





国家出版基金项目
NATIONAL PUBLICATION FOUNDATION

CHINESE RED
中国红

中国名山

Famous Mountains in China

王佳◎编著



全国百佳图书出版单位
时代出版传媒股份有限公司
黄山书社

图书在版编目(CIP)数据

中国名山：汉英对照 / 王佳编著. ——合肥：黄山书社, 2012.2

(中国红)

ISBN 978-7-5461-2704-0

I. ①中… II. ①王… III. ①山(地理) - 介绍 - 中国 - 汉、英 IV. ①K928.3

中国版本图书馆CIP数据核字(2012)第033741号

中国名山

ZHONG GUO MING SHAN

王 佳 编著

出 版 人：任耕耘

责任编辑：高 杨

责任印制：戚 帅 李 磊

特约编辑：朱昌爱

装帧设计：商子庄

出版发行：时代出版传媒股份有限公司 (<http://www.press-mart.com>)

黄山书社 (<http://www.hsbook.cn>)

(合肥市蜀山区翡翠路1118号出版传媒广场7层 邮编：230071)

经 销：新华书店

营销电话：0551-3533762 3533768

印 刷：合肥精艺印刷有限公司

电 话：0551-4859368

开 本：710×875 1/16

印张：11

字数：145千字

版 次：2012年7月第1版

2012年7月第1次印刷

书 号：ISBN 978-7-5461-2704-0

定价：59.00元

版权所有 侵权必究

(本版图书凡印刷、装订错误可及时向承印厂调换)

中国历史悠久，幅员辽阔，其中三分之二的国土都是山地和丘陵，自古便是一个多山之国。这些山遍布大江南北，或灵秀仙逸，或巍峨雄壮，或陡峭险峻，呈现出变化多端的自然景观，装点了巍巍中华的锦绣大地。

自古以来，中国人就对名山怀抱

China is a country with a long history and a vast territory. Two thirds of its land is characterized by mountains, plateaus and ridges. Since ancient times, China has always been a mountainous country. Mountain ranges spread across both the north and south of the Yangtze River, some mystically elegant, some magnificent, and some precipitous. The beautiful land of China is embellished with the ever-changing natural scenery of these mountains.

The Chinese have always adored and awed by mountains since ancient times. There are many legends about famous mountains in China going as far back as four thousand years ago in the Xia Dynasty (2070 B.C.-1600 B.C.). After the Spring and Autumn Period (770 B.C.-476 B.C.),



年前的夏朝就有许多关于名山的传说。春秋之后的历代皇帝更是将祭祀山岳、巡山封禅作为新帝登基、天佑盛世的重要活动。他们认为山就是自然的代表，也是一切神灵休养生息的地方。因此，名山是中国古代神话和传说最为丰富的地方。也正因为如此，名山成了中国佛教、道教、儒教的修炼求法之地。山上建造的殿宇楼亭、寺庙塔窟，以及怪洞奇潭、蔽日古木，还有代代传承的精神文化，这些都是名山的宝贵财富。

尽管时光荏苒，朝代更替，名山依然以巍峨壮观的身躯纵横在中华的大地之上，记录着中华民族上下五千年的历史文 化，是人类财富中不可磨灭的丰碑。

现在，就让我们一同领略中国名山的雄伟风姿，感受它们深厚的文化底蕴。

rituals to worship mountains and earth during mountain visits became important activities of each dynasty when a new emperor ascended the throne to celebrate upcoming prosperity and peace. Mountains were also considered a symbol of nature and the dwelling and self-cultivation places for divinities and immortals. Therefore, mountains were the source of the richest and the most legendary Chinese ancient myths and folklores. Precisely for the same reason, mountains became places where Buddhists, Taoists or Confucianists practiced self-cultivation to achieve immortality. Temples, pagodas, pavilions, peculiarly shaped caverns and ponds, ancient forests and the embedded spirituality and culture are all valuable assets of these famous mountains.

