

旅游在中国 *Travel in China*

西藏

TIBET



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旅游在中国 Travel in China

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西藏

T I B E T



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西藏的诱惑

The Lure of Tibet

西藏高原，以她平均海拔 4000 米的高度，以她横亘四周的著名山脉和巅峰的寒光，以她居于“世界第三极”的超然之势，在我们这个星球上，给人们种种莫名的诱惑。

一位叫戴维·耐尔的巴黎女子用她的双脚几次丈量过茫茫的高原大地，因为她卓越的东方学识而获得她的祖国的高级勋章，直到她 101 岁离开人世时，念念不忘的仍然是曾经给予她生命真谛的圣地拉萨；

一位哲学家在漫游西藏后感慨万千，认为一个人只要能够站在这冰峰雪岭上沉思默想一分钟，哪怕是历尽世间所有的苦难也是值得的；

一位歌唱家感受着西藏高原风神的亲吻和雨神的拥抱，以她那风靡海内外的声音，把西藏唱作是“没有阴影的家园”，喃喃诉说着：“我为你诱惑而来”，“我为您感召而来。”

然而，没有人能够说得清，那诱惑的具体所在、具体所言……

或许，西藏的诱惑首先是大自然的奇迹。

这是一片在第三纪著名的喜马拉雅造山运动中从古海里崛起的高地。曾经是波涛汹涌的海洋，成为了举世瞩目的万山之原：喜马拉雅山耸立于西南，昆仑山脉和喀喇昆仑山脉绵延于西北，岗底斯、唐古拉、念青唐古拉山脉横亘于中部，横断山脉则是它的东部屏障。西藏境内，海拔 8000 米以上的山峰有 6 座，海拔 7000 米以上的有 50 座，作为众山之王，珠穆朗玛峰则是地球之巅。许多证据表明，西藏高

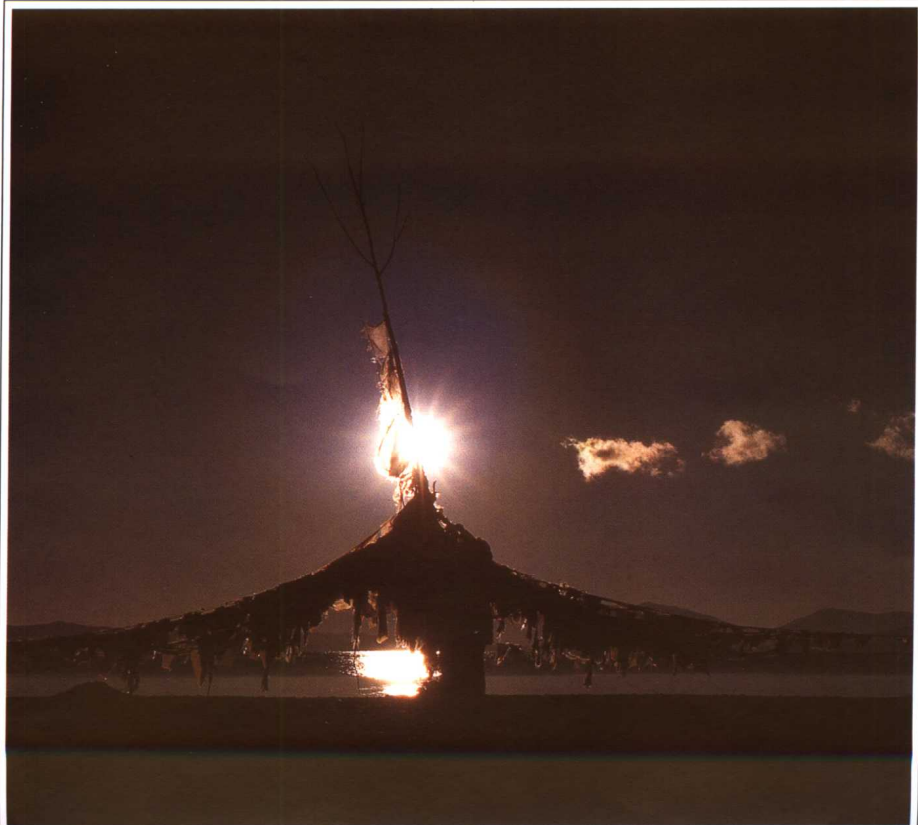
With an average altitude of 4,000 metres above sea level and surrounded by famous mountain ranges and sky - scraping peaks, the Tibetan Plateau - the Earth's Third Pole - - lures people from all over this planet like a magnet.

The world - renowned French woman explorer and writer, Alexandra David - Neel (1868 - 1969), travelled the length and breadth of this Plateau three times, the last time when she was 75. For her bountiful knowledge of the Orient, she was conferred a medal of honor by her government. Even as she lay in her death bed at the age of 101, her thoughts still lingered on that sacred piece of land which taught her the true meaning of life - Tibet.

