

旅游在中国 *Travel in China*

# 神秘的香格里拉

SHANGRI-LA

75

The uncontaminated dreamland for you  
to explore and experience

# 神秘的香格里拉

SHANGRI-LA

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香格里拉(迪庆)在中国的位置图

Location of Shangri-La (Diqing) in China



# 香格里拉——人世间最殊胜的地方

## Shangri-La—the incontaminated dreamland for you to explore

香格里拉，一个美丽而又动听的名字；一个神奇而又令人迷幻的地方。

自从英国人詹姆士·希尔顿的小说《失去的地平线》问世以来，你曾引起无数人的追寻和向往，而留下的却只是感叹和遗憾……

整整半个世纪过去了。你那仙境般、梦幻般的美丽与纯净却始终不能让人忘怀。千万里寻觅，千万次呼唤，终于有一天，在世界上最高的高原——青藏高原的东南边缘，人们找到了你！

你，就是中国的迪庆——人们“心中的日月城”！

不知该用怎样的步履走进你的领地，  
不知该用怎样的仪式揭开你的面纱，  
不知该用怎样的眼光审视你的世界，  
不知该用怎样的心灵与你交流？！

你是那样的高傲，是“太阳最早照耀的地方。”近百座冰雪覆盖的山峰，千里绵亘，气势磅礴，团团簇拥在你的身旁。“太子十三峰”，峰峰都在6000米以上。一座比一座险峻，一座比一座神秘。八大神山之首的卡格博峰，俗称“雪山之神”，巍然挺立，横亘天际。近百年来，人们曾无数次地让8848米的世界第一高峰——珠穆朗玛峰伏首称臣，但时至今日，却没有人能攀上这座仅有6740米的卡格博峰的峰顶。

你是那样的娇美，“是太阳月亮交辉的地方”。纵横交错的河道，把广袤无垠的大草原神奇般地裁为八块，恰似吉祥的八瓣莲花。那遍地的牛羊，盛开的鲜花，远处的白云、积雪，近处的森林、村舍，湛蓝如镜的湖泊，清脆嘹亮的山歌，交织融汇在一起，活生生一幅天然画卷。

你是那样的神奇，是“人世间最殊胜的地方”。一亿年以前，欧亚板块与印度板块相撞，在翻天覆地之中，你随着喜马拉雅群山传奇似的从古特提斯海中渐渐升起，一片汹涌奔腾的大海，瞬间变化成起伏连绵的山峰。地僻天高，构筑了你独特的地理与自然环境，造就了你与世不同的传统与文化。粗犷简朴的田园式生活，真挚、超凡的人际关系，虔诚、执著的宗教信仰，豪放、善良的民族性格……这一切，都在向人们展示着你的精神，你的价值，都在诱惑人们去孜孜探究你的朴实但却充满神奇的人生哲理。

当我通过摄影大师们的镜头轻轻地、轻轻地走进你的世界，看到明媚的阳光下，那漫山遍野的杜鹃、龙胆，那一山连一山的栎树、秃杉，那清静秀丽的湖泊，那金碧辉煌的庙宇……我的心颤动了！当我看到神圣庄严的“大祈祷法会”，看到纳西人书写的东巴（象形）文字，看到藏胞跳起“热巴”舞蹈，看到彝家姑娘