With time passing, dynasties replaced one another. These magnificent mountains across the vast lands of China recorded five thousand years of Chinese history and culture, and became a permanent monument of mankind's wealth.

Let us walk through the splendid and grandeur scenic sites of these famous mountains and enjoy their manifestation of the deep Chinese cultural heritage.



三山五岳

Three Great Mountains and Five

Sacred Mountains..... 001

中国第一奇山——黄山

No. 1 Unique Mountain in China:

Mount Huang (Huang Shan) 002

奇秀甲天下——庐山

Peculiar Beauty Under Heaven:

Mount Lu (Lu Shan) 015

东南第一山——雁荡山

No.1 Mountain in Southeast China:

Mount Yandang (Yandang Shan) 026

东岳泰山

East Sacred Mountain:

Mount Tai (Tai Shan)..... 036

中岳嵩山

Central Sacred Mountain:

Mount Song (Song Shan)..... 050

南岳衡山

South Sacred Mountain: Mount Heng

(Heng Shan, Hunan Province)..... 060

西岳华山

West Sacred Mountain: Mount Hua

(Hua Shan) 067

北岳恒山

North Sacred Mountain: Mount Heng

(Heng Shan, Shanxi) 077



佛教名山

Famous Buddhist Mountains..... 089

五台山

Mount Wutai (Wutai Shan) 090

峨眉山

Mount Emei (Emei Shan)..... 100

九华山

Mount Jiuhua (Jiuhua Shan) 111

普陀山

Mount Putuo (Putuo Shan) 120



道教名山

Famous Taoist Mountains 129

武当山

Mount Wudang (Wudang Shan) 130

青城山

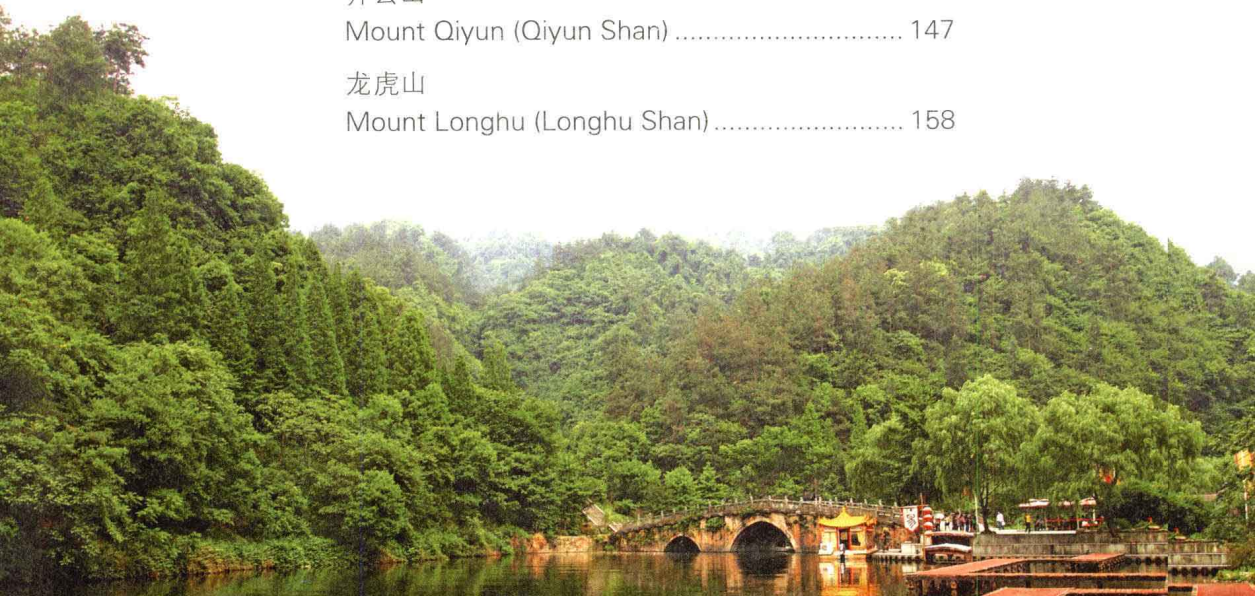
Mount Qingcheng (Qingcheng Shan) 138

齐云山

Mount Qiyun (Qiyun Shan) 147

龙虎山

Mount Longhu (Longhu Shan) 158



三山五岳

Three Great Mountains and Five Sacred Mountains

“三山五岳”是中国8座著名的大山，不仅风景壮观，且具有深厚的文化底蕴。三山指黄山、庐山和雁荡山；五岳指泰山、华山、衡山、嵩山和恒山。

Three Great Mountains and Five Sacred Mountains (*San Shan Wu Yue*) refer to the eight most famous mountains of magnificent scenery and rich culture heritage in China. The three mountains are Mount Huang (*Huang Shan*), Mount Lu (*Lu Shan*) and Mount Yandang (*Yandang Shan*). The five sacred mountains are Mount Tai (*Tai Shan*), Mount Hua (*Hua Shan*), Mount Heng (*Heng Shan*, Hunan Province), Mount Song (*Song Shan*) and Mount Heng (*Heng Shan*, Shanxi Province).





> 中国第一奇山——黄山

黄山雄踞于安徽省南部，南北约40公里，东西约30公里，风景区方圆154平方公里，总面积约1200平方公里，历史上号称“五百里黄山”，是中国三山五岳之中的三山之一，并与长江、长城、黄河并称为中华民族的象征。

