

世界自然遗产
WORLD NATURAL HERITAGE

THREE PARALLEL RIVERS



作者
自兴春

三江并流



中国旅游出版社 CHINA TRAVEL & TOURISM PRESS

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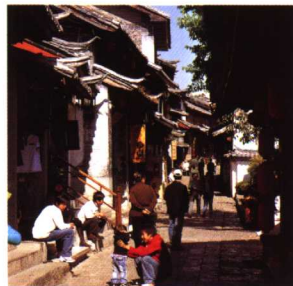
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三江并流在中国的位置图 Geographical Location of Three Parallel Rivers in China

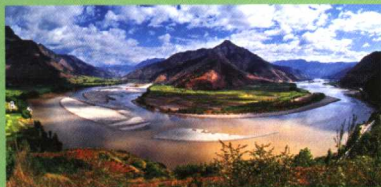


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三江并流

THREE PARALLEL RIVERS

这是世界上仅存的一片净土，沉静着一种永恒的梦境，这是地球上最后的神秘面纱，这是凝聚雄、险、秀、奇、幽、奥的人间天堂，这里便是云南西北部的“三江并流”。

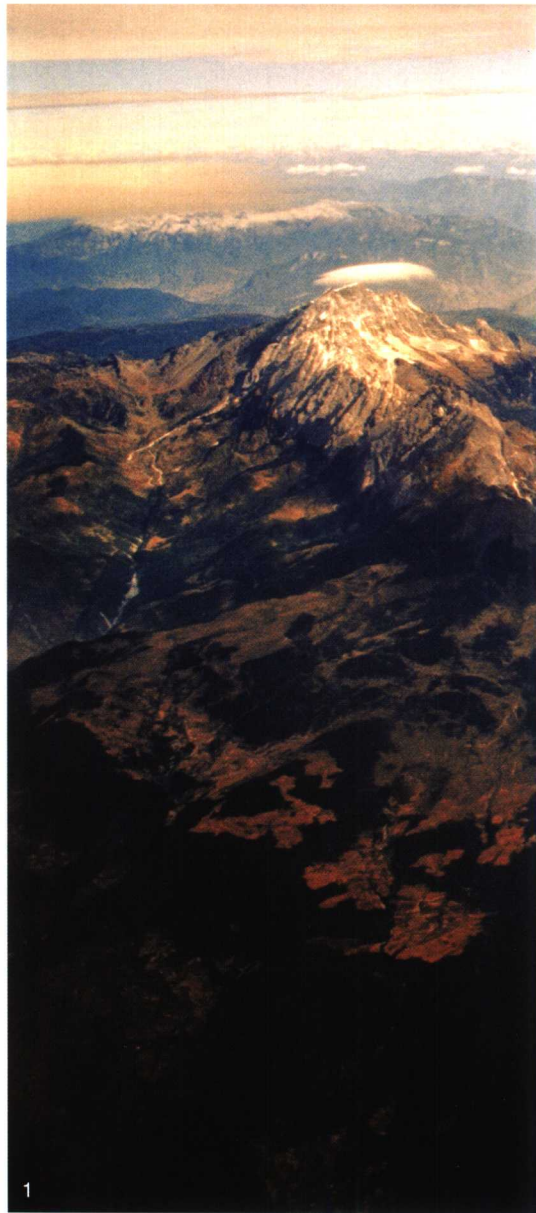
世界第一大国家重点风景名胜区、世界自然遗产、世界最丰富的地貌博物馆、世界生物物种基因库、天然高山花园、民族文化聚宝盆……“三江并流”国家公园的每一个称号，都足以让人产生无数美轮美奂的想象。的确，这个占地170万公顷，位于中国云南省西北部的自然人文大观园，由于其特殊的地质构造、生物多样性、美丽神奇的自然景观、丰富的人文资源，无疑是这个地球唯一的、独特的世界奇观。

“三江并流”景区跨越中国云南省的丽江地区、迪庆藏族自治州、怒江傈僳族自治州，这里是中国著名的国际古商道——茶马古道的发祥地。金沙江、澜沧江和怒江这三条发源于青藏高原的大江在云南省境内自北向南并行奔流170多公里，穿越担当力卡山、高黎贡山、怒山和云岭等崇山峻岭之间，形成世界上罕见的“江水并流而不交汇”的奇特自然地理景观。其间澜沧江与金沙江最短直线距离为66公里，澜沧江与怒江的最短直线距离不到19公里。“三江并

