

西藏风光

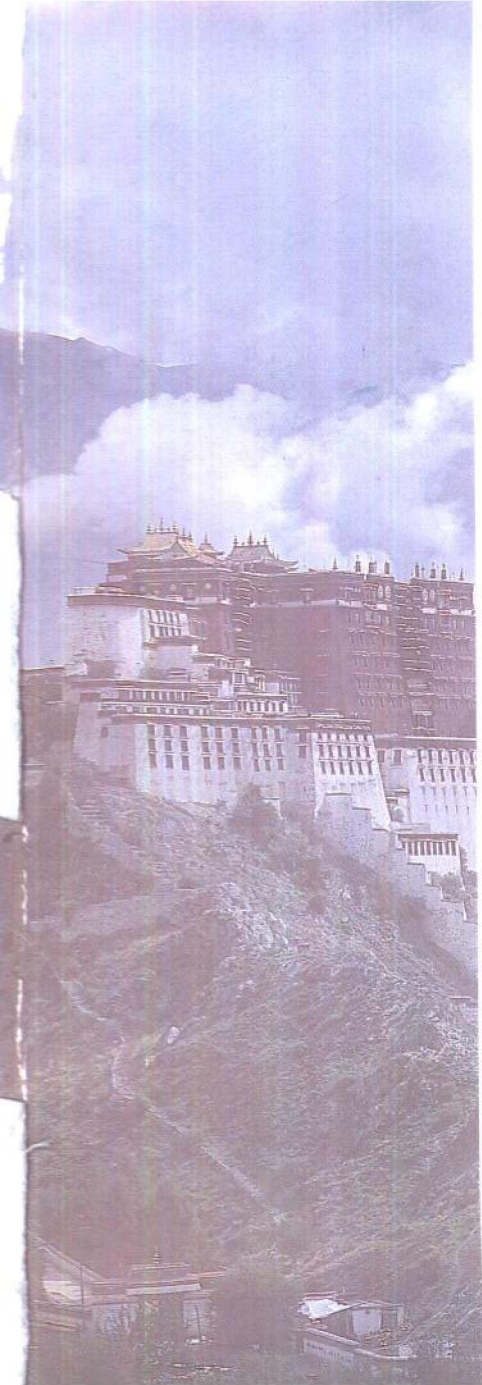
Scenery in Tibet

中国旅游出版社

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责任编辑:谷维恒

装帧设计:武悦

翻译:刘宗仁

摄影:张鹰 杜泽泉 李长捷 严平
贾静安 袁学军 闻衡 于云天
刘力群 张疆 刘文敏 龙家生
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乐近雄 吕大千 许杨 章颖
谷维恒 丁长征 冀全 奚志农
李渤生

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西藏在中国的位置
Location of Tibet in China



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俯瞰雪域群山
Snow-capped mountains in Tibet.



西藏自治区,地处我国西南边疆,号称世界屋脊的青藏高原西南部。西藏南北最长1000公里,东西最宽达2000公里。全区总土地面积达120多万平方公里,占全国总面积的八分之一,居全国第二位。

千百年来,繁衍生息在这块土地上的藏族和其它兄弟民族,勤劳、勇敢、朴实、智慧,是中华民族的重要成员。他们在开拓高原、发展中华民族文化和共同缔造伟大祖国的过程中做出了积极的贡献。

西藏是以藏族为主的地区,有独特的民族传统、风俗习惯和悠久的历史,西藏的优秀文化遗产举世瞩目。公元641年文成公主和松赞干布联姻的故事被人们广为传诵,民间流传的《格萨尔王传》、《萨迦格言》等,在世界文学宝库中占有一定位置;高耸在红山之上,庞大雄伟的布达拉宫,金碧辉煌的大昭寺、哲蚌寺、扎什伦布寺和萨迦寺,以及寺内

收藏的大量珍贵历史文物,显示了西藏灿烂的文化和别具风格的建筑艺术。

位于“世界屋脊”的西藏自治区,是祖国的一块宝地。这里有世界最高峰——珠穆朗玛峰;有世界最高的大河——雅鲁藏布江;有世界上海拔最高的大湖——纳木错;有被誉为日光城的高原城市——拉萨。西藏风光壮丽、奇特、秀美、多样、绚丽多彩。这里,雄险的冰峰雪岭,如同银雕玉琢;一望无际的大草原,绿茵如毯;茂密的原始森林,绿浪翻滚;蕉桔满坡的亚热带景色,胜似“江南”风光。

西藏一年之中有着众多的节日,藏民族能歌善舞,每逢节日,整个高原完全沉浸在欢乐的海洋之中。

壮丽的西藏风光,魅力独具,它象一杯香醇的美酒,尽洒在你的心田,令你神往,令你回味。



Tibet Autonomous Region lies in southwestern part of the Qinghai-Tibet Plateau, known as “the roof of the world”. At the widest spot, the region is 1,000 kilometers from south to north and 2,000 kilometers from east to west. It has a total area of 1.2 million square kilometers, accounting for one-eighth of the national total, next only to Uygur Autonomous Region.