黄山由于山色黝黑，古称“黟山”。相传中华民族的祖先轩辕黄帝被黟山秀美的风光所吸引，于是率领手下大臣容成子和浮丘公来此，以石为臼，并吸取山中仙气，以炼仙丹。最终，他们炼出仙丹得道升天。唐天宝六年(747)，唐明皇根据这个传说，将黟山改名为“黄山”。至今，黄山依然留有这三位

> No. 1 Unique Mountain in China: Mount Huang (*Huang Shan*)

Mount Huang (*Huang Shan*, literally Yellow Mountain) covers a total of 1200 square kilometers stretching 40 kilometers from north to south and 30 kilometers from east to west with a well-developed scenic area of 154 square kilometers. Historically it was acclaimed as “Five Hundred Miles of Huang Shan”. Mount Huang is one the three great mountains in China and considered a symbol of the Chinese nationality together with the Great Wall, the Yangtze River and the Yellow River.

Mount Huang was originally known as *Yi Shan* (meaning Black Mountain) owing to its dark mountain silhouette. It is said that the Chinese ancestor Emperor Yellow Xuanyuan was fascinated by



Huang Shan's beautiful scenery, so he brought his ministers Rongcheng and Fuqiu to make elixir in a stone mortar filled with celestial energy. Eventually they succeeded in producing the elixir and ascended to heaven. In the year 747, Emperor Ming of the Tang Dynasty (618-907) changed the name *Yi Shan* to *Huang Shan* based on this legend. Today there are still many historical sites in Mount Huang about these three immortals. Among the seventy-two towering peaks in Mount Huang, Peak *Xuanyuan*, Peak *Rongcheng* and Peak *Fuqiu* were named after them.

Known as the "No.1 Unique Mountain" in China, Mount Huang's mountain range stretches 250 kilometers from northeast to southwest featuring needle karst landforms of numerous sheer cliffs, imposing peaks and grotesquely shaped rocks. The most well-known seventy-two peaks include thirty-six big peaks and thirty-six small peaks. The three highest peaks are Heavenly Capital Peak (*Tiandu Feng*), Lotus Blossom Peak (*Lianhua Feng*) and Brightness Summit (*Guangming Ding*), around which other smaller ones spread out and undulate throughout the mountain range layer by layer presenting a natural spectacle of

