

中国地理常识

(修订本)

Common Knowledge about

Chinese Geography

(Revised Edition)

国务院侨务办公室
中国海外交流协会

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中国地理常识

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前言

Preface

《中国历史常识》《中国地理常识》和《中国文化常识》是中华人民共和国国务院侨务办公室、中国海外交流协会委托南京师范大学、安徽师范大学和北京华文学院分别编写的一套华文教学辅助读物，供海外华裔青少年通过课堂学习或自学的方式了解中国历史、地理和文化常识，也可供家长辅导孩子学习使用。我们希望学习者通过学习，初步了解、掌握中国历史、地理和文化的知识，进而达到普及、弘扬中华文化和促进中外文化交流的目的。

The Overseas Chinese Affairs Office of the State Council of the People's Republic of China and China Overseas Exchange Association commissioned Nanjing Normal University, Anhui Normal University and Beijing Chinese Language College to respectively write this set of auxiliary Chinese language teaching materials, namely, *Common Knowledge about Chinese History*, *Common Knowledge about Chinese Geography* and *Common Knowledge about Chinese Culture* which acquaint overseas Chinese teenagers with basic knowledge on these subjects through class education or self-teaching. Parents can also use them to help their children with study. Moreover, we hope this set of books can offer a wider group of readers some rudimentary knowledge about Chinese history, geography and culture, thus promoting cultural exchanges between China and other countries.

根据海外华文教学的实际情况和需求，我们分别选编了中国历史的重大事件和重要人物，进行客观记述；选取了中国地理最主要的自然特点和人文特征，进行概略描述；筛选了中华文化和民俗风情的精华，加以介绍。突出体现科学性、思想性和实用性的编写原则，在编排设计等方面力求有所创新。

According to the actual condition and needs of overseas Chinese language teaching, in this set of books, we objectively narrate important events and figures in Chinese history; briefly describe the major natural and cultural features of Chinese geography; carefully select and introduce the essence of the Chinese culture, habits and customs. We have tried to introduce new ideas in typesetting, design and so on and to embody scientific, ideological and practical principles in the writing.

在上述三本书的编写过程中，苏寿桐、王宏志、臧嵘、侯明、刘淑英、李芳芹等参加了《中国历史常识》的审稿工作；王永昌、乐平兰、刘淑梅、毕超、徐玉奎、董乃灿、张桂珠、李文君等参加了《中国地理常识》的审稿工作；张英、张猛、董明、武惠华、陶卫、杨二林等参加了《中国文化常识》的审稿工作。在此，谨表示诚挚的谢意。

We are deeply grateful to Su Shoutong, Wang Hongzhi, Zang Rong, Hou Ming, Liu Shuying and Li Fangqin for revising *Common Knowledge about Chinese History*, Wang Yongchang, Yue Pinglan, Liu Shumei, Bi Chao, Xu Yukui, Dong Naican, Zhang Guizhu and Li Wenjun for revising *Common Knowledge about Chinese Geography*, and Zhang Ying, Zhang Meng, Dong Ming, Wu Huihua, Tao Wei and Yang Erlin for revising *Common Knowledge about Chinese Culture*.

书中考虑不周或疏漏之处，祈盼使用者不吝赐正，以期再版时修订。

Advice is welcomed if there were any mistake in the books. We will revise them when republishing the next edition.

编者
Compilers

2001年12月
December, 2001



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中国概览

A General Survey of China

长江三峡



中国的位置

Location of China in the World

如果你打开一张世界地图，就会发现，在亚洲的东部、太平洋的西岸，有一个面积辽阔的国家，那就是中国。

Opening a world map and you see a vast country in eastern Asia and along the west Pacific coast. This is China.

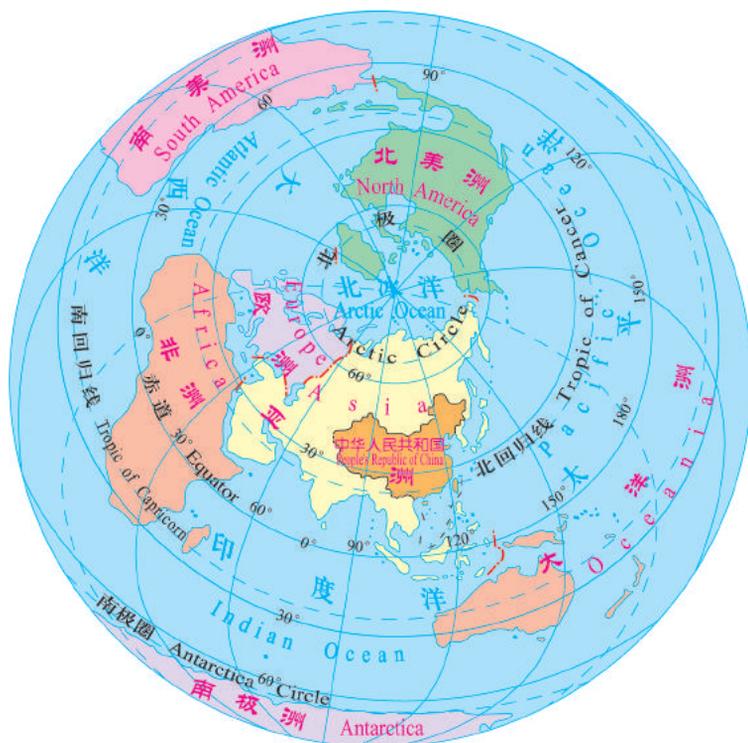
从东西半球看，中国在东半球。中国的东部面向广阔的太平洋，沿海分布着众多的岛屿和港湾；中国的西部深入到亚洲大陆内部，周围有十多个邻国。

Horizontally, China is located in the eastern hemisphere. It faces the enormous Pacific Ocean in the east, with many islands and bays along its coast, while penetrating into the inland areas of the Asian Continent in the west where it borders more than ten countries.

从南北半球看，中国在北半球。中国的领土南北跨（kuà）度大，但大部分属于北温带，只有南部少数地区属于热带。

Lengthwise, it is in the northern hemisphere. Its territory spans widely from north to south, with most parts belonging to the northern temperate zone, and only a small part of the south within the tropical belt.

中国的地理位置
Location of China in the World



中国及其邻国的位置

Locations of China and Its Neighbors



中国的疆域

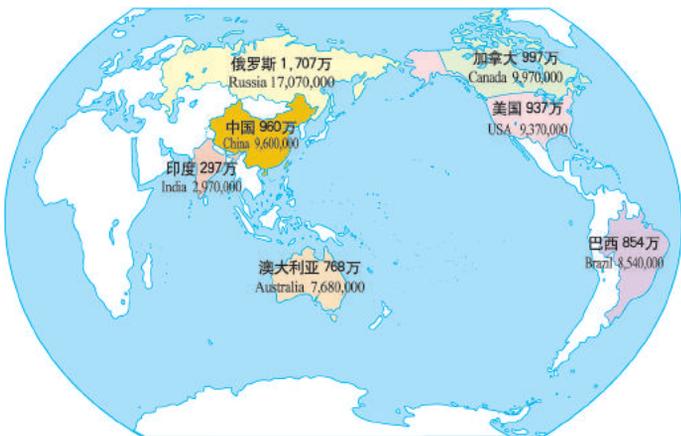
Territory of China

中国的陆地疆域辽阔，面积约 960 万平方千米，陆上国界线长达 20 000 多千米，相邻的国家有 14 个。

China encompasses a vast territory, covering an area of 9.6 million sq km. It has a land boundary of some 20,000 km, with 14 neighboring countries.

中国还拥有广阔的海洋，领水面积为 37 万平方千米，管辖 (xiá) 的海域面积约 300 多万平方千米，大陆海岸线有

国土面积图
Map of Land Area



(单位: 平方千米)



1. 南海之滨的海南岛
Hainan Island in the South China Sea
2. 帕米尔高原
The Pamirs
3. 漠河北极村的冬天
Winter in the Mohe River

小贴士 · Tips

中国东邻朝鲜，东北部、北部和西北部与俄罗斯、蒙古、哈萨克斯坦、吉尔吉斯斯坦、塔吉克斯坦相邻，西部和西南部与阿富汗、巴基斯坦、印度、尼泊尔、不丹相邻，南部和缅甸、老挝（wō）、越南相邻。

China is bordered by North Korea on the east; Russia on the northeast; Mongolia on the north; Kazakhstan, Kyrgyzstan and Tajikistan on the northwest; Afghanistan, Pakistan, India, Nepal and Bhutan on the west and southwest; Myanmar, Laos, and Vietnam on the south.



2

18 000 多千米长，沿海分布着台湾岛、海南岛、舟山群岛和南海诸岛等 6 500 多个岛屿（yǔ）。

It also has vast marine areas, with its territorial waters extending 370,000 sq km, its maritime area under its national jurisdiction being 3 million sq km, and its coastline extending more than 18,000 km. Along its coast are located more than 6,500 islands, including Taiwan, Hainan, the Zhoushan islands, and the South China Sea islands.



3

中国的行政区划

Administrative Divisions

中国的行政区划图

Map of China's Administrative Divisions



中国共分为 34 个省级行政区，包括 23 个省、5 个自治区、4 个直辖市和 2 个特别行政区。每个省级行政区都有相应的简称和行政中心，比如，江苏省简称“苏”，江苏省的行政中心是南京。

China has 34 province-level administrative regions in total, including 23 provinces, five autonomous regions, four municipalities and two special administrative regions directly under the central government. Each provincial zone has its abbreviation and administrative center. For example, Jiangsu Province is "Su" for short, with Nanjing as its administrative center.

北京是中国的首都。香港和澳门是中国领土不可分割的一部分。中华人民共和国政府在 1997 年 7 月 1 日对香港恢复行使主权，成立了香港特别行政区；在 1999 年 12 月 20 日对澳门恢复行使主权，成立了澳门特别行政区。

The capital of China is Beijing. Hong Kong and Macao are indivisible parts of China. The Chinese

government restored its sovereignty over Hong Kong on July 1, 1997 and over Macao on December 20, 1999, establishing the Hong Kong special administrative zone and the Macao special administrative zone, respectively.

中国的省级行政单位名称、简称和省级行政中心

Full Names, Abbreviations and Administrative Centers of China's Province-level Administrative Units

序号 No.	全称 Full Name	简称 Abbreviation	行政中心 Administration Center
1	北京市 Beijing	京 Jing	北京 Beijing
2	天津市 Tianjin	津 Jin	天津 Tianjin
3	河北省 Hebei Province	冀 Ji	石家庄 Shijiazhuang
4	山西省 Shanxi Province	晋 Jin	太原 Taiyuan
5	内蒙古自治区 Inner Mongolia Autonomous	蒙 Inner Mongolia	呼和浩特 Hohhot
6	辽宁省 Liaoning Province	辽 Liao	沈阳 Shenyang
7	吉林省 Jilin Province	吉 Ji	长春 Changchun
8	黑龙江省 Heilongjiang Province	黑 Hei	哈尔滨 Harbin
9	上海市 Shanghai	沪或申 Hu or Shen	上海 Shanghai
10	江苏省 Jiangsu Province	苏 Su	南京 Nanjing
11	浙江省 Zhejiang Province	浙 Zhe	杭州 Hangzhou
12	安徽省 Anhui Province	皖 Wan	合肥 Hefei
13	福建省 Fujian Province	闽 Min	福州 Fuzhou
14	江西省 Jiangxi Province	赣 Gan	南昌 Nanchang
15	山东省 Shandong Province	鲁 Lu	济南 Ji'nan
16	河南省 Henan Province	豫 Yu	郑州 Zhengzhou
17	湖北省 Hubei Province	鄂 E	武汉 Wuhan
18	湖南省 Hunan Province	湘 Xiang	长沙 Changsha
19	广东省 Guangdong Province	粤 Yue	广州 Guangzhou
20	广西壮族自治区 Guangxi Zhuang Autonomous Region	桂 Gui	南宁 Nanning
21	海南省 Hainan Province	琼 Qiong	海口 Haikou
22	重庆市 Chongqing	渝 Yu	重庆 Chongqing
23	四川省 Sichuan Province	川或蜀 Chuan or Shu	成都 Chengdu
24	贵州省 Guizhou Province	黔或贵 Qian or Gui	贵阳 Guiyang
25	云南省 Yunnan Province	云或滇 Yun or Dian	昆明 Kunming
26	西藏自治区 Tibet Autonomous Region	藏 Zang	拉萨 Lhasa
27	陕西省 Shaanxi Province	陕或秦 Shan or Qin	西安 Xi'an
28	甘肃省 Gansu Province	甘或陇 Gan or Long	兰州 Lanzhou
29	青海省 Qinghai Province	青 Qing	西宁 Xining
30	宁夏回族自治区 Ningxia Hui Autonomous Region	宁 Ning	银川 Yinchuan
31	新疆维吾尔自治区 Xinjiang Uygur Autonomous Region	新 Xin	乌鲁木齐 Urumqi
32	香港特别行政区 Hong Kong Special Administrative Region	港 Gang	香港 Hong Kong
33	澳门特别行政区 Macao Special Administrative Region	澳 Ao	澳门 Macao
34	台湾省 Taiwan Province	台 Tai	台北 Taibei

中国的人口

Population of China

中国是世界上人口最多的国家。根据2010年第六次人口普查，中国总人口为13.7亿（包括大陆及港澳台地区），占世界人口的1/5以上。

China is the most populous country in the world, with 1.37 billion people, including main land China and Hong Kong, Macao and Taiwan regions, at the sixth census of 2010, accounting for more than one-fifth of the world's total.

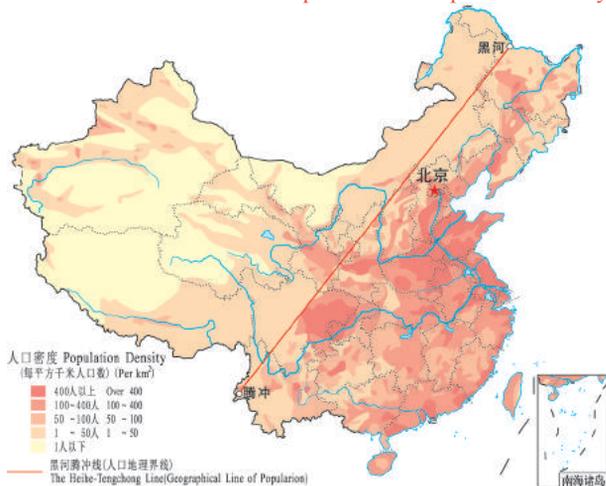
中国人口东多西少。中国东部地区面积占全国面积的43%，人口占全国人口的94%；中国西部地区面积占全国面积的57%，人口只占全国人口的6%。

The population of China is densely distributed in the east and sparsely in the west, with 94 percent of the entire population inhabiting 43 percent of the country's eastern regions, and only 6 percent living in 57 percent of the western regions.

人口问题是中国面临的一个非常突出的问题。数量庞大的人口给资源、环境和社会经济发展带来了巨大压力。20世纪70年代以来，中国实行计划生育政策，目前人口自然增长率（lù）已下降到1%以下，大大缓解（huǎn jiě）了人口压力。

Population is a prominent problem in China, creating enormous pressure on resources and the environment as well as social and economic development. Since the 1970s, China has adopted a family planning policy, decreasing its current population growth rate to less than 1 percent, thus greatly reducing the population pressure.

中国人口密度分布图
Map of China's Population Density



小贴士 · Tips

2005年1月6日是中国“十三亿人口日”。

On January 6, 2005, the number of people in China reaches 1.3 billion.

2008年，中国人口的平均寿命是73岁。

In 2008, the average lifespan in China was 73 years.

中国的民族

Ethnic Groups



1

1. 多民族共荣图

Shared Prosperity for Multiple Ethnic Groups

在中国疆域内，生活着 56 个民族，组成了一个统一的多民族大家庭。其中，汉族人口最多，约占全国人口总数的 92%；另外 55 个民族人口较少，约占全国人口总数的 8%，称为少数民族。少数民族中，壮族人口最多，有 1 600 多万，而一些民族人口很少，只有几千人。

There are 56 ethnic groups in China. The Han are the largest group, accounting for some 92% of the country's total population, while the other 55 groups are customarily referred to as minority ethnic groups, with relatively small populations making up about 8%. Among these minority peoples, the Zhuang group has the largest population, numbering more than 16 million, while some other groups have a population as small as only several thousand.

小注解 · Footnotes

① “大杂居”是指各民族都融洽混杂地生活在一起；“小聚居”是指同一少数民族的人们相对集中地生活在某一地区。

① "Big mixed community" refers to the vast multi-ethnic area, and "small compact community" refers to the relatively small area with the concentration of a particular minority ethnic group.

“大杂居，小聚居”^①是中国各民族分布的特点。汉族遍及全国各地，少数民族主要分布在西北、西南和东北等地。同时，在少数民族聚居的地方，也有汉族人口分布。

"Big mixed community and small compact community"^① feature the distribution of the ethnic groups in China. The Han group is spread throughout China, while the other groups are mainly distributed in



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the northwest, southwest and northeast of the country. In addition, inhabitant of the Han are also seen in the concentrated areas settled by minority peoples.

千百年来，各民族形成了自己独特的风俗习惯，创造了丰富多彩的文化艺术。少数民族文化是中国灿烂文化的重要组成部分。

For thousands of years, China's ethnic groups have formed their own unique customs and habits, and created a variety of cultures and arts. Ethnic minorities culture is an important part of China's brilliant civilization.



5

在中国，各民族不论大小，一律平等。中国政府在少数民族聚居的地方实行民族区域自治。各民族都有保持或者改革自己民族风俗习惯的自由。

In China, all ethnic groups are equal regardless of their sizes. The Chinese government exercises regional autonomy in the areas where ethnic minorities live in concentrated communities, and each ethnic group is free to maintain or change their customs and habits.

小贴士 · Tips

在中国，还有一些至今未被正式识别的民族，其人数共 64.01 万，占全国总人口的 0.047%。

In China, there are also some ethnic groups that have not been formally identified, with a population of 640,000, accounting for 0.047 percent of the total.

中国人口最少的民族是塔塔尔族和珞（luò）巴族，其中塔塔尔族现有人口 3 556 人，珞巴族现有人口 3 682 人，共占全国总人口的 0.0005%。

In China, the least two ethnic groups with the smallest population are Luoba and Tatar. Tatar ethnic has a population of about 3,682 people. They accounted for 0.0005% of the total population.



4

1. 维吾尔族
Uygur ethnic Group
2. 哈萨（sà）克族
Kazakh ethnic Group
3. 满族
Manchu ethnic Group
4. 壮族
Zhuang ethnic Group
5. 侗族
Dong ethnic Group

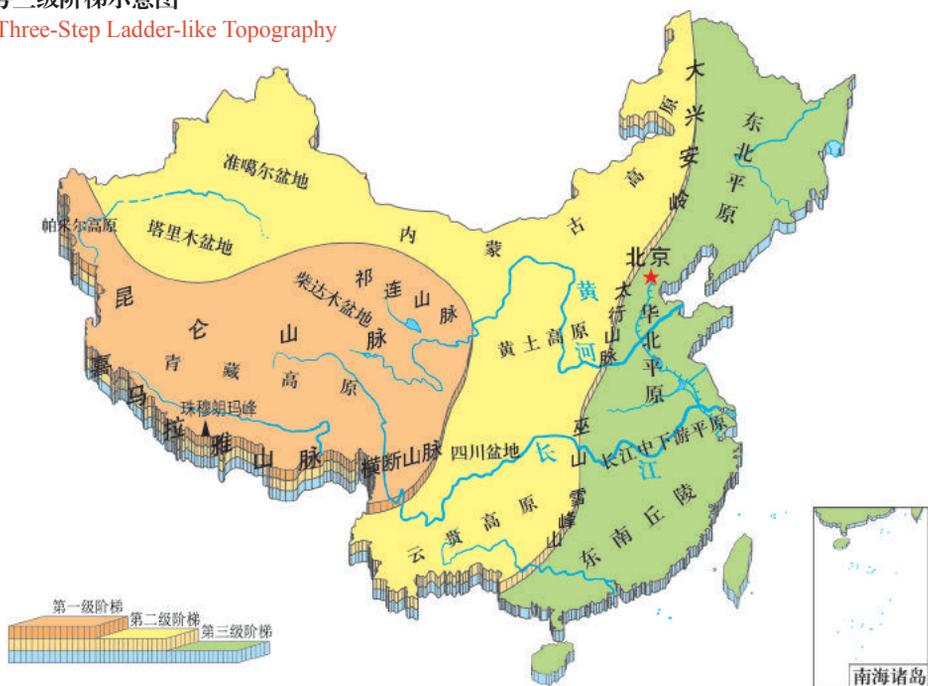
中国的地势与地形

Topography and Landform

中国的地势西部高、东部低，大体分为三级阶梯。青藏高原在中国的西南，号称“世界屋脊（jǐ）”，处在第一级阶梯，平均海拔在 4 000 米以上；青藏高原的北边和东边的内蒙古、新疆地区，黄土高原、四川盆地和云贵高原，是第二级阶梯，海拔下降为 1 000—2 000 米左右；中国的东部是第三级阶梯，从北方到南方，分布着东北平原、华北平原、长江中下游平原和连绵的丘陵（líng），海拔大多在 500 米以下；再向东为中国大陆架浅海区，水深大多不足 200 米。

中国地势三级阶梯示意图

China's Three-Step Ladder-like Topography



China's terrain slopes down from west to east, roughly like a three-step staircase. Located in southwestern China at the first step, the Qinghai-Tibet Plateau is known as the "roof of the world", with an average elevation of above 4,000 m; to the north and east of the Qinghai-Tibet Plateau are the Inner Mongolia autonomous region, the Xinjiang region, the Loess Plateau, the Sichuan Basin and the Yunnan-Guizhou Plateau, which form the second step, with the altitude decreasing to 1,000-2,000 m; the east of China is at the third step, dotted from north to south by the Northeast Plain, the North China Plain and the Middle and Lower Yangtze Valley Plain, and continuous hills, mostly below the altitude of 500 m; and further east are shallow seas on China's continental shelves, with a water depth of less than 200 m.

中国的地形复杂多样。西部有高耸（sǒng）的山地，有海拔高、面积广的高原，有周围高、中间低的盆地；东部有低平宽广的平原，有和缓起伏的丘陵。陆地上的五种基本地形——山地、高原、盆地、平原及丘陵，中国都有。

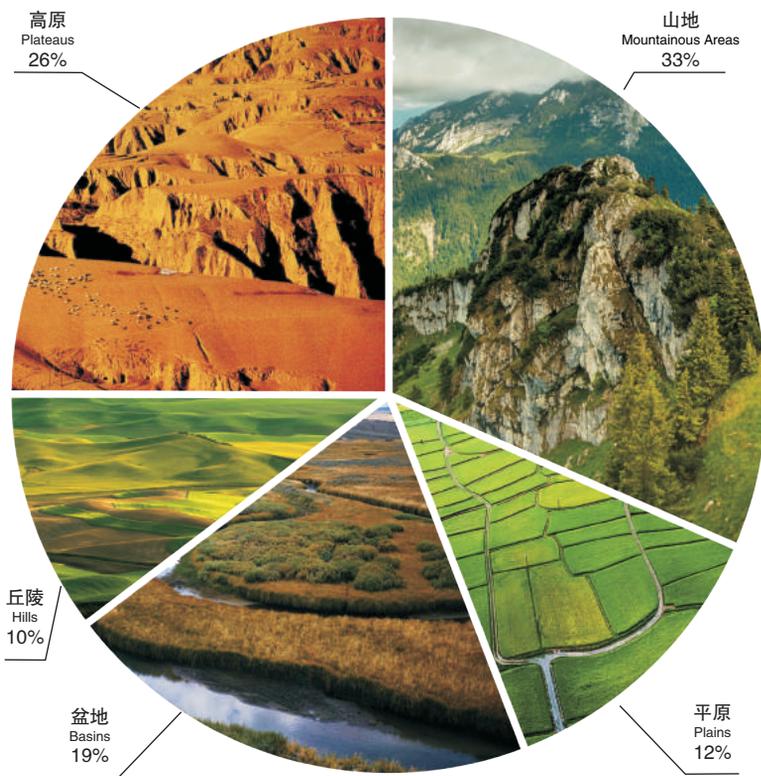
从总体上看，中国山区面积广大，平地面积只占全国陆地面积的1/3。

China's topography is complex. There are towering mountains, vast plateaus, and basins in the west; in the east there are low, flat and broad plains as well as undulating hills. All the five basic types of landform — mountains, plateaus, basins, plains and hills — can be found in China. In general, China has a vast area of mountains and hills, with flat terrain accounting for only one-third of its total land area.

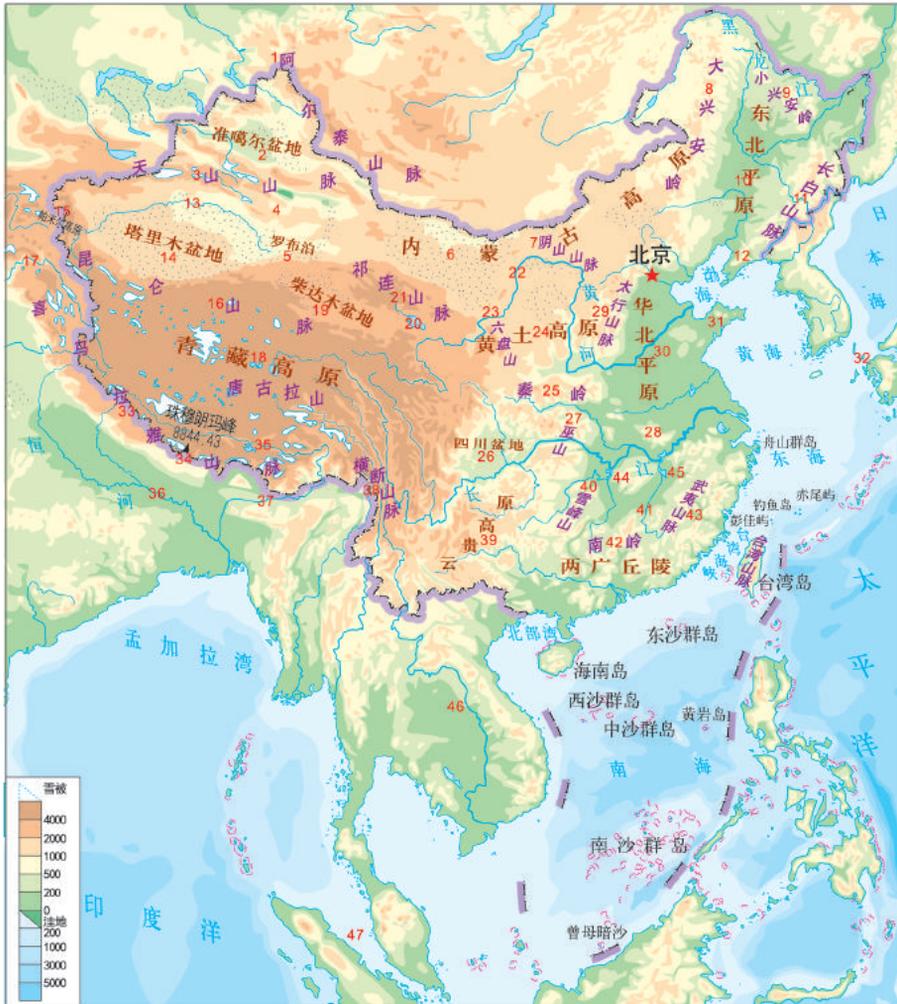
小贴士 · Tips

中国西高东低的地势，必然造成大江大河自西向东奔流入海，就像中国一首古诗中说的：“一江春水向东流”。

High in the west and low in the east, China's terrain will certainly lead all its big rivers to run eastward into the seas, as described in an ancient poem: "The spring water flows east."



中国地形 China's Topography



1. 阿尔泰山脉 Altay Mountains
2. 准噶尔盆地 Junggar Basin
3. 天山山脉 Tianshan Mountains
4. 吐鲁番盆地 Turpan Basin
5. 罗布泊 Lop Nor
6. 内蒙古高原 Inner Mongolian Plateau
7. 阴山山脉 Yinshan Mountains
8. 大兴安岭 Daxing'an Mountains
9. 小兴安岭 Xiaoxing'an Mountains
10. 东北平原 Northeast Plain
11. 长白山脉 Changbai Mountains
12. 辽东丘陵 Liaodong Hilly
13. 塔里木河 Tarim River
14. 塔里木盆地 Tarim Basin
15. 帕米尔高原 Pamir Plateau
16. 昆仑山脉 Kunlun Mountains

17. 印度河 Indus River
18. 青藏高原 Qinghai-Tibet Plateau
19. 柴达木盆地 Qaidam Basin
20. 青海湖 Qinghai Lake
21. 祁连山脉 Qilian Mountains
22. 黄河 Yellow River
23. 六盘山 Mount Liupan
24. 黄土高原 Loess Plateau
25. 秦岭 Qinling Mountains
26. 四川盆地 Sichuan Basin
27. 巫山 Wushan Mountains
28. 长江中下游平原 Middle and Lower Yangtze Valley Plain
29. 太行山脉 Taihang Mountains
30. 华北平原 North China Plain
31. 山东丘陵 Shandong Hills
32. 朝鲜海峡 Korea Strait

33. 喜马拉雅山脉 Himalayas
34. 珠穆朗玛峰 Mount Qomolangma
35. 雅鲁藏布江 Yarlung Zangbo River
36. 恒河 Ganges River
37. 布拉马普特拉河 Brahmaputra River
38. 横断山脉 Hengduan Mountains
39. 云贵高原 Yunnan-Guizhou Plateau
40. 雪峰山 Mount Xuefeng
41. 东南丘陵 Southeast Hills
42. 南岭 Nanling Mountains
43. 武夷山脉 Wuyi Mountains
44. 洞庭湖 Dongting Lake
45. 鄱阳湖 Poyang Lake
46. 湄公河 Mekong River
47. 马六甲海峡 Strait of Malacca

中国的气候

Climate

受地理位置、地势高低、人类活动等因素的影响，中国可以分为东部季风区、西北干旱半干旱区、青藏高寒区三大自然地理区。

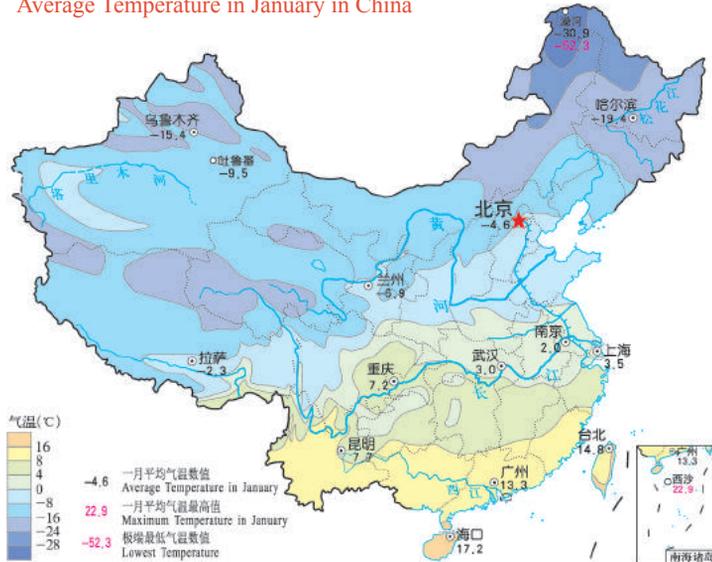
Due to the impact of various factors such as geographic location, topographic elevation and human activity, China can be divided into three climatic zones: the east monsoon, northwest arid and semiarid, and the Qinghai-Tibet alpine zone.

中国年降水量
Annual Average Precipitation in China



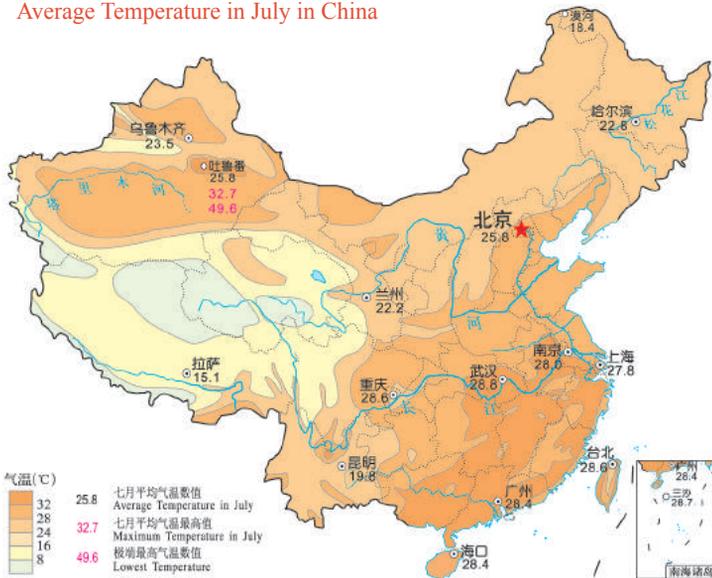
中国一月平均气温

Average Temperature in January in China



中国七月平均气温

Average Temperature in July in China



中国的东部是世界
上典型的季风气候区。
冬季风从西伯利亚和蒙
古一带吹来，寒冷、干
燥；夏季风从中国东部
和南部辽阔的海洋吹来，
温暖、湿润。

China's eastern regions
belong to the world's typical
monsoon climate zone. In
winter, the cold and dry
monsoon blows from Siberia
and Mongolia, while in
summer, the warm and wet
monsoon comes from China's
eastern and southern oceans.

冬季的时候，南方
和北方气温差别很大。
当北方的哈尔滨在冒着
严寒举办“冰灯游园会”
时，南方的广州却是百
花盛开，暖意浓浓。

In winter, temperature
differences are quite large
between north and south.
When Harbin in the north
celebrates the ice-lantern
festival in freezing weather,
Guangzhou in the south is
nice and warm blossoming
flowers.

夏季的时候，全国
大部分地区都比较热，
降水都比较多，雨热同
期，给农业带来了很大
的好处。

In summer, it is hot in most parts of China, and there is abundant in rainfall, too. The synchronous rain and heat greatly benefit agricultural production.

全国各地的降水量分布也很不均匀：南方多，北方少；东部多，西部少。总的来说，从东南沿海到西北内陆，年降水量逐渐减少。东南沿海的年降水量大多在 1 600 毫米以上，西北地区很多地方年降水量都在 50 毫米以下。

Precipitation varies throughout the country, resulting in plentiful rain in the south and east, but little in the north and west. In general, annual rainfall decreases gradually from the coastal areas in the southeast to the inland areas in the northwest, from more than 1,600 mm to less than 50 mm.

除了东部典型的季风气候以外，中国还有其他气候类型。例如，中国的西北地区主要是温带大陆性气候，冬冷夏热，比较干燥；青藏高原上则是高原山地气候，大部分地区一年四季都很寒冷。

In addition to the typical monsoon climate in the east, China has other types of climates. For example, the northwestern regions are characterized by a temperate continental climate that has cold winter and hot summer and is relatively dry in all seasons. The Qinghai-Tibet Plateau belongs to an alpine climate, with most areas being cold all year round.

中国的季风区与非季风区
Map of Monsoon Area



小贴士 · Tips

北京与纽约的纬 (wēi) 度相近，但是，北京冬季比纽约冷，夏季比纽约热。7 月份与 1 月份的气温相比，北京相差 30.9℃，纽约相差 23.5℃。

Beijing and New York are almost at the same latitude, but Beijing's winter is colder than New York's, while its summer is hotter. Between July and January, the temperature difference in Beijing is 30.9℃, while in New York it is 23.5℃.

中国的经济

Economy



中国自 1978 年实行改革开放以来，经济发展很快，无论是经济总量还是人均水平，都有很大的提高。目前，中国的经济总量已位居世界前列。

Since China adopted its reform and opening up policy in 1978, the economy has developed rapidly both in terms of economic aggregate and per-capita level. Up to now, China has been playing a leading role in world economy.

中国的农业发展进步巨大，主要农产品的供给能力位于世界前列。工业发展迅速，已经成为一个制造业大国。第三产业^①也有了长足的进步。

China's agriculture has achieved great progress, with its supplying capability of major agricultural products ranking among the world's best countries. With the rapid industrial development, China has developed into a large manufacturing country. Its tertiary industry^① has also grown greatly.

中国的交通设施越来越发达，形成了以铁路为骨干，与公路、水运、民用航空共同组成的现代运输网。

China's transport facilities are becoming increasingly advanced. Currently, in addition to its well-developed railway system, China has constructed a modern transport network of highways, water transport and civil aviation.

中国的对外贸易规模不断扩大，贸易总量跃居世界前列。中国从海外引进了大量资金，外资利用水平连续多年在发展中国家中处于第一位。

As the country's foreign trade has been increasing, its total trade volume has ranked among the world's largest nations. China has

1. 现代化钢铁厂
A Modernized Iron and Steel Plant

小注解 · Footnotes

① 第三产业是指除第一、第二产业以外的其他行业，即服务业。

① In contrast with the primary and secondary industry, the tertiary industry refers to the service industry.

introduced plenty of foreign funds, with its utilization of such funds ranking first among developing countries for consecutive years.

中国人民的收入不断增长，消费水平不断提高。彩电、洗衣机、电冰箱、空调、电话、手机等已经基本普及，汽车、家用电脑等高档消费品正在快速增加。

Chinese people's incomes and consumption have been growing. Colorful TV sets, washing machines, refrigerators, air conditioners, telephones and mobile phones and the like have become common home appliances, and the number of high-grade consumer goods such as cars and home computers has been increasing rapidly.

中国的科学技术取得了巨大进步。原子能、生物技术、计算机技术、航空航天技术等方面已经达到或接近世界先进水平。

China has achieved enormous progress in science and technology, reaching or approaching the world advanced level in the fields of atomic energy, biotech, computer technology, and aviation and aerospace technology.

中国经济发展水平的地区差异较大。东部沿海地区比较发达，经济和科学技术发展水平较高，工业、农业、交通和通讯设施基础较好。西部地区经济发展水平相对落后。但是，从长远来看，西部地区资源丰富，发展潜力巨大。中国正在进行西部大开发，促进西部地区经济的发展。

China's economic development varies greatly from region to region. Its coastal areas in the east are relatively more developed, with better industrial, agricultural, transport and communications facilities, while its western regions are relatively slow in terms of economic development. From a long-term view, however, the western regions abound with resources, with enormous potential for economic growth. China is implementing a strategy to develop its western regions economic, aiming to boost economic development in those regions.



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1. 和谐 (xié) 号动车组

A "Harmony" CRH Train

2. 上海集装箱码头

A container terminal in Shanghai

锦绣河山

Land of Charm and Beauty

四川九寨沟



山脉

Mountains

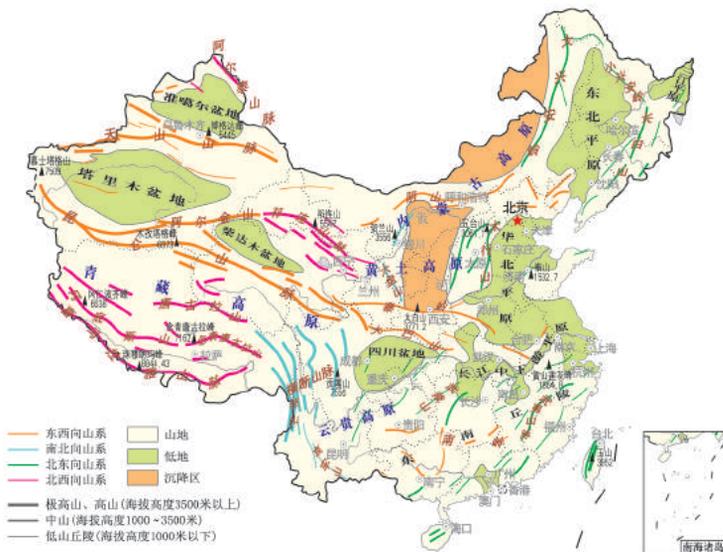
中国是一个多山的国家，许许多多走向不同的高大山脉，构成了中国地形的“骨架”。中国的山脉多数是东西走向和东北—西南走向的，著名的大山脉有：喜马拉雅山脉、昆仑山脉、天山山脉、长白山脉、秦岭、唐古拉山脉、大兴安岭、太行山脉、祁（qí）连山脉、横断山脉、台湾山脉等。

China is a mountainous country, with majestic mountains in different directions forming the country's "skeleton". Most of the country's mountains extend from west to east or from northeast to southwest. The most famous ones include the Himalayas, Kunlun, Tianshan, Changbai, Qinling, Tanglha, Greater Hinggan, Taihang, Qilian, Hengduan and Taiwan mountains etc..

从山峰的海拔来看，全世界海拔 8 000 米以上的高峰共有 14 座，其中有 9 座在中国境内或国境线上。此外，中国国境内或国境线上海拔超过 5 000 米的高峰也有很多。

In terms of altitude, the world has a total of 14 peaks above 8,000 m, among which nine are within China's territory or on its border. In addition, there are many peaks above 5,000 m within the territory or on the border of China.

中国山脉分布示意图
The Distribution Map of China's Mountains



喜马拉雅山脉

The Himalayas



喜马拉雅山脉位于青藏高原的南部，西面的起点是帕（pà）米尔高原，向东一直延伸到雅鲁藏布江大拐弯处，东西长 2 450 千米，南北宽 200—300 千米，平均海拔 6 200 米。喜马拉雅山也是地球上最高和最年轻的山脉。7 000 万年以前，这里还是一片大海，到了 3 000 万年前，因为地球板块的运动，喜马拉雅山开始形成，现在还在不断增高。

The Himalayas, bordered by the Qinghai-Tibet Plateau to the north, extend from the Pamirs in the west to the great turning point of the Yarlung Zangbo River in the east. From east to west, and from south to north, the mountains span over 2,450 km and 200-300 km, respectively, with an average altitude of 6,200 m. The Himalayas is the highest and youngest mountain range on earth. Being a vast expanse of sea 70 million years ago, the Himalayas only emerged 30 million years ago from the sea after subterranean upheavals. Hence, they are still growing.

1. 珠穆朗玛峰

Mount Qomolangma

小贴士 · Tips

藏语中“喜马拉雅”是“冰雪之乡”的意思。海拔 7 000 米以上高峰的山顶终年积雪，冰川广布。

In Tibetan language, "Himalaya" means "the land of ice and snow". All summits above 7,000 m are covered with snow all year round, and dotted by glaciers.

北京时间 2008 年 5 月 8 日上午 9 时 17 分，奥运圣火第一次登顶珠穆朗玛峰。

At 9:17 a.m. Beijing time on May 8, 2008, the Olympic torch reached Mount Qomolangma for the first time.

主峰：珠穆朗玛峰

Main Peak: Mount Qomolangma

喜马拉雅山脉有海拔 8 000 米以上高峰 14 座，7 000 米以上高峰 40 多座。其中，珠穆（mù）朗玛峰海拔 8 844.43 米，是世界第一高峰。“珠穆朗玛”是藏语，意思是“大地之母”。她在中国与尼泊尔的边界上，好像一座美丽的金字塔。

The Himalayas comprise 14 peaks above 8,000 m in elevation and more than 40 peaks above 7,000 m. In particular, Mount Qomolangma with an altitude of 8,844.43 m is the highest peak in the world. "Qomolangma" means "the mother of land" in Tibetan. Standing on the border between China and Nepal, it looks like a huge beautiful pyramid.

秦岭

The Qinling Mountains

秦岭位于中国中部，西起甘肃南部，经陕西南部到河南西部。东西长约1 500千米，南北宽100—150千米，海拔多为1 500—2 500米。秦岭就像一面挡风墙，冬季阻止冷空气南下，使南方受寒流影响减弱；夏季阻止东南季风北上，使北方降水大大减少。

The Qinling Mountains lie in the middle of China, extending from southern Gansu, through southern Shaanxi to western Henan. It is about 1,500 km long from west to east, and 100-150 km wide from north to south, with its major parts ranging from 1,500 to 2,500 m in elevation. The mountains stand like a huge wall blocking the wind. In winter, they stop cold air from blowing southward, reducing the effect of cold snaps on the south of China. In summer, they prevent the southeast monsoon from moving northward, greatly reducing precipitation in the north of China.

主峰：太白山 Main Peak: Mount Taibai

秦岭山脉的主峰是太白山，海拔3 767.2米，是中国大陆东部的第一高峰。因为冬季和夏季山顶都有白白的积雪，所以叫“太白山”。1991年林业部批准成立太白山国家森林公园，1992年对游人开放。公园海拔高度从620米到3 511米，是中国海拔最高的国家森林公园。

The main peak of the Qinling Mountains is Mount Taibai with an altitude of 3,767.2 m. It is the highest one in the east of China's mainland. Snow-capped both in winter and summer, it is thus named "Taibai" (brilliantly white). In 1992, the Taibai Mountain National Forest Park was established. With its altitude ranging from 620 m to 3,511 m, it is the highest national forest park in China.



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1. 秦岭太白山大爷海 The Dayehai Lake of Mount Taibai in the Qinling Mountains

小贴士 · Tips

秦岭南北两边不但自然景观差别很大，人们的生活习惯也都不同，所以它被认为是中国南北的分界线，秦岭以南为中国南方，秦岭以北为中国北方。

Views differ greatly on the two sides of the Qinling Mountains, and so do people's lifestyles. Therefore, the Qinling Mountains is considered as a boundary between north and south of China.

长白山脉

The Changbai Mountains



1. 长白山雪景

A Snowy Scene in the Changbai Mountains

2. 长白山天池

The Heavenly Pond of the Changbai Mountains

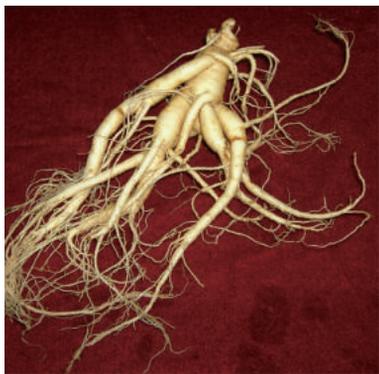
长白山脉北起三江平原南侧，南至辽东半岛，与千山相接，是东北东部山地的总称。长白山脉由许多列东北—西南走向的平行的山岭组成，长约1300多千米，东西宽约400千米，海拔多在800—1500米。

The Changbai Mountains, the general term for the eastern mountainous area in Northeast China, extend from the south edge

of the Sanjiang Plain to the Liaodong Peninsula, and are connected with the Qianshan Mountains. The mountains are made up of a series of parallel ridges running from northeast to southwest. They are more than 1,300 km long, and about 400 km wide from west to east, mostly at an altitude of 800-1,500 m.



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主峰：长白山 Main Peak: Mount Changbai

长白山脉的主峰是长白山，位于中国吉林省东部与朝鲜交界处，是东北山地的最高部分。长白山由白色岩石组成，夏季白岩，冬季白雪，所以得名“长白山”。

Mount Changbai is the main peak of the Changbai Mountains. Also known as Mount Baitou, it borders the east of Jilin Province of China and North Korea, and is the highest part of the mountainous areas in northeast China. Mount Changbai is formed by white rocks, looking white owing to white rocks in summer and snow in winter. Hence, it gets its name of "Changbai" (literally white all year round).

长白山山顶有著名的长白山天池。它是因火山口积水而形成的湖泊 (pō)，因为水面海拔高达 2 150 米，所以被称为“天池”。池水十分清澈 (chè)，周围环绕着 16 个山峰，就好像群山之中的一块明镜，景色优美。

On the top of Mount Changbai lies the famous Heavenly Pond, a lake formed by water accumulated at a crater. It earns its name because its water surface is 2,150 m above sea level. Encircled by 16 peaks, the pond has crystal clear water and beautiful reflections.

小贴士 · Tips

“东北三宝”——人参、貂 (diāo) 皮、鹿茸 (rú), 就产于长白山。

Ginseng, mink and pilose antlers are the "three treasures of the Northeast" produced in the Changbai Mountains.

天池在晴天时景色秀丽，但因常年云雾弥 (mí) 漫，这种秀丽的景色很难见到。

The Heavenly Pond is beautiful on fine days, but such picturesque scenery is seldom seen because it is shrouded in mist all year round.

1. 人参
Ginseng
2. 鹿茸
Pilose antlers
3. 紫貂
Sable



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天山山脉

The Tianshan Mountains



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天山山脉长约2 500千米，宽约250—300千米，平均海拔约5 000米。中国境内的天山由北天山、中天山和南天山三条支脉组成。天山山脉中5 000米以上的山峰大约有数十座，其中的博格达峰被称为“雪海”，在它的山腰上，也有一个叫“天池”的湖泊，池中的水来自融化的冰雪，清澈透明。

The Tianshan Mountains, about 2,500 km long and 250-300 km wide, stand at an average altitude of 5,000 m. The part of Tianshan Mountains within the territory of China consists of the Northern Tianshan, Middle Tianshan and Southern Tianshan Mountain. The Tianshan Mountains include a few dozens peaks above 5,000 m, of which the Bogda Peak is known as a "sea of snow". On the midway point of the Bogda Peak is a lake also called "Heavenly Pond". Thawed ice and snow are the very source of the clean and clear lake water.

1. 天山夏季牧场
The Summer Pasture in the Tianshan Mountains

天山山脉的南边是塔里木盆地，北边是准噶（gá）尔盆地。天山自古以来就是重要的牧业生产基地，也是中国与中亚、西亚国家联系的重要通道。

The Tianshan Mountains divide Xinjiang into two parts: In the south is the Tarim Basin, while in the north is the Junggar Basin. The Tianshan Mountains have been an important animal husbandry base since ancient times, and also an important passage connecting China with both Central Asia and West Asia.

主峰：托木尔峰 Main Peak: Tomur Peak

天山山脉的主峰是托木尔峰，位于天山西部，海拔 7 435.29 米，是天山最高峰。托木尔峰终年处在白雪、云雾之中，景色独特。

The Tomur Peak is the main peak of the Tianshan Mountains. Situated in the western part of the Tianshan Mountains, it reaches an altitude of 7,435.29 m, and is the highest peak of the Tianshan Mountains. The Tomur Peak is covered with snow and cloaked in mist all through the year, has unique scenery.



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1. 天山雪莲
Tianshan Snow Lotuses
2. 托木尔峰
Tomur Peak

小贴士 · Tips

天山雪莲，又名“雪荷花”，生长在天山山脉海拔 4 000 米左右的悬崖冰缝里。这种独特的生长环境使雪莲天然而稀有，并形成了独特的药用价值。人们把雪莲看作“百草之王”“药中极品”。

Tianshan snow lotuses, also known as "snow lotuses", grow in Tianshan Mountains' icy cliff crevices at the altitude of 4,000 m or so. Such unique growth environment determines its naturalness, rarity and unique medicinal value. People regard snow lotuses as "king of herbs" and "highest-grade herbs".

昆仑山脉

The Kunlun Mountains



昆仑山脉西起帕米尔高原，向东延伸到青海省、四川省西北部，横穿新疆和西藏之间。全长 2 500 千米，宽 130—200 千米，平均海拔 5 500—6 000 米。昆仑山脉由东、中、西三部分组成，像一条长龙横卧在中国的西部，有“亚洲脊柱”之称。

The Kunlun Mountains extend from the Pamirs in the west to the northwest of Sichuan Province, passing through Xinjiang and Tibet.

1. 巍巍昆仑山

The Lofty Kunlun Mountains

2. 昆仑山玉珠峰

Mount Yuzhu of the Kunlun Mountains

小贴士 · Tips

昆仑山气候严寒，是中国冰川最多的山。其中，慕士塔格山有“冰川之父”的称号。众多的冰川如一条条玉龙盘旋在山谷中，冰塔林、冰瀑布、冰裂缝琳琅（lín láng）满目。丰富的冰川与积雪，成为许多江河的源泉。

The Kunlun Mountains have freezing weather and the most glaciers in China. The Muztagata Mountain is reputed to be "the father of glaciers". Numerous glaciers are entrenched in valleys like jade dragons. Seracs, icy waterfalls and ice cracks can be found everywhere. A number of glaciers and snow become the sources of many rivers.

Spanning over 2,500 km in length and 130-200 km in width, the Kunlun Mountains average 5,500-6,000 m in elevation. The Kunlun Mountains comprise the Eastern, Central and Western Kunlun mountains, crouching like a dragon in the west of China, thus being called the "spine of Asia".



2

高原

Plateaus

除山地以外，高原占了中国陆地面积的 26%，主要有四大高原，即青藏高原、云贵高原、内蒙古高原和黄土高原。它们集中分布在中国地势的第一、二级阶梯上。由于高度、位置和成因等因素的不同，高原的外貌特征也各不相同。

In addition to mountainous areas, China has four major plateaus, namely the Qinghai-Tibet Plateau, the Yunnan-Guizhou Plateau, the Inner Mongolian Plateau and the Loess Plateau, which account for 26 percent of the country's land area. These plateaus concentrate at the first and second steps of China's topography. Due to different altitudes, locations, causes of formation and other factors, these plateaus have rather distinctive landscapes.

1. 青藏高原 The Qinghai-Tibet Plateau



青藏高原

The Qinghai-Tibet Plateau



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青藏高原位于中国西南部，面积约 230 万平方千米，平均海拔 4 000 米以上，是世界平均海拔最高的高原，因此被称为“世界屋脊”。青藏高原也是中国的第一大高原。

Located in the southwest of China, the Qinghai-Tibet Plateau has an area of about 2.3 million sq km and an average altitude of over 4,000 m. A plateau with the highest average altitude in the world, it is honored as the "roof of the world" and is also the largest plateau in China.

青藏高原是典型的山地型高原。它的周围有许多高大山脉，南有喜马拉雅山，北有昆仑山和祁连山，西为喀喇（kā lā）昆仑山，东为横断山脉。高原内还有唐古拉山、冈底斯山、念青唐古拉山等山脉。

The Qinghai-Tibet Plateau is a typical mountainous plateau. It is encircled by many high mountains, namely the Himalayas to the

south, the Kunlun Mountains and the Qilian Mountains to the north, the Karakoram Mountains to the west, and the Hengduan Mountains to the east. On the plateau are the Tanglha Mountains, the Gandise Mountains, the Nyenchen Tanglha Mountains and so forth.

青藏高原气温低,雪山连绵,形成了大面积的高山冰川,被称为“固体水库”。冰雪融水不仅是亚洲许多著名大河的源头,也是中国内陆干旱地区重要的灌溉(guàn gài)水源。

The Qinghai-Tibet Plateau is called a "solid reservoir" because of its low temperature, undulating snow-capped mountains and large area of glaciers. Melted ice and snow are not only the source of many famous rivers in Asia, but also the irrigation source of China's arid inland areas.

青藏高原是中国重要的天然牧场。因为阳光充足,高原上的牧草营养价值极高。每年夏秋季节,草原上牛羊成群,除了放牧的牦牛、藏山羊、藏绵羊和犏(piān)牛外,还有成群的黄羊、羚(líng)羊、野牛、野驴等野生动物。

The plateau is an important natural pasture in China. Thanks to sufficient sunshine, the grasses are rich in nutrients. Every summer and fall, herds of cows and sheep graze there. Apart from grazing yaks, Tibetan goats, Tibetan sheep and *pian niu* (offspring of bull and female yaks), there are herds of Mongolian gazelles, antelopes, wild oxen, Asiatic wild donkeys, and other wild animals.



小贴士 · Tips

青藏高原是中国湖泊最稠(chóu)密的地区之一,湖泊总面积有3万多平方千米,约占全国的40%。全国面积最大的咸(xián)水湖——青海湖就在青藏高原上。

The Qinghai-Tibet Plateau is one of the areas in China with the densest distribution of lakes. The lake area on the plateau is more than 30,000 sq km, accounting for about 40 percent of the country's total. The Qinghai Lake, the largest salt lake in China, just lies on the plateau.

1. 青海湖 Qinghai Lake

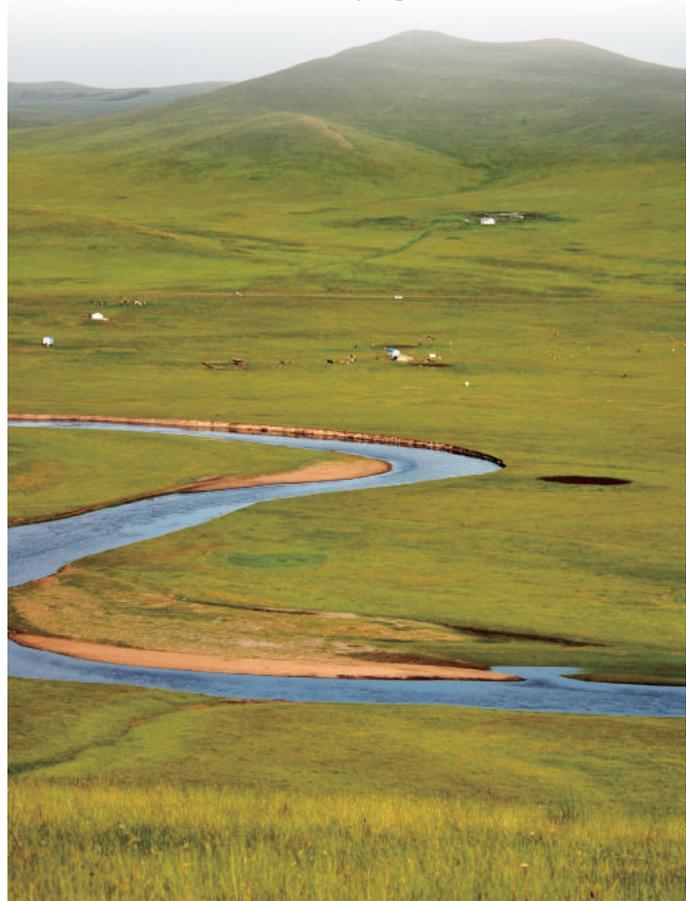
内蒙古高原

The Inner Mongolian Plateau

1. 内蒙古呼伦贝尔大草原 The Hulunbuir Grassland of Inner Mongolian

内蒙古高原位于中国北部，面积约 100 万平方千米，平均海拔 1 000 米以上，是中国的第二大高原。

With an area of about 1 million sq km and an altitude of more than 1,000 m, the Inner Mongolian Plateau is located in the north of China and is the country's second largest plateau.



