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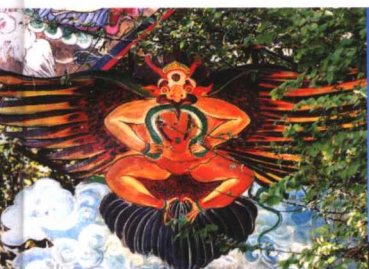
LIJIANG
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1

丽江攻略



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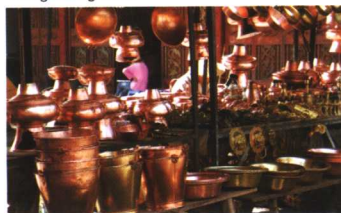
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丽江

LIJIANG

晨曦初露，远山含黛，彩霞满天，古城犹如沉浸在睡梦中。阳光普照着每一个生命的年轮，雪山溪涧洗涤我们灵魂的尘埃。时光如缓缓穿越古镇的小溪，在这个众神居住的密境，不必出世也有桃源！



II 丽江历史

位于云南省西北部，金沙江中游，背靠青藏高原，面向云贵高原，地理坐标为：北纬 $25^{\circ}59' \sim 27^{\circ}56'$ 、东经 $99^{\circ}23' \sim 131^{\circ}31'$ ，海拔2400米。北连迪庆藏族自治州，南靠大理白族自治州，西部是怒江傈僳族自治州。

丽江在高耸的雪山、险恶的峡谷，湍急的河流中，深藏着水草丰美的草甸、坝子以及纯净的海子。丽江古城由白沙古镇—束河古镇—大研古城组成，主体部分是大研古城。

白沙古镇位于丽江坝子北部，玉龙雪山脚下，距大研古城8公里，因地表多白色沙粒而得名。历史上，这里是纳西族进入丽江盆地后的最早定

居点，也是宋元以前丽江政治、军事和文化的中心。明代初年木氏土司除在大研城内兴建府衙外，还在白沙街营造佛寺道观，至今尚存琉璃殿、大宝积宫、大定阁、金刚殿、文昌宫等，成为木氏土司兴盛一时的历史见证。白沙民居建筑

群分布在一条南北走向的主轴上，中心为一梯形广场，一股泉水由北面引入广场，四条巷道从广场通向四方，极具特色。白沙民居建筑群的形成和发展为后来大研古城的布局奠定了基础。

束河古镇位于大研古城西北4公里处，是纳西族先民在丽江坝子最早的聚居地之一，是“茶马古道”上保存完好的重要集镇，也是纳西族从农耕文明向商业文明过渡的活标本。古镇背倚青山，北瞰玉龙，东南瞻象山、文笔峰。村头两处泉源涌流不绝，滋润街头巷尾。建筑群内民居房舍错落有致，布局形制与大研古城四方街相似。其中，有著名的“束河八景”——烟柳平桥、夜市萤火、断碑敲音、西山红叶、鱼水亲人、龙门望月、雪山倒映、石莲夜读。

大研古城坐落在玉龙山下一块海拔2416米的高原台地上，四周青山环绕，一片碧野中绿水萦回，恰似一块碧玉大砚，故取名大研镇（砚与研同音）。西南郊区矗入云霄的文笔峰，似一枝刚从砚里蘸满浓墨的巨笔，与古城连在一起，显得分外协调。古城始建于宋末元初（12世纪末至13世纪中叶），在明代已经具有相当的规模：城北为商业区，以四方街为中心，四条干道呈经络状向

四周延伸，临街均设商业铺面；城南旧设土司衙署，周围建有官



室苑囿，一条东西主轴线上排列着石牌坊、丹池、大殿、配殿、光碧楼、玉音楼等建筑物；城东为旧时流官府衙所在地，现存文明坊、文庙、武庙。古城没有城墙，据说，古代丽江世袭统治者姓木，如果筑城墙，就犹如“木”字加框而成“困”字，不吉利。这儿的街道全用五彩石铺砌，平坦洁净，晴不扬尘，雨不积水。几乎每条街道一侧都伴有潺潺流水。泉水来自玉河，河至双石桥，分东、西、中三股流入古城，随街绕巷，穿墙过屋。水边杨柳垂丝，柳下小桥座座，形成“家家流水，户户垂杨”的独特风貌。古城的纳西名称叫“依西芝”，意为金沙江江湾中的集镇，又叫“巩本芝”，意为仓库集镇，由此可知它是由经济交往发展起来的。

