

大理白族自治州旅游培训咨询中心 编  
Shaxi's Sideng Market—the only  
surviving market town on the  
ancient Tea and Horse Caravan  
trail.

杨惠铭 著

# 沙溪寺登街

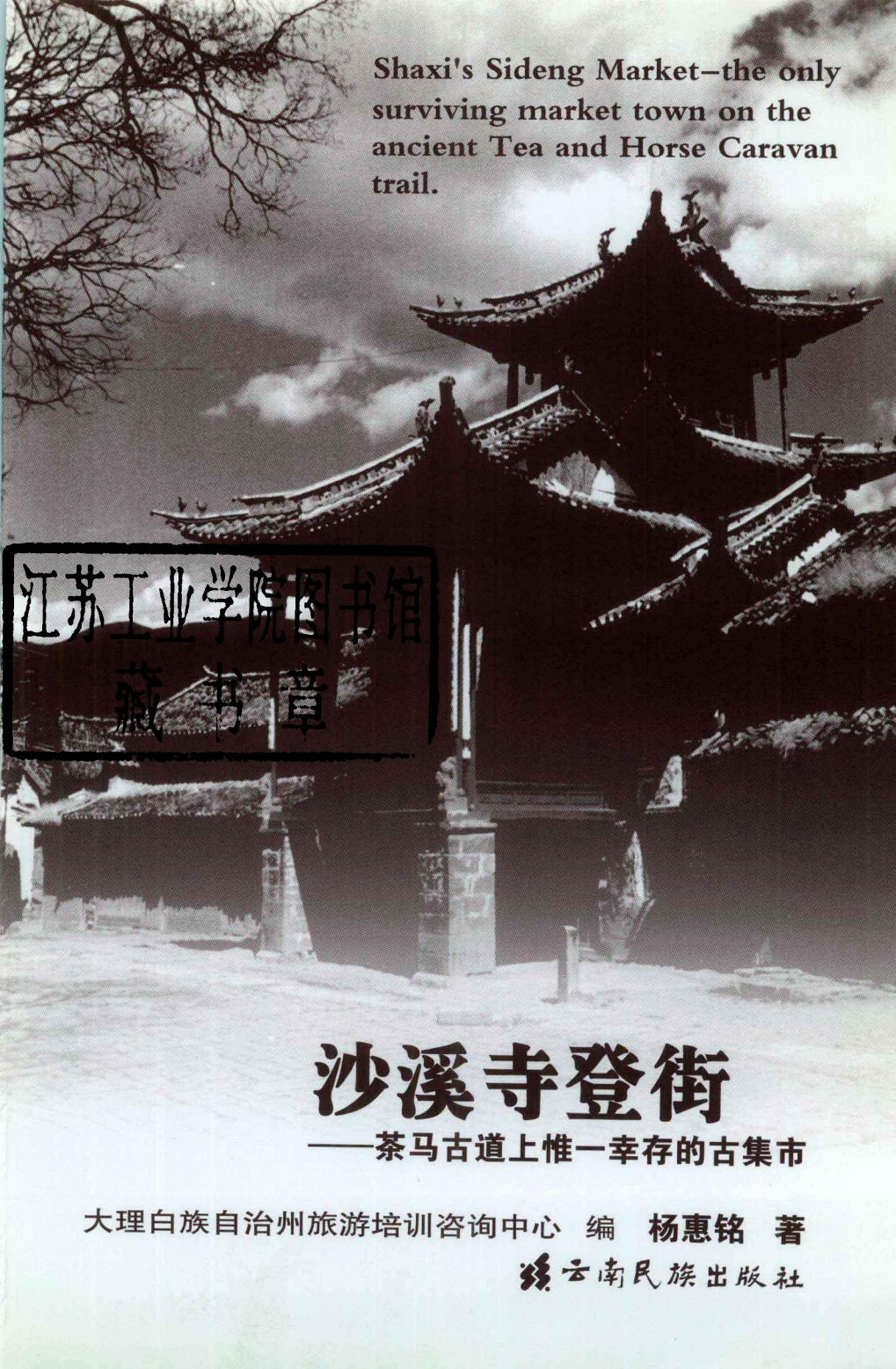
——茶马古道上惟一幸存的古集市



云南民族出版社







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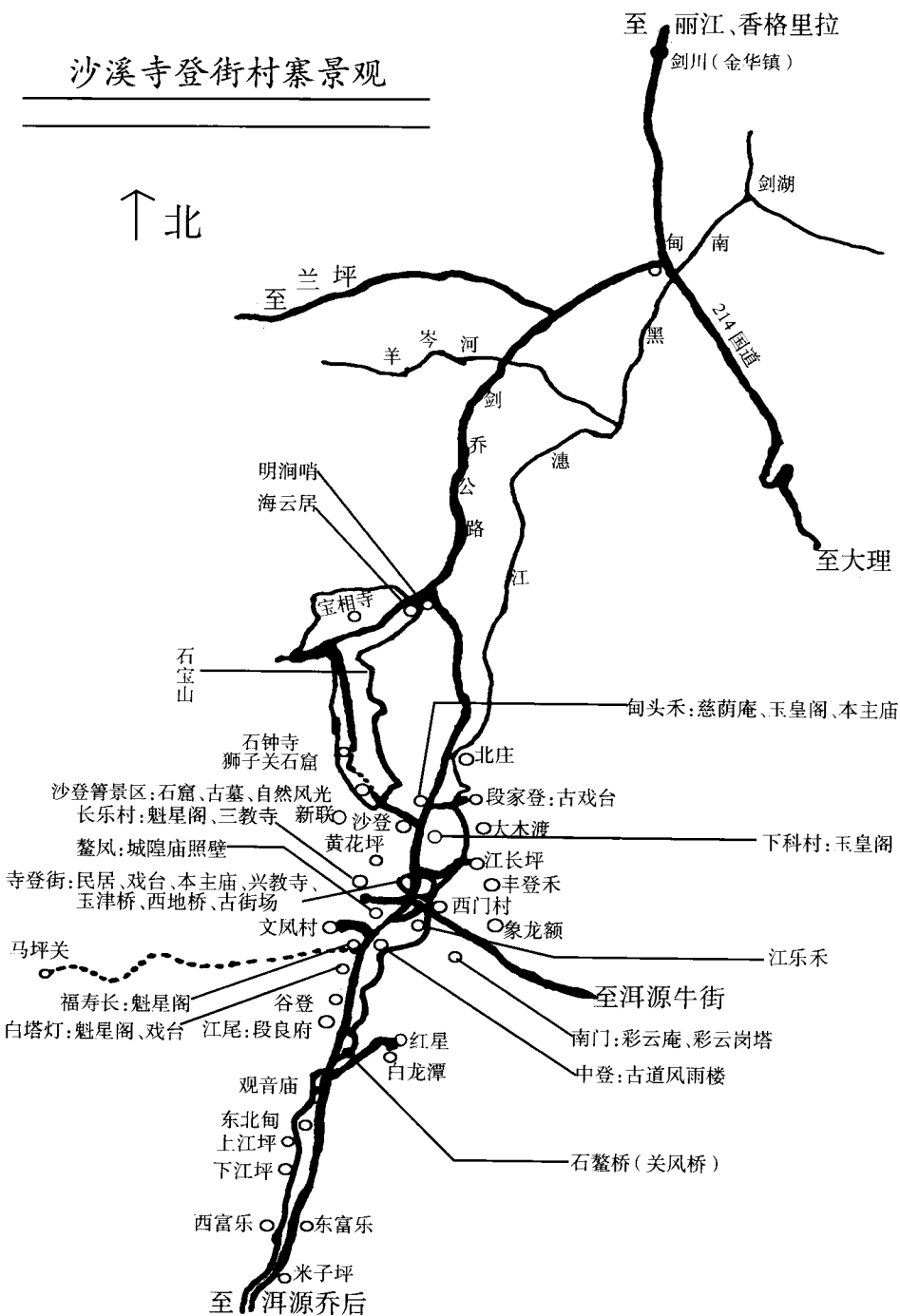
