古文字资料。在长期的社会历史发展过程中，纳西族形成了内容广泛的自然崇拜和对鬼魂、神灵的崇拜，众多特定的祭祀仪式仪规和从事宗教活动的巫师也由此产生。东巴舞蹈既保留了浓郁的原始气息，又讲究规范，艺术构思与舞蹈造型奇特。纳西族善于学习和吸收其他民族的文化成果，纳西古乐就是他们与各民族文化交流的结晶，结合纳西古代音乐的精髓、融汇汉族儒家乐与道教经腔而成的丽江洞经音乐，成为“中国古典音乐的活化石”。纳西族的种种文化现象看似庞杂，但若将其内在的本质抽出，结论必然是：曾历经风雨迁徙路的纳西族崇尚的唯有自然，他们与山、与水、与所有自然造化达成亲和的能力是千百年来思想锻造的结果，在与这种能力的互动、衍生中，终于成就了如此耐人寻味、积淀深厚的纳西文化，同时其深邃的精神内涵也随之溶入了纳西人的血液当中。所幸的是，这个人文遗产的一部分已经被物化或精神化，并已成为丽江纳西人日常生活中的重要组成部分。在丽江之魂——玉龙雪山俯瞰下的丽江古城中，这一点体现得尤为突出。丽江古城是中国古代文明和世界古代文明的遗产，具体而微则是以纳西文化为代表的民族文化结晶。

已被列入联合国“世界文化遗产名录”的丽江古城是由白沙古镇—束河古镇—大研古镇三个相对独立的城建单元共同组成的统一体。之所以称其为丽江之魂，因为古城本身就是汉、藏、古代南诏、纳西文化的交汇地，是人类上千年文明的一个载

体。古城的幸存，仿佛就是古人留存下来的一篇篇旧事的注脚，是今人与造物主默契相偕的产物，是后人同未来对话的依靠。在当今钢筋、混凝土流行的水泥世界中，这座土木结构、手工建造与雕刻的城镇是如此的典雅、柔和、亲切和令人感动。它科学的选址——座靠西北，放眼东南，既可避开寒风、永浴阳光，又同玉龙雪山遥相对望，构成和谐美景；它错落有致而又通畅无阻的布局、雕砖覆瓦飞檐照壁的商肆民居，无不体现出一种艺术的规范与灵动；它起伏的街巷、清幽的石板路、过屋绕墙的汨汨流水、连巷跨院的石桥和木桥，使这座淙淙作响的城镇与大地有种难得的肌肤相亲；它怀抱下的草木花朵与古宅中的书画长案、曲径通幽处飘来的古乐清音，无不散发出古城风情画卷的独特韵味。古城的城建艺术是精典的，而古城的气息又是平和的、悠然的，时常可见的老人们的“打拼伙”活动就充分展现了古城主人和睦、互助的生活观念。丽江古城是一座现代人与之相碰触、相互交流后便永难忘掉的地方，因为它绝非一座古城的标本或空壳，而是时刻洋溢着淳朴生活气息、时刻令人感觉到脉动的活着的古城。它固守的在传统中获得的“诗意的栖居”方式、美学风尚和与此相依的日常生活，正是现代城市已经丢失、并再难找回的宝贵财富。或许这也正是“世界文化遗产”里面最为珍贵、最需保留和发掘的文化内涵之一。

面对丽江美景，很多人心中自然而然便会升腾起一种亲近感和归属感，滋生出一种难以名状的情愫——在被美景包裹的同时，心也在包融和体会着深谷幽兰般的丽江。丽江是天生丽质的，又是风格独特的，它毫不哗众取宠的、绚丽而朴实的美，足以让热爱大自然、崇尚多姿多彩民族风俗的人们思考很多东西。