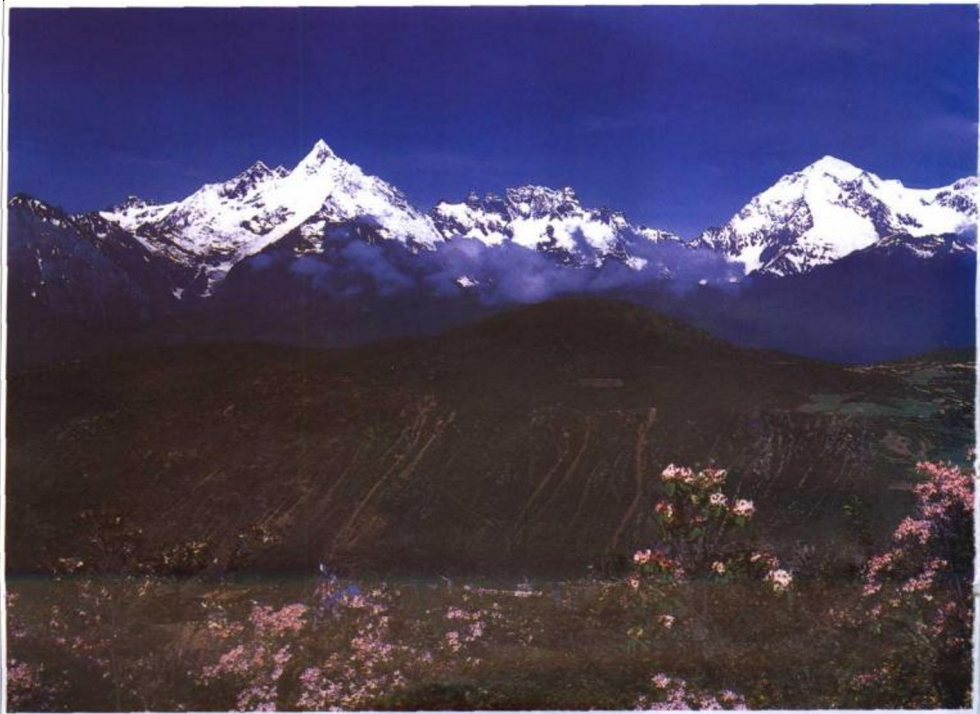


脸上灿烂纯朴的欢笑……我的整个灵魂陶醉在这古老而又深邃，凝重而又质朴的传统与文化之中。

你的怀抱，温暖久已疲惫冷漠的心灵，洗去身上沾污的铜臭，溶入大自然的造化之中，步入天人合一的仙境……

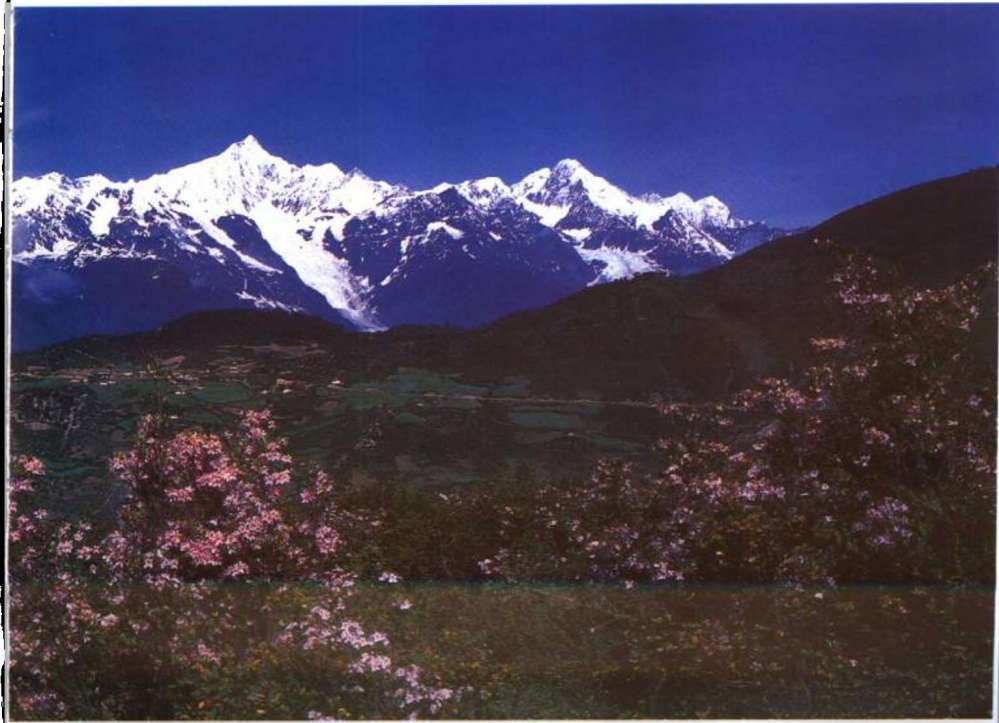
啊，香格里拉！我是多么渴望即刻就投入

常振国



It was the British writer James Hilton's novel "The Lost Horizon" that has brought fame to an unknown and uncontaminated place Shangri-La and made it a household word since its publication 50 years ago. And from then on this fascinating place has become the dreamland for many

tourists and adventure lovers. According to the novel, the uncontaminated nature and folklore of Shangri-La would never fail to impress a special emotion into those who encounter it: the clear air, the nearer white clouds in the blue sky, the breathtaking beauty of landscape and the warm







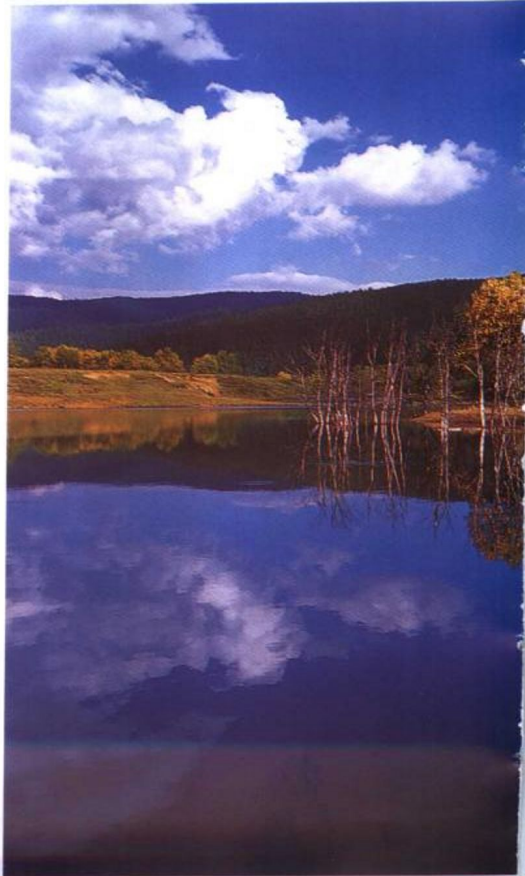


heart of the honest and unsophisticated local people would certainly soothe the body and allow the mind to rest.

Dozens of years witnessed the failure of efforts to seek out and locate for certain this dreamland. However, with the passing of time, people's believe that it must be somewhere in the southeast tip of the Qinghai-Tibet Plateau, the highest plateau in the world, became firmer with more and more evidences as a result of persistent search and research. At last, a few years ago, the government of Yunnan Province declared the discovery of Shangri-La. It is in "Diqing", now a prefecture in Yunnan Province, China.

It is true Diqing, deep in contact with nature, is the right place where one can rest at ease in the green shelter provided by the woods, relax next to the crystal clear waters of the alpine lakes or let the eyes wander towards the impressive snowcapped peaks surrounding the area. The area of Shangri-La provides the possibility to enjoy unforgettable moments without any stress and confusion but excitement while enveloped in a natural environment which is remarkably charming and overwhelmed in an aura of honesty and hospitality of the local ethnic groups which is unforgettably touching.