小贴士 · Tips

中国的古诗句“天苍苍，野茫茫，风吹草低见(xian)牛羊”描写的就是内蒙古草原壮丽富饶的风光。

The line of an ancient Chinese poem, "under boundless sky, on vast plains, cows and sheep can be seen when the wind blows and grass lowers", draws a vivid picture of the Inner Mongolian grassland.

黄河流经内蒙古高原中部，河谷比较宽阔(kuo)，泥沙在此堆积成肥沃的冲积平原，这就是被人们称为“塞上江南”的宁夏平原、河套平原。

The Yellow River runs through the middle part of the Inner Mongolian Plateau, where the river valleys expand and sand accumulates into the Ningxia Plain or the Hetao Plain — a fertile alluvial plain — which is called "Jiangnan (areas of the lower reaches of the Yangtze River in the south) beyond the Great Wall" by people.

内蒙古高原地面平坦，起伏不大，就像浩瀚(hàn)的大海，古人称它为“瀚海”。高原上既有辽阔的草原，也有无边的沙漠。

The vast Inner Mongolian Plateau has a moderately undulating surface and looks like an immense sea. It has both vast green pastures and endless deserts.

内蒙古高原气候十分干燥，沙漠面积占全中国沙漠总面积的 1/3 以上。较大的沙漠有巴丹吉林沙漠、腾格里沙漠、乌兰布和沙漠、库布齐沙漠等。

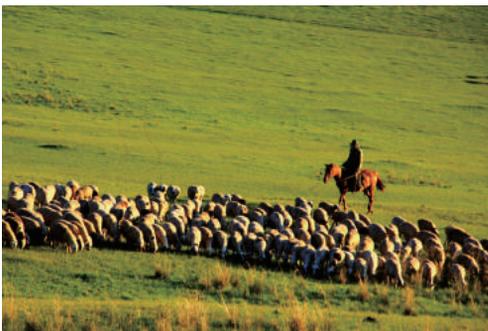
The Inner Mongolian Plateau has very dry weather and more than one-third of the country's total desert area. Relatively extensive deserts include the Badain Jaran Desert, the Tengger Desert, the Ulanbuh Desert and the Kubuqi Desert.

内蒙古高原也是中国著名的天然牧场。但由于过度放牧等原因，现在出现了草场退化、荒漠化的现象。正是因此，中国正在实施的西部大开发战略，把改善生态环境作为重要的举措之一。

The Inner Mongolian Plateau is also a famous natural pasture of China. Due to excessive grazing, some grassland has degenerated into desert. Therefore, environmental improvement is an important part of the government's western region development strategy.



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1. 腾格里沙漠
The Tengger Desert
2. 天然草场
Natural Grassland
3. 内蒙古坝上
The Bashing Grassland of Inner Mongolia

黄土高原

The Loess Plateau

1. 千沟万壑的黄土高原

Gullies on the Loess Plateau

黄土高原在中国中部偏北，面积约40万平方千米，平均海拔在1 000—2 000米，是中国的第三大高原。黄土高原大部分的地面覆（fù）盖着50—80米厚的黄土，这在世界上其他任何地区都是没有的。

With an area of about 400,000 sq km and an average altitude of 1,000-2,000 m, the Loess Plateau is the third largest plateau in China, mostly covered by a 50-80 m-thick layer of loess, which is incomparable in the world.

黄土高原气候较干旱，降水集中，植被稀少，水土流失严重。大量的黄土被雨水冲刷到黄河里，使黄河水中含有大量的泥沙，也使高原表面形成了千沟万壑（hè）的自然景观。





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The Loess Plateau has relatively dry weather, concentrated rainfall and sparse vegetation, suffering a serious loss of water and soil erosion. Plenty of loess is flushed away into the Yellow River by rain, filling it with mud and sand and carving out many gullies on the surface of the plateau.

黄土高原地区蕴(yùn)藏着丰富的煤炭、石油、铝(lǚ)土矿等资源,是中国重要的能源、化工基地。黄土颗粒细小,土质松软,含有丰富的矿物质养分,利于耕作。黄土高原农垦历史悠久,也是中国古代文化的摇篮。

The Loess Plateau abounds with resources including coal, oil and bauxite, and is an important energy and chemical industry base in China. Loess, made up of tiny particles of silty sediment, is loose and fertile, and is conducive to farming. The Loess Plateau has a long history of agricultural reclamation, and serves also as a cradle of ancient Chinese culture.



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1. 陕北安塞腰鼓

Ansa Waist Drum of Northern Shaanxi

2. 黄土高原上的窑洞

Cave on the Loess Plateau

小贴士 · Tips

黄土来源于高原西北部遥远的中亚、蒙古的戈(gē)壁和荒漠,是在干旱或半干旱的大陆性气候条件下形成的。干燥、强劲的西北风源源不断地把那些风化物带到东南面来,沿途逐渐堆积下来,长时间以后,就形成了黄土高原。

Loess forms faraway in central Asia and the Mongolian Gobi and desert in north-west because of weathering and erosion caused by the arid and semiarid continental climate there, and has been transported south-eastward by wind storms and deposited on the plateau over the ages.

云贵高原

The Yunnan-Guizhou Plateau



云贵高原在中国西南部，西高东低，主要分布在云南、贵州省境内，面积约40万平方千米，平均海拔1 000—2 000米，是中国的第四大高原。

Located in the southwest of China, the Yunnan-Guizhou Plateau descends from west to east. Mainly within the territories of Yunnan and Guizhou provinces, the plateau covers an area of about 400,000 sq km and stands at an average altitude of 1,000-2,000 m. It is the fourth largest plateau in China.

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1. 云贵高原上的梯田

Terraced Fields on the Yunnan-Guizhou Plateau

2. 山间小盆地——坝子

Bazi — A Small Basin Surrounded by Mountains

小贴士 · Tips

当地人把小盆地叫“坝子”，大的坝子面积可达50平方千米以上，小的只有1平方千米左右。

The local people call a small basin *Bazi* in Chinese. A big *Bazi* can cover more than 50 sq km, and a small one is only about one square kilometer.

云贵高原位于多雨的季风区，雨量充足。由于多雨，高原上的河流水量大，许多河流长期切割地面，形成许多又深又陡的峡(xiá)谷。云南境内的高原地形相对完整，大多是山间小盆地；贵州境内的高原地形起伏较大，山脉较多，人们常用“天无三日晴，地无三里平”来形容这种状况。盆地内土层深厚而肥沃，是农业比较发达的地方，高原上的城镇也都集中在这里。

The Yunnan-Guizhou Plateau is within a rainy monsoon zone, and thus has sufficient precipitation. Because of abundant rainfall, rivers on the plateau have big discharge volume and form many deep and steep gorges by carving the ground for long. The plateau terrain in Yunnan Province, where there are many basins among mountains, is



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comparatively complete, while that in Guizhou Province is bumpy and mountainous, causing people to say that, "Fine days last no more than three days, and flat ground extends no more than three *li* (a Chinese unit of length equaling half a kilometer)". The basins have deep and fertile soil where agriculture is well-developed and towns are concentrated.

云贵高原分布着广泛的岩溶（róng）地貌，它是石灰岩在高温多雨的条件下，经过漫长的岁月，被水溶解和侵蚀（shí）而逐渐形成的。地下和地表分布着许多溶洞、暗河、石芽、石笋、峰林等十分奇特的地貌。云贵高原是世界上岩溶地貌最典型、最完美的地区之一。

Karst landscapes are widely distributed on the Yunnan-Guizhou Plateau. Karst forms gradually after limestone is dissolved and eroded by water over a long period of time under the conditions of high temperature and plentiful rain. There are many caves, underground rivers, stone sprouts, stalagmites, Fenglin (tower karst) and other odd topography. The Yunnan-Guizhou Plateau is one of the areas where the karst topography has been most mature and typical in the world.

云贵高原上还有很多因地层断裂陷落而形成的“断层湖”，著名的如云南东部的滇（diān）池和中部的洱（ěr）海，

其面积分别为 340 平方千米和 250 平方千米，著名的城市昆明和大理就分别坐落在这两个湖泊的旁边。

On the Yunnan-Guizhou Plateau, there are many fault lakes formed by the rupture and depression of the earth stratum. Among these lakes, the famous ones are the Dianchi Lake in the east of Yunnan Province and the Erhai Lake in the middle of the province, which are 340 sq km and 250 sq km, respectively. What is more, the famous cities Kunming and Dali are situated beside the two lakes.



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1. 云南红土地
The Laterite Landscape of Yunnan
2. 地下溶洞
An Underground Karst Cave
3. 滇池
The Dianchi Lake
4. 洱海
The Erhai Lake

平原

Plains

1. 长江中下游平原

The Middle and Lower Yangtze Valley Plain

中国的平原面积占陆地总面积的 12%，主要有三大平原，即东北平原、华北平原和长江中下游平原。它们分布在中国东部，处于中国地势的第三级阶梯上。由于位置、成因、气候条件等各不相同，三大平原在地形上也各具特色。

China's plains, accounting for 12 percent of its total land area, mainly include the Northeast Plain, the North China Plain and the Middle and Lower Yangtze Valley Plain. These plains are distributed in the east of China and at the third step of China's terrain. Due to different locations, causes of formation and climatic conditions, these three plains are topographically unique.



东北平原

Northeast Plain

东北平原位于中国东北地区中部，总面积约 35 万平方千米，海拔大部分在 200 米以下，地面辽阔平坦，是中国最大的平原。

The Northeast Plain is in the center of Northeast China. With an area of 350,000 sq km and mostly at an altitude of less than 200 m, this vast and flat plain is the largest one in China.

东北平原处于中温带和暖温带。夏季较短，温暖多雨；冬季较长，寒冷少雪。东北平原以黑土闻名，黑土含有大量的有机质，有利于农作物生长，因此这里是中国重要的粮食、大豆、畜（xù）牧业生产基地。

The Northeast Plain is both in the middle temperate zone and the warm temperate zone. In the short summer, it is warm and rainy; in the long winter, it is cold and seldom snows. The Northeast Plain is famous for its black soil, which contains a number of organic substances and is conducive to the growth of agricultural crops. Hence, it is an important production base for grain, beans and animal husbandry in China.

东北平原的地下蕴藏着石油、煤炭等丰富的矿产资源，是钢铁、机械、能源、化工基地，著名的大庆油田就位于它的北部。

The Northeast Plain contains abundant mineral resources such as oil and coal, and serves as a base for iron and steel, machinery, energy and chemical industries. The renowned Daqing Oilfield is located in the north of the plain.

小贴士 · Tips

东北平原由三江平原、松嫩平原和辽河平原三部分组成。

The Northeast Plain is composed of the Sanjiang, Songnen and Liaohe plains.

1. 东北平原的优质黑土地

Rich Black Soil on Northeast Plain

2. 东北平原是中国最重要的粮食产地

The Northeast Plain is A Major Grain Production Base in China



1



2

华北平原

North China Plain



华北平原位于中国东部，面积大约 31 万平方千米，平均海拔 100 米以下，地势平坦，是中国的第二大平原。

The North China Plain is in the east of China, covering about 310,000 sq km and lying at an average altitude of less than 100 m. It is the second largest plain in China.

华北平原属暖温带季风气候，四季变化明显，是著名的粮食和棉花产地。

The North China Plain belongs to a warm temperate zone with a monsoon climate four distinct seasons. It is a famous production base for grain and cotton.

1

华北平原面积大、人口多、资源丰富、交通便利、经济比较发达，在古代就是中国政治、经济、文化中心。现在中国的首都北京以及天津、济南等重要城市都位于华北平原上。

The North China Plain has a vast area, a large population, rich resources, convenient transportation, and a fairly well-developed economy. It was a political, economic and cultural center of China in ancient times. Today, China's capital, Beijing, and other important cities such as Tianjin, Ji'nan and Xuzhou are all located on this plain.



2

1. 华北平原

The North China Plain

2. 河北滦（luán）平县田野

Fields in Luanping County, Hebei Province

小贴士 · Tips

华北平原主要是由黄河、淮河、海河三条大河带来的巨量泥沙逐渐填海而成的，是典型的冲积平原。

The North China Plain is a typical alluvial plain accumulated from large amounts of mud and sand brought down by the Yellow, Huaihe and Haihe rivers.

长江中下游平原

The Middle and Lower Yangtze Valley Plain

长江中下游平原位于湖北宜昌以东的长江中下游沿岸，面积约 20 多万平方千米。平均海拔 50 米以下，地势低平，是中国的第三大平原。

The Middle and Lower Yangtze Valley Plain is located along the Yangtze River in its middle and lower reaches east of Yichang, Hubei Province, covering an area of more than 200,000 sq km. Lying at an average altitude of below 50 m, this low and flat plain is the third largest plain in China.

长江中下游平原属于亚热带季风气候，夏季高温多雨，冬季温和少雨。由于有长江天然水系和众多的人工河渠，这里成为中国河网密度最大的地区，也是淡水湖最多的地区。著名的淡水湖有鄱（pó）阳湖、洞庭湖、太湖、洪泽湖及巢（cháo）湖等。湖沼地区有丰富的水生生物资源，是中国水生植物分布最广、产量最大的地区，淡水生物也居全国首位。

The Middle and Lower Yangtze Valley Plain belongs to a subtropical monsoon climate. It is hot and rainy in summer, while it is warm and seldom rains in winter. Thanks to the natural water system of the Yangtze River and many artificial canals, it becomes a place with both the densest river networks and the most fresh water lakes in China including the famous Poyang Lake,





the Dongting Lake, the Taihu Lake, the Hongze Lake and the Chaohu Lake. The lake and swampland areas have abundant aquatic resources, the most extensive distribution and the largest production of aquatic plants in China; moreover, the number of freshwater aquatic animals also ranks first in the country.

长江中下游平原是中国重要的粮、油、棉生产基地。这里水田连片，盛产水稻，加上淡水渔业发达，是中国著名的“鱼米之乡”。

The Middle and Lower Yangtze Valley Plain is China's major production base for grain, edible oil and cotton. With boundless paddy fields and advanced freshwater fishery, it is a renowned land of fish and rice in China.

长江中下游平原人口众多，城市密集，交通便利，经济繁荣，上海、南京、武汉、长沙等重要城市都分布在这里。

The Middle and Lower Yangtze Valley Plain has a large population, densely distributed cities, convenient transportation and a prosperous economy. Many important cities like Wuhan, Changsha, Nanjing and Shanghai are located on the plain.



1. 长江中下游平原的水稻田
Paddy Fields on the Middle and Lower Yangtze Valley Plain
2. 油菜花
Rape Flowers
3. 长江中下游平原是中国著名的鱼米之乡
The Middle and lower Yangtze Valley Plain is A Renowned Land of Fish and Rice in China

盆地

Basins

中国的盆地占陆地总面积的 19%，主要有四大盆地，即塔里木盆地、准噶（gá）尔盆地、柴达木盆地和四川盆地。它们多分布在中国地势的第二级阶梯上，由于位置不同，四大盆地的特点也不相同。

Basins, accounting for 19 percent of China's total land area, mainly include the Tarim Basin, the Junggar Basin, the Qaidam Basin and the Sichuan Basin. They are largely distributed at the second step of China's terrain. Due to their different locations, the four basins have their own features.

1. 准噶尔盆地 The Junggar Basin



塔里木盆地

The Tarim Basin



塔里木盆地位于新疆维吾尔自治区南部，在天山、昆仑山、阿尔金山与帕米尔高原之间。面积约53万平方千米，海拔1000米左右，是中国也是世界上最大的内陆盆地。

The Tarim Basin is located in the south of the Xinjiang Uygur Autonomous Region, and encircled by the Tianshan Mountains, the Kunlun Mountains, the Altun Mountains and the Pamirs. With an area of about 530,000 sq km and at an altitude of about 1,000 m, it is the largest inland basin in the world.

盆地四周被高山环绕（rào），气候十分干旱。塔里木盆地从边缘到内部形成了典型的环形结构，由外向内依次为戈壁带—绿洲带—沙漠。绿洲内农业发达，盛产小麦、玉米、水稻和棉花等，而且瓜果资源非常丰富，是人们的主要居住地。

Because of the mountain barriers, the basin has extremely dry weather. A typical loop structure has formed from the edge to the interior of the Tarim Basin, namely from the Gobi Belt to the Oasis Belt and to desert. Agriculture is well-developed in the oases, where people live and produce large amounts of wheat, corn, rice, cotton, fruits and the like.

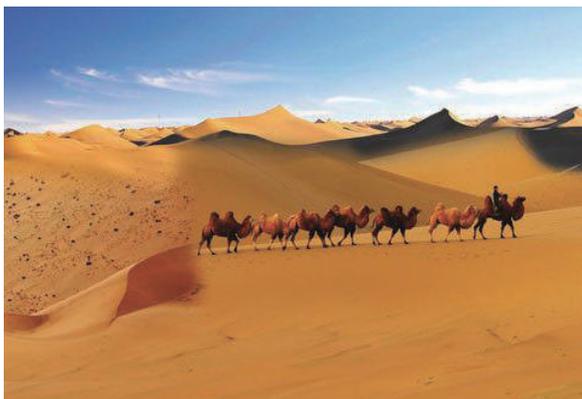
塔里木盆地内部是中国面积最大的沙漠——塔克拉玛干沙漠。它东西长约1000千米，南北宽约400千米，面积约为33万平方千米，也是世界第二大流动沙漠。在沙漠上可以看到各种各样的沙丘，高度一般超过一百米，有的



1

可达二三百米。沙漠地区非常干旱，甚至终年无雨，生存条件十分恶劣（liè）。

In the Tarim Basin is China's largest desert — the Taklamakan Desert, about 1,000 km long from west to east and about 400 km wide from north to south, covering an area of about 330,000 sq km. It is also the second largest moving desert in the world. Various dunes can be found in the Taklamakan Desert. Their average height reaches more than 100 m and even up to 200-300 m. The desert area is very dry, sometimes with no rain at all throughout a year, making conditions for life extremely difficult.



2

小贴士 · Tips

塔里木盆地的地下埋藏着大量的石油，人们称它为“油海”。近年来，到这里考察的科学家和探险家越来越多。

Rich oil deposits are under the Tarim Basin, so people call it an "oil sea". In recent years, more and more scientists and explorers have traveled there for research.

1. 塔里木盆地

The Tarim Basin

2. 干旱、恶劣的生存条件

Dry and Harsh Conditions for Life

准噶尔盆地

The Junggar Basin



准噶（gá）尔盆地位于新疆维吾尔自治区北部，天山和阿尔泰山之间，面积约为 38 万平方千米，海拔 500—1 000 米，是中国第二大盆地。

The Junggar Basin is in the north of the Xinjiang Uygur Autonomous Region, lying between the Tianshan Mountains and the Altai

Mountains. With an area of about 380,000 sq km and at an altitude of 500-1,000 m, it is the country's second largest basin.

准噶尔盆地东高西低，是半封闭型的盆地。盆地边缘为山麓（lù）绿洲，牧场广阔，牛羊成群，盛产棉花、小麦。盆地的地下埋藏着丰富的石油，早在 20 世纪 50 年代就开发了著名的克拉玛依油田。这里还有煤和各种金属矿藏，盆地北部的阿尔泰山区则盛产黄金。

The Junggar Basin is a half-closed basin, high in the east and low in the west. At the edge of the basin are oasis at the mountain foot, where pastures are vast, herds of cows and sheep abound, cotton and



1. 准噶尔盆地风光
The Junggar Basin

2. 准噶尔东部油田
Eastern Junggar's Oil Field

2

wheat are grown in large amounts. There are rich oil deposits. As early as the 1950s, the famous Karamay Oilfield began to be explored. In addition, there are coal and various metal reserves. The Altai Mountains in northern basin are rich in gold.

盆地中心是中国的第二大沙漠——古尔班通古特沙漠，面积约为 4.88 万平方千米。与塔克拉玛干沙漠不同，古尔班通古特沙漠内部绝大部分为固定和半固定沙丘。沙丘上生长着梭（suō）梭、红柳和胡杨等植物，春季融雪后，古尔班通古特沙漠特有的短命植物迅速萌（méng）芽开花。这时，沙漠里一片草绿花鲜，景色迷人。

In the middle of the basin is located the second largest desert — the Gurbantunggut Desert in China, with an area of about 48,800 sq km. Different from the Taklamakan Desert, the Gurbantunggut Desert is dotted by basically fixed and half-fixed dunes. On the dunes grow such plants as Haloxylon ammodendron, Chinese Tamarisks and Euphrates poplars. After snow thaws in spring, the desert turns into an enchanting place of green grass and wild flowers when the unique short-lived plants in the Gurbantunggut Desert rapidly take their chance to germinate and blossom.

小贴士 · Tips

在准噶尔盆地，雅丹地貌^①特别突出，面积大，分布广，形状和色彩非常丰富，以“魔鬼城”最具代表性。“魔鬼城”那些被风蚀的土丘高低错落，造型奇怪恐怖，像一座庞大的古城堡群。

The Junggar Basin features striking Yadan landscapes^①, which cover a large area and have a myriad of shapes and colors. This is mostly represented by a "city of ghosts" where the wind-eroded hills vary in height, spectacular and frightening in shape, like a huge complex of ancient castles.

小注解 · Footnotes

① 雅丹地貌是对极端干旱地区经过亿万年风蚀而形成的地貌的总称。

① Yadan landform is a general term for the landform formed after millions of years of wind erosion in extremely dry areas.

1. 雅丹地貌

Yadan Landscapes



柴达木盆地

The Qaidam Basin

小贴士 · Tips

“柴达木”在蒙古语中是“盐泽”的意思。
"Qaidam" literally means "salt lake" in Mongolian.

1. 青海盐湖
Salt Lake in Qinghai
2. 柴达木盆地底部平坦开阔
The Wide and Flat Bottom of the Qaidam Basin
3. 柴达木盆地盐碱地貌
The Saline Land of Qaidam Basin



2



3

柴达木盆地位于中国青海省西北部，面积约25万平方千米，是中国第三大盆地。盆地底部平均海拔2 600—3 000 米，是中国海拔最高的盆地。



1

The Qaidam Basin is in the northwest of Qinghai Province in China. Having an area of about 250,000 sq km, it is the third largest basin in the country. The bottom of the basin averages about 2,600-3,000 m in elevation, so it is China's highest basin.

盆地西高东低，平坦开阔，四周高山环绕，是封闭的内陆盆地。地形结构从边缘至中心，依次为戈壁、丘陵、平原、湖泊。盆地内咸水湖众多，最大的要数面积为4 583 平方千米的青海湖。

The basin, high in the west and lowlying in the east, is wide and flat. Encircled by high mountains, it is a closed inland basin. The landform structure from the edge to the interior is formed successively by the Gobi, hills, plains and lakes. Within the basin there are many salt lakes, among which the largest is the Qinghai Lake, whose area is 4,583 sq km.

这里有丰富的矿产资源，比如盐、石油、铅锌和硼（péng）砂等，所以人们称它为“聚宝盆”。

The Qaidam Basin is reputed to be a "cornucopia" for its rich mineral resources, including salt, oil, lead-zinc ores and borax etc..

四川盆地

The Sichuan Basin

四川盆地位于中国四川省东部，四周山地环绕，面积20万平方千米、平均海拔多在300—600米，是中国的第四大盆地，也是中国形态最典型、纬度最低、海拔最低的盆地。

The Sichuan Basin is in the east of Sichuan Province. Encircled by mountains, it has an area of 200,000 sq km and lies at an average altitude of 300-600 m. It is the fourth largest basin in China, with the most typical shape and the lowest latitude and altitude.

盆地内气候冬暖夏热，温差小，雨量大。西北部有一片长约200千米、宽40—70千米的平原，这就是著名的成都平原。这里土地肥沃，物产丰富，自古农业发达，有世界闻名的都江堰（yàn）工程，素有“天府之国”的美称。

The climate of the basin is warm in winter and hot in summer, with small temperature difference and large rainfall. In the northwest of the basin is a plain about 200 km long and 40-70 km wide. This is the famous Chengdu Plain that boasts fertile soil, rich produce and the world-renowned Dujiangyan irrigation system and has well-developed agriculture since ancient times. That is why it is reputed to be a "land of plenty".

四川盆地是中国动物种类最多、最齐全的地区之一，也是中国特有的珍稀动物保存最好、最集中的地区。全球现存的野生大熊猫数量为1500多只，主要生活在四川盆地周围。

The Sichuan Basin is one of the places with the largest number and the most diverse animal species in China. It is also the place where China's rare animals have been best preserved and most concentrated. Among all the extant wild pandas on the planet, numbering more than 1,500, most of them live around the Sichuan Basin.

小贴士 · Tips

四川盆地内部丘陵起伏，从山上到山下，从石头到泥土，满山遍野都是紫红色的，所以人们也称四川盆地为“紫色盆地”。

The Sichuan Basin is full of undulating hills. Either from the top to the foot of the mountain, or from stones to soil, everything in sight is aubergine, so people also call the Sichuan Basin a "purple basin".

1. 成都平原 Chengdu Plain



江河湖泊

Rivers and Lakes

1. 青藏高原东部的若尔盖湿地素有“黄河蓄水池”之称

The Zoige Wetland in The Eastern Qinghai-Tibet Plateau is Called "The Yellow River Reservoir"

中国是世界上河流最多的国家之一，有许多源远流长的大江大河。中国境内的河流，仅流域面积在1 000平方千米以上的就有1 600多条，100平方千米以上的有50 000多条。长度在1 000千米以上的有20多条，如长江、黄河、雅鲁藏布江等。面积在1平方千米以上的天然湖泊约2 300个，如青海湖、鄱阳湖、洞庭湖等。

China is one of the countries with the largest number of rivers in the world and many big rivers have a long history. Within the territory of China, there are more than 1,600 rivers with a drainage area exceeding 1,000 sq km, and over 50,000 rivers exceeding 100 sq km. There are more than 20 rivers longer than 1,000 km, including the Yangtze River, the Yellow River and the Yarlung Zangbo River. There are more than 2,300 natural lakes with an area of over 1 sq km, such as the Qinghai Lake, the Poyang Lake and the Dongting Lake.

中国的河流大多分布在东南部外流区，外流区约占陆地面积的2/3，水量超过总量的95%。西北内陆河流较少。由于主要河流多发源于青藏高原，落差很大，因此中国的水力资源非常丰富，水能蕴藏量达6.8亿千瓦，居世界第一位。

China's most rivers are distributed in its southeastern outflow regions, which account for two-thirds of the country's total land area, and more than 95 percent of the country's total water amount. The inland rivers in the country's northwest are few in number. Because its major rivers mostly originate from the Qinghai-Tibet Plateau and have a huge drop, China has abundant waterpower resources, with its power reserves amounting up to 680 million kw, ranking first in the world.



长江

The Yangtze River

长江发源于青藏高原唐古拉山主峰——各拉丹冬雪峰，流经青海、西藏、四川、云南、重庆、湖北、湖南、江西、安徽、江苏、上海等 11 个省（市、自治区），注入东海。全长 6 300 多千米，为中国第一、亚洲第一、世界第三长河。

The Yangtze River originates from the Geladaidong Peak, the main peak of the Tanglha Mountain on the Qinghai-Tibet Plateau, and flows across 11 provinces, cities and autonomous regions, namely Qinghai, Tibet, Sichuan, Yunnan, Chongqing, Hubei, Hunan, Jiangxi, Anhui, Jiangsu and Shanghai before pouring into the East China Sea. With a length of more than 6,300 km, it is the longest river in China, Asia and the third longest river in the world.

长江上游落差大，水流急，有许多高山耸立的峡谷，如三峡、虎跳峡等。

The upper reaches of the Yangtze River features a big vertical drop, swift torrents as well as many gorges flanked by towering mountains such as the Tiger-Jumping Gorge and the Three Gorges.

长江三峡是瞿（qú）塘峡、巫（wū）峡和西陵峡三段峡谷的总称。三峡有很多曲折的水道和险滩，两岸有很多高山和陡峭（qiào）的崖壁，山峰一般高出江面 1 000—



1. 长江三峡
The Three Gorges of the Yangtze River
2. 青海长江源头各拉丹冬雪山
The Geladaidong Snow Mountains in Qinghai Province, the source of Yangtze River
3. 虎跳峡
The Tiger-Jumping Gorge



2

1 500 米，最窄处不足百米。三峡水力资源非常丰富，长江三峡水利枢纽是当今世界上最大的水利枢纽工程。

The Three Gorges of the Yangtze River is a general term for the three gorges of the Qutang Gorge, the Wuxia Gorge and the Xiling Gorge. The Three Gorges have many zigzagging channels and dangerous shoals, and along the banks are towering mountains and steep cliffs, with the peaks usually 1,000-1,500 m above the river, and the narrowest part less than 100 m. The Three Gorges have abundant waterpower resources, and the Three Gorges Water Conservancy Hub on the Yangtze River is the world's largest water conservancy hub project.



3

长江出三峡后，进入中游的平原地区。这里江面变宽，水流变缓。河道弯曲、支流多、湖泊多是这一段的主要特征。

After the Three Gorges, the Yangtze River enters the plain area in the middle reaches of the river. Here, the river broadens and the flow slows down. This part is characterized by

the winding river channel, and many tributaries and lakes.

长江下游地区地势低平，江阔水深，是著名的鱼米之乡。长江入海口处，江面宽达 80—90 千米，水天一色，极为壮观。

Known as a famous land for fish and rice, the lower reaches of the Yangtze River is low and flat, while the river is broad and deep. At the estuary where it is 80-90km wide, you can see the spectacular sight as the river seems to melt into the sky at the horizon.

长江被称为“黄金水道”，不但具有巨大的航运价值，而且两岸的自然风光迷人，名胜古迹众多，物产资源丰富，经济文化发达。

Reputed to be a "Golden Water Channel", the Yangtze River has not only a great value for shipping, but also beautiful scenic spots and historical sites along the banks. The Yangtze River Basin has rich resources and the well-developed economy and culture.

小贴士 · Tips

虎跳峡位于云南省玉龙纳西族自治县境内，长约 16 千米，最窄处不到 30 米，传说有一只巨虎跳过，所以被称为“虎跳峡”。

Located in the Yulong Naxi Autonomous County of Yunnan Province, the Tiger-Jumping Gorge is about 16 km long, with the narrowest part less than 30 m wide. Legend has it that a huge tiger jumped over the gorge, hence the name as the "Tiger-Jumping Gorge".

黄河

The Yellow River



1

黄河发源于青海省巴颜喀拉山脉，流经青海、四川、甘肃、宁夏、内蒙古、山西、陕西、河南、山东等9个省（自治区），注入渤海，全长5 400多千米，是中国的第二长河。从地图上看，黄河呈一个巨大的“几”字形。

The Yellow River originates from the foot of the Bayan Har Mountains in Qinghai Province, passing through nine provinces and autonomous regions of Qinghai, Sichuan, Gansu, Ningxia, Inner Mongolia, Shanxi, Shaanxi, Henan and Shandong, and flowing into the Bohai Sea. With a length of over 5,400 km, it is the second longest river in China. The map of China shows that the Yellow River shapes like a huge "几".

小贴士 · Tips

相传中华民族的始祖之一——黄帝就出生在黄河流域。

Legend has it that Huangdi (Yellow Emperor, legendary ruler and ancestor of the Chinese nation) was born in the Yellow River Basin.



2

小贴士 · Tips

壶口瀑布位于陕西省和山西省的交界处，黄河将此处的河底冲刷出一道30—50米宽的深槽(cáo)。北来的河水进入槽内，水流汹(xiōng)涌(yǒng)，形成15—20米高的瀑布，响声如雷，景色十分壮观。它就像沸腾的开水从巨大的壶中倒出，所以被称为“壶口瀑布”。

The Hukou Waterfall lies in the meeting belt of Shaanxi and Shanxi provinces, where the Yellow River scoured a deep gully about 30–50 m wide. The turbulent river rushes from north down into the gully, forming a thundering waterfall about 15–20 m high. The waterfall rushes down like boiling water from a huge kettle, hence its name.

黄河上游有许多峡谷，如龙羊峡、刘家峡、青铜峡等。这些峡谷地带水力资源丰富，已建成龙羊峡等大型水电站。黄河中游穿过黄土高原，这里水土流失严重，河水中的泥沙含量大，形成了滚滚的“泥河”。黄河下游主要流经低缓的华北平原，河道宽阔，水流变缓，泥沙大量沉积，形成了河床比两岸高的“地上河”。

There are many gorges on the upper reaches of the Yellow River, such as the Longyang Gorge, the Liujia Gorge and the Qingtong Gorge. Such gorge areas have an abundance of waterpower resources, and large-scale hydroelectric power stations have been built. The middle reaches of the river flow through the Loess Plateau, where there is a serious problem of soil erosion. This part of the river contains a large amount of sand, which forms a powerful "mud river". The lower reaches of the river mainly run through the North China Plain, where the river becomes a "hanging river" as it broadens, slows down, and the sand and mud deposits.

黄河是中华民族的母亲河，黄河流域被称为中华民族的摇篮，也是世界文明的发祥地之一。

The Yellow River is the Mother River of the Chinese nation. The Yellow River Basin of the river is honored as the cradle of the Chinese nation and also one of the birthplaces of world civilization.



1. 九曲黄河
The Zigzag Course of the Yellow River
2. 龙羊峡水电站
The Longyang Xia Hydropower Station
3. 黄河壶口瀑布
HuKou Waterfalls, Yellow River

雅鲁藏布江

The Yarlung Zangbo River



1

雅鲁藏布江是中国海拔最高的大河之一，发源于喜马拉雅山北麓（lù），在中国境内长 2 057 千米。雅鲁藏布江的水能蕴藏量仅次于长江，居全国第二位。

The Yarlung Zangbo River is one of the highest rivers in China, originating from the northern foot of the Himalayas. The reaches of the river in the Chinese territory span 2,057 km. The Yarlung Zangbo River is the country's second largest river in terms of hydroenergy reserves, only next to the Yangtze River.

雅鲁藏布江的上游是高寒地带。这里河谷开阔，大部分是平浅谷地，水流缓慢，湖塘沼泽很多。大面积的原始草场是天然的动物乐园，生活着藏羚羊、岩羊、野驴、野牦牛等许多野生动物。

The upper reaches of the Yarlung Zangbo River lies in alpine zone. Where the river valley is broad and mostly flat. The currents here are slow and there are many lakes and swamps. The large area of virgin grassland is a paradise for such wild animals as the Tibetan antelopes, blue sheep, wild donkeys and wild yaks etc..

小贴士 · Tips

雅鲁藏布江，在古代藏文中的意思是“从最高顶峰上流下来的水”。

Yarlung Zangbo means "water flowing down from the highest peak" in ancient Tibetan.

小贴士 · Tips

雅鲁藏布江流域是藏族文化的发源地，有拉萨（sà）、日喀则、江孜（zī）和林芝等重要文化和旅游城市。

The drainage area of the Yarlung Zangbo River is the birthplace of Tibetan culture, where there are many cities with rich cultural heritage and great tourist significance, such as Lhasa, Xigaze, Gyangze and Nyingchi.

1. 雅鲁藏布江上游水流缓慢，多湖、塘、沼泽

The Upper Reaches of the Yarlung Zangbo River Have Many Broad, Flat and Shallow River Valleys

2. 雅鲁藏布大峡谷

The Yarlung Zangbo Canyon

中游地带河谷有宽有窄，又汇集了大量的支流，水量充足，为高原航运提供了有利条件，是世界上海拔最高的通航河段。

The middle reaches of the river, the width of the valley begins to vary. Fed by a number of tributaries with sufficient water. It provides favorable conditions for shipping on the plateau, and is the highest navigable river in the world.

下游地区，江水绕过喜马拉雅山东段的高山，然后向南流去，形成了世界上最大的峡谷——雅鲁藏布大峡谷。

In the lower reaches, the river detours high mountains in the eastern part of the Himalayas and turns south, forming the largest canyon in the world — Yarlung Zangbo Canyon.

雅鲁藏布大峡谷是地球上最深的峡谷。峡谷河床上有罕见的四处大瀑布群，其中一些主体瀑布落差都在30—50米。峡谷具有从高山冰雪带到低河谷热带季风雨林带等9个垂直自然带，生物资源十分丰富。

The Yarlung Zangbo Canyon is the deepest canyon on the planet. In the canyon, there are four rare huge waterfall complexes, among which some major waterfalls have vertical drops between 30–50 m. The canyon has nine vertical natural zones ranging from an alpine ice and snow zone to a low river valley tropical monsoon rainforest belt, with abundant biological resources.



京杭大运河

The Beijing-Hangzhou Canal

京杭大运河是世界上开凿（záo）最早、路线最长的人工运河。它北起北京，南到杭州，经过北京、天津、河北、山东、江苏、浙江等6个省（市），沟通了海河、黄河、淮河、长江、钱塘江五大水系，全长约1794千米，从开凿起已有2500多年的历史。

The Beijing-Hangzhou Canal is the earliest and longest artificial waterway in the world. Extending from Beijing in the north to Hangzhou in the south, it runs through six provinces and municipalities of Beijing, Tianjin, Hebei, Shandong, Jiangsu and Zhejiang, connecting the five water systems, namely the Haihe River, the Yellow River, the Huaihe River, the Yangtze River and the Qiantang River. The canal totals about 1,794 km, and has a history of more than 2,500 years.

京杭大运河不仅推动了中国南北地区之间的经济、文化交流与发展，而且促进了沿线地区工农业

经济的发展和城镇的兴起。京杭大运河和万里长城并称为中国古代的两项伟大工程，闻名全世界。

The Beijing-Hangzhou Canal has not only boosted the economic and cultural exchanges and development between the north and the south, but also accelerated the industrial and agricultural development and the rising of towns along the canal. The canal and the Great Wall are regarded as two equally great projects of ancient China, becoming well-known in the world.

小贴士 · Tips

古代开凿京杭运河主要是为了将南方的粮食等物资运到北方。1911年津浦（pǔ）铁路开通后，运河的交通价值大大降低。现在，除江苏、浙江境内的河段仍是重要的水上运输线外，其他河段已不再通航。

In ancient China, the Beijing-Hangzhou Canal was dug to ship grain and other materials from the south to the north. After the Tianjin-Huangpu Railway service began in 1911, the transportation value of the canal decreased drastically. Now, except for the part in Jiangsu and Zhejiang that still serves as an important shipping route, the rest of the canal is no longer open to shipping.

京杭大运河示意图
Map of the Beijing-Hangzhou Canal



1. 京杭大运河从江苏徐州城边穿过
The Grand Beijing-Hangzhou Canal Passes
by Xuzhou City, Jiangsu Province



青海湖

The Qinghai Lake



青海湖，古代称为“西海”，位于中国青海省东北部，面积约4 300 平方千米，是中国最大的咸水湖，也是中国第一大湖。

The Qinghai Lake, called "West Sea" in ancient times, is located in the northeast of Qinghai Province. With an area of about 4,300 sq km, it is the largest salt lake and the largest lake in China.

青海湖的四周是大通山、日月山、青海南山等，这些大山海拔都在3 600 米至5 000 米之间。湖滨地势开阔平坦，水源充足，气候比较温和，是水草丰美的天然牧场。

The Qinghai Lake is encircled by the Datong Mountain, Riyue Mountain, Nanshan Mountain and Xiangpi Mountain, whose altitudes are between 3,600 and 5,000 m. The lakeside is broad and flat, the water source is abundant, and the climate is relatively mild. It is a natural pasture with plenty of water and lush grass.

1. 青海湖冬景

A Winter Scene of the Qinghai Lake

2. 青海湖鸟岛

The Bird Islet in the Qinghai Lake

小贴士 · Tips

青海湖，蒙语叫“库库诺尔”，藏语叫“错温波”，都是“青色的海”的意思。

The Qinghai Lake is called "Koko Nor" in Mongolian and "Tsuwabo" in Tibetan, both of which mean "blue sea".



2

鄱阳湖

The Poyang Lake

鄱（pó）阳湖位于江西省北部，北通长江，面积3583平方千米，是中国最大的淡水湖。

The Poyang Lake, the largest freshwater lake in China, is located in the north of Jiangxi Province, and connected to the Yangtze River in the north. It has an area of 3,583 sq km.

鄱阳湖属于中亚热带湿润季风气候区，这里的环境和气候条件均适合候鸟越冬，因此，在每年秋末冬初，成千上万只候鸟都会飞来，直到第二年春天才逐渐离去。鄱阳湖是世界上最大的鸟类保护区。尤其可喜的是在这里发现了当代世界上最大的白鹤(hè)群。因此，鄱阳湖被称为“白鹤世界”“珍禽王国”。

The Poyang Lake belongs to a subtropical humid monsoon climate zone, where the environmental and climatic conditions are suitable for migrant birds to spend their winter. Therefore, every late autumn and early winter, tens of thousands of migrant birds fly here and do not leave until next spring. The Poyang Lake is the largest birds reserve in the world. To our great delight, the largest population of white cranes in the contemporary world has been found right here. Therefore, the Poyang Lake is called a "world of white cranes" and a "kingdom of rare birds".



2



1

1. 鄱阳湖晚归的渔民和渔船
Fishermen and Fishing Boats Returning
Late from the Poyang Lake
2. 鄱阳湖候鸟保护区
The Birds Reserve of Poyang Lake

小贴士 · Tips

在古代，鄱阳湖被称为彭泽、彭湖，后来因为湖中有鄱阳山而改名为鄱阳湖。

The Poyang Lake was called the Peng Marsh or Peng Lake in ancient times. Later, it was renamed the Poyang Lake because of the Poyang Mountain in the middle of the lake.

洞庭湖

The Dongting Lake



1. 岳阳楼

The Yueyang Tower

2. 洞庭湖风光

The Dongting Lake Scenery

小贴士 · Tips

洞庭湖曾经是中国第一大淡水湖，但由于泥沙长期淤（yū）积等原因，湖面逐渐缩小，现在的面积已经不到原来的 1/2。

The Dongting Lake used to be the largest freshwater lake in China, but because of sand and mud deposits over time, it has gradually shrunk to less than half of its original size.

洞庭湖位于湖南省北部、长江南岸，面积 2 820 平方千米，是中国的第二大淡水湖。

The Dongting Lake is located in the northern Hunan Province and on the south side of the Yangtze River. With an area of 2,820 sq km, it is the second largest freshwater lake in China.

洞庭湖湖滨地势平坦，土地肥美，气候温和，雨水充沛，盛产稻米、棉花。湖内水产丰富，航运便利。这里山川秀美，人杰地灵，名胜古迹较多，著名的岳阳楼就坐落在这里。

The flat lakeside of the Dongting Lake has fertile land, moderate climate and sufficient rainfall, thus yielding large quantities of rice and cotton. The lake itself abounds with aquatic products and is convenient for shipping. The Dongting Lake area has beautiful landscape, outstanding personages, and many historical sites, including the well-known Yueyang Tower.



2

太湖

The Taihu Lake



太湖位于江苏、浙江两省交界处，面积2 425 平方千米，¹是中国的第三大淡水湖。

The Taihu Lake lies at the juncture of Jiangsu and Zhejiang provinces. With an area of 2,425 sq km, it is the third largest freshwater lake in China.

太湖属亚热带季风气候，温和湿润，土壤肥沃，是“鱼米之乡”。湖区有48岛、72峰，湖光山色，相映成辉，有“太湖天下秀”之称。

The Taihu Lake belongs to a subtropical monsoon climate zone.



2

It has a mild and moist climate and fertile soil that create "a land of fish and rice". There are 48 islets and 72 peaks in the lake area. The lake and the mountains set off each other. It has a reputation of being "the most attractive lake".

小贴士 · Tips

鄱阳湖、洞庭湖、太湖、洪泽湖、巢湖被称为中国五大淡水湖。

The Poyang Lake, the Dongting Lake, the Taihu Lake, the Hongze Lake and the Chaohu Lake are referred to as the five great freshwater lakes in China.

1. 太湖渔歌

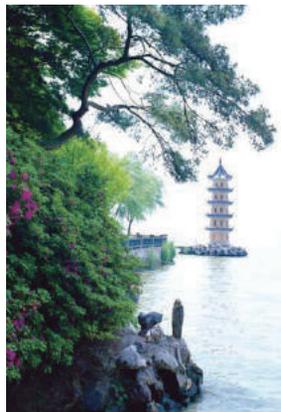
A Picturesque Scene of Fishing Boats on the Taihu Lake

2. 太湖之春

Springtime of the Taihu Lake

3. 鼋(yuān)头渚(zhǔ)是观赏太湖风光的绝佳处

Yuantouzhu is a Vantage point to View the Taihu Lake



3

岛屿

Islands

1. 舟山群岛

Zhoushan Islands

中国是一个岛屿众多的国家，面积达 500 平方米以上的岛屿有 6 530 多个，总面积约 8 万平方千米。岛屿的分布主要集中在东海和南海，其中 90% 以上分布在东南沿海的浙江、福建、广东和海南四省。

China has many islands with a total area of about 80,000 sq km. There are more than 6,530 islands with over 500 sq m each. The islands are mainly distributed in the East China Sea and the South China Sea; more than 90 percent of these islands are along coastal Zhejiang, Fujian, Guangdong and Hainan provinces in southeast China.

中国小岛多、大岛少。各岛屿中，面积在 3 万平方千米以上的是台湾岛和海南岛，其余岛屿的面积都不大，80% 以上岛屿的面积都不到 1 平方千米。

China has many small islands but few large ones. Among all its islands, the Taiwan and Hainan islands are over 30,000 sq km, while the remaining islands have a small area, with more than 80 percent of them less than 1 sq km.



台湾岛

The Taiwan Island



台湾岛位于中国东南海面上，面积约 3.5 万平方千米，是中国第一大岛，在世界大岛中位列第 38 位。

The Taiwan Island lies off the southeastern coast of China. With an area of about 35,000 sq km, it is the first largest island in China, and the 38th largest in the world.

台湾岛多山，高山和丘陵的面积占全部面积的 2/3 以上，因此也被称为“高山岛”。岛上冬季温暖，夏季炎热，雨量充沛。这里盛产水稻，主要经济作物是甘蔗和茶，也出产品种丰富的水果，有“水果王国”的美称。同时，产有名贵木材。台湾虽然自产能源较少，但水力、森林、渔业资源丰富。台湾经济发达，交通便利，美丽富饶。

The Taiwan Island is mountainous, with high mountains and hills covering more than two-thirds of the total island area. Hence, it is also called an "island of high mountains". It is warm in winter and torrid in summer in the island, with abundant precipitation. As a result, the island can produce a large amount of rice, and its major cash crops are sugar canes and tea. It also turns out a variety of fruits, hence the island's

1. 繁华的台北
Prosperous Taipei
2. 野柳“女王头”
Yeliu "Queen's Head"
3. 阿里山
The Ali Mountain
4. 日月潭
The Sun Moon Lake

小贴士 · Tips

台湾自古以来就是中国的一部分，三国时期被称为夷(yí)洲，明朝才叫台湾。历史上多次受外来侵略，1661年民族英雄郑成功(1624—1662)收复了台湾。

Taiwan has been a part of China since ancient times. It was called Yizhou in the Three Kingdom Period, and not until the Ming Dynasty was it named Taiwan. It has been invaded by foreign powers for many times, and was recaptured by Chinese naval general Zheng Chenggong (1624–1662) in 1661.

reputation as "a kingdom of fruits". It also yields rare types of wood. Taiwan has limited output of energy, but is rich in waterpower, forests and fishery resources. The island has a developed economy and convenient transportation, and is renowned for beauty and prosperity.

阿里山 The Ali Mountain

阿里山的日出、云海、晚霞、森林被称为“阿里四景”，与当地发达的铁路合称“五奇”。阿里山铁路全长 72 千米，却从海拔 30 米上升到 2 450 米，这么大的坡度在世界上都很罕（hǎn）见。



2



3

The Ali Mountain has four wonders, namely the sunrise, sea of cloud, sunset glow and forests. When added to the well-developed railway, they are known as "five wonders". Railroads in the Ali Mountain total 72 km long, ascending from 30 m to 2,450 m in elevation. Such enormous gradients are seldom seen in the world.

日月潭 The Sun Moon Lake

日月潭位于台湾中部玉山以北，是台湾第一大天然淡水湖。湖畔（pàn）有许多阁楼，潭西的涵碧楼是观赏风景的好地方，潭南的玄奘（Xuánzàng）寺是台湾的佛教胜地。

The Sun Moon Lake, the largest natural fresh water lake in Taiwan, is located to the north of the Jade Mountain in the middle of the island. On the banks of the lake are many pavilions. The Hanbi Building to the west of the lake is a good place to view the lake and mountains. To the south, the Xuanzang Temple is a holy place of Buddhism in Taiwan.



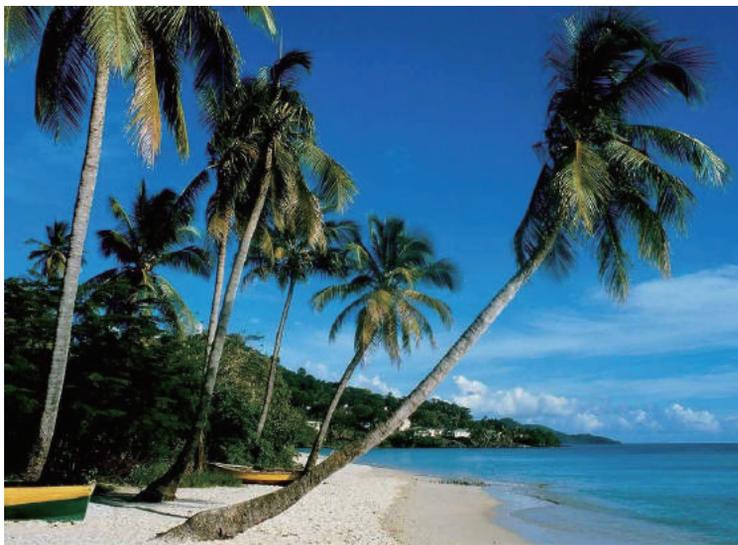
4

海南岛

The Hainan Island

海南岛位于中国的南部，北面是雷州半岛，中间隔着琼州海峡。海南岛面积约3.22万平方千米，是中国第二大岛。

The Hainan Island lies in the south of China, facing the Leizhou Peninsula in the north across the Qiongzhou Strait. With an area of about 32,200 sq km, it is the second largest island in China.



海南岛的地形中间高，四周低，有大片的热带森林，植物种类很多，是一个“四时常花，长夏无冬”的地方，年平均气温在24℃左右。海南岛是橡胶、椰(yē)子、油棕、剑麻、胡椒等热带经济作物的主要产地。

The Hainan Island is high in the middle and low on all sides. With a large area of tropical forests and a variety of plants, it is a place with "blossoming flowers for all seasons, a long summer and no winter". The annual average temperature is about 24 degrees Celsius. Hainan is a main production area for tropical cash crops such as rubber, coconuts, oil palms, sisal and pepper.

海南岛的资源很丰富，有中国最著名的富铁矿，还有著名的莺(yīng)歌海盐场。从珠江口到北部湾一带的海盆中，还蕴藏着丰富的天然气资源。

小贴士 · Tips

海南岛被称为南海上的一颗“明珠”。特别是南部的三亚市，碧水蓝天，景色迷人。

The Hainan Island is reputed to be a "pearl" in the South China Sea. Especially, the city of Sanya which is in the south of this island has green seawater, blue sky and charming scenery.



The Hainan Island has an abundance of resources. These include the most famous iron ore in China, the renowned Yinggehai Salt Field, and the rich natural gas fields that lie under the sea basin from the mouth of the Pearl River to the Beibu Gulf.

五指山 Mount Wuzhi

五指山位于海南岛中部，海拔 1 867 米，是海南岛的最高峰，也是海南岛的象征，是中国名山之一。从东南方望去，五指山主峰好像是五个手指，因此得名。

Mount Wuzhi (Five-Finger Mountain) is located in the middle of the island. Standing at an altitude of 1,867 m, it is the highest peak in the island, a landmark of the island, and one of the famous mountains of China. Seen from the southeast, the main peak is like five fingers. Hence, the mountain got its name.

亚龙湾 Yalong Bay

亚龙湾是海南最南端的一个半月形海湾，全长约 7.5 千米。亚龙湾沙滩，沙粒洁白细软，海水清澈蔚蓝，长年都可游泳，被誉为“天下第一湾”。

The Yalong Bay is a crescent-shaped bay at the southernmost end of the island, about 7.5 km long. The Yalong Bay boasts a white beach with fine and soft sand, and clean and blue seawater, suitable for swimming all year round. It has been reputed to be "the first bay under heaven".

1. 海南椰风海韵
Natural Scenery of the Hainan Island
2. 五指山
Mount Wuzhi (Five-Finger Mountain)
3. 亚龙湾
The Yalong Bay
4. 天涯海角
Tianya Haijiao (Edges of the Heaven and
Corners of the Sea)



3



4

南海诸岛

South China Sea Islands

在中国的南海海面上，散布着数百个岛礁暗沙，总称南海诸岛。南海诸岛由东沙群岛、西沙群岛、中沙群岛（包括黄岩岛）、南沙群岛组成。

The South China Sea is scattered with hundreds of islands, reefs and submerged shoals, to which the general name South China Sea Islands is given. The South China Sea islands comprise the Dongsha Islands, the Xisha Islands, the Zhongsha (including Huangyan Island) Islands, and the Nansha Islands.

南海诸岛处于太平洋和印度洋、亚洲和大洋洲海上航运的重要位置，在交通和国防上都有重要的意义。很早以前，中华民族的祖先就在南海诸岛上开始活动，并修筑了相应的建筑，中国对南海诸岛拥有主权。

The South China Sea islands stand at the crossroads of the shipping routes between the Pacific ocean and Indian ocean, and between Asia and Oceania, and are of great importance to transportation and national defense. Long ago, the ancestors of the Chinese nation began to live there and erect buildings, so China always has had its sovereignty over the South China Sea islands.

东沙群岛

The Dongsha Islands

东沙群岛由东沙岛及南卫滩、北卫滩组成。附近海域水产丰富，有海参、海胆、海星、蚌蛤（bàng gé）和海人参草等。中国很早就已经在岛上建立了观象台和灯塔。



1

1. 西沙群岛
Xisha Islands

2. 海岛夕照
A Sea Island Sunset View

小贴士 · Tips

南海诸岛附近海域，蕴藏着丰富的石油资源。较大的岛上都有很厚的鸟粪层，是鳀(jiān)鸟的粪便堆积而成的，含磷(lín)量很高，是很好的肥料。

The maritime areas near the South China Sea islands contain abundant oil reserves. The larger islands are covered in thick layers of bird dung, mainly from red-footed boobies. The bird dung with high phosphorous content serves as a very good fertilizer.

The Dongsha Islands comprise of the Dongsha Island, the Nanwei Shoal and the Beiwei Shoal. The surrounding waters are rich in aquatic products, such as sea cucumbers, sea urchins, starfish, mussels, clams and sea ginseng weeds. On the islands are observatories and beacons built by China long ago.

西沙群岛 The Xisha Islands

西沙群岛是南海诸岛中岛屿最多的群岛。岛上生长着多种热带植物，如棕榈(lǚ)、椰(yē)子、木瓜、香蕉等。附近海域出产海龟、金枪鱼等水产品。

The Xisha Islands form the largest group of islets in the South China Sea. Various tropical plants such as palms, coconuts, pawpaws and bananas grow there, while the local waters produce turtles, sea cucumbers, tuna and other aquatic products.

中沙群岛 The Zhongsha Islands

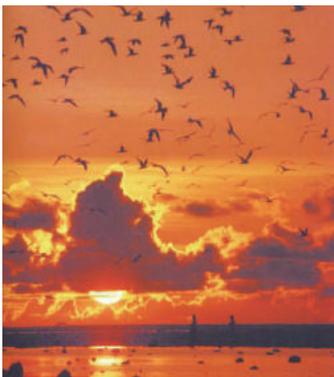
中沙群岛是一群还没有露出海面的珊瑚礁，离海平面约有一二十米。由于珊瑚礁的映衬，这一带的海水呈现出微绿的颜色。

The Zhongsha Islands is a group of coral reef shoals lying 10 to 20 m below the sea surface. Against the background of the coral reefs, the seawater looks slightly green.

南沙群岛 The Nansha Islands

南沙群岛由分布很广、数量很多的岛、礁、暗沙组成，主要有太平岛等。岛上生长着椰子、木瓜等多种热带植物，附近海域也是南海重要的渔场之一。南端的曾母暗沙位于北纬4°附近，是中国领土最南的地方。

The Nansha Islands consist of a widely distributed, large group of islands, reefs and submerged shoals. The major island is called Taiping Island. On the islands grow coconuts, pawpaws and many other tropical plants, while the surrounding seas are an important fishing ground. The Zengmu Reef, located close to 4 degrees northern latitude, is the southernmost point of Chinese territory.



南海诸岛地理分布图

The South China Sea Islands



地理差异

Geographical Differences

甘肃张掖丹霞



概述

Introduction

根据各地的地理位置、自然和人文特点，中国可以大致分为北方地区、南方地区、西北地区、青藏地区四大部分。

Based on its natural and human geographical differences, China can be divided into four parts: the northern regions, the southern regions, the northwestern regions and the Qinghai-Tibet regions.

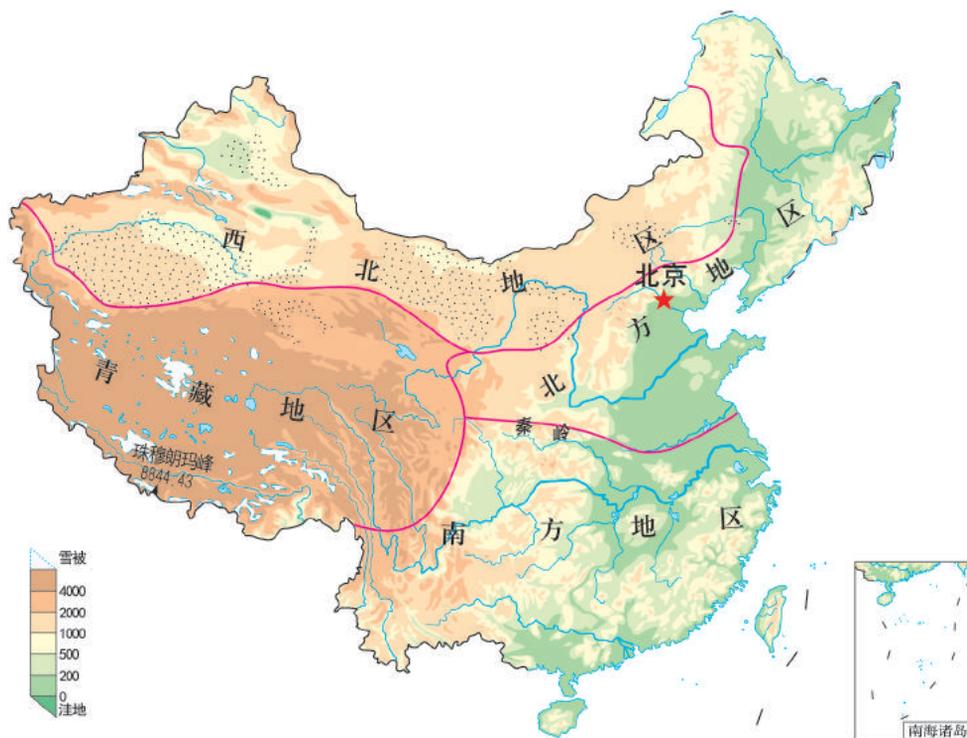
小贴士 · Tips

中国不同地区的地理环境差异很大。当北方地区冰天雪地、下着鹅毛大雪的时候，最南方的地区依然温暖如春。

The geographical conditions in China's different regions differ greatly. While it is still freezing and snowing heavily in the northern regions, it is still as warm as spring in the southern regions.