流”自然景观由怒江、澜沧江、金沙江及其流域内的山脉组成，区域中随处可见高山，其中梅里雪山、白马雪山和哈巴雪山构成了壮观的空中风景轮廓，构成了区域中立体的三维风景奇观。

“三江并流”景区内高山雪峰横亘的地理环境，从760米的怒江干热河谷到6740米的卡瓦格博峰，海拔变化呈垂直分布，并由此会聚地球最多元化的气候条件和丰富地貌。这里集中了北半球南亚热带、中亚热带、北亚热带、暖温带、温带、寒温带、温带、寒带的多种气候和生物群落，是地球最直观的体温表和中国珍稀濒危动植物的避难所。景区有118座海拔5000米以上、造型迥异的雪山。与雪山相伴的是静立的原始森林和星罗棋布的数百个冰蚀湖泊。梅里雪山主峰卡瓦格博峰上覆盖着万年冰川，晶莹剔透的冰川从峰顶一直延伸至海拔2700米的明永村森林地带，这是目前世界上最为壮观且稀有的低纬度低海拔季风海洋性现代冰川。因此，“三江并流”地区也是世界上蕴藏最丰富的地质地貌博物馆。此外，在丽江老君山

1. 金沙江大峡谷
2. 雄伟壮观的澜沧江大转弯
1. The Jinsha River Canyon.
2. A spectacular view of the Bend of Lancang River.







2



分布着中国面积最大、发育最完整的丹霞地貌奇观，它镶嵌在莽莽原始森林的万绿丛中，璀璨夺目。有不少红色岩石表面风化形成龟裂状构造，其中一座山坡形如千万只小龟又组成一只大龟，排列自然而有序，仿佛向着太阳升起的东方行进。

而在生物学家眼里，“三江并流”地区也被誉为“世界生物物种基因库”。它以仅占中国国土0.4%的面积而容纳了中国20%的高等植物和全国25%的动物种数。这里生存着哺乳动物173种，鸟类417种，爬行类59种，两栖类36种，淡水鱼76种，凤蝶类昆虫31种。这在中国乃至北半球和全世界都是唯一的。目前，这里海拔3800多米的区域内栖息着国家一级珍稀濒危保护动物——滇金丝猴以及羚羊、雪豹、孟加拉虎、黑颈鹤等77种国家级保护动物和秃杉、桫欏、红豆杉等34种国家级保护植物。这是北半球生物景观的缩影。每当春暖花开，这里绿毯般的草甸上、幽静的林中、湛蓝的湖边，到处是花的海洋，可以观赏到200多种杜鹃花、近百种龙胆、报春及绿绒马先蒿、杓兰、百合等野生花卉。因此，植物学界将“三江并流”地区称为“天然高山花园”。早在20世纪20年代奥籍美国人洛克已在这一地区为美国《国家地理》杂志撰稿、摄影、收集物种近二十多年。

此外，这一区域在展现最后5千万年和印度洋板块、欧亚板块碰撞相关联的地质历史、展现古地中海的闭合以及喜马拉雅山和西藏高原的隆起方面具有十分突出的价值。对于亚洲大陆地表的演变以及正在发生的变化而言，这些是主要的地质事件。这一区域内岩石类型的多样性记录了这一历史，而

且，高山带的喀斯特地形、花岗岩巨型独石以及丹霞砂岩地貌覆盖了若干世界上最好的山脉类型。

如果说地理的奇观可能在其他地方找到零碎的缩影，那么，“三江并流”区域丰富多彩的民族文化则是独一无二的。在这一区域，生活着藏、纳西、傈僳、彝、独龙和怒族等16个少数民族，他们已经在这一地区居



住了数千年。千百年来，16个少数民族和睦相处、生息与共，他们一直利用着该地区可利用的资源来生存。他们丰富多彩的文化和土地之间，存在着显著的关联关系，这种关系表现为许多形式，包括宗教、民间神话、绘画艺术、舞蹈、音乐、诗歌和民歌等。例如，藏族人民把梅里雪山视为神山，恪守着登山者不得擅入的禁忌。这种禁忌和圣地崇

拜，反映了他们对自然的敬畏以及本地文化的活力。这种广泛存在于每一个民族内心深处的对自然的信仰，已经深深地融入了人们的血脉之中，并与天地一起，成为令世人景仰的震撼人心的另一种风景。而这一切，亦使“三江并流”区域具有浓郁的民族风情和丰富多彩的民族文化，成为世界上罕见的多民族、多语言、多种宗教信仰和风俗习惯并存的地区。因此，“三江并流”流域又堪称为“民族文化聚宝盆”。