丽江古城是纳西人生活的乐土。时至今日，古城人依然在过着宁静和谐的生活，按着自己的传统、自己的古风、自己的生活方式走走昨天，迎来明天！



II Lijiang history

lies in the northwest of Yunnan province, along the Jinsha river, nestled between Diqing to the north, Dali to the south, and the Nujiang to the west. Lijiang boasts snow-capped mountains, majestic gorges, rushing rivers, lakes, and hidden glades. It encompasses Baisha Village, Shuhe Village, and Dayan Town.

Baisha Village sits at the foot of Jade dragon Snow mountain 8 km from Dayan. It takes its name, which means "white sands" from the pale sand that covers the ground around it. Long the cultural and political center of Lijiang, its Buddhist and Daoist temples date back to the early Ming dynasty. Temples remaining today include Liuli Dian, Dabaoji Gong, Dading Ge, Jin-gang Dian, and Wenchang Gong. The village is laid out along a north-south axis with a square at the center, into which a trickle of spring water flows.

Shuhe Village, 4 km northwest of Dayan, was an early home to the ancient Naxi people, and remains beautifully preserved to this day. The vil-

lage has verdant hills at its back; to the north is Jade Dragon Snow Mountain; to the east and south one can see Elephant Mountain and Wenbi Feng ("Pen Peak"). The buildings of the village are pleasingly ramshackle, and the village's grid layout is not unlike Dayan Town's.

Dayan, on a plateau 2416 meters above sea level, is surrounded by



green hills. Streams of crystalline water wind through it, making it look for all the world like a dayan, gigantic inkstone, whence the town gets its name. Completing the image is Wenbi Feng ("Pen Peak"), which resembles a writing brush, to the southwest. Dayan was established between the late 12th and early 13th centuries and grew, by the time of the Ming dynasty, to a fairly large scale.

Built on a grid, the town has its commercial district in the north and the old magistrate's offices in the south. Dayan's east-west axis is lined with old stone buildings: Dan Chi, Da Dian, Pei Dian, Guangbi Lou, and Yuyin Lou. The Wen Miao (Confucian temple) and Wu Miao (temple to the God of War) are built on the site of old administrative buildings. The streets are paved with multicolored stones, and many have streams running at the sides. The Yu He (Jade River) splits into three streams at the Shuangshi Bridge, where it flows into the town's lanes.



丽江的现状

区划:丽江地区现辖丽江纳西族自治县、宁蒗彝族自治县、永胜县和华坪县,地区政府所在地是丽江市,而丽江市的老城区(又被称为大研古镇)是整个丽江地区的文化中心,也是最核心的旅游地。

人口:全市共112.42万人,人口密度每平方公里约为55人,可谓地广

人稀。

民族:57%的丽江人都是少数民族,其中人口超过万人的少数民族有纳西族、彝族、傈僳族、白族、普米族,不足1万人的有傣族、苗族、藏族、回族、壮族。纳西族是丽江地区最具影响力的民族。

大研古城

古城的住户:古城面积3.8平方公

里,现有居民6200多户,25000余人,其中66.7%是纳西族,有30%的居民仍在从事以铜银器制作、皮毛皮革、纺织、酿造业为主的传统手工业和商业活动。

古城的旅游业:旅游业代替农业和发展缓慢的制造业成为本地的经济支柱,如今每年接待海内外游客300多万人次。

丽江大事记

(1253年以前)

旧石器晚期(10万年前),“丽江人”在此活动。

战国时期,丽江属秦国蜀郡。

西汉,置遂久县。

680年,被藏族征服,开始吸收藏族文化。

794年,被南诏征服,从而开始受中原汉文化的影响。

(1253年—1723年)