Shangri-La is also a paradise for mountaineers. There are nearly one hundred snowcapped peaks which are a constant challenge irresistible to mountain climbers. Among these peaks, the Thirteen Princes are all over 6000 metres high and among the most mysterious and precipitous. The Kagebo Peak, known as "Chief of the Eight Sacred Peaks", soars up as high as 6740 metres and towers its surrounding mountains. In the 20th century, mankind has set foot on top of the Ever-

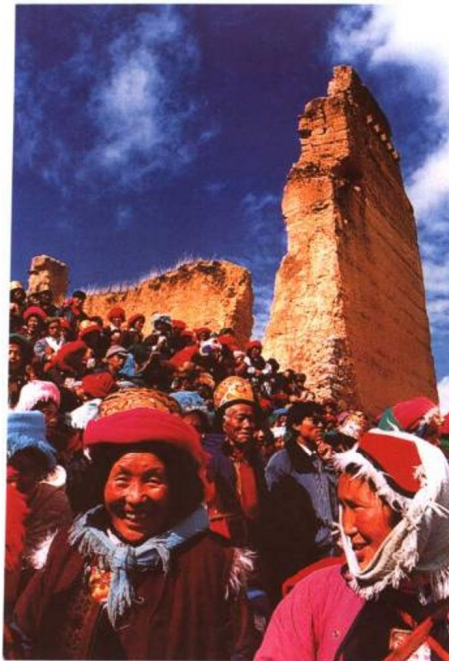




est for many times but has failed to conquer the Kagebo Peak.

For long in the heart of those who have been eager to encounter it, Shangri-La has been a wonder worked by nature and a place "full of sunshine and moonlight". It plays as the meeting point of the sun and the moon, time and again embraces beautiful flowers, white clouds, snow-capped mountains, untouched forests and mirror tranquil alpine lakes. Spotted over its vast green grassland are villages inhabited mainly by Tibetan, Naxi, Lisu ethnic groups. The grassland has been divided magically into eight pieces like eight petals of a lotus flower by crisscross rivers and has provided a wonderful habitat for both animals and human beings. Yaks and sheep are easily seen grazing themselves and playing on the grassland; tree-shaded villages of white houses are scattered over the prairie; the fragrance of buttered tea blended with the fresh air exerts a temptation on those who encounter it; the melodious pastoral songs by herdsmen in colourful costumes can be heard here and there—all these create a charming and unparallel mosaic and possibly drive one into an ecstasy of enjoyment.

One hundred million years ago, the area of Shangri-La began to come out of waters along with the rising of the Himalayas from the bottom of the sea, which was brought about by the collision of the Eurasian Plate and the Indian Plate. This unique geographical and natural environment has formulated the different tradition and culture of the residents. Shangri-La features the simple but peaceful life, the friendly and honest interpersonal relationship, the pious and persistent religious believe, the kind, uninhibited and unsophisticated characters of the local people.



The photographs in this book, no doubt, will give you an impression that Shangri-La — Diding is a place that has for long appeared in your dream. It is our sincere hope that this book will be of some help in the realisation of your such a long cherished dream.



第 4 - 5 页图: 梅里雪山

P4 - 5: The Kagebo Peak of the Mount Meili

第 6 - 7 页图: 高原草甸春意浓

P6 - 7: Highland grassland in spring

欢乐的藏民

The happy Tibetans

第 8 - 9 页图: 海拔 3740 米的硕都海

P8 - 9: The Shuoduhai Lake with an altitude of 3740 metres

澜沧江峡谷

The Lancang River Valley



## 云南第一峰 The Highest Peak in Yunnan

“云南第一峰”位于德钦县城升平镇西，名叫卡格博峰。车行至 10 公里处的飞来寺，便可见到澜沧江对岸数百里冰峰相连，雪峦绵亘，平均海拔在 6000 米以上的雪峰就有 13 座，称为“太子十三峰”。梅里、太子雪山南接碧罗雪山，北连西藏阿冬格尼山，气势磅礴，无比壮观。那傲然挺立于十三峰之上的卡格博峰，高耸入云，横亘天际，海拔 6740 米，是云南的第一高峰，也是享誉中外的奇峰。

