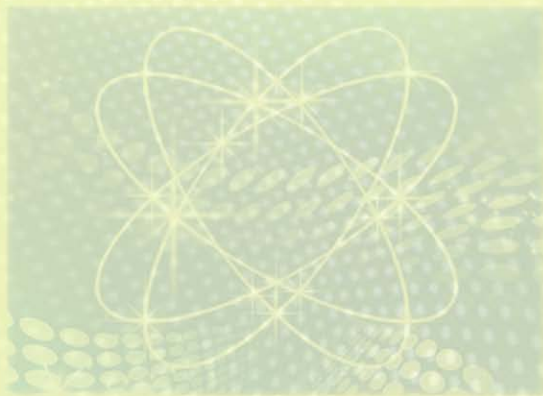


兰州之旅

安登贤 编著



三秦出版社

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TRAVEL IN LANZHOU

安登贤 编著

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兰州地图

MAP OF LANZHOU CITY



兰州有一条河,一本书,一座山,一碗面……

The city of Lanzhou is renowned for the Yellow River, Four Great Books of the Qing Dynasty, the Xinglong Mountains and the beef noodle etc.



白塔山公园
Baitashan Park



黄河象
Huanghe River stegodon



黄河母亲像
The sculpture of the
Yellow River Mother



水车博览园
Water Wheel Expo Park



天斧沙宫
Tianfu Shagong



五泉山公园
Wuquanshan Park

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兰州介绍

Lanzhou AT A TLANCE

1.地理

兰州,甘肃省省会。地处黄河上游,位于北纬 $35^{\circ} 34' 20'' \sim 37^{\circ} 07' 07''$,东经 $102^{\circ} 35' 58'' \sim 104^{\circ} 34' 29''$ 之间,是中国陆地的几何中心。兰州在甘肃省中部,历来有着“西部黄河之都,丝路山水名城”的美誉,是唯一一个黄河穿越市区的省会城市。作为西北地区的第二大城市,兰州是中国七大军区之一的兰州军区本部及中国 18 个铁路局之一的兰州铁路局本部所在地。兰州还是西陇海兰新经济带的重要支点,西北重要的交通枢纽和物流中心,是新亚欧大陆桥中国段五大中心城市之一,也是我国东中部地区联系西部地区的桥梁和纽带,陇海、兰新、青兰、包兰四大铁路干线交汇于此。兰州一直是甘肃省政治、经济、文化和科教中心,现已成为以石油、化工、机械、电力和有色金属等重工业为骨干的新型工业城市。

兰州市位于陇西黄土高原的西部,是青藏高原向黄土高原的过渡地区。境内土地面积为 13085.6 平方公里,大部分地区为海拔 1500~2500 米的黄土覆盖的丘陵和盆地。市区南北群山对峙,东西狭长,约 30 千米,南北最窄处,仅 5 千米左右,具有带状盆地城市的特征。兰州市依山傍水而建,层峦叠嶂,体现了西北边关的浑壮雄阔。全市现辖城关、七里河、西固、安宁、红古 5 个区和永登、榆

中、皋兰 3 个县。

名称	人口 (2010 年统计)	面积(平方公里)	人口密度 (每平方公里)
城关区	1,278,745	1,278,745	5,812.47
七里河区	561,020	397	1,413.14
西固区	364,050	385	945.58
安宁区	288,510	86	3,354.76
红古区	136,101	575	236.69
永登县	418,789	6,090	68.76
皋兰县	131,785	2,556	51.55
榆中县	437,163	3,362	130.03

Geography

A large industrial city and capital of Gansu province, Lanzhou is located on the upper reaches of the Yellow River in the middle of Gansu province, between 102° 35' 58" ~ 104° 34' 29" E and 35° 34' 20" ~ 37° 07' 07" N. The prefecture-level city, as the only capital with the Yellow River running through the city proper, is also known as "the city of the Yellow River and the city of the Silk Road". The city is the second largest city of West China where the headquarter of Lanzhou military area and the head office of Lanzhou Railway are located. Actually, it was an important stop on the Silk Road and has long been the transport link between the Chinese heartlands and the Northwest. It is not only a road and rail junction but also has a modern airport linking it to all the other large cities in China. In the past decades, Lanzhou underwent enormous economic development, achieving prominence in the field of petrol-chemicals, machinery, electricity and metal-processing. Today the city is the political, economic, scientific and

cultural center of Gansu province.

Situated in the western part of the loess plateau, Lanzhou serves as the transition from the Qinghai–Tibet plateau to the loess plateau. With a total area of 13085.6 square kilometers, most of the city are covered by small hills, basins and valleys at the altitude of 1500 ~ 2500 meters above the sea level. The city features banded basin city with the river being sandwiched by stone mountains on the northern and southern banks. Established along the river, the city extends 30 kilometers with a 5–kilometer narrowest point between north and south. For the moment, The jurisdiction of the city consists of Chengguan District, Qilihe District, Xigu District, Anning District Honggu District and 3 counties—Yongdeng County, Yuzhong County and Gaolan County.