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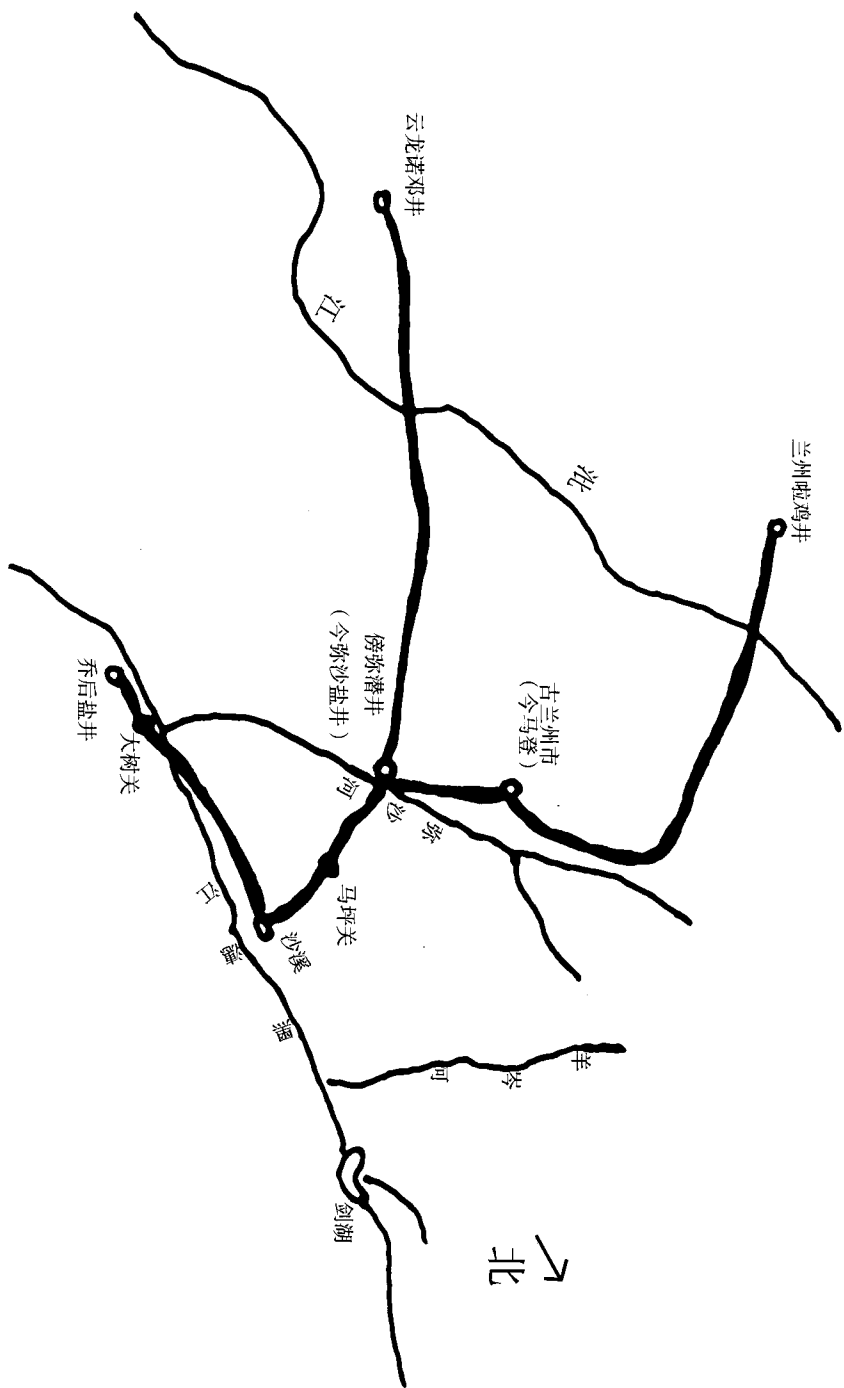
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