卡格博，藏语“白色雪山”之意，俗称“雪山之神”。传说原是九头十八臂的煞神，后被莲花生教化，受居士戒，皈依佛门，做了千佛之子领尔制敌宝珠雄师大王格萨尔麾下第一驍悍的神将，从此统领边地，福荫雪域。卡格博神像常常被供奉在神坛之上，他身骑白马，手持长剑，威风凛凛，俨然一位保护神。卡格博峰被认为是神的化身，在藏区被列为八大神山之首，自然也就成了藏传佛教的朝觐圣地。每年秋末冬初，西藏、四川、青海、甘肃的一批批香客，千里迢迢赶来朝拜这座心灵中的自然丰碑，以求卡格博神的保佑。他们围着神山绕匝礼拜，少则七天，多则半月，称之为“转经”，若逢藏历羊年，转经者更是增至数百倍。

在太子十三峰中，缅楚姆峰（大海神女峰）线条优美，婀娜多姿，恰似亭亭玉立的女性，传说是卡格博的妻子。洛拉争归贡布（红脸神峰）则如一个胆小羞怯的孩子，躲藏在缅楚姆

身后，松吉吾学、甲娃林安、乌格东等也姿态各异。太子十三峰也早已被藏传佛教的信徒们尊奉为神，并著成《卡格博松语》（经书）在雪山下广为传诵。山下有取登贡寺、袞玛顶寺，为朝圣者的煨桑之地，至今香火旺盛，转经者络绎不绝。

卡格博峰下，冰川、水斗连绵，其中“明永恰”和“斯恰”两条如银鳞玉甲的长龙，从海拔 5500 米往下延伸至 2700 米的森林地带，离江面仅 800 米，是世界稀有的低纬度、高海拔季风海洋性现代冰川。

人类虽已征服了世界上最高的珠穆朗玛峰，但卡格博峰由于山体陡峭，终年冰雪覆盖，时有雪崩、浓雾、大雨、乌云、狂风，迄今仍是无人登顶的“处女峰”。早在 1902 年，英国就派出一支登山探险队首次向神峰冲刺，后来，美国、日本、中日联合等 4 支登山队又 4 次攀登，都以失败告终。1991 年 1 月，17 名中日登山健儿又在卡格博峰下落不明，消息传出，震惊中外。现在飞来寺立有纪念碑供游人凭吊英魂。碑旁有望峰亭，供游人驻足远眺神峰。1989 年 10 月，前全国人大副委员长、十世班禅大师曾到此祭山，举行隆重法事，路旁的碑刻、佛塔即为纪念此事而建的。

Kagebo, the highest peak of Mount Meili in Yunnan, is located west of Shengping Town,



Diqing County. Driving to Feilai Monastery 10 kilometers away, one can see 13 snow-capped peaks with an average elevation of 6,000 meters along the banks of the Lancang River. Among the 13 peaks, Kagebo is the highest - 6,740 metres above sea level.

The local people have held Kagebo, meaning "snow-capped mountain" in Tibetan language, holy. Legend has it that the mountain once was a devil with nine heads and 18 arms.

