



龙行华夏双语导游词 (汉英对照)

逐日拉萨

TAKE ME TO LASA

► 主编 成应翠

日光城拉萨，一座具有1300年历史的高原古城，
无疑是这个世界上最具特色、最富魅力的城市。
不仅因为它海拔3700米的高度令初来者感到晕眩，
还因为它的文化遗迹以及宗教氛围带给人们的震撼。



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拉萨概况

女士们，先生们，欢迎来到西藏自治区的首府——拉萨，它是西藏的经济、政治、文化中心和交通枢纽，具有悠久的历史。拉萨不仅是藏传佛教的圣地，而且也是世界文化名城，中国最美丽的城市之一。现在这个充满生机与活力的历史古城正不断向现代化迈进，以它崭新的面貌迎接新时代的朝阳。现在我们先了解一下拉萨的基本情况。

说起拉萨，不能不提到它的历史。拉萨是一座有着近1400年历史的文化古城，是藏传佛教的发祥地。这里是真正的圣地，它本身所具有的象征意味并不低于它自身存在的价值。它既是物质的，又是精神的，代表着意志的延伸。早在公元633年，吐蕃赞普松赞干布就将都城从山南雅隆一带迁到这里来，并修筑布达拉宫、建造大小昭寺，使拉萨成为西藏高原当时人口最多的重镇，奠定了后来拉萨城形成的

Ladies and gentlemen, welcome to the capital city of the Tibet Autonomous Region—Lhasa, the political, economic and cultural center of Tibet as well as transport hub. It is not only the holy land of the Tibetan Sect of Buddhism with a long history but also a famous historical and cultural city. It is one of the most beautiful cities in China. The old city is full of vitality and is marching towards modernizations. It is stepping into the new century with its lingering charm. Now, let me give you a brief introduction.

The 1,400-year-old city of Lhasa is the birthplace of Tibetan Buddhism. It is a sacred place so its meaning for symbolizing isn't lower than itself. Its symbolic significance is not lower than the value of its existence. It is representative of willingness, materialism and spirituality. In AD 633, the Tubo Songtsen Gampo moved the capital from Yarlung in the Shannan Region to today's Lhasa. He ordered the construction of the Potala Palace, and the Jokhang Monastery and Ramoche Monastery, turning it into the most popular settlement on the Tibet Plateau and laid the foundation for Lhasa. The Tubo Kingdom collapsed in the latter half of the 9th

基础。公元 9 世纪后半叶，吐蕃王朝瓦解。直到公元 14 世纪（明朝早期），拉萨一直处于各地方割据势力的交替控制之下，发展非常缓慢，但以大昭寺为中心的环形经道渐趋热闹，早期城区的雏形基本形成。公元 17 世纪以后，由于受到清王朝的不断册封，达赖喇嘛转世系统取得西藏地方最高政教地位并建立甘丹颇章政权，拉萨再度成为西藏地方的权力中心，遭受连年战乱的布达拉宫、大昭寺也得到大规模修复。公元 20 世纪起，大量民房、商号、客栈、饭馆等相继出现，形成了与环绕大昭寺的转经道相互连通的街区，拉萨也成为西藏最主要的商品集散地，城区人口逐渐增长。现在拉萨市总人口为 62 万，包括藏、汉、回等 31 个民族，其中藏族人口占 88.9%。这里的人们率直热情、质朴浪漫而且非常好客，如果你有幸到当地藏胞家借宿一晚，一定可以体会到他们的热情。