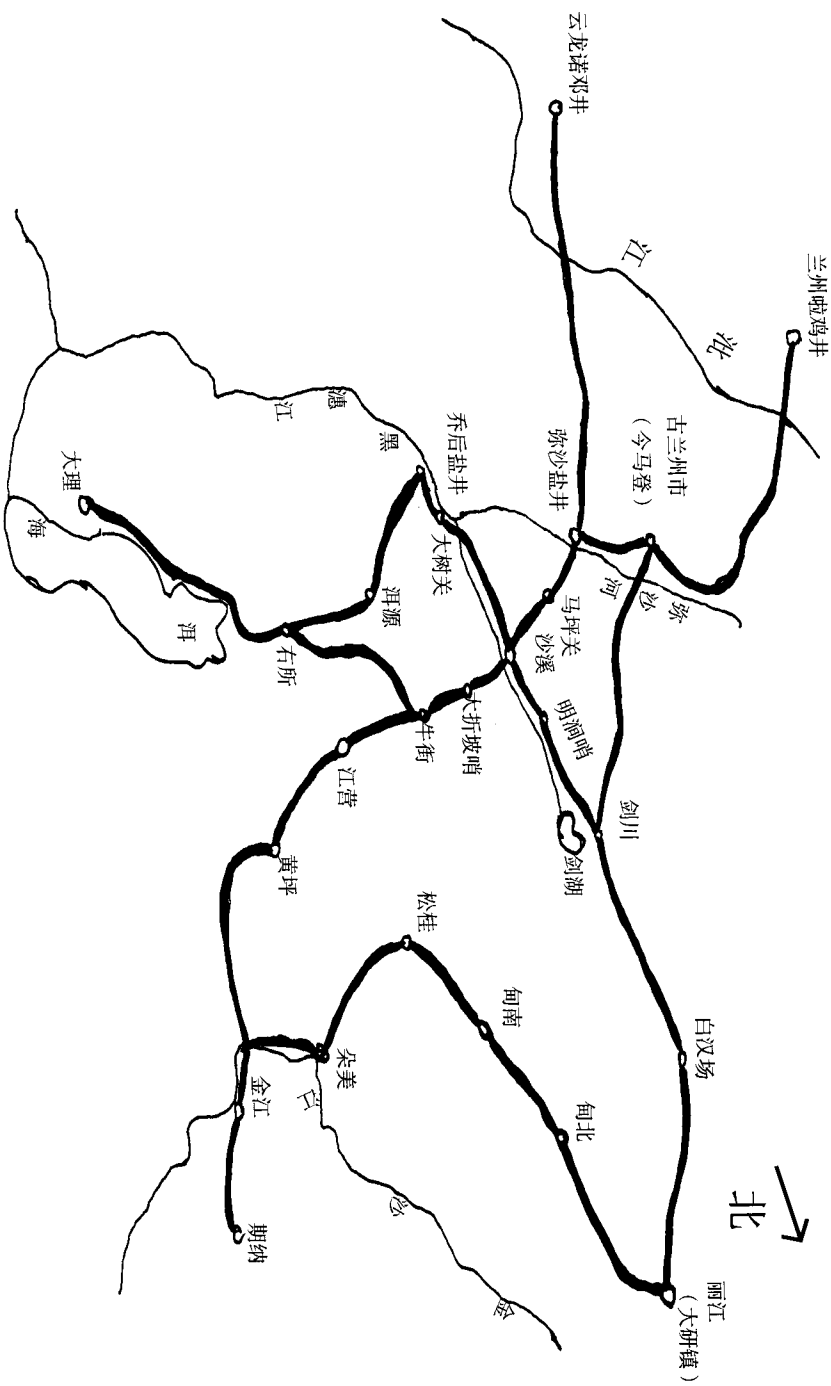
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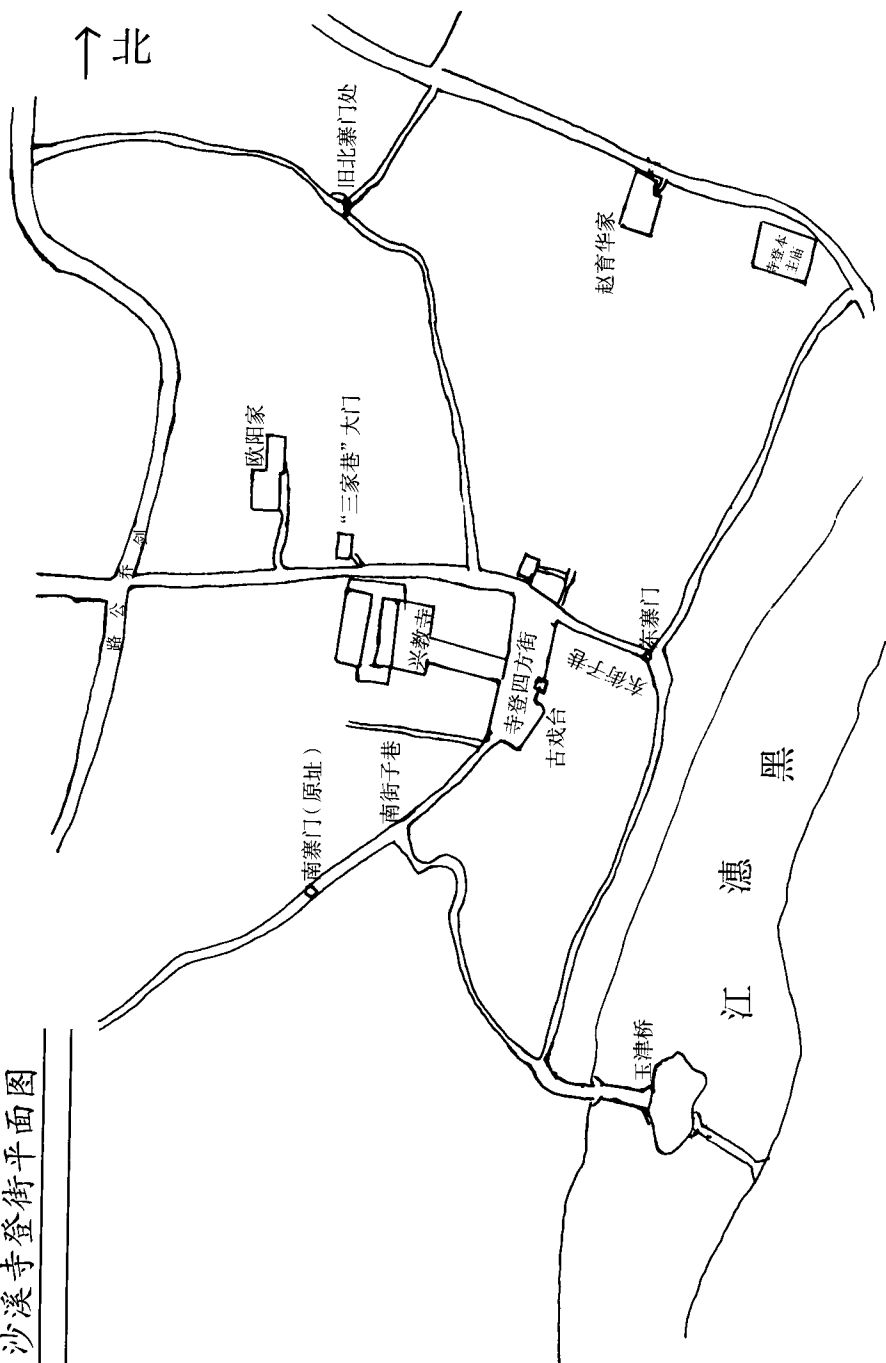