中国的四大地理区域

Four Basic Geographical Regions of China



北方地区

The Northern Regions



北方地区是指中国东部季风区的北部，主要是秦岭—淮河一线以北的地区，包括东北三省、黄河中下游五省二市的全部或大部分，以及甘肃东南部，内蒙古，江苏、安徽北部。面积约占全国的 20%，人口约占全国的 40%。

The Northern Regions refer to the northern part of China's eastern monsoon zone, mainly the areas north of the

Qinling Mountains and the Huaihe River. They include the three provinces in Northeast China, the five provinces and two municipalities in the middle and lower reaches of the Yellow River, the southeast of Gansu Province, Inner Mongolia, and the north of Jiangsu and Anhui Province. It covers about 20 percent of China's total area and has approximate 40 percent of the country's total population.

北方地区以平原和高原为主，广阔的东北平原和华北平原分布在这里。北方地区夏季雨热同期，冬季寒冷干燥。降雨在 400 毫米到 800 毫米之间，农田主要是旱地，以种植小麦、大豆为主，一年一熟或两年三熟。

The Northern Regions are mainly made up of plains and plateaus, including the vast Northeastern Plain and the North China Plain. They have synchronic rainfall and high temperatures in summer, and are cold and dry in winter. The rainfall is between 400–800 mm, and the farmland is mainly arid land, with wheat and soybeans as major crops, which are harvested once a year or thrice every two years.

1. 北方地区自然景观

Landscape in the Northern Regions

小贴士 · Tips

北方人的性格多豁达 (huò) 达爽 (shuǎng) 朗，大方而不拘小节。

People from the Northern Regions are mostly open-minded, straightforward, generous but not punctilious.

南方地区

The Southern Regions

南方地区是指中国东部季风区的南部，主要是秦岭—淮河一线以南的地区，包括长江中下游六省一市，南部沿海和西南四省、市大部分地区。面积约占全国的25%，人口约占全国的55%。

The Southern Regions are the southern part of China's eastern monsoon zone, mainly the areas south of the Qinling–Mountains and Huaihe River. They include six provinces and one municipality in the middle and lower reaches of the Yangtze River, the southern coastal areas and the most parts of four provinces and municipalities in the southwest of China. The Southern regions account for about 25 percent of the total area, and 55 percent of the entire population.



南方地区以平原和丘陵为主，肥沃的长江中下游平原分布在这里。南方地区河流众多，湖泊密布，降水充沛，热量充足。农田主要是水田，以种植水稻、油菜等为主，一年两熟或三熟。

The Southern Regions consist mainly of plains and hills, where the fertile Middle and Lower Yangtze Valley Plain is located. In the Southern Regions, there are many rivers and densely distributed lakes,

abundant rainfall and sufficient heat. The farmland is mainly paddy fields, with rice and canola as main crops, which are harvested twice or thrice a year.



1. 南方地区自然景观

Landscape in the Southern Regions

2. 江西婺源 (wù) 源的油菜花

The Canola Flower of Jiangxi Wuyuan

小贴士 · Tips

南方人的性格多温和沉稳，感情丰富而细腻 (nì)。

People from the Southern Regions often have mild and calm characters and various and delicate feelings.

西北地区

The Northwestern Regions

小贴士 · Tips

中国新疆吐鲁番的葡萄干最有名。吐鲁番气候炎热而干燥，成熟的无核葡萄经过干热风的风干作用，就能制作出高质量的葡萄干。

Raisins from Turpan, Xinjiang are the most famous products. Turpan has a hot and dry climate. For this reason, high-quality seedless raisins can be produced in Turpan.

1. 西北地区自然景观

A View of the Northwestern Regions

西北地区在中国的内陆，包括内蒙古自治区、新疆维吾尔自治区、宁夏回族自治区和甘肃省的西北部。西北地区地广人稀，面积约占全国的30%，人口大概只占全国的4%。

The Northwestern Region is in the inland of China, including the Inner Mongolia Autonomous Region, the Xinjiang Uygur Autonomous Region, the Ningxia Hui Autonomous Region and the northwest of Gansu Province. The Northwestern Region is sparsely inhabited, with 30 percent of the country's total area inhabited by only 4 percent of the whole population.

西北地区的地形以高原和盆地为主。东部高原以草原、荒漠为主，西部盆地中有大面积的沙漠。这一地区河流很少，大多为内流河。干旱是这一地区的主要自然特征。

The Northwestern Regions are mainly characterized by plateaus and basins. In the eastern plateaus are mainly grasslands and desolate deserts, while in the western basins are large deserts. There are much fewer rivers in the Northwestern Regions, most of which are inland rivers. Drought is the major natural characteristic of this region.



青藏地区

The Qinghai-Tibet Regions

青藏地区在中国西南部，包括青海、西藏和四川西部。面积约占全国的 25%，人口不足全国的 1%。这里是中国藏族聚居的地区。

The Qinghai-Tibet Regions is in the southwest of China, including Qinghai, Tibet and the west of Sichuan. This region covers 25 percent of the country's total area, but is inhabited by less than 1 percent of the entire population. This region has the biggest compact communities of the Tibetan group.

“高”和“寒”是青藏地区的显著特征。青藏高原平均海拔在 4 000 米以上，被人们称为“世界屋脊”。许多山峰四季积雪，冰川广布。青藏高原是中国主要大江大河的发源地。这一地区太阳能资源丰富，拉萨年日照时间有 3 000 多小时，是著名的“日光城”。

High altitude and freezing temperature are remarkable features in the Qinghai-Tibet Regions. Standing at an average altitude of more than 4,000 m, the Qinghai-Tibet Plateau is known as "the roof of the world". Many mountains and peaks are snow-covered all year round and abound with glaciers. The Qinghai-Tibet Plateau is the birthplace of China's major rivers. This region is rich in solar energy, with Lhasa enjoying more than 3,000 hours of sunlight annually. That is why Lhasa is known as a "city of daylight".



1

1. 青藏地区自然景观

A View of the Qinghai-Tibet Regions

2. 青海湖

Qinghai Lake

小贴士 · Tips

青藏地区有世界上海拔最高、面积最大的高原湖区，分布着大小湖泊 1 000 多个，其中青海湖面积 4 583 平方千米。

The Qinghai-Tibet Regions is home to the largest group of plateau lakes with the highest altitude in the world. Over 1,000 lakes of various sizes are distributed in the region. Among them, the Qinghai Lake has an area of 4,583 sq km.

2

经济发展

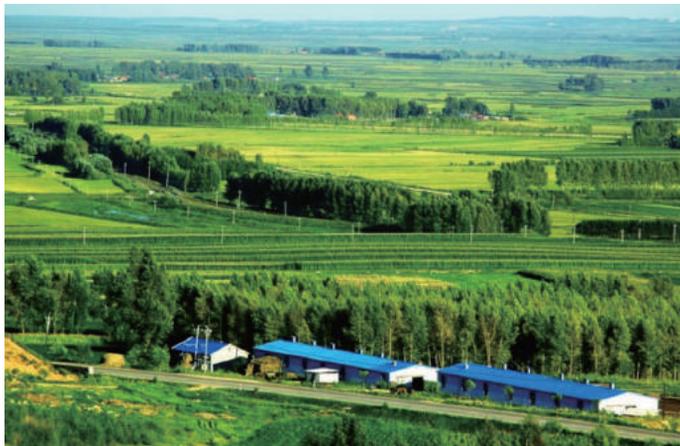
Economic Development



繁华的上海

农业

Agriculture



1
中国有 13.7 亿人口，6.7 亿是农民。中国是一个典型的农业大国，同时也是世界农业发展历史最悠久的国家之一，水稻、大豆、大麦等主要农作物都起源于中国。

China has a population of 1.37 billion and an agricultural population of 0.67 billion. China is a typically large agricultural country, with a long history of agricultural development. And also, it is the cradle land of such major crops as rice, soybeans and barley.

中国农业的地区差异很大：西部地区是天然的牧场，东北和西南是天然的林区，东部平原是肥沃的农田，沿海地区是养殖和捕捞鱼虾的基地。

China's agriculture varies greatly from region to region: The Western Regions form natural pastures, the Northeastern and Southwestern Regions host natural forest areas, the plains in the Eastern Regions offer fertile farmland, and the coastal areas are fishery bases.

中国只有全球 7% 的耕地，人口却占世界总人口的 1/5。因此，中国政府十分重视农业生产，不断加大农业投

小贴士 · Tips

1974 年，考古工作者在浙江省余姚县河姆（mǔ）渡新石器时代遗址发掘（jué）出大量的稻谷、稻壳和稻叶。经鉴（jiàn）定，这些稻谷已有 6 700—6 900 年的历史，是世界上现存的最早的稻谷。

In 1974, archeologists excavated plenty of rice, rice husks and paddy leaves in the Hemudu Site of the Neolithic Age in Yuyao County, Zhejiang Province. such rice has been authenticated to have a history of 6,700-6,900 years, and is the earliest extant rice in the world.

1. 东北平原
The Northeast Plain
2. 大型机械化作业
Large-scaled Mechanized Operation

入，加强农田水利建设；依靠技术进步，农业取得了了不起的成就。中国的农产品越来越丰富，质量越来越好，大大提高了中国人民的生活水平。

While China has only 7 percent of the global farmland, its population accounts for one-fifth of the global total. Therefore, the Chinese government has paid much attention to agricultural production, constantly increasing investment in agriculture to strengthen the development of farmland and water conservancy. Thanks to technological advancements, it has made outstanding achievements, with agricultural products increasing in both variety and quality. This has greatly improved the living standards of the Chinese people.



工业

Industry

1949年中华人民共和国成立以后，工业发展迅速，现在已经建立了独立完整的现代工业体系，拥有钢铁、有色金属、电力、煤炭、化工、机械(xiè)、纺织、食品、汽车等所有的工业门类。

Since the founding of the People's Republic of China in 1949, China's industry has developed rapidly. So far, it has established an independent and complete modern industrial system, covering all industries such as steel, nonferrous metals, electric power, coal, chemical industry, machinery, textiles, food and automobiles.

中国的高新技术起步较晚，但发展飞速。电子信息、生物工程、航空航天、医药制造、新能源和新材料等高新技术工业从无到有，发展迅速，成为促进中国工业进步的重要因素。

In spite of a late start in high and new technology, China has been developing rapidly. Its hi-tech industry has started from scratch and grown quickly, becoming an important for impetus the country's industrial progress.

1949年以前，中国的工业主要分布在沈阳、大连、天津、青岛、上海、广州等地；1949年以后，中国的工业地区分布发生了很大的变化。目前，中国的沿海地区集中了中国最发达的经济核心区，包括辽宁中南部重工业基地、北京—天津—唐山、长江三角洲和珠江三角洲地区综合性工业基地，以及经济特区和沿海开放城市。黄河流域已经成为能源开发的重要工业带，长江沿线形成了以上海—南京—武汉—重庆等城市为中心的沿江经济发达地带。京广、京沪、哈大等铁路沿线也有很多重要的工业基地。

中国 GDP 的增长
A Chart of Chian's GDP Growth



1

小贴士 · Tips

中国是世界上最大的电视机、钢、水泥、原煤、化肥生产国。
China is the world's largest producer of TV sets, steel, cement, raw coal and chemical fertilizer.

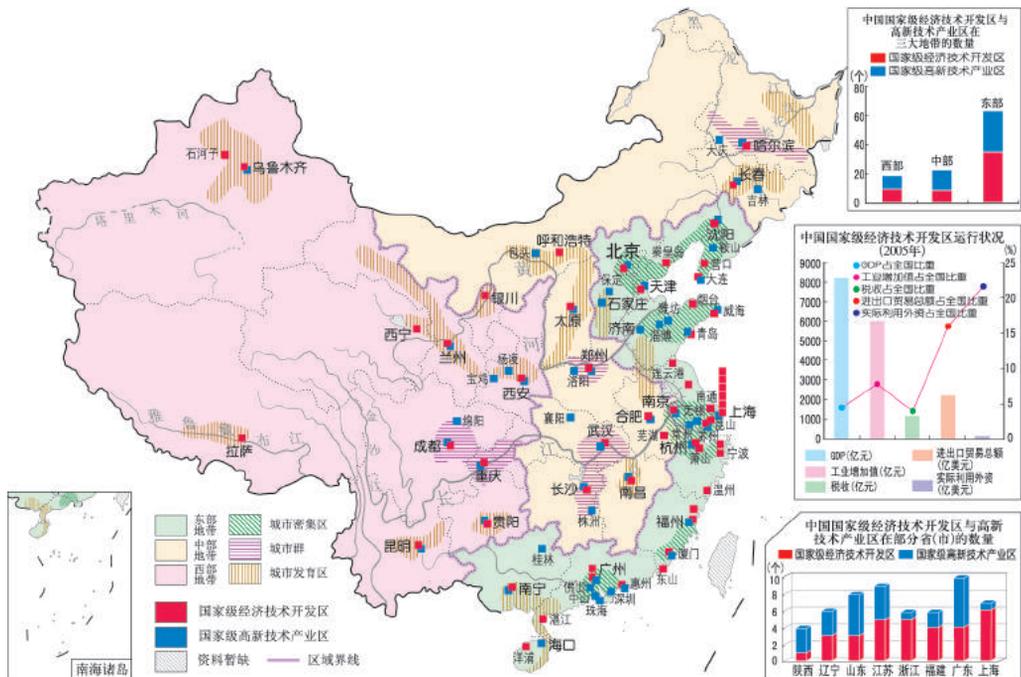


1. 长城火箭成功发射
The Great Wall Rocket Launched Successfully
2. 鞍山钢铁集团公司
Anshan Iron and Steel Group Corporation

Before 1949, most Chinese industry was distributed in Shenyang, Dalian, Tianjin, Qingdao, Shanghai and Guangzhou. Since 1949, great changes have taken place in the distribution of industrial zones. At present, China's most developed economic core zones are grouped mainly in its coastal areas. Including a heavy industry base in the middle and south of Liaoning Province, some comprehensive industrial bases centered on Beijing-Tianjin-Tangshan, the Yangtze River Delta and the Pearl River Delta, some special economic zones

and coastal open cities. The drainage area of the Yellow River has become an important industrial zone for energy development; along the Yangtze River is a developed economic zone, centered on such cities as Shanghai, Nanjing, Wuhan, and Chongqing. Some other important industrial bases are distributed along the railways of Beijing-Guangzhou, Beijing-Shanghai, and Harbin-Dalian.

中国国家级经济技术开发区与高新技术产业区 China National Economic and Technical Development Zones and High and New Technology Industry Development Zones



服务业

Service Industry

改革开放以来，中国大力促进服务业发展，各种适应市场经济发展需要的现代服务业应运而生。

Since the implementation of the reform and opening up policy in 1978, China has energetically boosted the development of its service industries, and various modern service industries suited for the development of market economy have emerged accordingly.

金融业已发展成为现代化的金融体系，有力地促进了经济增长，成为中国国民经济中的重要行业之一。证券（quàn）机构从无到有，保险业地位不断提高，服务能力全面提升，为经济、社会提供保障（zhàng）的力度和能力越来越强。



小贴士 · Tips

中国服务业发达的地区主要有：京津唐、沪宁杭、辽宁半岛和珠江三角洲。

China's well-developed service industry is mainly concentrated in the Beijing-Tianjin-Tangshan Zone, the Shanghai-Nanjing-Hangzhou Zone, the Liaoning Peninsula and the Pearl River Delta.

Its financial industry has developed into a modern financial system, vigorously accelerating economic growth, and turning out to be one of the important industry in the national economy of China. Newly emerging securities agencies and rising insurance industry have improved their service abilities in all aspects, thus having an enhanced ability to provide a guarantee for the economy and the society.

邮电通信业的服务能力、服务水平和服务质量大大提高。到 2008 年底，中国已经建成世界最大的邮政网络；电话网络规模跃升至世界第一位，电话用户数居全球第一位，互联网普及率超过全球平均水平。

Postal and telecommunications services have greatly improved their ability, level and quality. By the end of 2008, China had built up the largest postal service network; its telephone network rose to be the number one in the world, with the largest number of the global telephone users; its popularization rate of the Internet surpassed an average global level.

中国旅游资源丰富，已成为世界上规模最大、增速最快、潜力最强的旅游市场。

China is rich in tourist resources, and has become the largest tourist market with the most rapid growth rate and the greatest potential in the world.

中国已经初步形成了工业、农业、服务业协调发展的基本格局。

China has primarily formed its basic coordinated setup for its industrial, agricultural and service industry.



1. 上海环球金融中心
The Shanghai World Financial Center
2. 快递业
Express Delivery

交通

Transportation

铁路 Railways

铁路是中国最重要的交通方式，纵横交错的铁路是中国交通运输网的骨架。到 2013 年，中国铁路运营里程达到 10.3 万千米，位居世界第二。

Railways are the most important means of transportation in China, and the interlaced railway networks are the skeleton of the country's transportation network. By 2013, China had 103,000 km of railway lines in operation, ranking second in the world.

中国铁路干线可以分为南北干线和东西干线两大组。在南北干线和东西干线的交叉或衔（xián）接处，形成了许多重要的铁路枢（shū）纽，如北京、上海、天津、重庆、哈尔滨、徐州、西安、武汉、郑州等。

China's trunk railways can be divided into two groups running north-south and west-east, and many important railway hubs have been formed where these trunk railways meet, including Beijing, Shanghai, Tianjin, Chongqing, Harbin, Xuzhou, Xi'an, Wuhan and Zhengzhou.

东西干线主要有：京包—包兰线、陇海—兰新线、沪杭—浙赣（gàn）—湘黔（xiāng qián）—贵

1. 北京西站是中国最繁忙的火车站之一
Beijing West Railway Station is One of China's Busiest Railway Station

中国铁路网
China's Railway Networks





昆线；南北干线主要有：京哈—京广线、京沪线、京九线、焦柳线、宝成一成昆线等。

The west-east trunk railways mainly include the Beijing-Baotou and Baotou-Lanzhou lines, the Lianyungang-Lanzhou and Lanzhou-Urumqi lines, and the Shanghai-Hangzhou, Hangzhou-Nanchang, Zhuzhou-Guiyang and Guizhou-Kunming lines. The north-south trunk railroads are mainly the Beijing-Harbin and Beijing-Guangzhou lines, the Beijing-Shanghai line, the Beijing-Kowloon line, the Jiaozuo-Liuzhou line, and the Baoji-Chengdu and Chengdu-Kunming lines.

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京广铁路北起北京，南到广州，穿过河北、河南、湖北、湖南、广东五省，全长 2 324 千米，是纵贯中国南北的交通大动脉，全线货运、客运都十分繁忙。

The Beijing-Guangzhou line extends from Beijing in the north to Guangzhou in the south, passing through the five provinces of Hebei, Henan, Hubei, Hunan and Guangdong. Totalling 2,324 km, it is a main artery of transportation from north to south in China, carrying heavy loads of goods and passengers.

京沪铁路是纵贯中国东部地区的主要铁路干线，贯穿北京、天津、上海三个直辖市以及河北、山东、安徽、江苏四省，是首都北京通向华东地区的主要干线，全长 1 462 千米。京沪沿线经济繁荣，城镇密布。

The Beijing-Shanghai line is a major trunk line in eastern China, running from north to south through the municipalities of Beijing, Tianjin and Shanghai and the four provinces of Hebei, Shandong, Anhui and Jiangsu. A major trunk line leading from Beijing to eastern China, this railway line totals 1,462 km in length. Along the line is a dense network of many cities and towns, with prosperous economies.

京九铁路，从北京到香港的九龙，是京广、京沪两条纵向干线之间的又一条南北大动脉，对增强首都北京与香港以及南北方向的联系具有重要意义。

The Beijing-Kowloon line extends from Beijing to Kowloon in Hong Kong. Another artery between the north-south lines of Beijing-Guangzhou and Beijing-Shanghai, it is of great importance

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从 1997 年 4 月 1 日开始，中国在主要铁路干线上实行了六次大提速。

Since April 1, 1997, China has greatly increased the speeds of major trunk railways for six times.

to strengthen the connection between the country's capital and Hong Kong as well as between the north and the south.

陇海—兰新铁路，其中，东起连云港，西至兰州，长 1 736 千米，称陇海线；由兰州向西至乌鲁木齐，长 1 904 千米，称兰新线。兰新线现在已向西延伸至阿拉山口，与哈萨克斯坦铁路相连，成为亚欧大陆桥的一个组成部分。陇海—兰新铁路是横贯中国东西的交通大动脉，对沟通东部与西部、沿海与内地，促进西部大开发，以及加强中国与欧洲的联系等，都具有极其重要的意义。

The Lianyungang-Lanzhou and Lanzhou-Urumqi lines comprise two lines as indicated by the name. The former totaling 1,736 km is called the Longhai line, while the latter is called the Lanxin line with a length of 1,904 km. Up to now, the Lanzhou-Urumqi has extended westward to the Alataw Pass that is connected with the railways of Kazakhstan, becoming part of the Eurasian Continental Bridge. The Lianyungang-Lanzhou and Lanzhou-Urumqi lines are the transportation artery traversing China from east to west, playing a significant role in connecting east with west, coastal regions and inland areas, boosting the development of China's western regions and strengthening the relationship between China and Europe.

青藏铁路，从青海西宁经过格尔木到西藏拉萨，全长 1 118 千米。2006 年 7 月 1 日青藏铁路建成通车，结束了西藏没有铁路的历史。

The 1,118-km-long Qinghai-Tibet Railway runs from Xining, Qinghai Province through Golmud to Lhasa, Tibet. It was opened to traffic on July 1, 2006, giving Tibet the first railway.

近年来，中国高速铁路建设全面推进。2008 年 8 月 1 日，全长 120 千米的京津城际铁路开通运营，最高时速提高至 350 千米；2009 年 12 月 26 日，武广客运专线正式运营，全长 1 068 千米，最高时速可达 394.4 千米；2010 年 12 月



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1. 中国高铁
The high-speed Railway of China
2. 青藏铁路
Qinghai-Tibet Railway

3日，京沪高铁试验通车，最高时速达到486.14千米，这是世界上一次建成的里程最长、标准最高的高速铁路。

In recent years, China has promoted its construction of high-speed railways in all aspects. On August 1, 2008, the 120-km-long Beijing-Tianjin Intercity Railway was opened to operation, with the highest speed increased to 350 km per hour; on December 26, 2009, the 1,068-km-long Wuhan-Guangzhou Passengers' Special Line began to be formally operated, with the highest speed up to 394.4 km per hour; on December 3, 2010, the Beijing-Shanghai High-speed Railway was opened to a traffic test, with the highest speed of 486.14 km per hour. This rail line is the world's longest high-speed line constructed with the highest standards in a single phase.

公路 Roads

中华人民共和国成立以后，公路建设发展迅速，公路运输网已经遍布全国各地，实现了“县县通公路”。截至2009年底，中国公路通车里程已达382.8万千米。

Since the founding of the People's Republic of China in 1949, China has developed its construction of roads rapidly. The transportation network has spread all over the country and every county

has been connected by road. By the end of 2009, 3.828 million km of roads had been opened to traffic.

中国主要高速公路和西部主要公路

China's Major Expressways and Major Road in the West of China



从20世纪80年代后期起，中国开始积极建设高速公路。到2012年底，全国高速公路里程已达到9.62万千米，全国省际和大部分中心城市之间都有高速公路连接。目前，中国公路总里程、高速公路里程均位居世界第二位。

Since the late 1980s, China has been constructing expressways. By the end of 2012,

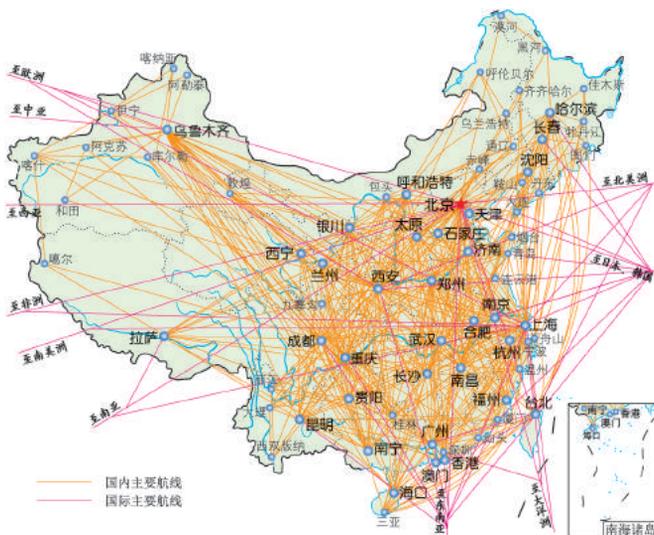
a total of 96,200 km of expressways had been completed, linking all provinces and most central cities. So far, China's total mileages of roads and expressways have both ranked second in the world.

航空 Aviation

航空已经成为中国重要的交通运输方式。国内航线已经形成了以大城市为中心、连接全国各地的航空运输网络，人们乘飞机出行已经司空见惯。国际航线可以飞往世界各地，北京、上海、广州、香港等城市是重要的国际航空港。

Air transp in China has gained greater momentum. China's domestic air routes have formed an air transport network that is centered on large cities and connects all places of the country. It is very common that people go on trips by plane. China's international air routes give easy access to other parts of the world, and Beijing, Shanghai, Guangzhou and Hong Kong are the most important international airports.

中国民用航空网
Map of Air Routes



1. 首都国际机场
Beijing Capital International Airport
2. 长江航运
The Shipping on the Yangtze River

小贴士 · Tips

12世纪初,中国首先将指南针应用于航海导航。明朝(1368—1644)的郑和率领巨大船队七下西洋,最远到达非洲东海岸。

In the early 12th century, China became the first country to apply compass in maritime navigation. Zheng He, a Ming Dynasty (1368—1644) admiral, took Chinese fleets on seven expeditions to the western oceans, reaching as far as the eastern coast of Africa.

水运 Water Transport

中国水运的历史十分悠久。公元前214年建成了连接长江和珠江两大水系的灵渠。隋朝(581—618)时开凿(áo)了京杭大运河,沟通了钱塘江、长江、淮河、黄河和海河五大水系,为南北水上交通提供了极大的便利。

China has a long history of water transport. Early in 214 BC, a Lingqu Canal was dug, which connects the drainage areas of the Yangtze River and the Pearl River. The great canal in the Sui Dynasty (581-618) connected the five great drainage areas of the Qiantang, Yangtze, Huaihe, Yellow and Haihe rivers, providing great convenience for south-north water transport.

长江是中国最重要的内河航运大动脉。其干流从四川宜宾到入海口,全长2 813千米,全年可以通航。重庆、武汉、南京是长江沿岸重要的港口城市。珠江、松花江、黑龙江、淮河以及京杭运河也有一定的通航价值。

The Yangtze River is the most important inland shipping artery in China. Its trunk stream, from Yibin, Sichuan Province to the sea, totaling 2,813 km, is open to navigation all year round. Chongqing, Wuhan and Nanjing are important ports along the Yangtze River. In addition, the Pearl River, the Songhua River, the Heilongjiang River, the Huaihe River and the Beijing-Hangzhou Canal are also of certain navigation value.



中国海岸线漫长,海运条件优越,拥有许多港口,如上海、大连、秦皇岛、天津、青岛、宁波、厦门、广州等。中国远洋船舶可以到达150多个国家和地区,海运船队运力规模位居世界前列。

China has a long coastal line and favorable conditions for marine transportation with many harbors, such as Shanghai, Dalian, Qinhuangdao, Tianjin, Qingdao, Ningbo, Xiamen and Guangzhou. From these ports, Chinese ocean vessels can reach more than 150 countries and regions, with the shipping capability ranking first in the world.

水利

Water Conservancy

长江三峡水利枢纽工程 The Three Gorges Water Conservancy Hub Project

三峡水利工程是一项治理长江和开发长江水能资源的综合工程，具有防洪、发电、航运等综合功能。三峡工程位于湖北宜昌市三斗坪，1994年开工，2009年竣（jùn）工。它是当今世界上最大的水利枢纽（shūniǔ）工程。

The Three Gorges Project is a comprehensive project to harness the Yangtze River and exploit its hydropower potential. It has such comprehensive functions as flood prevention, electricity generation and shipping. The Three Gorges Project is located in Sandouping near Yichang, Hubei Province. The construction project started in 1994, and was completed in 2009. It is the largest water conservancy project in the world.

三峡工程可以抵御（yù）百年一遇的大洪水，能有效地解除长江中下游的水患（huàn）威胁。

The Three Gorges Project can resist big floods that may occur in 100 years, and can resolve flood threats in the middle and lower reaches of the Yangtze River.

三峡工程是世界上最大的水电站，一年可以发电 1 000 亿度，缓解了中国中部、东部等地区的能源紧张状况。

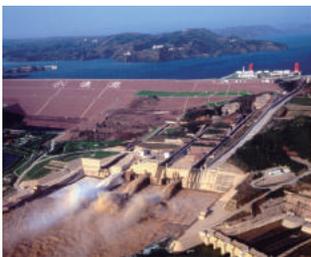
It is the largest hydropower station in the world. Its ability to generate 100 billion kw. h of electricity annually has eased the problem of power shortages in central and eastern China and some other areas.

三峡工程可以改善长江上游航道的通航条件。有了三峡工程，万吨级船队可以直达重庆，航运成本可以降低 35%。

The Three Gorges Project can improve navigational conditions for the upper reaches of the Yangtze River.

1. 三峡大坝
The Three Gorges Dam
2. 小浪底水库
The Xiaolangdi Reservoir
3. 小浪底水库调水调沙盛况
The Water-sediment Regulation of Xiaolangdi Reservoir





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The project enables 10,000-ton ships to reach Chongqing directly, cutting 35 percent of shipping costs.

小浪底水利枢纽工程 The Xiaolangdi Water Control Project

黄河小浪底水利枢纽工程在河南省洛阳市以北的黄河中游最后一段峡谷的出口处，离洛阳市 40 千米。1994 年 9 月开工，2001 年 12 月竣工。黄河小浪底水利枢纽工程以防洪、减少泥沙淤（yū）积为主，兼顾灌溉（guàn gài）、供水和发电等综合效益，是治理黄河、开发黄河的关键性工程。

The Xiaolangdi Water Control Project is located at the end of the last section of the canyon in the middle reaches of the Yellow River, about 40 km north of Luoyang, Henan Province. The construction project started in September 1994, and was completed in December 2001. As a comprehensive project, it gives priority to controlling floods, reducing mud and sand deposits while playing a positive role in irrigation, water supply and electricity generation. It is a key project to harness the Yellow River.

南水北调工程 The South-to-North Water Diversion Project

中国的水资源地区分布不均匀。南方多，北方少；东部多，西部少。随着人口的增加和经济的发展，北方缺水的情况日益严重，解决这个问题一个办法就是跨流域调水，即南水北调。

China's water resource is unevenly distributed, with more in the south and east but less in the north and west. Population growth and economic development are worsening water shortage in the north. One of the solutions to this problem is to divert water from one drainage area to another, namely from south to north.

南水北调工程包括东线、中线和西线三条线路。

The south-to-north water diversion project comprises three routes: the eastern, middle and western lines.

东线：从长江下游提水，沿京杭运河送往北方，可以为华北平原东部补水。渠长 1 150 千米，每年引水量 300 亿立方米。东线不需要开凿新干渠，可以利用已经建成的

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长江三峡大坝是“世界第一坝”，坝长 2 309 米，它就像横跨长江的“水上长城”，是一处吸引游客的新景观。

The Three Gorges Dam of the Yangtze River is the biggest dam in the world. 2,309 m in length, this dam looks like a "Great Wall on the water", becoming a new tourist attraction.

江都、淮安抽水站设施和京杭大运河，沿途有许多湖泊可以作为调节水库。

The Eastern Line: It carries water northward from the lower reaches of the Yangtze River along the Beijing-Hangzhou Canal to the eastern North China Plain. It is about 1,150 km long and can divert 30 billion cu m of water annually. There is no need to dig new channels along the eastern route because the facilities of the established Jiaoguo and Huai'an pumping stations and the Beijing-Hangzhou Canal can be employed, with lakes en route used for reservoirs.

中线：从长江中游及其主要支流汉江引水到华北平原的西部。全长1 000千米，每年引水量300亿立方米。中线优点是引水量大，还可以利用落差兴建水力发电站。

The Middle Line: It brings water from the middle reaches of the Yangtze River and its main tributary, the Hanjiang River, to the western part of the North China Plain. It totals 1,000 km in length, and can divert 30 billion cu m of water every year. The strength of this line lies in that it can not only divert a large volume of water but also use the drop in altitude for hydropower.

西线：从长江上游引水到黄河上游，主要为黄河上中游及西北地区补水。西线调水都在高山峡谷地区进行，海拔高，施工难度大，交通不便，投资巨大。

The Western Line: It diverts water from the upper reaches of Yangtze River to the upper reaches of Yellow River to supply water mainly for the upper and middle reaches of the Yellow River and the northwestern regions. The western line has to pass through high mountains and wooded valleys. Due to the high altitude, construction complexity and inconvenient transportation, large investment is needed.

三条线路根据国家经济发展的需要和财力情况分期开发，近期实施东、中线方案，西线是未来的设想。

The three lines are developed in phases in accordance with the national economic development and the existing financial situation. Projects for the eastern and middle lines will be carried out for the moment, with the western line still being a blueprint for the future.



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1. 南水北调东线工程——济平干渠
Jiping Main Channel: The Eastern Line of the South-to-North Water Diversion Project

跨流域引水工程示意图
Sketch Map of the Project to Divert Water Across Drainage Areas



资源与环境

Resources and Environment



贵州黄果树瀑布

矿产资源

Mineral Resources

中国地质条件多样，矿产资源丰富，已经探明储量（chǔ）的矿产有 160 多种，是世界上少数几个矿产种类比较齐全的国家之一。

China has a variety of geological conditions and abundant mineral resources. It possesses proven reserves of more than 160 types of minerals, being one of the few countries with comparatively complete range of mineral wealth in the world.



煤炭是中国的主要能源，产量相当于世界煤炭总产量的 30%，居世界第一。

Coal is China's major energy source. China's coal output accounts for 30 percent of the world's total, ranking first in worldwide coal production.

中国石油、天然气资源比较丰富，陆上油田主要分布在东北、华北和西北等地，中国的近海领域也蕴藏着丰富的油气资源。但是，随着国内对石油需求量的日益增长，石油已经成为中国进口量最大的商品之一。

China is relatively rich in oil and natural gas with overland oilfields distributed in Northeast, North and Northwest China and offshore as well. But with ever-increasing domestic demand, oil has become one of the largest imports in China.

中国的铁矿储量约 500 亿吨，居世界前列，但贫矿多，富矿少，矿石成分复杂。

1. 山西现代化的采煤矿井
Modern Coal Mine in Shanxi
2. 南海海洋石油钻井平台
An Offshore Oil Drilling Platform in the South China Sea
3. 新疆采油作业区
The Oil Production Operation Area in Xinjiang

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中国的煤储藏量达 6 000 亿吨，居世界第三位，石油储藏量居世界第八位。

China's coal reserves amount to 600 billion tons, taking the third place in the world, and its oil reserves rank the eighth.



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China has approximate 50 billion tons of iron ore reserves, ranking among countries with rich iron ore resources. However, most of its output consists of low-grade iron ores with complicated composition.

中国的有色金属储量丰富、品种繁多，有“有色金属王国”之称。其中，钨（wū）、锑（tī）、稀土、钼（mù）、钒（fán）和钛（tài）等的探明储量居世界首位。

China abounds with nonferrous metals in terms of both reserve and variety, hence a reputation as the "kingdom of nonferrous metals". In particular, the proven reserves of tungsten, antimony, rare earth, molybdenum, vanadium and titanium rank first in the world.



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从矿产总量上看，中国是资源大国，但中国人均矿产资源占有量不到世界平均水平的一半。

Calculated by total mineral reserves, China is a big country with rich resources. However, on a per capita basis, its mineral reserves are less than half of the global average.

动物资源

Animal Resources

中国是世界上动物资源最为丰富的国家之一，动物种类约占全世界的10%。其中，鸟类1 175种，兽类414种，两栖类196种，爬行类315种，鱼类2 000多种。

China has a great diversity of animals, with 10 percent of the world total. Among them are 1,175 birds, 414 beasts, 196 amphibious animals, 315 reptiles and more than 2,000 fish species.

有多种动物是中国所特有的，或者主要分布在中国，如金丝猴、梅花鹿、丹顶鹤(hè)、大熊猫、扬子鳄(è)、大鲵(ní)、麝(mí)鹿、东北虎、野生双峰驼等。

Many animals that can be found only in China or mainly distributed in China include golden-haired monkeys, spotted deer, red-crowned cranes, giant pandas, Chinese alligators, giant salamanders, David's deer, Siberian tigers and two-humped wild camels.

丹顶鹤的寿命较长，一般可以达到50—60年，所以又叫仙鹤。它形体优美，举止优雅，是著名的观赏鸟。丹顶鹤主要吃鱼、虫、水草。夏季生活在黑龙江的沼泽地，冬季飞往南方越冬。

Red-crowned cranes have a long lifespan, and can usually live for 50-60 years, so they are also known as immortal cranes. Their graceful body shapes and elegant behavior make themselves a favorite for bird watching. They live on fishes, insects and aquatic plants. In summer, they live in the swamps of Heilongjiang Province, while in winter, they fly south.



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1. 丹顶鹤
Red-crowned Crane
2. 金丝猴
Golden-haired Monkey
3. 东北虎
Siberian Tiger
4. 麋鹿
David's Deer



东北虎，身体长约 1.6—2 米，是世界上体型最大的虎。³它的前额上有一个好像“王”字的斑纹，一般在夜间活动。东北虎主要分布在中国的东北地区，是国家一级保护动物。

Siberian tigers, about 1.6-2 m long, are the largest tigers in the world. The pattern on their forehead resembles the Chinese character 王 ("king" in English). The basically nocturnal Siberian tigers mainly live in the northeast of China, and are under the State's first-grade protection.

麋鹿是中国所特有的珍稀动物。因为它的角像鹿又不是鹿，头像马又不是马，身体像驴又不是驴，蹄子像牛又不是牛，所以又叫“四不像”。它体形奇特，性情温驯（xùn），又非常稀少，是珍贵的观赏动物。

David's deer are rare animals only found in China. It has horns like a deer, but it is not deer; its head is like a horse, but it is not horse; its body is like a donkey, but it is not donkey; and its hoof is like a cow's, but it is not cow, so it is called the "four-unlikeness". It is a rare animal for viewing because of its peculiar shape, tame temperament and small numbers.

金丝猴是中国特有的珍稀动物。它毛色金黄，非常光亮，像金丝一样，所以叫金丝猴。它们喜欢群居。

Golden-haired monkeys are rare animals only found in China, their name coming from their shiny golden hair. They like living in groups.



大熊猫是世界珍稀动物。它毛色美观，性情温驯，动作笨拙(zhuō)，逗人喜爱。中国曾经把大熊猫当作国礼送给友好国家，它成了“和平、友谊的使者”。现在，世界野生生物基金会用大熊猫的图案作为该组织的徽标。

Giant pandas are rare animals in the world. They are adorable for their beautiful fur, calm temperament and clumsy movements. They have been sent as China's state presents to friendly countries, serving as "envoys of peace and friendship". Now, the World Wildlife Fund uses the panda as its logo.

扬子鳄是珍稀的淡水鳄类之一，是中国特有的品种，因产于扬子江(长江)而得名。扬子鳄一般体长两米多，头、躯干扁平，皮肤上覆盖着大的鳞(lín)片，背面是棕色。主要分布在安徽的宣城、广德、南陵等地。宣城建有扬子鳄自然保护区。

The Chinese alligator is one of rare freshwater alligator species, which is unique to China. It is called Yangtze alligator because of its original habitat in the Yangtze River. It is usually more than two meters long. Its head and body are flat and it is covered with large squamas. Its back is brown. They are mainly distributed in Xuancheng, Guangde and Nanling of Anhui Province. A natural reserve for Chinese alligators has been built in Xuancheng.

中国十分珍惜这些珍奇的野生动物。为了保护它们的生存环境，建立了许多自然保护区，如四川卧龙自然保护区、云南西双版纳自然保护区、湖北神农架自然保护区等，并且成立了专门的保护机构。

China treasures these rare wild animals. To protect their living environment, China has built many nature reserves, including the Wolong Nature Reserve in Sichuan, the Xishuangbanna Nature Reserve in Yunnan and the Shennongjia Nature Reserve in Hubei, where special protection agencies are established.



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1. 大熊猫
Giant Panda
2. 扬子鳄
Chinese Alligator

植物资源

Plant Resources



中国地形复杂，气候多样，植物种类丰富。据统计，高等植物共3万多种，占世界植物种类的10%左右，其中50多种珍贵植物是中国所特有的，比如银杉（shān）、水杉、银杏、珙（gǒng）桐、人参（shēn）等。

China has a complicated geographical environment with a variety of plants. According to statistics, China possesses more than 30,000 species of higher plants,

one-tenth of the world's total, among them are over 50 species unique to China, including silver firs, dawn redwood, ginkgo trees, dove trees and ginseng.

1. 银杉

Silver Fir

2. 水杉

Dawn Redwood

小注解 · Footnotes

① 常绿乔木是一种终年具有绿叶的乔木。乔木是指树身高大的树木，由根部生出独立的主干，树干和树冠有明显区分。通常有一个高达6米以上的直立主干。

① Evergreen trees is a kind of tree with perennial leaf. Tree is a tree tall trees by the roots grow out independent of the trunk, trunk and canopy has obvious distinguish. There is usually an erect trunk up to 6 meters.

银杉是常绿乔木^①，高达20米。产于广西、四川、湖南、贵州等地。

Silver firs are evergreen arbors^①, which can be as tall as 20 m. They are native to Guangxi, Sichuan, Hunan, Guizhou and other places.

水杉是落叶大乔木，高达35米，胸径达2.5米。产于四川、湖北、湖南等地。

The dawn redwood is a large-sized deciduous arbor,



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which can be up to 35 m in height and 2.5 m in diameter at breast height. They are native to Sichuan, Hubei, Hunan and the like.

银杏又称“白果”，是一种古老的植物，仅生于中国，有“金色活化石”“植物界大熊猫”等美誉。银杏浑身都是宝，历来被中国人称为“圣树”“神树”。

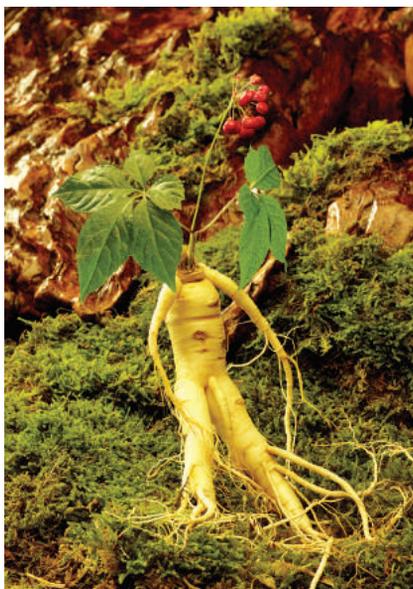
Ginkgo trees, also known as "maidenhair trees", are a kind of ancient tree species that can be found only in China, and enjoy the reputation of being "golden living fossils" and "giant pandas in the kingdom of plants". Ginkgo trees, valuable for all their parts, have always been called "sacred trees" or "divine trees" by Chinese people.

珙桐又称水梨子，是落叶乔木，高15—20米。分布于四川、贵州、云南等地。开花时，白色苞片挂满树梢，好像鸽子在树枝上栖息，所以又有“中国鸽子树”之称，是世界著名的观赏植物。

Dove trees, also known as handkerchief trees, are deciduous arbors growing to 15-20 m in height, and they are native to Sichuan, Guizhou, Yunnan and other places. When they blossom, each flower head with a pair of white bracts hangs on the branches, looking like pigeons perching in the tree, hence the name as "Chinese dove trees". They are world-renowned ornamental plants.

人参是多年生草本植物，高30—60厘米，产于中国东北等地，有极好的药用价值。

Ginseng is a perennial herbaceous plant, growing to 30-60 cm in height. Native to northeast China and other places, it has great medicinal value.



3

小贴士 · Tips

闻名世界的三大植物“活化石”是水杉、银杏和银杉，它们在中国都有分布。

The three world-renowned "living fossil" plants are dawn redwood, ginkgo tree and silver fir. All of them can be found in China.

1. 银杏
Ginkgo Tree
2. 珙桐
Dove Tree
3. 人参
Ginseng

水资源

Water Resources

中国水资源分布图
Map of Water Resources Distribution



中国水资源总量位于世界第六位，但人均水资源仅相当于世界人均占有量的1/4，排名在第一百一十位以后。缺水状况在全国范围内普遍存在。

China ranks the sixth in the world in terms of the total amount of water resources, but water per capita is only a quarter of the world average, ranking after the 110th place in the world. Water shortage exists throughout China.

中国的江河湖泊众多，主要河流有长江、黄河、珠江、雅鲁藏布江、松花江等；主要湖泊有洞庭湖、鄱阳湖、洪泽湖、太湖、巢湖等。另外，高山的冰川也比较多，是重要的淡水资源。

China abounds in rivers and lakes. The main rivers are the Yangtze River, the Yellow River, the Pearl River, the Yarlung Zangbo River and the Songhua River. The main lakes include the Dongting Lake, the Poyang Lake, the Hongze Lake, the Taihu Lake, and the Chaohu Lake. In addition, high mountain glaciers are numerous, providing important freshwater sources.

中国水资源时空分布不均匀。从地区分布来看，南多北少，东多西少；从时间分布来看，夏秋季多，冬春季少。



1

China's water resources are unevenly distributed. In terms of location, there is more water in the south and east than in the north and west. In terms of time, there is more water in summer and fall than in winter and spring.

中国水能资源蕴藏量达 6.8 亿千瓦，居世界第一位。其中长江水系最多，其次是雅鲁藏布江水系，黄河水系和珠江水系也有较大的水能蕴藏量。目前，已开发利用的地区，集中在长江、黄河和珠江的上游。

China leads the world in water-power resources, with reserves of 680 million kW in total. In particular, the Yangtze River system has the largest water-power reserves, followed by the Yarlung Zangbo River. In addition, the Yellow River and the Pearl River also have relatively large reserves. At present, the exploited areas are concentrated in the upper reaches of the Yangtze River, the Yellow River and the Pearl River.

中国还有丰富的地下热水资源，全国露出地面的温泉就有 2 600 多处。

China has abundant underground hot water resources, with more than 2,600 thermal springs flowing on the ground across the country.



2

小贴士 · Tips

中国许多重要城市，如北京、沈阳、太原、西安，供水水源为地下水。与地表水相比，它有着水量稳定、水质较好、水温低和可就地开采利用等优点。

Many important Chinese cities, for example, Beijing, Shenyang, Taiyuan and Xi'an, depend upon underground water as their water supply sources. Compared with surface water, underground water has such advantages as steady quantities, better quality, low temperature and convenient exploitation.

1. 雅鲁藏布江
The Yarlung Zangbo River
2. 黄河
The Yellow River

土地资源

Land Resources

2012年全国土地资源利用状况图
China's Utilization of Land Resources by the End of 2012



中国土地资源总量丰富，但是人均占有量小；土地类型齐全，但是能利用的耕地、林地少，耕地占14.3%，林地占26.7%，而沙漠、戈壁 (gēbì)、石山、高寒荒漠等难以利用的土地占到27.9%。

China has rich land resources, however, with a small per capita share. It has all land types. But it has comparatively less exploitable farmland and forest land, with the former only accounting for 14.3 percent and the latter 26.7 percent, but unexploitable land including deserts, the Gobi, rocky mountains and hills, and alpine wilderness makes up only 27.9 percent.

对于中国这样一个人口大国来说，合理用地、保护耕地特别重要。中国把“十分珍惜和合理利用每一寸土地，切实保护耕地”作为一项基本国策。

For China, a populous country, it is particularly important to rationally use and protect farmland. China regards it a basic state policy to "highly treasure and reasonably utilize every inch of the land, and effectively protect farmland".



1. 保护耕地宣传照片
A Picture for Farmland Protection

1

环境保护

Environmental Protection



中国是一个发展中大国，又处在工业化过程当中，环境问题比较突出。中国把环境保护作为一项基本国策。

As a large developing country in the process of industrialization, China is confronted with a comparatively prominent environmental problem. Thus, it adopts environmental protection as one of the national policies.

近年来，中国政府采取了各种措施来加强环境治理，例如：建立世界著名的生态工程“三北防护林工程”；大力发展和广泛建立自然保护区；颁布《环境保护法》；加强环境保护的宣传和教育。目前，环境治理已经取得了明显的成效，环境保护已经成为人人关心的话题，越来越受到人们的重视。

In recent years, the Chinese government has taken various measures to strengthen environmental improvement. For example, it has implemented a world-renowned ecological project — the shelter forests in Northern, Northwestern and Northeastern China; developed and established nature reserves; promulgated the *Environmental Protection Law*; strengthened the publicity and education on environmental protection. Now, obvious progress has been achieved in environmental improvement, and environmental protection has become a topic of concern to all.

1. 三北防护林

The Shelter Forests in Northern, Northwestern and Northeastern China

2. 四川卧龙自然保护区

The Wolong Nature Reserve in Sichuan

小贴士 · Tips

中国政府强化环境污染的综合治理，开展全民环保教育，提高全民环保意识，推行绿色消费方式。

The Chinese government has intensified its efforts to address environmental pollution, launched educational campaigns on environmental protection among people, improved people's awareness of environmental protection, and advocated green consumption.

魅力城市

Charming Cities



美丽的香港

概述

Introduction

中国幅员辽阔，有很多美丽繁华的城市，它们如同一颗颗珍珠，镶嵌(xiāngqiàn)在中国 960 万平方千米的土地上。让我们翻开中国魅力城市的篇章，一睹记载着中国沧桑变化的都市形象吧。

China has many beautiful and prosperous cities in its vast land, as if its territorial expanse were inlaid with precious pearls. Now, let's open the chapter on these charming Chinese cities and explore through their images the great historical changes in China.

魅力城市
Charming Cities



首都北京

Beijing, the Capital of China

1. 现代化的北京中心商务区 A View of Modern Beijing with Skyscrapers

北京，中华人民共和国首都，全国的政治、文化、教育和科技中心，也是全国的交通和国际交流中心，是中国四个直辖市（xiá）市之一，全国第二大城市。

Beijing is the capital of the People's Republic of China, the center of politics, culture, science and education, and also the center of transportation and international exchange. It is one of the four municipalities directly under the central government, and the second largest city in China.

北京是有着三千年历史的世界历史文化名城。1949年10月1日，中华人民共和国成立，把北京定为首都。60多年来，首都北京发生了翻天覆地（fù）的变化，经济快速发展，综合经济实力保持在全国前列。2008年8月，第二十九届奥运会在北京成功举办，国际奥委会主席罗格先生称赞北



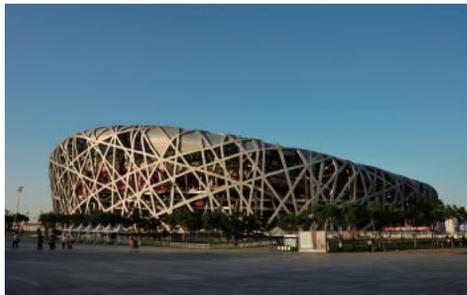
京奥运会“是一届真正的无与伦比的奥运会”。“鸟巢(cháo)”“水立方”等奥运场馆也成为一笔宝贵的财富。

Beijing is a world-renowned city of history and culture, with a history of 3,000 years. On October 1, 1949, the People's Republic of China was founded, here when Beijing was designated as the capital. Over the past more than 60 years, Beijing has experienced enormous changes and rapid economic development, with its comprehensive economic strength ranking among the national best cities. In August 2008, the 29th Olympics was successfully held in Beijing. It was described as "truly exceptional Games" by International Olympic Committee President Jacques Rogge. It has left such legacy as the Olympic venues, including "Birds Nest" and "Water Cube".

北京旅游资源丰富，景点众多，有故宫博物院、长城、周口店北京人遗址、天坛、颐和园、明十三陵等世界文化遗产。

Beijing is abundant in tourist resources and many scenic spots, possessing such world cultural heritage sites as the Imperial Palace Museum, the Great Wall, the Zhoukoudian Peking Man Site, the Temple of Heaven, the Summer Palace, and the Thirteen Ming Tombs.

北京科技发达，有中国科学院、北京大学、清华大学等世界著名科研机构 and 高等学府。同时，北京正大力发展高新技术产业，比如人才密集的中关村，被称为“中国的硅(guī)谷”。



1



2

1. 鸟巢
Birds Nest
2. 天安门城楼
The Tian'anmen Gate Tower
3. 北海公园
The Beihai Park

小贴士 · Tips

北京有着3 000余年的建城史和850余年的建都史。秦汉以来，北京地区一直是中国北方的军事和商业重镇，先后被称为蓟(jì)城、燕都、燕京、涿(zhuō)郡、幽州、中都、大都、京师、顺天府、北平、北京。

Beijing has a history of more than 3,000 years as a city and a history of more than 850 years as the capital. Since the Qin and the Han dynasties, the Beijing area has been an important military and commercial city all the time, successively called Jicheng, Yandu, Yanjing, Zhuojun, Youzhou, Zhongdu, Dadu, Jingshi, Shuntianfu, Beiping, and Beijing.

As a city of advanced science and technology, Beijing boasts world-renowned scientific and technological research institutes and higher education institutions, including the Chinese Academy of Sciences, Peking University and Tsinghua University. Meanwhile, Beijing has been striving to develop hi-tech industries. For example, Zhongguancun is known as "China's Silicon Valley" that has gathered a wealth of talents.

天安门 Tian'anmen

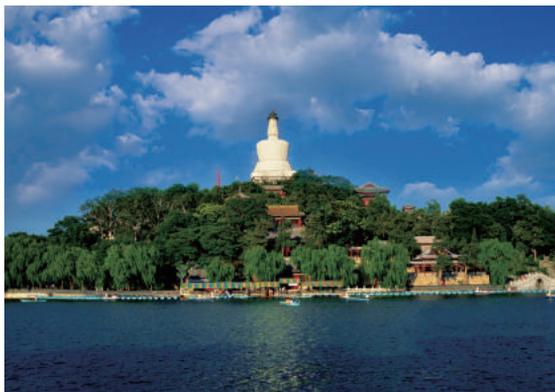
天安门，明朝永乐十五年（1417）开始建设，永乐十八年（1420）建成。天安门造型典雅，是中国传统建筑的代表。1949年10月1日，天安门广场举行了盛大的开国大典，毛泽东主席站在天安门城楼上，庄严宣告中华人民共和国的成立。

The construction of Tiananmen began in 1417, the 15th year of the Yongle Reign of the Ming Dynasty, and was completed in 1420. Tian'anmen, built in an elegant style, represents traditional Chinese architecture. On October 1, 1949, the founding ceremony of the People's Republic of China was held on the Tian'anmen Square when Chairman Mao Zedong solemnly declared the country's founding on the Tian'anmen Gate Tower.

北海公园 The Beihai Park

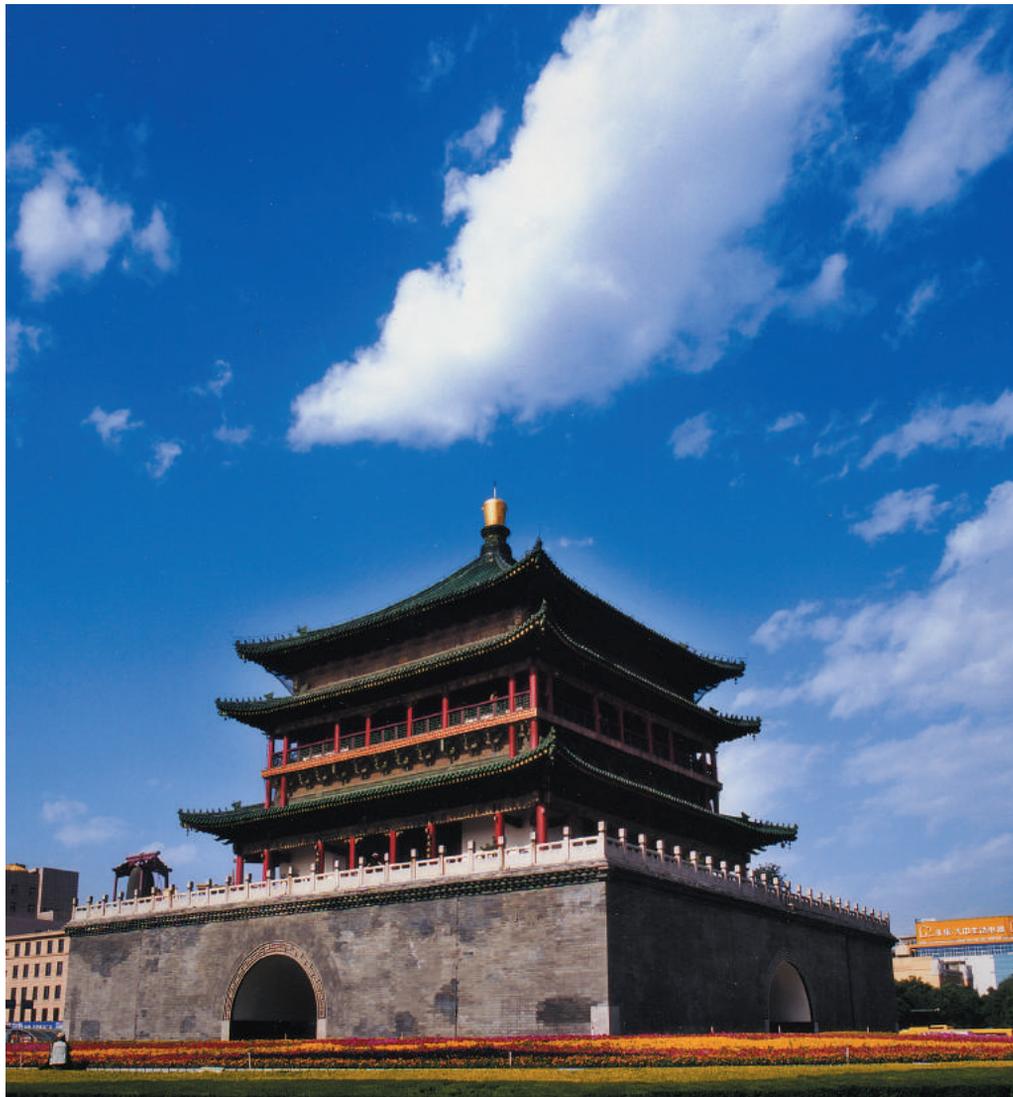
北海公园位于北京市的中心，在故宫的西北面，与中海、南海合称为“三海”。全园以北海为中心，主要由琼岛、东岸、北岸等景区组成，是中国现存最悠久、保存最完整的皇家园林之一，至今已有近千年的历史。

The Beihai Park is at the center of Beijing City and in the northwest of the Imperial Palace. The Beihai, Zhonghai and Nanhai are called the "three seas". The whole park centered on Beihai comprises such scenic areas as Qionghua Islet, the Eastern Bank and the Northern Bank. It is one of China's oldest and best preserved extant imperial gardens, with a history of nearly a thousand years.



