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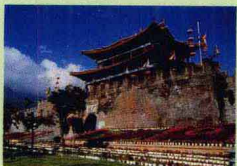
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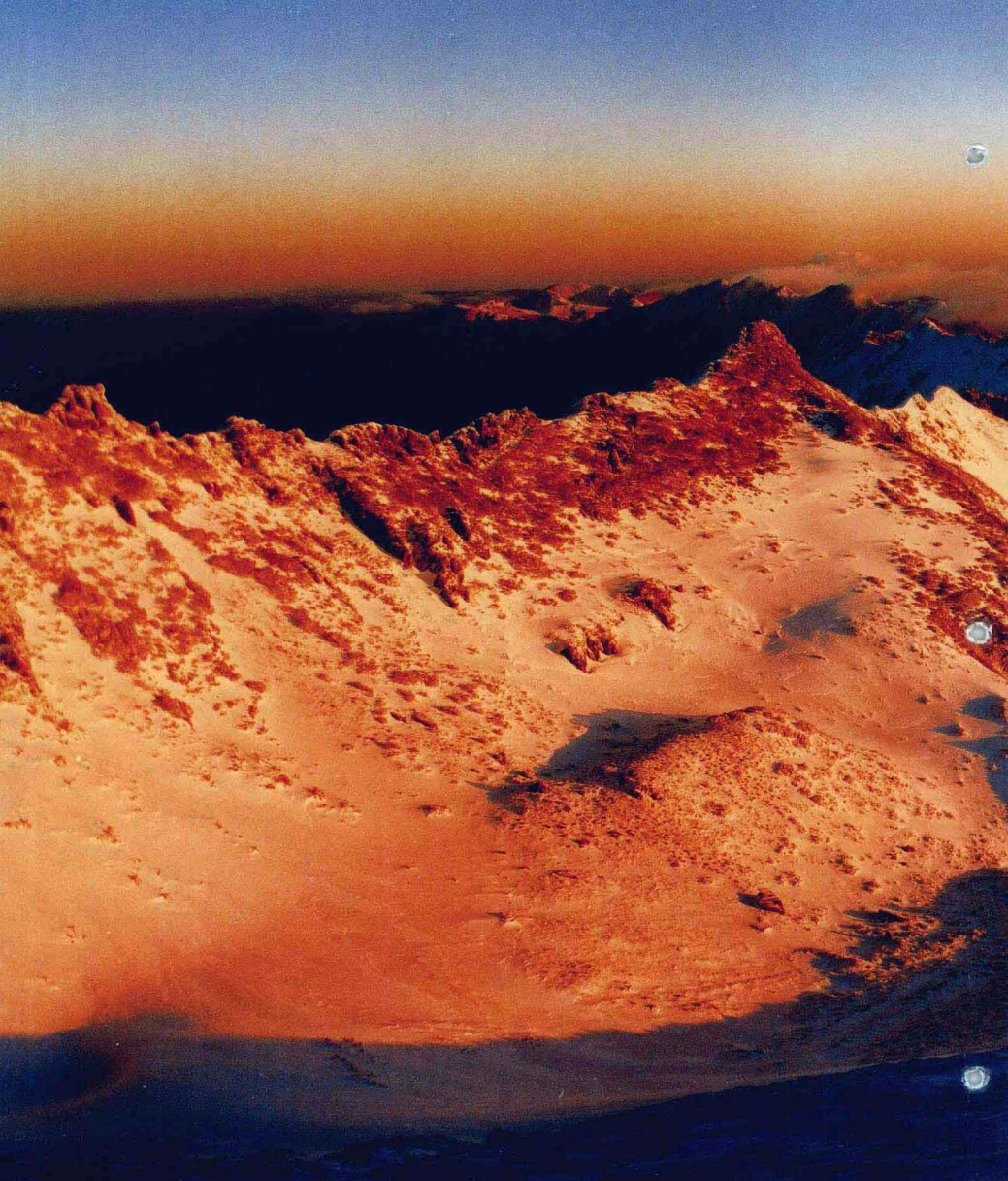
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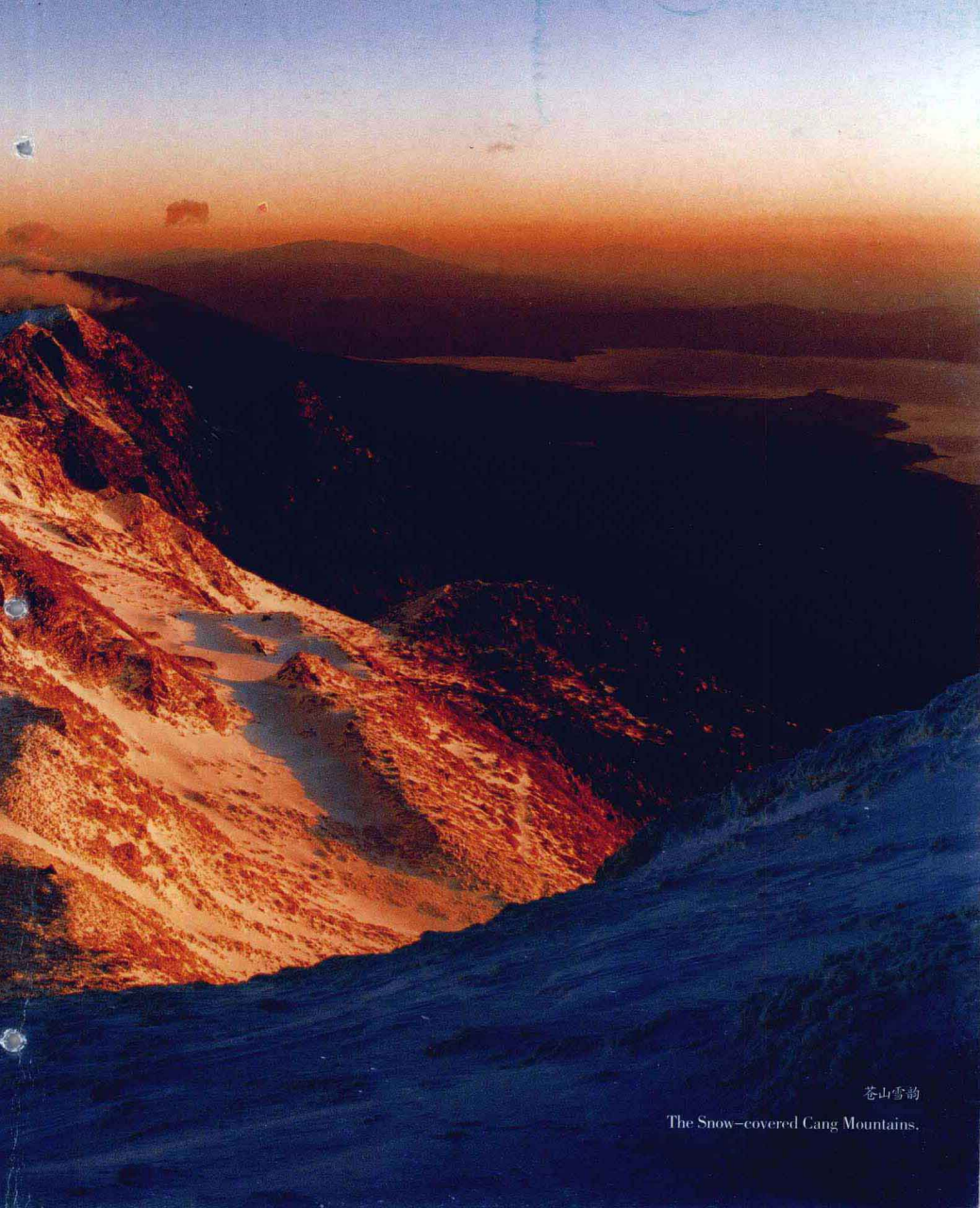