也许有人会担心同当地人交流时会遇到语言上的障碍，请放心，尽管当地居民一般讲藏语，但多数人都可以根据交流的对象选择适当的对话语

century and until the early Ming Dynasty in the 14th century, Lhasa was controlled by different regional powers and developed slowly. However, the circular pilgrim route around Jokhang Monastery gradually flourished, forming the embryo of the city. Especially in the 17th century, with support from the Qing Dynasty rulers, the Dalai Lama reincarnation system gained the supreme political and religious power of Tibet and set up the Gandain Phodrang local regime. As Lhasa rose to be the power center of Tibet again, the Potala Palace and Jokhang Monastery were renovated after centuries of devastation in wars. Since the early 20th century, residential houses, shops, hotels and restaurants have mushroomed to form busy streets surrounding the old pilgrim route around Jokhang Monastery. As the city became Tibet's most important commercial center, the population also grew quickly. The city has a population of 620,000 from 31 ethnic groups. The Tibetan people amount to 88.9 percent, with the rest of the population consisted of Han, Hui and some 30 other nationalities. The local people are frank and passional, simple and romantic and very hospitable. If you are lucky enough to stay at a Tibetan's house for a night, you will enjoy their warm welcome that you have never experienced before.

If some of you worry about the problem of local language, please do not worry. Although the local people speak the Tibetan language, most of them can speak the equivalent language according to their conversational partner.



言。凡是涉外宾馆、饭店、旅馆、餐厅和商店都有汉、藏、英文字标牌，但你在街上不容易碰到懂外语的人，所以外国朋友最好是团体结队出行，有翻译陪同。国内旅客来拉萨，尽管大胆外出。拉萨民风淳朴，这里的群众很乐意为玩家指路。

在过去的几十年里，拉萨的藏民在河谷耕耘，在草原游牧，在丛林狩猎，写下了一部既与大自然相适应，又与大自然相抗争的民族文明发展史。走在拉萨的每一个农庄和牧村，人们都能从奔流的山歌和牧歌中，体验到人与自然的和谐相处。

有机会你们可以到农区看一下真正的藏式民居，那样可以更好地了解藏民的生活方式。典型的藏式民居多为石木结构的平顶房，一般是二至三层，回廊式的内院形式居多，屋内有精雕细刻的藏式家具及各种摆设。而在乡村，牧民多居住在帐篷里，帐篷的质料有布料和毛皮之分。大家从眼前这些房屋就可以看到拉萨人民的生活水平有了很大的提高，并且现代化的发展使他们的生活变得更加舒适与便利。

不仅是住房，他们的饮食水平也在逐渐改善和提高。不

Explanations in Chinese, Tibetan and English can be found at hotels, restaurants and shops. However, in Lhasa it is difficult to come upon the one who understand foreign language. It is best for foreign tourists to go out in groups along with interpreters. Domestic tourists can go anywhere without problems. The local people are very polite and helpful and will give you directions to where you want to go.

Over the past decades, people in Lhasa farmed, raised cattle and hunted in the forests. They have written a history of their own, which is a civilization created by both adapting to and struggling against the harshness of nature. Wherever you may be, you can always feel a peaceful harmony between man and nature by the songs farmers and herdsmen sing.

If you pay a visit to local people in Lhasa, you will find that they mostly live in stone or wooden houses with a flat roof. These are the major residential buildings of rural Tibetans. The buildings have two or three storeys and have corridors inside courtyards. The rooms are decorated with carved furniture in a Tibetan style and other ornaments. In rural areas, people live in tents made of cloth or leather. From these houses, you can see the standard of living in Lhasa has greatly improved and it makes life more comfortable and convenient.

Not only their housing but also their food is gradually improving. Unlike other places in



同于中国其他地方，这里的饮食独具风味。拉萨的传统饮食有风干肉、手抓牛羊肉、奶制品、酥油茶、奶茶和青稞酒等。细心的朋友可能已经发现这里的食物都是用来抵御严寒的。

大家也许都从地图上看到过，拉萨的地理位置很特别。拉萨地处西藏自治区中南部，雅鲁藏布江支流拉萨河北岸。东邻林芝地区，东南邻山南地区，西北接那曲地区，西南连日喀则地区。这是一片神奇的土地，连脚下的地平线都已遥遥高出海平面几千米。由于海拔的高度，拉萨附近的多数山峰终年覆盖着积雪，形成高原最为壮丽的雪域奇景。奇特的地壳运动还在这些山间谷底创造出了许多独具特色的小气候、小环境，这些都是你在其他地区无法领略到的。大家还会发现，有的地方山顶白雪皑皑，山腰却是郁郁葱葱，山下鲜花烂漫，谷底流水潺潺，使得拉萨的山峰除了白色的妩媚之外，更添几分五彩的神韵。