历史名城

Renowned Historical Cities



西安钟楼
Xi'an Bell Tower

西安

Xi'an



1

西安，古称“长安”，陕西省行政中心，世界著名的历史文化名城，中国中西部地区重要的科研、高等教育中心，国防科技工业和高新技术产业基地。

Xi'an, called "Chang'an" in ancient times, is the administrative center of Shaanxi Province, a world-renowned city of history and culture, an important center of science, technology and higher education in the middle and western regions of

China, and a base of national defense technology industries and hi-tech industries.

西安有着“天然历史博物馆”的美誉(yù)。西安的名胜古迹非常多，其中，秦始皇陵及兵马俑(yǒng)坑被誉为“世界第八大奇迹”。秦始皇陵及兵马俑坑是最早被



2

1. 西安古城墙
An Ancient City Wall Section of Xi'an
2. 华清池
The Huaqing Pool



1

列入世界遗产名录的中国遗迹。西安古城墙是至今世界上保存最完整、规模最宏大的古城墙遗址。此外，大雁塔、小雁塔、西安碑林、半坡博物馆、华清池、法门寺、唐长安城墙遗址公园、陕西历史博物馆、大唐芙蓉园等也闻名中外。

Xi'an is reputed to be a "natural museum of history", and has many scenic and historical sites. For example, the Terracotta Warriors and Horses of Qin Shi Huang enjoys the reputation of being "The Eighth Wonder of the World". The Mausoleum of Qin Shi Huang is one of the earliest Chinese items included by UNESCO into the world cultural heritage list. The ancient city walls of Xi'an is the largest and best preserved extant ones in the world. Other well-known places include the Dayan Pagoda, the Xiaoyan Pagoda, the Xi'an Stele Forest, the Banpo Museum, Huaqing Pool, the Fa'men Temple, the Park for the Ruins of Chang'an City Walls of the Tang Dynasty, the Shaanxi History Museum, and the Tang Paradise.

大雁塔 The Dayan Pagoda

大雁塔又名大慈(cí)恩寺塔,始建于公元652年。大雁塔是楼阁式砖塔,现存7层,塔高约64米,塔体呈方形锥(zhuī)体。

小贴士 · Tips

大雁塔被认为是古城西安的象征。它位于慈恩寺内,是唐代高僧玄奘从印度取经回国后倡议建造的,用来存放经卷。

The Dayan Pagoda is considered as a symbol of ancient Xi'an. Situated in the Ci'en Temple, it was built at the suggestion of an eminent Tang monk Xuanzang after he returned from his pilgrimage to ancient India. It was used for housing the Buddhist sutras that he obtained from India.



2

小注解 · Footnotes

① 史前是指文字出现以前人类社会的历史时期。在中国，从约 170 万年前到公元前 21 世纪。

① The word "prehistoric" suggests the historical period of human society before the emergence of letters. It is from about 1,700,000 years ago to the 21st century BC in China.

1. 西安碑林
The Xi'an Stele Forest
2. 大雁塔
The Dayan Pagoda
3. 半坡遗址
The Ban-po Ruins

The Dayan Pagoda, also known as the Da Ci'en Temple Pagoda, was originally built in 652. A pavilion-style pagoda made of bricks, the extant seven-floor pagoda is about 64 m high, and looks like a square cone.

西安碑林 Xi'an Stele Forest

西安碑林建于公元 1087 年。后来，在西安碑林的基础上，利用西安孔庙古建筑群扩建成了西安碑林博物馆，主要功能是收藏、研究和陈列历代碑石、墓志及石刻造像。这座艺术博物馆由孔庙、碑林、石刻艺术室三部分组成，占地面积 31 900 平方米，现有馆藏文物 11 000 余件。

The Xi'an Stele Forest was established in 1087. Afterwards, on the basis of Xi'an Stele Forest, the ancient architectural complex of the Confucius Temple in Xi'an was expanded into the Xi'an Stele Forest Museum, whose major function is to house, research and display ancient steles, epitaphs and stone carvings and sculptures. This museum is composed of three parts, namely the Confucius Temple, the steles and the stone-carving room. It covers an area of 31,900 sq m, and now houses more than 11,000 items of cultural relics.

半坡遗址 The Ban-po Ruins



半坡遗址是黄河流域规模最大、保存最完整的原始社会母系氏（shì）族村落遗址。属新石器时代仰韶（sháo）文化，距今 6 000 年左右，遗址面积 50 000 平方米。1958 年在遗址上建成的半坡遗址博物馆是中国第一座史前^①遗址博物馆。

The Ruins Ban-po are the largest and best preserved ruins of a matrilineal commune of the primitive society living in the drainage area of the Yellow River. The ruins belong to the Yangshao Culture in the Neolithic Age, dating back to about 6,000 years ago, and covering an area of 50,000 sq m. The Banpo Ruins Museum built on the ruins in 1958 is the first museum for prehistoric^① ruins in China.

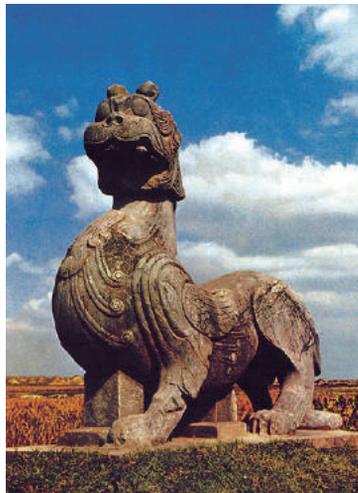
南京

Nanjing

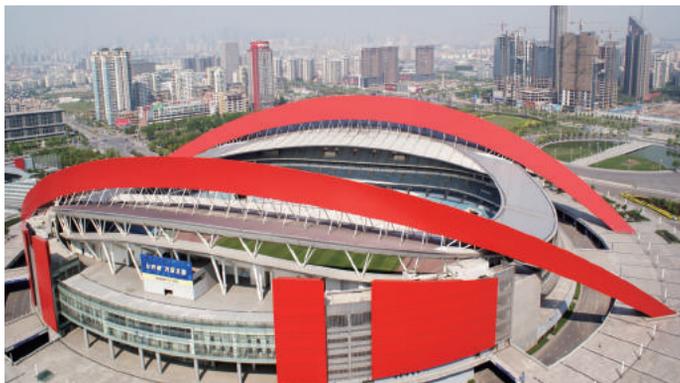
南京，江苏省行政中心，有近 2 500 年的建城史。自公元 3 世纪以来，先后有东吴、东晋和南朝的宋、齐、梁、陈，以及南唐、明、太平天国、中华民国等 10 个朝代和政权在此建都立国，所以，南京有“六朝古都”“十朝都城”之称。

Nanjing, the administrative center of Jiangsu Province, has a history of nearly 2,500 years as a city. Since the third century, it has served as a capital successively for ten dynasties and regimes, namely the Eastern Wu Dynasty, the Eastern Jin Dynasty, the Song, Qi, Liang and Chen during the Southern Dynasty period, the Southern Tang Dynasty, the Ming Dynasty, the Taiping Rebellion and the Republic of China, hence the city's another name as "the ancient capital of six dynasties" and "the capital city of ten dynasties".

南京是中国历史文化名城，是联合国人居署（shǔ）特别荣誉奖获得城市，也是 2014 年第二届夏季青年奥林匹克运动会举办城市。南京交通发达，是江苏省最大的综合性工业城市，也是华东地区重要的交通枢纽。



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1. 六朝石刻
Stone Carvings of the Six Dynasties
2. 南京奥体中心
The Nanjing Olympic Games Center
3. 中山陵
The Mausoleum of Dr. Sun Yat-sen

Nanjing is China's renowned city of history and culture, a winner of special honorary rewards from the United Nations Human Settlements Programme, and the host city of the Second Summer Youth Olympic Games in 2014. It is the largest comprehensive industrial city of Jiangsu Province, and an important transport hub in the East China region thanks to its well-developed transportation.

南京风景优美，名胜古迹众多，明孝陵、中山陵、中华门城堡、玄武湖公园、阅江楼、总统府、夫子庙等闻名中外。

It has beautiful scenery, famous scenic spots and historical sites including the Xiaoling Mausoleum of the Ming Dynasty, the Mausoleum of Dr. Sun Yat-sen, the Castle of the Zhonghua Gate, the Xuanwu Lake Park, the Yuejiang Pavilion, the Presidential Office and the Confucius Temple, which are well-known both at home and abroad.



中山陵 The Mausoleum of Dr. Sun Yat-sen

中山陵是中国伟大的革命先行者、国父孙中山先生（1866—1925）的陵墓。中山陵坐北朝南，面积共 8 万余平方米。陵墓像一个大钟，由南往北沿山势逐渐升高，共有 392 级台阶。中山陵由著名建筑师吕彦（yàn）直设计施工，1926 年 1 月动工兴建，1931 年全陵工程落成。主要建筑有牌坊、墓道、陵门、碑亭、祭堂和墓室等。整个建筑群布局严整，庄严雄伟，被誉为“中国近代建筑史上的第一陵”。

Dr. Sun Yat-sen (1866-1925) was a great pioneer of the democratic revolution and a founder of the Republic of China. The mausoleum faces south and covers an area of more than 80,000 sq m. It is in the shape of a huge bell, having a total of 392 steps and ascending along a hillside from south to north. The mausoleum, designed and built by a famous architect Lyu Yanzhi began its construction in January 1926, and was completed in 1931. Its

major architectural components are a memorial archway, a path leading to the tomb, a gate to the mausoleum, a stele pavilion, a sacrificial hall and a burial room. The whole architectural complex has a strict layout and displays stateliness and grandeur, thus being reputed to be "the best mausoleum in the history of China's modern architecture".

中华门 The Zhonghua Gate



中华门，明代称聚宝门，是南京古城墙 13 个城门中规模最大的城堡式城门。中华门布局严谨、构造独特，是当今世界上保存最完好、结构最复杂的古代城堡式城门。

The Zhonghua Gate, once called the "Treasure-gathering Gate" in the Ming Dynasty, is the largest castle-like city gate among the 13 gates of Nanjing. The Zhonghua Gate has a strict layout and a unique structure, and is the best preserved and most complex ancient castle in the world.

中华门城堡由三道瓮（wèng）城和四道城门组成，南北长 128 米，东西宽 118.5 米，总面积约 1.5 万平方米。城墙高 21.45 米，工程宏伟，结构复杂，设计巧妙，在中国城墙建筑史上占有极其重要的地位。

The gate is composed of three urn-like cities and four city gates. It is 128 m long from north to south, and 118.5 m wide from east to west, covering an area of about 15,000 sq m. The wall, 21.45 m high, is a magnificent project of complex structure and exquisite design. It maintains a very important position in the history of China's city wall construction.

南京云锦 Nanjing Silk Brocade

南京云锦至今已有 1580 年历史，是中国优秀传统文化的杰出代表，被专家称作中国古代织锦工艺史上最后一座里程碑，被公认为“东方瑰宝”“中华一绝”。2009 年南京云锦织造技艺成功入选联合国教科文组织《人类非物质文化遗产代表作名录》。

小贴士 · Tips

二三百萬年前，雨花台是一個低洼地。河水從上游沖來大量瑪瑙（nǎo）卵石，後來地殼抬升，河灘變成高地，美麗的卵石便留在雨花台上，被稱為“雨花石”。

Two or three million years ago, the Rain Flower Terrace (Yuhuatai) was a low-lying land, where a large number of agate pebbles were carried down from the upper reaches of a river. Because of the movements of the earth's crust, low land was elevated, with the beautiful pebbles exposed on the upland.



Nanjing Slik brocade has a 1,580-year history, and is an outstanding representative of the excellent traditional Chinese culture. It is called by experts the last milestone in the history of ancient brocade weaving in China, and is recognized as an "oriental treasure" and "Chinese wonder". In 2009, the weaving technique of Nanjing Yunjin brocade was successfully included into the UNESCO Intangible Cultural Heritage List.

南京长江大桥 The Nanjing Yangtze River Bridge

南京长江大桥 1960 年 1 月 18 日正式动工修建，建成于 1968 年，是长江上第一座由中国自行设计建造的双层铁路、公路两用桥。公路桥全长 4 589 米，宽 19.5 米；铁路桥长达 6 772 米，铺有双轨，两列火车可同时对开。整座大桥像一道彩虹凌（línɡ）空江上，十分壮观。它是中国造桥史上的一座里程碑。

The Nanjing Yangtze River Bridge formally began its construction on January 18, 1960, and was completed in 1968. It is the first double-decker and double-track highway and railway bridge designed and constructed by China itself. The upper deck is a road bridge, which is 4,589 m long and 19.5 m wide, while the lower deck is a railroad bridge, which is as long as 6,772 m with double rails, allowing the simultaneous passage of two trains in opposite directions. The whole bridge looks like a splendid rainbow across the river. It is a milestone in the Chinese history of bridge construction.



1. 中华门城堡
The Castle of the Zhonghua Gate
2. 南京云锦
A Picture of Nanjing Slik Brocade
3. 南京长江大桥
The Nanjing Yangtze River Bridge

杭州

Hangzhou



杭州，浙江省行政中心，中国著名古都之一。从秦朝设县开始，已有 2 200 多年的历史。最早是五代十国时期吴越国的都城，元朝时曾被意大利著名旅行家马可·波罗称赞为“世界上最美丽华贵之城”。

Hangzhou is the administrative center of Zhejiang Province, and also one of the ancient capital cities in China. Since the establishment of a county-level government of the Qin Dynasty (221-206 BC) in Hangzhou, it has had a history of over 2,200 years. Its history as a capital dates back to the Wuyue Kingdom of the Five Dynasties and Ten Kingdoms period. The Hangzhou of the Yuan Dynasty was once acclaimed by Marco Polo, a famous Italian traveler, as "the most beautiful and luxurious city in the world".

杭州有“鱼米之乡”“丝绸之府”“人间天堂”的美誉。杭州丝绸、西湖龙井等闻名天下。

1. 六和塔和钱塘江大桥
An Aerial Picture Showing the old Liuhe Pagoda and the Modern Qiantang River Bridge
2. 西湖全景
A Panoramic View of the West Lake

小贴士 · Tips

岳王庙里供奉的是南宋民族英雄岳飞（1103—1142）。他率领岳家军屡次打败敌人，但是奸臣秦桧（huì）却将他害死。后人为了纪念他，便修建了岳王庙。跪在岳王墓前的四个铁人像就是秦桧等几个奸臣。

The Yuewang Temple is dedicated to Yue Fei (1103-1142), a national hero of the Southern Song Dynasty (1127-1279). He led the Song troops and defeated enemies many times, but he was killed by Qin Hui, an evil prime minister of the Southern Song Dynasty. People of later generations built the temple in honor of Yue Fei. The four iron statues kneeling before the tomb of Yue Fei are four treacherous officials including Qin Hui.

Hangzhou enjoys the reputation of being a "land of fish and rice", "home of silk" and "heaven on earth". The Hangzhou silk, the West Lake, Longjing tea and so forth are well-known all over the world.

杭州交通便利，旅游资源丰富，是中国著名的旅游城市。有西湖和富春江—新安江—千岛湖两个国家级风景名胜区，天目山和清凉峰两个国家级自然保护区。此外，杭州主要景点还有虎跑泉、灵隐寺、六和塔、岳王庙等。

A famous tourist city of China, Hangzhou has convenient transportation and abundant tourist resources, including two national scenic zones, the West Lake and the Fuchunjiang-Xin'anjiang-Qiandao Lake area, and two national nature reserves, Mount Tianmu and Peak Qingliang. In addition, Hangzhou has other major scenic spots such as the Hupao Spring, the Lingyin Temple, the Liuhe Pagoda and the Yuewang Temple.

西湖 The West Lake

杭州西湖位于杭州市西部，是中国著名的旅游胜地，被誉为（yù）为“人间天堂”。西湖的水面面积约4.37平方千米，湖岸周长15千米。西湖南北长3.3千米，东西宽2.8千米。苏堤和白堤将湖面分成外湖、西里湖、北里湖、小南湖和岳湖五个部分。西湖山水秀丽，有丰富的文物古迹和优美动人的神话传说。

Located in the west of Hangzhou City, the West Lake is a famous tourist attraction of China, and has been reputed to be a "heaven on





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earth". Its water surface is about 4.37 sq km, and its banks total 15 km in circumference. The lake is 3.3 km long from north to south, and 2.8 km wide from west to east. The Sudi and the Baidi causeways divide the lake into five parts, namely the Waihu Lake, the Xili Lake, the Beili Lake, the Xiaonan Lake and the Yuehu Lake. The West Lake is full of beautiful mountains and waters, abundant cultural relics and attractive legends.

六和塔 The Liuhe Pagoda

六和塔始建于北宋开宝三年（970），曾被烧毁，后又重建。六和塔塔高近 60 米，外看 13 层，塔内只有 7 层。自下而上塔檐（yán）逐级缩小，塔檐翘（qiào）角上挂了 104 只铁铃。六和塔构思精巧，结构奇妙，是中国古代建筑艺术的杰作。

The Liuhe Pagoda was originally built in 970, the 3rd year of the Kaibao Reign of the Northern Song Dynasty, and was rebuilt after it was burned down. The pagoda is nearly 60 m high. It appears to have 13 stories viewed from outside, but has only 7 stories inside. The eaves of the pagoda decrease story by story from bottom to up, and 104 iron bells are hung on the protruding eave corners. The pagoda of exquisite design and wonderful structure is a masterpiece of ancient Chinese architecture.



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1. 西湖三潭印月
Santan Yinyue (Three Pools Reflecting the Moon) in the West Lake
2. 六和塔
The Liuhe Pagoda

开封 Kaifeng



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1. 宋都御街
The Imperial Street in Kaifeng, the Capital of the Northern Song Dynasty
2. 清明上河图 (局部)
Festival of Pure Brightness on the River

开封,古称“汴(biàn)梁”,位于河南省东部,是中国著名古都之一,已有2700多年的历史。战国时期的魏,五代时期的后梁、后晋、后汉、后周,北宋和金,都在这里建都,有“七朝都会”之称。特别是北宋时期,开封作为都城长达168年,历经九代帝王,是当时世界上最繁华的都市之一。

Kaifeng, called "Bianliang" in ancient times, is located in the east of Henan Province. As one of the famous capital cities of China, it has a history of more than 2,700 years. It served as a capital city for the Wei State of the Warring States Period, the Later Liang, Later Jin, Later Han and Later Zhou dynasties of the Five Dynasties and Ten Kingdoms period, the Northern Song Dynasty and the Kin Dynasty, thus having the reputation as a "capital of seven dynasties". Especially in the Northern Song Dynasty, Kaifeng served as the capital city for as long as 168 years, witnessed the reign of nine emperors, and was then one of the most prosperous cities of the world.



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开封气候温和，物产丰富，交通便利，名胜古迹众多。

Kaifeng has a mild climate, abundant resources and produce, convenient transportation and many renowned scenic spots and historical sites.

开封旅游突出宋代特色，重修和新建了许多历史人文景观，如“清明上河园”“包公祠(cí)”“宋都御街”“天波杨府”等等。此外，还有龙亭、铁塔、繁(pó)塔、大相国寺等众多名胜古迹。现在，开封是中原旅游区重点观光游览城市。

Tourism in Kaifeng showcases the features of the Song Dynasty, through rebuilding and renovating historical and cultural sites, for example, Qingming Shanghe Yuan (a theme park based on Zhang Zeduan's scroll painting Festival of Pure Brightness on the River), the Bao Zheng Temple, the Imperial Street of the Capital of the Song Dynasty, the Tianbo House of the Yang Family. Other scenic spots and historical sites include the Longting Park, the Tieta Tower, the Pota Tower, and the Daxiangguo Temple. Nowadays, Kaifeng is a key tourist city in central China.

大相国寺 The Daxiangguo Temple

大相国寺位于开封市中心，是中国著名的佛教寺院，始建于北齐天保六年(555)，后毁坏并多次重建，至今已有1400多年历史。它是中国汉传佛教十大名寺之一，在中国佛教史上有着重要的地位和广泛的影响。北宋时期，相国寺占地达30多公顷，是京城最大的寺院和全国佛教活动中心。相国寺主要建筑有天王殿、大雄宝殿、藏经楼等。

The Daxiangguo Temple is located in the center of Kaifeng with a history of more than 1,400 years. A famous Buddhist temple in China, it

小贴士 · Tips

清正廉明的包公、满门忠烈的杨家将、图强变法的王安石、民族英雄岳飞等历史名人，都曾在开封留下光辉的足迹。他们的丰功伟绩，至今仍在海内外广为传颂。

Many historically renowned people had left their glorious footsteps in Kaifeng, including Bao Zheng who was an honest and upright official, the warriors of the Yang Family, Wang Anshi who advocated political reform to make the country stronger, and Yue Fei who was a national hero. Stories about their meritorious services are still widely circulated both at home and abroad.





was originally built in 555, the 6th year of the Tianbao Reign of the Northern Qi Dynasty, and was destroyed and rebuilt many times. As one of the ten most famous temples of Chinese Buddhism, it has an important position and extensive influence in China's history of Buddhism. During the Northern Song Dynasty, the temple covered an area of more than 500 mu (333,333 sq m), and was the largest temple in the capital and a national center of Buddhist activities. The Daxiangguo Temple mainly comprises the Tianwang Hall, the Daxiong Hall and the Cangjingtou Building.

开封铁塔 Kaifeng Iron Tower

开封铁塔，始建于北宋皇祐（yòu）元年（1049），由于塔身全部以褐色琉璃瓦镶嵌，远看像铁色，因此称为“铁塔”。

The Kaifeng iron tower was originally built in 1049, the 1st year of the Huangyou Reign of the Northern Song Dynasty. The whole tower, studded with brown glazed tiles, looks from a distance as if in the color of iron, hence the name as "Iron Tower".

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铁塔为八角形，共 13 层，高 55.88 米。塔身遍砌花纹砖，上面有飞天、麒麟（qí lín）、菩萨、乐伎（jì）、狮子等花纹图案 50 余种，造型优美，神态生动，是宋代砖雕艺术的杰作。铁塔设计精巧，结构坚固，建成 900 多年来，虽然历经战火、洪水、地震等灾害，但仍巍（wēi）然屹（yì）立，让人叹为观止。有“天下第一塔”的美称。

The octagon-shaped iron Tower has 13 stories and is 55.88 m high. The whole tower is built with flower-patterned bricks, with more than 50 patterns, including *fēitiān* (a kind of flying goddess in Buddhist tales), *qí lín* (a kind of sacred animal in Confucian tales), bodhisattvas, female musicians and lions. The designs are beautiful, and the figures are vivid; they are the masterpieces of brick sculpture from the Song Dynasty (960-1279). Firmly built and exquisitely designed, the Tieta Tower has withstood various calamities such as war, flood and earthquake over 900 years since its completion. The imposing tower enjoys the reputation of being "the first tower under heaven".

1. 大相国寺
The Daxiangguo Temple
2. 开封铁塔
Kaifeng Iron Tower

洛阳

Luoyang

洛阳位于河南省西部，因为地处古洛水之阳^①而得名。以洛阳为中心的河洛地区是华夏文明的重要发祥地。从中国第一个王朝——夏朝开始，有商、西周、东周、东汉、曹魏、西晋、北魏、隋、唐、后梁、后唐、后晋十三个朝代在此建都，建都史长达1 500余年，建城史近4 000年，是中国建都最早、朝代最多、历史最长的都城之一。

Luoyang, located in the west of Henan Province, got its name because of its location on the north bank of the ancient Luoshui River^①. The Heluo region centered on Luoyang is an important birthplace of the Chinese civilization. Beginning with the Xia Dynasty, China's first dynasty, Luoyang served as a capital city for 13 dynasties, namely the Shang Dynasty, the Western Zhou Dynasty, the Eastern Zhou Dynasty, the Eastern Han Dynasty, the Kingdom of Wei, the Western Jin Dynasty, the Northern Wei Dynasty, the Sui Dynasty, the Tang Dynasty, the Later Liang Dynasty, the Later Tang Dynasty and the Later Jin Dynasty. Luoyang has a history of more than 1,500 years as a capital city, and approximate 4,000 years as a city. Thus, Luoyang is a city that served as the earliest capital, had the longest history as a capital, and served as a capital for the largest number of dynasties.

洛阳横跨黄河中游两岸，有“九州腹地”之称。洛阳科技实力雄厚，是举足轻重的现代化工业城市和重要的科研基地，有机电、冶金、

1. 古老的洛阳城
Ancient City of Luoyang
2. 洛阳牡丹
Luoyang Peonies





建材、石化、轻纺、食品等为主的工业体系和第一拖拉机厂等大批知名企业。

Luoyang bestrides the Yellow River in its middle reaches, and has the reputation of being "the center of China"². With powerful scientific and

technological strength, Luoyang is a decisive modern industrial city and an important scientific and technological base. It has an industrial system mainly comprising mechanical and electrical products, the metallurgical industry, construction materials, petrochemicals, textiles, and food processing, as well as a large group of renowned enterprises including the First Tractor Factory.

洛阳历史悠久，名胜古迹众多。龙门石窟(kū)被联合国教科文组织列入世界文化遗产名录，闻名海内外。此外，还有号称“中国第一古刹(chà)”的白马寺、周王城天子驾六²博物馆、关林和汉光武帝陵等。

Luoyang has a long history and rich heritage of scenic spots and historical sites. The Longmen Grottoes has been included by UNESCO into the World Cultural Heritage list, and is well known both at home and abroad. Other well-known areas include the Baima Temple, known as "the first ancient temple of China", the Museum of Royal Horse and Chariot², Pits of the Eastern Zhou Dynasty, the Guanlin Temple and the Mausoleum of Emperor Guangwu of the Han Dynasty.

牡丹是洛阳的市花，“洛阳牡丹甲天下”。从1983年起，洛阳每年都举办洛阳牡丹花会，吸引着众多的中外游客前来参观旅游。

Peonies are the city flowers of Luoyang, which enjoys the reputation of being "peonies in Luoyang as the most beautiful flowers in the world". Since 1983, Luoyang has held the Luoyang Peony Fair every year, attracting a large number of Chinese and foreign tourists.

白马寺 The Baima Temple

白马寺创建于东汉永平十一年(68)，是佛教传入中国后兴建的第一座寺院。它坐北面南，总面积200余亩，其主体建筑有天王殿、大佛殿、大雄殿等。白马寺作为

小注解 · Footnotes

① 洛阳位于古代洛水的北边。

① Luoyang is located on the north side of the ancient Luoshui River.

② 天子驾六：天子驾六是中国古代礼制的一种行为。皇帝级别的六匹马拉的两辆马车，即是著名的“天子驾六”。

② Royal Horse and Chariot: In accordance to rites in ancient China, an emperor took the ride of two chariots pulled by six horses. That is what is meant by the famous saying that "the Son of Heaven rides six horses."

中国第一古刹，在中国佛教史和对
外文化交流史上占有着极其重要的
地位。

The Baima (white horse) Temple was established in 68, the 11th year of the Yongping Reign of the Eastern Han Dynasty, the first Buddhist temple following the introduction of Buddhism into China. Facing south, it covers an area of more than 200 mu (133,333 sq m), and contains such major buildings as the Tianwang Hall, the Dafo Hall and the Daxiong Hall. As China's first ancient Buddhist temple, it has played an important role in the Chinese history of Buddhism and the history of cultural exchanges with the rest of the world.



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周王城天子驾六博物馆 The Museum of Royal Horse and Chariot Pits of the Eastern Zhou Dynasty

天子驾六博物馆位于洛阳市中心的王城广场，东周王城遗址区的东北部，2004年正式对外开放。这座专题博物馆以展示东周时期大型车马坑（kēng）原址为主体，介绍以洛阳为中心的周文化及周代文明。

The Museum of Royal Horse and Chariot Pits of the Eastern Zhou Dynasty (770-256 BC) is located in the Wangcheng Square at the center of Luoyang, northeast of the ruins of Eastern Zhou Dynasty's capital. The museum was formally opened to the public in 2004. It mainly displays the original site of the large-sized pits of carriages and horses from the Eastern Zhou Dynasty, presenting the Luoyang-centered culture and the civilization of the Zhou Dynasty.

天子驾六博物馆内最大的一座车马坑，长达42米，宽为7.2米，其中一处6匹马驾一辆车的遗迹，以直观清晰的形式印证了古文献中“天子驾六”的记述，这也是世界上唯一一处原址展示的“天子驾六”。

The largest horse and chariot pit in the museum is 42 m long and 7.2 m wide. The remains of two chariots driven by six horses straightforwardly and clearly verify the ancient literature about an emperor's chariot. This is the only place in the world built over the ancient sacrificial pit area to display an emperor's chariot.



2

1. 白马寺
The Baima Temple

2. 周王城天子驾六博物馆
The Museum of Royal Horse and Chariot Pits
of the Eastern Zhou Dynasty (770-256 BC)

现代都市

Modern Metropolises



台北景色
Taipei scenery

上海

Shanghai

上海，别称“申”。元朝至元二十九年（1292）设立上海县，标志着上海开始建城。

Shanghai is abbreviated as "Shen". In 1292, the 29th year of the Zhiyuan Reign of the Yuan Dynasty, the establishment of a county in Shanghai symbolized its beginning as a town.

上海位于长江入海口，是中国最大的城市，同时也是一座历史文化名城和著名的旅游城市。至今还保留着中国唐、宋、元、明、清以来的很多古迹和特色鲜明的园林，龙华寺、孔庙、豫园、玉佛寺、方塔等闻名中外。

Located on the estuary of the Yangtze River, Shanghai is not only the largest city but also a renowned city of history, culture and tourism in China. Up to now, it still boasts a myriad of historical sites and gardens from the Tang, Song, Yuan, Ming and Qing dynasties. For example, the Longhua Temple, the Confucius Temple, the Yuyuan Garden, the Yufo Temple, and the Fangta Pagoda are renowned both at home and abroad.

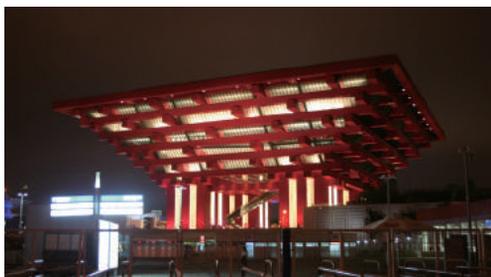


1



2

1. 现代化的上海
A Glance of Modern Shanghai
2. 上海南京路
The Nanjing Road in Shanghai
3. 上海世博园
The Shanghai World Expo Park
4. 浦东机场
The Pudong Airport



3

上海旅游景观向人们展示着上海的新风貌，外滩、东方明珠广播电视塔、人民广场、金茂大厦、上海新天地、上海环球金融中心等每天都吸引游人前去参观。南京路是上海最热闹、最繁华的商业大街，被誉为“中华商业第一街”，是世界上最著名的商业街之一。

Shanghai's tourist attractions display its new ethos, with the Bund, the Oriental Pearl TV Tower, the People's Square, the Jin Mao Tower, the Shanghai Xintiandi Hotel, the Shanghai Global Financial Center and so forth attracting tourists and visitors every day. The Nanjing Road is the busiest and most prosperous commercial street in Shanghai, and enjoys the reputation of being "the first Chinese commercial street". It is one of the most famous commercial streets in the world.

上海交通便利，是中国最大的经济中心、全国最重要的工业基地，也是最重要的贸易、金融中心。上海港是中国最大的港口，也是著名的国际中转港，上海港货物吞吐量连续多年位居世界首位。

With convenient transportation, Shanghai has become the country's largest economic center, the most important industrial base, and the most important trade and financial center. Shanghai Port is both the largest port in China and a renowned international transit harbor, with its cargo throughput ranking first in the world for several consecutive years.

2010年，以“城市，让生活更美好”为主题的2010年上海世博会顺利举行，增进了全世界人民对上海的了解，加快了上海建设现代化国际大都市的步伐。



4

小贴士 · Tips

中国成功举办了2010年上海世博会，这是注册类世界博览会首次在发展中国家举行，体现了国际社会对中国改革开放道路的支持和信任，也体现了世界人民对中国未来发展的瞩目(zhǔ)目和期盼。

China successfully held the 2010 Shanghai World Expo. It is the first time that a registered world exposition was held in a developing country, reflecting the international community's support and trust in China's reform and opening, and the world people's attention and expectation toward China's future development.

Shanghai successfully held the 2010 World Expo, with the theme of "Better City, Better Life". It has improved the world people's understanding of Shanghai, and sped up the construction of Shanghai into a modern international metropolis.

东方明珠电视塔 The Oriental Pearl TV Tower

东方明珠电视塔，坐落在上海浦东新区陆家嘴，于1991年动工建设，1994年竣工，主体结构高350米，塔高467.9米，是目前亚洲第二、世界第四高塔。它由三根直径9米的擎（qíng）天立柱、太空舱、上球体、下球体、五个小球、塔座和广场组成，是集新闻发布、观光、会展、餐饮等功能于一体的综合性功能景点。

The Oriental Pearl TV Tower is located at Lujiazui, Pudong New Area, Shanghai. Its construction began in 1991, and was completed in 1994. With its major structure 350 m high and the whole tower 467.9 m high, it is the second highest tower in Asia and the fourth highest in the world. It is composed of three towering columns of 9 m in diameter each, a capsule, the upper sphere, the lower sphere, five smaller spheres, a tower base and a square. It is a scenic spot with comprehensive functions, housing places for news conference, sightseeing, conferences and exhibitions, and food catering.

外滩 The Bund

外滩位于上海市中心区的黄浦江畔（pàn），是上海最著名的旅游景点之一。全长约1.5千米。外滩建筑风格多样，有古代的、现代的，有中国的和外国的，被称为“万国建筑博览群”。

Totalling about 1.5 km, the Bund stretches along the west bank of the Huangpu River in the center of Shanghai, and is one of the most famous local scenic spots. The Bund has a rich collection of various architectural styles, classical or modern, domestic or foreign, thus earning the reputation as "the Gallery of International Architecture".



1

1. 东方明珠电视塔
The Oriental Pearl TV Tower

2. 外滩夜景
A Night Scene of the Bund



2

天津 Tianjin



天津，意为“天子过渡的地方”，别名津沽(gū)、津门等。位于华北平原的东北部，是中国四大直辖市之一，也是中国北方的经济中心之一。

Tianjin, literally meaning "the Ferry Site of the Emperor", is also known as Jingu, Jinmen and so forth. Located in the northeast of the North China Plain, it is one of China's four municipalities, and one of the economic centers in North China.

天津这个名称出现于明朝永乐初年（1403），至今已有 600 多年的历史。

The name Tianjin first occurred in 1403, the 1st year of the Yongle Reign of the Ming Dynasty, and has a history of more than 600 years.



1. 城际高铁
Intercity High-speed Railway

2. 津门故里
An Ancient Cultural Street of Tianjin

2

天津是现代工业中心之一。1860年，天津被辟为五大通商口岸之一，成为近代中国洋务运动的基地、当时中国第二大工商业城市和北方最大的金融商贸中心。

Tianjin is one of modern industrial centers. It was opened to be one of five important foreign trading ports in 1860, becoming the base for China's Westernization Movement of the 19th century, the country's second largest industrial and commercial city, and the largest financial and trading center in North China.

天津海陆空交通便捷。京津城际高速铁路2005年7月开工建设，2008年开通运行，是中国第一条时速300千米以上的城际高速铁路，也是中国首条高速铁路客运专线。

Tianjin has convenient sea, air and land transportation. The Beijing-Tianjin Intercity High-Speed Rail began its construction in July 2005, and was opened to traffic in 2008. It is the country's first intercity high-speed railway at the speed of over 300 km per hour, and also the first high-speed railway line exclusively for passengers.

天津历史悠久、景色优美、物产丰富，民风民俗浓厚。“泥人张”彩塑、杨柳青年画等民间艺术和狗不理包子、十八街麻花等风味食品闻名天下。有天后宫、文庙、周恩来邓颖超纪念馆等旅游景点。

Tianjin has a long history, beautiful scenery, abundant resources and produce, and strong folk customs. For example, the most famous for Tianjin are folk artworks such as colorful Niren Zhang clay figurines and Yangliuqing New Year Paintings, as well as flavored food such as Goubuli steamed stuffed buns and the shibajie mahua fried dough twists. The tourist scenic spots include the Tianhou Palace, the Confucius Temple, and the Zhou Enlai and Deng Yingchao Memorial Hall.

水上公园 The Water Park

水上公园位于天津市区的西南，始建于1950年，是天津市最大的公园。水面约

小贴士 · Tips

天津有现代化的深水海港，天津新港是中国目前最大的人工海港之一。

Tianjin has modern deep-water ports, among which the Tianjin New Port is one of the biggest man-made ports in China.





2

占公园总面积的 3/5，由东、西、南三大湖与多个小岛组成，所以叫“水上公园”。公园风景优美，具有江南水乡特色。

The Water Park is located in the southwest of Tianjin. Formally established in 1950, it is the largest park of Tianjin. The water surface accounts for third-fifths of the total park area, and comprises the East, West and South lakes and several islets, hence the

park's name. The park has beautiful scenery, resembling the picturesque areas south of the Yangtze River.

天后宫 The Tianhou Palace

天后宫始建于元代泰定三年（1326），至今已有六百多年的历史，是中国三大天后宫之一，也是天津现存最古老的建筑。有戏楼、牌坊、前殿、大殿、藏经阁、启圣祠、张仙阁等主要建筑。

The Tianhou Palace was originally built in 1326, the third year of the Taiding Reign of the Yuan Dynasty (1279-1368). It has a history of more than 600 years, and is one of the three biggest Tianhou Palaces in China, and the oldest extant architecture in Tianjin. The palace's major buildings include the Xilou Theater, the Memorial Archway, the Front Hall, the Main Hall, the Cangjingge Building, the Qisheng Temple and the Zhangxian Pavilion.



3

1. 水上公园
The Water Park
2. 杨柳青年画
Yangliuqing New Year Paintings
3. 天后宫
The Tianhou Palace

重庆

Chongqing

重庆，位于四川盆地的东南部，是中国面积最大、人口最多的直辖市，也是中国中西部地区唯一的直辖市。

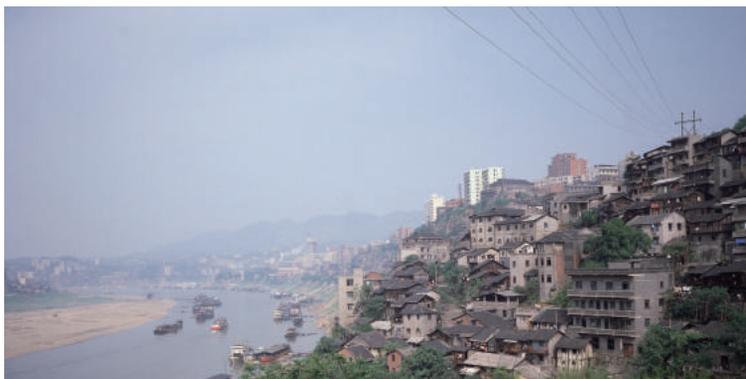
Located in the southeast of the Sichuan Basin, Chongqing is China's largest municipality directly under the central government in terms of both area and population, and the only direct-controlled municipality in the country's middle and western regions.

重庆依山而建，地形以山地为主，有“山城”的美名。重庆在四川盆地内，降水多，湿度大，容易形成雾，所以又有“雾都”之称。

Lying against mountains, Chongqing features mountains and hills. It is a city perched on undulating hills, hence the city's name — "a mountainous city". Owing to its location in the Sichuan Basin as well as rainfall and humidity, Chongqing is frequently shrouded by fog, earning another nickname "the Fog Capital".

重庆也是中国著名的历史文化名城，有 3 000 多年的悠久历史，是巴渝（yú）文化的发祥地，旅游景点众多。重庆风光迷人，特别是夜景非常出名。重庆有北温泉公园、南温泉公园、大足石刻、长江三峡、朝天门、武隆喀斯特等名胜古迹、旅游景点。

Chongqing is also China's renowned city of culture and history. It has a history of more than 3,000 years, and is the birthplace of the Bayu Culture. Therefore, it has many scenic spots. The





2

scenes in Chongqing are charming, especially its night scenes. The most famous places of historical interest in Chongqing include the Northern Hot Spring Park, the Southern Hot Spring Park, the Dazu Rock Carvings, the Three Gorges on the Yangtze River, the Chaotianmen Gate, and the Wulong Karst.

重庆的铁路、水路、公路、航空等发展很快，是长江上游地区的经济中心和金融中心。

Chongqing has developed rapidly in railways, waterways, roads, air aviation and the like, becoming a hub city of economy and finance in the upper reaches of the Yangtze River.

解放碑 The Liberation Monument

解放碑，原名“抗战胜利纪功碑”，碑高 27.5 米。1949 年后改名为“人民解放纪念碑”，简称“解放碑”。

The Liberation Monument, originally the "Monument for the Victory over Axis Armies", is 27.5 m high. It was renamed the "People's Liberation Monument" after 1949, and is usually abbreviated as "Liberation Monument".



1997 年，重庆以解放碑为中心，将解

3

1. 山城重庆
Mountain City Chongqing
2. 重庆夜景
A Night Scene of Chongqing
3. 解放碑
The Liberation Monument

放碑大十字地区改造成中国第一条商业步行街。现在，以解放碑商业步行街为中心，形成了重庆最繁华的商贸中心地带，有“西部第一街”的美誉。

In 1997, Chongqing rebuilt the Monument-centered areas into the country's first commercial pedestrian street which is now a central business district with the reputation as "the first street in West China".

朝天门 The Chaotian Gate

朝天门位于长江与嘉（jiā）陵江的交汇处，公元前314年修建，是历代官员接皇帝圣旨的地方。古代又称皇帝为天子，朝天门因此得名。1927年，重庆设市，因修建朝天门码头，将旧城门拆除，老的朝天门城楼从此消失。

The Chaotian Gate is located at the junction of the Yangtze River and the Jialing River. It was built in 314 BC, and used to be a place where officials received imperial decrees. In ancient times, the emperor was also known as the son of heaven, and that is why the Chaotian Gate earned its name. In 1927 when Chongqing was established as a city, the old city gate was dismantled for the construction of a dock at the Chaotian Gate. This also resulted in the disappearance of the old Chaotian Gate tower.

现在的朝天门码头是重庆最大的水运码头，码头上面的朝天门广场十分热闹，是中外游人观赏两江环抱重庆半岛的好地方。

Now, the Chaotian Dock is the largest one of its kind in Chongqing. The bustling square at the dock is a good place for visitors to appreciate the peninsula-like Chongqing.

小贴士 · Tips

重庆市是中国西南最大的工业中心和长江上游水陆交通枢纽及经济中心。

Chongqing is the largest industrial and commercial center in the southwest of China and the hub of water and land transportation and the economic center of the upper Yangtze River region.

1. 朝天门 The Chaotian Gate



深圳 Shenzhen

1. 现代化的深圳鸟瞰图 A Bird's-Eye View of Shenzhen

深圳（zhèn）市，又称为“鹏（péng）城”，位于珠江三角洲东岸，与香港一水之隔，是中国第一个经济特区，经国务院批准于1980年8月26日正式设立。

Shenzhen, also known as "Pengcheng", is located on the east bank of the Pearl River delta, with Hong Kong on the other side of the river. It is China's first special economic zone formally established on August 26, 1980 under the approval of the State Council.

“深圳”作为地名，最早出现在明朝永乐八年（1410）的史籍中。当地的方言客家话把田野间的水沟叫作“圳”或“涌”。深圳正是因为水泽密布，村落边有一条深水沟而得名。



"Shenzhen" as a place name first appeared in historical literature in 1410, the 8th year of the Yongle Reign of the Ming Dynasty (1368-1644). In the local Hakka dialect, ditches in the paddy fields are called "*zhen*" or "*chong*", and Shenzhen got its name because the area was once crisscrossed with rivers and streams, with a deep ditch near the village.

改革开放以来，深圳发展迅速，从一个只有3万多人口、两三条小街的小镇，发展成为一座有上千万人口、经济发达的国际化大都市。深圳是中国经济最发达的城市之一，人均GDP居中国大中城市第一。深圳科研实力雄厚，国家高新技术企业众多。从1999年起，“中国国际高新技术成果交易会”（简称“高交会”）每年秋季在深圳举办。

Since the reform and opening to the outside world in 1978, Shenzhen has developed rapidly from a small town with merely more than 30,000 people and two or three streets into an international metropolis with a population of ten million and a booming economy. Shenzhen is one of the cities with the best developed economy in China, with its per capita GDP ranking first among all the large and medium-sized cities in the country. Shenzhen has great strength in scientific and technological research, possessing many national hi-tech enterprises. Since 1999, the China Hi-Tech Fair (CHTF) has been held in Shenzhen each fall.

中国民俗文化村 Folk Culture Village of China

中国民俗文化村于1991年10月建成开放，占地约20万平方米，是中国第一个综合展示各民族民间艺术、民俗



1

1. 深圳的地标性建筑——地王大厦
Diwang Building, the Landmark in Shenzhen
2. 世界之窗
Window of the World
3. 中国民俗文化村
China Folk Culture Village
4. 锦绣中华微缩景区
Splendid China Miniature Park

小贴士 · Tips

2010年伦敦金融城排名显示，深圳位居全球第九，领先于上海（第十一位）和北京（第十五位）成为中国内地城市中排名最为靠前的金融中心。

According to the Global Financial Centres of Indexes in 2010, Shenzhen takes the 9th place in the world, ahead of Shanghai (the 11th) and Beijing (the 15th), becoming a top global financial center in mainland China.

2



风情和民居建筑的大型文化旅游景区。景区内包含 21 个民族的 24 个村寨 (zhài)，是全国 56 个民族有代表性的民族风情博物馆。游客在村寨里，可以了解各民族的建筑风格，还可以欣赏和参与各民族的歌舞表演、民族工艺品制作，品尝民族风味食品，观赏民族艺术大游行。

China Folk Culture Village was built up and opened to the public in October 1991. Covering an area of about 200,000 sq m, it is China's first large comprehensive cultural tourism zone displaying folk arts, customs and architecture of various ethnic groups. The scenic zone comprises 24 villages of 21 ethnic peoples, and is a representative museum of folk customs for the country's 56 ethnical groups. Entering an ethnic group's village, visitors can learn about its architectural style, enjoy and take part in its singing and dancing performances, make its handicrafts, taste its special food, and watch its large artistic procession.

锦绣中华微缩景区 Splendid China Miniature Park

锦绣中华微缩 (suō) 景区占地约 30 万平方米，是世界上面积最大、内容最丰富的微缩景区，82 个景点按中国版图位置分布，比例大部分按 1 : 15 建造。拥有万里长城、北京故宫、杭州西湖、南京中山陵、苏州园林等微缩景观。锦绣中华是中国历史文化和民俗风情的缩影。

Splendid China Miniature Park covers an area of about 300,000 sq m. It is the world's largest miniature park with the richest



contents. The 82 scenic spots are distributed in accordance with the map of China. Their scale models are mostly in a ratio of 1:15. Visitors can see replicas of the Great Wall, the Forbidden City of Beijing, the West Lake of Hangzhou, the Mausoleum of Dr. Sun Yat-sen of Nanjing, Suzhou gardens and the like. Splendid China has scaled down replicas of China's historical buildings, wonderful scenes and folk customs.

4

哈尔滨

Harbin

哈尔滨位于东北平原北部，是黑龙江省的行政中心。它是中国东北地区重要的工业城市和铁路交通枢纽。有“共和国长子”“冰城”“天鹅项上的珍珠”“东方莫斯科”“冰城夏都”等美称。

Located in the north of the Northeast Plain, Harbin is the administrative center of Heilongjiang Province. It is an important industrial city and the hub of rail transportation in Northeast China, and has the reputation of being "the eldest son of the Republic", an "icy city", "the pearl on the swan's neck", the "Oriental Moscow", an "ice city and summer capital" and so forth.

哈尔滨的历史源远流长，是一座从来没有过城墙的城市。夏季气候温和，是旅游避暑圣地；冬季气候严寒，冰天雪地，人称“冰城”。1月5日为“冰雪节”，每年都要举行盛大的冰灯游园会，各种冰雕（diāo）、冰灯等艺术品，令人百看不厌。

Harbin has a long history, and is a city which never has city walls. It has a mild weather in summer, and is a good summer resort and tourist destination; in winter, the weather is freezing and the whole city is covered by snow, so it is called an "ice city". January 5 is the day for the



小贴士 · Tips

哈尔滨是满语“晒网场”的意思。这个地方原来是一个小渔村，后来修建了铁路，逐渐发展成为一座美丽的城市。

Harbin means "a place for drying nets" in Manchurian language. It was originally a small fishing village. Later, railways were established and it gradually became a thriving and beautiful city.

1. 哈尔滨城市风貌
An Urban Scene of Harbin
2. 冰灯游园会
The Ice and Snow Festival
3. 冰雪大世界
The Grand Ice and Snow World
4. 圣·索菲亚教堂
St. Sophia Cathedral



2



3

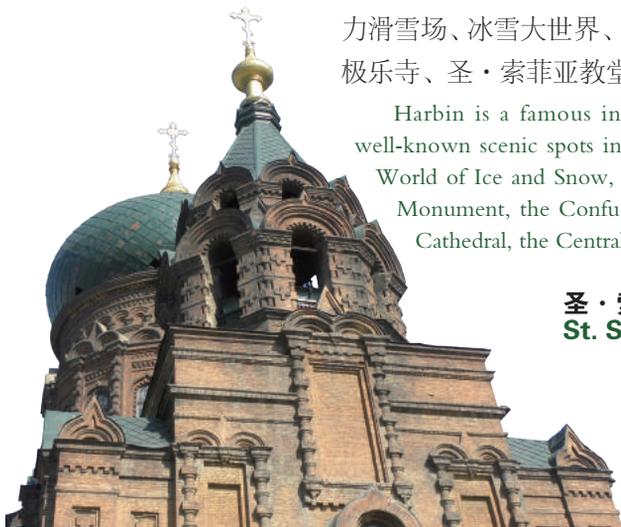
city's annual Ice and Snow Festival featuring a great garden party of ice lanterns, and a display of various ice sculptures and artworks.

哈尔滨是中国著名的国际旅游城市，著名景点有亚布力滑雪场、冰雪大世界、哈尔滨极地馆、防洪纪念塔、文庙、极乐寺、圣·索菲亚教堂、中央大街、太阳岛风景区等。

Harbin is a famous international tourist city of China, with well-known scenic spots including the Yabuli Ski Field, the Grand World of Ice and Snow, the Harbin Polarland, the Flood Control Monument, the Confucius Temple, the Jile Temple, St. Sophia Cathedral, the Central Street, and the Sun Island Scenic Zone.

圣·索菲亚教堂 St. Sophia Cathedral

圣·索菲亚教堂是远东地区最大的东正教教堂，始建于1907年3月，最初是沙俄军队修建的一座随军教堂，后来被重新修建



4

为一座全木结构教堂。教堂通高53.25米，建筑面积721平方米，可容纳2000人。目前，圣·索菲亚教堂作为建筑艺术博物馆，已成为哈尔滨一处独特的景观。

St. Sophia Cathedral is the largest Orthodox church in the Far East. It was originally built in March, 1907, and was primarily a military church built by a Russian army in the days of czars; later, it was rebuilt into a completely wooden church. The cathedral is 53.25 m high; with a building area of 721 sq m, it can hold 2,000 people. Now, St. Sophia Cathedral as a museum of architectural art has become a unique scene of Harbin.

亚布力滑雪场 Yabuli Ski Field

亚布力滑雪场是目前中国规模最大的滑雪旅游度假区。滑雪场最高处海拔1374.8米，每年的11月中旬至次年3月下旬是这里的最佳滑雪期。

Now, the Yabuli Ski Field is the largest ski resort in China, with the highest point at 1,374.8 m above sea level. The best time to ski is between mid-November and late March.



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2

1. 哈尔滨的冬天雪景
Snow in Harbin
2. 亚布力滑雪场
Yabuli Ski Field

长春 Changchun

1. 长春城市风貌 An Urban Scene of Changchun

长春，吉林省的行政中心，有“汽车城”“电影城”“森林城”“雕塑城”“绿色食品城”等美誉，是中国重要的工业基地和商品粮基地之一。

Changchun, the administrative center of Jilin Province, has the reputation for being a "city of cars", a "city of movies", a "city of forests", a "city of sculpture", and a "city of green food". It is an important base for industry and commodity grain in China.

长春是中国最大的汽车工业城市，有“东方底特律”之称。坐落在长春的中国第一汽车集团公司是中国最大的汽车生产基地，汽车产量占全国总产量的 1/5。

Changchun is the largest city of the automobile industry in China, earning itself the nickname "Oriental Detroit". The First Automobile Workshop, based in Changchun, is the country's largest production base for automobiles, with its output accounting for one-fifth of the country's total.





1

长春四季分明，气候宜人，有“北国春城”的美誉，是中国东北主要的旅游胜地之一。

With four distinct seasons, Changchun has a comfortable weather, hence the reputation as a "city of spring in North China". It is one of the major tourist resorts in Northeast China.

长春的旅游景点众多，净月潭、伪满皇宫博物院、长春世界雕塑公园、南湖公园、长影世纪城、长春电影城、农安古塔、长春动植物公园、莲花山滑雪场、百国兴隆寺、辽黄龙府遗址等每年吸引大批国内外游客。

Changchun has many scenic spots, including the Jingyue Lake, the Puppet Manchurian Imperial Palace Museum, the Changchun World Sculpture Park, the South Lake Park, the Changchun Film Century City, the Changchun Film City, the Nong'an ancient Tower, the Changchun Zoological and Botanical Park, the Lianhuashan Ski Field, the Xinglong Temple and the Huanglongfu Ruins of the Liao Dynasty (907-1125). These scenic spots attract large groups of visitors both at home and abroad.



2

小贴士 · Tips

长春是一座开放的国际都市，市区内居住着大约 30 万国际友人。

Changchun is an open international metropolis, with about 300,000 foreigners living in its urban areas.



3

净月潭 The Jingyue Lake

净月潭始建于1934年，位于长春市东南部。净月潭为筑坝蓄水而建，因为形状像弯月而得名，山清水秀、鸟语花香，被誉为台湾日月潭的姊（zǐ）妹潭。

The Jingyue Lake, located in the southeast of Changchun, was originally built in 1934. The lake was actually a reservoir formed by a dyke, and got its name for its crescent shape. With beautiful mountains, clean water, lovely birds and fragrant flowers, it is reputed to be a sister pool of the Sun Moon Lake in Taiwan.



4

伪满皇宫博物院 The Puppet Manchurian Imperial Palace Museum

伪（wěi）满皇宫博物院，是在中国清朝末代皇帝爱新觉罗·溥（pǔ）仪充当伪满洲国傀儡（kuǐ lěi）皇帝时居住的宫殿旧址上建立的博物馆。

The Puppet Manchurian Imperial Palace Museum is a museum established on the old site of the palace where Puyi, the last emperor of the Qing Dynasty (1644-1911), lived when he was the puppet emperor of the illegitimate "Manchu State (1931-1945)".

伪满皇宫博物院成立于1962年，原名吉林省伪皇宫陈列馆，2001年2月更名为伪满皇宫博物院。目前，伪满皇宫博物院占地20万平方米，收藏文物近两万件。

The museum was established in 1962, originally named the Jilin Provincial Exhibition Hall for the Manchu Imperial Palace. In February 2001, it was renamed the Puppet Manchurian Imperial Palace Museum. Now, the museum covers an area of 200,000 sq m, housing nearly 20,000 pieces of cultural relics.

1. 长春一汽
First Automobile Workshop is Located in
Changchun City
2. 长春电影城
The Changchun Film City
3. 净月潭全景
A Panoramic View of the Jingyue Lake
4. 伪满皇宫博物院
The Puppet Manchurian Imperial Palace
Museum

沈阳

Shenyang

沈阳位于辽宁省中部，是辽宁省的行政中心，中国东北地区的经济、文化、交通和商贸中心，东北地区最大的中心城市，同时也是中国最重要的重工业基地。

Located in the middle of Liaoning Province, Shenyang is the administrative center of this province, an economic, cultural, transport, commercial and trade center in Northeast China, the largest central city in Northeast China, and the most important heavy industry base in China.