1253年,被忽必烈征服,正式归入蒙古元帝国的统治。纳西的木氏土司获自治权,开始长达470年的自治,有系统记载的纳西历史开始。

1276年,元朝建立云南行省。

1382年,丽江府成立,官府位于今天的丽江古城。

(1723年—1996年)

1723年,雍正的改土归流政策使来自中原的知识型流官代替了木氏土司行使丽江的管辖权。纳西族在宗教、价值观、生活方式上逐步受到汉族影响。

中华民国时期,设丽江县。

1921年,美国学者洛克抵达丽江,纳西东巴文化开始引起国外学者关注。1949年7月,成立丽江县人民政府。1961年4月,改置丽江纳西族自治县。

1986年,被国务院公布为中国历史文化名城。

1988年,宣科先生的纳西古乐团在古城北的一个大院里开始面向国外游客进行演出,纳西古乐逐步走向世界。

1995年,丽江机场投入使用,使丽江

与外界的交流得到极大促进。

(1996年以后)

1996年2月14日,7级地震袭击丽江,死伤5000多人,纳西族遭受前所未有的损失。地震引起全球对丽江的关注,同时丽江独特的风光和文化开始被人注意。

1997年,联合国教科文组织世界遗产委员会批准丽江列入《世界文化遗产名录》,成为中国首批受全人类共同承担保护责任的世界文化遗产城市,同时也成为国内第一个少数民族自治地方的世界文化遗产城市。

2001年10月,丽江被评为全国文明风景旅游区示范点。

2002年,丽江跻身“中国最令向往的10个城市”行列。

Lijiang Stats

Regions: The Lijiang region encompasses the Lijiang Naxi Autonomous County, the Ningland Yi Autonomous County, Yongsheng and Huaping Counties. Regional government is in Lijiang City.

Population: With a population density of 55 people per square km,

Lijiang's population is small.

Ethnicities: 57% of Lijiang's population are ethnic minorities, primarily Naxi, Yi, Lisu, Bai, Pumi, Dai, Miao (Hmong), Tibetans, Hui (ethnically Chinese Muslims), and Zhuang.

Residents: The old city has an area of 3.8 square kilometers and is

home to over 25,000 residents. 66.7% are ethnically Naxi; 30% work as blacksmiths, leather tanners, weavers, or brewers.

Tourist Industry: With over 3 million tourists per year, tourism has replaced agriculture as the area's mainstay industry.

Lijiang History

(before 1253)

Warring States period: Lijiang is part of the Qin kingdom's Shu prefecture.

Western Han: The area is known as Suizhou county.

680 AD: Conquered by Tibet, the area begins to absorb Tibetan culture.

794: Conquered by the Bai kingdom of Nanzhao, begins to be influenced by Plains Han culture.

(1253 - 1723)

1253: The local Mu family is given power over the area by the Mongolian-ruled Yuan dynasty.

1276: The Yuan dynasty estab-

lishes Yunnan as a provincial entity.

1382: Lijiang is first established as an administrative region.

(1723-1995)

1723: The Yongzheng emperor's annexation policy replaces the Mu family with imperial appointees. The Naxi people's way of life and cultural values become gradually more Han-like. Lijiang County is established during The Nationalist period.

1921: Foreign scholars begin to take an interest in Naxi/Dongba culture.

July 1949: The People's Government of Lijiang County is established.

April 1961: The area is designated as the Lijiang Naxi Autonomous Country.

1986: The State Council names

Lijiang a national cultural and historical city.

1988: Mr. Xuanke's Naxi folk orchestra begins to tour abroad, bringing its music to the world.

1995: Lijiang Airport begins operation.

(after 1996)

1996: February 14, 1996, A Class-7 earthquake strikes Lijiang, drawing the world's eyes to the area.

1997: UNESCO adds Lijiang to its list of World Heritage Sites, making it China's first ethnic minority area to be so honored.

October 2001: Lijiang is chosen as a model tourist destination.

2002: Lijiang is honored as one of "China's Most Captivating Places".

