

Picturesque Mentougou

门头沟  
MEN TOU GOU

诗情画意  
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中国旅游出版社  
China Travel & Tourism Press



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# 诗情画意

## 门头沟

欢迎您手携《诗情画意门头沟》画册，与我们一起共同领略京西山水的诗情画意。

门头沟地处北京西部山区，是东西长安街与西部发展带的重要交会点。这里山高林密，沟壑纵横，气候独特，物产丰饶。北京市最高峰东灵山拔地而起，北京第一大河永定河纵贯全区，是首都北京的绿色生态屏障。门头沟历史久远，早在一万年前的新石器时代就有著名的东胡林人在这里栖息繁衍。在漫长的历史演变过程中，勤劳智慧的门头沟人民在劳动实践中创造了丰富的人文遗产，形成了底蕴深厚、绚烂多姿的永定河文化。门头沟区是拥有光荣革命传统的老区，在抗日战争的艰苦岁月中，门头沟人民与日本侵略者进行了艰苦卓绝的斗争，建立了平西抗日根据地，成立了京郊最早的人民政权。门头沟地区蕴藏着丰富的煤炭资源，是全国五大无烟煤产地之一，为首都建设做出了重要贡献。

近年来，首都着力实施产业结构和城市空间布局战略调整，新修编的《北京城市总体规划》将门头沟区确定为生态涵养发展区。按照新的区域功能定位，门头沟区委、区政府以科学发展观为指导，以构建和谐门头沟为目标，全面落实“三大战略”和“一城带四区”发展思路，加快建设都市生态屏障、休闲服务中心、历史文化胜地、循环经济新区、宜居山水家园，全区经济社会逐步走上全面、协调、可持续发展的轨道。

这里是一座绿色的大花园，这里有日新月异的神奇沃土，这里正在成为首都北京西部的靓丽风景线。

门头沟人民真诚地欢迎各界朋友、广大有识之士走进门头沟，观光度假，投资兴业。

中共门头沟区委书记

李瑞龙

门头沟区人民政府区长

伊欣悦



# Mentougou

This album has been specially prepared for people who are interested in Mentougou.

Lying in the mountainous area in western Beijing, Mentougou District enjoys pleasant climate and abundant resources, and is a green fence for the capital city. In this region erects Mount Dongling, the highest mountain in the Beijing region; runs the Yongding River, the major river that has nourished the fertile land since ancient times; and under the ground are buried rich reserves of coal, which makes Mentougou one of the five major producers of anthracite in China. As early as in the New Neolithic Age some 10,000 years ago, the Donghulin people had lived and multiplied on this land. For centuries, the inhabitants have created a brilliant culture with their diligent work. Mentougou also has a glorious history of revolution. During the War of Resistance Against Japan (1937-1945), the people fought arduously in this mountainous area against the Japanese invaders. They built the Pingxi Anti-Japanese Base and established the earliest regime of the people in suburban Beijing.

In recent years, Beijing has endeavored in adjusting its industrial structure and urban layout, and set Mentougou an ecological conservation area in the overall planning of the municipality. To carry out the municipal plan, the local Party committee and government have, guided by the concept of scientific development and based on extensive investigations, put forth the strategy of building Mentougou into an ecological district, accelerating its growth through science and education, and ruling the district by law. Centering on ecological construction, the district is strengthening its urban functions, restructuring the economy and reforming the way of growth so as to gear its economic and social development onto a track of sustainable progress in an all-round and coordinated way.

With marvelous changes with each passing day, Mentougou is being built into a beautiful garden in western Beijing which opens to visitors from home and abroad.

Investors are also welcome to start business on this fertile land of great potentials.

**Dong Ruilong (CPC Committee of the Mentougou District)**

**Yi Xinxin (Head of the People's Government of Mentougou District)**



图书在版编目(CIP)数据

诗情画意门头沟 / 门头沟区委宣传部编著. — 北京:  
中国旅游出版社, 2005.10  
ISBN 7-5032-2726-5

I. 诗... II. 门... III. 区(城市) — 概况 — 北京  
市 — 画册 IV. K921.3-64

中国版本图书馆 CIP 数据核字 (2005) 第 119509 号

书 名: 诗情画意门头沟  
编 者: 中共门头沟区委宣传部  
出版发行: 中国旅游出版社  
地 址: 北京建国门内大街甲九号  
邮政编码: 100005  
发行电话: 010-85166508  
http://www.cttp.net.cn  
E-mail: cttp@cmta.gov.cn  
设计制作: 北京文苑阁艺术装饰中心  
制版印刷: 北京东方宝隆印刷有限公司  
版 次: 2005年10月第1次印刷  
开 本: 889毫米×1194毫米 1/12  
印 张: 10  
印 数: 1-10000册  
定 价: 98.00元  
ISBN 7-5032-2726-5