沈阳有近 2 300 年的建城史。1625 年，清太祖努尔哈赤建立的后金把都城迁到这里，改名为“盛京”。1636 年，皇太极把国号改为“清”，建立清王朝。清初皇宫所在地的沈阳故宫，是中国仅存的两个完整皇宫建筑群之一。

The history of Shenyang as a city dates back to 2,300 years ago. In 1625, Nurhachi, Emperor Taizu of the Qing Dynasty, established the Later Kin Dynasty, and moved the capital to Shenyang, which he renamed "Shengjing". In 1636, Huang Taiji, the first emperor of Qing Dynasty, renamed the State of Later Kin to "Qing" right here, thus establishing the Qing Dynasty. The Shenyang Imperial Palace of the early Qing Dynasty is one of the only two extant intact imperial palace complexes in China.

沈阳的旅游景观很丰富，沈阳故宫、皇家陵寝(qǐn)、



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2

小贴士 · Tips

1931年，日本帝国主义发动“九一八事变”并侵占沈阳后，将“沈阳市”改为“奉天市”。1945年抗日战争胜利，名称恢复为“沈阳市”。

Japanese imperialists renamed "Shenyang City" "Fengtian City" after they launched the "September 18 Incident" and seized Shenyang in 1931. After the victory of the Chinese people's war against Japanese aggression in 1945, the original name was restored.

1. 张学良
Zhang Xueliang
2. 重工业基地——沈阳
Shenyang — a heavy industry base
3. 沈阳故宫
The Imperial Palace, Shenyang
4. 棋盘山景区的关东影视城
The Northeast Film and TV City in the Qipan Mountain Scenic Area

张氏帅府、中心庙、新乐遗址、怪坡、棋盘山风景区等，都是沈阳著名的旅游景观。

Shenyang has abundant tourist resources, including such noted tourist

attractions as the Shenyang Imperial Palace, the Imperial Mausoleums, Marshal Zhang's Mansion, the Zhongxin Temple, the Xinle Ruins, the Guaipo (strange slope) and the Qipan Mountain Scenic Area.

张氏帅府 Marshal Zhang's Mansion

张氏帅府又称“大帅府”或“少帅府”，是北洋军阀张作霖和他的长子张学良将军的官邸（dī）和私宅，始建于1914年，是东北地区规模最大、保存最为完好的名人故居。

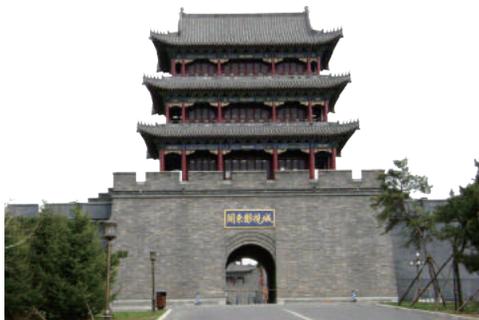
Marshal Zhang's Mansion is also called "Grand Marshal's Mansion" or "Young Marshal's Mansion". It was the official residence and private house of Zhang Zuolin, the last leader of the Beiyang government, and his eldest son General Zhang Xueliang. This mansion, originally built in 1914, is the largest and best preserved former residence for celebrities in Northeast China.

张氏帅府是由东院、中院、西院和院外建筑等四个部分组成的庞大建筑群，1991年，张氏帅府被列为中国优秀近代建筑群。现在改名为张氏帅府博物馆暨（jì）辽宁近现代史博物馆。

The mansion is an enormous architectural complex composed of four parts: eastern courtyard, central courtyard, western courtyard and buildings outside the courtyard. In 1991, the mansion was listed as one of the excellent modern architectural complexes of China. Now, it has been renamed the Museum of Marshal Zhang's Mansion and the Liaoning Provincial Museum of Modern and Contemporary History.



3



4

呼和浩特

Hohhot

呼和浩特，内蒙古自治区的行政中心，是一座著名的塞外古城。呼和浩特是蒙古语，意为“青色的城”，即青城，也称“呼市”。

Hohhot, the administrative center of the Inner Mongolia Autonomous Region, is an ancient city beyond the Great Wall. Hohhot is a Mongolian word, meaning a "green city".

呼和浩特文物古迹众多，有大窑（yáo）文化遗址、金刚座舍利宝塔、云中古城、昭君墓、万部华严经塔、大召、席力图召、将军衙（yá）署、公主府等。

Hohhot has many historical sites, including the Ruins of the Dayao Culture, the Vajra Sarira Stupa, the Ancient City of Yunzhong, the Zhaojun Tomb, the Wanbu Huayanjing (Ten-thousand Volumes of Huayan Buddhist Scriptures) Pagoda, the Da Zhao, the Xilitu Zhao, the Government Office for Generals, and the Princess Mansion.

呼和浩特是内蒙古重要的工业城市，乳业发展迅速，被称为“中国乳都”。

Hohhot is an important industrial city of Inner Mongolia. With the milk industry developing rapidly, the city is called "China's milk capital".

席力图召 The Xilitu Zhao

席力图召建于明朝万历十二年（1585），占地面积1.3万平方米，是呼和浩特市规模最大的喇嘛（lǎ ma）

小贴士 · Tips

王昭君是汉朝美女。当时匈奴首领向汉元帝求亲，为了结束战争，让人民安宁，王昭君毅然放弃舒适的宫廷生活，远嫁到这片大草原上。

Wang Zhaojun was a great beauty of the Han Dynasty. The leader of the Hu nomads sought a marriage alliance with Emperor Yuandi of the Han Dynasty. In order to end war and ensure people's peaceful life, Wang Zhaojun resolutely gave up her comfortable royal life and married the king of Hu on this vast grassland.





2



3

1. 今日的呼和浩特
Today's Hohhot
2. 自动化的乳品生产基地
The Automated Dairy Production Base
3. 席力图召
The Xilitu Zhao
4. 金刚座舍利宝塔
Vajra Sarira Stupa
5. 昭君墓
The Zhaojun Tomb



5

教寺庙。席力图是蒙古语，意思是“首席”或“法座”；蒙古语的“召”，是“庙宇”的意思。席力图召的汉语名字为“延寿寺”，主要建筑有大经堂、仓房、碑亭、钟鼓楼等，还有一座高约 15 米的白石塔。



4

The Xilitu Zhao was established in 1585, the 12th year of the Wanli Reign of the Ming Dynasty. Covering an area of 13,000 sq m in area, it is the largest Lamaist monastery in Hohhot. In the Mongolian language, "Xilitu" means "leading chair" or "holy seat", and "zhao" means "temple", so the Chinese name of the Xilitu Zhao is "Yanshou (Longevity-Extending) Temple". The monastery's major buildings include the Dajing Hall, storage houses, stele pavilions and drum-and-bell pavilions. In addition, there is a white stone stupa about 15m high.

金刚座舍利宝塔 Vajra Sarira Stupa

金刚座舍利宝塔始建于清朝雍（yōng）正（1722—1735）年间，由金刚座和上部五个方形舍利宝塔构成，又称“五塔”。舍利宝塔是用青砖建成的，塔后照壁上有蒙古文的天文图石刻，是迄（qì）今为止世界上唯一用蒙文标注的一幅天文图，是研究古代天文学的重要资料。塔上用蒙、藏、汉三种文字刻着“金刚座舍利宝塔”七个字。

Vajra Sarira Stupa, originally built during the Yongzheng Reign of the Qing Dynasty, is composed of a pedestal of the stupa and five square dagobas on the top. The dagoba is built of gray bricks. On the screen wall behind the stupa there is a stone carving of an astronomical map in the Mongolian language. This is the world's only astronomical map illustrated in the Mongolian language, which provides important information for studying ancient astronomy. On the stupa are inscribed the seven words “金刚座舍利宝塔” (means Vajra Sarira Stupa) in the Mongolian, Tibetan and Chinese languages.

乌鲁木齐

Urumqi

乌鲁木齐市位于新疆维吾尔自治区北部，是新疆维吾尔自治区的行政中心，居住着维吾尔、汉、哈萨克、蒙古等47个民族。

Urumqi is in the north of the Xinjiang Uygur Autonomous Region, and is the administrative center of this region. It is inhabited by 47 ethnic groups, including the Uygur, the Han, the Kazak and the Mongolians and so on.



1

“乌鲁木齐”是古准噶尔语，意思是“优美的牧场”。早在2000多年前，这里就是古丝绸之路新北道上的重镇。

In ancient Junggar language, "Urumqi" means a "beautiful pasture". As early as more than 2,000 years ago, this place served as an important town on the new north route of the ancient Silk Road.

乌鲁木齐是世界上离海最远的内陆大城市，是亚洲大陆的地理中心。自然风光优美，民族风情浓厚，旅游业发达。新疆国际大巴扎、新疆民街、二道桥民族风情一条街等带有浓郁新疆民俗风情的景点，中外闻名。主要景点还有红山公园、水磨沟、东白杨沟、人民公园等。

Urumqi is the inland city farthest from the sea in the world, and the geographical center of the Asian Continent. It has beautiful scenery, unique folk customs and well-developed tourism. Worldwide renowned scenic spots featuring strong folk customs in Xinjiang include the Xinjiang International Grand Bazaar, the Xinjiang Minjie Street, and the Erdaoqiao Ethnic Customs Street. Other major scenic spots are the Hongshan Park, the Shuimo Valley, the Dongbaiyang Valley, and the People's Park.

1. 乌鲁木齐街景
A Street Scene of Urumqi
2. 维吾尔族的民族风情
The Folk Customs of the Uygur people
3. 大巴扎全景
A Panoramic View of the Grand Bazaar



新疆国际大巴扎 The Xinjiang International Grand Bazaar

新疆国际大巴扎，坐落在乌鲁木齐，于2003年6月落成。“巴扎”是维吾尔语，意思是“集市、农贸市场”。

The Xinjiang International Grand Bazaar is located in Urumqi, and was built up in June 2003. "Bazaar" means "market or open fair" in the Uyghur language.

2

新疆国际大巴扎具有浓郁的伊斯兰建筑风格，占地面积约4万平方米，总建筑面积10万平方米，是世界上规模最大的大巴扎，包括宴会厅、美食广场、欢乐广场、室外表演广场、新疆第一观光塔、观光伊斯兰清真寺和露天大型舞台。它是新疆旅游产品的汇集地和乌鲁木齐的标志性建筑，集中体现了浓郁的西域民族特色和地域文化。

The Xinjiang International Grand Bazaar features strong Islamic architectural styles. It covers about 40,000 sq m with a construction area of 100,000 sq m, becoming the largest bazaar in the world. The bazaar has a banquet hall, a noshery square, an entertainment square, an outdoor performance square, the No. 1 sightseeing tower of Xinjiang, an open mosque and a large open theater. It is a center of tourism and is a landmark in Xinjiang, embodying strong ethnic features and cultures of this western region.



3

陕西大寺 The Shaanxi Grand Mosque

陕西大寺，又称东大寺，位于乌鲁木齐市和平南路，始建于清代乾隆（Qiánlóng）、嘉庆年间，光绪三十二年（1906）由陕西的一些伊斯兰教回民人士捐资重建。它是乌鲁木齐市最大的回族清真寺院，可容纳千人礼拜。

The Shaanxi Grand Mosque, also called the East Grand Mosque, is located in Heping South Road, Urumqi. It was originally built during the Qianlong and Jiaqing reigns of the Qing Dynasty, and rebuilt in 1906 (the 32nd year of the Guangxu Reign of the Qing dynasty) with the donations from some Muslim Hui people of Shaanxi Province. It is the largest Hui mosque in Urumqi and can accommodate 1,000 worshippers.

陕西大寺采用的是古代传统的砖木结构、绿色琉璃（lǜlí）瓦顶。陕西大寺是伊斯兰建筑与中国古典建筑的巧妙结合，融合了传统建筑的精华，有较高的历史、建筑和观赏价值。

This mosque has a traditional structure made of brick and wood, with its roof covered by green glazed tiles. It is an ingenious combination of Islamic and classic Chinese architecture, integrating the quintessence of traditional architecture. It has comparatively great historical, architectural and sightseeing value.



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小贴士 · Tips

乌鲁木齐具有极为丰富的光、热和风能资源，有亚洲第二大的风力发电厂。

Urumqi is abundant in energy of sunlight, heat and wind, possessing the second biggest wind power plant in Asia.

1. 陕西大寺
The Shaanxi Grand Mosque

银川

Yinchuan



银川，位于黄河上游宁夏平原中部，是宁夏回族自治区的行政中心。回族人口约占全市人口总数的1/4。

Located in the middle of the Ningxia Plain in the upper reaches of the Yellow River, Yinchuan is the administrative center of the Ningxia Hui Autonomous Region. The Hui people account for about one-fourth of the city's total population.

银川是一座历史悠久的塞上古城，在民间传说中又称为“凤凰城”。汉成帝阳朔（shuò）年间建北典农城，这是银川建城的开始，距今已有2000多年的历史。

Yinchuan is an ancient city beyond the Great Wall, and is known as the "Phoenix City" in folk tales. During the Yangshuo Reign of Han Emperor, a north grain-storage town was established in Yinchuan, symbolizing the beginning of the city. Up to now, it has had a history of more than 2,000 years.



1. 回族风情
The Hui Nationality Amorous Feelings
2. 银川市容
An Urban Scene of Yinchuan

2

由于黄河不断改道，银川湖泊、湿地众多，古代有“七十二连湖”之说，现在有“塞上湖城”的美称。公元1038年，李元昊(hào)称帝，国号大夏，定都现在的银川市，史称西夏，形成了神秘的西夏文化，所以银川被称为“西夏古都”。银川回族人口较多，回乡风情浓郁，有“回族之乡”的称号。

Due to the repeated changes of the Yellow River course, Yinchuan was left a number of lakes and wetlands and was described as "72 adjacent lakes" in ancient times and now is known as a "city of lakes beyond the Great Wall". In 1038, Yuanhao enthroned himself, naming his regime Great Xia and taking the present Yinchuan as its capital. This state was known as the Western Xia Dynasty in history and formed the mysterious Western Xia culture; therefore, Yinchuan is called the "ancient capital of the Western Xia". Yinchuan has a comparatively large population of the Hui group, with strong Hui customs, and has the reputation of being a "land of the Hui nationality".

银川旅游资源丰富，人文及自然景观众多。主要名胜古迹有西夏王陵、玉皇阁、南门楼、南关清真寺、贺兰山岩画、拜寺口双塔、海宝塔、镇北堡西部影城等。

Yinchuan has abundant tourist resources thanks to its large number of historical sites and natural landscapes. The major places of historic interest include the Western Xia Imperial Mausoleums, the Yuhuang Pavilion, the Nanmen Square, the Nanguan Mosque, the Rock Paintings in the Helan Mountain, the Baisikou Twin Tower, the Haibao Pagoda, and the Zhenbeibu Western Movie Studio.

西夏王陵 The Western Xia Imperial Mausoleums

西夏王陵是西夏历代帝王的陵寝，位于银川市西郊的贺兰山。在陵区内，有西夏国的9座帝王陵，200多座陪葬墓，是中国现存规模最大、地面遗迹保存最完整的帝王陵园之一。西夏王陵高大雄伟，建筑风格独特，被称为“中国的金字塔”。

The Western Xia Imperial Mausoleums are the tombs of all Western Xia kings, located in the Helan Mountain area in the western suburbs



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1. 西部影城一角
A Glance of the Western Movie Studio
2. 西夏王陵
The Western Xia Imperial Mausoleums
3. 贺兰山岩画
The Rock Paintings in the Helan Mountain

小贴士 · Tips

位于银川的水洞沟遗址是目前中国发现的考古资料最丰富的旧石器时代晚期遗址之一。这项发掘表明，早在3万多年前的旧石器时代就有人类在此生息。

The Shuidonggou site in Yinchuan was one of the archeological sites with the richest information of the late Paleolithic Age ever found in China. The excavation shows that this place was inhabited by human beings as early as in the Paleolithic Age more than 30,000 years ago.

of Yinchuan. Within the mausoleum area, there are nine tombs of kings and more than 200 accompanying graves. It is one of the largest extant royal mausoleum complexes with the best preserved ground relics. The mausoleums are grand and imposing in a unique architectural style, and are called "Chinese pyramids".

贺兰山岩画 The Rock Paintings in the Helan Mountain

在古代，贺兰山是匈(xīōng)奴、鲜卑(bēi)、突厥(jué)、回鹘(hú)、吐蕃(bō)、党项等少数民族游牧、生活的地方。他们把生产生活的场景，刻在贺兰山的岩石上。这些岩画是研究古代游牧民族的历史、文化、宗教信仰等的珍贵的实物资料。贺兰山主要有20多处岩画群，其中最著名的是贺兰口岩画。山口内的众多岩画分布在600多米的石壁上，画面上有人类的生活场景和牛、马、羊、驴、鹿、鸟、狼等动物的图形。

In ancient times, the Helan Mountain is a place inhabited by the nomadic tribes including Xiongnu, Xianbei, Turks, Huihu, Tubo and Dangxiang. They carved the scenes of their production and life on the rocks of the Helan Mountain. These rock paintings are rare tangible materials for researching the history, culture and religious beliefs of ancient nomadic tribes. There are more than 20 sites of rock painting groups in the Helan Mountain, among which the most famous one is the Helankou paintings. The Helankou paintings are distributed on the cliffs about 600 m high, depicting human life and animal images such as cattle, horses, sheep, donkeys, deer, birds and wolves.



3

西宁

Xining



西宁，古称“湟（huáng）中”，位于青海省东部，海拔 2 261 米，是青海省的行政中心。

Xining, known as "Huangzhong" in ancient times, is located in the east of Qinghai Province, and at the altitude of 2,261 m. It is the administrative center of Qinghai Province.

西宁是一座具有 2 100 多年历史的高原古城，也是黄河上游第一个百万以上人口的中心城市。

Xining is an ancient city on the Qinghai-Tibet Plateau with a history of more than 2,100 years, and also the first central city with a population of more than 1 million in the upper reaches of the Yellow River.

西宁是古代西北地区的交通要道和军事重镇，有“海藏咽喉（yān）喉”之称。现在西宁是青藏高原的交通枢纽，兰青铁路的终点，青藏铁路和青藏公路的起点，交通位置很重要。

1. 西宁市貌
The City of Xining
2. 青藏铁路零公里起点
The Starting Point of Qinghai-Tibet Railway

小注解 · Footnotes

① 格鲁派是中国藏传佛教宗派之一。藏语“格鲁”是善律的意思，该派强调严守戒律，故名。

① The Gelug Sect is one of the sects of Tibetan Buddhism in China. In the Tibetan language, Gelug means "disciplined". The Gelug Sect emphasizes keeping precepts, so named.

Xining was an important transport hub and military stronghold in the northwest of China in ancient times, and commonly known as a "throat connecting Qinghai and Tibet". Now, Xining is a transport hub on the Qinghai-Tibet Plateau, the terminal of the rail line from Lanzhou to Xining, and the starting for point the rail line from Xining to Lhasa and for the road from Xining to Lhasa. It has a significant transport position.

西宁年平均气温 7.6℃，夏季平均气温 17—19℃，气候宜人，是消夏避暑胜地，有“中国夏都”之称。

Xining has an annual average temperature of 7.6 degrees Celsius, with an average temperature between 17-19 degrees Celsius in summer. The comfortable climate makes it a summer resort, thus the city enjoys the reputation for being a "summer capital of China".

西宁是中国优秀旅游城市，有塔尔寺、赞普林卡、日月山、虎台、马步芳公馆等著名自然和人文景观，吸引着众多海内外游客。

Xining is an excellent tourist city of China, with famous natural and human landscapes including the Taer Temple, the Zanpulinka (in Chinese), the Riyue Mountain, the Hutai Platform, and Ma Bufang's Mansion. These scenic spots attract a large of number tourists both at home and abroad.

塔尔寺 Taer Temple

塔尔寺始建于公元 1379 年，距今已有 600 多年的历史，占地 40 多公顷。它是格鲁派^①创始人宗喀巴大师的诞生地，青海省藏传佛教的第一大寺院。

The Taer Temple, built in 1379, has a history of more than 600 years, and covers an area of more than 600 mu (400,000 sq m). It is the birthplace of Master Tsong Khapa, founder of the Gelug Sect^①, one of the four centers of Tibetan Buddhism in China, and the first largest Tibetan Buddhist temple in Qinghai Province.

塔尔寺主要建筑有大金瓦殿、大金堂、小金瓦殿、祈寿殿、时轮经院等。塔尔寺存有有藏文百科全书之称的《甘珠尔》《旦珠尔》，以及以《宗喀巴师徒全集》等为代表的众多文献图书，还有大量法器、佛像，是一座佛教艺术的宝库。



The temple is mainly composed of the Great Hall of the Golden Roof, the Great Hall of Meditation, the Small Hall of the Golden Roof, the Qishou Hall, and the Kalachakra Sutra College. The temple is a treasury of Buddhist art, housing a number of religious utensils, Buddhist statues and literature, including the Tibetan encyclopedia-like *Ganggyur* and the *Bstan'gyur*, as well as the Complete *Collection of Tsong Khapa and His Disciples*.



1

虎台 The Hutai Platform

虎台位于西宁市城西区杨家寨，至今已有1 600多年的历史。东晋十六国时期，南凉王在西宁建都时修建阅兵台，因为是用太子“虎”的名字命名的，所以叫“虎台”。现存台高30米，周长360米，传说是后来樊梨花(Fán Líhuā)西征时点将的地方，因此人们又把它称为“将台”或“点将台”。



2

The Hutai Platform is located in the Yangjiazhai Village of Chengxi District, Xining, and has a history of more than 1,600 years. During the Eastern Jin and Sixteen Kingdoms period, the emperor of the Nanliang Kingdom built a platform for conducting a military parade when he made Xining as the capital of his kingdom, and named the platform after his crowned prince "Hu" (meaning tiger in Chinese). The extant platform is 30 m high and 360 m long in circumference. Legend has it that a woman warrior Fan Lihua once commanded her generals here before her westward expedition. Therefore, people also call it the "General's Platform" or the "Platform for Commanding Generals".

1. 塔尔寺
Taer Temple

2. 虎台
The Hutai Platform

兰州

Lanzhou

1. 黄河穿流而过的兰州 The Yellow River Running through Lanzhou

兰州，甘肃省行政中心，是中国西北地区的中心城市之一。

Lanzhou is the administrative center of Gansu Province, and one of the central cities in the northwestern region of China.

兰州，始建于公元前 86 年。隋朝开皇三年（583），设立兰州总管府，始称“兰州”。

Lanzhou was originally built in 86 BC. It received its name of "Lanzhou" in 583, the 3rd year of the Kaihuang Reign of the Sui Dynasty, when the Lanzhou Administrative Office was established.

兰州是黄河上游最大的工业城市和西部重要的原材料工业基地，是全国重要的石油化工和装备制造业基地。

Lanzhou is the largest industrial city in the upper reaches of the Yellow River and a major industrial base of raw material in the west of China. It is also the important base for petrochemical and equipment manufacture in China.



兰州是古代丝绸之路重要的交通要道和商业重镇，历史悠久，自然风光独特，旅游资源丰富多彩。著名景点有“天下黄河第一桥”——中山铁桥，“陇右第一名山”——兴隆山，还有五泉山、白塔山等自然风景区。

Lanzhou used to be an important transport hub and an important commercial town along the ancient Silk Road, with a long history. It has unique scenery and abundant tourist resources. Its famous scenic spots include "the first bridge across the Yellow River", Zhongshan Iron Bridge, "the most famous mountain in the west of Gansu" Xinglong Mountain, the Wuquan Mountain and the Baita Mountain.



黄河穿城而过的兰州，依山傍水，风景独好。兰州也是闻名全国的“瓜果城”，白兰瓜、黄河蜜、百合等远近闻名，有“赏景下杭州、品瓜上兰州”的赞誉。

With the Yellow River running through its urban area and the nearby mountains, and rivers, Lanzhou has unique beautiful scenery. It is also known as a "city of fruits" with renowned honeydew melons, huanghemi melons, and lilies. Hence, a saying goes, "one goes southward to Hangzhou to enjoy scenery, while setting out northward to Lanzhou to taste melons".

中山桥 The Zhongshan Bridge

中山桥位于兰州白塔山下，也称“中山铁桥”“黄河铁桥”，旧名镇远桥。它始建于清朝光绪三十三年（1907），



2

小贴士 · Tips

兰州拉面馆仅在中国国内的数量就远远超过了肯德基和麦当劳连锁店在全球的总和。

The Lanzhou *lamian* (handmade noodle) restaurants in China alone have far outnumbered the KFC and McDonald's all over the world.

1. 兰州举办“白兰瓜节”
The Honey Melon Festival Held in Lanzhou
2. 中山桥
The Zhongshan Bridge
3. 白塔
The Baita Pagoda

1909年8月建成并正式通车，是兰州历史最悠久的古桥。1942年，为纪念孙中山先生而改名为“中山桥”，桥长233.3米，宽7.5米，被称为“天下黄河第一桥”。

The Zhongshan Bridge, originally called Zhenyuan Bridge, is located at the foot of the Baita Mountain in Lanzhou, and is also known as the Zhongshan Iron Bridge or the Yellow River Iron Bridge. This bridge was originally built in 1907, the 33rd year of the Guangxu Reign of the Qing Dynasty, and was completed and formally opened to traffic in August 1909. It is the oldest bridge in Lanzhou. In 1942, this bridge was renamed "Zhongshan Bridge" in memory of Dr. Sun Yat-sen, who has another popular name "Sun Zhongshan". The bridge is 233.3 m long and 7.5 m wide, and is reputed to be "the first bridge across the Yellow River".

白塔山公园 The Baita Mountain Park

白塔山公园位于兰州市黄河北岸的白塔山上，因为山头有一座元代的白塔而得名。白塔原为纪念去蒙古谒（yè）

见成吉思汗，在兰州病故的一个西藏喇嘛而建。白塔七级八面，高约17米，上有绿顶，下有圆基。塔外涂有白浆，洁白如雪。白塔山1958年辟为公园，总建筑面积8000多平方米，现在已成为兰州的旅游胜地。

The Baita Mountain Park is located in the Baita Mountain in Lanzhou on the northern bank of the Yellow River, and got its name because of a white pagoda from the Yuan Dynasty on the top of the mountain. The white pagoda was built in honor of a Tibetan lama who died of illness in Lanzhou when traveling to Mongolia to present himself to Genghis Khan. The pagoda is structured in seven terraces with an octagonal body. With a height of 17 m, it is pure white with a green top and a round base. The exterior sides of the pagoda are painted with white slurry. Hence, they are as white as snow. The Baita Mountain was developed into a park in 1958, with a building area of more than 8,000 sq m. Now, it has become a tourist resort in Lanzhou.



拉萨

Lhasa

拉萨，西藏自治区行政中心，位于青藏高原的中部，海拔 3 658 米，是世界上海拔最高的城市之一。拉萨全年阳光明媚，有“日光城”之称。

Lhasa, the administrative center of the Tibetan Autonomous Region, is located in the middle of the Qinghai-Tibet Plateau. With an altitude of 3,658 m, it is one of the cities with the highest elevation in the world. Lhasa is sunny all year round, hence the reputation as a "city of sunshine".

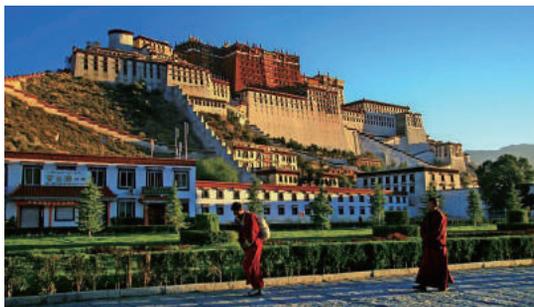
拉萨是青藏高原上一个具有 1 300 余年历史的“高原古城”，风俗民情独特，名胜古迹众多。位于城市中心的布达拉宫、大昭寺、罗布林卡被联合国教科文组织列入世界文化遗产名录。此外还有小昭寺、药王山、西藏博物馆、曲贡文化遗址、色拉寺、龙王潭等名胜古迹。

1. 拉萨市区全景
A Panoramic View of Lhasa City
2. 西藏博物馆
The Tibet Museum
3. 布达拉宫
Potala Palace





2



3

Lhasa is an "ancient plateau city" with a history of more than 1,300 years, and has unique folk customs and many scenic spots and historical sites. The Potala Palace, the Jokhang Temple, and the Norbulingka, all located in the center of the city, have been included on the world cultural heritage list by UNESCO. In addition, there are other scenic spots and historical sites such as the Ramoche Temple, the Yaowang Mountain, the Tibet Museum, the Ruins of the Qugong Culture, the Sera Monastery, and the Longwang Pool.

西藏博物馆 The Tibet Museum

西藏博物馆位于拉萨，1999年10月落成开馆，是西藏第一座具有现代化功能的博物馆。西藏博物馆占地面积53 959平方米，总建筑面积23 508平方

米，宏伟壮丽。西藏博物馆具有鲜明的藏族传统建筑艺术特点，馆藏文物万余件，有藏传佛教造像、壁画、唐卡、藏医药学和藏族服饰等。

Located in Lhasa, the Tibet Museum was completed and opened to the public in October 1999, and is the first museum with modern facilities in Tibet. The museum covers an area of 53,959 sq m with a building area of 23,508 sq m, looking grand and magnificent. It displays distinct features of the traditional Tibetan architecture, and houses more than 10,000 pieces of cultural relics including Buddhist images, murals, tangka, Tibetan medicine and pharmacology, and Tibetan dress and adornment.

小贴士 · Tips

布达拉宫是唐朝时松赞干布（617—650）为迎娶文成公主而建的。后来，历代达赖喇嘛不断扩建，形成了今天这样宏大的规模。

The Potala Palace was built by Songtsen Gampo (617-650), King of the Tubo Kingdom, when he married Princess Wencheng of the Tang Dynasty. Later, every Dalai Lama expanded it until reaching today's grand size.

大昭寺、小昭寺 The Jokhang Temple and the Ramoche Temple

“昭”是藏语“觉卧”的音译，意思是佛。大昭寺是一座藏传佛教寺院，距今已有1 350年的历史，相传是藏王松赞干布为纪念文成公主入藏而建的，后经历代修缮（shàn）增建，形成庞大的建筑群。大昭寺是西藏现存最古老的土木结构建筑，融合了藏、唐、尼泊尔、印度的建筑风格，成为



藏式宗教建筑的典范。大昭寺的主要建筑为经堂大殿，大殿的一层供奉有文成公主带入西藏的释迦（jiā）牟尼（móu）尼金像。

大昭寺门前广场上的唐蕃（bō）会盟碑见证了汉藏人民的深厚友情。

The Jokhang Temple is a Tibetan Buddhist temple with a history of 1,350 years. It is said that this Temple was built by Tubo King Songtsen Gampo to commemorate the arrival of Princess Wencheng. Later, it was expanded continually until reaching today's grand size. The Temple is the extant oldest civil structure building in Tibet, combining Tibetan, Tang, Nepalese and Indian architectural styles and becoming a model of Tibetan religious buildings. The major part of the Temple is the Hall of Sakyamuni, whose first floor contains the gold statue of Sakyamuni that Princess Wencheng brought to Tibet. In the square in front of the Temple gate stands a Tang-Tubo alliance stele, which bears witness to the profound friendship between the Chinese and Tibetan peoples.

小昭寺位于大昭寺北面约 500 米处，与大昭寺同期建成，是文成公主因为思念家乡而建造的一座汉唐格式的寺院，因与“大昭寺”相对而言被称为“小昭寺”。小昭寺文物众多，珍贵的有铜菩萨、莲花生铜像、仕女铜像等。

The Ramoche Temple, about 500 m away north of the Jokhang Temple, was completed almost the same time as the Jokhang. This temple of a Han-Tang style was built because of Princess Wencheng's nostalgia, and was named "Ramoche" in contrast with "Jokhang". The Ramoche Temple houses a large number of cultural relics, with the precious ones like copper statues of bodhisattva, Padmasambhava statue and maid of honor.



1. 小昭寺内供奉的一尊释迦牟尼像
A Statue of Sakyamuni Worship in the Ramoche Temple
2. 大昭寺
The Jokhang Temple

成都 Chengdu



1



2

1. 杜甫草堂
The Du Fu Thatched Cottage

2. 川剧变脸
The Face Changing in Sichuan Opera

成都位于四川省中部，是四川省的行政中心，中国中西部地区重要的中心城市之一。

Located in the middle of Sichuan Province, Chengdu is the administrative center of this province, and one of the important central cities in mid-western China.

成都是一座有 2 300 多年悠久历史的古城，著名的景点有都江堰（yàn）、青城山、武侯祠、杜甫（fǔ）草堂、永陵、金沙遗址、九峰山、石象湖、邛（qióng）窑遗址等。

Chengdu is an ancient city with a history of more than 2,300 years, and has such famous scenic spots as the Dujiangyan Irrigation System, the Qingcheng Mountain, the Wuhou Shrine, the Du Fu Thatched Cottage, the Yongling Tomb, the Jinsha Ruins, the Jiufeng Mountain, the Shixiang Lake, and the Qionglai Kiln Site.

2007 年，成都被确定为中国最佳旅游城市之一。2010 年，联合国教科文组织授予成都“美食之都”称号，这也是亚洲第一个世界“美食之都”。

In 2007, Chengdu was chosen as one of the best tourist cities in China. In 2010, UNESCO granted Chengdu the title of "City of Gastronomy", the first of its kind in Asia.

成都是中国戏剧之乡。形成于清代的川剧是中国重要的地方剧种之一，幽默风趣，表现手法丰富，特别是“变脸”“吐火”等绝技令人叹为观止。

Chengdu is a land of Chinese operas. Sichuan opera, which was formed in the Qing Dynasty, is one of China's important local operas, featured by great sense of humor and many methods of expression, including such breathtaking skills as "face changing" and "fire spitting".

大熊猫是中国的一类保护动物，为保护和拯救大熊猫而建立的成都大熊猫繁育研究基地，是目前世界上唯一建在大城市的大熊猫繁育研究基地。

Giant pandas are animals receiving the first-grade protection in China. The Chengdu Research Base of Giant Pandas Breeding, which was established to protect and rescue giant pandas, is the world's only base built within a big city for breeding and researching giant pandas.

武侯祠 The Wuhou Shrine

武侯祠位于成都市区，始建于公元 223 年，面积约 15 万平方米，是全国唯一的君臣合祀(sì)庙宇。武侯祠由刘备、诸葛亮合祀祠宇及惠陵组成，是中国影响最大的三国遗迹博物馆，有“三国圣地”的美誉。

Located in urban area of Chengdu, the Wuhou Shrine was originally built in 223, with an area of about 150,000 sq m, and is the only temple in China enshrining both the king and his subjects. The shrine is composed of the Hall of Liu Bei and the Zhuge Liang Memorial Temple and the Huiling Mausoleum. It is the most influential museum of Three Kingdoms relics in China, and has the reputation of being the "holy place of the Three Kingdoms".

金沙遗址博物馆 The Jinsha Site Museum

金沙遗址是位于成都的一处商周时代遗址，面积超过 5 万平方千米。为保护、研究、展示金沙遗址及出土文物，金沙遗址博物馆于 2007 年建成并正式开放。博物馆占地 30 万平方米，由遗迹馆、陈列馆、文物保护中心等部分组成。

The Jinsha Ruins were ruins of the Shang and Zhou Dynasties located in Chengdu, covering an area of more than 50,000 sq m. In order to protect, research and display the Jinsha ruins and excavated cultural relics, the Jinsha Site Museum was established and formally opened in 2007. The museum covers an area of 300,000 sq m, and is mainly composed of the hall of the ruins, an exhibition hall and a protection center of cultural relics.

小贴士 · Tips

始建于公元前 250 年左右的都江堰水利工程，2000 多年来还在有效地发挥着作用。

The Dujiangyan Water Conservancy Project, built around 250 BC, has effectively been playing its role for more than 2,000 years.

1. 武侯祠诸葛亮殿
The Zhuge Liang Memorial Hall in Chengdu
2. 金沙遗址博物馆
The Jinsha Site Museum



1



2

贵阳 Guiyang



贵阳位于贵州省中部，云贵高原东部，是贵州省的行政中心。

Guiyang is located in the middle of Guizhou Province and situated on the east of the Yunnan-Guizhou Plateau. It is the administrative center of Guizhou province.

贵阳是一座美丽的城市，因为位于贵山之南而得名，至今已有 400 多年的历史。贵阳森林覆盖率在全国省会城市中最高，被称为“林城”，即“森林之城”，是中国首个“国家森林城市”。贵阳空气清新，没有风沙，2007 年被授予“中国避暑之都”荣誉称号。

Guiyang is a beautiful city with a history of more than 400 years. It got its name because of its location on the south side of the Guishan Mountain. Guiyang has the highest forest coverage rate among China's provincial capital cities, and is reputed to be the "forest city". It is also the first "national forest city" in China. Because of clear air and



1. 贵阳新貌
Guiyang's New Look

2. 森林之城、山国之都
National Forest City, Capital of a Mountainous Territory

2

no sandstorms, Guiyang was honored as the "summer capital of China" in 2007.

贵阳属于以山地、丘陵为主的高原盆地地区，市区周围群山环抱。因为地处山地丘陵之间，有“山国之都”的美誉。

Guiyang belongs to a plateau basin area which is mainly composed of mountains and hills, and the city is surrounded by mountains. Because of its location among mountains and hills, it has been reputed to be the "capital of a mountainous territory".

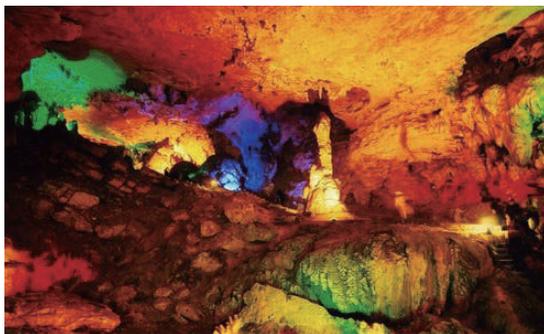
贵阳旅游资源非常丰富，有以“山奇、水秀、石美、洞异”为特点的喀斯特景观。旅游资源主要有黔（qián）灵公园、甲秀楼、花溪风景区、文昌阁、百花湖、南江峡谷、香火岩、观风台、天河潭、翠微阁、阳明祠、绿色石林、阳明洞等。

Guiyang has abundant tourist resources, including karst landscapes featuring "spectacular mountains, beautiful water, attractive stones and amazing caves". The tourist resources mainly include the Qianling Park, the Jiaxiu Building, the Huaxi Scenic Zone, the Wenchang Pavilion, the Baihua Lake, the Nanjiang Canyon, the Xianghuoyan Canyon, the Guanfeng Platform, the Heavenly River Pool, the Cuiwei Pavilion, the Yangming Temple, the Green Stone Forest, and the Yangming Cave.

甲秀楼 The Jiaxiu Tower

甲秀楼建于明代（1368—1644）万历二十六年（1598），后来多次重修重建，是贵阳的标志。甲秀楼是三层三檐四角攒（cuán）尖顶阁楼，楼高约20米，是明代古建筑的代表。楼内有清代（1644—1911）学者刘玉山写的206字的长对联，闻名中外。

The Jiaxiu Tower was built in 1598, the 26th year of the Wanli Reign of the Ming Dynasty (1368-1644), and rebuilt many times afterwards; it is a landmark of Guiyang. The Jiaxiu Tower is a three-storied quadrangular building with three eaves and a converging fastigium. The building is about 20 m high, and is a typical structure of the Ming Dynasty. Within the building there is a pair of long couplets



1



2

小贴士 · Tips

贵阳是个少数民族聚居区，各地民族节日内容丰富，各具特色。苗族的“四月八”，布依族的“三月三”“六月六”“跳场”等民族节日，为少数民族青年男女寻找意中人提供了极佳的机会。

Guiyang is a place where ethnic minorities live in compact communities, each with their own unique festivals. There are folk festivals for young people to find their love. For example, the Miao group's April 8, and the Bouyei's March 3, June 6, and Tiaochang Party.



inscribed by Liu Yushan, a scholar of Qing Dynasty (1644-1911). This world-renowned couplet consists of 206 Chinese characters.

青岩古镇 The Qingyan Ancient Town

青岩镇始建于明洪武十年（1378），至今已有 600 多年的历史，是贵州省的历史文化古镇。

青岩镇是用石头砌成的，四周筑有城墙，分内城和外城，城墙上 有敌楼、垛（duǒ）口、炮台。牌坊是青岩古镇的标志，现存“赵彩章百岁坊”“周王氏媳妇刘氏节孝坊”“赵理伦百岁坊”等三座牌坊。主要景点还有状元府、蜜泉等。

The Qingyan Ancient Town was originally built in 1378, the 10th year of the Hongwu Reign of the Ming Dynasty, and has a history of more than 600 years. It is an ancient town of history and culture in Guizhou Province. Built with stones and surrounded with walls, the town is divided into the inner town and the outer town; on the town walls are pillboxes, crenels and emplacements. Memorial arches are landmarks of this ancient town. The extant three ones are for "the 100th birthday of Zhao Caizhang", for "the chastity and filial piety of two women of the Zhou Family", and for the 100th birthday of Zhao Lilun", respectively. Other major scenic spots of this town are the Zhuanyuan Mansion and the Miquan Spring.

1. 喀斯特景观
Karst Landscape

2. 麒麟洞
Kirin Cave

3. 甲秀楼
The Jiaxiu Tower

4. 青岩古镇的牌坊
Memorial Arch in the Qingyan Ancient Town



4

昆明

Kunming



昆明，云南省行政中心，位于云贵高原中部，是云南省唯一的特大城市。

Kunming, the administrative center of Province, is located in the middle of the Yunnan-Guizhou Plateau, and is the only exceptionally large city in this province.

昆明自然风光优美，气候四季如春，全年温差较小，市区年平均气温在 15°C 左右，鲜花常开不谢，有“春城”和“花都”的美誉。但是，昆明昼夜和晴雨之间的温差较大，在冬、春两季，日温差可达 12—20°C。

The four seasons are all like spring and flowers blossom all year round, so Kunming enjoys the reputation of being a "spring city" and "flower city". It has a relatively small difference for the whole year's temperature, with its annual average temperature of around 15 degrees

1. 春城昆明

Kunming, a Spring City

2. 世界园艺博览园

The World Horticultural Expo Garden

3. 大观楼及第一长对联

The Daguanlou Mansion and the longest couplet in the world



Celsius. But due to a big difference in temperature between day and night and between sunny days and rainy days, daily temperature differences can reach 12–20 degrees Celsius in winter and spring.

昆明有 2 200 多年的建城史，文物古迹和风景名胜众多，是国际著名的风景旅游城市。旅游景点有石林、滇（diān）池、大观楼、翠湖、陆军讲武学堂、世界园艺博览园等。

The city of Kunming has a history of more than 2,200 years, and hence there are many cultural relics, historical sites and scenic spots. It is an internationally famous tourist city. Major scenic spots include the Stone Forest, the Dianchi Lake, the Daguanlou Mansion, the Cuihu Lake, the Army's Military School, and the World Horticultural Expo Garden.

大观楼 The Daguanlou Mansion

大观楼位于昆明市区西部，始建于康熙（xī）年间（1662—1722），高三层，呈方形，红墙绿瓦。大观楼门柱两侧的 180 字的长联，由清代（1644—1911）名士孙髯（rán）翁所作，被誉为“海内外第一联”。



小贴士 · Tips

1999 年 5 月在昆明举办的世界园艺博览会，使昆明的知名度空前提高，是昆明全方位走向世界的重要里程碑。

The World Horticultural Expo held in Kunming in May 1999 has unprecedentedly enhanced the city's prestige, and is an important milestone in the opening of the city to the world in an all-round way.

3

The Daguanlou Mansion, located in the west of the urban Kunming, was originally built during the Qing Dynasty's Kangxi Reign (1662-1722). It is a three-storied square building, with red walls and green tiles. On both sides of the post is a long couplet with 180 Chinese characters, written by Sun Ranwong, a famous scholar of the Qing Dynasty (1644-1911). This long couplet is honored as the "number one couplet in the world".

因楼得名的大观楼公园，是一个风光秀丽的湖泊公园，有江南园林风味。

The Daguanlou Mansion Park on the lakeside boasts an exquisite scenery that resembles the gardens south of the Yangtze River.

滇池 The Dianchi Lake

滇池位于昆明西山脚下，又名昆明湖，海拔 1 886 米，南北长 39 千米，东西宽 13.5 千米，平均宽度约 8 千米。湖面面积 300 多平方千米，湖水最大深度 8 米，平均深度 5 米，蓄水量 15.7 亿立方米，被称为“五百里滇池”，是云南省面积最大的高原湖泊，中国第六大内陆淡水湖。

Located at the foot of the Xishan Mountain in Kunming, the Dianchi Lake is also known as the Kunming Lake. It is at the altitude of 1,886 m, 39 km long from north to south, and 13.5 km from west to east, with an average width about 8 km. The surface of the lake is more than 300 sq km, and is 8 m deep at most, with an average depth of 5 m. The lake has a storage capacity of 1.57 billion cu m and is called "five hundred *li* (half a kilometer) Dianchi". It is the largest plateau lake in Yunnan Province and the sixth largest inland freshwater lake in China.

滇池是度假观光和避暑的胜地，周围风景名胜众多，是全国首批批准建立的国家级旅游度假区之一，也是唯一设在内陆省的国家级度假区。

Dianchi is a dream place for sightseeing and summer resort as well. It has many cultural relics, historical sites and scenic spots. It is one of the first group of state-level tourist resorts approved by the Chinese government, and is the only state-level holiday-making resort established in an inland province.



1

太原 Taiyuan



1. 种类众多的太原面食
Various Wheat — Made Food in Taiyuan

2. 煤矿众多的太原
Taiyuan, a Place of Numerous Coal Mines

太原是山西省的行政中心。太原煤、铁储量较多，被称为“煤铁之乡”。

Taiyuan is the administrative center of Shanxi Province. With large coal and iron ore reserves, it is thus called the "land of coal and iron".

太原是一座具有 2 500 多年建城历史的文化名城，有晋祠（cí）、永祚（zuò）寺、纯阳宫、天龙山石窟、崇善寺等众多名胜古迹。2010 年，太原市被授予“国家园林城市”称号。

Taiyuan is a renowned cultural city with a history of more than 2,500 years, and has many scenic spots and historical sites, including the Jinci Temple, the Yongzuo Temple, the Chunyang Palace, the Tianlongshan Grottos, and the Chongshan Temple. In 2010, Taiyuan was granted the title of "national level garden city".

太原的面食、老陈醋、清徐葡萄、汉波贡枣、沙金红杏等闻名中外。

Taiyuan is well-known for its wheat-made food, mature vinegar, Qingxu grapes, Hanbo red dates, and Shajin red apricots both at home and abroad.

晋祠 The Jinci Temple

晋祠始建于北魏（386—534），是集中国古代祭祀（jì sì）建



筑、园林、雕塑、碑刻等为一体的历史文化遗产。现存楼、阁、殿、台 100 多处，碑迹 300 幢 (zhuàng)，千年古树 20 余株 (zhū)，最老的已有 3 000 多年树龄。晋祠主要建筑有圣母殿、鱼沼飞梁、唐碑亭、水母楼等。难老泉、宋塑侍女像、周柏 (bǎi) 被称为“晋祠三绝”。

The Jinci Temple was originally built during the Northern Wei Dynasty (386-534), and is a historic and cultural heritage site combining ancient China's worshipping architecture, gardens, sculpture and stele carvings. Now, it has more than 100 multi-storied buildings including pavilions, palaces and platforms, 300 stele sites, more than twenty 1,000-year-old trees with the oldest dating back to more than 3,000 years ago. The major parts of this temple include the Shengmu Palace, the Flying Bridge over a Fish Pool, and the Tang Stele Pavilion and the Shuimu Hall. In addition, the Never Aging Spring, the Statues of Maidservants in the Song Dynasty and the Zhou Cypress are called "three wonders of the Jinci Temple".

永祚寺 The Yongzuo Temple

永祚寺始建于明万历二十七年 (1599)，距今已有 400 多年的历史，总占地面积 12 万平方米。寺院是用砖砌成的“无梁殿”建筑，是中国明代砖砌结构的代表。

The Yongzuo Temple was originally built in 1599, the 27th year of the Wanli Reign of the Ming Dynasty, and has a history of more than 400 years. The temple covers an area of 120,000 sq m. It is a girdless structure built with bricks, and is a representative of brick constructions of the Ming Dynasty.

永祚寺内有两座壮观的明代古塔，两塔高约 54 米，多年来一直是太原城的标志，因此，也叫双塔寺。

Inside the temple has two splendid towers, which are about 54 m high. For years, the twin tower has been the landmark of Taiyuan. Hence, the Yongzuo Temple is also known as the Twin-Tower Temple.



1

1. 晋祠 The Jinci Temple

2. 永祚寺 The Yongzuo Temple

小贴士 · Tips

太原有着悠久的历史。“古交旧石器文化遗址”的发现，证明早在 10 万年之前就有人类在太原的土地上生息、繁衍 (yǎn)。

Taiyuan has a long history. The discovery of paleolithic sites at Gujiao proves that as early as 100,000 years ago this place was inhabited by human beings.



2

石家庄 Shijiazhuang



1

1. 西柏坡
Xibaipo

2. 石家庄城市景色
An Urban Scene of Shijiazhuang



2

石家庄，河北省的行政中心，位于河北省中南部，是一座综合性的中心城市。

Shijiazhuang, the administrative center of Hebei Province, is located in the mid-southern part of this province, and is a comprehensive central city.

石家庄交通便利，京广、石太、石德等铁路在境内交汇，多条国家级公路在市内通过。

Shijiazhuang has convenient transportation. It is intersected by a network of railway lines like Beijing-Guangzhou, Shijiazhuang-Taiyuan, and Shijiazhuang-Dezhou and has several national highways passing through the city.

石家庄旅游资源丰富。全市现有国家级重点文物保护单位 18 处、国家级风景名胜区 2 处（苍岩山、嶂石岩）、国家级森林公园 1 处（五岳寨）。有距今 1 400 多年历史的隆兴寺、建于隋（suí）朝的赵州桥，还有西柏坡、天桂山等著名景点。

Shijiazhuang has abundant tourist resources, with 18 key national cultural relic protection units, two national scenic zones (Cangyan Mountain and Zhangshiyan Crag), one national forest park (Wuyuezhai). In addition, other famous scenic spots include the Longxing Temple with a history of more than 1,400 years, the Zhaozhou Bridge from the Sui Dynasty, Xibaipo, and the Tiangu Mountain.

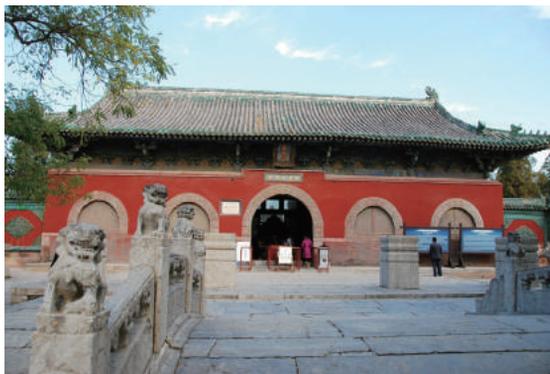
赵州桥 The Zhaozhou Bridge

赵州桥又叫安济桥，坐落在洺（xiáo）河上，始建于隋朝大业元年（605），距今已有1400余年的历史，由李春设计和建造，是当今世界上现存最早、保存最好的巨大石拱桥。赵州桥结构新奇，造型美观，被誉为“天下第一桥”。

The Zhaozhou Bridge, also known as the Anji Bridge, spans over the Xiaohé River. Originally built in 605, the 1st year of the Daye Reign of the Sui Dynasty, it has a history of more than 1,400 years. This bridge, designed and built by Li Chun, is now the world's oldest and best-preserved huge stone-arched bridge. With an innovative structure and beautiful shape, it is reputed to be the "No. 1 bridge under heaven".



1



2

隆兴寺 The Longxing Temple

隆兴寺始建于隋朝开皇六年（586），原名“龙藏寺”。清朝康熙四十八年（1709），改名为隆兴寺，因寺内有一尊高大的铜铸菩萨像，所以俗称“大佛寺”，是中国国内现存时代较早、规模较大而又保存完整的佛教寺院之一。寺院占地面积8万多平方米，主要建筑有天王殿、摩尼殿、大悲阁、转轮藏阁、慈氏阁等。

The Longxing Temple was originally built in 586, the 6th year of the Kaihuang Reign of the Sui Dynasty, and was formerly known as the Longcang Temple. It was renamed the Longxing Temple in 1709, the 48th year of the Kangxi Reign of the Qing Dynasty. Because there is a huge copper bodhisattva statue within the temple, it is commonly called "Grand Buddha Temple". It is one of the large-scaled temples in China with a long history and a complete structure. The temple covers an area of more than 80,000 sq m, with such major constructions as the Tianwang Hall, the Moni Hall, the Dabei Pavilion, the Zhuanluncang Pavilion and the Cishi Pavilion.

1. 赵州桥
The Zhaozhou Bridge
2. 隆兴寺
The Longxing Temple

小贴士 · Tips

石家庄是中国共产党解放的第一个大城市。

Shijiazhuang was the first large city that the Communist Party of China liberated.

济南

Ji'nan



济南位于山东省中西部，是山东省的行政中心，也是国家批准的沿海开放城市。

Located in the mid-western part of Shandong Province, Ji'nan is the administrative center of this province, and also a coastal open city with the approval from the Chinese government.

济南历史悠久，在 2 100 多年前的汉代改称济南，因处在济水之南，所以叫济南。

Ji'nan has a long history, and it got its name more than 2,100 years ago in the Han Dynasty because of its location in the south of the Jishi River.

济南以泉水众多、风景秀丽而闻名天下，有四大泉域、十大泉群、733 个天然泉。著名的有趵突泉、珍珠泉、金线泉等七十二泉。因泉水众多，济南被誉为“泉城”，也常被称为“泉都”。

1. 济南的名泉
A Renowned Spring of Ji'nan
2. 现代化的泉城风光
A Modern City of Springs



2

Ji'nan is well known in the world for its springs and scenery, and it has four large spring areas, 10 large spring groups, and 733 natural springs. Among them, 72 springs are renowned, such as the Baotu Spring, the Zhenzhu Spring and the Jinxian Spring. So many springs have earned Ji'nan the reputation as a "city of springs", and the city is often called a "capital of springs".

济南文物古迹、风景名胜众多，有舜（shùn）文化遗址、齐长城、汉代孝堂山郭氏墓石祠、隋代柳埠（bù）四门塔、灵岩寺宋代彩塑罗汉、大明湖、千佛山、珍珠泉、五龙潭等。

Ji'nan has many cultural relics, historical places and scenic spots, including the Ruins of the Shun Culture, the Great Wall of the Qi State, the Stone Temple for Guoju Tomb of the Han Dynasty on the Xiaotang Mountain, the Simen Tower of the Sui Dynasty at Liubu, the colorful arhat statues of the Song Dynasty in the Lingyan Temple, the Daming Lake, the Qianfo Mountain, the Zhenzhu Spring and the Wulong Pond.

大明湖 The Daming Lake

大明湖位于济南市中心偏东北处。现有湖面 46 公顷，公园面积 86 公顷，湖面约占总面积的 53%，是济南三大名胜之一。

The Daming Lake is located in the northeast of the center of Ji'nan. Now, the park covers an area of 860,000 sq m, with the water surface amounting to 460,000 sq m, accounting for 53 percent of the total park area. It is one of the three most famous scenic spots in Ji'nan.

1. 大明湖
The Daming Lake
2. 趵突泉
The Baotu Spring





大明湖是一处天然湖泊，历史悠久，景色秀美，名胜古迹众多，有历下亭、铁公祠、南丰祠、汇波楼、北极庙等多处。

The Daming Lake is a natural lake with a long history and beautiful scenery, and has many scenic spots and historical places, including the Lixia Pavilion, the Tiegong Temple, the Nanfeng Temple, the Huibo Building and the Beiji Temple.

大明湖一带 1958 年正式建为公园，成为济南著名风景游览区之一。

The areas around the Daming Lake were formally built into a park in 1958 and have become one of the famous scenic zones in Ji'nan.

趵突泉 The Baotu Spring

趵突泉是济南七十二名泉之首，被誉为“天下第一泉”，也是最早见于古代文献的济南名泉。趵突泉与千佛山、大明湖并称为济南三大名胜。1956 年，趵突泉与附近的金线、皇华等 20 余处名泉及众多的名胜一起，被辟为趵突泉公园。

Among the 72 famous springs, the Baotu Spring is the best, with the reputation of "the first spring under heaven". It is also the famous spring of Ji'nan that was mentioned earliest in ancient literature. This spring, the Qianfo Mountain and the Daming Lake are reputed to be the three great scenic spots in Ji'nan. In 1956, the Baotu Spring was developed into the Baotu Spring Park, which includes 20 other springs nearby such as the Jinxian Spring and the Huanghua Spring.

趵突泉公园，是一座以泉水为主，同时具有南北方园林艺术特点的自然山水园，是济南市著名的游览胜地之一。趵突泉周边的名胜古迹、景点也比较多，比如娥英祠、尚志堂、沧园、白雪楼、望鹤亭、观澜(lán)亭、万竹园等。

The Baotuquan Park is a spring-centered park composed of natural water, featuring garden arts from North and South China. It is one of the renowned tourist spots in Ji'nan. Around the Baotu Spring are many historical places and scenic spots such as the E-Ying Temple, the Shangzhi Hall, the Cangyuan Garden, the Baixue Building, the Wanghe Pavilion, the Guanlan Pavilion and the Wanzhu Garden.

小贴士 · Tips

趵突泉公园的南大门布置得富丽堂皇、雍(yōng)容华贵，大门上的“趵突泉”横匾(biǎn)蓝底金字，是清朝乾隆皇帝的御笔，被誉(yù)为“中国园林第一门”。

The south gate of the Baotuquan Park is magnificent and elegant, with three golden Chinese characters "Bao Tu Quan" on a blue background of a horizontal board above the gate. These characters were written by Emperor Qianlong of the Qing Dynasty. This gate is reputed to be the "No. 1 Gate" among Chinese gardens.

郑州

Zhengzhou

郑州位于河南省中部偏北，是河南省的行政中心。

Zhengzhou, located in the mid-northern part of Henan Province, is the administrative center of this province.

郑州是一座古老的城市，是中华人文始祖黄帝的故里，中华民族的发祥地之一。早在 3 500 年前，这里就是商王朝的重要城市。

It was the hometown of the first ancient Chinese cultural ancestor, the Yellow Emperor, and one of the cradles of the Chinese nation. As early as 3,500 years ago, Zhengzhou was a major city of the Shang Dynasty.