人生于自然，又归于自然，因此，人又何尝不是自然的一部分。千百年来，人类都在追寻自己心中的圣地。从上个世纪开始，人们开始梦想世界上有一处人与自然和谐相处，充满和平、安宁和幸福的世外桃源，后来，人们发现，在英国人希尔顿创作的《消失的地平线》中所描述的香格里拉，正是这一美丽梦想的缩影。根据该书记载，人们发现，美丽的香格里拉就在“三江并流”地区。

“三江并流”的博大与美妙，已无法用言语形容，也许，只有亲身感受这种神秘的奇妙和永恒的亲情，才能揭开她神秘的面纱。来到这里，回报您的是无限的温馨和永恒的宁静。

It is the world's only existing "pure land", depositing an everlasting dream; it is the last mysterious veil on the Earth; it is a paradise integrating magnificence, beauty, steepness, wonder, seclusion, and mystery. This is the Three Parallel Rivers National Park in north-

3. 高山杜鹃花
4. 峡谷边的民居
3. Azaleas in full blossom.
4. Residential houses on the bank of a gorge.



western Yunnan Province.

The World's Largest State-Class Scenic Zone, a World Natural Heritage, a World Museum with the Richest Landforms, a Biological Gene Bank of the World, a Natural Alpine Garden, and a Treasure Bowl of Ethnic Cultures... Any of these titles of the Three Parallel Rivers National Park will easily trigger sumptuous imaginations. Embracing special geological formations, fabulous biodiversity, breathtaking natural landscapes, and abundant cultural resources in an area of 1.7 million hectares, this natural and cultural resort is undoubtedly a wonder of the world.

Spanning Lijiang Prefecture, Diqing Tibetan Autonomous Prefecture and Nujiang Lisu Autonomous Prefecture in Yunnan Province, the Three Parallel Rivers is the birthplace of the Ancient Tea-Horse Path, a famous international commercial route in ancient times. After entering the territory of Yunnan Province, the Jisha, Lancang, and Nujiang Rivers, all originating from the Qinghai-Tibet Plateau, run in parallel from north to south for 170 kilometers, passing through the Dandanglika, Gaoligong, Nushan, and Yunling Mountains and forming a peculiar natural and geographical wonder. In spite of the shortest linear distance between the Jinsha and Lancang Rivers being only 66 kilometers and the shortest distance between the Lancang and Nujiang Rivers being a shy of 19 kilometers, the three rivers never converge. In the valleys of the Three Parallel Rivers are high mountains, among which the Meili, Baima, and Haba Snow Moun-

tains compose a spectacular skyline, and together with the rivers, an enchanting three-dimension landscape is formed.

The geographical formations in the Three Parallel Rivers Scenic Area, from the Nujiang River valley, about 760 meters above sea level, to Peak Kawagebo, 6,740 meters above sea level, are distributed vertically according to the variation of altitude. As a result, this area features a diversified climate and biomes, represented by the Southern Subtropical Zone, Central Subtropical Zone, Northern Subtropical Zone, Warm Temperate Zone, Temperate Zone, Cool Temperate Zone, and Frigid Zone. It is a visual thermometer of the globe and a haven for Chinese rare and endangered flora and fauna.

The scenic area encompasses 118 snow mountains at and above a sea level of 5,000 meters, tranquil primitive forests, and hundreds of ice-eroded lakes. Peak Kawagebo, the highest peak of Meili Snow Mountain, is capped with a glittering and translucent glacier, which spans from the peak summit to the forest in Mingyong Village about 2,700 meters above sea level. This is the world's existing most spectacular and rare low-altitude, low-latitude monsoon oceanic modern glacier. This scenic area is thus considered a geological and landform museum with the richest deposit in the world. In addition, hidden in the vast primitive forest in Mt. Laojun, Lijiang Prefecture, is China's largest and most complete Danxia landform.

5. 怒江大峡谷

5. The Nujiang River Canyon.



5



Here are a myriad of tortoise' s-shell cracking structures resulting from efflorescence of red rocks, and one of the formations resembles a huge tortoise composed of countless little tortoises and seems to advance to the East, where the sun rises.

