

邵琪伟 罗明义 主编
Shao Qiwei Luo Mingyi

EXPERIENCE YUNNAN

Magnificent Nature for Wandering

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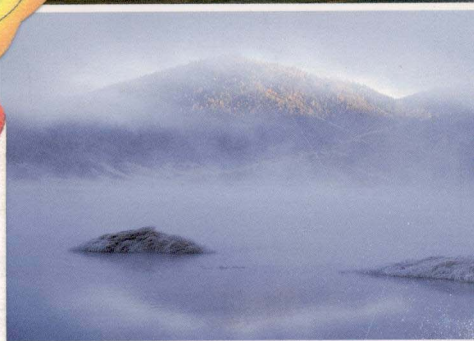


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体验 云南



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邵琪伟 罗明义 主编
Shao Qiwei Luo Mingyi

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藏书章

神奇的
自然之旅

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充满灵性的山

Magnificent Mountains

云南是山的世界。在 39.4 万平方公里的土地上，94% 是山地。一道道山脉纵向排列，自北向南长驱而下，一直延伸到东南亚。山高谷深，江河纵流，形成了云南特殊的高原地貌。

大山养育了云南人，云南人也培育了山的精神，山的灵性。

Yunnan is the kingdom of mountains. Of the 394 thousand square kilometers of Yunnan Province, 94% are mountainous regions, where mountain ranges go from north to south till South-east Asia. With high mountains, deep valleys and rivers running from north to south, Yunnan has its unique plateau landforms.

The mountains rear the people of Yunnan, and the people of Yunnan give the spirit and life to the mountains.



神秘的梅里雪山 The Mysterious Meili Snow Mountains

永远的圣山——梅里雪山

梅里雪山位于迪庆藏族自治州德钦县境内，长150公里，宽30~40公里，海拔在6000米以上的山峰就有13座。在藏传佛教的神坛上，梅里雪山位居藏区八大神山之首。

The Meili Snow Mountains —— the Eternal Holy Mountains

Located in Deqin County, Diqing Tibetan Autonomous Prefecture, the Meili Snow Mountains are 150 kilometers in length and 30~40 kilometers in width, in which there are 13 peaks at an altitude of over 6,000 meters. According to Tibetan Buddhism, the Meili Snow Mountains are the first of the eight holy mountains in Tibetan areas.



梅里雪山上发育有现代冰川地貌。冰川从海拔5500米往下延伸至2700米的森林地带，是世界低纬度、高海拔季风海洋性现代冰川。

明永冰川
The Mingyong Glacier

In the Meili Snow Mountains there are glaciers that extend from 5,500 meters above sea level to the forest regions at an altitude of 2,700 meters, and they are modern monsoon marine glaciers in low latitudes, high altitude.