Tibetans make up the majority of the population in Tibet. They have preserved their unique traditions, lifestyle and culture. The marriage between Princess Wencheng from the Tang imperial court to Tibetan king Songtsan Gambo in A.D. 641 has been legend in Chinese history. Folk literary works such as “The Biog-

raphy of King Gesar” and “Sakye Motto” have a place in the treasure house of the world literature. The Potala Palace, the Buddhist temples of Jokhang, Drepung, Zhaxi Lhumbo and Sagya with many rare relics display Tibet’s brilliant culture and architectural art.

Tibet boasts the world’s highest mountain—Qomolangma, the highest river—Yarlung Zangbo, the highest lake—Namco, and the “Sunlight City”—Lhasa. There are also snow-capped mountains, immense grassland, primeval forests and subtropical areas.

Tibetans celebrate many festivals with singing and dancing. Their colorful customs and folk arts are fascinating to any outsider.

拉萨

Lhasa

布达拉宫之晨

The Potala Palace at dawn.





夏日的布达拉宫

建在红山上的布达拉宫，高117.19米，始建于1300多年前。

The Potala Palace in summer.

The Potala Palace on the Potala Mountain (Red Hill) is 117.19 meters high. Its construction began 1,300 years ago.



龙王潭

又称宗角禄康,位于布达拉宫北面,是一处景色秀丽的公园。

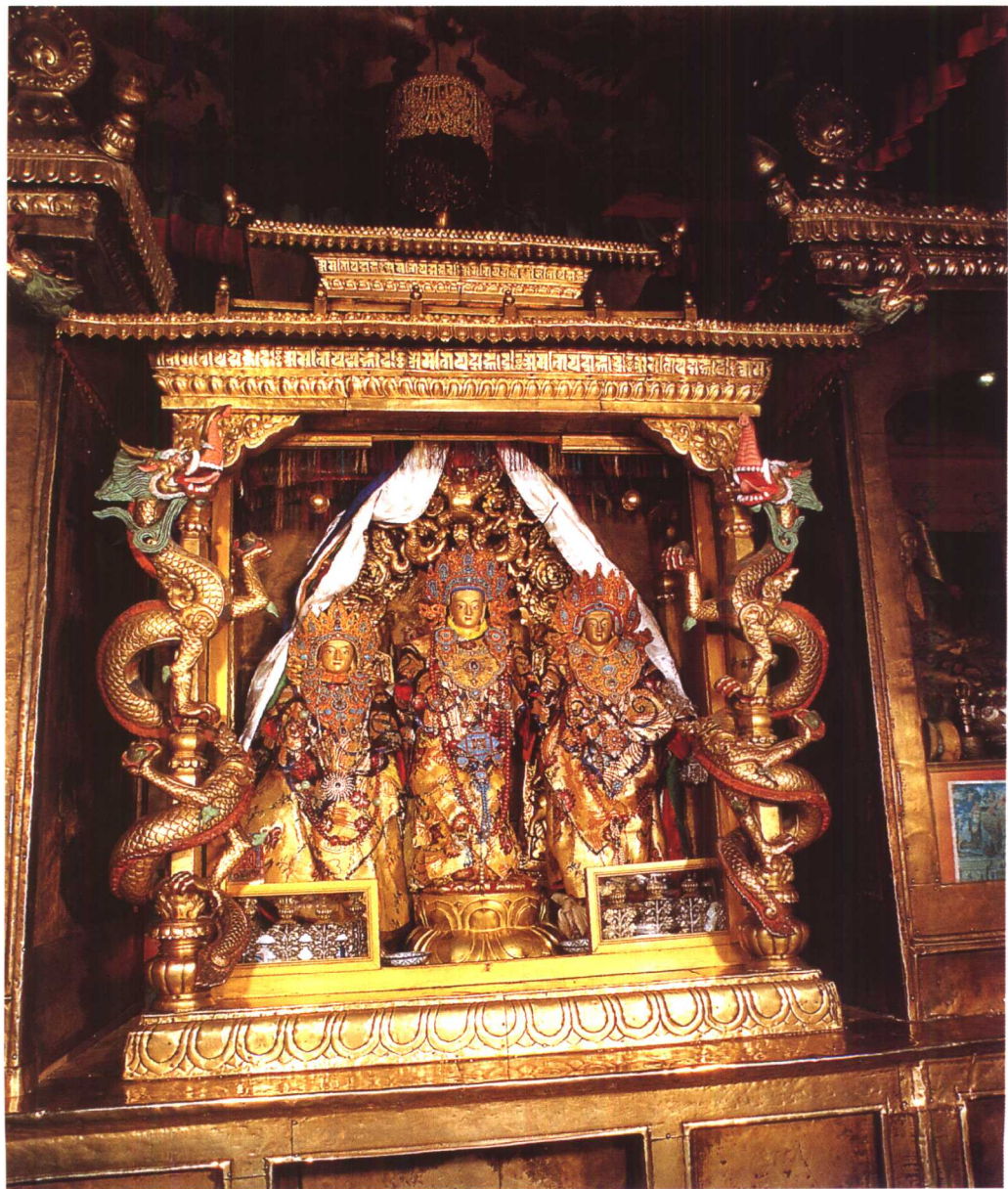
Dragon King Pool.