仙人的众多遗迹，其中七十二峰中耸立云端的轩辕峰、浮丘峰和容成峰，就是以他们的名字命名的。

黄山素有“中国第一奇山”之誉，山脉自东北向西南绵延250公里，山势险峻，境内呈峰林地貌，千峰万岭，峥嵘嶙峋，其中有名可



• 黄山风光
Mount Huang Scenery



● 群峰林立的黄山

Towering Peaks in Mount Huang

数的就有三十六大峰、三十六小峰。这些山峰以天都峰、莲花峰、光明顶三大主峰为中心向四周铺展，错落有致，高低起伏。峰峦峭壁崔嵬雄浑，深壑幽谷天然巧成。山中林木茂密，古树繁多，森林覆盖率达86.6%，有植物近1500种，动

steep and cliffy mountain peaks with deep and quiet valleys. Predominantly evergreen forests characterized by ancient pine trees cover 86.6% of the entire mountain, which has close to 1,500 plants and over 500 animal species. Once in the mountain range, it is easy to immerse oneself in this magical scenery, particularly by the four best scenic spots: extraordinary pine trees, sea of clouds, grotesque rocks, and bubbling hot springs. The beautiful scenery of Mount Huang has attracted numerous notable figures of all times from China and abroad. Xu Xiake exclaimed in his *Travel Diaries of Xu Xiake* that “nothing in the world can be compared with *Huang Shan* in Anhui; once in *Huang Shan*, no mountain is worth climbing.” Later another saying even claimed that “if one visited the five sacred mountains, there is no need to see another mountain; if one visited Huang Shan, there is no need to visit the five sacred mountains”.

Mount Huang is not only well-known for its majestic and mysterious scenic beauty, but also as a Buddhist sacred site in ancient China. Its landscape features over 200 pavilions, pagodas, temples and rock inscriptions with deep-rooted culture and a long history. Cinnabar Peak

物500多种。置身山中，一时一景都奇妙瑰丽，引人入胜，尤其以“奇松、怪石、云海、温泉”四绝闻名天下。黄山的奇伟丽景吸引了古今中外无数名人雅士登临。徐霞客曾在《徐霞客游记》里感叹道：“薄海内外无如徽之黄山，登黄山天下无山，观止矣。”后来更有人称“五岳归来不看山，黄山归来不看岳”，给黄山以极高的评价。

黄山不仅以巍峨壮丽、奇幻多姿著称于世，还是中国古代的道教和佛教圣地。山中人文景观历史悠久，文化深厚。现存各种亭阁、寺庙，摩崖石刻多达280余处，朱砂峰、炼丹峰、望仙台等均以道教命名，自然风光与人文景观和谐共荣。



• 黄帝像

Yellow Emperor Portrait

(Zhusha Feng), Alchemy Peak (Liandan Feng) and Watching Fairy Terrace (Wangxian Tai) are all Buddhist names, which demonstrate harmony between the natural and cultural landscape.

• 雪后黄山远眺

Overlooking Mount Huang after Snow





徐霞客与《徐霞客游记》

徐霞客是明代伟大的地理学家、旅行家和探险家。从1608年开始，徐霞客先后游历了今天的江苏、安徽、浙江、山东等18个省，足迹遍及大半个中国，历时34年。在游历的过程中，他每天都会将自己考察的收获记录下来，共240多万字，可惜大多散佚了。留下来的游记经后人整理成书，名为《徐霞客游记》，这是中国最早的一部比较详细地记录所经地理环境的游记，也是世界上最早记述岩溶地貌并详细考证其成因的书籍。《徐霞客游记》共40多万字，对地理、水文、地质、植物等方面的内容，均有详细阐述，在地理学和文学上都卓有成就。