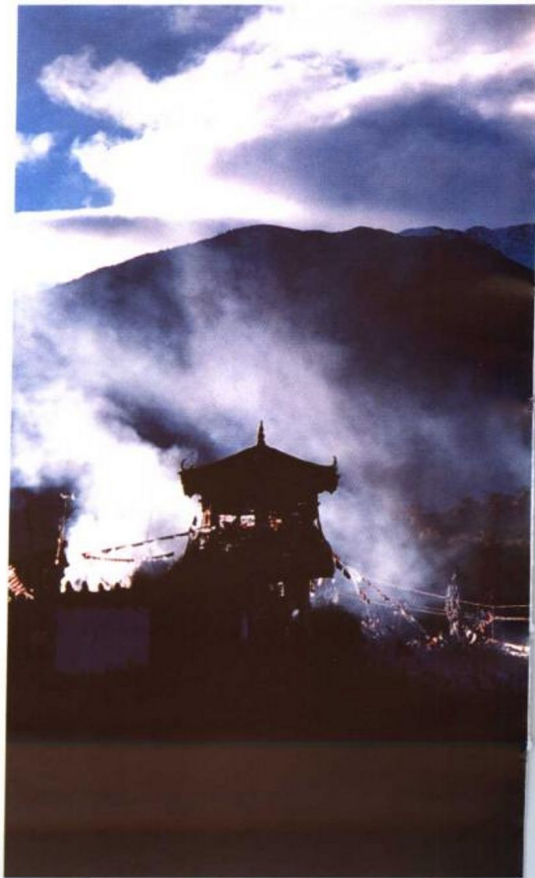
He became a Buddhist under the instruction of Tantric and served as a general, guarding the snow-covered mountains in the area. Often enshrined on the altar is the statue of Kagebo riding a white horse, with a long sword in his hand. Kagebo ranks first among other mountain gods, and the mountain is thus a holy land for Tibetan Buddhists. Every fall, countless pilgrims come from Tibet, Sichuan, Qinghai, and Gansu, walking around the mountain, worshipping for at least

seven days.

Among the 13 peaks, there is one named Mianchumu with graceful slender figure, said to be the wife of Kagebo. Behind Mianchumu is Lulazhengguigongbu, shaped like a shy, yellow-bellied boy. The rest ten peaks vary in shapes. The local Tibetans believe these 13 peaks are holy. The stories of these mountain gods have been written into a Buddhist scripture, recited by Buddhists.

At the foot of Kagebo Peak there are glaciers and fountains, among which the Mingyongqia and Siqua are the most fantastic, snaking from the elevation of 5,500 metres down to the elevation of 2,700 metres, hanging 800 metres above the river water.

The Kagebo Peak remains untouched because of its precipitous cliffs, frequent snowslides, thick fog and clouds, heavy rains and storms. However, the mankind has never stopped trying to conquer it. A group of mountaineers from Britain attempted for the first time in 1902 but failed, followed by four teams from China, Japan, and the United States. In January 1991, the world was shocked by the news of the disappearance of a group of 17 Chinese and Japanese mountaineers, who tried to conquer Kagebo. In commemoration of these heroes, a monument has been erected in Feilai Monastery. In October 1989, the 10th Panchen Lama, former vice chairman of the Standing Committee of the National People Congress, came to worship at the foot of Kagebo, when a grand ceremony was held.



雪山脚下

At the foot of the snowcapped mountain





## 白茫雪山自然保护区

### Baimang Snowcapped Mountain Nature Reserve

白茫雪山自然保护区位于横断山脉中段，属德钦县。总面积 187977 公顷，主峰高 5430 米。保护区内山峰皆有 4000 米以上，超过 5000 米的有 20 座，远远望去一片片皑皑白雪，十分壮观，是横断山最巍峨的一段。保护区内存留着大片的原始森林，是一个保存完整的自然综合体，具有典型的山地垂直带景观特征。它为人类提供了森林、动植物、水文、地理、土壤、气象等珍贵的自然生态原始底本。目前，白茫雪山国家级自然保护区以保护珍贵的滇金丝猴、横断山脉高山峡谷典型的山地垂直带自然景观为主要目的。

The Baimang Snowcapped Mountain Nature Reserve is located in the middle section of the Hengduan Mountain ranges in Diqing County. It covers an area of 187,977 hectares, and the highest peak is 5,430 metres. All peaks here are above 4,000 metres, including 20 peaks exceeding 5,000 meters. An imposing view of snow-capped mountains feast one's eyes from the distance. It is the loftiest section of the Hengduan Mountain ranges. In the nature reserve there are vast virgin forests, a well-preserved natural balance with typical views of vertical belt. It is of high value for the study of forests, animals, plants, hydrology, geography, soil, and weather. High up on the list of animals under state protection is the golden hair monkey. One of the aims to