20世纪30年代, 美国学者约瑟夫·洛克 (Joseph F Rock) 称赞美妙绝伦的金字塔般的梅里雪山为“世界上最美之山”。



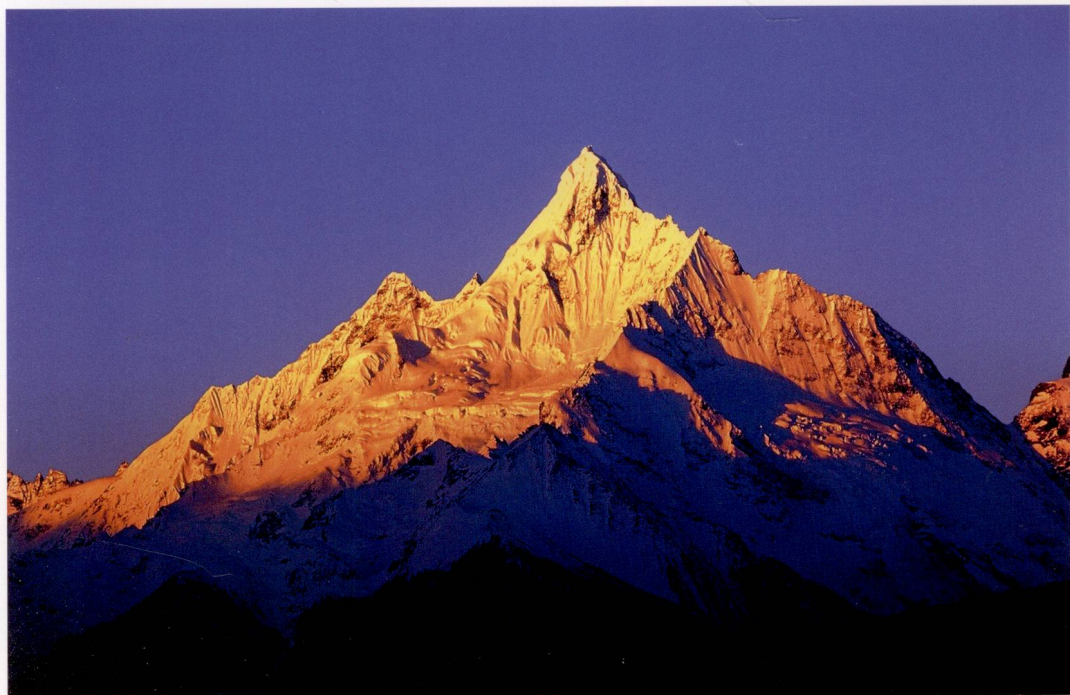
梅里雪山远景 A Distant View of the Meili Snow Mountains

In the 1930s, Joseph F Rock, an American scholar, praised the splendid, Pyramid-like Meili Snow Mountains as "the most beautiful mountain in the world".

梅里雪山主峰卡瓦格博海拔6740米, 为云南第一高峰, 藏语意为雪山之神。迄今还是人类未攀登上的“处女峰”。

Kawagebo, which means the god of the snowy mountains in Tibetan, is the highest peak of the Meili Snow Mountains, and also the highest in Yunnan Province. It is 6,740 meters above sea level, and has not been surmounted

卡瓦格博峰 The Kawagebo Peak





白茫雪山

The Baimang Snow Mountains

滇金丝猴的乐园——白茫雪山

白茫雪山属青藏高原南延部分横断山脉的中段，分布于德钦县境内，因雪原上白茫茫一片而得名，为中国国家级自然保护区。白茫雪山呈南北走向，长90余公里，宽约30~40公里，海拔5000米以上的山峰有20座。白茫雪山最高峰为扎雀尼峰，海拔5429.6米。

The Baimang Snow Mountains —— the Paradise for Snub-nosed Monkeys

Located in Deqin County, the Baimang Snow Mountains are in the middle of the Hengduan Mountain Range in the southern stretch of the Qinghai-Tibet Plateau. The mountains have got the name for the snowfield, and are the national nature reserve. With 20 peaks over 5,000 meters above sea level, the Baimang Snow Mountains, which go from north to south, are more than 90 kilometers long and 30~40 kilometers wide.

白茫雪山的云杉林和冷杉林组成的亚高山暗针叶林带，栖息着国家一级重点保护动物滇金丝猴，给雪山林海带来特有的灵气。

Living in the subalpine dark coniferous forest of spruces and firs of the Baimang Snow Mountains is the first-class state-protection snub-nosed monkeys that brings life to the mountains and forests.

在白茫雪山海拔3700~4500米之间，保存有晚更新世古冰川遗迹，U形谷、冰斗地貌非常典型。

At an elevation between 3,700 meters and 4,500 meters of the Baimang Snow Mountains, there are the remains of ancient glaciers of late Pleistocene epoch, U-shaped valleys and cirques.