Xu Xiake and *Travel Diaries of Xu Xiake*

Xu Xiake was a great geographer, explorer and travel writer in the Ming Dynasty (1368-1644). Starting from 1608 he traveled to 18 provinces including Jiangsu, Anhui, Zhejiang and Shangdong in a period of 34 years exploring more than half of China. On his journey throughout China he documented his visits everyday in a total of over 2.4 million Chinese characters. Unfortunately most of his notes were lost and those left behind were compiled later into a book titled *Travel Diaries of Xu Xiake*. This book became the earliest travel notes in China documenting extensively about geographical environments and the earliest research work in the world that documented Karst topography. In over 400,000 Chinese characters it describes in great details about the geography, hydrology, geology and vegetation. It is considered an accomplished book in both geography and literature.



• 黄山始信峰

始信峰凸起于绝壑之上，海拔1683米。此峰三面临空，小巧玲珑，风姿独秀。

Mount Huang Beginning to Believe Peak (*Shixin Feng*)

This small and elegant peak stands out abruptly from the clefts of the mountain with sheer cliffs on three sides at an altitude of 1,683 meters.

奇松

古人曰：“黄山之美始于松。”黄山松是由于黄山的独特地貌、气候而形成的中国松树的一种变体。黄山松的针叶短粗稠密，叶色浓绿，枝干曲生，树冠扁平，显出一种朴实、稳健、雄浑的气势。而每一处、每一株松树，在形态、气韵上又各有不同，都有一种奇特

• 黄山松

黄山松生长在黄山的岩石里，扎根于巨岩裂隙，以无坚不摧、有缝即入的钻劲，在山上发芽、生根、成长。

Mount Huang Pine Trees

The Mount Huang pine sprouts, roots and grows in the rock crevices, tough and persistent.

Extraordinary Pine Trees

There is an ancient saying that the beauty of Mount Huang starts from its pine trees. The Huang Shan pine is a variant of the Chinese pine tree family as a result of the unique geomorphology and climate in Mount Huang. It is an evergreen tree with a very broad, flat-topped crown of long, level branches and needle-like, thick and short leaves. Huang Shan pine trees present an earthy, strong and forceful impression. Each Huang Shan pine depending on where it grows has a different shape and charm showing a special kind of beauty. Elegant





• 冬季的黄山松
Mount Huang Pine in Winter

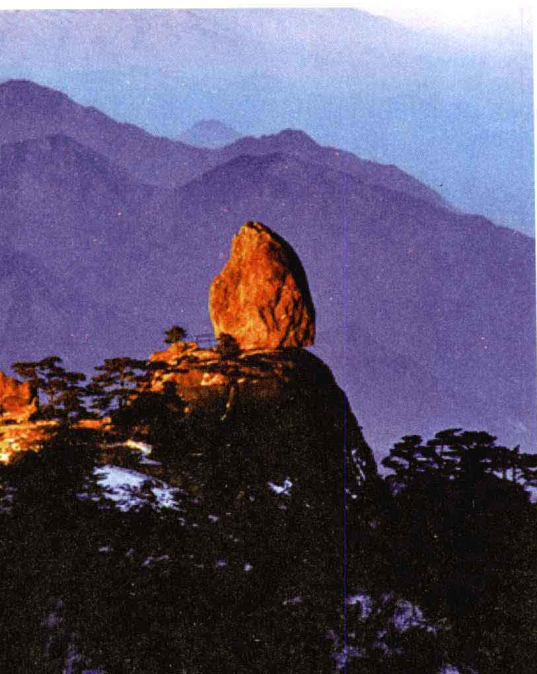
的美。人们根据它们不同的形态和神韵，分别起了贴切自然而又典雅有趣的名字，如迎客松、黑虎松、探海松、团结松等等。黄山松以坚硬的花岗岩石为壤，或迎风挺立于峰顶，或悬于悬崖峭壁，或隐于深壑幽谷，郁郁葱葱，焕发出无限的生机，与黄山奇特的自然景观相映成趣，形成了“无峰不石，无石不松，无松不奇”的秀丽景色。

and interesting names were given to them based on their different shapes and charms such as Greeting Pine (*Yingke Song*), Black Tiger Pine (*Heihu Song*), Exploring Sea Pine (*Tanhai Song*), and Unity Pine (*Tuanjie Song*). These pine trees grow straight out of hard rocks of Mount Huang; some stand on the mountain peak braving the wind; some reach out from the overhanging cliff; and some hide in the deep valley. Their lush green glows in vitality existing side by side with Mount Huang's natural landscape forming a scenic beauty of "no peak without rocks, no rocks without a pine, and no pine is an ordinary pine."