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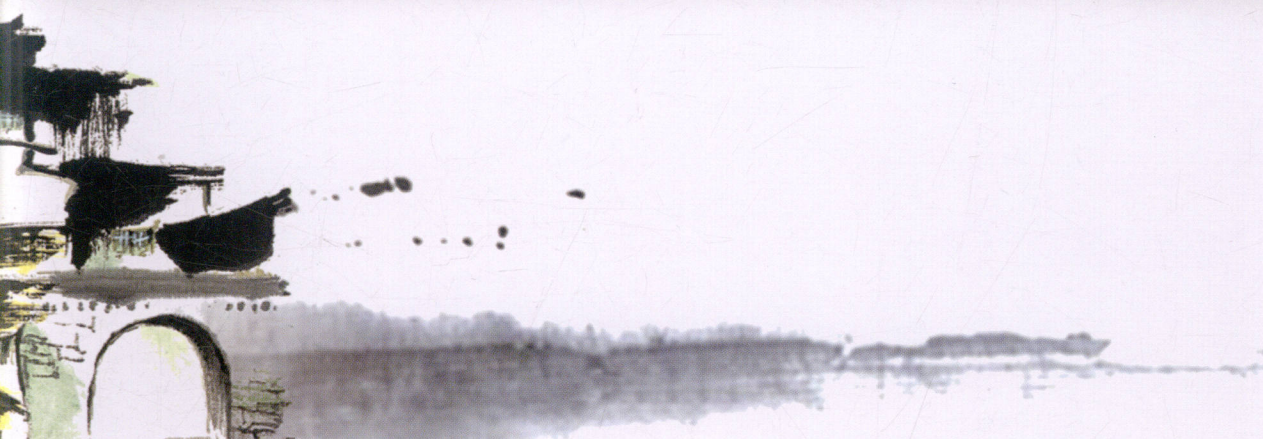
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## 前言

门头沟位于北京西郊，西山腹地。北京之美，美在西山。这里有海拔1500米以上的山峰160多座。是山皆有景，景色各不相同。北京第一高峰——灵山海拔2303米，山上有华北地区最大的高原草甸和原始次生林，蓝天白云，鲜花碧草，青海牦牛、新疆细毛羊、伊犁马游荡其间，别有西部风情；华北天然植物园——百花山，云海林涛，奇花异草，尽展大自然无穷魅力；国家级森林公园——小龙门山高林密，已知的野生植物达844种之多；黄草梁上千亩草场，遍地黄花，明代长城和七座敌楼，依山据险，一派塞外风光；金顶妙峰山仙风神韵，素以古松、山市、雾凇著称于世，山间的千亩玫瑰花更是“华北一绝”，每到花期，这里是紫色的海洋，芳香的世界；还有鬃髻山的雄浑、大寒岭的壮丽、九龙山的秀美、马鞍山的雅致……美轮美奂，数不胜数。

北京的母亲河——永定河蜿蜒于深山峡谷之中，两岸峰峦叠翠，被誉为京西“百里画廊”。“山山涌清泉，涧涧泛水声”，山间之水，清灵秀雅，独具风韵。有“小漓江”之称的珍珠湖似高峡平湖，青山倒影，碧波荡漾。“亚洲第一拱桥”凌空飞架，桥下游船往来，演奏出水乡情调。京西小三峡——龙门涧，谷底叠泉跃跃，溪水潺潺；两侧崖陡石奇，人移景变。还有双龙峡的流泉飞瀑、十八潭的山溪碧水、斋堂水库的一池绿波……举目皆景，妙不可言。

境内370余处文物古迹，宛如颗颗明珠，凝聚着历史的沧桑，印证着人民的勤劳。千年古刹——潭柘寺，极尽皇家宏刹巨寺的辉煌气派；天下第一坛——戒台寺，堪称北方寺庙与南方秀美园林建筑形式巧妙结合的典范；兴盛三百多年的妙峰山娘娘庙会，规模居华北之冠，几百档民间香会朝顶献艺，被称作“民间艺术的大展演”；还有明清古村落——爨底下、灵水举人村……晶莹璀璨，不可多得。