滇金丝猴 Snub-nosed Monkeys



白茫雪山U形谷 The U-shaped Valleys in the Baimang Snow Mountains





哈巴雪山 The Haba Snow Mountains

粮食丰收的地方——哈巴雪山

哈巴雪山位于香格里拉县东南部。“哈巴”在纳西语意为“粮食丰收的地方”，雪山因山下的哈巴村而得名。其山体呈南北走向，最高峰海拔 5396 米。山顶终年冰雪封冻，主峰挺拔，四座小山峰环立周围，远远望去恰似一顶闪光的皇冠。

哈巴雪山因海拔高低差异较大，形成了明显的高山垂直性气候。这里是杜鹃花、报春花、龙胆花的分布中心，众多的著名花卉使哈巴雪山有“世界花园之母”的美誉。

The Haba Snow Mountains —— the Place for Bumper Grain Harvests

In the southeast of Shangrila County lie the Haba Snow Mountains that are named after the "Haba Village" at the foot. Haba means "the place for bumper grain harvests" in the Naxi language. The Haba Snow Mountains go from north to south, and their towering 5,396-meter peak surrounded by four minor peaks is just like a crown shining in the distance.

Due to the great differences in altitude, there are different climatypes in the mountains, which makes the region the distribution center of the azalea, the primrose and the gentian, and the celebrated flowers have gained the reputation of "the mother of world gardens" for the Haba Snow Mountains.

爱情之山——玉龙雪山

海拔5596米的玉龙雪山位于丽江古城北面，因形如白玉般的巨龙而得名，是纳西人的圣山，也是纳西人的爱情之山。相传它是纳西人信仰的民族神“三朵”的化身，也被相爱的纳西族青年男女视为爱神居住的理想国。

The Yulong (Jade Dragon) Snow Mountains —— the Symbol of Love

5,596-meter Jade Dragon Snow Mountains are to the north of the Old Town of Lijiang. They have got the name for their resemblance to a giant crystal jade dragon, and are said to be the embodiment of the god "Sanduo" of the Naxi people. Therefore, the Jade Dragon Snow Mountains are the holy mountains and the symbol of love for the Naxi people.

玉龙雪山

The Yulong (Jade Dragon) Snow Mountains





位于玉龙雪山腹地的云杉坪海拔 3240 米，过去是一个杳无人迹、寂静优美的高山草甸，现成了游客眺望玉龙山雪峰的绝佳之地。

3,240-meter Yunshanping in the heart of the Jade Dragon Snow Mountains used to be a silent alpine meadow, but now it is the best place for tourists to enjoy a distant view of the peaks of the Jade Dragon Snow Mountains.

玉龙雪山下的云杉坪
Yunshanping in the Heart of the Jade Dragon Snow Mountains

玉龙雪山是 30 多种国家级保护动物的栖息之地，其中包括滇金丝猴、小熊猫、云豹和大灵猫等。

30 species of state-protection animals inhabit the Jade Dragon Snow Mountains, among which are the snub-nosed monkey, the lesser panda, the clouded leopard and the zibet.



牦牛坪
An Alpine Meadow —
Maoniuping—in the Jade
Dragon Snow Mountains

高黎贡山远眺
A Distant View of the
Gaoligongshan Mountains



天然生物博物馆——高黎贡山

高黎贡山由景颇族语“高日拱”演化而得名，主要位于云南西部和西南部，属横断山系中最西的山脉，呈南北走向，全长600余公里，平均宽50公里。大部分为中缅两国的界山。高黎贡山也是怒江水系和伊洛瓦底江水系的分水岭。

The Gaoligongshan Mountains — a Natural Museum of Organisms

The Gaoligongshan Mountains which have the name from the language of the Jingpo nationality are mainly in the west and southwest of Yunnan, and go from north to south. For the most part the Gaoligongshan Mountains are the boundary between China and Myanmar, and they are also the watershed of the Nujiang River system and the Irrawaddy River system.