沙溪古镇与滇西四大盐井

民国时期马帮行程图(部分)



沙溪寺登街平面图



# 目 录

## 链接沙溪 (1)

2001 年 10 月 11 日，世界纪念性建筑基金会（WMF）在美国纽约宣布，中国云南沙溪（寺登）区域入选 2002 年 101 个世界濒危建筑保护名录，中国同期入选名录的有万里长城、上海欧黑尔·雷切犹太教堂、陕西大秦基督宝塔及修道院。能与举世文明的万里长城相提并论，人们不禁要问沙溪在什么地方，凭什么能与万里长城同期入选世界濒危建筑保护名录。

## About Shaxi

On 11th October, 2001, in New York, the World Monument Fund (WMF) placed the Shaxi Market Area on the list of the 101 most endangered sites. At the same time, three other Chinese sites were placed on this list: the Great Wall, the Ohel Rachel Synagogue in Shanghai, and the Da Qin Christian Pagoda and Monastery in Shanxi. Naturally, people will be wondering what kind of place is Shaxi that it can be mentioned in the same breath as the Great Wall? On what basis can it be considered one of the world's most endangered cultural heritage sites?

## 茶马古道交会地 (13)

茶马古道经四川、云南，北连西藏、印度，南通东南亚。古



道过云南大理、丽江、香格里拉等地，在这几处名镇之间，有着一个古集市——沙溪寺登街。

## Tea and Horse Caravan Trail Waystation

The Tea and Horse Caravan Trail ran through Sichuan and Yunnan, linking India and Tibet with Southeast Asia. The road passed through Dali, Lijiang and Xianggelila, and in between these well known towns lay the old market town of Sideng in Shaxi.