In the eyes of biologists, the Three Parallel Rivers area is a Biological Gene Bank of the World. In spite of its small area which accounts for only 0.4 percent of Chinese territory, this area is home to 20 percent of China' s higher plants and 25 percent of the nation' s animal species, including 173 species of mammals, 417 species of birds, 59 species of reptiles, 36 species of amphibians, 76 species of freshwater fishes, and 31 species of insects. This phenomenon is rarely seen elsewhere in China and even in the world. At present, inhabiting its region at and above a sea level of 3,800 meters are 77 rare and endangered species of animals under state-class protection, such as snub-nosed monkey, antelope, snow leopard, Bengali tiger, and black-necked crane, as well as 34 kinds of plants under state protection, such as *Taiwania flousiana* Gausson and yew. When spring comes, the green meadows, quiet forests, and crystalline lakes are embellished by a sea of flowers, consisting of more than 200 kinds of azaleas and nearly 100 kinds of wild flowers such as rough gentian, primrose, lousewort, moccasin flowers, and lily. Therefore, botanists regard the Three Parallel Rivers area a "Natural Alpine Garden." Early in the 1920s, Joseph F. Rock, an Austrian-American botanist and photographer, worked

here and reported, took photos, and collected fauna and floral samples for the US-based *National Geographic* magazine for 20 years.

Besides, this area is of outstanding value for displaying the geological history of the last 50 million years associated with the collision of the Indian Plate with the Eurasian Plate, the closure of the ancient Tethys Sea, and the uplifting of the Himalaya Range and the Tibetan Plateau. These were major geological events in the evolution of the land surface of Asia and they are on-going. The diverse rock types within the site



record this history and, in addition, the range of karst, granite monolith, and Danxia sandstone landforms in the alpine zone include some of the best of their type in the mountains of the world.

While its geographical wonder might be found elsewhere to some extent, the colorful ethnic culture of the Three Parallel Rivers area is unique. For thousands of years, the 16 minority peoples inhabiting this area, including the Tibetan, Naxi, Lisu, Yi, Dulong, and Nu, have been living in harmony, based on the local exploitable resources. Their cultures are closely

associated with the land in forms of religion, folk tales, painting, dancing, music, poetry, and folk songs. The Tibetan people, for instance, worship Meili Snow Mountain as a holy mountain and scrupulously abide by the taboo that mountaineers are not allowed to enter in without permission. Such worship and taboo reflect the Tibetans' reverence for nature and the dynamics of the local culture. The respect for nature has found a deep root in the heart of each ethnic group, forming an awe-inspiring cultural view. With strong ethnic customs and colorful ethnic cultures, this area has become a rare region in the world where a wide diversity of ethnic groups, languages, religious faiths, and cultures coexist in harmony; hence its another nickname, "Treasure Bowl of Ethnic Cultures."

Man is born from nature, and will eventually return to nature. For thousands of years, as an integral part of nature, man has never ceased pursuing a pure paradise, where man and nature coexist in harmony, peace, and happiness. After the novel *The Lost Horizon*, attributed to British writer James Hilton (1900-1954), was published in 1933, a place called Shangri-la described in the novel became an epitome of paradise. Although Shangri-la was only a fictional place, people tried to prove its existence in the real world, and based on clues in the novel, they have found that the Three Parallel Rivers area is the site of Shangri-la.

The extensiveness and beauty of the Three Parallel Rivers area are beyond description. It's mystery might be only unveiled by personal



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experience and eternal love. Visitors to here will be repaid with endless happiness and perpetual peace.