怪石

黄山石的特点是象形，有的像人，有的又形似动植物，造型别致，活灵活现，给人以丰富的想象空间，再佐以情趣盎然的青山绿水，更加意趣无穷。这些奇山怪石形态逼真，或与奇松相依相偎，或与云雾缠绵共舞，构成了一幅幅天然的画卷，令人深入山中流连忘返。黄山的怪石数不胜数，有猴子观海、仙人下棋、仙人指路、梦笔生花、笔架峰、飞来石等，这些意趣盎然的石头又因种种美丽的神话传说为黄山增添了许多意境之美。



Grotesque Rocks

Rocks in Mount Huang are pictographic. Some look like human beings and some are shaped like animals. The rock formations are vivid and unique giving visitors plenty of room for imagination. They become more interesting when embraced by green mountains and clear water. Possessing a realistic style, some of these grotesque rocks stand side by side with ancient gnarled pine trees and some are surrounded by misty clouds as if a series of Chinese scroll paintings of nature were unfolded before one's eyes lingering in the memory of the visitors. There are numerous grotesque rocks in Huang Shan such as the famous "A Monkey Looking at the Sea" (*Houzi Guanhai*), Immortals Playing Chest (*Xianren Xiaqi*), Immortals Pointing the Way (*Xianren Zhilu*), Flowers Growing Out of a Writing Brush (*Mengbi Shenhua*), Pen Rack Peak (*Bi Jia Feng*) and Rock that Flew from Afar (*Feilai Shi*). The legends and mysteries about these interesting rocks give additional beauty of artistic conception to Mount Huang.

• 黄山飞来石

飞来石位于黄山光明顶的西北方，呈近长方柱体耸立在峰头基岩平台之上，高15米。

Rock that Flew From Afar in Mount Huang

This rock is located at northwest of the Brightness Summit. It is 15 meters high in a rectangular shape standing out on a flat area on top of the peak.

云海

云海是黄山第一奇观，故黄山又被称为“云海之都”。黄山多云雾，一年之中有200多天都是湿度极大的天气。这些水汽蒸发升腾遇冷，就会形成云山雾海。站在山顶登高俯瞰，只见身外云海波澜壮阔，一望无边。那些流云随着风隐隐翻腾流动，忽而巨浪击山，忽而风平浪静，变化多端，捉摸不透。而黄山的大小山峰、千沟万壑都淹没在这苍茫的云海之中，如同大海中漂泊不定的渔船，被那些或绵绵

Sea of Clouds

The sea of clouds is acclaimed the No.1 wonder of Mount Huang, also known as the capital of seas of clouds. Mount Huang has a subtropical monsoon climate of high humidity over 200 days in a year. When the water vapor rises and evaporates hitting the cold air, it forms a sea of misty clouds in the midst of the mountain ridges. When looking downward from the top of the mountain, one sees an ever-changing and unpredictable view of endless waves of clouds churning and rolling; in one moment a big wave of clouds hit the mountain peaks; in

• 黄山云海

黄山一年之中大雾弥漫的天气有200多天，水汽升腾或雨后雾气未消，波翻浪涌，这就更增加了云海的壮阔。

Sea of Clouds in Mount Huang

Mount Huang has over 200 days of heavy fog in a year. The sea of clouds becomes more magnificent when water evaporates and mist still lingers after the rain.