A young Chinese pop singer, whose CD of Tibetan songs won her numerous fans at home and abroad, says her songs were inspired by the caress of the Wind God and the kisses of the Rain Goddess while visiting the Plateau. She sings of Tibet as "the land without darkness" and to it she sings, "I come at your beck and call."

So what is it about Tibet that so attracts us?

Primarily, perhaps, it is the wonders Nature has endowed it with. This plateau was once a turbulent sea. During the cataclysmic tectonic movement of the Tertiary Period, the clash of two great earth plates lifted the Tibetan Plateau from the bottom of the sea, giving rise to some of the world's highest mountain ranges: the Himalayas to its southwest, the Kunlun and Karakorum to the northwest, the Gangdise, Tanggula and Nyenchen Tanggula cutting across the plateau horizontally, and the Hengduan Mountain Range running in a north - south direc-



高原圣湖 （摄影:杨秉政）
Sacred Mani stone pile by Lake Nam Co

原至今仍在继续长高。到这里旅行的人们,时常可以发现古海生物的化石,看到板块撞击的地层曲线,形象地感受着我们这个星球沧海桑田的变迁,感受着另一种更为辽远广阔的时间和空间。

由于海拔的高度,西藏的多数山峰终年覆盖着冰雪,组成高原最为壮丽的雪山群落。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,有的地方,山顶白雪皑皑,山腰绿树葱葱,山下繁花点点,谷底流泉潺潺,使西藏的山峰在白色的妩媚之外,更有五彩的绚丽。

高山积雪的融化,点点滴滴汇成了一条条奔涌的江河和一处处蓝色的湖泊,在高原织就了一幅纵横交错、星罗棋布的水的锦绣。雅鲁藏布江是藏族人民的母亲河,它哺育出最早的藏族儿女;金沙江、怒江、澜沧江在横断山脉养育出强悍的康巴群体。而那引进幽蓝的湖泊,在辽阔的草原上陪伴着牧人和牛羊,以轻风微澜传达着他们世代唱诵的歌谣。在雅鲁藏布江、拉萨河、年楚河、尼洋河流过的地方,铺展着农田,金色的青稞麦和油菜花与蓝色的河水映衬着一座座宁静的村庄。

在如今这个被工业化浪潮席卷无遗的世界正发出要求可持续发展的呼声时,西藏这片依然保持着大自然原本美丽的土地,不能不说是恒久的诱惑。

行旅在西藏高原,会被在这片土地上生生不息的藏族人民而深深地感染和震撼。120万平方公里的高原大地,分布着从寒带到亚热带等6条垂直气候带,而它的人口只有230万,是中国人口密度最小的地区。散居在草

tion, serving as the Plateau's eastern screen. There are six mountain peaks in Tibet towering at more than 8000 metres above sea level and 50 higher than 7000 metres. Tallest of them all is Mt. Qomolangma (Mt. Everest), shooting up to a height of 8,848 metres, its summit being the single highest point on the globe. There are many evidences to show that to this day, the Tibetan Plateau continues to rise in height. Travellers to this part of the world can frequently find fossils of palaeozoic marine life and marks showing where the two tectonic plates clashed. From such visual experience, one gets a feeling of the tremendous changes this planet has gone through and, more than that, a sense of being out of time and out of space.

Because of their height, most of the mountain peaks in Tibet are perpetually covered with snow and draped by glaciers. Furthermore, the movements of the earth crust have created many small but extraordinary climatic and environmental scenarios. It is not surprising to find thick, green forests on the slopes of snow-capped mountains, at the foot of which grow brilliantly coloured flowers and in the valleys below, flow gurgling streams.

As the snow on the mountains melts, drop by drop the water flows down the slopes and merge into turbulent rivers and placid blue lakes. The Yarlung Zangbo River, which the Tibetans proudly call their Mother River, was the cradle of this ethnic group. The Jinsha, Nu and Lancang Rivers originating from the Hengduan Mountains are the home of the Kamba people, known for their tall and robust build. All these and other rivers bring life to large stretches of cropland and peaceful villages, while the rippling waves of the lakes seem to be playing accompaniment to the songs and ballads sung by the herdsmen on their shores.

In a world engulfed by the tide of industrialisa-

茫茫雪域 (摄影:郭际)
Undulating mountains



原、河谷、山间的人们，领略着不同的阳光和风雪，形成了有着明显地区特点的生存方式的人文习俗。西藏的年平均日照时间为 3000 小时，强烈的紫外线给人以古铜般的色彩，健康而庄重，质朴而威严。强劲的高原风，挟着沙尘与雪粒，世世代代掠过西藏大地勾勒出高原人有棱有角的轮廓，犹如岁月精心的雕塑，坚韧、沉着、富于个性。他们站着，就是一组组群雕。

他们在河谷耕耘，在草原游牧，在丛林狩猎，在大地迁徙，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。走在西藏的每一个农庄和牧村，都能从奔放的山歌和牧歌中，体验到人与自然的和谐，体验到辛勤劳作的欢愉。