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苍山雪韵

The Snow-covered Cang Mountains.







洱海 Erhai Lake.





倒影三塔

A beautiful reflection of the Three White Pagodas.



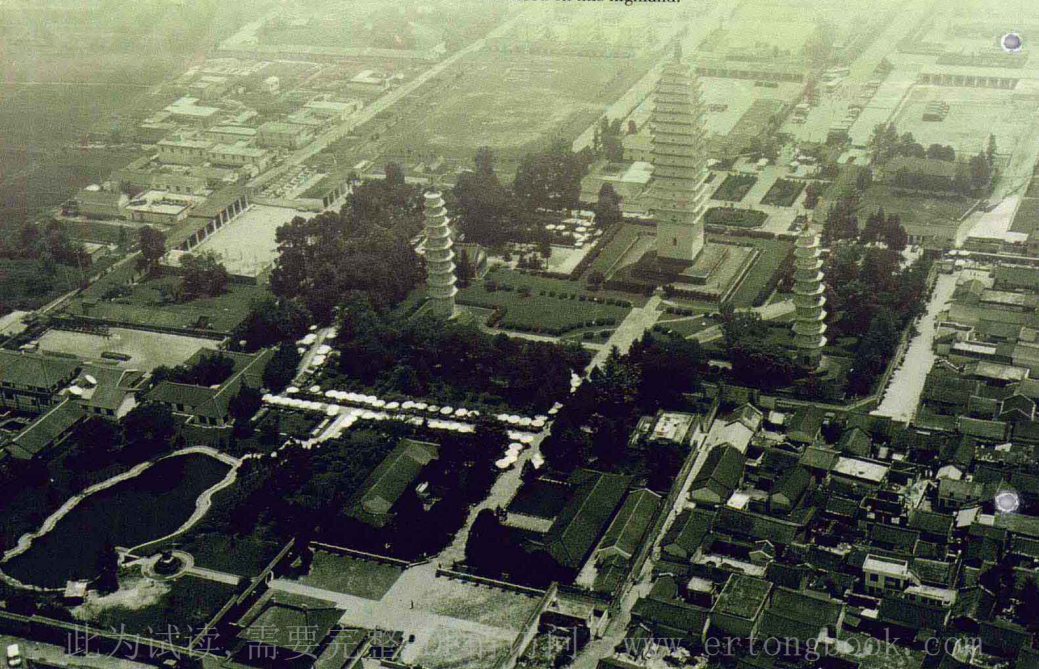


## 一. 概 述

### A Survey

大理白族自治州位于云南省中西部,地处横断山脉的西南端,地势西北高,东南低。全州总面积29459平方公里。中部的苍山,将大理州分成东西两种不同的地理环境:西部,雄险高大的云岭、怒山挟持着澜沧江和怒江纵贯其间,山高谷深,江流咆哮,景色雄浑壮丽;东部地势平阔,金沙江浩荡东流,沟渠纵横,山地与平坝错落相间。大理州众山之间,分布着108个云南民间俗称“坝子”的大小盆地,而洱海、剑湖、海西湖、茈碧湖等大小湖泊,像一颗颗高原明珠,撒落在坝子和高山上,既滋养了农田,又有鱼类水产之富。大理的气候属亚热带高原季风气候,气温随海拔升高而降低,具有河谷热、坝区暖、山区凉、高山寒等特点。

Dali Bai Autonomous Prefecture is located at the central west part of Yunnan Province and the southwest end of the Hengduan Mountains with its topography high in the northwest and low in the southeast. It has a total territory of 29,459m<sup>2</sup>. The Cang Mountains lies in the middle and cuts Dali into two parts with different landforms. In the west are the high and magnificent Yunlin Mountains and the Nu Mountains with the roaring Lancang River and the Nu River cutting through them, showing a splendid spectacular. In the east are numerous ditches, rivers, hills and plains with a relatively flat landform and with the Jinsha River running towards the east. Among the mountains in Dali, there are 108 plains of various sizes, and the plateau lakes like Erhai Lake, Sword Lake, Haixi Lake, Zibi Lake look like bright pearls scattered on this highland.



## 二. 大理的历史 A Short History of Dali

唐朝初期六诏示意图



A sketch map of the six Zhaos in the early Tang Dynasty.

古人类在大理活动的历史可以追溯到十多万年前石器时代。到西汉时期，汉武帝开疆拓地，征服滇城，在大理地区设五县，隶属益州郡，大理被正式纳入了汉王朝版图。

唐朝初年，在大理的苍山洱海之间，出现了六个较大的部落，史称“六诏”。其中南部的蒙舍诏势力逐渐强大，公元649年，南诏始祖细奴罗在今巍山县建大蒙国。其后的一百年间，在唐中央王朝的支持下，其继承者统一了六诏，建立起南诏国地方政权，并正式建都羊苴咩城，即今天的大理。南诏于公元902年灭亡后，白族贵族段思平很快建立大理国，到公元936年，重新统一原南诏疆域，仍以羊苴咩城为都城。此后赵匡胤建立起的北宋政权积弱内敛，称臣于宋的大理国又安然幸存了三百余年，直至公元1253年被忽必烈的蒙古铁骑踏破，南诏和大理国一共存在了五百余年。

元朝时，云南行省建立，昆明取大理而代之，大理仅仅作为路、府、行政专员公署等地市级的政区机构。1956年建立大理白族自治州。

Human activities in Dali can be traced back to the Stone Age over 100,000 years ago. In the West Han Dynasty, Emperor Wu, while expanding his territory, conquered and included Dian in his territory. Five counties in Dali were established under the jurisdiction of Yi Zhoushire.



南诏碑

The Nanzhao Tablet.



唐标铁柱

The Tang Iron Pole for Unity.