II 丽江景点

Lijiang Scenic Spots



行知提示

等级：一般景区

票 35元(凭学生证半价)，免费讲解。

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○市内

木王府 Master Mu's Residence

位于古城西南，兴于元、盛于明。徐霞客曾感叹：“宫室之丽，拟于王者。”古老的木王府大部分在清咸丰年间毁于战火，现在看到的木王府是1996年以后修复的。王府占地46亩，中轴线长369米，整个建筑群坐西朝东，“迎旭日而得木气”。议事厅端庄宽敞，气势恢弘，是土司议政之殿；万卷楼为木氏土司藏书楼，历史上曾在此刊印佛经；护法殿又称后议事厅，是土司商议家事之殿；光碧楼乃后花园门楼；玉音楼是接圣旨和歌舞宴乐之地；三清殿是木氏土司推崇道家精神的产物。王府充分体现了纳西人广采博纳多元文化的开放精神。

It lies to the southwest of the old town. Founded in the Yuan dynasty and flourishing during the Ming, the old wooden building complex was mostly destroyed by fire during the Qing dynasty. The current structure was rebuilt in 1996 and contains many of the historical features of the old building, from the Mu family's library of Tibetan scriptures to their residential and religious quarters.

○市内

万古楼 Wan Gu Tower

位于古城狮子山顶，是中国木结构第一楼。“万古楼”纳西语为“温古旅”（音），意为观赏畅怀于制高点。5层古楼由16根22米的主柱贯通各层，楼高33米，象征33万丽江民众；飞檐翘角共有13处，比喻玉龙山雪岳十三峰；楼体雕饰中披星戴月等吉祥图案为2300个，象征着在云南居住的23个民族。

At the top of Lion Mountain is Wan Gu Lou, a five-story wooden tower. Wan Gu Lou is 33 meters high, representing 330,000 Lijiang residents; its 13 upcurving rafters represent the 13 peaks of Mount Yulong. Its 2300 wood carvings represent Yunnan's 23 ethnic groups.

○市内

四方街 Sifang Jie

丽江古街的代表，位于古城的核心位置。不仅是大研古城的中心，也是滇西北地区的集贸和商业中心。四方街是一个占地约100平方米的梯形小广场，五花石铺地，街道两旁的店铺鳞次栉比。其西侧的制高点是科贡坊，为风格独特的三层门楼。从四方街四角延伸出四大主街：光义街、七一街、五一街、新华街。

The most typical of Lijiang's old streets, Sifang Jie lies at the center of the old town, the trade and commerce center of the northwestern quarter. It is a 100 square meter plaza, from which the four streets of Guangyi jie, Qiyi jie, Wuyi jie, and Xinhua jie extend.

○市内

三眼井 three-eyes well

古城特有的一种水系利用方式，它不仅富有地方民族特色，而且科学、卫生、方便。所谓“三眼井”是利用地下喷涌出的泉水源，依照地势高差修建成三级水潭：第一潭是泉水源头，为饮用之水；水从第一潭溢出后流入第二潭，第二潭为洗菜、洗涮炊具之用；水从第二潭溢出后流入第三潭，第三潭为漂洗衣物专用。

three-eyes well, draws from an underground spring. Water is graded by quality based on its depth in the ground, with the first class being potable, the second class being washing water run off from the first, and the third being used to wash clothing.

行知提示

- ☑ 从古城四方街沿黄山上段，10分钟即可到达。
- ☑ 15元（凭学生证半价），免费讲解。
- 🕒 am7:00~pm10:00
- 📍 古城狮子山公园内
- ☎ 0888 - 5182712