面向新的世纪，定位于首都北京的“生态涵养发展区”，区委、区政府确立了“三大战略”和“一城带四区”的发展思路，门头沟迈开了突飞猛进的现代化建设步伐，一个个山水生活小区拔地而起，一条条宽广的公路四通八达……一座集厚重的历史文化、秀美的自然风光、现代的城市文明于一体的绿色新山城，正在京西崛起。

门头沟的山美、水美，城更美，这种美似一幅幅流淌的画面，如一首首吟唱的诗歌。诗情画意中既有翠鸟鸣春的简约，也有金秋浓溢的宏大；既有飞花溅玉的飘逸，也有古道蹄窝的厚重；既有形的逼真，又有神的凝聚；既有古村古镇的旧韵，也有山城建设的新歌。

为了宣传门头沟，扩大知名度，树立新形象，2003年9月至2004年9月，中共门头沟区委宣传部联合北京摄影家协会、区旅游局、石龙工业开发区管委会，在北京晨报、北京交通台、千龙新闻网的协办支持下，举办了“石龙杯”“西出长安京西行”摄影大奖赛，四个赛季共收到3000余张作品。这些作品从不同的侧面，以多彩的视角诠释了门头沟美丽的自然风光、淳朴的民俗风情、巨大的发展变化。以此为基础，我们从中精心遴选出110余幅照片，按春夏秋冬四个单元，编辑了这本大型画册。

我们真诚地祝愿《诗情画意门头沟》画册能给您带来诗情画意的享受。我们也坚信，闲暇之余，按图索骥，到这里来寻找美、感受美，一定会给您的生活增添无限的情趣。

中共门头沟区委宣传部

二〇〇五年十月



## Preface

**M**entougou is in the western suburb of Beijing. Having visited numerous historical sites inside the capital city, people may feel like exploring into the depth in the western mountains, where they can enjoy different scenery at different time of the year. Among the 160-odd peaks of more than 1,500 meters above the sea is Lingshan, the No. 1 peak in the capital region with an altitude of 2,303 meters. On the mountain grow the largest alpine meadow and primitive secondary forest in North China. Visitors may have a try here by riding the yak, sheep or horse that are usually seen in northwest China. They can also have a good time at the nearby Baihuashan, or A Hundred Flower Mountain, the exotic plants on which gain it fame of "botanical garden" in North China. Other sites worthy visiting include the state forest park of Xiaolongmen Mountain with 844 species of wild plants, the Huangcaoliang with a vast grassland and sections of towering Great Wall built in the Ming Dynasty (1368-1644), the Miaofeng Mountain with ancient pines, rime fog and a sea of roses flourishing in summer, and the picturesque Dahanling, Jiulongshan and Ma'anshan, etc.

People who have a special love of water may take a walk by the Yongding River, the mother river of Beijing, which winds deep through the mountain valleys of dense foliage, forming a "long corridor of pleasant scenery" in west Beijing. The murmuring streams and refreshing air will soothe their nerves and make them forget about the hurly-burly of modern life. The Pearl Lake hidden in the mountains, the bridge over the precipitous gully, the grotesques at Longmenjian, the waterfalls at Shuanglong Gorge and many other fine scenes are excellent snapshots for their cameras.

Besides beautiful landscape, Mentougou also has 370 historical sites and cultural ruins for visitors interested in history. Among them are: the millenium-old imperial Tanzhe (Pool and Cudrania) Temple, the Jietai (Ordination Terrace) Temple, the temple fairs in the Miaofeng Mountain with a history of more than 300 years appealing to numerous pilgrims and many folk troupes, and the dwellings in the Cuandixia Village built in the Ming and Qing dynasties and reserved intact today.

To realize the goal of building Mentougou into Beijing's ecological conservation area, the district Party committee and people's government have spelt out three strategies of development by leaps and bounds in the new century. Currently, comfortable residential quarters are being built, wide roads are extending to all directions, and a new city is rising with a long history, charming landscape and modern urban civilization in the western mountains of Beijing.

The beautiful mountains, rivers and city appearance constitute a picture scroll, with singing birds in spring and flourishing flowers in summer, waterfalls pouring down cliffs and ancient roads extending into the depth of the mountains, legends of old towns and stories about new city...