Name	Population (2010 census)	Area(km ²)	Density(/km ²)
Chengguan District	1,278,745	1,278,745	5,812.47
Qilihe District	561,020	397	1,413.14
Xigu District	364,050	385	945.58
Anning District	288,510	86	3,354.76
Honggu District	136,101	575	236.69
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Gaolan County	131,785	2,556	51.55
Yuzhong County	437,163	3,362	130.03



兰州市全景

The panoramic view of the city proper



2.历史

兰州是一座拥有 2000 多年历史的古城。兰州城依山为障,控河为险,自古为西北重镇,是历代兵家必争之地和与亚、非、欧国人民友好往来的通道。据历史记载,兰州始建于公元前 86 年,因初次在这里筑城时挖出金子,故取名金城。秦始皇统一中国后,分天下为三十六郡,兰州一带属陇西郡地。两汉、魏晋时在此设置金城县。隋开皇三年,隋文帝废郡置州,在此设立兰州总管府,“兰州”之称,始见于史册。唐代宗至德元年,“安史之乱”后,兰州为吐蕃占据 86 年,直至唐宣宗大中二年,始恢复为中原领地。唐末五代十国时,兰州又被吐蕃占据,后吐蕃势力渐衰,为西夏王朝占据,直至宋神宗元丰四年,熙河路经略李宪从西夏国收复兰州。康熙六年定兰州为甘肃省省会,1941 年现兰州地区正式设市。1949 年兰州解放,自此一直为甘肃省省会。

History

The prefecture-level city, with a history of more than 2,000 years, is renowned all over the world as one of the best-preserved historical and cultural cities of China. Making the most of the geographical advantages of being located at the foot of the mountains and next to the Yellow River, Lanzhou has long been a place of great military importance in Northwest China. It was also an important town on the ancient Silk Road, which has served as an important bridge connecting China with Asia and other continents. According to the historical records, Lanzhou was originally founded in 86 BC. It takes its name from an allusion to the Chinese history that a large sum of gold had been excavated when the town was first built. Thus Lanzhou is also known as the “golden city” in China. In the Qin dynasty (221 BC–206 BC), Lanzhou was grouped as part of the territory of the Longxi Commandery (jù n), one of the 36 official divisions of the Qin Empire. Later, during the Han dynasty (206BC–220 AD) and the following periods of disunity (220–589 AD), the region was made the seat of Jincheng County. Under the reign of the Sui dynasty (581–618 AD), the region was the seat of Lanzhou prefecture, retaining this name for the first time in the Chinese history. Then in 763 AD the area was overrun by the Tibetan Empire and in 843 was conquered by the Tang. Later it became the possession of the Western Xia dynasty which flourished in Qinghai from the 11th to 13th century and was subsequently absorbed by the Song dynasty (960–1126 AD) in 1081. The name of Lanzhou County was reestablished. During the reign of the Qing dynasty (1644 –1911), Gansu was made a separate province in 1667 and Lanzhou became its capital. In 1941 Lanzhou County was officially rated as the city of Lanzhou. After being liberated in 1949, the city remained

as the provincial capital.



上个世纪的兰州
The city of Lanzhou in the 20th century



现代化兰州
A picture of the modern Lanzhou

(1) 丝路重镇

兰州是古丝绸之路上的重镇。早在 5000 年前,人类就在这里繁衍生息。自汉至唐、宋时期,随着丝绸之路的开通,兰州逐渐成为丝绸之路重要的交通要道和商埠重镇,在沟通和促进中西经济文化交流中发挥了重要作用。古丝绸之路也在这里留下了众多名胜古迹和灿烂文化,吸引了大批中外游客前来观光旅游。兰州成为横跨 2000 公里,连接敦煌莫高窟、天水麦积山、张掖大佛寺、永靖炳灵寺、夏河拉卜楞寺等著名景点的丝绸之路大旅游区的中心。随着新欧亚大陆桥的开通特别是西部大开发战略的实施,重新构筑起现代丝绸之路,兰州作为我国东西合作交流和通往中亚、西亚、中东、欧洲的重要通道,战略地位更加突出,正发挥着承东启西、联南济北的重要作用。

(1) An important town on the ancient Silk Road

Lanzhou has been an important town on the ancient Silk Road. With a 5000-year history of human beings, the city peaked during the Tang and Song dynasty when its position at the eastern part of the Silk Road transformed it into a bustling metropolis, playing an important role in promoting the cultural and economic exchanges between China and the western countries. The city declined later but the Silk Road left numerous splendid sights and a thriving tourist economy. Lanzhou now serves as the link center of highlights on the 2000-kilometer Silk Road tour. These highlights include Mogao Caves of Dunhuang, Maijishan Grottoes of Tianshui, Dafo Temple of Zhangye, Binling Temple of Yongjing and Labrang Monastery of Xiahe. With the opening of the new Eurasian continental bridge, especially the implementation of the strategy of Western Development, rebuilding the modern Silk Road to promote cooperation between Chinese and western countries has aroused more and more at-

tention. In this sense, Lanzhou, as an important passage of interflow between Asian and European civilizations, has been playing a unique role in the exchanges between eastern and western civilizations.



兰州市黄河南岸丝绸之路骆驼队城市雕塑

Sculpture of the camel on the ancient Silk Road located on the southern bank of the Yellow River

(2)黄河之都

兰州市处于一个狭长的河谷地带,四面环山,东有十八滩,西有十八滩,黄河西起河口,东至桑园峡,长达 70 多公里,浩浩荡荡穿流全市。因为这一独有的地理特色,兰州被誉为“黄河之都”。兰州人因地制宜而创建的黄河风情线也成了全国独具特色的带状风景区。

(2)The city of the Yellow River

The city proper is located at a narrow zonary basin, sandwiched by mountains on the northern and southern banks. In fact, the Yellow River