The beautiful park is located to the north of the Potala Palace.



布达拉宫门厅内廊柱

Pillars in the entrance hall of the Potala Palace.



自在观音像

这是布达拉宫内的主供佛像。

Carefree Avalokitesvara.

It is the main Buddhist image in the Potala Palace.



布达拉宫内的寝宫
The residential palace of
the Potala Palace.

布达拉宫白宫内的西日光殿

The West Sunlight Hall in the White Palace of the Potala Palace.



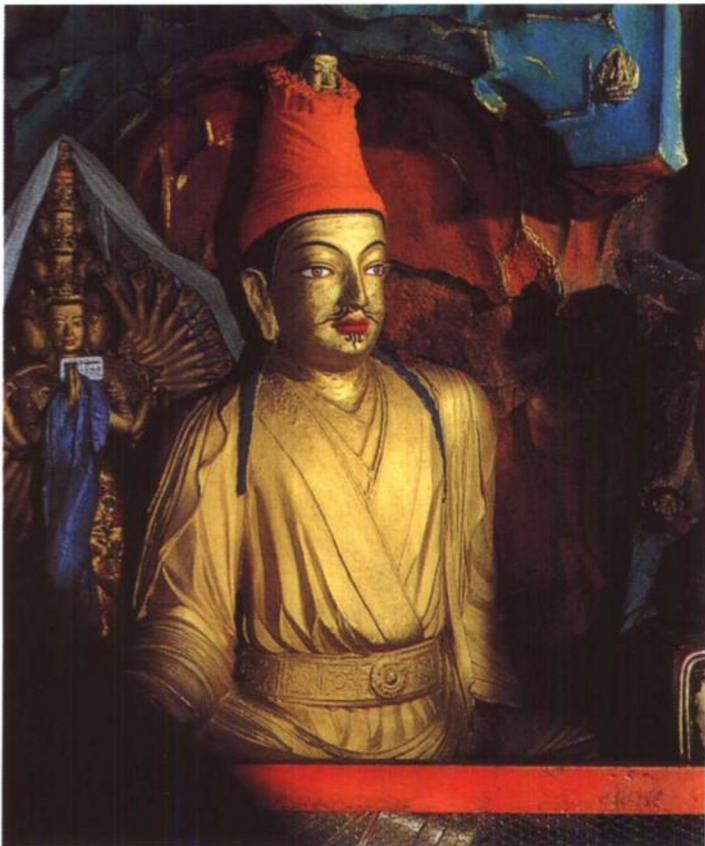


布达拉宫内壁画

三世达赖觐见清朝顺治皇帝。

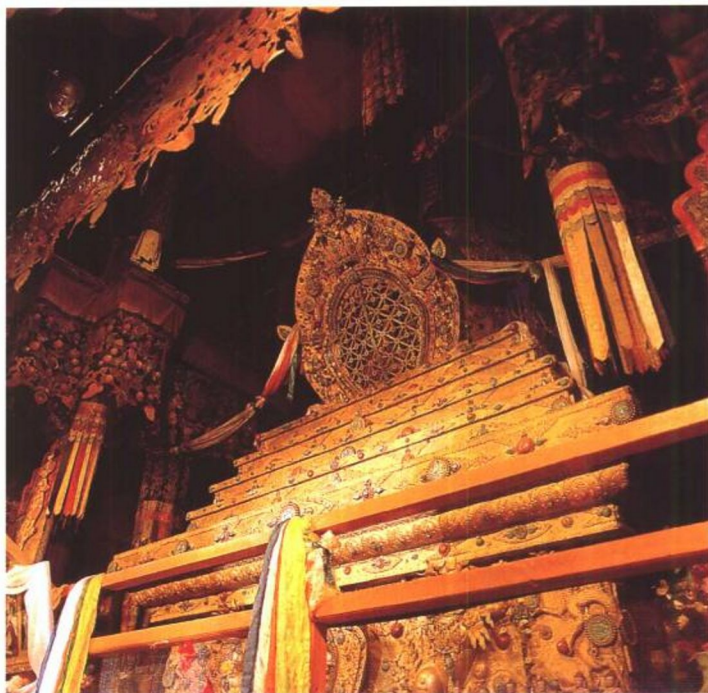
Mural in the Potala Palace.

It depicts the meeting between the fifth Dalai Lama and Emperor Shunzhi of the Qing Dynasty.



布达拉宫内塑像:松赞干布
A statue of Songtsan Gambo in the Potala Palace.

布达拉宫内塑像:文成公主
A statue of Princess Wencheng in the Potala Palace.



灵塔

布达拉宫内历代达赖灵塔,制作精美,气派豪华,使用了大量的金、银及珍贵珠宝做装饰。

Stupas.

The stupas house the remains of the Dalai Lamas. They are elaborately made and decorated with great amounts of gold, silver, pearls and precious stones.

人头骨制的法器

Buddhist service articles made of human skull.