In the early period of the Tang Dynasty, there emerged six tribes (called Zhao in history) in Dali, of which Mengshe Zhao in the south became the most powerful. In 649 Chieftain Xinuluo, founder of the Nanzhao Kingdom (a local regime), established the Dameng Kingdom at the present-day Weishan County. In the following 100 years, his successors unified the six Zhaos with the help of the Tang Imperial Court and established the Nanzhao Kingdom. Its capital was Yangjuyang Town (the present-day Dali Ancient Town). After the Nanzhao Kingdom collapsed in 902, Duan Siping, a Bai aristocrat established the Dali Kingdom and reunified all the tribes in Dali in 936. Its capital was still Yangjuyang Town. Because the North Song Dynasty founded by Zhao Kuangyin was weak in power, the Dali Kingdom had survived for 300 years as a local regime before it was conquered by the mounted troops led by Kublai Khan in 1253. In other words, the Nanzhao Kingdom and the Dali Kingdom had a history of over 500 years. In the Yuan Dynasty, Yunnan Administration Province was established with Kunming as the capital, and Dali was the prefectural capital. Dali Bai Autonomous Prefecture was established in 1954.

鸟瞰大理城

A Bird's-view of Dali City.



自秦汉以来，大理已有数条驿道与当时的蜀汉、印度及东南亚相连。

当时世界佛教文化的三大主脉：汉传佛教文化、藏传佛教文化和南传上座部佛教文化正好与大理自然地理位置相重合，大理正好处于这个文化交汇的中心位置。



大理古城的标志性建筑——大理城门

Dali Gate, symbol of Dali Ancient Town.

Since the Qin and the Han Dynasty, Dali had several post roads leading to the Shu Kingdom, India and Southeast Asia. At that time Dali was located at the fusion of the three main Buddhist subcultures, that is, Han Buddhist culture, Tibetan Buddhist culture and Theravade.



### 三. 名山胜水

#### Famous Scenic Spots

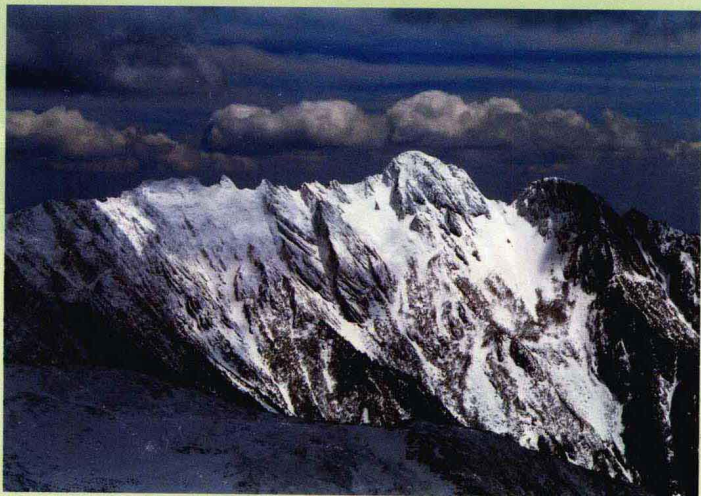
## 苍 山

苍山又叫点苍山,位于大理州中部,属横断山脉云岭的一条分支。苍山雪是大理风花雪月四景中的一景。其实苍山的云更具魅力。除了凄惻缠绵的望夫云,还有出现在春夏之交的玉带云以及阴历6月25日前后举行火把节时出现在天空中的火把云。苍山的十九座雪峰,或雄姿英挺,或俏美秀奇,由北而南屹立。在这十九峰中又有十八条清澈的溪水,在山谷中、悬岩间和平坝上时隐时现,或欢腾跳跃如顽童,或温宛柔媚如女子,或激越咆哮,飞浪击石,或低吟浅唱,幽幽曲曲,最后汇入洱海。



终年积雪的苍山十九峰

The nineteen snow-covered peaks.



苍山最高峰——马龙峰,  
海拔4122米。

Peak Malong at an elevation  
of 4,122m, the highest in the  
Cang Mountains.



波墨写意雾苍山  
The Green Cang Mountain shrouded in fog.



苍山春雪  
Spring snow at the Cang  
Mountains.





会当凌绝顶，一览众山小

At the highest point, all other mountains look small.

### The Cang Mountains

The Cang Mountains, also called the Diancang Mountains and located in the middle of Dali Prefecture, is a branch of Yunling of the Hengduan Mountains. Though the snow of the Cang Mountains is one of the four greatest scenes (others being "wind" "flowers" and "the moon") in Dali, the clouds of Dali are more charming. Besides the emotional Wangfu (waiting for the husband) Cloud, there are Jade-belt Clouds at the turn of spring and summer and the Torch Clouds which emerge during the Torch Festival around July 25th on the Chinese lunar calendar. The 19 snow-covered peaks here, either magnificent or charming, stand from north to south. Eighteen clean streams are running meanderingly through the valleys, some of which are jumping over the hills like naughty boys while others are like ladies, roaring and singing all the way to Ehai Lake.