拉萨年均气温 8°C ，最高气温才 28°C ，最低气温 -14°C ，降水集中在 7、8、9 月，年降水量为 500 毫米左右，属于温

China, Tibetan food is quite unique. The traditional food and drink of Lhasa are dried meat, beef and mutton, dairy products, butter tea, sweet tea and barley wine, etc. The food is helpful in surviving the cold weather.

The position of Tibet is very special. Lhasa is situated on the northern bank of the Lhasa River, a tributary of the Yarlung Zangbo, in the middle-south of the Tibet Autonomous Region. To the east and southeast of Lhasa are the Regions of Nyingchi and Shannan; Nakchu neighbors Lhasa on the north and west; Xigaze lies to its southwest. Lhasa is a mysterious place and its horizon is several thousand meters above sea level. Because of their height, most of the mountain peaks around Lhasa are perpetually covered with snow and draped by glaciers. It makes a glorious landscape in the snow-capped plateau. Furthermore, the movement of the earth's crust has created many small but extraordinary climatic and environmental areas that can not be found elsewhere. It is not surprising to find thick, green forests on the slopes of snow-covered mountains, at the foot of which grow colorful flowers and in the valleys below flow gurgling rivers. It makes the mountains of Lhasa more attractive with lingering charm.

Lhasa has an annual average temperature of 8°C . Its highest temperature is 28°C , its lowest temperature is -14°C and its precipitation comes mainly in June, July and September. The



带高原季风气候。

由于独特的地理位置及气候条件，拉萨成为西藏主要的农业区之一。粮食作物主要有青稞、小麦、玉米、蚕豆、豌豆；经济作物主要有土豆、萝卜、白菜、西红柿、黄瓜、茄子等。所以在这里你可以吃到各种蔬菜。水果的种类也毫不逊色哦！苹果、桃、梨，应有尽有。树木主要有杨柳、桦树、冷杉等。拉萨的畜牧业也很发达，饲养的动物包括黄牛、绵羊、山羊和当地特有的牦牛、犏牛。

拉萨吸引人的地方就在于它的天然魅力——万里高原上的雪山、一望无际的草原、绿石翡翠般的森林以及碧澄的天然湖泊，这些都为各类野生动物构筑了一个天然的庇护所，各种珍禽异兽在这里尽情玩耍、繁衍生息。高原独特的地理气候，形成了许多别处罕见的动物品种，如野驴、瞪羚、獐、马鹿、黑颈鹤、天鹅、藏雪鸡和入选为福娃形象的藏羚羊等，这些动物都有极高的科研和经济价值。但是由于自然灾害和人类的猎杀，这些动物已经越来越少，有一些已经濒临灭绝。为了保护这些高原上

average precipitation is 500 mm. The climate is of the temperate plateau monsoon type.

Because of its position and climate, Lhasa is one of Tibet's most important agriculture zones. The main grain crops include highland barley, wheat, corn, broad beans and peas. The main cash crops are potatoes, radishes, cabbages, tomatoes, cucumbers, and eggplant. In addition, many fruits are also in a great quantity. The fruit trees are apple, peach, and pear. There are also willow, birch, fir and other trees. Stockbreeding in Tibet is also very developed. The animals they raise include huangniu, sheep and goat. Animal husbandry is centered on the yak and pianniu (offspring of a bull and a female yak).