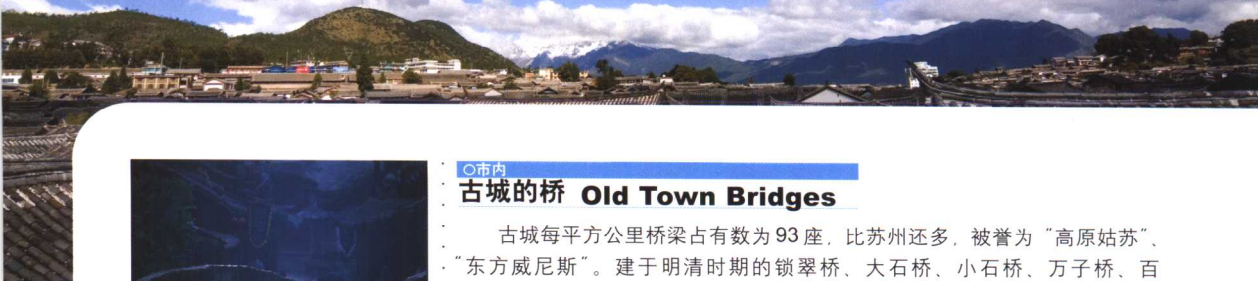
万古楼



四方街



三眼井



大石桥(和熙/摄)

○市内

古城的桥 Old Town Bridges

古城每平方公里桥梁占有数为93座,比苏州还多,被誉为“高原姑苏”、“东方威尼斯”。建于明清时期的锁翠桥、大石桥、小石桥、万子桥、百岁桥、南门桥、马鞍桥、仁寿桥较著名,位于四方街以东100米的大石桥最具特色。

On average there are 93 bridges per square kilometer in the old town, earning it comparisons to Suzhou and Venice. The stone bridge 100 meters to the east of Sifang Jie is particularly worth seeing.



○市内

天雨流芳 Tian Yu Liu Fang

纳西语把“去读书吧”念成“天雨流芳”。木氏土司把这个美丽的词镌刻在木府旁高大的木牌坊上,让木氏家族的人、古城的人、纳西族的人都知道:“读书是一件充满诗意的事,有着沁人心脾的美妙和清香。”

The Naxi for “go read” sounds like tian yu liu fang, Chinese for “heaven’s rains flow fragrant”. Master Mu carved this into a tablet for the edification of the public.

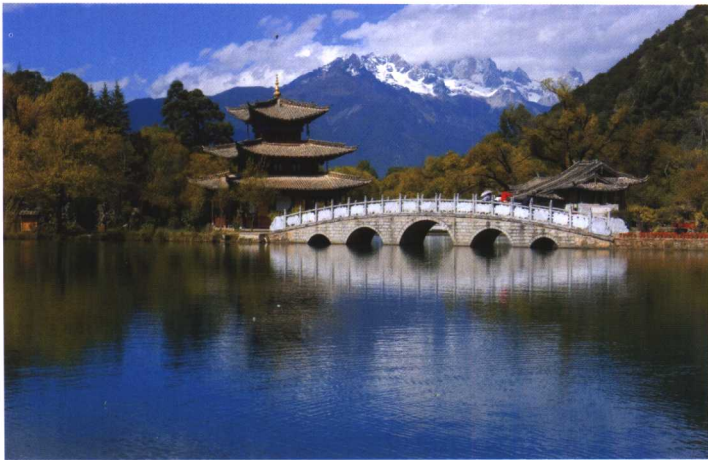


○市内

大水车 The Great Waterwheel

丽江大地震之后修建,位于古城的入口处,现为丽江古城的标志性建筑和地标!顺水而入可进到古城深处百姓人家,逆水而上则可以回到大水车。

“The Great Waterwheel” was set at the entrance of the old town when Lijiang was rebuilt following a massive earthquake. It has become a symbol of Lijiang. Going in the same direction as the river from here, you’ll see everyday Lijiang people’s homes.



行知提示

等级：国家 AAA 级风景名胜區，省级重点文物保护单位

📍 3、4、7、8 路

🎫 60 元 (凭学生证半价)

🕒 am7:00~pm7:30

📍 古城民主路黑龙潭

☎ 0888 - 5188041



〇市内

黑龙潭 Black Dragon Pool

黑龙潭始建于清乾隆二年（1737 年），旧名玉泉龙王庙，因获清嘉庆、光绪两朝皇帝敕封“龙神”而得名，后改称黑龙潭。晶莹清澈的潭水从石缝间涌流喷出，依山斛清泉汇成 4 万平方米潭面。这里除了水之外，古建筑也是一大特色。潭内随势错落的古建筑有龙神祠、得月楼、锁翠桥、玉皇阁、解脱林门楼、五凤楼、光碧楼、听鹧榭、一文亭、文明坊等建筑。公园内还设有丽江博物馆、东巴文化研究所等机构。

Black Dragon Pool was built in 1737. It was formerly known as Yuquan Longwang Temple, but changed its name after receiving the new name from the Jiaqing and Guangxu emperors. Besides the spring here, the architecture and the Lijiang Museum and Dongba Culture Research Institute inside are well worth a visit.