高山植物园
The Alpine Botanical Garden

高黎贡山是世界罕见的多种植物荟萃之地，有高等植物 1700 多种，被誉为“高山植物园”。这里是世界动植物南北交汇的走廊，是哺乳动物祖先分化的发源地，记录在册的高等动物有 456 种，昆虫 2700 多种，被称为世界的“物种基因库”。

With over 1,700 species of higher plants, the Gaoligongshan Mountains are known as "the alpine botanical garden". They are the rare places where plants of various kinds assemble, they are the corridors where animals and plants from north and

south converge, and they are also the places where the ancestors of mammals differentiated. There are 456 species of

higher animals and over 2,700 species of insects recorded in the Gaoligongshan Mountains. Therefore, the mountains are called the world's "gene center of species".

高黎贡山地形复杂，地质史上又极少受第四纪冰川的侵袭。蜿蜒的山体中，古老森林植被明显地划分为 6 个垂直带谱，具有典型的“立体气候”特征。

The landforms in the Gaoligongshan Mountains are complicated and were seldom hit by glaciers in Quaternary period. With different climatotypes, the age-old vegetation in the winding mountains falls naturally into six vertical belts.

高黎贡山是欧亚板块和印澳板块碰撞挤压形成的，山峰、峡谷、湖泊构成了这里的地质奇观，有“世界地质锁钥之一”的称呼。

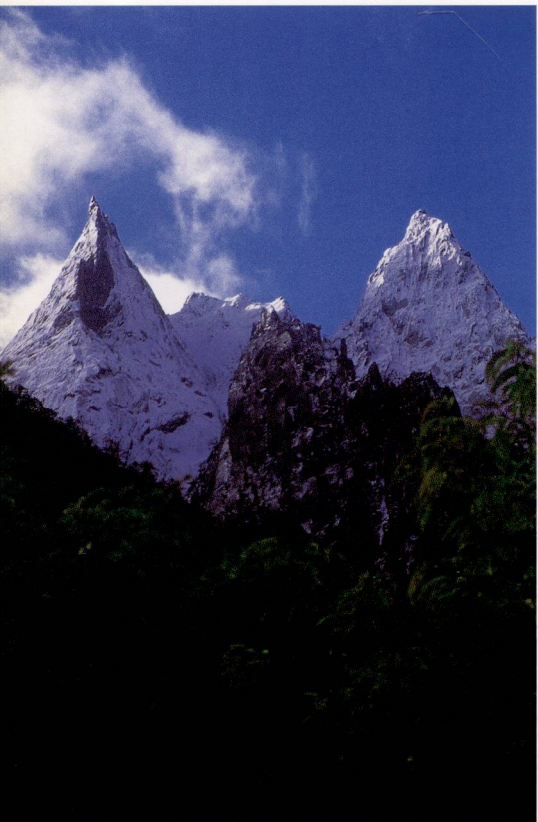
The Gaoligongshan Mountains came into being as the result of the crash and squeeze of Eurasian Plate and Indian Plate. The peaks, gorges and lakes are geological wonders and are regarded as "one of the keys to world geology".

高黎贡山角峰

The Horns of the Gaoligongshan Mountains



白雪皑皑的高黎贡山 The Snow-covered Gaoligongshan Mountains



银龙舞高原——碧罗雪山

碧罗雪山是横断山的主要山脉之一，东临澜沧江，西止怒江，自西藏唐古拉山分出，向南延伸至云南，似盘旋于高原之上的银色长龙。其中最高峰海拔4435.4米，山势陡峻雄奇，四季积雪，景色极为壮观。碧罗雪山上有虎、豹、熊、麂子等走兽，有雪鸡、箐鸡、白鹇等各种飞禽。

The Biluo Snow Mountains —— a Silver Dragon on the Plateau

Branching out from the Tanggula Mountains in Tibet, the Biluo Snow Mountains are one of the major mountains in the Hengduan Mountain Range. The mountains face the Lancang River in the east and extend to the Nujiang River in the west. With their peaks capped with snow all the year round, the Biluo Snow Mountains are like a silver dragon on the plateau. There are beasts like the tiger, the leopard, the bear and the muntjac, and also birds like the snow cock and the silver pheasant in the mountains.

碧罗雪山

The Biluo Snow Mountains