The highlight of Tibet is its natural scenery. The snowy mountains on the Tibetan Plateau, the endless grasslands, the jade-like green forests and the limpid lakes provide the world's highest natural habitat. Here, rare birds and beasts freely live and multiply. The unique geography and climate have given rise to many animals found nowhere else on earth, such as the kiang, a Mongolian gazelle, river deer, red deer, black-necked crane, swan, Tibetan snow pheasant, and the Tibetan antelope. These animals are of great scientific and economic value. However, because of natural disaster and hunting, most of them are disappearing and some are even on the edge of extinction. In order to protect the valuable wildlife resources on the plateau, the Tibet Autonomous Regional

的珍贵野生动物，西藏自治区人民政府已经制定了保护野生动物的地方法令，列出了必须严加保护的珍贵动物名单，并划分了若干野生动物保护区，使得这些拉萨瑰宝得到了有效的保护。

也许你们都有所耳闻，拉萨的药材堪称一绝，有冬虫夏草、贝母、雪莲花、麝香、鹿茸等，是不是听着这些名字就觉得很稀罕呢？事实上它们也都是非常名贵的，在别的地方可是千金难求呢！在这里，你们可以找到各种有名的传统工艺品，有用羊毛纺织的卡垫、地毯、腰刀、木碗、金银首饰。其中，拉萨腰刀最为著名。所以既然大家已经来到这里了，不妨亲口品尝一下青稞酒，采一朵雪莲花，买些藏饰送给亲朋好友，相信他们一定会为你的不凡眼光赞叹不已。

你们知道吗？目前拉萨市已发展成为西藏自治区的交通枢纽。川藏公路、青藏公路、中尼公路交汇于此，拉萨市中心距贡嘎机场 100 千米。这些都为各地的旅游者提供了方便。

刚才我们已经说过了，拉萨是首批历史名城和中国优秀

Government has issued special decrees and listed the rare animals under strict government protection. It has also marked out several wildlife conservation zones to provide effective shelter for Lhasa's treasured animals.

There are Tibetan medical plants found only on the top of the world. Typical medical plants are aweto, caladium, snow lotus, muskiness and pilose antler. The names are very strange. In fact, these plants are very rare and you can not find them everywhere. You can also find a variety of famous traditional arts and crafts souvenirs: small wool carpets to sit on, larger carpets, waist swords, wooden bowls, gold and silver jewelry. The waist sword at Lhasa is the most famous. So since you are here, you can have a taste of the qingke wine or pick a snow lotus and buy some Tibetan crafts for your family or friends. They will appreciate your special taste.

Lhasa is the transportation hinge of Tibet. The Sichuan-Tibet Highway, the Qinghai-Tibet Highway and the China-Nepal International Road converge here. The center of Lhasa is about 100 kilometers from Gonggar Airport. All of these make Lhasa very convenient for people to visit.

Lhasa is one of the top tourist cities in China and is in one of the first groups of



旅游城市之一。它以悠久的历史、独特的地理位置和民族风情著称于世。终年白雪皑皑的念青唐古拉山，一望无际的当雄大草原，举世罕见的奇珍异宝，吸引着无数国内外的游客。

不管是在市区还是在郊区，拉萨都有引以为傲的历史文化古迹和优美的旅游景点。目前拉萨已开辟的风景名胜达200余处，其中，已开发的重点旅游景点20多处，已列入开发计划的景点30多处，拉萨市内最著名的有布达拉宫、大昭寺、小昭寺、罗布林卡、唐蕃会盟碑、哲蚌寺、色拉寺、甘丹寺、宗角禄康（俗称龙王潭）、西藏自治区博物馆。你们更不能错过的自然风景区包括纳木错、羊八井地热。

古老的拉萨是一个环境优美的绿化城市，这里蓝天覆盖，群山绵延，鸟语花香，碧波荡漾。在如今这个被工业化浪潮席卷的世界正发出要求可持续发展的呼声时，拉萨这片土地依然保持着大自然原本的美丽，不能不说这正是拉萨对世人的恒久诱惑。但是由于大量游客来此参观却不注意保护

approved cities famous for their long history and culture. It is world-famous for its age-old history, unique geographic conditions and nationality customs. The beautiful snow-capped Nyenchen Tanggula, the vast beautiful Damxung pasture land and the rare cultural relics attract many tourists from all over the world.