13

景
点
丽
江
Lijiang scenic spots



玉龙雪山 Jade Dragon Snow Mountain

是北半球距离赤道最近的雪山，由南北纵向排列的十三峰组成，十三峰山顶终年积雪不化，似一排玉柱立地擎天，海拔5596米的主峰扇子陡是世界上北半球纬度最低、海拔最高的山峰。玉龙雪山从海拔1800米的金沙江河谷到海拔4500多米的永久积雪地带，有着亚热带到寒带多种气候，种类繁多的植物按不同的气候带生长在山体的不同高度上，组成了非常明显而完整的山地植物分带谱，成为滇西北横断山脉植物区的缩影。雪山不轻易让人看到它白雪皑皑的顶峰，只有当太阳出来时，才会让您一睹芳容。至今，它还是一座处女峰，尚未被人类征服。

Jade Dragon Snow Mountain is the closest snow-capped mountain to the equator in the Northern Hemisphere, formed of 13 peaks which are covered in snow all year round. Between the Jinsha River, at 1800 meters above sea level and the permafrost level at 4500 meters, one passes through different climate zones, from tropical to glacial. A wide range of plants flourish in the different zones.

山上可以租羽绒服，也有免费氧气袋，但需要交 100 元押金。山上一般会有高原反应，游客需要注意。

玉龙雪山终年可以滑雪，乘玉龙雪山封闭式缆车直上海拔 4506 米的四季滑雪场。

等级：国家AAAA级风景名胜区，
省级自然保护区

位置：丽江市區北面 15 公里

海拔：5596 米

❶ 进山费 120 元/人，大索道 160 元/人(至冰川公园)。

■ 7路公交车 (5元/人), 包车 (60~80元/天)。

🕒 am9: 30~pm4:00

☎ 0888-5120929





◎周边

云杉坪 Yunshan Pasture

玉龙雪山东面一块连绵千米的林间草地。春夏碧草连天，山花烂漫；秋天一片泛黄；冬天则成了一个银色的世界。云杉坪是纳西族圣洁之地，由此可通往传说中的“玉龙第三国”。过去，当纳西族青年男女的爱情受到阻碍时，他们就会来到云杉坪，双双殉情。他们认为由此可摆脱世间烦恼，升入理想的爱情国度。

To the east of Jade Dragon Snow Mountain lies Yunshan Pasture, a forest glade verdant in spring and summer, a blazing sheet of yellow in autumn, and a silvery wonderland in winter. Yunshan Pasture is revered by the Naxi, as they consider it a holy place. In the past, Naxi boys and girls would come here when they were forbidden to love by their parents, making Yunshan Pasture place of escape and respite.

◎周边

牦牛坪 Yak Pasture

纳西语称其“般弄国”，意为美丽的雪山草甸。是玉龙雪山的第三个高山草甸，也是观赏玉龙十三峰的最佳地点。牦牛坪地势随着山势的起伏有着较大的差异，一条黑水河蜿蜒流过。这里是山下藏族牧民的夏季牧场，从牦牛坪沿着栈道向西走不远就到了雪花湖，是牦牛集中饮水的地方。

Called “Bannongguo” (“beautiful pasture”) in Naxi, it is Jade Dragon Snow Mountain's third high-altitude pasture, and an excellent vantage point from which to see all thirteen peaks of the mountain.