郑州是全国重要的交通、通信枢纽，处于中国交通大十字架的中心位置。郑州有“中国铁路心脏”之称，陇海、京广铁路在这里交会，拥有亚洲最大的列车编组站和全国最大的零担货物转运站。

An important transport and communication hub of the country, Zhengzhou is located at the center of the big crossing of Chinese transport. It is known as the "heart" of Chinese railway lines, intersected by the Lianyungang-Lanzhou and the Beijing-Guangzhou lines. It has the largest train marshalling yard in Asia and the largest package freight transshipment station in China.

1. 郑州市区

Downtown Area of Zhengzhou City

2. 郑州铁路编组站

The Railway Marshalling Yards of Zhengzhou





郑州名胜古迹众多，有嵩（sōng）山、少林寺、周公测景台、元代观星台、嵩阳书院、中岳庙、广武古战场、法王寺、青龙山慈云寺、打虎亭汉墓、二七纪念塔等。

Zhengzhou has a large number of scenic spots and historical places, including the Songshan Mountain, the Shaolin Temple, the observatory of Duke Zhou, the Star-observing Platform of the Yuan Dynasty, the Songyang Academy, the Zhongyue Temple, the Guangwu Ancient Battlefield, the Fawang Temple, the Ciyun Temple on the Qinglong Mountain, the Han Dynasty Tombs at the Dahu Pavilion and the Erqi Memorial Tower.

少林寺 The Shaolin Temple

少林寺位于中岳嵩山，嵩山东边是太室山，西边是少室山，少林寺就是在竹林茂密的少室山五乳峰下，所以叫“少林”。1983年，国务院确定少林寺为全国重点佛教寺院。

The Shaolin Temple is situated on Songshan Mountain (also known as the central mountain of the Five Sacred Mountains), which consists of the Shaoshi Mountain in the west and the Taishi Mountain in the east. The temple is located at the foot of the Shaoshi Mountain's Wuru Peak, where bamboo forests thrive. Hence, the temple got its name "Shaolin". In 1983, the State Council designated the Shaolin Temple as a national key Buddhist temple.

少林寺建于北魏太和十九年（495），不仅是禅（chán）宗的发祥地，还是中国功夫的发祥地，有“禅宗祖庭，功夫圣地”之称。

This temple was established in 495, the 19th year of the Taihe Reign of the Northern Wei Dynasty. It is not only the birthplace of

小贴士 · Tips

目前少林寺走出国门，宣传中国武术，夺得了很多国际大奖，让世界人民更好地了解了中华民族的佛教文化和武术的魅力。

Nowadays, the Shaolin Temple has spread its martial arts to the rest of the world, gaining many international awards. It has allowed the world to better understand China's Buddhist culture and its kung fu.



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the Chan Buddhism, but also a cradle of Chinese martial arts, hence its reputation as the "ancestral place of the Chan Buddhism and the holy place of kungfu".

少林寺的主要建筑有山门、天王殿、大雄宝殿、千佛殿、方丈室等，主要景点有塔林、初祖庵（ān）、达摩洞、广惠庵等。

The major buildings of the Shaolin Temple include the Gate, the Tianwang Hall, the Daxiong Hall, the Qianfo Hall and the Abbot's Chamber. The major scenic spots are the Stupa Forest, the Chuzu Temple, the Bodhidharma Cave, and the Guanghui Temple.

二七纪念塔 The Erqi Memorial Tower

二七纪念塔位于郑州市二七广场，是为纪念1923年京汉铁路工人大罢工而修建的纪念性建筑物。二七纪念塔建于1971年，为双身并联式塔身，塔高63米，钢筋混凝土结构。塔式新颖、独特，具有中国民族建筑的特点，它是中国最年轻的全国重点文物保护单位。

The Erqi (February 7) Memorial Tower, located in the Erqi Square, was built in memory of the large-scaled strike launched by Beijing-Hankou Railway workers on February 7, 1923. The tower was built in 1971 of stele concrete with a height of 63 m. The novel and unique tower structure shows the characteristics of folk Chinese architecture. It is the youngest key national cultural relic protection unit.

1. 少林寺山门
The Shaolin Temple
2. 少林寺塔林
The Shaolin Stupa Forest
3. 二七纪念塔
The Erqi Memorial Tower



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合肥

Hefei



合肥位于安徽中部，是安徽省的行政中心。

Located in the middle of Anhui Province, Hefei is the administrative center of this province.

合肥是一座具有2 000多年历史的古城，因东淝(féi)河与南淝河在此汇合而得名。“合肥”这个名字，最早出现在西

汉大文学家、史学家司马迁的《史记》中。合肥自然环境优美，名胜古迹众多。著名景点有逍遥(xiāoyáo)津、包公祠、包公墓、三河古镇、明教寺、龙泉古寺、吴王遗踪等。

An ancient city with a history of more than 2,000 years, Hefei got its name because of converging place of the East Fei River and the South Fei River. The name "Hefei" first appeared in *The Records of the Grand Historian* by Sima Qian, a great litterateur and historian in Western Han Dynasty. Hefei has beautiful views and many scenic spots and historical sites. The major famous scenic spots include the Xiyao Wharf, the Baogong Temple, the Baogong Tomb, the Sanhe Ancient Town, the Mingjiao Temple, the Longquan Ancient Temple, and the Wuwang Ruins.

合肥科教资源丰富，是中国政府命名的首批科教名城之一。中国第一台窗式空调、第一台微型电子计算机、世界第一台VCD和第一台变容式冰箱等都诞(dàn)生于合肥。

1. 淝河流过合肥市区
The Fei Rive Flowing through Hefei City

Hefei has abundant scientific and technological education resources, and belongs to the first group of renowned scientific and technological education cities approved by Chinese government. It was the birthplace of China's first window air-conditioner and first micro-electronic computer, as well as the world's first VCD machine and first variable compacity refrigerator.

合肥的特色文化有包公文化、三国文化、药王文化、宋词文化、丽友文化、道教文化、洋务文化、刑天文化等八大特色文化品牌。

Hefei has eight cultural brands, including the Lord Bao, the Three Kingdoms, the Master of Medicine and Pharmacology, the ci poems of the Song Dynasty, the Liyou, Taoism, the Westernization Movement of the Qing Dynasty, and the Xingtian.

包公祠 The Baogong Temple

合肥包公祠的全称为“包孝肃公祠”，位于合肥市南门外的包公文化园内，是祭祀包拯（zhěng）的专祠。

The full name of the Baogong Temple in Hefei is the Temple of Lord Bao Xiaosu. Located in the Baogong Cultural Park outside of the South Gate of Hefei, it is a shrine dedicated to Bao Zheng, another name for Baogong.



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1. 中国科学技术大学
The University of Science and Technology of China
2. 包公祠
The Baogong Temple
3. 教弩台
The Jiaoniu Platform

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小贴士 · Tips

包拯(包青天)(999—1062)不仅是合肥的骄傲,也是中华民族的骄傲。他为民伸冤,惩(chéng)治权贵,成为刚正不阿(ē)的公正法官的经典形象。

Bao Zheng (Justice Bao) (999-1062) was not only a pride for Hefei, but also for the Chinese nation. He became a classic image of an honest and upright official by ensuring that justice had been done.

包公祠的主要建筑有大门、正殿、廉(lián)泉亭、流芳亭等。包公祠是游人了解包公及参观游览的好去处,与逍遥津、明教寺合称为合肥三大名胜古迹。

The temple is mainly composed of a gate, a main hall, the Lianquan Pavilion, and the Liufang Pavilion. An ideal place for visitors to learn about Lord Bao and go for sightseeing, this temple along with the Xiaoyao Wharf and the Mingjiao Temple are called the three renowned places of interest in Hefei.

明教寺(教弩台) The Mingjiao Temple (the Jiaonu Platform)

教弩(nǚ)台,俗称“曹操点将台”。三国时期(220—280),曹操四次来到合肥,临阵指挥,修筑教弩台训练强弩兵将,以抵御东吴水军。台高4.3米,面积3800平方米,略呈正方形。梁武帝时在此台上建有铁佛寺,明代(1368—1644)改名为明教寺。后来明教寺多次毁于战火又多次重建。明教寺历史悠久、建筑雄伟,至今已有1700多年的历史。

The Jiaonu Platform (Archery-Teaching Platform) is commonly known as the "Platform Where Cao Cao Commanded His Generals". During the Three Kingdoms period, Cao Cao went to Hefei four times to command troops, and had an archery-teaching platform built up and archers trained to resist the naval army of the Wu Regime.

The platform is 4.3 m high, covers an area of 3,800 sq m, and is almost square. Emperor Wudi of the Liang Dynasty had an Iron Buddha Temple built on the platform, which was renamed the Mingjiao Temple during the Ming Dynasty. Later, the Mingjiao Temple was destroyed in wars and rebuilt several times. The temple has a grand structure and a history of more than 1,700 years.



武汉

Wuhan

武汉，湖北省行政中心，由武昌、汉口、汉阳三部分组成，又称“武汉三镇”。

Wuhan, the administrative center of Hubei Province, comprises the three cities of Wuchang, Hankou and Hanyang, which are known as the three towns of Wuhan.

武汉是重要的水陆交通枢纽，经济发达。1957年10月，武汉长江大桥建成通车，这是第一座横跨长江的铁路公路双层桥。京广铁路与长江在武汉交汇，京九铁路也经过武汉。2009年12月9日，武广高铁建成并通车，武汉至广州的运行时间由以前的10多个小时缩短至3小时左右。

Wuhan is an important hub of water and land transportation, with a developed economy. In October 1957, the Wuhan Yangtze River Bridge was built up and opened to traffic. This is the first double-deck road and rail bridge across the Yangtze River. The Beijing-Guangzhou and Beijing-Kowloon railway lines and the Yangtze River all pass Wuhan. On December 9, 2009, the Wuhan-Guangzhou High-speed Railway Line was completed and opened to traffic, reducing the time of the journey from the previous 10 hours to the present 3 hours.

武汉历史悠久，可以追溯到3500年前的商代。武汉自然风光优美，名胜古迹很多，旅游资源丰富，著名的有东湖、黄鹤（hè）楼、武汉长江大桥、归元寺、古琴台、楚天台、古德寺、长春观等。

Wuhan has a long history dating back to the Shang Dynasty 3,500 years ago. It has charming scenery and many scenic spots and historical



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小贴士 · Tips

在清末、中华民国及中华人民共和国初期，武汉经济繁荣，一度是中国内陆最大城市，位居亚洲前列，曾有“东方芝加哥”的美誉。武汉更是中华民国的诞生地，著名的辛亥革命便是从这里开始的。

Wuhan had a prosperous economy in the late Qing Dynasty, in the Republic of China and in the early period of the People's Republic of China. It was once China's largest inland city, ranking among Asia's best cities. It was once reputed to be an "Oriental Chicago". Wuhan was the birthplace of the Republic of China, as well as the very place where the Revolution of 1911 started.



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1. 武汉三镇会合
The Three Towns of Wuhan
2. 黄鹤楼
The Huanghe Tower
3. 东湖的景色
A Scene of the Donghu Lake
4. 曾侯乙编钟
The Zenghouyi Bells



4

places. Among its abundant scenic spots, the famous ones are the Donghu Lake, the Huanghe Tower, the Wuhan Yangtze River Bridge, the Guiyuan Temple, the Guqin Platform, the Chutian Platform, the Gude Temple, and the Changchun Taoist Temple.

黄鹤楼 The Huanghe Tower

黄鹤楼始建于三国时的吴黄武二年（223），后来多次被毁坏又多次重建。1981年再次重建后，共五层，古朴端庄，具有独特的民族风格。

The Huanghe Tower was first built in 223, the second year of the Huangwu Reign of the Wu Dynasty during the Three Kingdoms period. It was ruined and rebuilt several times later. In 1981, it was renovated again. The five-story simple yet graceful pavilion has a unique folk style.

黄鹤楼是蜚（fēi）声中外的历史名胜，与滕王阁、岳阳楼并称江南三大名楼，有“天下江山第一楼”的美誉。

The Huanghe Tower is a world famous historical place. With the Tengwang Pavilion and the Yueyang Tower added, it ranks among the three famous buildings south of the Yangtze River. The Huanghe Tower has the reputation of being "the first building under heaven".

湖北省博物馆 The Hubei Provincial Museum

湖北省博物馆位于武汉东湖风景区，总占地面积8万多平方米，建筑面积近5万平方米，有中国规模最大的古乐器陈列馆。湖北省博物馆的镇馆之宝有曾侯乙编钟、郢（yǐn）县人头骨化石、越王勾践剑等珍贵文物。

The Hubei Provincial Museum is located in the Wuhan Donghu Lake Scenic Zone. It covers an area of more than 80,000 sq m and has a building area of nearly 50,000 sq m, with China's largest display hall of ancient musical instruments. The most precious exhibits in the museum include rare cultural relics such as the Zenghouyi Bells, the fossilized human skulls found in Yunxian County and the sword of King Goujian of Yue.

长沙

Changsha

长沙，位于湖南省东部，是湖南省的行政中心。

Changsha, located in the east of Hunan Province, is the administrative center of this province.

长沙历史悠久，有“楚汉名城”之称。“长沙”之名始于西周，迄今已有3 000多年历史。

Changsha has a long history, and is reputed to be a "renowned city of Chu and Han". Its name dates back to the Western Zhou Dynasty with a history of more than 3,000 years.

长沙环境优美，是全国历史文化名城，文物古迹、旅游景点有岳麓(1ù)书院、天心阁、马王堆汉墓、开福寺、北津城遗址、长沙窑遗址、走马楼简牍(dú)、橘(jú)子洲、世界之窗、湖南第一师范学院、爱晚亭等。

Changsha has beautiful environment and is a nationally renowned city of history and culture. Its cultural relics, historical places and scenic spots include the Yuelu Academy, the Tianxin Pavilion, the Mawangdui Tombs of the Han Dynasty, the Kaifu Temple, the Beijincheng Ruins, the Changsha Kiln Ruins, bamboo and wooden slips excavated at Zoumalou, the Juzizhou Islet, the Window of the World theme park, the Hunan First Normal University, and the Aiwan Pavilion.



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小贴士 · Tips

经考证，从马王堆三号墓中出土的帛书《五十二病方》比《黄帝内经》可能还要早，这是中国现在所能看到的最早的药方。

Research shows that the silk book *52 Prescriptions* unearthed in the third tomb at Mawangdui was possibly earlier than the *Yellow Emperor's Internal Canon of Medicine*, and was the earliest prescriptions ever found in China.



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岳麓书院 The Yuelu Academy

岳麓书院始建于北宋开宝九年（976），是中国古代四大书院之一，有“千年学府”的美誉。

The Yuelu Academy was established in 976, the 9th year of the Kaibao Reign of the Northern Song Dynasty. One of the four most renowned academies of higher learning in ancient China, it has an honor of "school of thousand years".

岳麓书院现存建筑大部分为明清遗物，主要建筑有讲堂、半学斋、百泉轩、御书楼、湘水校经堂、文庙等，它是岳麓山风景名胜区重要的观光点。

Most extant parts of the academy are buildings left from the Ming and Qing dynasties. They are the Lecture Hall, the Banxue Building, the Baiquan Pavilion, the Yushu Library, the Xiangshui Sutra Proofreading Hall, and the Confucius Temple. It is an important tourist attraction in the Yuelu Mountain Scenic Zone.

马王堆 Mawangdui

马王堆位于长沙市东郊，相传是五代时期楚王马殷及其家族的墓地，所以叫马王堆。马王堆汉墓共出土珍贵文物3 000多件。出土的丝织品品种众多，有纱、锦、绢等。出土的帛（bó）画为中国现存最早的描写当时现实生活的大型作品。此外，还有漆（qī）器、帛书等文物。

Mawangdui is located in the eastern suburbs of Changsha. It is said that Mawangdui was the graveyard of King Ma Yin of Chu and his family during the Five Dynasties period, hence its name. More than 3,000 pieces of rare cultural relics have been excavated at the Mawangdui Han tombs. The unearthed silk fabrics vary in type such as voile, brocade and spun silk. And the excavated paintings on silk are the oldest large ones in China, depicting the reality life at that time. In addition, there are also other cultural relics such as lacquerware and books on silk.

马王堆汉墓的发掘，被誉为“20世纪中国与世界最重要的考古发现之一”。

The excavation of the Mawangdui Han tombs of the Han Dynasty is reputed to be "one of the most significant archeological discoveries both in China and in the world of the 20th century".

1. 长沙夜景
Night View of Changsha
2. 橘子洲
The Juzizhou Islet
3. 岳麓书院
The Yuelu Academy
4. 马王堆一号汉墓出土的帛画
The Paintings on silk Excavated in Mawangdui
Han tombs of Changsha

南昌

Nanchang

南昌地处江西省中部偏北，是江西省的行政中心。

Nanchang, located in the mid-northern part of Jiangxi Province, is the administrative center of this province.

南昌是江西省最大的工业城市，新中国的第一架飞机、第一辆轮式拖拉机、第一辆摩托车都在这里诞生。

Nanchang, the largest industrial city in Jiangxi Province, was the birthplace of the first airplane, the first wheeled tractor and the first motorbike of New China.

南昌有 2 200 多年的建城历史，风景名胜众多，旅游资源丰富。滕(téng)王阁、八一起义纪念馆、百花洲、绳金塔、洪崖丹井、西山万寿宫等每年都吸引着大批海内外游客。

With a history of more than 2,200 years, Nanchang has many scenic spots and historical places. The Tengwang Pavilion, the Museum of August 1 Uprising, the Baihua Islets, the Shengjin Tower, the Hongya Danjing Scenic Area, the Wanshou Palace on the Xishan Mountain and on the like attract domestic and international tourists every year.

南昌是革命英雄的城市，是红色革命根据地。1927 年 8 月 1 日，震惊中外的“八一南昌起义”爆发，南昌一举成为“军旗升起的地方”，从此以“英雄城”闻名天下。



1. 南昌市容

Nanchang City appearance

2. 八一南昌起义纪念馆

The Museum of August 1 Uprising

3. 滕王阁

The Tengwang Pavilion



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小贴士 · Tips

江南三大名楼只有滕王阁称“阁”。黄鹤楼、岳阳楼都是出于军事的需要而建造的，所以它们都称为“楼”，而滕王阁背城临江，雄踞（jù）高岗，常用于游憩（qì）、远眺、藏书、供佛等，因此称“阁”。

Among the three most renowned buildings south of the Yangtze River, the Tengwang Pavilion was the only one called a "pavilion". Both the Huanghe Tower and the Yueyang Tower were built for military purposes. Thus they were called a "tower", but the Tengwang Pavilion facing the Yangtze River with its back toward the city and imposingly standing on a lofty hill, used to be a place for taking a rest, enjoying distant views, housing books and worshipping Buddhist images. So, it is called "pavilion instead".

Nanchang used to be a city of revolutionary heroes, and a red revolutionary base. On August 1, 1927, Nanchang Uprising took place here, which made Nanchang the birthplace of New China's army. Hence, Nanchang is renowned as "a city of heroes" all over the world.

八一南昌起义纪念馆 The Museum of August 1 Uprising

八一南昌起义纪念馆位于南昌市中山路，原为“江西大旅社”。1927年7月下旬，参加起义的部队包租下这个旅社，8月1日发动震惊中外的南昌起义，后又多次在此举行会议，江西大旅社成为领导起义的指挥中心。1957年被定为“南昌八一起义纪念馆”。

The Museum of August 1 Uprising, located in the Zhongshan Road of Nanchang, used to be the Jiangxi Grand Hotel. In late July 1927, the troops taking part in the uprising hired this hotel, launched the world-shocking Nanchang Uprising on August 1, and held meetings in the hotel several times. The hotel thus became the headquarters of revolutionary army. In 1957, the hotel was designated to be the Museum of August 1 Uprising.

滕王阁 The Tengwang Pavilion

滕王阁，始建于唐朝永徽四年（653），与湖北黄鹤楼、湖南岳阳楼并称为“江南三大名楼”，因初唐才子王勃所作的《滕王阁序》而名扬天下。滕王阁主体建筑净高57.5米，建筑面积13 000平方米。现在的滕王阁为宋式建筑，以其特有的魅力，吸引了众多的中外游人。

Originally built in 653, the 4th year of the Yonghui Reign of the Tang Dynasty, the Tengwang Pavilion is one of the "three most renowned buildings south of the Yangtze River", with the other two being respectively the Huanghe Tower in Hubei Province and the Yueyang Tower in Hunan Province. The Tengwang Pavilion is renowned for the *Preface to the Tengwang Pavilion* written by Wang Bo, a gifted poet of the early Tang Dynasty. The main part of this building is 57.5 m in net height, with a building area of 13,000 sq m. The extant Tengwang Pavilion is a building featuring the architectural style of the Song Dynasty, attracting a number of domestic and international visitors with its unique charm.

福州

Fuzhou

福州，位于福建省东部，是福建省的行政中心，也是福建省最大的工业城市，有“江南胜地”的美誉，现在已成为中国沿海对外开放的主要城市之一。

Located in the east of Fujian Province, Fuzhou is the administrative center and the largest industrial city of this province. It has the reputation of being a "resort south of the Yangtze River", and now is one of China's major coastal cities opened to the outside world.

福州于公元前 202 年建城，是有着 2 000 多年悠久历史的国家历史文化名城。福州宗教文化丰富，有“佛国”之称，重点佛教寺院 6 座，是全国城市中最多的。福州又是中国主要侨区之一，250 多万华侨遍布世界 50 多个国家和地区。

Fuzhou can date back to 202 BC, and is a nationally renowned city of history and culture. Fuzhou has rich religious culture, with the nickname of "a kingdom of Buddhism". It has six key Buddhist temples, the largest number of its kind in China. Fuzhou is one of major hometowns of overseas Chinese, with more than 2.5 million overseas Chinese living in over 50 countries and regions in the world.

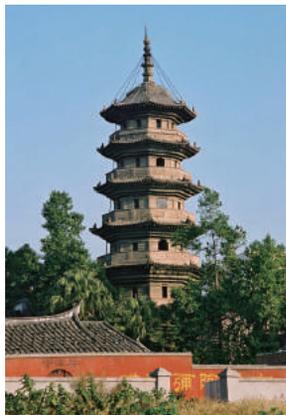
福州是中国优秀旅游城市，风光秀美，著名景点有鼓山、三坊七巷、旗山、西湖公园、左海公园、温泉公园、华林寺、乌塔、鼓山摩崖石刻、马江海战纪念馆、闽侯县（tán）石山文化遗址等。

For its charming scenery, Fuzhou is one of China's best tourist cities. The famous scenic spots include the Gushan Mountain, the Three Lanes and Seven Alleys, the Qishan Mountain, the Xihu Park, the Zuohai Park, the Wenquan Park, the Hualin Temple, the Wuta



1

1. 闽都夜色
A Night Scene of Fuzhou
2. 乌塔
The Wuta Tower
3. 马江海战纪念馆
The Majiang Naval Battle Memorial Hall
4. 鼓山摩崖石刻
The Gushan Mountain Cliff Rock Carvings
5. 台江码头
The Taijiang Wharf



2

小贴士 · Tips

北宋年间，福州郡守张伯玉号召各家各户种植榕树，此后，满城绿荫蔽日，所以得“榕城”之美称。

During the Northern Song Dynasty, Zhang Boyu, the governor of Fuzhou prefecture called on all households in the city to plant banyans. Then the city was fully shadowed by banyan trees. Hence it gained the reputation as a "city of banyans".



3

Tower, the Cliff Inscriptions on Gushan Mountain, the Majiang Naval Battle Memorial Hall, and the Ruins of the Tanshishan Culture in Minhou County.

鼓山 The Gushan Mountain

鼓山位于福州市东郊，南北长约15千米，宽约8千米，最高处海拔919.1米。鼓山风景秀丽，是福州的佛教圣地，主要景点有古刹涌泉寺、千佛陶塔、水云亭、石门、罗汉台、白云洞等处，还有被誉为“福州碑林”的鼓山摩崖石刻。鼓山古树名木众多，百年以至千年以上的古树名木有1600多株，植物约有1000多个品种。

The Gushan Mountain is located in the eastern suburbs of Fuzhou. It is about 15 km long from north to south and about 8 km wide, with the highest point at an altitude of 919.1 m. The Gushan Mountain has beautiful scenery and is a Buddhist resort in Fuzhou. Its major scenic spots include the ancient Yongquan Temple, the Qianfotao Tower, the Shuiyun Pavilion, the Shimen Gate, the Luohan Platform and the Baiyun Cave, as well as the Gushan Mountain Cliff Rock Carvings also known as "Fuzhou's stele forest". In addition, the Gushan Mountain has many ancient and renowned trees, of which more than 1,600 are older than 100 or even 1,000 years. The plant species exceed 1,000.



4

马江海战纪念馆 The Majiang Naval Battle Memorial Hall

马江海战纪念馆设于马尾港昭忠祠内，占地面积24300平方米。昭忠祠是一座清代建筑风格的祠宇，有门廊、戏台、享堂，光绪十一年（1885）为纪念中法马江海战阵亡烈士而建。1984年重建并辟为马江海战纪念馆。

The Majiang Naval Battle Memorial Hall, located in the Zhaozhong Temple in the Mawei Harbor, covers an area of 24,300 sq m. The Zhaozhong Temple in the Qing architectural style has a portico, a theater stage and a shrine for offering sacrifices. It was built in 1885, the 11th year of the Guangxu Reign of the Qing Dynasty, to commemorate martyrs who died in the Majiang naval battle against French invasion. In 1984, the temple was rebuilt and developed into the Majiang Naval Battle Memorial Hall.



5

台北

Taipei

台北，位于台湾岛北部的台北盆地中央，是台湾省的政治、经济、金融、教育和文化中心，也是台湾省第一大城市。

Taipei is located at the center of the Taibei Basin in the north of the Taiwan Island. It is the political, economic, financial, educational and cultural center of Taiwan Province, and also the largest city of this province.

清朝光绪元年(1875)，开始设立台北府，从此有了“台北”之名。1885年，清朝政府在台湾建省，首任巡抚刘铭传将台北定为省会。1920年进行行政区域改革，设立了台北市。现在的台北市是一座现代化的国际都市。

The name "Taipei" can date back to the establishment of Taibei Prefecture in 1875, the 1st year of the Guangxu Reign of the Qing Dynasty. In 1885, the Qing government established a provincial government in Taiwan, and Liu Mingchuan, the first governor of Taiwan, designated Taibei as the provincial capital. The city of Taibei was established during the reform of the administrative divisions in 1920. Now, it is a modern international metropolis.

台北交通发达，整个大台北地区的公交车路线共有四五百条，台北地铁、轻轨营运路线总长度90多千米。海运与空运分别有台北港、桃园国

1. 繁华的台北
The Prosperous Taipei
2. 台北的捷运
Taipei Mass Rapid Transit System
3. 台北夜市
The Night Market in Taipei





际机场等海空港。此外，台北还有多条高速公路通往全岛各地。

Taipei has advanced transport networks, with 400-500 bus routes within the whole Taipei area, and a total length of over 90 km for subway and light rail lines. For sea and air transportation, there are the Taipei Port and the Taoyuan International Airport. In addition, there are many highways linking Taipei to other parts of the island.



台北是台湾的工商业中心，批发、零售、贸易、餐饮、金融服务、通信等服务业都很发达。台湾省很多大公司、企业、银行、商店的总部都集中在台北。

Taipei is an industrial and commercial center of Taiwan, with well-developed service industries such as wholesale, retail, trading, catering, financial services, and communications. Many large corporations, enterprises, banks and shops in Taiwan are headquartered in Taipei.

台北是旅游城市，风景优美，名胜古迹和博物馆众多。阳明山国家公园、台北

故宫博物院、国父纪念馆、台湾博物馆、龙山寺、保安宫、孔庙、圆山文化遗址等都吸引很多游客前去游览。

Taipei is a tourist city with beautiful views and a large number of scenic spots, historical sites and museums. It has attracted many tourists with the Yangming Mountain National Park, the Taipei Imperial Palace Museum, the National Dr. Sun Yat-sen Memorial Hall, the Taiwan Museum, the Longshan Temple, the Bao'an Palace, the Confucius Temple, and the Ruins of the Yuanshan Mountain Culture and so forth.

台北故宫 The Taipei Imperial Palace

台北故宫博物院，原名中山博物院，后改为故宫博物院。仿照北京故宫样式设计建筑的中国宫殿式建筑，共有4层。坐落在台北阳明山脚下，始建于1962年，1965年建成，占地面积1万多平方米。藏品包括书法、古画、碑帖、

小贴士 · Tips

台北故宫博物院 70 万件藏品堪 (kān) 称中国文化艺术的宝库，而北京故宫博物院超过 100 万件的珍藏同样无可匹 (pǐ) 敌。两个博物院各有千秋。

The 700,000 exhibits collected by the Taipei Imperial Palace Museum deserve to be called a treasury of Chinese culture and art, while the Palace Museum in Beijing houses more than one million rare exhibits and has no equal. Both museums are peerless and each has its own strength.

铜器、玉器、陶瓷、文房用具、图书等 14 类，共约 70 万件，是中国著名的历史与文化艺术史博物馆。

The Taipei Imperial Palace Museum, originally known as the Zhongshan Museum, was later renamed the Imperial Palace Museum. It is a four-storied Chinese palace-like structure designed and built in the style of the Imperial Palace in Beijing. Located at the foot of Mount Yangming, Taipei, it began to be built in 1962, and was completed in 1965, covering an area of more than 10,000 sq m. Its exhibits amount up to more than 600,000 pieces of 14 categories, including calligraphic works, ancient pictures, rubbings from stone inscriptions, copper utensils, jade objects, pottery, stationery and books. It is a famous museum of history and cultural art history in China.

台北 101 Taipei 101

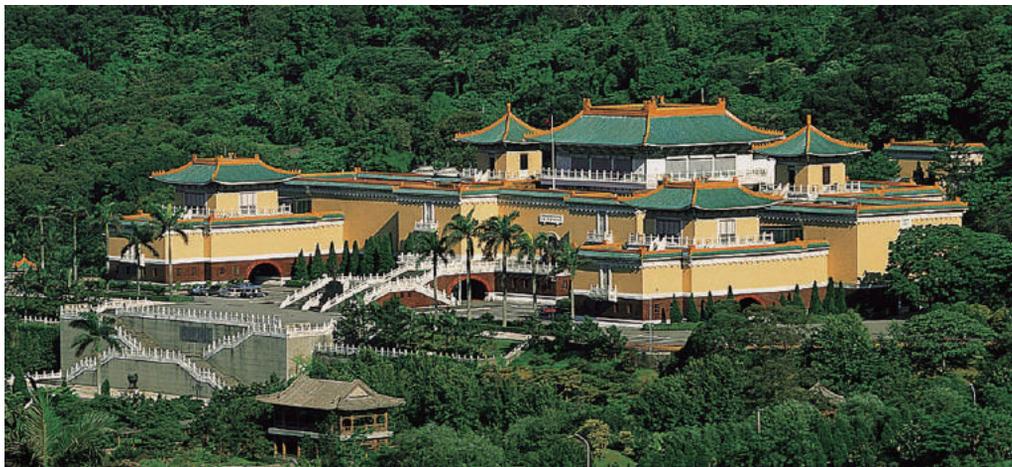
台北 101，又叫台北 101 大楼，1999 年 7 月开工建设，2003 年 10 月完成，实体高度加天线高度为 508 米，地上 101 层，地下 5 层，截止 2010 年是仅次于迪拜的哈利法塔的世界第二高楼，由建筑师李祖原设计。

Taipei 101, also known as Taipei 101 Grand Building, began its construction in July 1999, and was completed in October 2003. Designed by C. Y. Lee, this building is 508 m high, including both its major part and antennas. It has 101 stories above the ground and five underground. As of 2010, it is the second highest building in the world, only next to the Burj Khalifa in Dubai.



1

1. 台北 101
The Taipei 101 Grand Building
2. 台北故宫
The Taipei Imperial Palace



2

南宁 Nanning



南宁位于广西南部，是广西壮族自治区的行政中心。

Nanning, located in the southern of Guangxi Zhuang Autonomous Region, is the administrative center of this region.

南宁是一个以壮族为主体、多民族聚居的首府城市。居住着壮、汉、瑶(yáo)、回、苗、侗(dòng)、满、傣(dǎi)、布依、土家、纳西、锡(xī)伯、景颇(pō)、布朗、保安等 48 个民族。

Nanning is a provincial capital city inhabited in compact communities by many ethnic groups, mainly the Zhuang people. The residents come from 48 ethnic groups, including Zhuang, Han, Yao, Hui, Miao, Dong, Man, Dai, Bouyei, Tujia, Naxi, Xibo, Jingpo, Blang and Bonan.

南宁是一座美丽的城市，全市绿化覆盖率近 40%，被称为“中国绿城”。环境优美，适合人类居住。2007 年荣获联合国人居奖。



1. 壮族人民的风采
The Elegant Zhuang Group
2. 中国—东盟博览会
The China-ASEAN Expo

2

Nanning, a gorgeous city, is known as the "green city", because of its green coverage rate of nearly 40 percent. Its beautiful environment is suitable for human habitation. Nanning won the UN Habitat Scroll of Honor Award in 2007.

从2004年起，每年11月在南宁举办中国—东盟博览会，是东盟博览会的永久举办地。

Since 2004, the city has held the China-ASEAN Expo (CAEXPO) every November, and is the permanent host city for CAEXPO.

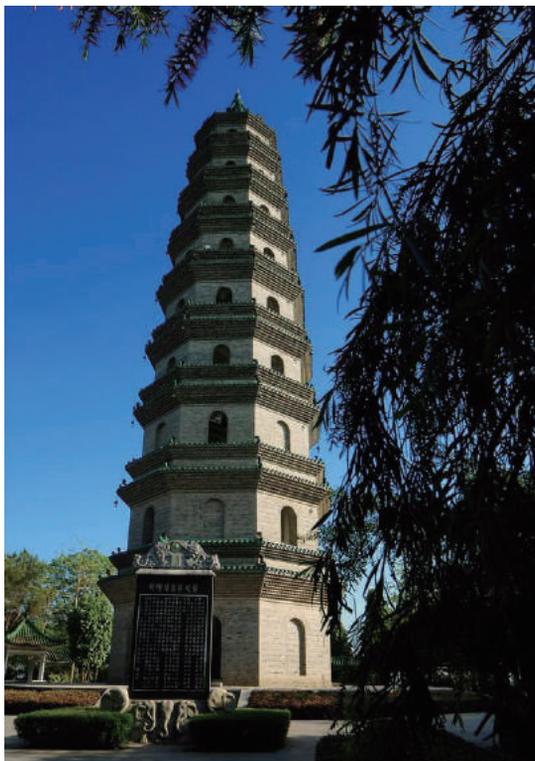
南宁是一座历史悠久的边陲(chuí)古城，旅游资源十分丰富。主要旅游景点有青秀山、大明山、凤凰湖、左江石景林、小连城、明秀园、大龙湖、板麦石塔、顶𠵼(sī)山遗址等多处。

Nanning is an ancient border city with abundant tourist resources. Its major tourist spots include the Qingxiu Mountain, the Daming Mountain, the Fenghuang Lake, the Zuojiang Stone Forest, the Xiaoliangcheng Fort, the Mingxiu Garden, the Dalong Lake, the Banmai Stone Tower, and the Ruins of the Dingsi Mountain.

青秀山风景区 The Qingxiu Mountain Scenic Area

青秀山又名青山，位于南宁市东南。青秀山风景区包括凤凰岭、凤翼(yì)岭和青秀山等，总面积约4平方千米，海拔高度82米至189米，气候宜人，被誉为“南宁市的巨肺”，是著名的避暑游览胜地。

The Qingxiu Mountain, also known as Qingshan Mountain, is situated in the southeast of Nanning. The scenic area is composed of the Fenghuang Ridge, the Fengyi Ridge, the Qingxiu Mountain and so on. It covers about four sq km and is at an altitude of 82-189 m. with its pleasant added the scenic area enjoys the reputation of being the "huge lungs of Nanning City", a famous summer resort, and tourist attraction.



1

小贴士·Tips

壮族有自己的语言，属汉藏语系壮泰语支，也通用汉语。

The Zhuang group has its own language, which belongs to the Zhuang-Tai branch of the Sino-Tibetan language family. This group also speaks Chinese language.

1. 龙象塔
The Longxiang Tower
2. 明秀园
The Mingxiu Garden

青秀山山顶上的龙象塔，俗称青山塔，始建于明万历年间，共有九层，塔内有 207 级旋梯，是青秀山的象征，也是广西最高的塔。

The Longxiang Tower on the top of the Qingxiu Mountain, commonly known as Qingshan Tower, was originally built during the Wanli Reign of the Ming Dynasty. The tower has nine stories and 207 spiral stairs. It is a symbol of the Qingxiu Mountain, and also the highest tower in Guangxi.

明秀园 The Mingxiu Garden

明秀园原名“富春园”，建于清朝道光元年（1821）。公元 1919 年，广西军阀陆荣廷买下富春园并将该园改为“明秀园”。它三面临江，长约半里，乃呈葫芦（hú lu）状半岛，面积约 3 万平方米。

The Mingxiu Garden, originally called the "Fuchun Garden", was built in 1821, the 1st year of the Daoguang Reign of the Qing Dynasty. In 1919, the Guangxi warlord Lu Rongting bought the Fuchun Garden and renamed it the "Mingxiu Garden". It faces a river in three directions and is about half a kilometer long, looking like a peninsula in the shape of a gourd. It occupies an area of about 30,000 sq m.



现存的入园大门及园内的荷花池和部分石凳（dèng）是 20 世纪二三十年代所建。明秀园内古树参天，空气清新，是南宁市现存最早的私家园林，也是广西三大名园之一。

The entrance gate, a lotus pool and some stone stools in the garden were built in the 1920s and 1930s. The garden has towering old trees and fresh air. It is the extant oldest private garden in Nanning and one of the three most renowned gardens in Guangxi.

海口

Haikou

海口位于海南岛北部，是海南省的行政中心。

Haikou, situated in the north of the Hainan Island, is the administrative center of Hainan Province.

“海口”这个名字最早出现于宋代，迄今已有 900 多年的历史。2002 年 10 月，海口、琼山两市合并，成立新海口市。海口是个移民城市，也是华侨众多的城市。

The name "Haikou" first occurred in the Song Dynasty, and has history of more than 900 years. In October 2002, the city of Qiongsan was annexed to Haikou, forming a new city of Haikou. Haikou is a city of migrants, with a large population of returned overseas Chinese.





2

海口风光秀丽，被誉为十佳城市、中国优秀旅游城市，是国家历史文化名城，名胜古迹众多。著名的景点有火山口国家森林公园、五公祠、世纪大桥、海瑞墓、李硕勋烈士纪念亭、秀英炮台等。

Because of its beautiful scenery, Haikou is reputed to be one of 10 best cities in China, one of the excellent Chinese tourist cities, and one of the national renowned cities of history and culture. Its famous scenic spots include

the Volcanic Crater National Geological Park, the Memorial to the Five Officials, the Century Bridge, the Hai Rui Tomb, Li Shuoxun Martyrs Memorial Pavilion, and the Xiuying Fort.

海口北面临海，海水平均水温 25℃，沙滩众多，沙细质软，洁白如银，有热带海洋世界、假日海滩、白沙门海滩、西秀海滩、东寨港海滨海滩、桂林洋海滩等。

Haikou faces the sea in the north, with an average temperature of 25 degrees Celsius. It has a large number of beaches, where the sand is fine, soft and silver white. Its famous scenic spots include the Tropical Ocean World, the Holiday Beach, the Baishamen Beach, the Xixiu Beach, the Dongzhai Harbor Beach and the Guilinyang Beach.

海口热带、亚热带水果众多，龙眼、荔枝（lì）枝、椰子、杨桃、香蕉等产量比较大。

Haikou yields many tropical and subtropical fruits, with a big output of longans, lychees, coconuts, carambola and bananas.

世纪大桥 The Century Bridge

世纪大桥于 1998 年 5 月开工建设，2003 年 8 月完工通车。大桥修建时间跨越了两个世纪，所以名叫“世纪大桥”。大桥全长 2 663.606 米，其中主桥长 636.60 米。世纪大桥雄伟壮观，是海口市标志性建筑物，成为海口一个重要的旅游景观。

1. 海口城市风光 Haikou Cityscape

2. 海口的沙滩 A Beach in Haikou

小贴士 · Tips

海口市在全世界十大城市
空气质量评比中位居第五名。

Haikou takes the fifth place
among the ten large cities in terms
of air quality in the world.



1

The Century Bridge began its construction in May 1998, was completed and opened to traffic in August 2003. Because the construction spanned from the last century to this one, it was named the "Century Bridge". The whole bridge is 2,663.606 m long, and the main part of the bridge is 636.60 m long. The imposing bridge as a landmark of Haikou has become one of the important local scenic spots.

秀英古炮台 Ancient Xiuying Fort

秀英古炮台位于海口市秀英村后面，1887年由两广总督张之洞下令修建，清光绪十七年（1891）建成。秀英古炮台是为抗御法军入侵而建造的，是海南岛第一炮台。

The Ancient Xiuying Fort is behind the Xiuying Village of Haikou. It was built by order of Zhang Zhidong, the governor of Liangguang (today's Guangdong and Guangxi) in 1887, and the construction was completed in 1891, the 17th year of the Guangxu Reign of the Qing Dynasty. These emplacements, built to fight the invasion by France, are the most renowned emplacements in Hainan.

秀英古炮台与广东的虎门炮台、上海的吴淞（sōng）炮台、天津的大沽（gū）炮台并称中国古代四大炮台。

The Xiuying Fort is one of the four ancient fort complexes in China, the other three are the Humen Fort in Guangdong, the Wusong Fort in Shanghai, and the Dagou Fort in Tianjin.



2

1. 世纪大桥
The Century Bridge
2. 秀英古炮台
Ancient Xiuying Fort

广州 Guangzhou



广州，别称羊城、穗城，是广东省的行政中心，中国第三大城市。

Guangzhou, alias City of Goats or City of Ears of Wheat, is the administrative center of Guangdong Province, and the third largest city in China.

广州位于珠江入海口，与香港、澳门相邻，地理位置优越，是重要的旅游城市。广州气候温暖湿润，长夏无冬，雨量充沛，四季树叶常青、鲜花盛开，又称“花城”。

Guangzhou is located at the estuary of the Pearl River, bordering Hong Kong and Macao. Thanks to its advantageous geographical location, it is an important tourist city. Guangzhou has a warm and humid weather, a long summer, and no winter. It has plentiful rain and evergreen trees and blossoming flowers. Hence it is also known as the "city of flowers".

广州过去是海上丝绸之路的起点，同时也是京广、广深、广茂和广梅汕（shàn）铁路的交会点和华南民用航空交通中心，与全国各地的联系极为密切，因此，广州有中国“南大门”之称。

Guangzhou used to be the starting point of the Silk Road on the sea. It is also an intersection of the Beijing-Guangzhou, Guangzhou-Shenzhen, Guangzhou-Maoming and Guangzhou-Meishan (shàn) railways, and a major air transport center in South China. Guangzhou has a very close contact with cities all over China, therefore, Guangzhou is known as the "South Gate" of China.



1. 白云山麓湖景色
The Luhu Lake of Baiyun Mountain

2. 广州花市
A Flower Market in Guangzhou

2

Guangzhou-Shenzhen, Guangzhou-Maoming and Guangzhou-Meizhou-Shantou rail lines, and a civil air transport center in South China. Because of its close ties with other places of the country, Guangzhou has the reputation of being the "south gate" of China.

广州是一座拥有 2 000 多年悠久历史的文化名城，文物古迹众多，西汉南越王墓、光孝寺、六榕寺、怀圣寺等都有 1 000 多年的历史。此外，还有建于隋朝的南海神庙，明朝的八仙观、镇海楼、莲花塔，清朝的陈家祠、余荫山房等。

Guangzhou is a renowned city of history and culture. It has a history of more than 2,000 years. Among the city's cultural relics and historical sites, those with a history of over 1,000 years are the Nanyue King's Tomb of the Western Han Dynasty, the Guangxiao Temple, the Liurong Temple and the Huaisheng Mosque. There are also the Nanhai God Temple of the Sui Dynasty; the Wuxian Temple, the Zhenhai Building and the Lotus Tower of the Ming Dynasty; and the Ancestral Temple of the Chen Family and the Yuyin Garden of the Qing Dynasty.

改革开放以来，广州凭借毗（pí）邻港澳的优势率先崛起，经济建设取得了显著成绩。广州是中国三大金融中心之一，工农业生产持续稳定地增长，对外经济贸易蓬勃发展，综合经济实力居中国大城市前列。2010 年，广州成功举办了第十六届亚洲运动会。



Since the adoption of the reform and opening up policy in 1978, Guangzhou has obtained marked economic achievements by taking the advantage of bordering Hong Kong and Macao. Guangzhou is one of the three largest financial centers in China, with growing industrial and agricultural production and flourishing foreign trade. As a result, its comprehensive

小贴士 · Tips

相传周夷（yí）王时，有五位仙人骑着口含谷穗的羊降临广州，祝愿此地“永无饥饿”。仙人隐去，五羊化为石像。

Legend has it that during the reign of Emperor Yi of the Zhou Dynasty, five immortals arrived in Guangzhou by riding goats, which held ears of wheat in their mouths. The immortals blessed this place with "freedom from starvation". They then disappeared and the five goats became stone statues.

1. 五羊雕塑
Sculpture of Five Goats
2. 广州新电视塔
The Guangzhou New TV Tower
3. 东铁塔
The East Iron Tower



2



3

economic strength ranks among the country's best cities. In 2010, Guangzhou successfully held the 16th Asian Games.

广州新电视塔 The Guangzhou New TV Tower

广州新电视塔建于赤岗塔附近，距离珠江南岸 125 米，于 2009 年 9 月建成。包括发射天线在内，广州新电视塔高达 600 米，是当时世界第一高塔。它是一座以观光旅游为主，具有广播电视发射、文化娱乐和城市窗口功能的大型城市基础设施，并为 2010 年在广州召开的第十六届亚洲运动会提供转播服务。

The Guangzhou New TV Tower is near the Chigang tower, 125 m from the southern bank of the Pearl River, and it was built up in September 2009. With the broadcasting antenna included, the New TV Tower totals 600 m in height, and is the highest tower in the world of that time. This sightseeing-centered large urban infrastructure combines radio and TV broadcasting, cultural recreation and a window of the city. It provided rebroadcasting service for the 16th Asian Games held in Guangzhou in 2010.

光孝寺 The Guangxiao Temple

光孝寺坐落于广州光孝路，是广州年代最久、规模最大的佛教名刹。寺内有南汉时期铁塔两座，西铁塔建于五代南汉大宝六年(963)，东塔建于五代南汉大宝十年(967)，四方形，共七层，塔高 7.69 米，塔身上铸有 900 余个佛龕(kān)，每龕都有小佛像，工艺精致，有“涂金千佛塔”之称。东、西铁塔是中国现存最古老的两座铁塔。

Located at the Guangxiao Road, the Guangxiao Temple is the oldest and largest Buddhist temple in Guangzhou. There are two iron towers forged in the Southern Han Dynasty. The West Iron Tower was erected in 963 (the 6th year of the Dabao Reign of the Southern Han Dynasty in the Five Dynasties Period); the East Tower was built in 967 (the 10th year of the same reign). The square-shaped East Iron Tower has seven stories, totaling 7.69 m high. Over 900 shrines, each housing a small, exquisite statue of Buddha, are carved into the exterior of the tower. It is said that upon its completion, the exterior of the tower was gilded. The East and West Iron Towers are China's oldest iron towers.

香港

Hong Kong

香港是中华人民共和国的特别行政区，位于中国广东省珠江口以东，由香港岛、九龙半岛、新界，以及 262 个大小离岛组成。

Hong Kong is a special administrative region of the People's Republic of China. Located to the east of the Pearl River estuary of Guangdong Province, it is composed of the Hong Kong Island, the Kowloon Peninsula, the New Territory and 262 outlying islands of various sizes.

1842 年至 1997 年 6 月 30 日，香港是英国的殖（zhí）民地。1997 年 7 月 1 日，中华人民共和国对香港恢复行使主权，香港回归祖国。

Hong Kong used to be colonized by Britain from 1842 to June 30, 1997. On July 1, 1997, the People's Republic of China resumed its sovereignty over Hong Kong, marking the return to the embrace of the motherland.

香港是高度开放的自由港，经济发达，是亚太地区乃至国际金融中心、航运中心、地区贸易中心。香港国际机场是世界上最繁忙的机场之一，国际客运量居世界第五，国际货运量居世界第一。

Hong Kong is a highly free port with a well-developed economy, and is one of the important centers of finance, shipping and trade in the Asia-Pacific region and even in the world. The Hong Kong International Airport is one of the busiest global airports, with its number of international passengers taking the fifth place in the world and its volume of international freight ranking first.



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1. 香港回归
Hong Kong's Return to China
2. 香港街景
A Street View of Hong Kong
3. 维多利亚港湾夜景
Victoria Harbor

小贴士 · Tips

香港大学被英国 THES-QS 持续评为全球前 30 名的顶尖大学，位列中华人民共和国大学中的第一位。

The University of Hong Kong has been appraised consecutively by the THES-QS World University Rankings as one of the world's top 30 universities, taking the first place in the People's Republic of China.

香港是重要的国际商港，航运业发达，是进入中国内地经商和旅游的大门，也是成衣、钟表、玩具、游戏、电子产品的主要出口地。

Hong Kong is an important international commercial port with developed shipping industry. It is not only a gate of business and tourism to enter Chinese inland areas, but also a major important exporter of ready-made clothing, watches and clocks, toys, games and electronic products.

香港是亚太地区的交通、旅游中心之一。这里商品丰富、琳琅满目，有“美食之都”和“购物天堂”之称。各类中西餐馆超过 1 万家，大部分物品不收关税，这吸引了世界各地的众多游客。

Hong Kong is one of the transport and tourist centers in the Asia-Pacific region. Here, the variety of commodities available is endless, earning it the name of "a capital of delicious food" and "a paradise for shoppers". Hong Kong has more than 10,000 Western and Chinese restaurants, and most of its commodities are tariff-free, This has attracted many local and international tourists.

香港是一座自然美与人工美高度结合的现代化大都市，景点众多，如维多利亚港湾、尖沙嘴、天坛大佛、青马大桥、跑马地赛马场、皇后广场、铜锣湾等。香港的迪斯尼乐园和海洋公园，也是人们放松心情的好地方。

Hong Kong is a modern metropolis, a perfect fusion of natural and artificial beauty. It has many scenic spots, including Victoria Harbor, Tsim Sha Tsui, Tian Tan Buddha, Tsing Ma Bridge, the Happy Valley Racecourse, the Statue Square and Causeway Bay. In addition, the Disneyland and the Ocean Park in Hong Kong are also good places for people to relax themselves.

海洋公园 The Ocean Park

海洋公园位于香港岛黄竹坑南朗山，占地超过 87 万平方米，共分为山上、山下以及大树湾三大景区。1977 年 1

月10日落成启用，是亚洲最大的一座海洋博物馆及主题游乐园，具有现代设施和多种娱乐项目。这里有世界最大的水族馆、鲨(shā)鱼馆及海洋剧场，有海豚(tún)、海狮等精彩特技表演，深受海内外游客喜爱。

The Ocean Park is in Wong Chuk Hang and Nam Long Shan on the Hong Kong Island. Covering an area of more than 870,000 sq m, the park is divided into three areas, the Summit (Headland), the Waterfront (Lowland) and Tai Shue Wan, respectively. Founded in 1977 and opened to the public on January 10 the same year, it is the largest maritime museum and theme park in Asia, with modern facilities and various entertainment programs. It has the largest aquarium, shark aquarium and maritime theater in the world, presenting wonderful stunt performances of dolphins and sea lions. It enjoys great popularity among visitors.



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天坛大佛 The Tian Tan Buddha

天坛大佛是一座位于香港大屿山宝莲寺前木鱼峰上的佛像，其设计参考北京天坛的地基形貌，所以叫“天坛大佛”。佛像由202块铜片组成（佛身160块、莲花36块、云头6块），高26.4米，重约250吨，是世界上最大的户外青铜坐佛。天坛大佛于1993年12月29日开光，从此前来参观的游客络绎不绝(luòyì)不绝。天坛大佛现在已成为香港著名的景观。

The Tian Tan Buddha, also known as the Big Buddha, is a large Buddha statue at Ngong Ping in front of the Po Lin Monastery on the Lantau Island in Hong Kong. It was named "Tian Tan Buddha" because of its base modeling on the shape of the Temple of Heaven (Tiantan) in Beijing. The Buddha is made of 202 bronze pieces (160 pieces for the Buddha's body, 36 for lotuses and 6 for clouds). It is 26.4 m tall, weighs about 250 tons, and is the largest outdoor bronze seated Buddha in the world. The light opening ceremony of the Buddha was held on December 29, 1993. It has since attracted numerous visitors, now becoming a tourist attraction in Hong Kong.

1. 海洋公园
The Ocean Park
2. 天坛大佛
The Tian Tan Buddha

澳门 Macao



1. 澳门市民游行庆祝回归
Macao Citizens Parade for Macao's Return to the Motherland
2. 澳门夜景
Macao Night View

小贴士 · Tips

澳门自古以来就是中国的领土。1553年，葡萄牙殖民者借口要晾晒海水浸湿的货物，强行租用此地。第一次鸦片战争（1840—1842）后，澳门被葡萄牙长期占领。1999年12月20日，中国政府恢复对澳门行使主权。

Since ancient times, Macao has been a part of China's territory. In 1553, Portuguese colonists made an excuse of drying goods soaked by seawater to make a landing and secured their influence through an unfair treaty. After the first Opium War (1840-1842), Macao was occupied by Portugal. On December 20, 1999, the Chinese government restored the sovereignty over Macao.

澳门特别行政区位于珠江口的西南岸，由澳门半岛、氹(àng)仔岛、路环岛等组成。

The Macao Special Administrative Region, located on the southwest bank of the estuary of the Pearl River, comprises the Macao Peninsula, Taipa and Coloane islands.

澳门于16世纪被葡萄牙人占领，中华人民共和国于1999年12月20日对澳门恢复行使主权，澳门回归祖国。

Macao was seized by Portugal in the 16th century, and the People's Republic of China restored the sovereignty over Macao on December 20, 1999.

澳门是“世界四大赌城”之一，被誉为“东方拉斯维加斯”。博彩带动了旅游业，它也成为澳门四大经济支柱之一和外汇的主要来源。澳门是一个国际化的都市，是世界上人口最稠密的地方之一，也是全球最富裕的城市之一。



2

Macao, one of the world's four major casinos, is reputed to be an "Oriental Las Vegas". Its gambling industry has driven its tourism and has become one of the four pillars of the city's economy and a major source of its foreign exchange. Macao is an international metropolis, with the world's highest population density. It is also one of the richest cities in the world.

澳门历史城区是一片以澳门旧城区为核心的历史街区，包括妈阁庙前地、耶稣会纪念广场等多个广场，以及妈阁庙、郑家大屋等 20 多处历史建筑。

The historical urban area of Macao is a historical block centered on its former downtown area, including several squares such as the land in front of the A-Ma Temple and the Largo da Companhia de Jesus, and more than 20 historical buildings like the A-Ma Temple and the Mandarin's House.

妈阁庙 A-Ma Temple

妈阁庙是澳门最古老的庙宇，建于明朝弘（hóng）治元年（1488），已有 500 多年的历史，坐落在澳门半岛的东南方，是澳门三大禅院之一。庙里每年都要举行盛大的祭祀活动，祈求平安吉祥。

The A-Ma Temple is the oldest temple in Macao. Built in 1488, the 1st year of the Hongzhi Reign of the Ming Dynasty, it has a history of more than 500 years. The temple is located in the southeast of the Macao Peninsula, and is one of the three major Buddhist temples in Macao. Large-scale worship activities are performed within the temple every year to pray for peace and good luck.

大三巴牌坊 The Memorial Arch of St. Paul's Cathedral

大三巴牌坊是澳门最具代表性的名胜古迹，位于大三巴街附近的小山丘上，为圣保罗大教堂的前壁，而该教堂



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1. 妈阁庙
The A-Ma Temple
2. 大三巴牌坊
The Memorial Arch of the Church of St. Paul, "Da San Ba"
3. 大炮台
Guia Fortress

小贴士 · Tips

澳门有许多“中国第一”，如中国第一所西式大学（圣保罗学院）、中国第一所西式医院（白马行医院）、中国第一所西方金属制版和印刷拉丁文字的印刷厂（圣保罗学院附属印刷所）、中国第一份外文报纸（《蜜蜂华报》，即 *Abelha da China*），等等。

Macao has set many records in China, for example, the China's first Western-style university (Saint Paul's College), the first Western-style hospital (St. Raphael's Hospital), the first printing factory to use Western metal plates and print Latin letters (an affiliate of Saint Paul's College), the first newspaper in foreign language (*Abelha da China*) and so forth.

是当时远东最大的天主教石建教堂。后来教堂发生大火，仅剩教堂前的 68 级石阶及花岗石建成的前壁，因为它的形状与中国传统的牌坊相似，所以取名为“大三巴牌坊”。大三巴牌坊已经成为澳门的象征之一，也是很多游客到澳门的必游之地。

The Memorial Arch of St. Paul's Cathedral, namely the Ruins of St. Paul's Cathedral, is the most typical historical place and tourist spot in Macao. Located on a small hill near Dasanba Street, it used to be the facade of St. Paul's Cathedral, which was then the largest Catholic church in the Far East, built with white stones. Later, the cathedral caught fire, leaving only 68 stone steps and granite front facade. Resembling a traditional Chinese memorial arch, the ruins were thus named the "Memorial Arch of St. Paul's Cathedral". This structure has become one of Macao's landmarks, and is a must to see place for tourists.

澳门历史城区保存了澳门 400 多年中西文化交流的历史精髓。它是中国境内现存年代最远、规模最大、保存最完整、最集中，以西式建筑为主、中西式建筑互相辉映的历史城区。它是西方宗教文化在中国和远东地区传播历史的重要见证，更是中西文化交流互补、多元共存的结晶。2005 年，包括妈阁庙、大三巴牌坊在内的澳门历史城区被联合国教科文组织列入世界遗产名录。

The historical urban area in Macao has preserved the historical quintessence of cultural exchanges between China and the West over 400 years in the past. It is the extant oldest, largest, most complete and concentrated historical urban area in China, a complex of Chinese and Western architecture, with the Western-style architecture as a major part. It bears witness to the dissemination of Western religious culture in the Far East, especially in China, and to cultural complementarity and coexistence between China and Western countries. In 2005, the





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Macao historical urban area, including the A-Ma Temple and the Ruins of St. Paul's Cathedral, were included into the World Heritage List by UNESCO.