Both in city and country areas, Lhasa has places of interest and cultural attractions which it is proud of. There are some 200 scenic attractions in and around Lhasa. Among them, over 20 are famous and more than 30 are being planned. The important sites inside the City of Lhasa include the Potala Palace, Jokhang Monastery, Ramoche Monastery, Norbulingka, the Tang Dynasty-Tubo Alliance Tablet, Drepung Monastery, Sêra Monastery, Zongjolukang (commonly known as the Dragon King's Pool), and the Tibet Autonomous Region Museum. Natural scenic spots include the Namtso and the famous geothermal scenery in Yangbajain.

Lhasa is a beautiful city with mountain ranges and birds singing. Here the sky is blue, and the lakes are clear. In a world engulfed by the tide of industrialization, Lhasa remains a land endowed by nature with much beauty. This is a major reason for its attraction to the whole world. However, more and more tourists arrive here and don't pay attention to the environment; it has been damaged and relics have also been destroyed. In order to protect



环境，这里的环境受到了破坏，一些古迹也受到不同程度的损坏。为了保护当地的自然环境，在中国中央政府的大力协助下，拉萨市人民竭尽所能地美化城市环境和保护历史文物古迹。1990年8月，中央政府投资3.9亿元人民币修建了一个自然环境监督站。除此之外，几十年来，西藏自治区和拉萨市人民政府一直都在致力于植树造林工程，现在，拉萨城市绿化面积约1360公顷，森林覆盖率达32%，使城市面貌得到了极大的改观。为了使茫茫雪山下这一片净土的美丽能得以延续，汉藏人民同心协力，排除万难，取得了一系列可喜的成绩。1991年，拉萨绿化工程在综合治理上的优异表现受到了国家环保总局和建设部的一致赞赏和认同。神奇的拉萨，正发展成一座拥有美丽风光和历史文化古迹的整洁的、崭新的城市，吸引着八方游客。

拉萨人民不仅在环境保护上有所作为，在科技发展上也取得了令人瞩目的成绩。拉萨的科技工作起步较晚，于20世纪70年代才刚刚兴起。30多年来，建立了很多科学与技术研究团体。目前，拉萨市共

the natural environment, the Tibet Autonomous Region Government has made great effort to afforest Lhasa, and introduced some strategies to protect historical relics with the help of the Central Government of China who invested 390 million yuan to build an environment-monitoring station in August, 1990. As well, the Tibet Autonomous Region Government and the Lhasa Government have been planting trees in the city for decades. Now, the afforestation area of Lhasa is 1,360 hectares, accounting for 32% of the total area of the city. It has greatly changed the old appearance of the city. The Han people and the Tibetans are making a great effort to maintain the beauty of land at the foot of snowy mountains. In 1991, the Green Project of Lhasa was conferred the Praise of Excellent Comprehensive Administration by the National Environmental Protection Bureau and the Ministry of Construction. Mysterious Lhasa has developed into a tidy, nice garden city with beautiful scenery and historical relics. It attracts tourists from home and abroad.