丽江旅游略图 TOURIST MAP OF LIJIANG





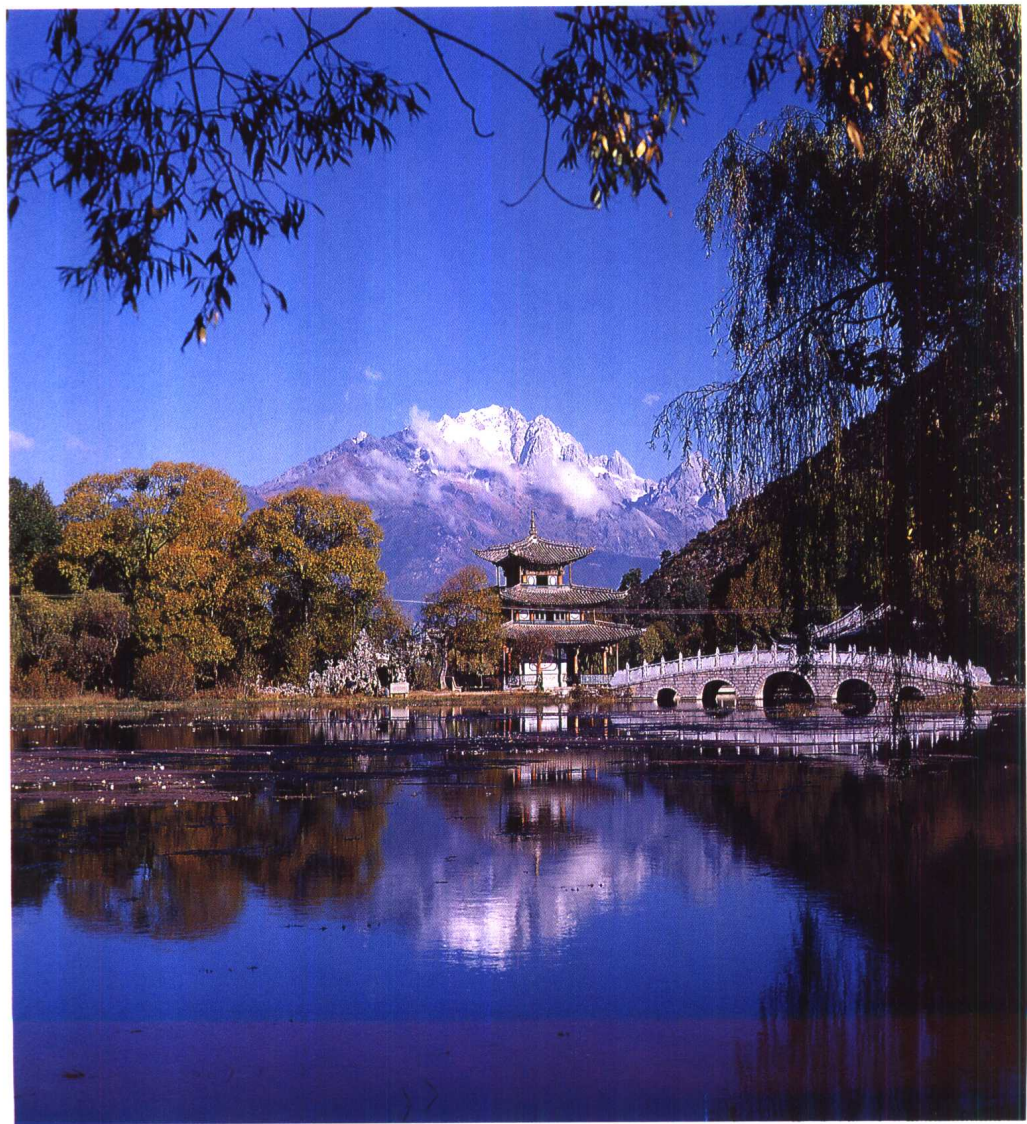


Ancient Dayan Town in Lijiang

The construction of the town started in the Song Dynasty (960-1279) and by the Ming Dynasty (1368-1644) it was already quite prosperous. The layout of the town conforms to scientific norms and forms a harmonious unity with its surrounding environment. All the ordinary houses are wood-brick structures, extremely elegant and comfortable.

丽江大研古镇

始建于宋代，明代已呈繁荣景象，“瓦房栉比”，“环市列肆”。古城四周青山、玉水萦回，建筑布局合理，与自然景观和谐辉映。民居均为土木结构，舒适优美，至今依旧维持古貌。





Yulong Mountains

Consisting of 13 snow-covered peaks, this mountain range stretches for 35 km. The highest peak, "Shanzidou," is 5,596 m. above sea level. On the mountain is a glacier, which is the southernmost of its kind in the Northern Hemisphere. Halfway up the range are large tracts of primeval forest and grassy marshland.

玉龙雪山

由 13 座连绵雪峰组成,纵长 35 公里,主峰扇子陡海拔 5596 米,分布着北半球最南端的现代冰川。山腰至山脚为大片原始森林及草甸所覆盖,集壮观和秀美于一体。

◁ Yuquan (Jade Spring) Park

Located at the foot of Xiangshan (Elephant) Hill to the north of Lijiang City, the park is built around Yuquan Lake (also called "Black Dragon Pool"). The crystal-clear water in the lake comes from underground springs. Amid the green trees in the park are many Naxi-style structures built in the Ming and Qing (1644-1911) dynasties, such as the Deyue Tower and Yiwen Pavilion. Of these, the most attractive is probably the Wufeng Tower.

玉泉公园

位于丽江城北象山脚下,又称黑龙潭,汇集地下涌泉而成。湖水清澈,古木葱郁。园内有明清两代众多的纳西族建筑,如得月楼、一文亭等,其中以五凤楼最富特色。