在 400 多年的历史里，中国人与葡萄牙人营造的不同的生活社区，展示了澳门的中、西式建筑艺术特色，以及中葡两国人民不同宗教、文化以至生活习惯的交融与尊重。这种中葡人民共同培养出来的温情、淳朴、包容的社区气息，是澳门最具特色、最有价值的地方。

During more than 400 years, Chinese and Portuguese have developed different living communities, displaying their unique architectural styles, as well as the fusion and respect between their different religions, cultures and living habits. Such communities fostered under a warm, honest and inclusive atmosphere are the most characteristic and valuable places of Macao.

澳门是中国境内接触近代西方器物与文化最早、最多、最重要的地方，也是外国认识中国的一道门户。

Macao is the place that had the earliest, the most frequent and the most important contact with modern Western implements and culture in China, and is also a window for foreigners to know China.



2

小贴士 · Tips

中国第一位新教徒蔡高就是由编写并在澳门出版《华英字典》的传教士马礼逊在澳门为其洗礼的。

The first Chinese Protestant Cai Gao received baptism in Macao from a missionary named Robert Morrison, who compiled and published a *Chinese-English dictionary*.

1. 玫瑰堂
Rosary Church
2. 圣母雪地殿、东望洋灯塔
Guia Chapel and Guia Lighthouse

旅游胜地

Tourist Attractions

安徽黄山



概述

Introduction

中国山川锦绣，文化灿烂，旅游资源丰富。随着中国经济的发展和开放程度的不断深化，旅游业已经成为经济发展新的增长点。截止 2014 年 6 月，中国的世界遗产达到 47 项。其中，世界文化遗产 30 项，世界自然遗产 10 项，世界文化与自然遗产 4 项，世界文化景观遗产 3 项。

China has beautiful mountains, rivers and brilliant culture, thus possessing abundant tourist resources. With the ongoing economic development and opening to the outside world, tourism has become a new growth area for China's economy. By Jun. 2014, China has had 47 world heritage sites, of which 30 were world cultural heritage, 10 world natural heritage, 4 world cultural and natural heritage and 3 world cultural landscape.

1. 新疆天山天池

Mount Tianshan and Tianchi in Xinjiang



美丽的自然

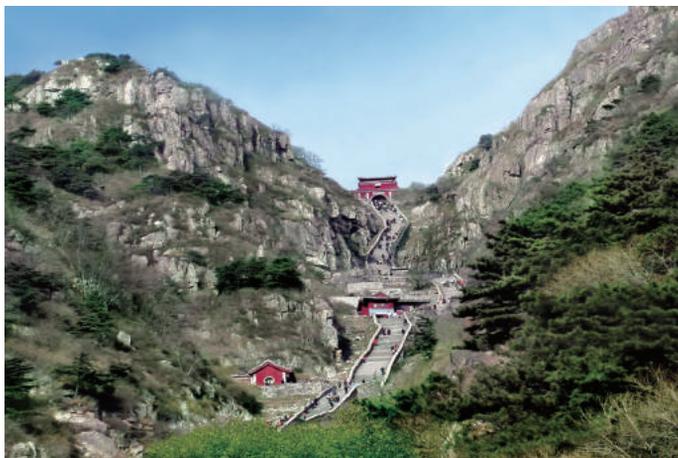
Gorgeous Nature



四川黄龙五彩池
Five-Color Pond in the Hanglong Valley of Sichuan

山东泰山

Mount Taishan in Shandong Province



1. 泰山十八盘
The Eighteen Spirals of Mount Taishan
2. 泰山岱庙
The Dai Temple on Mount Taishan
3. 泰山日出
Sunrise on Mount Taishan

泰山位于山东省中部，是平原上出现的高山，号称“五岳之首”“天下第一山”。

Mount Taishan, situated in the middle of Shandong Province, is a mountain on the plain. It is known as the "leading one of the five sacred mountains" and "No. 1 mountain under heaven".

自古以来就有“泰山安，四海皆安”的说法，所以泰山是历代帝王封禅（shàn）祭祀（sì）的名山，具有崇高的地位。

There is an ancient saying that "If Mount Taishan is stable, so is the entire country". Mount Taishan used to be the mountain where Chinese emperors offered sacrifices to pay homage to heaven and earth. As a renowned mountain with a sublime position.

玉皇顶是泰山的最高峰，海拔1 500 多米。古时候登山祭天就在这里进行。玉皇顶的日观峰是看日出和云海的好地方。南天门是登泰山的最后一道门，也是泰山顶的大门。

小贴士 · Tips

东岳泰山、南岳衡山、西岳华山、北岳恒山、中岳嵩山合称“五岳”。

Mount Taishan, Mount Hengshan, Mount Huashan, Mount Hengshan and Mount Songshan are reputed to be the five sacred mountains of China. They are sometimes referred to by the respective directions, namely the Eastern Great Mountain, the Southern Great Mountain, the Western Great Mountain, the Northern Great Mountain and the Central Great Mountain.

小贴士 · Tips

经石峪(yù)是登泰山途中的一处山谷,在山谷的石壁上,刻着隶(lì)书《金刚经》经文,每字直径约半米,被称为“大字鼻祖”。

The Scripture Rock Canyon is a canyon on the way to Mount Taishan. On the rock cliff of the canyon is carved the scripture of the *Vajracchedika-Sutra* in official script. Each character is about half a meter in diameter, and site is honored as the "ancestor of the whole large-sized characters".

小贴士 · Tips

泰山松山谷底至南天门的一段盘路俗称“十八盘”,全程1000多米,石阶1600余级,垂直高度400米。十八盘是对登山者体力与意志的考验。

The zigzagging path from the bottom of the Songshan valley to the South Heaven Gate is commonly called "Eighteen Spirals". It is more than 1,000 m long, with about 1,600 stone steps and a vertical height of 400 m. It is a test for a climber's physical strength and will.



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泰山脚下的岱(dài)庙是历代皇帝祭祀“泰山神”的地方。岱庙的主殿是天阙(kuàng)殿,墙壁上有一幅巨型壁画,描绘了“泰山神”出巡和归来的场景,是一件艺术珍品。

The Jade Emperor Peak is the highest peak of Mount Taishan, with an altitude of more than 1,500 m. It is the place that ancient people would scale the mountain and offer sacrifices to heaven. It is also a good place to view the sunrise and cloud sea. The South Heaven Gate is the last gate on the climb to the summit of Mount Taishan. The Dai Temple at the foot of Mount Taishan is the place where Chinese emperors of every dynasty worshipped "God of Mount Taishan". The major hall of the Dai Temple is the Tiankuang Hall. On the wall there is a huge mural that describes the God of Mount Taishan set out for and returned from a tour of inspection. It is a art treasure.

安徽黄山

Mount Huangshan in Anhui Province

黄山位于安徽省南部，向来被称为“中国第一奇山”。

Mount Huangshan, located in the south of Anhui Province, is usually called "the most peculiar mountain in China".

黄山险峻(jùn)、雄伟、奇特、壮观，千米以上的高峰有77座，著名的山峰有30座。最高峰是莲花峰，海拔1860米。黄山以奇松、怪石、云海、温泉“四绝”闻名于世。

Mount Huangshan, precipitous, unique and magnificent, has 77 peaks over 1,000 m high, among which 30 peaks are well known. The highest one is the Lotus Peak with an altitude of 1,860 m. Mount Huangshan is renowned for its four unique scenes — peculiar pine trees, strange rocks, cloud seas and hot springs.



2



3

黄山的松树大多生在岩石缝隙中，千姿百态，惹人喜爱。“迎客松”“陪客松”“送客松”是三大名松。“迎客松”是黄山最著名的松树，它的树枝向前伸展，就像人伸开手臂迎接远方的客人。

Most pines in Mount Huangshan are rooted in the cracks of rocks. They are all different in posture and are adorable. The three famous pine trees are the so-called "Guests-Greeting Pine",



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1. 飞来峰
The Peak Which Flew from Afar
2. 迎客松
The Guests-Greeting Pine
3. 送客松
The Guests-Sending-Off Pine
4. “猴子观海”石
The Rock Which Resembles a Monkey Viewing the Sea
5. “松鼠跳天都”石
The Rock Which Resembles a Squirrel Wishing to Jump onto the Tiandu Peak
6. 黄山日落霞海
The Cloud Sea at the Sunset in Mount Huangshan

小贴士 · Tips

因为黄山山峰的石壁是黑色的，所以秦朝时它被称为黟(yī)山，意思是“黑色的山”。

Because the cliffs of Mount Huangshan are black, they were originally called the Yi (Yi meaning black) Mountains in the Qin Dynasty.



the "Guests-Accompanying Pine" and the "Guests-Sending-Off Pine". The Guests-Greeting Pine is the most famous one, whose branches stretch forward as if it is spreading its arms to greet guests from afar.

黄山四季都有壮观的云海。每当云海出现时，山峰似乎都变成大海中的岛屿，随着烟云的飘动，山峰似乎也在移动。景物时隐时现，变化万千。日出和日落时的云海称为“彩色云海”，最为壮观。

4

There is splendid cloud sea on Mount Huangshan all year round. When the cloud sea appears, peaks seem to become islands in the sea; peaks move as the clouds drift. Things emerge and disappear from time to time like a kaleidoscope. The cloud seas at the sunrise and sunset are called the "colorful cloud seas", the most splendid ones.

小贴士 · Tips

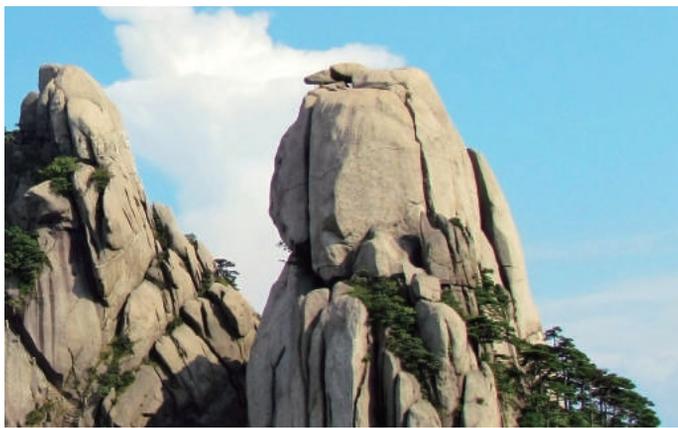
传说中华民族的始祖轩辕（Xuānyuán）黄帝曾在这里炼丹成仙，后来信奉道教的唐明皇下令将“黟山”改称为“黄山”，意思是“黄帝之山”。

It is said that the Yellow Emperor Xuanyuan (legendary ancestor of the Chinese nation) made pills of immortality here and became an immortal. Later, Emperor Minghuang of the Tang Dynasty, who believed in Taoism, issued an order to change the Yi Mountains into Mount Huangshan, meaning the mountains of the Yellow Emperor.

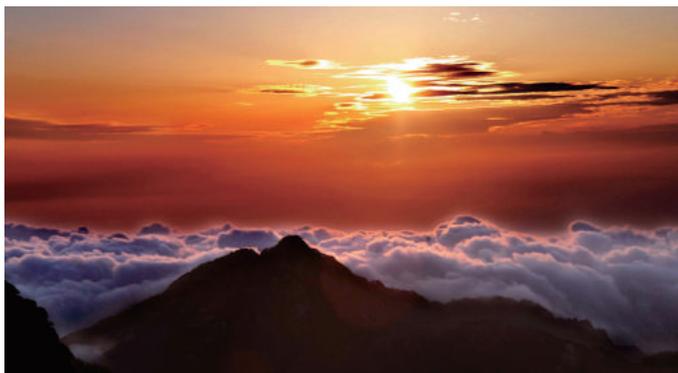
小贴士 · Tips

明代著名的地理学家徐霞客（1581—1641）说：“五岳（yùè）归来不看山，黄山归来不看岳。”

Xu Xieke (1581-1641), a famous geographer of the Ming Dynasty (1368-1644), once said, "After a trip to the five sacred mountains, one would lose interest in other mountains, but after a trip to Mount Huangshan, one would lose interest in the five sacred mountains."



5



6

江西庐山风景名胜区

Mount Lushan Scenic Zone in Jiangxi Province

庐山位于江西省北部的九江市，它的北边有长江，东边有鄱（pó）阳湖。最高峰为大汉阳峰，海拔 1 474 米。庐山的景点非常多，著名的有

三叠泉、含鄱口、三宝树、五老峰、仙人洞等。三叠（dié）泉是庐山第一奇观，高 100 多米，分为上、中、下三级，所以又叫“三级泉”。含鄱口位于含鄱岭上，面对鄱阳湖，是看日出的好地方。三宝树是三棵非常高的古树，传说是晋（jìn）代种植的。



1

小贴士 · Tips

晋代高僧慧远（334—416）在庐山建立东林寺，开创了佛教中的“净土宗”。

Huiyuan (334—416), an eminent Buddhist monk of the Jin Dynasty established the Donglin Temple in Mount Lushan, initiating the Pure Land sect of Buddhism.

1. 东林寺
The Donglin Temple
2. 庐山云雾
Mist and Cloud in Mount Lushan
3. 庐山瀑布
The Lushan Waterfall
4. 庐山建筑
Architecture in Mount Lushan
5. 白鹿洞书院
The Bailudong Academy



2

小贴士 · Tips

庐山是著名的避暑胜地。在炎热的季节里，平均气温只有 22°C。

Mount Lushan is a famous summer resort. In sweltering summer days, its average temperature is only 22 degrees Celsius.

小贴士 · Tips

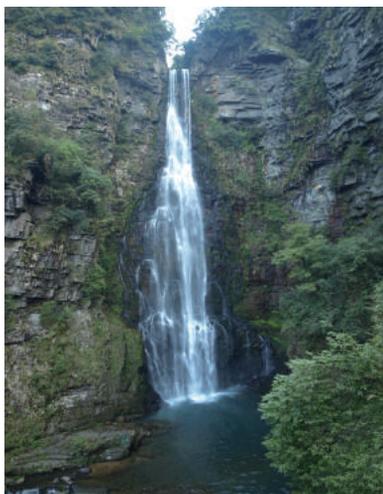
庐山现存具有英、美、法、俄、德等多个国家建筑风格的别墅 636 幢 (zhuàng)。

There are 636 villas on Mount Lushan with the architectural styles of Britain, US, France, Russia and Germany.

小贴士 · Tips

遗存至今的白鹿洞书院，是中国古代教育和理学的中心学府。

The existing Bailudong Academy used to be a central college of ancient Chinese education and Confucian philosophy.



3



4

Mount Lushan is located near Jiujiang city in the north of Jiangxi Province. It stands with the Yangtze River to the north and Poyang Lake to the east. The highest peak, the Great Hanyang Peak, is 1,474 m above sea level. There are many attractions on Mount Lushan, such as the famous *Sandie* Spring, the Hanpo Entrance, the Sanbao Trees, the Wulao Peak, and the Xianren Cave. The *Sandie* (Three-Fold) Spring is the first wonder in Mount Lushan. Over 100 m high, it is divided into three levels along the mountain — upper, middle and lower levels, so it is also called "Three-Level Spring". The Hanpo Entrance, located on the Hanpo Peak facing Poyang Lake, is a good place

to view the sunrise. The Sanbao Trees are three ancient trees towering into the sky, and they are said to have been planted by people in the Jin Dynasty.



5

福建武夷山

Mount Wuyi in Fujian Province

武夷(yí)山位于福建省的西北部。这里碧水丹山，奇险秀丽。

Situated in the northwest of Fujian Province, Mount Wuyi has green water and fantastic peaks that are precipitous, elegant and beautiful.

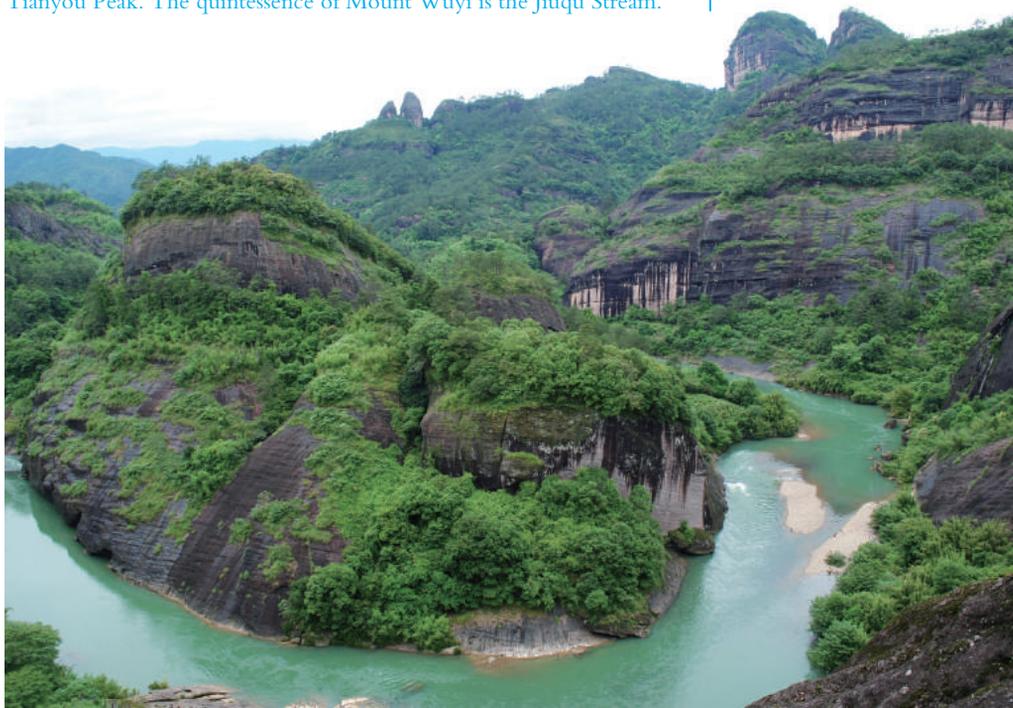
武夷山共有 36 座山峰，著名的有三仰峰、大王峰、玉女峰、天游峰等。武夷山风景的精华在九曲溪。

Mount Wuyi is comprised of 36 peaks, among which the famous ones are the Sanyang Peak, the Dawang Peak, the Yu nü Peak, and the Tianyou Peak. The quintessence of Mount Wuyi is the Jiuqu Stream.

小贴士 · Tips

武夷山是中国古代朱子理学的摇篮，理学大师朱熹(xī)在武夷山生活达 50 年之久。

Mount Wuyi used to be the cradle of Zhu Xi's Confucianism in China, and Zhu, a master of this philosophical school, lived in Mount Wuyi for as long as 50 years.





2

1. 九曲溪
The Nine Curves Stream
2. 武夷山悬棺
Overhead Coffins in Mount Wuyi
3. 大王峰和玉女峰
The Dawang Peak and the Yu nü Peak
4. 晒布岩
The Cloth-Sunning Rock

小贴士 · Tips

武夷山架壑 (hè) 船棺，距今 3 750 余年，是目前国内外发现的悬 (xuán) 棺遗址中年代最早的。

Boat coffins in Mount Wuyi has a history of more than 3,750 years, and is the earliest overhead coffin relics discovered both in China and other countries.

小贴士 · Tips

武夷山古汉城遗址是西汉 (前 206—公元 25) 闽 (mǐn) 越国时期的王城遗址，距今 2 355 年左右。

The Ancient City Ruins of the Han Dynasty in Mount Wuyi is the capital ruins of the Minyue State during the Western Han Dynasty (206BC-9), and date back to about 2,355 years ago.



3

九曲溪全长约 7.5 千米，是一条转了九次弯的溪水。武夷山著名的山峰都排列在溪边。三仰峰高 717.7 米，是武夷山最高峰。玉女峰就像仙女下凡一样，是武夷山最迷人、最秀丽的山峰。大王峰端正雄伟，具有王者风范，所以叫“大王峰”。天游峰适宜看云海，在峰顶可以看到九曲溪全景。

The Jiuqu Stream is a stream with nine curves, totaling about 7.5 km. The famous peak are distuibrated in the edge of stream. The Sanyang Peak is 717.7 m high, the highest peak of Mount Wuyi. The Yun ü Peak is like a fairy descending to the world, and is the most charming and elegant peak of Mount Wuyi. The Dawang Peak, grand and solemn, has the demeanor of a king, hence its name. The Tianyou Peak is the best place to view the cloud sea. From the top you can have a panoramic view of the Jiuqu Stream.



4

湖南武陵源国家级名胜区

Wulingyuan National Scenic Area in Hunan Province

武陵源风景名胜区位于湖南省的西北部，包括张家界国家森林公园、索溪峪自然保护区和天子山自然保护区三部分。最近又发现了杨家界新景区。这里有原始生态体系的砂岩、峰林、峡谷地貌，奇峰众多，气象万千。

The Wulingyuan Scenic and Historic Interest Area, located in the northwest of Hunan Province, comprises the Zhangjiajie National Forest Park, the Suoxiyu Nature Reserve and the Tianzishan Nature Reserve. Recently, the Yangjiajie New Scenic Area also has been discovered. Here is a primitive ecological system composed of sandstones, Fenglin (tower karst) and deep ravines, with spectacular peaks and changeful sights.

张家界是中国第一个国家级森林公园。这里森林资源极其丰富，植物种类繁多，景点有 60 多处，著名的有金鞭溪、袁家界等。



3



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小贴士 · Tips

武陵源有土家族、苗族等少数民族的聚居地，梯田、房舍星星点点，散布在青山绿水间。

In Wulingyuan, there are compact communities of such ethnic minorities as the Tujia and the Miao, with their terraced fields and houses sparsely dotting among the green mountains and waters.

小贴士 · Tips

张家界有三大奇观：一是奇怪的光圈，西海上空每年会出现一次美丽的光圈，光圈由小变大，大约持续3—4分钟；二是奇怪的月亮，春、夏季久雨未晴的晚上，天上会出现红月亮；三是奇怪的影子，秋高气爽的好天气，人的身影会一变二，二变三，令人诧(chà)异。

There are three wonders in Zhangjiajie: The first is a strange aureole. Every year, a beautiful aureole appears in the sky over the West Sea, turning from small to big and lasting 3-4 minutes. The second is a peculiar moon. At night after a long period of rain in spring and summer, a red moon emerges in the sky. The third is a strange shadow. On fine autumn days, a human shadow can astonishingly change from one to two, and from two to three.

小贴士 · Tips

索溪峪(yù)是土家语音译，意思是“雾大的山庄”。

Suoxiyu is literally translated from the Tujia language, meaning "a mountainous village with heavy fog".

1. 金鞭溪
The Jinbian (Golden Whip) Stream
2. 仙女桥
The Xian nǚ (Celestial Lady) Bridge
3. 张家界国家级森林公园
Zhangjiajie National Forest Park
4. 天台
The Tiantai Platform
5. 西海
The West Sea
6. 袁家界
The Yuanjiajie Scenic Area

Zhangjiajie is the first national forest park in China. It is rich in forest resources and plant species. There are more than 60 scenic spots including the Jinbian Stream and the Yuanjiajie Scenic Area.



4

索溪峪(yù)风景区是武陵源的中心和门户，风景独特，主要有十里画廊、宝峰湖和黄龙洞三个景区。景点当中天台和西海最著名。



5

The Suoxiyu Scenic Area is the center and gate of Wulingyuan, and its unique scenery is mainly composed of three scenic zones: the Ten-Li (half a kilometer) Natural Gallery, the Baofeng Lake, and the Huanglong Cave. Among all its scenic spots the most famous ones are the Tiantai Platform and the West Sea.

天子山风景区的峰林如海，气象万千，是观赏砂岩峰林的绝佳之处。一步难行、仙女桥是其中著名的景点。

The Tianzi Mountain Scenic Area has Fenglin (tower karst) of various sizes. It is the best place to view sandstone Fenglin including the famous scenic spots of the Yibu Nanxing Lone Stone and the Xian nǚ Bridge.



6

四川九寨沟国家级名胜区

Jiuzhaigou Valley National Scenic Spot in Sichuan Province

九寨沟位于四川省阿坝藏族羌（qiāng）族自治州，是由彩池、瀑布、森林、雪山构成的自然风景，被称为“童话世界”。

The Jiuzhaigou Valley is situated in the Aba Tibetan and Qiang Autonomous Prefecture of Sichuan Province. It comprises colorful ponds, waterfalls, forests and snow-capped mountains, and is called a "fairyland".

九寨沟是一条纵深 50 千米的山沟谷地，四周是高耸的雪峰，谷地有茂密的原始森林。在这里有 100 多个美丽的高山湖泊（当地人称为“海子”），最有名的是五花海、长海、镜海等。这里的湖水清澈见底，湖底各种颜色的沉积物和水藻，使湖水呈现出黄、橙（chéng）、蓝、绿等多种颜色，五彩缤纷，非常迷人，因此被人们叫作“人间仙境”。



1

小贴士 · Tips

熊猫湖瀑布高 78 米、宽 50 米，是九寨沟落差最大的瀑布。

The Xiongmaochu Waterfall, 78 m high and 50 m wide, is a waterfall with the largest drop in Jiuzhaigou.

小贴士 · Tips

珍珠滩瀑布宽 310 米、高 28 米，像拉开的巨大环形银幕。

The Zhenzhutan Waterfall, 310 m wide and 28 m high, looks as if it is a huge ringlike screen.

2

小贴士 · Tips

因为有九个藏族村寨，所以叫作“九寨沟”。

Jiuzhaigou is thus named because it is home to nine Tibetan villages.

1. 熊猫湖瀑布
The Xiongmaohu Waterfall
2. 珍珠滩瀑布
The Zhenzhan Waterfall
3. 诺日朗瀑布
The Nuorilang Waterfall
4. 藏族村寨
A Tibetan Village
5. 五彩池
The Five-Color Pond
6. 五花海
The Five-Flower Lake



3

Jiuzhaigou is a 50-km-deep valley surrounded by towering snow-capped mountains. In the valley there are dense primitive forests. There are more than 100 beautiful lakes (called "haizi" by locals) in the high mountains, among which the most famous are the Five-Flower Lake, the Long Lake and the Mirror Lake. The lakes are crystal clear so that one can see the bottom. The deposits of various colors and algae at the bottoms of the lakes make the water look yellow, orange, blue and green. It is reputed to be a "fairyland on earth".

瀑布也是九寨沟的一绝。宽 320 米的诺日朗瀑布为中国最宽的瀑布，位于九寨沟中部，是九寨沟的象征。

Waterfall is one of the unique features of Jiuzhaigou. The Nuorilang Waterfall, 320 m wide, is the widest waterfall in China. Situated in the middle of the valley, the waterfall is a symbol of Jiuzhaigou.



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四川黄龙国家级名胜区

Huanglong National Scenic Area in Sichuan Province

黄龙风景名胜区位于四川省阿坝藏族羌族自治州，海拔在3 000米以上。

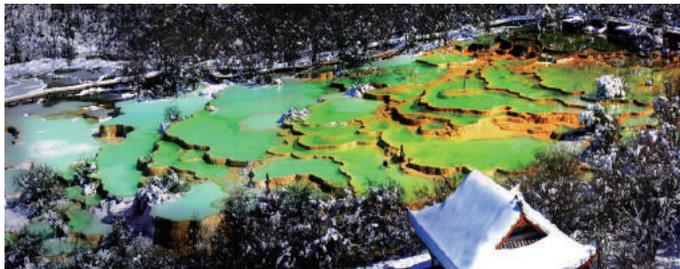
The Huanglong National Scenic Area is located in the Aba Tibetan and Qiang Autonomous Prefecture of Sichuan Province, with an altitude of more than 3,000 m.

主景区黄龙沟是一条缓坡沟谷，沟内布满乳黄色岩石，远远望去就像一条黄龙，因此叫黄龙沟。

Its major scenic area is Huanglong Valley, a valley with gentle slopes. This valley is full of creamy yellow rock, looking like a winding yellow dragon if viewed from afar, hence its name.

黄龙沟内有3 000多个大大小小的彩池，池水清静，深浅不一，仿佛彩锦。彩池有高有低，呈阶梯状分布，正像中国古代人想象中的仙境。

There are more than 3,000 colorful ponds of various sizes in the valley. The ponds have clear water and various depths, looking as if colorful brocade. These terraced ponds look as if they are the fairyland in ancient Chinese imagination.



2



1

1. 黄龙沟
The Huanglong Valley
2. 黄龙五彩池
Five-Color Pond in the Huanglong Valley

小贴士 · Tips

黄龙风景区有非常丰富的动植物资源。

The Huanglong Scenic Area abounds with fauna and flora resources.

小贴士 · Tips

每年农历六月，黄龙寺的传统庙会都吸引着附近的藏、羌、回、汉各族群众。

Each June in Chinese lunar calendar, the traditional temple fair at the Huanglong Temple attracts people of the Tibetan, Qiang, Hui and Han groups nearby.

中国喀斯特地貌

Karst of China

小贴士 · Tips

武隆天生桥最让人惊叹的是天龙桥、青龙桥、黑龙桥三座气势磅礴的石拱桥，属亚洲最大的天生桥群。

Among the natural bridges in Wulong, the three most amazing are the Tianlong, Qinglong and Heilong arch bridges. They form the largest cluster of natural bridges in Asia.

1. 石林阿诗玛峰
The Ashima Peak in Shilin
2. 石林万年灵芝峰
The Lingzhi Peak in Shilin with a History of 10,000 Years
3. 重庆武隆天生桥
Natural Bridges in Wulong, Chongqing



喀（kā）斯特地貌即岩溶地貌。中国南方喀斯特范围有5万平方千米，占整个中国喀斯特面积的55%。

Karst is a kind of geological formation shaped by the dissolution of a layer or layers of soluble bedrock. Karst covers an area of 50,000 sq km in south of China, accounting for 55 percent of the country's total.

云南石林的剑状、柱状和塔状喀斯特，贵州荔波的森林喀斯特，重庆武隆的以天生桥、地缝、天坑为代表的立体喀斯特，共同组成中国南方喀斯特。



The sword-, column- and tower-shaped karst in Shilin, Yunnan Province, the forest karst in Libo, Guizhou, and the three-dimensional karst represented by natural bridges, Difeng (deep karst fissure) and Tiankeng (giant karst pit) in Wulong, Chongqing, constitute the South China Karst landscape.

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云南石林在云南省石林彝族自治县。这里的石峰千姿百态，数量奇多。贵州荔波喀斯特有的在山上，有的在水中，有的在“天坑”里，但都是石头上长出的森林。武隆喀斯特地处重庆市东南，包括天下第一洞——芙蓉洞、亚洲最大的天生桥群、全世界罕见而稀有的喀斯特系统形成的后坪天坑。

The stone forest of Yunnan is located in the Shilin Yi Autonomous Prefecture, Yunnan Province. The stone peaks vary in posture and are in large numbers. The karst landform in Libo, Guizhou Province, are distributed in the mountains, water or Tiankeng. They are all karst forests grown out of stones. The Wulong karst landscape, located in the southeast of Chongqing, include the Furong Cave, also known as the first cave under heaven, the largest clusters of natural bridges in Asia, and the exceptional Houping Tiankeng.



3

1. 云南石林

A View of Stone Forest in Shilin, Yunnan Province

2. 武隆后坪天坑

Houping Tiankeng in Wulong

3. 贵州荔波水上森林

The Libo On-Water Karst Forest in Guizhou Province

小贴士 · Tips

芙蓉洞是一个大型石灰岩洞穴，全长2400米，宽高多在30至50米之间，其中辉煌大厅底面积在1.1万平方米以上。

The Furong Cave is a large limestone cave. It is 2,400 m long, 30–50 m wide and high. The bottom of the Huihuang Hall has an area of over 11,000 sq m.

中国丹霞地貌

Danxia Landform of China



中国丹霞由湖南崑（lǎng）山、广东丹霞山、福建泰宁、江西龙虎山、贵州赤水、浙江江郎山等中国南方湿润区 6 个著名的丹霞地貌景区组成。

The Danxia landform in China comprises six famous Danxia landform scenic areas in the humid regions of South China, namely Mount Langshan in Hunan, Mount Danxia in Guangdong, Taining in Fujian, Mount Longhu in Jiangxi, Chishui in Guizhou, and Mount Jianglangshan in Zhejiang.

贵州赤水丹霞是青年早期丹霞的代表，是中国面积最大、发育最美丽壮观的丹霞地貌。

Chishui in Guizhou Province is a representative of Danxia landforms at the early stage. It is the largest and most beautiful and splendid Danxia landform in China.

福建泰宁是青年时期丹霞的典型代表，拥有举世罕见的“水上丹霞”“峡谷大观园”“洞穴博物馆”三大奇观。

Taining in Fujian Province is a representative of young Danxia landform, and it has the three wonders of "Danxia on water", "Grand Garden of the Canyon" and "Museum of Caves".

1. 贵州赤水丹霞
Chishui Danxia Landform in Guizhou
2. 福建水上丹霞
A Danxia Landform on Water in Fujian



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湖南崀山青、壮、晚期丹霞地貌都有，是一座天然的丹霞地貌博物馆。

Mount Langshan in Hunan Province has all Danxia landforms at the early, middle or late stages. It is a natural museum of Danxia landform.

广东丹霞山是壮年期丹霞地貌的代表，是全中国乃至世界丹霞地貌的研究基地以及科普教育和教学实习基地。

Mount Danxia in Guangdong Province is typical of Danxia landform at the middle stage. It is a national and international research base of Danxia landform, and also a base for popular science education and teaching practice in this regard.

江西龙虎山丹霞是老年早期丹霞景观的代表，也是中国道教的发源地之一。

Mount Longhu in Jiangxi provinle has typical Danxia late stage landform, and it is one of the birthplaces of Taoism in China.

浙江江郎山丹霞是老年期丹霞景观的代表。

Mount Jianglang in Zhejiang Province is a representative of Danxia landform at the late stage.

1. 湖南崀山丹霞
Mount Langshan Danxia Landform in Hunan
2. 江西龙虎山
Mount Longhu in Jiangxi
3. 浙江江郎山
Mount Jianglang in Zhejiang



2



3

云南三江并流

Three Parallel Rivers in Yunnan Province

三江并流示意图
A Sketch Map of Three Parallel Rivers



1. 金沙江
The Jinsha River

小贴士 · Tips

这里聚居着 16 个民族，是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。

Here living in compact communities are 16 ethnic groups. This is one of the rare region in the world where the multiple groups, languages, religious beliefs, customs and habits coexist.

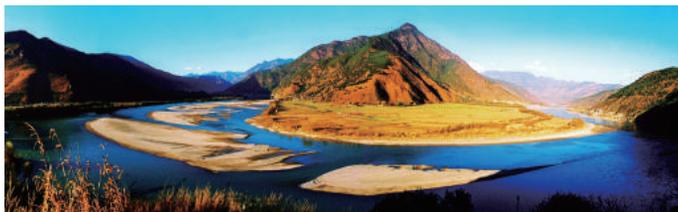
“三江”指金沙江、澜（lán）沧江和怒江，都发源于青藏高原；“并流”是指它们在云南省境内自北向南并行奔流 170 多千米。

The "three rivers" is the Jinsha River, the Lancang River and the Nujiang River, all of which originate from the Qinghai-Tibet Plateau. The "parallel flow" means that they flow more than 170 km side by side from north to south in Yunnan Province.

三江并流景区地处东亚、南亚和青藏高原三大地理区域的交会处，是世界上罕见的高山地貌及其演化的代表地区，也是世界上生物物种最丰富的地区之一。

The scenic area for three parallel rivers lies at the intersection of three vast geographical regions, namely East Asia, South Asia and the Qinghai-Tibet Plateau. It is a representative of high mountains and their evolutionary regions, which is seldom seen in the world. It is one of the areas with the richest biodiversity in the world.

它占中国国土面积不到 0.4%，却拥有全国 20% 以上的高等植物和全国 25% 的动物种数。





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It accounts for less than 0.4 percent of China's territory, but possesses more than 20 percent of the country's higher plant species and 25 percent of its zoological species.

梅里雪山位于怒江与澜沧江之间，有 13 座平均海拔在 6 000 米以上的山峰，主峰卡瓦格博峰海拔 6 740 米，是云南的第一高峰。在藏民的心中，梅里雪山是一座圣山，卡瓦格博峰是他们的保护神的居住地。

The Meri Snow Mountain is located between the Nujiang River and the Lancang River. It has 13 peaks with an average altitude of over 6,000 m. Its main peak Kawagarbo Peak, about 6,740 m high, is the highest mountain of Yunnan Province. In Tibetan people's mind, the Meri Snow Mountain is a sacred mountain and the Kawagarbo Peak is the residence of their guarding divinity.



3

小贴士 · Tips

这里有 118 座海拔 5 000 米以上的雪山，还有静立的原始森林和数百个冰蚀湖泊。

In this place there are 118 snow-capped mountains above 5,000 m, as well as primitive forests and hundreds of glacial erosion lakes.

小贴士 · Tips

从 20 世纪初起，大规模攀登梅里雪山的活动全都失败了。自 1996 年后，中国明令禁止攀登梅里雪山。

Since the early 20th century, all large-scale mountaineering on the Meri Snow Mountain had failed. Since 1996, China has explicitly forbidden any mountain climbing on the Meri Snow Mountain.

1. 澜沧江

The Lancang River

2. 怒江大峡谷

Grand Canyon of Nujiang River

3. 梅里雪山

The Meri Snow Mountain

四川大熊猫栖息地

The Habitat of Giant Pandas in Sichuan Province



1



2

1. 雪豹
Snow Leopard
2. 云豹
Clouded Leopard
3. 小熊猫
Small Panda
4. 大熊猫
Giant Panda
5. 羚牛
Golden Takin



3



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四川大熊猫栖（qī）息地位于四川省境内，由7处自然保护区和9处风景名胜区组成，面积9 245 平方千米。此地目前保存了全世界30%以上的野生大熊猫，是全球最大、最完整的大熊猫栖息地，也是全世界温带区域中植物最丰富的区域。

The habitat of giant pandas in Sichuan Province is composed of seven nature reserves and nine scenic spots, covering an area of 9,245 sq km. Currently, this habitat is home to more than 30 percent of wild giant pandas in the world. It is the largest and most complete habitat of giant pandas with the richest floral diversity among the temperate zones in the world.

四川大熊猫栖息地是“活的博物馆”，这里有高等植物1万多种，还有大熊猫、金丝猴、羚牛等独有的珍稀物种。这里也是小熊猫、雪豹及云豹等濒危物种栖息的地方。

The habitat of giant pandas in Sichuan is a "living museum", where there are more than 10,000 higher plants, as well as unique rare species such as giant pandas, snub-nosed monkeys and takins. And also, this is the habitat for other animals near extinction, including small pandas, snow leopards and clouded leopards.



5

著名的建筑

Famous Buildings



西藏布达拉宫
The Potala Palace in Tibet

长城

The Great Wall



1

1. 八达岭长城
The Badaling Section of the Great Wall
2. 长城航拍图
An Aerial Picture of the Great Wall



2

长城是冷兵器时代的国家军事性防御（yù）工程，也叫“万里长城”。长城的修建持续了2 000多年，它是世界上修建时间最长、工程量最大的工程，也是人类文明史上最伟大的建筑工程之一。

The Great Wall, also known as the "Ten-Thousand-Li (half a kilometer) Great Wall", is a national military defensive project during the cold-weapon age. The construction of the Great Wall continued for more than two thousand years, and is the most time-consuming project with the largest workload in the world. It is one of the greatest projects in the history of human civilization.

秦统一六国后，为防御北方的匈奴，把原来燕国、赵国、秦国北部的长城连结起来，这就是最初的万里长城。汉代长城全长近10 000千米，是历史上最长的长城。古丝绸之路有一半的路程就是沿着这条长城的。明代（1368—

1644）长城全长6 350千米。我们今天所看到的长城，大部分是明代修建的。

In order to resist Hu in the north, Qin joined the northern defensive walls previously built by the Yan, Zhao and Qin states after Qinshihuang's unification of the country, which was the prototype of the Great Wall. The Great Wall of the Han Dynasty, nearly 10,000 km long, was the longest Great Wall in history. Especially, half of the ancient Silk Road was along this Great Wall. In the Ming

Dynasty (1368-1644), the Great Wall was 6,350 km long. Most of the Great Wall we see today was built in the Ming Dynasty.

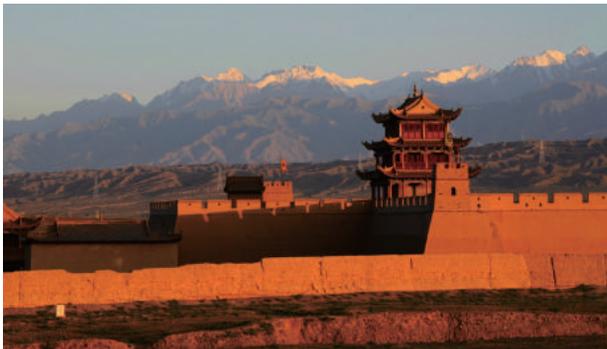
八达岭长城建于明朝，是明朝京城的北大门，在军事上非常重要。它在北京的西北边，依山而建，城墙高 7.8 米，宽 5.8 米，可以同时让五六匹马并行通过。

这里是外国元首访问中国时经常参观的地方。

The Badaling Section of the Great Wall, built during the Ming Dynasty, served as a north entrance to the Ming capital, with great military significance. Lying in the northwest of Beijing, the Badaling Section of the Great Wall was built along the mountain ridges. It is 7.8 m tall and 5.8 m wide, so that five or six horses could pass through side by side. This is a place foreign head of a state would often go for sightseeing during their visits to China.

山海关是长城东段的重要关口，是东北地区进入北京必须经过的地方，被称为“天下第一关”。居庸（yōng）关在北京的西北部，它修筑在海拔 800 多米的山上。嘉峪（yù）关在甘肃西部，是长城最西边的重要关口，被称为“天下雄关”。

The Shanhai Pass was an important pass in the eastern section of the Great Wall, and also the only way to Beijing from the northeast of China. Hence, it was so-called "the first pass under heaven". The Jiuyong Pass, situated in the northwest of Beijing, was built on the mountain at the altitude of 800 m. The Jiayu Pass, in the west of Gansu Province, is an important pass in the westernmost section of the Great Wall and is reputed to be "the most impregnable pass in the world".



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1. 嘉峪关

The Jiayu Pass

2. “不到长城非好汉”石刻

A Stone Inscription "He who doesn't Reach the Great Wall is not a True man"

3. 山海关

The Shanhai Pass

小贴士 · Tips

“孟姜女哭长城”是中国古老的民间传说，讲的是孟姜女在长城边为修长城而死的丈夫痛哭，结果把城墙都哭倒了。

The legend of "Meng Jiang Nü bringing down the Great Wall with tears" is about the lady Meng Jiang Nü cried day and night at the Great Wall for her husband who died in the construction until the Great Wall collapsed.

3

明清故宫

The Imperial Palace of the Ming and Qing Dynasties



故宫位于北京市中心，也称“紫禁城”。它是明清两代的皇宫，曾居住过 24 个皇帝。

The Imperial Palace, also known as the "Forbidden City", is located in the middle of Beijing. It served as the royal palace for the Ming and Qing dynasties altogether 24 emperors during.

故宫的宫殿建筑是中国现存最大、最完整的古建筑群，总面积达 72 万多平方米，有殿宇宫室近万间。

The Imperial Palace is the extant largest and most complete ancient architectural complex in China, totaling more than 720,000 sq m and comprising nearly 10,000 palaces or houses.

故宫收藏有大量古代艺术珍品，据统计共达 100 多万件，占中国文物总数的 1/6，其中很多文物是绝无仅有的

1. 故宫航拍图
An Aerial Picture of the Imperial Palace
2. 太和殿
The Taihe Hall
3. 中和殿
The Zhonghe Hall
4. 保和殿
The Baohe Hall



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无价国宝。故宫的“三大殿”是太和殿、中和殿、保和殿，是皇帝办公的地方。

The Imperial Palace houses a large number of ancient rare artworks, totaling more than one million pieces. This figure accounts for one-sixth of the country's total cultural relics. Among them many are the priceless unique national treasures. The three major halls of the Imperial Palace are the Taihe Hall, the Zhonghe Hall and the Baohe Hall, which emperors used as the offices to handle political matters.

故宫的四个城角都有精巧的角楼，建造美观。宫城周围环绕着高 10 米，长 3 400 米的宫墙，墙外有 52 米宽的护城河。

There is an ingeniously designed turret respectively at four corners of the Imperial Palace. Surrounding the palace are walls that are 10 m high and 3,400 m long. Outside the walls is a 52-m-wide moat.

除了北京故宫，中国现存最完整的皇宫建筑是沈阳故宫，坐落在辽宁省沈阳市旧城中心。清宁宫是整个沈阳故宫建筑的核心，在建筑方面具有满族的传统特点。

Besides Imperial Palace in Beijing, the other extant best preserved imperial palace complex in China is the Imperial Palace in Shenyang, which is situated in the downtown area of Shenyang, Liaoning Province. The Qingning Hall is the center of the entire Shenyang Imperial Palace complex, featuring the traditional Manchurian architectural style.



小贴士 · Tips

故宫与法国凡尔赛宫、英国白金汉宫、美国白宫、俄罗斯克里姆林宫一起被誉为世界五大宫。

The Imperial Palace in Beijing is one of the five most famous palaces in the world, with the other four being the Palace of Versailles in France, Buckingham Palace in Britain, the White House in the United States, and Kremlin Palace in Russia.

小贴士 · Tips

台北为什么也有个故宫？1925 年，在原紫禁城的基础上建立故宫博物院。1933 年，为了躲避日本侵略，故宫博物院文物迁往南方。1948 年，故宫博物院南迁的文物部分运往台湾。

Why is there also an Imperial Palace in Taipei? In 1925, the Palace Museum was established in Taipei, modeling on the original Forbidden City. In 1933, owing to the Japanese aggression, the cultural relics of the Palace Museum were moved to the south of China. In 1948, some of the cultural relics moved to the south of China were transported to Taiwan.

1. 故宫角楼

The Palace Turret

2. 沈阳故宫清宁宫

The Qingning Hall of the Imperial Palace in Shenyang

北京天坛

The Temple of Heaven in Beijing



天坛 (tán) 位于北京城东南，是明清两代皇帝祭 (jì) 天和祈祷 (qí dǎo) 丰收的地方。

The Temple of Heaven, situated in the southeastern part of central Beijing, is the place for the emperors of the Ming and Qing dynasties to hold rituals to pay homage to heaven and to pray for good harvest.

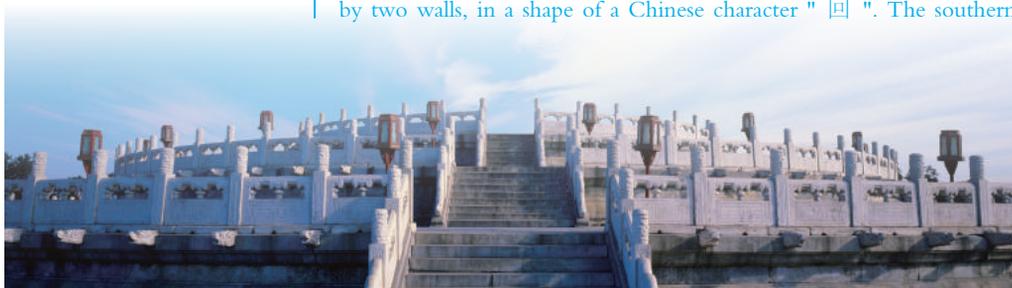
天坛原名“天地坛”，是祭祀 (jì sì) 天地之神的地方，后来在北京北郊又建造了祭祀地神的地坛，这里就改名为“天坛”。

The Temple of Heaven was originally called the "Temple of Heaven and Earth", and was a place to offer sacrifices to Heaven and Earth. Later, it was renamed as "the Temple of Heaven" because in the northern suburbs of the old Beijing city, the Temple of Earth was built exclusively for the worship of Earth.

天坛由两道坛墙分成内坛、外坛两大部分，形状像“回”字。两重坛墙的南侧转角都是直角，北侧转角都是圆弧形，象征着“天圆地方”。

The Temple of Heaven is divided into the inner and outer parts by two walls, in a shape of a Chinese character "回". The southern

1. 天坛航拍图
An Aerial Picture of the Temple of Heaven
2. 圜丘坛
The Circular Mound Altar



2

corners of these two walls are in right angle, while the northern corners are circular, symbolizing that "Heaven is round and Earth is square".

天坛的主要建筑有圜(huán)丘坛(tán)、皇穹(qióng)宇、祈(qí)年殿, 还有回音壁、三音石等附属建筑。

The Temple of Heaven mainly comprises the Circular Mound Altar, the Imperial Vault of Heaven, the Qinian Hall, the Echo Wall, and the Triple-Sound Stone, etc.

圜丘坛又叫祭天台, 每年冬天皇帝都在这里祭天。这里的台阶数目都是九或九的倍数, 象征神话传说中的九重天。

The Circular Mound Altar, also known as the Jitian Platform, was a place where emperors offered sacrifices to pay homage to Heaven every winter. The numbers of steps here are either nine or its multiples, symbolizing the mythical nine heavens.

皇穹宇是放置祭天牌位的地方, 是鎏金、蓝瓦、尖顶的圆形建筑。它的外面围着圆形的墙, 里面的墙壁表面整齐光洁, 反射声音的效果很明显, 因此也叫回音壁。

The Imperial Vault of Heaven is a gold-gilded single-gabled circular building with blue tiles, and is a place to house the Heaven-worshipping tablets. Surrounded by the circular outer wall, the inner wall has a smooth surface with an obvious echoing effect. Hence, it is also called the Echo Wall.

祈年殿是天坛的主体。它的底座有三层, 都是汉白玉砌成的。底座上面的大殿是圆形的, 鎏金宝顶, 盖着深蓝色的琉璃瓦。圆形和蓝色象征着蓝天。殿内支柱的数目也反映了天象。

The Qinian Hall is the main part of the Temple of Heaven, and has a three-level marble stone base. The magnificent circular building on the base has a gold-gilded roof covered with deep blue glazed tiles. The circular shape and blue color symbolize the sky. The number of pillars inside the hall is also a reflection of astronomical phenomena.

天坛是中国现存的一组最精致、最美丽的古建筑群之一。

The Temple of Heaven is the extant most delicate and beautiful ancient architectural complex in China.



1

1. 祈年殿
The Qinian Hall

山东曲阜的孔庙、孔府及孔林

The Confucius Temple, the Confucius Family Mansion and the Cemetery of Confucius in Qufu, Shandong Province



孔庙、孔林、孔府位于山东省的曲阜(fù)市,合称为“三孔”。

The Confucius Temple, the Confucius Family Mansion and the Cemetery of Confucius are situated in Qufu, Shandong Province, and are collectively known as "San Kong" (Three Confucian Sites).

孔庙是奉祀(sì)孔子的庙宇,是中国现存规模仅次于北京故宫的古建筑群。庙内保存有大量历代塑像、绘画和石刻,这些是研究古代社会政治、经济、文化、艺术的珍贵史料。

The Confucius Temple, a place to worship Confucius, is the extant large ancient architectural complex next only to the Imperial

1. 孔子讲学图
Confucius Giving a Lecture

2. 孔庙大成殿
Dacheng hall of Confucius temple

小贴士 · Tips

“三孔”内生长的 17 000 余株古树名木不仅见证了“三孔”的发展历史,同时也是研究古代物候学、气候学和生态学的宝贵素材。

There are more than 17,000 ancient trees at the three Confucian Sites, which not only witness the history of these sites but also become rare materials for the research of ancient phenology, climatology and ecology.



2

Palace in Beijing in terms of scale. Within the temple are enshrined a large number of statues, paintings and stone carvings of past dynasties. These are rare historical materials for researching the politics, economy, culture and art in ancient society.

孔林又称“至圣林”，位于曲阜城北1千米，是孔子和他的后代子孙们的家族墓地。孔林前后延续使用了约2500年，共计有孔氏子孙墓10余万座，是世界上延续年代最久远、保存最完整、规模最大的家族墓地。

The Cemetery of Confucius, also known as the "Most Sacred Cemetery", is located one km north of Qū fu, and is the family graveyard of Confucius and his later generations. The Cemetery of Confucius has continued for about 2,500 years, with more than 100,000 tombs. It is the best-preserved and largest family graveyard with the longest history in the world.

孔府位于孔庙的东侧，是孔子嫡（dí）长（zhǎng）孙居住的府第。孔府在布局上十分具有特色，前部为处理公务的场所，后部为日常生活场所。孔府内藏有大量珍贵的历史档案和历代服饰、用具等历史价值极高的文物。

The Confucius Family Mansion, located to the east of the Confucius Temple, is where the first son and the first grandson of Confucius lived. The mansion is distinctive in layout, with its front being the office and the family residence behind. The mansion houses a large number of valuable cultural relics such as rare historical archives, clothing and utensils of past dynasties.



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1. 孔府大门
The Confucius Family Mansion
2. 孔林
The Cemetery of Confucius

小贴士 · Tips

孔庙第四进院有一座奎（kuí）文阁，其中藏有历代皇帝赏赐的图书。第七进院落中有“杏（xìng）坛”，据说是孔子生前讲学处。

In the fourth-row courtyard of the Confucius Temple, there is the Kuiwen Pavilion, which houses books awarded by emperors. In the seventh-row courtyard there is an "Apricot Platform", which is said to be the place where Confucius taught his disciples.

河北承德避暑山庄及周围寺庙

The Chengde Summer Resort and Surrounding Temples in Hebei Province

1. 避暑山庄正门 The Front Gate of the Chengde Summer Resort

承德避暑山庄在河北省承德市，是清初康熙皇帝为了巩固北部边防、处理边疆民族政务而兴建的皇家园林。

The Chengde Summer Resort, situated in Chengde, Hebei Province, is a royal garden that Emperor Kangxi of the early Qing Dynasty built to consolidate northern bordering defense and deal with political affairs of bordering ethnic minorities.



1

小贴士 · Tips

清朝（1644—1911）康熙皇帝为了团结北方少数民族，在承德附近建了一个猎场，并为此建了一座行宫。因为这里有山有水，气候凉爽，康熙皇帝便将行宫题名为“避暑山庄”。

In order to unite ethnic minorities in the north of China, Emperor Kangxi of the Qing Dynasty (1644–1911) had a hunting ground built near Chengde, and for this he had an imperial palace constructed for brief stays. Because of nearby mountains, water and a pleasant climate, Emperor Kangxi designated it as “Summer Resort”.

避暑山庄内部仿建了很多国内的重要景观：东南方的湖泊，像江南水乡；北面的草地，像北方草原；西边的山峦，像高原山区；山上的宫墙，像万里长城。

The Summer Resort has replicated many important domestic landscapes. For example, its lakes in the southeast are like the water with the characteristics of the areas south of the Yangtze River; its meadows in the north are like the grassland in North China; its hills in the west are like the mountainous areas on the plateau; and the palace walls on the hills are like the Great Wall.

避暑山庄周围有 11 座建筑风格各异的寺庙，其中的 8 座由清政府直接管理，称为“外八庙”。这些庙宇分为藏

式寺庙、汉式寺庙和汉藏结合式寺庙三种风格。它们绝大多数是为前来朝见皇帝的蒙藏王公贵族建造的。

The Summer Resort is adjacent to 11 temples of different architectural styles. Among these temples, eight were directly administrated by the Qing government, and are known as the "Eight Outer Temples". These temples can be divided into three styles—Tibetan monasteries, Chinese temples and Chinese-Tibetan temples. Most of them were built for Mongolian and Tibetan princes and aristocrats who came to have an audience with the Qing emperors.



小贴士 · Tips

承德避暑山庄周围是石头砌成的宫墙，长达 10 千米，是中国最长的宫墙。

The Chengde Summer Resort is surrounded by 10 km long stone wall, which is the longest palace wall in China.

1. “外八庙”之一
The Eight Outer Temples

西藏布达拉宫

The Potala Palace in Tibet

小贴士 · Tips

布达拉宫是著名的藏式宫堡式建筑，号称“世界屋脊上的明珠”，更是世界公认的藏民族象征。

The Potala Palace, a famous Tibetan-style palace-castle-like architectural complex, is known as the "pearl on the roof of the world". It is the universally recognized symbol of the Tibetan people.

1. 唐蕃会盟碑

The Stele of Alliance between the Tang Dynasty and Tubo Kingdom

2. 布达拉宫

The Potala Palace

布达拉宫在中国西藏自治区拉萨市市中心的红山上，是中国喇嘛教首领达赖喇嘛日常生活和从事政教活动的重要场所，也是清朝（1644—1911）时西藏政教合一的统治中心。

The Potala Palace is located on the Red Hill at the center of Lhasa, Tibet Autonomous Region.

It was the important site for the everyday life, religious and political activities of Dalai Lama, the head of China's Lamaism. It was also the governance center of Tibet combining politics and religion during the Qing Dynasty (1644-1911).

布达拉宫的主体包括白宫、红宫以及周边的各种建筑。白宫是历代达赖喇嘛进行政治、宗教管理的地方；红宫是



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供奉历代达赖喇嘛灵塔以及进行各种宗教活动的场所。

The Potala Palace mainly comprises the White Palace, the Red Palace and other surrounding buildings. The White Palace was a place where Dalai Lamas handles political and religious matters, while the Red Palace is the site to enshrine successive Dalai Lamas buried under the stupas and to perform religious activities.

1

1. 文成公主带入西藏的释迦牟尼金像
The Gold Statue of Sakyamuni that Princess Wencheng Brought into Tibet
2. 大昭寺
The Jokhang Temple

罗布林卡位于布达拉宫西侧约 2 千米的拉萨河畔，藏语意为“宝贝园”。18 世纪中叶七世达赖在这里修建了正式宫殿，后来成为历代达赖处理政务和进行宗教活动的夏宫。

Norbulingka lies near the Lhasa River about two km to the west of the Potala Palace. Its name means "The Jeweled Park" in the Tibetan language. In the mid-18th century, the 7th Dalai Lama had a formal palace built right here. The Norbulingka later became a summer palace for Dalai Lamas to handle political affairs and perform religious activities.