From September 2003 to September 2004, the Publicity Department of the CPC Committee of the Mentougou District, together with the Beijing Association of Photographers, Mentougou District Tourist Bureau, the Management Committee of the Shilong Industrial Development Zone, and with the support of Beijing Morning Post, Beijing Traffic Radio, and the [www.qianlong.com](http://www.qianlong.com), organized the Shilong Cup Photograph Contest, which received more than 3,000 photos, depicting Mentougou's natural scenery, folk customs and tremendous changes from different angles. This album is compiled with 110 photos selected from the contest works and arranged in the order of the four seasons of the year.

We sincerely hope this album will provide useful guidance for your trip to Mentougou. Wish you a nice stay in Mentougou.

Publicity Department of the CPC Mentougou District Committee

October 2005



## 春到山城

柳枝上绽放一串  
鲜嫩的鸟鸣  
燕子衔着泄露的风信  
唤醒一河怀春的梦

幽谷响泉  
用清凉的词句  
委婉地诉说

一冬沉积的心事  
古寺圣洁的霞光  
浸透了山桃花  
粉红色的柔情

天籁中的音韵  
沿着没有形迹的轨道  
撞响远古的大吕黄钟

满园秀色分不清  
桃红李白如醉的香浓  
二月兰姑娘

从樱桃沟里采一支  
农家的民谣  
领诵满山青翠的  
仄仄平平

待五月槐香拥塞了路口  
灵山的烟岚  
在春天的故事里  
诗意地飞升

形迹的軌道撞響  
遠古的大呂黃鐘  
幽谷響泉  
委婉地訴說  
一冬沉積的心事  
古寺聖潔的霞光  
浸透了山桃花  
粉紅色的柔情  
天籟中的音韻  
沿着沒有形迹的軌道  
撞響遠古的大呂黃鐘  
滿園秀色分不清  
桃紅李白如醉的香濃  
二月蘭姑娘  
從櫻桃溝裡採一支  
農家的民謠  
領誦滿山青翠的  
仄仄平平  
在春天的故事裡  
領誦滿山青翠的  
詩意地飛升  
待五月槐香擁塞了路口  
靈山的煙嵐  
在春天的故事裡  
詩意地飛升

德馨齋王丹石





诗情画意

门头沟 MEN TOU GOU

Picturesque Mentougou

【春到山城】

柳枝上绽放一串  
鲜嫩的鸟鸣燕子  
衔着泄露的风信  
唤醒一河怀春的  
草丘谷壑中不用  
清涼的词句委婉地  
诉说一冬沉积的心  
事古寺将潔的霞光  
浸透了山桃花粉红  
色的柔情天籁中  
的百韵沿着没有

A gaggle of twitters of fledglings  
Swaying with the tender swallow.  
The returning swallows  
Wakening the river out of its winter dream.

With refreshing sprays,  
Gurgling the stream in deep gully  
Telling its mind  
That has been deposited for a whole winter.  
The rays of morning sun over the ancient temple

Brighten the flourishing peach blossoms.  
The tender pink and  
The sound of nature  
Striking the memory  
Of the great bell of remote time.

Hardly can one tell  
The intoxicating fragrance of red peach, white plum  
And the thriving wild flowers everywhere.  
Picking up a folk song

Picking up a folk song  
From the Cherry Gully  
The whole mountain will  
Resound far and near.

When the paths are immersed  
In the strong fragrance of pagoda tree flowers  
Mount Lingshan will be suffused with  
Floating mists.