Lhasa people have achieved great improvement not only in protecting the environment but also in scientific development. Scientific and technological development in Lhasa started in the 1970's and during the past 30 years, many scientific and technological research institutions have been established in the



有科技人员 6 000 多名。这使我们看到了一个新的拉萨，一个古老与现代文明并存的拉萨。

要想科技进步，当然少不了人才，拉萨教育体系的发展也是日新月异。中华人民共和国成立前，拉萨没有一所正规的学校，教育体系还远未形成。西藏和平解放 50 多年来，拉萨的教育事业从无到有，从小到大，逐步走上协调、稳定、持续发展的道路。全市共有各级学校 500 多所，在校学生 7 万多人，教学质量得到了极大的提高。由于相关部门的一系列改革措施，已建成从幼儿教育到普通高等教育的一套比较完整的体系。

介绍了这么多关于拉萨的情况，你们知道“拉萨”这个地名是怎么来的吗？我来告诉你们吧！“拉萨”是藏语地名，根据藏传佛教，“Lha”特指“天神”，所以其准确的意思应为“神地”。据藏文古籍的记载，“Lhasa”一词的藏文古称是“Rasa”，意思是“山羊之地”，这个名称与修建大昭寺时大群山羊从附近的山上驮运石料的传说有关。

city. Now there are more than 6,000 science and technology workers and you can see a new appearance of Lhasa, a mixture of the old and the new.

To promote the development of science and technology, people with abilities are necessary. The system of education in Lhasa is changing with each passing day. Until liberation, there were no real schools in Lhasa. The educational system had not come into being. In the 50 years since the peaceful liberation of Tibet, education has grown in a coordinated, stable and sustainable manner. There are 500 schools at different levels in the city. The number of students is over 70,000 and the quality of education has greatly changed and a fairly complete system from preschool education to higher education has been set up.

You have been introduced to some information about Lhasa. Do you know the meaning of its name? According to Tibetan Buddhism, “Lha” means “God”. Thus the meaning of the word “Lhasa” should be the “place of God”. In ancient times, “Lhasa” was also called “Rasa” (land of goats). This name is related to the legend that herds of white goats carried rocks for the building of the Tokhang Monastery.



► 快乐旅途

自卫的方式

“乔治，今天我看见你吻了女仆，”妻子严厉地说道。“我要求你解释。”

“好了，别匆忙下结论，”机智的丈夫说道。“我所做的一切只是我抱怨她没有彻底地打扫起居室，而她却用扫帚攻击我。为了自卫我不得不咬她。”

The Way of Self-Defense

“George, I saw you kissing the maid today,” said the wife grimly. “I demand an explanation.”

“Now, don’t jump to conclusions,” said the fast-thinking husband. “All I did was to complain that she hadn’t dusted the living room properly and she attacked me with a broom. I had to bite her in self-defense.”



一、拉萨新城

1

布达拉宫

The Potala Palace

无论从哪个方向进入拉萨，首先映入眼帘的必定是布达拉宫，朋友们，现在我们已经来到了这座宏伟的宫殿面前，我先给大家简要介绍一下它的基本情况。

布达拉宫是世界上海拔最高、规模最大、保存最为完好的古老的城堡式建筑群，是拉萨也是西藏的标志性建筑，是藏族古代建筑的一座丰碑。它不仅是全国第一批重点文物保护单位，也被联合国教科文组织正式列入《世界遗产名录》。

布达拉宫高 119 米，共计 13 层，涵盖了堡垒、宫殿、寺庙佛堂等建筑形式，以其极高的历史、艺术价值和旷世宝藏闻名于世。布达拉宫坐落在红山上，庞大的建筑群整体依山向上收紧，顶部是结合汉式飞

No matter which direction you come to Lhasa, you must first see the Potala Palace. Now you are in front of the magnificent palace. First of all, please allow me to give you a brief introduction.

The Potala Palace is the best-preserved ancient highest building at the elevation in the world. It is a symbol of architecture in Tibet as well as a milestone of ancient Tibetan architecture. Not only is it listed in the first group of key cultural relic units under national protection, but also is included in *The World Heritage List* by the UNESCO.

Consisting of 13 storeys, the Potala Palace is 119 meters high and includes different building styles such as castles, palaces and temples. It is world-famous for its high value in history and art as well as its rare treasures. Located on Red Mountain, the great building complex follows the terrain of the mountain and