### 千年集市寺登街 (17)

寺登四方街是沙溪的灵魂与核心，是一个集寺庙，古戏台，商铺，马店，开阔的红砂石板街面，百年古树、古巷道、寨门于一身的、功能齐备的古集市，被世界纪念性建筑基金会的专家赞誉为“茶马古道上惟一幸存的古集市”。

## The Thousand Year Old Sideng Market Square

Sideng market square is the heart and soul of Shaxi. The complex consists of a temple, a theatre, shops and stables all set around a red sandstone paved square. Hundred year old trees, ancient alleyways and protective gates complete the scene, causing the experts at the WMF to praise it as ‘the only surviving example of such an entrepot on the Tea and Horse Caravan Trail’.

### 沙溪四卡 (28)

随着沙溪的繁华，古镇通道上建起了四座关卡：西卡马坪关，南卡大树关，是盐卡；东卡大折坡哨，北卡明涧哨，是哨卡。盐卡收税，哨卡护路，它们同时又是马帮休息的驿站。

## Shaxi's toll gates

In the wake of ancient Shaxi's thriving success, the town authorities established four toll gates along its thoroughfares: the Maping Gate [lit, Customs House] in the west and the Dashu Gate in the south were customs houses, established to collect duty on the salt trade; the eastern Dazhepo Sentry Gate and the Mingjian Sentry Gate in the north were guard posts to protect the roads and also to provide rest and shelter for the caravans.

## 四方街与兴教寺 (37)

兴教寺是云南众多古寺庙之一，它和滇藏茶马古道上的古集市——四方街紧密相连，与古街相互辉映，是融多种宗教流派于一身的寺庙，以其建筑上的特点和众多奇迹享誉云南，是云南古寺庙遗迹中不可多得的寺庙。

## The square and the temple

Xingjiao Temple is one of Yunnan's many ancient temples. It complements the adjacent market square and provides several religious traditions with a place of worship. Its architectural distinctives and its numerous miracles have blessed Yunnan with an unforgettable temple.

## 古桥 马道 (49)

古桥、马道，是茶马古道的动脉。沙溪境内古桥、马道密布，保留至今。很多古桥还在发挥重要作用，一些马道也仍然在使用。

## Ancient bridges and roads

The ancient bridges and roads which cross Shaxi District are the Tea

and Horse Caravan Trail's arteries. Many bridges are still in use and even some of the mule paths are also still used today.

### 古戏台 (57)

古戏台、魁星阁或合二为一，或分处两处，建筑形式各不相同。它们分布在沙溪境内，至今仍然在使用。它们孕育了沙溪白族文化，体现了白族是一个尊重文人、崇尚文化的民族。

### Ancient theatres

The theatres and pagodas are sometimes combined in one structure and sometimes separate. Built in different architectural styles, they can be found all over the Shaxi area and are still in use today. They have given birth to Shaxi Bai culture and demonstrate that the Bai respect and uphold ethnic culture.

### 石宝山石窟 (76)

南天瑰宝石宝山石窟与沙溪在地理上紧密相连，茶马古道在出寺登街后，有一条岔道通过沙登箐进入石钟山，石窟的开凿与古镇的繁荣密不可分，二者紧密联系、相互促进，将经贸与宗教、政治紧密结合在一起。

### Stone Treasure Mountain grottoes

One of South China's gems, Stone Treasure Mountain is not far from Shaxi. A branch road of the Tea and Horse Caravan Trail leaves Sideng Market and after traversing the village of Shadengqing enters the mountain area. There have always been close religious, economic and political ties between the thriving town of Shaxi and the grottoes carved out of the rocks on Stone Treasure Mountain.

## 马帮与马锅头 (91)

沙溪作为滇藏茶马古道上的陆路码头，是食盐、茶叶、马匹、皮货、药材等货物的集散地，而马帮是这些货物的运输者，藏族马帮、回族马帮、本地马帮，还有临时组合的乌托马帮，它们都有自己的组合形式、帮规，有自己的头目——马锅头。李德铭老先生就是至今还健在的马锅头。

## The mule trains and their leaders

Shaxi was an important stopping point on the Yunnan - Tibet Tea and Horse Caravan Trail. It was a distribution centre for goods such as table salt, tea leaves, horses, hides and medicinal products. The caravans which carried these trade goods were Tibetan, Hui or local Bai teams, and sometimes they joined together to form temporary bands. Each team had its own methods of organisation, its own rules and its own leader, the caravan chief. Mr Li Deming, now advanced in years, was one of those caravan chiefs.