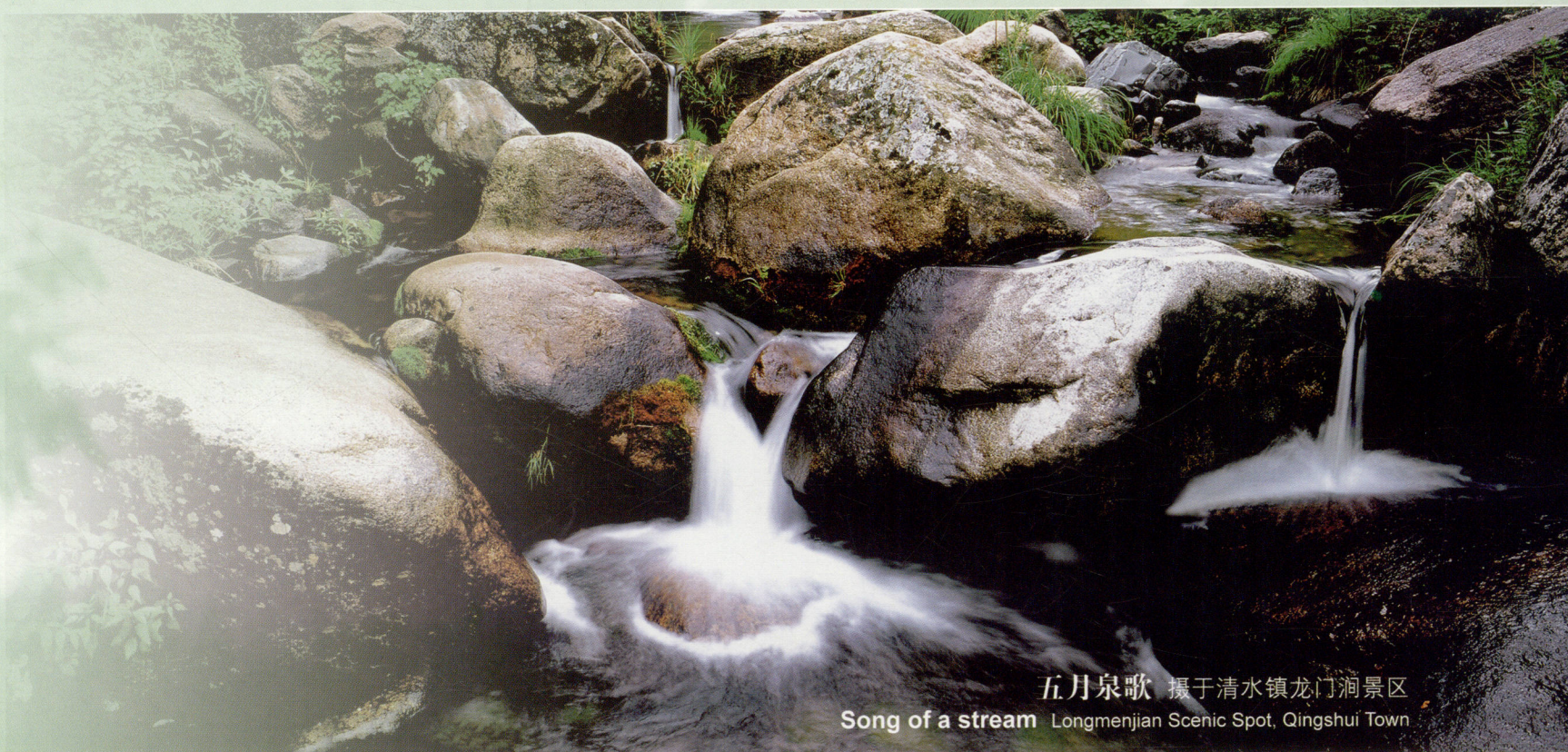
春潮花海百花山 Springtide at Baihua Mountain





把春留住 摄于潭柘寺 Keep a good memory of spring Tanzhe Temple



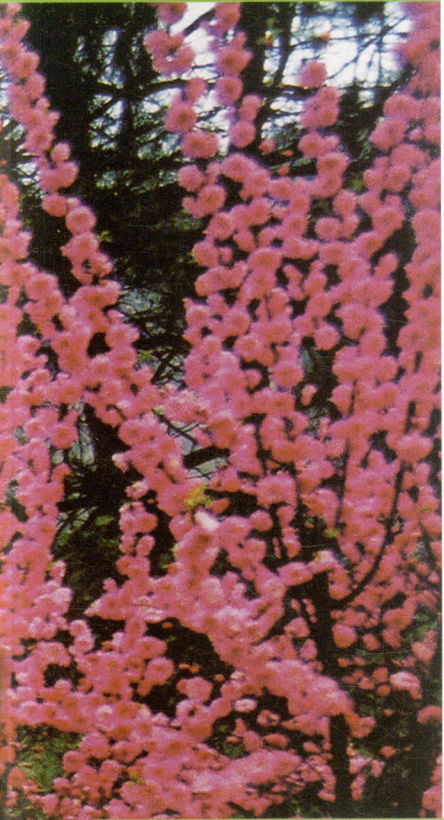






潭柘塔林 Pagoda forest at the Tanzhe Temple





戒台春色 Spring at the Jietai temple



鸟春 摄于军庄镇 Junzhuang Town  
Tweet of spring





妙峰仙境 A fairy land at Miaofeng Mountain