6. 滇金丝猴

7. 梅里雪山下的僧侣在祭神山

8. 怒江上的溜索

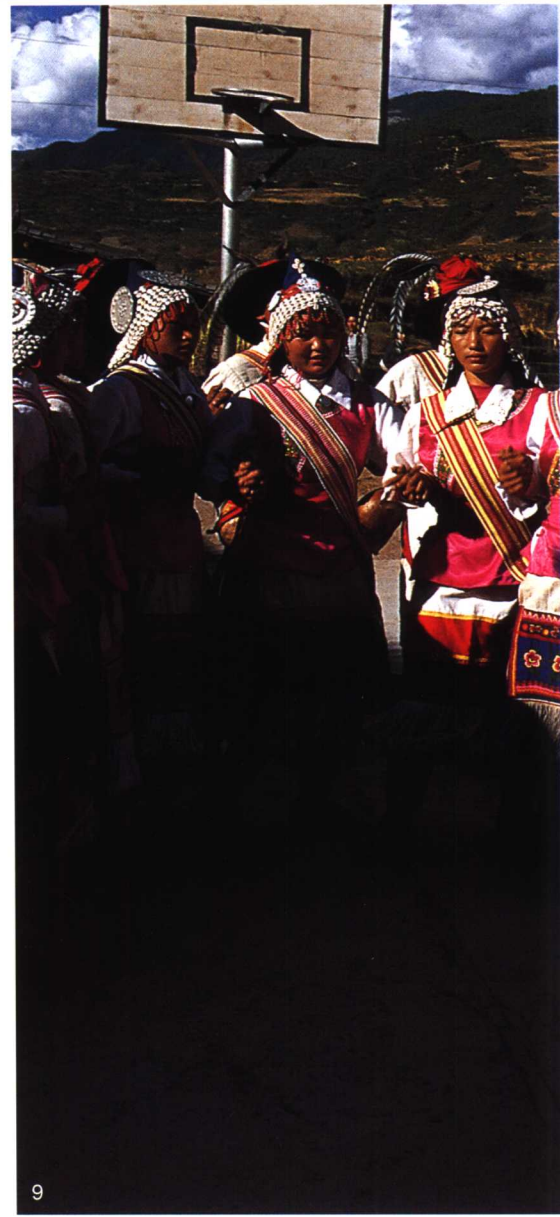
9. 欢快的傣族姑娘

6. The Yunnan snub-nosed monkey.

7. Monks worship Meili Snow Mountain as a holy shrine.

8. Sliding chains over the Nujiang River.

9. Joyful women of the Lisu ethnic group.





金沙江

THE JINSHA RIVER

金沙江是长江的上游河段，主源沱沱河发源于青海境内唐古拉山脉的格拉丹冬雪山北麓，是西藏和四川的界河。沱沱河与当曲河汇合后称通天河，通天河流至玉树附近与巴塘河汇合后始称金沙江。金沙江流经青、藏、川、滇4省(区)，全长3364公里，至宜宾接纳岷江后称为长江。习惯上将其分为上、中、下三段，石鼓以上为上



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段、石鼓至雅砻江口为中段、雅砻江口至宜宾为下段。金沙江流域内山岳占90%，是汉、藏、彝、纳西、白族等多民族聚居地。

金沙江属典型峡谷河流。又名绳水、淹水、泸水。因江中沙土呈黄色得名，或说因产金丰旺故名。长江上源沱沱河长358公里；下接通天河，长813公里；至玉树巴塘河口以下，始称金沙江，穿行于川、藏、滇3省区之间，其间有最大支流雅砻江汇入。从石渠到金江街1174公里范围内峡谷连绵，金江街以下仍以峡谷为主。云南境内的虎跳峡长16公里，河宽仅30米，岭谷高差达3000多米，落差约200米，为世界深峡之一。宽谷仅见于龙街、蒙姑和巧家等局部河段。

金沙江还以滩多湾急而著称，仅新市镇到金江街千余公里河段，就有较大险滩400多处。干流落差3300米，最大流速每秒7米以上，干支流水力蕴藏量高达10918万千瓦，约占长江的40%，可开发利用的水电装机容量达8700余万千瓦，年发电量4943亿度，占长江的48%，是中国水力资源最丰富的河流。溪罗渡、白鹤滩、二滩、虎跳峡和向家坝等均属特大型水电站坝址。流域为四川省贵金属、稀有金属主产区。森林资源丰富。在北纬28°以南地区，金沙江河谷深切，地形闭塞，全年长夏无冬，自然景观别具一格。

金沙江河谷地貌特征可以四川省德格

县白曲河口和巴塘县玛曲河口附近分为上、中、下三段。其中上段为峡宽相间河谷段，中段为深切峡谷段，下段为峡谷间窄谷段。

上段自邓柯乡盖哈河口至德格白曲河口长207公里，江面海拔3340~2980米，落差360米，平均坡降为1.74‰。本段河谷对割深度为1000~1500米，河谷谷坡一般在30°

左右。河谷形态受地质构造与谷坡岩性影响，呈峡谷与窄谷(宽谷)相间分布。峡谷段河床单一，阶地不发育。河宽一般90米左右，河流切入基岩。窄谷段谷底一般宽度在500米左右，支沟口有洪积或泥石流台地发育。其中最大的谷地在本段河谷的北端邓柯宽谷，该段河长40公里左右，江面海拔3300米左右，河谷开阔而平直，呈北西西走向，是受构造控制的河谷。谷底宽达2~3公里，此段江面多分汊，河漫滩、江心洲发育，两

10. 纳西族欢歌的老人
11. 金沙江边的玉龙雪山
10. Singing and dancing seniors of the Naxi ethnic group.
11. Yulong Snow Mountain by the Jinsha River.