## 古道世家 (103)

马锅头是滇藏茶马古道上马帮头目特有的称呼，他们是领先在古道经贸中发迹起来的商人，富甲一方。他们在古镇上所建住宅相当豪华，很多至今保存完好，有人居住。其中最有名的是欧阳古院。

## The old families of the Caravan Trail

The caravan chiefs of the ancient Tea and Horse Caravan Trail were businessmen who had prospered through trade and had risen to be among the most wealthy families of the town. They built themselves luxurious houses and many are well preserved even today, the most famous of which

is the Ouyang residence.

### 惠水依旧，名人踪迹可寻 (116)

悠悠黑惠江水一刻不停息，纵贯沙溪全坝，是沙溪古镇的母亲河、生命之河。它养育了一代又一代沙溪人，他们之中出了不少名人，至今他们的踪迹何在？

## Traces of famous people beside the waters of the Hui River

The waters of the Black Hui River are constantly flowing through the Shaxi valley. The river is the mother of life for Shaxi people, raising generations of Bai people along its banks. Among these have been many famous people, what traces have they left behind?

### “二月八”太子会 (128)

沙溪传统文化气氛浓郁，至今保留很多民间盛会，其中最有个性的当数“二月八”太子盛会。

## The Crown Prince Festival

Shaxi has rich cultural traditions and has preserved many traditional festivals, the most distinctive of which is the Crown Prince Festival held on the eighth day of the second month according to the lunar calendar.

### 附录一 沙溪旅游须知 (137)

沙溪是海内外游客最想去的地方之一。在您去沙溪之前或到沙溪后，做必要的准备是十分重要的。

## Appendix 1 Shaxi Travel Guide

Shaxi is becoming a popular tourist destination both for Chinese and

overseas visitors. Here are some tips to make your visit to Shaxi even more enjoyable.

## 附录二 参考书目 (139)

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Postscript



## 链接沙溪

2001年10月11日，世界纪念性建筑基金会（WMF）在美国纽约宣布，中国云南沙溪（寺登）区域入选2002年101个世界濒危建筑保护名录，中国同期入选名录的有万里长城、上海欧黑尔·雷切犹太教堂、陕西大秦基督宝塔及修道院。能与举世文明的万里长城相提并论，人们不禁要问沙溪在什么地方，凭什么能与万里长城同期入选世界濒危建筑保护名录。

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余不禁要问：世界纪念性建筑基金会究竟是一个什么样的组织？一个默默无闻的古镇凭什么同中国长城一起入选 2002 年世界濒危建筑保护遗址？沙溪究竟在什么地方？



山美、水美、坝子更美的沙溪坝（段力刚摄）

The beautiful Shaxi valley.

世界纪念性建筑基金会（WMF）是惟一的致力于世界范围内遗址保护的私人非盈利性组织机构，1956 年设立，从 1995 年起在全球实施项目，调用世界各国文化部门、各国外交大使、每一个国际建筑和遗址保护协会（ICOMOS）、国际和地方保护团体以及保护方面专家，每两年召集一个国际专家评审小组，从上百个备选项目中选出 101 个项目公布于世，引起国际对受到威胁的文化遗产的关注，并给予它们拯救资金的帮助，两年以后被保护起来的濒危建筑遗址将从名录中自动消失。WMF 作为一个旨在拯救濒于危难之中世界文化建筑遗址的非盈利性世界组织，正如其主席 Bon-

nie Burnham 说的那样：“一个建筑已经存在了好几个世纪，并不意味着它将永远能和我们在一起。实际上，每一天，在世界每一个角落，我们都在失去人类文化中不能复制的建筑物，WMF 的建立就是通过唤起人们的关注来阻止这些消失，这个名录很好地讲述了人类的成就和愿望，对这些遗址和它们所代表团体的需求做出回应，对于我们来说既是挑战，也是灵感的源泉。”



瑞士专家雅克·菲恩纳尔博士夫妇考察沙溪古镇古民居  
(段力刚摄)

Swiss expert Dr Jacques Feiner and his wife inspect traditional homes.

2001 年世界纪念性建筑基金会（WMF）专家应邀来沙溪考察，WMF 的专家雅克和米世文先生等为茶马古道上、澜沧江水系黑惠江畔保存完整的沙溪惊呆了，专家们流连于古镇每一处古建筑里，在陪同人员和翻译的解说下，不时伸出大拇指“OK”！