◎周边

虎跳峡 Tiger Leaping Gorge

指从中甸虎跳峡镇的桥头村到丽江大具村，迂回 20 公里的金沙江峡谷。走进虎跳峡，原本宽达 150~350 米的江面被西岸哈巴雪山和东岸玉龙雪山压挤到仅 30 米宽，而且还有 18 道险滩和江中巨石阻碍江水的前进。虎跳峡被分成三段，即上虎跳、中虎跳、下虎跳。

The Jinsha River Valley runs 20 km from Tiger Leaping Gorge to Daju Village. When it enters Tiger Leaping Gorge, the river is constricted by Haba Mountain and Jade Dragon Snow Mountain from 150-350 meters wide to a mere 30 meters. Separated into upper, middle, and lower sections, Tiger Leaping Gorge is a must-see.

行知提示

- 等级：国家AAAAA级风景名胜區
位置：丽江市區北面27公里，玉龙雪山上
海拔：3208米
② 7路公交车(5元/人)，包车(60~80元/车)

③ 索道：42元，门票：60元



牦牛坪(陈春缘/摄)

行知提示

- ② 7路公交车(5元/人)，包车(60~80元/车)
③ 索道：42元，门票：60元



虎跳峡(陈春缘/摄)

行知提示

- 位置：丽江市區西北面105公里
海拔：1800米
② 1. 丽江~大具：古路湾客运站。
2. 丽江~中甸~虎跳峡镇。丽江~中甸(古路湾客运站，客运服务中心汽车站)。
③ 50元(凭学生证半价)

行知提示

等级：国家AAAA级风景名胜区

位置：丽江市北面，路程17公里

票 30元(凭学生证半价)

车 打车、包车

时 am7:30~pm6:30

地 丽江市玉龙县白沙乡

电 0888-5190108

周边

玉水山寨 Jade Water Villa

位于丽江玉龙雪山脚下，首批国家AAAA级风景名胜区之一，美国大自然保护协会指定的东巴文化传承基地。“山有多高，水有多高”是人们对玉水山寨的赞誉。偌大的山泉从海拔近3000米的崖岭间奔腾而出，令人叹为观止。泉水越积越多，明镜般的梯次垒成的水潭镶嵌在山腰上，蓝天白云尽在其中，潭中沙石清晰可见。溯水寻源，就将人引到浓荫深处，只见水源从荫翳蔽日的两株千年古枫树底下冒出，大树底下是东巴祭祀之地。潭里名贵的红鲢鱼和金鲢鱼成群结队，自由自在地游弋，游人可以垂钓，钓到的大鱼可以拿到玉水山寨餐厅烹饪。

At the foot of Lijiang's Jade Dragon Snow Mountain is Jade Water Villa, one of China's first AAAA-rated tourist destinations, and a place designated by the American Nature Conservancy as the seat of Dongba culture. Water flows out from a mountain spring here nearly 3000 meters above sea level, pooling to reflect the splendid mountain scenery around it, the azure sky, and the cotton-white clouds. Through the clear pool waters, you can see the sand and rocks at the bottom of the pool, which flows out from between two ancient maple trees. Dongba people traditionally conducted ancestor-worship rituals at the foot of the trees. The pool is stocked with red and gold trout, which you can catch and take back to the Jade Water Villa canteen to cook.

周边

宝山石头城 Baoshan Stone Town

位于金沙江虎跳峡的华彩地段，海拔最高处为4600米，最低处为1600米。石头城，不是用石头垒砌的城堡，而是建筑于一块巨石之上的村寨。巨石三面是悬崖峭壁，只有一面石坡斜入金沙江，百余户人家的石头城未免袖珍了一点，但它的布局却是十分严谨的，三横五纵的街巷设置使整座城街路畅达。房屋的地基、柱石、房檐石；房内石床、石枕、石桌、石凳、石灶……都是从大石头上雕凿出来的。

The most scenic stretch of Tiger Leaping Gorge runs from 4600 meters above sea level to 1600 meters at its lowest point. Baoshan Stone Town is a village built atop a gigantic rock. The entire village, and all of the houses, furniture, beds, and everything else, is carved out of stone.

行知提示

等级：云南省重点文物保护单位

位置：丽江市东北面，路程110公里

海拔：4600米

票 丽江长途客运站(35元/人)



陈春缘 / 摄