正是从他们对天空的瞩望、对山野的亲情中，发展出富于高原特色的天文历法、民族医学，发展出了自己的戏剧和绘画艺术。甚至在西藏人民简朴的生活中，也充满了他们对于色彩艺术的理解和追求。农庄泥屋被粉饰成白色，牧民帐篷则用黑色的羊毛编织，而他们富有高原特点的衣饰，被染成浓烈的彩虹色，甚至牛羊和骏马也被打扮得俏丽动人，就像他们给山川湖泊讲述出王子和仙女的童话，令严寒的旷野温情脉脉。

金顶闪烁的寺庙，是西藏高原随处可见、不可或缺的另一道风景。从公元七世纪起，佛教传入西藏，历经曲折，逐渐演变成本土化的喇嘛教，形成政教合一的统治，直到本世纪五十年代。一千多年来，数以千计的寺庙出现在西藏的土地上。今天佛教依然为多数藏族群众所信奉，充满形式感的各种宗教活动，包含

tion and crying out for the need to ensure sustained development, Tibet remains the beautiful land Nature has endowed it with. Certainly, this is one major reason for its attraction.

Travellers to Tibet are invariably impressed and moved by the people who have inhabited this land for generations. Here on this 1.2 million square kilometres of highland dwell no more than 2.3 million people, making it the most sparsely populated region in China. They make their homes on the grasslands, in the river valleys, or up in the mountains, with a life-style unique in every aspect.

Tibet enjoys an average 3,000 hours of sunshine a year. The strong ultra-violet rays have given the people a bronze-like complexion. The powerful sand and snow-laden winds that have swept across the highland for millennia have, like a sculptor's chisel, carved out the sharp contours of this people -- an image of simplicity and dignity, firmness and stamina.

Whether they farm or raise cattle or hunt in the forests, Tibetans have written a history of their own, of a civilization created in the process of both adapting to and struggling against the harshness of Nature. Wherever one may be, on a farm or on the pastures, one can always feel that peaceful harmony between Man and Nature in the songs the farmers and herdsmen sing.

Is it because they are closer to the sky than at anywhere else on this globe that the Tibetans were able to develop an astronomy and calendar with such strong highland features? Could it be their love for Nature and all its flora and fauna that enabled them to create the Tibetan medicine which is gaining increasing recognition in the world? The bright natural colours around them have imbued them with an innate sense of aesthetics, so visible even in daily life



辽阔的原野 (摄影:林晶华)
Flatland in Ngari

了高原人对生活的哲思、热望和祈盼。在地广人稀的高原，寺庙及其周边，人群往往较为集中，成为一个地方、一个市镇的标志，融西藏建筑艺术、绘画艺术、雕塑艺术、音乐艺术于一体，聚集了西藏民间的财富和珍宝，显示着一个民族的智慧。当然，也可以由此理解以往人民世代的贫穷。

今天，西藏正在崛起新的建筑、新的城市，人民正在追寻和创造着新的生活。在西藏人民迈向现代化的进程中，漫长的宗教历史影响仍然是不可或缺的。因为，作为一种已经深深潜入普通人民的生活方式和心灵的宗教情感，那种善良，那种慈悲，那种亲情，那种宽容，却是任何时代都不会拒绝的。也许人们并不需要某种宗教，但对于世界、对于生命、对于人生的沉思，谁又能说是多余的呢？……

西藏正以其壮美、以其深邃、以其神秘感召着世人。西藏的诱惑，不是物质的，不是时尚的，而且实际上也不是宗教的。西藏高原就象西藏高原上纯净的湖泊那样，人们万里之遥的朝圣，照见的其实是自己心灵中原本存在的那份想往、那份美好。

—— the whitewashed walls of their simple earthen houses; the herdsmen's tents of black, woven yak hair; the robes and aprons dyed in rainbow colours. Even the cattle, sheep and horses are decorated with brightly coloured head - dresses. Likewise, one senses this strong love for bright colours in their operas and paintings. Like the fairy - tales of princes and goddesses which they tell to the mountains and the rivers and lakes, they all serve to lessen the bitter cold on the roof of the world.

An ever - present landscape of Tibet is the glittering golden roofs of the monasteries. Buddhism was introduced into Tibet in the 7th century. After many ups and downs, it eventually developed into an indigenous religion - Lamaism, and for hundreds of years thereon, the region was ruled by a theocracy which lasted until the middle of the 20th century. Over the millennia, several thousand monasteries were built in Tibet. Today, Lamaism remains the religion followed by the majority of Tibetans, its many ritualistic activities continuing to embody the Tibetans' philosophy of life.

In this sparsely populated region, the monasteries and their vicinities naturally become the centres of activity and hallmarks of a city, town or area. These are where the wealth and treasures of the Tibetan people are concentrated in the form of architecture, painting, sculpture and music, the crystallisation of their wisdom. Understandably, this over - concentration of wealth was one reason for the impoverishment of the ordinary people of Tibet in the past.

Today, the Tibetan people are creating a new life for themselves. In the process of modernization, Tibetans may find that the centuries - old influence of religion have sometimes become trammels to progress. But not so their kindness, compassion, love and tolerance, qualities fostered in them by