2

河南登封天地之中古建筑群

Ancient Building Complex of Central China in Dengfeng, Henan Province

小贴士 · Tips

汉三阙（太室阙、少室阙、启母阙）有约1900年的历史，是中国仅存的时代最早的庙阙，代表了中国古代国家级祭祀礼制建筑的典范。

The Three Que (Parallel Constructions) of the Han Dynasty (the Taishi, Shaoshi and Qimu Que) has a history of 1,900 years or so. They are the extant earliest temple que in China, and represent the model of state-level sacrificial ritual architecture in ancient China.

1. 汉三阙
The Three Que of the Han Dynasty
2. 初祖庵
The Chuzu Temple
3. 会善寺
The Huishan Temple
4. 中岳庙
The Zhongyue Temple

“天地之中”是指河南省登封市“天地之中”少林寺历史建筑群。

"Central China (Between the Center of Heaven and Earth)" refers to the Shaolin Temple's ancient architectural complex in Dengfeng, Henan Province.

这组建筑群历经汉、魏、唐、宋、元、明、清，构成了一部中原地区上下2000年形象直观的建筑史，是中

国时代跨度最长、建筑种类最多、文化内涵最丰富的古代



1



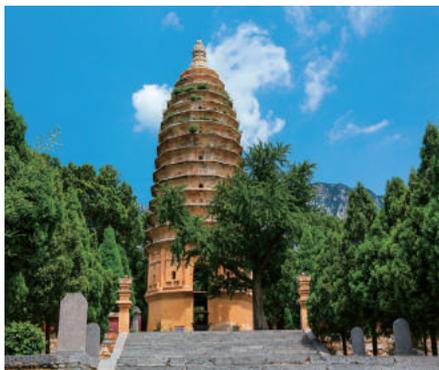
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3



4



1

建筑群，是中国先民独特宇宙观和审美观的真实体现。

This architectural complex has gone through the Han, Wei, Tang, Song, Yuan, Ming and Qing dynasties, forming a visual 2,000-year architectural history in the middle of China. It

is the ancient architectural complex with the longest time span, greatest architectural diversity and richest cultural content in China, and the real embodiment of the unique cosmological and aesthetic views of the ancient Chinese people.



4



5



2



3

1. 嵩岳寺塔
The Songyue Temple Tower
2. 嵩阳书院
The Songyang Academy
3. 观星台
The Guanxing Platform
4. 塔林
The Stupa Forest
5. 少林寺常住院
Dwellings for Monks in the Shaolin Temple

小贴士 · Tips

嵩岳寺塔约有 1 500 年的历史，是中国现存年代最早的砖塔，也是世界上最早的筒体建筑。

The Songyue Temple Tower has a history of 1,500 years. It is the extant earliest brick tower in China, and also the earliest column-shaped construction in the world.

小贴士 · Tips

嵩阳书院是中国创建最早、影响最大的书院之一。

The Songyang Academy is one of the earliest and most influential academies in China.

四川青城山和都江堰

Qingcheng Mountain and Dujiangyan Irrigation Project in Sichuan Province



都江堰（yàn）位于四川省成都平原西部的岷（mín）江上，是当今世界年代久远、唯一留存、以无坝引水为特征的宏大水利工程。

The Dujiangyan Irrigation Project is located on the Minjiang River in the west of the Chengdu Plain, Sichuan Province. It is the only extant water conservancy project which has the longest history and features water diversion without dams.



1. 飞沙堰
The Feishayan

2. 鱼嘴
The Yuzui

3. 都江堰全景
A Panoramic View of the Dujiangyan Irrigation Project

都江堰工程包括鱼嘴、飞沙堰和宝瓶口三个主要组成部分，它成功运用自然弯道形成的流体引力，自动引水、泄（xiè）洪、排沙。它充分利用自然资源，变害为利，使人、地、水三者高度和谐统一。

The Dujiangyan Project comprises the three major parts of Yuzui, Feishayan and Baopingkou. It makes use of the fluid-attraction caused by natural curves, successfully diverting water and discharging flood and



小贴士 · Tips

公元前 256 年，秦国蜀（shǔ）郡太守李冰和他的儿子率领当地人民兴建了都江堰。

In 256 BC, Li Bing, satrap of the Shu Prefecture of the Qin State, and his son led the local people to build the Dujiangyan Irrigation Project.



1

青城山位于四川省都江堰市西南，是中国道教的重要发源地，有着重要的历史和艺术价值。全山拥有以天师洞为核心的10余座道教建筑，建筑充分体现了道家追求自然、吉祥、长寿和升仙的思想。

The Qingcheng Mountain, located in the southwest of Dujiangyan, Sichuan Province, is an important cradle of Taoism in China. It has significant historical and artistic value. The whole mountain has more than 10 Taoist buildings centered around the Tianshi Cave. These buildings fully display the Taoist pursuits of nature, auspiciousness, longevity and immortality.



3

sediments on its own. Having utilizing natural resources, it turns harm into benefit, achieving the great harmony and unity of humans, the earth and water.

都江堰建成后，成都平原成为“天府之国”，这项工程直到今天还在发挥着作用。

After the completion of Dujiangyan, the Chengdu Plain turned into a "land of plenty", and this project is still playing its role even today.



2

1. 青城山天师洞
The Tianshi (Celestial Master) Cave on the Qingcheng Mountain
2. 李冰父子雕像
The Statue of Li Bing and His Son
3. 宝瓶口
The Baopingkou

小贴士 · Tips

都江堰最伟大的地方是建成2250多年来一直在使用，而且发挥着越来越大的效益。

The greatest point of Dujiangyan lies in that it has been in use for more than 2,250 years since its completion and is providing increasingly benefits.

小贴士 · Tips

青城道士张孔山传谱的古琴曲《流水》，1977年被美国录入镀金唱片，由太空飞船带入太空，在茫茫宇宙中寻觅人类知音。

The "Flowing Water", a piece of *guqin* (plucked 7-string Chinese musical instrument) music whose score came down from Zhang Kongshan, a Taoist in Qingcheng, was recorded into the gilded CD in 1977 by the United States and brought into the outer space by a spaceship to look for human being's bosom friends in the vast universe.

湖北武当山古建筑群

The Ancient Building Complex in the Wudang Mountains in Hubei Province



1

武当山位于湖北省的西北部，是著名的道教圣地。主峰为天柱峰，海拔 1 612 米。

The Wudang Mountains, located in the northwest of Hubei Province, are one of the famous sacred places of Taoism, and its main peak, Tianzhu Peak, is 1,612 m above sea level.

武当山的古代建筑大多是建于明朝永乐年间（1403—1424）的道观，现存古建筑主要包括太和宫、南岩宫、紫霄宫、“治世玄（xuán）岳（yuè）”牌坊等共 200 余处。



2

1. 太极剑
The Taiji Sword
2. 位于天柱峰的太和宫
The Taihe Hall at the Tianzhu Peak

小贴士 · Tips

武当山不但以道教著称，而且还以拳术、剑术闻名于世。
The Wudang Mountains are not only renowned for Taoism, but also for boxing and fencing.

The ancient constructions in the Wudang Mountains are mostly Taoist temples built during the Yongle Reign of the Ming Dynasty (1368-1644). Among those still in existence are over 200 sites, including the Taihe Hall, the Nanyan Hall, the Zixia Hall, and a memorial arch called "Zhishi Xuanyue".

武当山古代建筑最有名的是金殿。金殿位于主峰天柱峰顶端，是中国现存最大的铜铸鎏（liú）金大殿。

Among the ancient buildings in the Wudang Mountains, the most famous is the Golden Hall which is on the top of the main peak, and the extant largest copper gold-gilded temple in China.

武当山古建筑集中体现了中国元、明、清三代世俗和宗教建筑的建筑学和艺术成就，是古代建筑史上的奇迹。

The ancient buildings in the Wudang Mountains are an epitome of China's architectural and artistic achievement during the Yuan, Ming and Qing dynasties both in secular and religious buildings.



1

1. 武当山金殿

The Jindian Hall on the Wudang Mountains

2. “治世玄岳”牌坊

The Memorial Arch called "Zhishi Xuanyue"

小贴士 · Tips

传说张三丰曾经在武当山修炼，他擅长武术，精通医术，武当山道门祖师之一，被称作“仙人”。

It is said that Zhang Sanfeng once practiced asceticism on the Wudang Mountains. He was good at martial arts and proficient in medical skills. He was considered as one of the founders of the Taoist Sect of Mount Wudang, commonly known as the Immortal.

小贴士 · Tips

传说道教信奉的“真武大帝”在这里修仙得道升天。

It is said that the Great Emperor Zhenwu who believed in Taoism cultivated himself on the Wudang Mountains and gained his immortality.



2

灿烂的文明

Brilliant Civilizations



甘肃敦煌莫高窟
The Mogao Grottoes of Dunhuang in Gansu Province

北京周口店北京猿人遗址

The Peking Man Site at Zhoukoudian, Beijing

周口店北京猿人遗址位于北京市房山区，距北京城约 50 千米。

The Zhoukoudian Peking Man Site is located in the Fangshan District, Beijing, about 50 km from urban Beijing areas.

这里是世界上迄今为止人类化石材料最丰富、最生动、植物化石门类最齐全、而又研究最深入的古人类遗址。

This is the site of primitive man where there are the richest and most vivid human fossil materials, and there are the most complete plant fossil varieties and the deepest research that has been done in the world.

1929 年，中国古生物学家裴文中在这里发现了原始人类牙齿、骨骼和一块完整的头盖骨，并找到了原始人类生活、狩猎及使用火的遗迹，证实 50 万年以前北京地区已有人类活动。

It was here that a Chinese paleontologist Pei Wenzhong found the teeth, bones and a complete piece of skullcap of primitive man and discovered the relics of its life, hunting and use of fire in 1929. This proves that there was human activity around Beijing 500,000 years ago.

后来考古学家开始在这里发掘，发现了距今约 60 万年前的一个完整的猿人头盖骨，将其定名为“北京猿人”。1936 年，在中国考古学家贾兰坡的主持下，又相继挖出另外三个完整的北京人头盖骨和一个完整的人类下颌骨。

Later, paleontologists began to unearth this area, finding a complete skullcap of ape man about 600,000 years ago, and named it "Homo erectus pekinensis". In 1936, sponsored by another Chinese paleontologist Jia Lanpo, the other three complete skullcaps of Peking Man and a complete human jaw were successively excavated.



1



2

1. 北京猿人发现者——裴文中
Pei Wenzhong, the Discoverer of Peking Man
2. “北京猿人”头盖骨
Peking Man Skullcap

小贴士 · Tips

北京人头盖骨现在何处？
1937 年，日本发动侵华战争，考古工作被迫停止。5 个出土的北京猿人头骨化石，被存放在美属北平协和医院。1941 年，这 5 个“北京人”头骨化石在转移到美国的运送途中，神秘失踪。

Where are the skullcaps of Peking Man? The archeological work was forced to stop in 1937 due to the Japanese aggression against China. The five excavated Peking Man skullcap fossils were kept in the US-affiliated Peiping Union Medical College. In 1941, the fossils of the five skullcaps of Peking Man were mysteriously lost while being transported to the US.

安阳殷墟

Yin Xu in Anyang



殷 (yīn) 墟位于中国中部的河南省安阳市，是中国历史上第一个有文献可考的古代都城遗址，并已经被发现的甲骨文和考古发掘所证实，距今已有 3 300 年的历史。

The Yin Xu, located in Anyang, Henan Province in the central China, refers to the ruins of the first ancient capital with written historical evidence in the history of China. The discoveries of oracle bones and archaeological excavations prove that it has a history of 3,300 years.

殷墟出土的后母戊 (wù) 鼎 (dǐng) 是至今世界上发现的最大的青铜器，是古代科技与艺术、雕塑与绘画的完美结合。

1

The Simuwu Rectangle Ding is the biggest bronze ware that has been found in the world, and is a perfect combination of ancient technology with art, sculpture and painting.

1. 后母戊鼎

The Simuwu Rectangle Ding

2. 商代车马坑

A Chariot Pit of the Shang Dynasty

小贴士 · Tips

殷墟考古发掘的商代车马坑证明了中国是世界上最早发明和使用车的文明古国之一。

The Chariot Pits of the Shang Dynasty excavated in the Yin Ruins has proven that China is one of the ancient countries that invented and used the earliest vehicles in the world.



2



1

has provided important materials for researching the history of Chinese culture.

殷墟博物馆是目前中国国内唯一一家专业、系统展示商代文物的博物馆，馆内展出国宝级文物共 500 多件。

The Yin Ruins Museum is currently the only one museum in China dedicated to systematically displaying the cultural relics of the Shang Dynasty. There are over 500 national-treasure-level cultural relics on display.

甲骨文是中国目前已知最早的成系统的文字形式，是世界四大古文字中唯一传承至今的文字。殷墟甲骨文的发现，为研究中国文化史提供了重要的材料。

Inscriptions on bones or tortoise shells is the earliest known systematic form of Chinese characters, and is the only extant characters of the world's four ancient languages. The discovery of these inscriptions in the Yin Xu

小贴士 · Tips

妇好是商王武丁的配偶，也是一员武将。妇好墓是目前唯一能与甲骨文联系并断定年代、墓主人及其身份的保存完整的商王室成员墓葬。

Lady Fu Hao was the spouse of King Wu Ding of the Shang Dynasty and a military general as well. The Tomb of Lady Fu Hao is now the only best preserved one of royal members of the Shang Dynasty with information about its time and the identity and status of its owner confirmed by oracle script.

1. 甲骨文

Inscriptions on Oracle Bones or Tortoise Shells

2. 妇好墓

The Tomb of Lady Fu Hao



2

陕西秦始皇陵及兵马俑坑

Mausoleum of Qin Shi Huang and Terracotta Warriors in Shaanxi Province

1. 铜车马 Bronze Chariot and Horses

2. 秦始皇陵 A View of the Mausoleum of Qin Shi Huang



1

秦始皇陵在现陕西省西安市临潼（tóng）区，是中国历史上第一个皇帝嬴政（Yíng Zhèng）的陵墓，兵马俑（yǒng）坑是秦始皇陵的陪葬坑。



2

The Mausoleum of Qin Shi Huang, situated in Lintong County, Xi'an City, Shaanxi Province, is the tomb of Ying Zheng, the first emperor in Chinese history. The terracotta warriors were buried at the mausoleum's accompanying pits.

秦始皇陵是秦始皇用了70多万人，花了36年时间建成的。陵墓就像金字塔一样。



The Mausoleum of Qin Shi Huang consumed the labor force of more than 700,000 workers and took 36 years in its construction. It is in the shape of a pyramid.

秦始皇陵东侧有三个举世闻名的兵马俑坑。其中，一号坑最大，坑内有很多与真人真马一样高大的兵马俑，包括步兵、骑兵和车兵。坑内还有很多种兵器，在地下埋了2 000 多年，到现在还寒光闪闪。

To the east of the mausoleum there are three world-renowned pits containing terracotta warriors, among which the No. 1 Pit is the biggest. Displayed in it are many life-size terracotta warriors, including foot soldiers, cavalymen and chariot soldiers. Their weapons still gleam though they have been buried for more than 2,000 years.



4

1. 跪射俑
Kneeling Archery Terracotta Warriors
2. 将军俑
Terracotta General
3. 武士俑
Terracotta Warrior
4. 武士与陶马
Terracotta warriors and Horses
5. 一号兵马俑坑
The No.1 Pit of Terracotta and Horses at the Mausoleum of Emperor Qinshihuang

小贴士 · Tips

秦始皇陵兵马俑坑可以同埃及金字塔和古希腊雕塑相媲美。

The Terracotta Warriors in the Qin Shi Huang Mausoleum can rival with the pyramids in Egypt and the sculptures in ancient Greece.

5

明清皇家陵寝

The Imperial Mausoleums of the Ming and Qing Dynasties



明清皇家陵寝(língqǐn)包括明显陵、清东陵、清西陵以及明孝陵、明十三陵。

The Imperial Mausoleums of the Ming and Qing Dynasties comprise the Ming Xianling Mausoleum, the Eastern Qing Mausoleums, the Western Qing Mausoleums, the Ming Xiaoling Mausoleum, and the Thirteen Ming Tombs.

明显陵位于湖北省钟祥市的纯德山，¹是明朝嘉靖(Jiājìng)皇帝朱厚熜(cōng)

的父亲和母亲的合葬墓。

The Ming Xianling Mausoleum, situated at Mount Chunde, Zhongxiang, Hubei Province, is the shared tomb for parents of Zhu Houcong, Emperor Jiajing of the Ming Dynasty.

清东陵位于河北省遵化市的昌瑞山，是中国现存规模最为宏大、体系最为完整、保存最为完好的帝王陵墓建筑群。清东陵自1661年开始营建，历时247年才告结束。



1. 明显陵
The Ming Xianling Mausoleum
2. 清东陵
The Eastern Qing Mausoleum

小贴士 · Tips

在清东陵下葬有很多重要的历史人物，如统治中国达48年之久的慈禧(xī)太后。

Many significant historical characters were buried in the Eastern Qing Mausoleums, for example, Empress Dowager Cixi who ruled China for as long as 48 years.

小贴士 · Tips

定陵是十三陵中唯一一座被发掘了的陵墓，它的地下宫殿可供游人参观。

The Dingling Tomb is the only excavated mausoleum among the 13 Ming tombs, and its underground palace is open to tourists.

The Eastern Qing Tombs are at Mount Changrui, Zunhua, Hebei Province. They are the extant largest, most complete and best preserved imperial mausoleum complex in China. The construction of the Eastern Qing Tombs began in 1661, and did not come to an end until 247 years later.

清西陵位于河北省保定市的易县，有6处古建筑群及15 000余株古松。这6处古建筑群都有自己的特色和价值。其中，永福寺是一座专门为祭祀修建的皇家喇嘛庙，充分说明了清代皇帝是非常尊崇藏传佛教喇嘛教的。

The Western Qing Tombs, situated in Yixian County, Baoding, Hebei Province, comprise six ancient architectural complexes and more than 15,000 ancient pine trees. Each of these six complexes has its own features and value. Among them, the Yongfu Temple was an imperial Lamaist monastery specially built for ancestral worship, which fully indicates how the Qing emperors respected Tibetan Buddhism, alias Lamaism.

明孝陵位于江苏省南京市紫金山麓，是明代开国皇帝朱元璋（zhāng）和皇后马氏的合葬墓。马皇后死后得到“孝慈”的谥（shì）号，所以叫“孝陵”。

The Ming Xiaoling Mausoleum, located at the foot of Mount Zijin, Nanjing, Jiangsu Province, is the shared tomb of Zhu Yuanzhang, the founding emperor of the Ming Dynasty, and his wife Empress Ma. Empress Ma was honored as "Xiao Ci" (filial piety and parental kindness) after her death, hence its name "Xiaoling Mausoleum".

在北京昌平区的天寿山一带，还有明朝十三位皇帝的陵墓，通称“明十三陵”，其中已经开放游览的有长陵、定陵、昭陵等。

Around the Tianshou Mountain in Changping District, Beijing, there are also the mausoleums of 13 Ming emperors, generally called the "Thirteen Ming Tombs". Now, what have been opened to tourists include the Changling Tomb, the Dingling Tomb and the Zhaoling Tomb.



1



2

1. 明孝陵神道
A Passage Leading to the Ming Xiaoling Mausoleum
2. 定陵地宫
The Underground Palace of the Dingling Tomb

高句丽王城、王陵及贵族墓葬

The Capital Cities and Tombs of the Ancient Koguryo Kingdom



1



2

高句 (gōu) 丽王城、王陵及贵族墓葬位于吉林省和辽宁省, 主要包括五女山山城、国内城、丸都山城、12 座王陵、26 座贵族墓葬、好太王碑和将军坟一号陪冢 (zhǒng)。

The Capital Cities and Tombs of the Ancient Koguryo Kingdom are located in Jilin and Liaoning provinces, mainly comprising Wunü Mountain City, Guonei City, Wandu Mountain City, 12 kings' tombs, 26 aristocratic tombs, the Gwangaeto Stele, and the No. One Accompanying Tomb of the General's Mausoleum.



3

1. 国内城遗址
The Site of the Guonei City
2. 好太王碑
The Gwangaeto Stele
3. 五女山山城
The Wunü Mountain City

五女山山城是高句丽创建的第一个都城。城内分布多处高句丽早期的重要建筑遗址及生活、军事遗迹，文化内涵十分丰富。

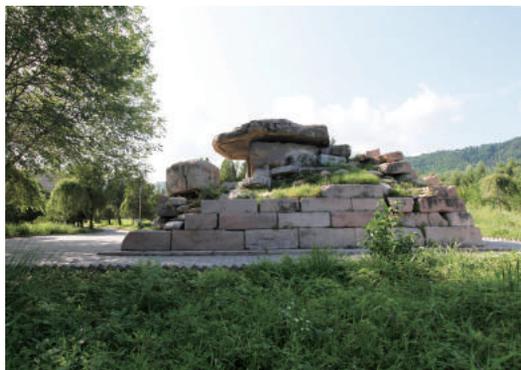
The Wunü Mountain City was the first capital city of Koguryo. Within the city there are several important architectural sites, daily life traces and military ruins in the early stage of Koguryo. These have rich cultural value.

国内城、丸都山城是高句丽早中期（1—5 世纪）的都城，其特点是平原城与山城相互依附共为都城。

The Guonei City and Wandu City were the capital cities of Koguryo in the early and middle stages (the 1st-the 5th centuries). Their characteristic lay in the interdependence of a plain city and a mountain city to serve as a capital.

洞沟古墓群现存 7 000 余座高句丽时代的墓葬，以将军坟、太王陵为代表的十几座大型高句丽王陵以及大量的王室贵族壁画墓，是高句丽建筑技艺、艺术成就所达高度的一个缩影。

The Donggou Ancient Tomb Complex comprises more than 7,000 Koguryo tombs, among which a large number of aristocratic tombs decorated with murals as well as a dozen large mausoleums represented by those of Koguryo generals and kings, are an epitome of the Koguryo architecture and artistic achievements.



1



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1. 将军坟一号陪冢
The No. One Accompanying Tomb of the General's Mausoleum
2. 丸都山城遗址
The Wandu Mountain City
3. 洞沟古墓群
The Donggou Ancient Tomb Complex

小贴士 · Tips

好太王碑的碑文是用汉字镌刻的，是高句丽保存至今最长的一篇文献资料。

The inscription on the Gwanggaeto Stele, carved in Chinese characters, is the longest literature of Koguryo well preserved to this day.

甘肃敦煌莫高窟

The Mogao Grottoes of Dunhuang in Gansu Province



莫高窟(kū)又名“千佛洞”，位于甘肃省敦煌市鸣沙山的崖壁上，是世界上规模最庞大、内容最丰富、历史最悠久的佛教石窟群。现存洞窟492个，壁画45 000余平方米，彩塑2 400多尊。

The Mogao Grottoes, also known as the "Caves of the Thousand Buddhas", is situated at a cliff of Mount Mingsha in Dunhuang, Gansu Province. It is the largest

Buddhist grottoes with the richest content and the longest history in the world. Now, it has 492 grottoes, more than 45,000 sq m of murals and more than 2,400 colorful statues.

1. 莫高窟全景

A Panoramic View of the Mogao Grottoes

2. 莫高窟第45窟的彩塑

The Colorful Statues in the No. 45 Cave of the Mogao Grottoes

小贴士 · Tips

敦煌17号窟也叫藏经洞，里面藏有从公元4世纪到14世纪的经卷、文书、织绣和画像等约5万余件。

The Grotto 17, also known as the Library Grotto, houses more than 50,000 pieces of Buddhist scriptures, documents, embroidered silk and portraits from the 4th to the 14th centuries.



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彩塑是敦煌艺术的主体,塑像大小不一,大的雄伟壮观,小的精巧玲珑。

Colorful statues are the major part of Dunhuang art. The statues vary in size, with the larger ones appearing grand, and the smaller ones refined.

敦煌壁画描绘了各种各样的佛经故事、建筑和景物以及当时劳动人民进行生产的各种场面等,是1500多年的民俗风貌和历史变迁的艺术再现。

The Dunhuang murals describe various stories in Buddhist scriptures, architecture, scenery and working scenes. They are the artistic reproduction of folk customs and historical changes more than 1,500 years ago.



4

5

小贴士 · Tips

在1907—1914年间,英国人斯坦因,法国人伯希和,日本人桔瑞超、吉川小一郎,俄国人奥尔登堡等,先后来到敦煌,带走大批文书。

From 1907 to 1914, Aurel Stein from Britain, Paul Pelliot from France, Zuicho Tachibana and Yoshikawa Koichiro from Japan and Sergei F. Oldenburg from Russia came to Dunhuang in succession, taking away large numbers of documents.

小贴士 · Tips

甘肃敦煌莫高窟、山西云冈石窟、河南龙门石窟、甘肃的麦积山石窟并称为“中国四大石窟”。

The Mogao Grottoes of Dunhuang in Gansu, the Yungang Grottoes in Shanxi, the Longmen Grottoes in Henan and the Maijishan Grottoes in Gansu are the "four great grottoes" in China.

小贴士 · Tips

常书鸿(1904—1994)为保护敦煌艺术献出了自己的一生,被称为“敦煌艺术的保护神”。

Chang Shuhong (1904—1994) devoted all his life to the protection of Dunhuang art, and was known as the "patron of Dunhuang art".

1. 斯坦因

Aurel Stein

2. 伯希和

Paul Pelliot

3. 常书鸿

Chang Shuhong

4. 藏经洞出土的绢画

The Silk Painting Excavated from Inside the Library Grotto

5. 藏经洞内的壁画

The Mural in the Library Grotto

重庆大足石刻

The Dazu Rock Carvings in Chongqing



1

1. 宝顶山大佛湾造像

Statues at Dafowan on the Baoding Mountain

小贴士 · Tips

宝顶山大佛湾造像长达500米，是世界上极为罕见的。

The statue-making area at Dafowan on the Baoding Mountain extends as long as 500 m, a very exceptional case in the world.

大足石刻位于重庆市大足县境内，有石刻造像70多处，总计10万余尊。其中，北山、宝顶山、南山、石篆（zhuàn）山、石门山等五处石刻最为著名和集中。

The Dazu Rock Carvings, located in Dazu County, Chongqing, comprise more than 70 sites of rock sculptures, totaling more than 100,000 statues. Among them, the Beishan, Baoding, Nanshan, Shizhuan and Shimen mountains are the five places where the sculptures are the most renowned and concentrated.

北山石刻位于大足县城西北，共有摩（mó）崖（yá）造像近万尊，以当时流行的佛教人物故事为主。

The Beishan Mountain rock carvings lie to the northwest of the Dazu county seat. There are nearly 10,000 cliff carving statues, mainly depicting the popular Buddhist figures and stories at that time.

宝顶山石刻位于大足县城东北，共有摩崖造像近万尊。整个造像群以佛教密宗故事人物为主，是一处大型的佛教圣地。



1

The Baoding Mountain rock carvings, situated to the northeast of the Dazu county seat, also have nearly 10,000 cliff carving statues. The whole statue complex features the stories and figures of the esoteric Buddhism. It is a large scale sacred Buddhist resort.

南山石刻位于大足县城东南，在现存的中国道教石刻中造像最集中、数量最大。

The Nanshan Mountain rock carvings are located in the southeastern of the county seat, and are the extant most concentrated Taoist rock carvings in the largest number in China.

石篆（zhuàn）山石刻位于大足县城西南，既有佛教人物故事，也有道教和儒教的人物故事。

The Shizhuan Mountain rock carvings are in the southwest of the Dazu county seat, depicting both Buddhist, Taoist and Confucian stories and figures.



2

石门山石刻位于大足县城东，是大足石刻中规模最大的一处佛、道教结合的石刻群。

The Shimen Mountain rock carvings are located to the east of the Dazu county seat. They are the largest sculpture complex in Dazu with a combination of Buddhist and Taoist carvings.

1. 石篆山摩崖造像

Cliffside Statues on the Shizhuan Mountain

2. 北山造像

Statues on the Beishan Mountain

小贴士 · Tips

这些不同宗教集中在一处的造像在中国石窟艺术中极为罕见。

The Dazu Rock Carvings featuring the statues of different religions is seldom seen in Chinese grotto art.

小贴士 · Tips

北山造像依岩而建，窠（kān）窟（kū）密如蜂房，被誉为公元9世纪末至13世纪中叶间的“石窟艺术陈列馆”。

Statues on the Beishan Mountain are built along the rocks, with niches as dense as honeycombs. This place is reputed to be a "gallery of grotto art" from the end of the 9th century to the middle of the 13th century.

河南洛阳龙门石窟

The Longmen Grottoes in Luoyang, Henan Province

1. 宾阳中洞主像释迦牟尼像
The Statue of Sakyamuni, the Major Statue in
the Middle Binyang Cave

2. 龙门石窟全景
A Panoramic View of the Longmen Grottoes



1
龙门石窟位于中国中部河南省洛阳市南郊的龙门峡
(xiá) 谷。

The Longmen Grottoes is located in the Longmen Canyon in the southern suburbs of Luoyang, Henan Province in the middle of China.

石窟经过 400 多年才建成，到今天已有 1 500 年的历史。
龙门石窟南北长约 1 千米，现存石窟 1 300 多个，其中以



2

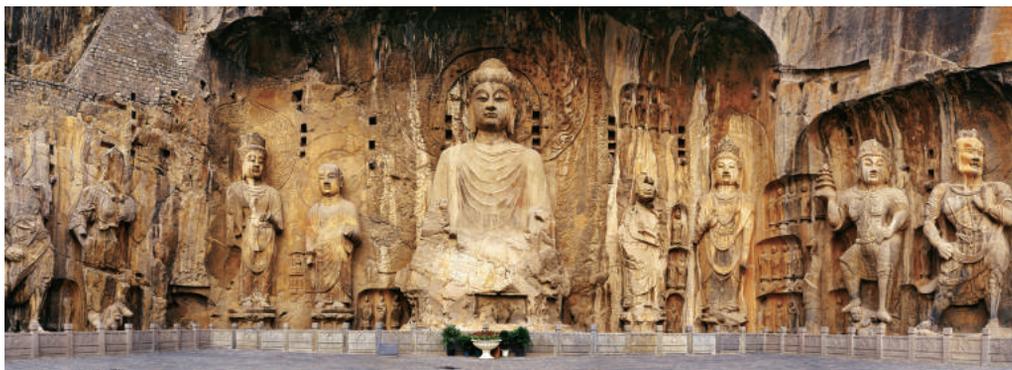


宾阳中洞、奉先寺和古阳洞最具有代表性。

It took more than 400 years to complete the construction of the Longmen Grottoes, which has a history of 1,500 years. The Longmen Grottoes, about 1 km long from north to south, have more than 1,300 extant grottoes. Among them, the Middle Binyang Cave, the Fengxian Temple and the Guyang Cave are the most famous ones.

宾阳中洞和古阳洞都是北魏时期（386—534）的代表性作品，其中的著名佛像如释迦牟尼像等都是研究北魏书法和雕刻艺术的珍贵资料。奉先寺是龙门石窟中最大的一个窟，代表了唐代石刻艺术的风格。

Both the Middle Binyang Cave and the Guyang Cave were representative works of the Northern Wei Dynasty (386-534). The famous Buddha images such as the statue of Sakyamuni are rare materials for researching the calligraphy and sculpture of the Northern Wei Dynasty. The Fengxian Temple, the largest cave among the Longmen Grottoes, represents the stone sculpture of the Tang Dynasty.



小贴士 · Tips

“龙门二十品”是指选自龙门石窟中北魏时期的二十方造像题记，是北魏时期书法艺术的精华之作，是魏碑书法的代表，在中国书法艺术发展史上地位极为崇高。

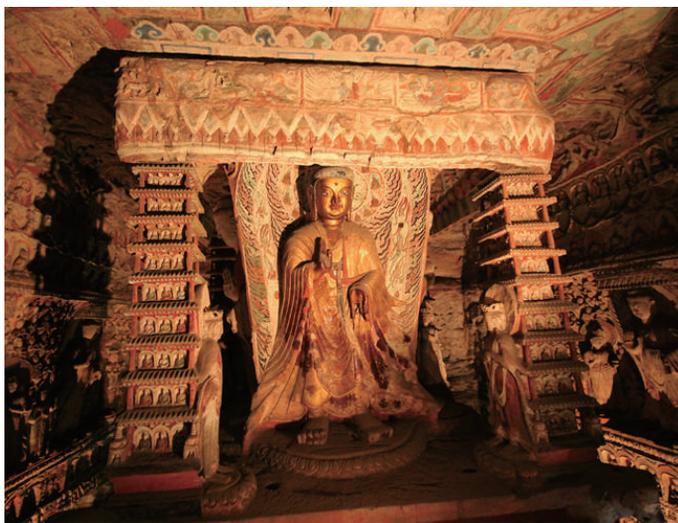
The ‘Twenty Calligraphic Masterpieces in the Longmen Grottoes’ refers to the inscriptions for 20 statues of the Northern Wei Dynasty in the Longmen Grottoes. They are the quintessence of calligraphic works during the Northern Wei Dynasty, and the representative of ‘Wei Bei’ (tablet inscriptions of the Northern Dynasties) calligraphic works, enjoying a high position in the history of China’s calligraphic art.

1. “龙门二十品”之一
One of Twenty Calligraphic Masterpieces of Longmen Grottoes
2. 奉先寺卢舍那佛像
The Statue of Vairocana Buddha in the Fengxian Temple

山西大同云冈石窟

The Yungang Grottoes in Datong, Shanxi Province

1. 云冈石窟第6窟
The No. 6 Cave of the Yungang Grottoes
2. 云冈石窟第20窟
The No. 12 Cave of the Yungang Grottoes
3. 云冈石窟第7窟
The No. 7 Cave of the Yungang Grottoes



1
云冈石窟位于山西省大同市，代表了公元5至6世纪中国杰出的佛教石窟艺术。

The Yungang Grottoes, situated in Datong, Shanxi Province, represent excellent Buddhist sculptural art from the 5th to the 6th centuries in China.



2



3



由于汇集了多种佛教艺术造像风格，云冈石窟形成的“云冈模式”成为中国佛教艺术发展的转折点。敦煌莫高窟、龙门石窟中的北魏时期造像都在不同程度上受到了云冈石窟的影响。云冈石窟也是石窟艺术中国化的开始。

Because of a combination of various styles in statue-making, the Yungang Grottoes formed the "Yungang

Pattern", a turning point of the development of Buddhist art in China. Statue-making both in the Mogao Grottoes of Dunhuang and the Longmen Grottoes during the Northern Wei Dynasty was influenced by the Yungang Grottoes to some degree. The Yungang Grottoes marked the beginning of the "nationalization" of grotto art in China.



2

小贴士 · Tips

昙曜 (tán yào) 五窟现编号第 16 窟至第 20 窟，距今已经有 1 500 多年。主持开凿的是当时的著名和尚昙曜。

The "Tanyao's Five Caves", now numbered from Grotto No. 16 to Grotto No. 20, has a history of more than 1,500 years. The cutting project was sponsored by Tanyao, a renowned Buddhist monk at that time.

小贴士 · Tips

第 12 窟雕刻的伎乐天人手中的排箫、箜篌等古典乐器十分珍贵，是研究中国音乐的重要资料。

The classic musical instruments such as *paixiao* (Chinese bamboo panpipe), *konghou* (an ancient plucked string instrument) at the hands of celestial musicians carved in Grotto No. 12 are very precious materials for researching Chinese music.

小贴士 · Tips

第 20 窟是露天造像，主佛脸部丰满圆润，双耳垂肩，双目有神，面目慈祥，是云冈石窟中最富有代表性的作品。

Grotto No. 20 is a group of statues in the open air. The statue of the main Buddha has a plump face, vivid eyes and kind countenance, with the ears hanging down to the shoulders. It is the most representative work among the Yungang Grottoes.

1. 云冈石窟第 8 窟

The No. 8 Cave of the Yungang Grottoes

2. 云冈石窟第 12 窟

The No. 12 Cave of the Yungang Grottoes

云南丽江古城

The Old Town of Lijiang in Yunnan Province

小贴士 · Tips

丽江纳西族的东巴文和纳西古乐是世界文化史上非常珍贵的文字和音乐。

The Dongba characters and the ancient music of the Naxi group in Lijiang are rare treasures in the history of world culture.

1. 五凤楼
The Wufeng Building
2. 东巴文
The Dongba Characters
3. 四方街
The Sifang Street
4. 古桥
The Ancient Bridge

丽江古城位于云南省丽江纳西族自治县，距今已有800多年的历史。

The Old Town of Lijiang is located in the Lijiang Naxi Autonomous County, Yunnan Province, and has a history of more than 800 years.



1

古城内有三条河，街道临水而建，76座古桥与绿树、古巷、五花石路面互相辉映，被称为“高原姑苏”（高原上的苏州水乡）。

There are three rivers flowing through the town and streets are built near water, with 76 ancient bridges setting off green trees, old lanes and five-color pavement. It has the reputation of being "the Suzhou Water Village on the Plateau".

古城的中心——四方街，是一个大约100平方米的梯形小广场。广场四周有很多街道，街道两旁的店铺一个接



2



3



4



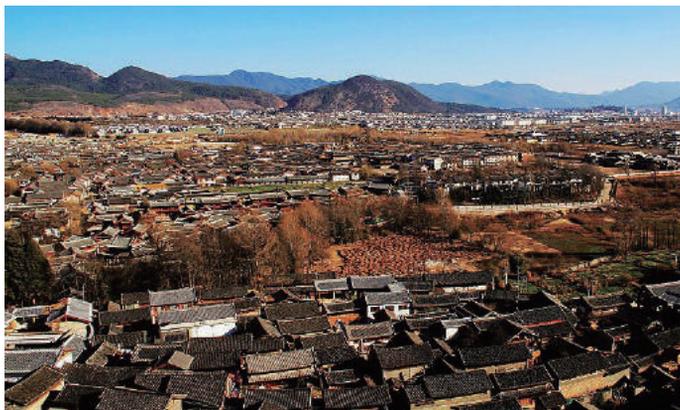
着一个，排列得很整齐。在明清时，这里就已经是云南西北地区的商贸中心。

The Sifang Street, the center of the town, is a small trapezoidal square about 100 sq m. Around the square are many streets, lined with shops one by one in neat order. By the Ming and Qing dynasties, this place had become a commercial and trade center in the northwest of Yunnan Province.



丽江古城是中国保存最完整、最具有民族风格的古代城镇，大片建筑至今仍然保持着明清建筑特色。其中的五凤楼融合了汉、藏、纳西和其他民族的建筑艺术风格，是中国古代建筑中的稀世珍宝和典型范例。

The Old Town of Lijiang is the best preserved ancient town with the strongest folk style in China, and many of its buildings still maintain the Ming and Qing architectural styles. Among them, the Wufeng Building is a combination of the features of the Han, Tibetan, Naxi and other ethnic groups' architecture. It is a rare treasure and model of ancient Chinese architecture.



小贴士 · Tips

丽江古城现有居民 6 200 多户，25 000 余人，其中纳（nà）西族占绝大多数。有 30% 的居民仍在从事以铜银器制作、皮毛皮革、纺织、酿造业为主的传统手工业和商业活动。

Now, the Old Town of Lijiang has a population of more than 25,000 of more than 6,200 households, among which the Naxi group is the majority. Thirty percent of the residents are still engaged in traditional handicraft and commercial activities characterized by the fabrication of copper and silver wares, fur and leather, textile and brewing.

小贴士 · Tips

白沙民居建筑群位于丽江古城以北，这里曾是宋元时期丽江地区政治、经济、文化的中心。

The Baisha Folk Dwelling Complex, located to the north of the Old Town of Lijiang, was the center of politics, economy and culture of the Lijiang Area during the Song and Yuan dynasties.

小贴士 · Tips

束河民居建筑群位于丽江古城西北，是丽江古城周边的一个小集市。

The Shuhe Folk Dwelling Complex, situated to the northwest of the Old Town of Lijiang, was a small market near the town.

1. 白沙民居
The Baisha Folk Dwellings
2. 木府
The Mus Residence
3. 束河民居
The Shuhe Folk Dwellings

山西平遥古城

The Pingyao Ancient Town in Shanxi Province

1. 平遥古城全景 A Panoramic View of the Pingyao Ancient Town

平遥古城位于山西省中部，是中国保存最为完整的一座古城。城内的民居是汉民族地区保存最完整的古代民居群落。

The Pingyao Ancient Town, located in the middle of Shanxi Province, is the best preserved ancient county seat in China. The folk dwellings within the town are the most comprehensively preserved ancient dwelling complex in the Han-populated areas.

平遥古城始建于西周宣王时期（前 827—前 782），现存的城墙是明代洪武三年（1370）扩建的。周长约 6 千米，有 3 000 个垛口、72 座敌楼，据说象征孔子三千弟子及七十二圣人。城墙至今仍保存完好。古城内的街道、商店和民居都保持着传统的布局与风貌。

The Pingyao Ancient Town was originally established during the reign of King Xuan (827 BC-782 BC) of the Western Zhou Dynasty (1046 BC-771 BC), and the extant town walls were the remains of an



小贴士 · Tips

自公元前 221 年中国实行“郡县制”以来，平遥一直作为“县治”的所在地，延续至今。

Since the beginning of "prefecture-county system" in 221 BC, Pingyao has served as a county seat until now.



expansion project in 1370, the 3rd year of the Hongwu Reign of the Ming Dynasty. The town is about 6 km in circumference, with 3,000 battlements and 72 watch towers, which are said to symbolize

Confucius' 3,000 disciples and the 72 best among them. The walls are still well preserved up to now. The streets, shops and folk dwellings within the town all keep their traditional layout and styles.

平遥是著名的“晋商”的发源地之一。清代道光四年（1824），中国第一家现代银行的雏（chú）形“日升昌”在平遥诞生。19世纪40年代，“日升昌”的业务曾经扩展到日本、新加坡、俄罗斯等国家。

Pingyao was one of the cradles of "Jin Shang" (business people from Shanxi), who were renowned in ancient Chinese commerce. In 1824, the 4th year of the Daoguang Reign of the Qing Dynasty, "Rishengchang", the rudimentary form of China's first modern bank, emerged in Pingyao. In the 1840s, "Rishengchang" once developed its business far into such countries as Japan, Singapore and Russia.



2

小贴士 · Tips

晋商通常指明清500年间的山西商人，他们经营盐业、票号等，尤其以票号最为出名。晋商也为中国留下了丰富的建筑遗产，著名的如乔家大院等。

Jin Shang usually refers to the businesspeople from Shanxi Province during the 500-year period of the Ming and Qing dynasties. They were engaged in salt and bank industries, especially banking. They have also left abundant architectural heritage, one of which was the Qiao Family Courtyard.

小贴士 · Tips

票号是一种专门汇钱和取钱的古代银行。

Piaohao was an ancient bank engaged exclusively in remitting and drawing money.

1. 剪窗花

Paper-cut for Window Decoration

2. “日升昌”票号

The "Rishengchang" Draft Bank

安徽古村落：西递、宏村

Xidi and Hongcun Ancient Villages in Anhui Province



1

1. 西递木雕
The Woodcarving of Xidi
2. 西递砖雕门楼
The Brick carvings Gates of Xidi
3. 西递古村落
The Xidi Ancient Villages

西递(dì)、宏(hóng)村古民居位于安徽(huī)省黄山市黟(yī)县,是安徽南部民居中最具有代表性的两座古村落。



2

The Xidi and Hongcun ancient dwellings, situated in Yixian County, Huangshan, Anhui Province, are the most representative residences in the south of Anhui Province.

西递距离黟县城8千米,现有保存完整的古民居122幢(zhuàng),是“中国传统文化的缩影”,也是“中国明清民居博物馆”。

Xidi, 8 km away from the Yixian county seat, currently boasts 122 best preserved ancient dwellings. It is "an epitome of traditional



3



1

Chinese culture", and "a museum of folk dwellings of the Ming and Qing dynasties in China".

西递整个村落像一只船，周围是山，两条溪流从村北、村东穿村而过，在村南汇聚。村中街巷沿着溪流建造，地面铺着青石。古建筑多为木结构、砖墙，木雕、石雕、砖雕丰富多彩，是中国徽派建筑艺术的典型代表。

The whole Xidi village is in the shape of a boat. It is surrounded by mountains, with two streams passing through in the north and east, and converging in the south. Streets and lanes are built along the streams, and the ground is paved with green stones. Most of the ancient dwellings are wooden structures with brick walls, and have a variety of wood, stone and brick carvings. It is a typical representative of Anhui-style architecture in China.

大夫第是临街的亭阁式建筑，原用于观景。有趣的是，后来人们多把这座楼当作古装戏中大户人家小姐“抛绣球”选择结婚对象的地方。

The Official's Mansion is a multi-storied pavilion-like building with its frontage toward a street, formerly used for sightseeing. Interestingly, later, people often take this building for a place where young ladies of a wealthy and influential in a costume play "threw embroidered balls" to choose would-be husbands.

小贴士 · Tips

西递村古宅“大夫第”门额下有“作退一步想”的题字，含义非常深刻。

Below the lintel of the Dafudi Ancient Mansion in the Xidi Village is a meaningful inscription which says "have a second thought".



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1. 宏村全景
A Panoramic View of the Hongcun Village
2. 宏村“承志堂”
The Chengzhi Hall of Hongcun
3. 西递大夫第
The Official's Mansion of Xidi
4. 西递石雕漏窗
The Stone Tracery of Xidi
5. 宏村月沼
The Lunar Palus of Hongcun

宏村位于黟县县城东北，现存古民居 140 多幢。由于这里地势较高，因此常常被云雾笼罩，好像中国山水画，是“中国画里的乡村”。

Hongcun is located in the northeast of the Yixian county seat, and now has more than 140 extant ancient dwellings. Because of high altitude, it is often enshrouded by clouds and fogs, as if it is a Chinese landscape painting. So it is a "village in the beautiful Chinese painting".

从高处看，宏村像是一头卧牛。村中半月形的池塘像牛胃，一条 400 多米长的溪水像牛肠，溪水上的四座木桥像牛脚。这种牛形村落和人工水系，是最早的仿生学，也是建筑史上的奇观。

Seen from a high place, Hongcun looks like a lying ox, with a crescent pond in the middle of the village likes the "ox's stomach", a 400-m-long stream like the "intestines", and four wooden bridges over the streams like its "feet". This ox-shaped village and the artificial water system are the earliest "bionics" and a wonder in the history of architecture.

承志堂是宏村古民居中最为宏大、最为精美的代表作，人们称赞它是“民间故宫”。它是砖木结构的楼房，占地 2 000 平方米，由清代盐商建造。它是一所徽派木雕工艺陈列馆，各种木雕层次丰富，繁复生动，形象众多，虽然已经过了 100 多年，但是仍然金碧辉煌。

The Chengzhi Hall is the most splendid and refined representative building of Hongcun dwellings, and people praise it as "an Imperial Palace in the countryside". A brick-wood structure, covering an area of 2,000 sq m, was built by salt merchants of the Qing Dynasty. It is a gallery of Anhui-style wood carving art, with various kinds of wood carvings. Although more than 100 years have passed, it is still magnificent.



5

开平碉楼与村落

The Kaiping Diaolou and Villages

开平碉楼（diāo）楼位于广东省江门市下辖的开平市，是一种多层塔楼式建筑，可以防卫，可以居住。不仅是中国传统的建筑风格，也体现了西方的建筑艺术。

The Kaiping Diaolou, located in Kaiping, Jiangmen, Guangdong Province, is a complex of multiple storied tower both for defensive and residential purposes. It is a fusion of traditional Chinese and Western architecture.

开平碉楼为多层建筑，比一般的民居高出很多，墙体比普通的民居厚实坚固，适合防卫。

Most Kaiping Diaolou are multi-storied buildings, much higher than ordinary dwellings, and their walls are thicker and more solid, suitable for defense.

自力村碉楼群是开平碉楼兴盛时期的杰出代表，包括 15 座风格各异、造型精美的碉楼。

The Zili Village Diaolou Cluster best represents the prime of Kaiping Diaolou, comprising 15 types of buildings of various styles and exquisite design.



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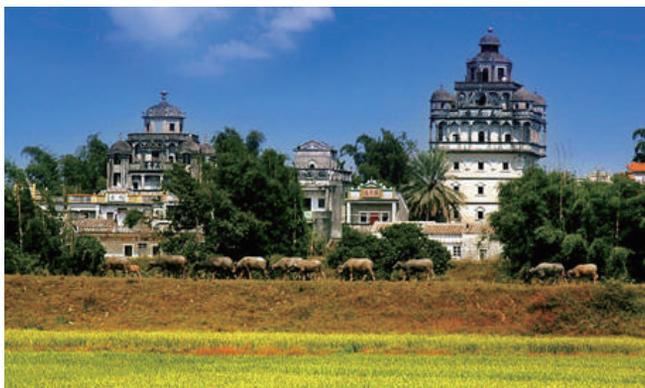


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小贴士 · Tips

开平碉楼是中国乡村主动接受外来文化的历史见证，是中国乡村学习外国建筑艺术的集中展示。

The Kaiping Diaolou is witness to how rural China actively accepted foreign culture, and is a concentrated display of how the Chinese countryside learned foreign architecture.



马降龙村落有 13 座造型别致、保存完好的碉楼坐落在翠竹丛中，与自然融为一体，被联合国专家称为“世界美丽的村落”，是人与自然和谐共处的典范。

The Maxianglong Villages have 13 uniquely designed and best preserved Diaolou. They are distributed in bamboos and integrated with nature. Being praised as "the

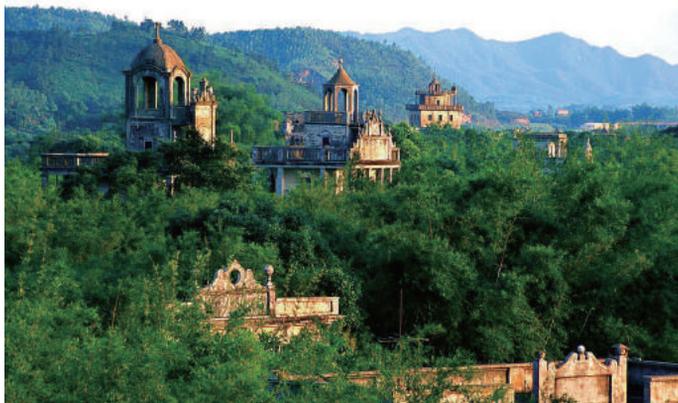
prettiest villages in the world" by UN experts, it is a model of harmonious coexistence between people and nature.

开平市蚬 (xiǎn) 冈镇锦江里的瑞石楼，是中西建筑风格完美结合的典型，也是开平现存最高、最美的碉楼，有“开平第一楼”之称。

The Ruishi Building, located in Jinjiangli of Xiangang Town, Kaiping City, is a model of perfect combination of Chinese and Western architecture, and also the extant highest and most beautiful Diaolou in Kaiping. It is reputed to be "the first building of Kaiping".

有 400 多年历史的迎龙楼是开平最古老的碉楼，也是典型的开平传统式碉楼。

The Yinglong Building, with a history of more than 400 years, is the oldest of the typical traditional Kaiping Diaolou.



1. 迎龙楼
The Yinglong Building
2. 自力村碉楼群
The Zili Village Diaolou Cluster
3. 瑞石楼
The Ruishi Building
4. 马降龙碉楼群
The Maxianglong Diaolou Cluster

小贴士 · Tips

开平碉楼是中国华侨文化的杰出代表，它表达了中国人的传统环境意识，是人与自然的完美结合。

The Kaiping Diaolou is an excellent representative of the culture of overseas Chinese. It displays the traditional environment awareness of the Chinese people, and is a perfect fusion between people and nature.

福建土楼

The Earthen Building in Fujian Province



福建土楼通常是指福建西南独有的群居和防卫合一的大型楼房，这些楼房的形状像天外飞碟，最常见的是圆楼与方楼。

The Earthen Building usually refers to a type of large buildings in southwestern Fujian, which are a combination of communal dwellings and defense works. These buildings look like UFO, and are frequently in the shape of round or square.



1. 怀远楼
The Huaiyuan Building
2. 田螺坑土楼群
The Tianluokeng Earthen Building Complex
3. 永定土楼群
The Yongding Earthen Building Complex
4. 和贵楼
The Hegui Building
5. 振成楼
The Zhencheng Building

小贴士 · Tips

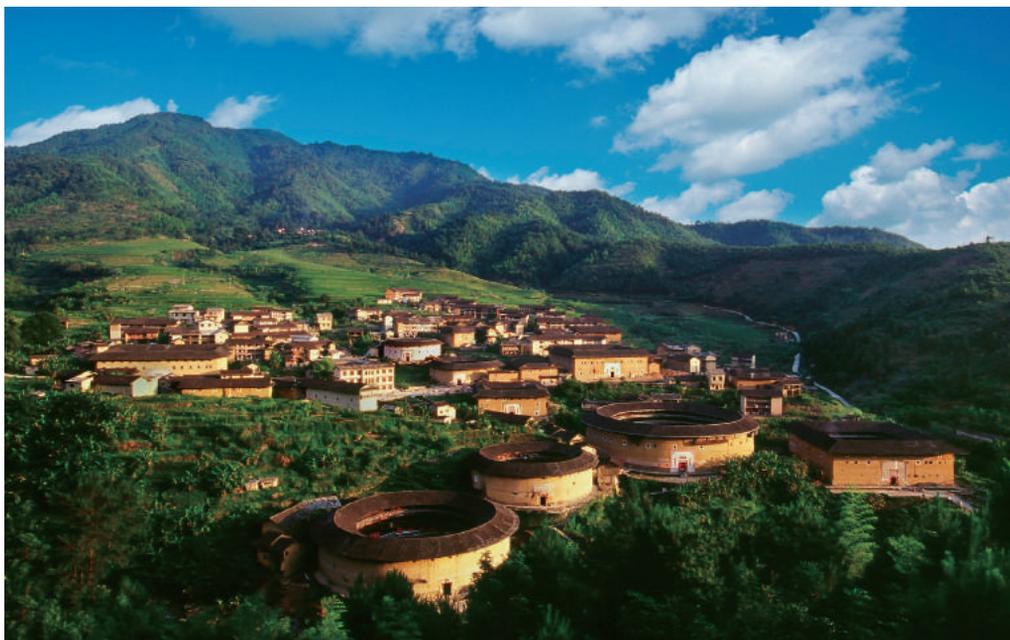
福建土楼产生于宋元，成熟于明末、清代和民国时期。福建土楼的形成与历史上中原汉人几次著名的大迁徙相关。

The earthen buildings of Fujian first emerged during the Song and Yuan dynasties, and matured during the late Ming Dynasty, the Qing Dynasty and the Republic of China. The emergence of such earthen buildings was related to several famous migrations of the Han people from the Central Plain in history.

小贴士 · Tips

裕昌楼是一座圆形土楼，在中国福建南靖县境内，也叫“东倒西歪楼”。

The Yuchang Building is a round earthen building within the territory of Nanjing County, Fujian Province, and is also called the "Zigzagging Building".



3

福建土楼是世界上独一无二的大型民居形式，聚族而居的土楼是个丰富多彩的小社会。比如永定承启楼拥有384个房间，最多时曾住过800多人。

The Earthen Building of Fujian is a unique large scale residential form in the world. People belonging to one clan share one earthen building, which decides that the tulou forms a small society of great diversity. For example, the Chengqi Building in Yongding County with 384 rooms once accommodated more than 800 people to the maximum.



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小贴士 · Tips

振成楼位于福建永定县，有“土楼王子”“最富丽堂皇的圆楼”之称。

The Zhencheng Building is located in Yongding County, Fujian Province, and is reputed to be the “prince of earthen buildings” and “the most magnificent round building”.

小贴士 · Tips

位于福建南靖县的田螺坑土楼群设计得最精美。

The Tianluokeng Earthen Building Complex in Nanjing County of Fujian Province is the most exquisitely designed.

江苏苏州古典园林

The Classical Gardens of Suzhou in Jiangsu Province



苏州古典园林位于江苏省苏州市，它是中国古代私家园林的代表。

The classical gardens of Suzhou are located in Suzhou, Jiangsu Province, and are the masterpieces of private gardens in ancient China.

沧浪亭、狮（shī）子林、拙（zhuō）政园和留园分别代表着宋、元、明、清四个朝代的艺术风格，被称为苏州“四大名园”。

The Canglang Pavilion, the Lion Forest Garden, the Humble Administrator's Garden and the Liuyuan Garden represent the architectural styles of the Song, Yuan, Ming and Qing dynasties, respectively. They are known as the four famous gardens in Suzhou.

沧浪亭是苏州最古老的一所园林，始建于北宋庆历年间（1041—1048）。明道堂是它的主要建筑。

The Canglang Pavilion, the oldest garden in Suzhou, was originally built in the Qingli Reign (1041-1048) of the Northern Song Dynasty. Its major building is the “Mingdao Hall”.

狮子林始建于元至正二年（1342）。因园内石峰林立，很多石峰的形状像狮子，所以叫“狮子林”。狮子林是长方形的园林，有很多精美的湖石假山。



1. 沧浪亭明道堂
The Mingdao Hall of the Canglang Pavilion
2. 沧浪亭
Canglang Garden
3. 狮子林九狮峰
The Nine Lions Peak of the Lion Forest Garden
4. 留园冠云峰
The Cloud Capped Peak of the Liuyuan Garden
5. 狮子林湖心亭
The Mid-Lake Pavilion of the Lion Forest Garden
6. 留园明瑟楼
The Lyres Floor of the Liuyuan Garden
7. 拙政园见山楼
The Mountain in View Tower of the Humble Administrator's Garden
8. 拙政园芙蓉榭
The Lotus Pavilion of the Humble Administrator's Garden



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小贴士 · Tips

中国园林有皇家园林和私家园林两大类，苏州园林是私家园林的代表。

Chinese gardens can be divided into imperial gardens and private gardens. The gardens of Suzhou belong to the latter.

小贴士 · Tips

苏州古典园林建筑反映了中国古代江南民间的生活方式和礼仪习俗，是了解和研究古代中国江南民俗的实物资料。

The Suzhou classical gardens reflect folk lifestyles and customs, and are tangible materials to understand and research the folk customs of South China in ancient times.

The Lion Forest Garden was originally built in 1342, the 2nd year of the Zhizheng Reign of the Yuan Dynasty. It is famous for many rocks. Many of the rocks look like lions in various postures, hence its name. This rectangular garden has many exquisite lake stones and artificial hills.

拙政园是苏州最大的一处园林，也是苏州园林的代表作。拙政园以水为中心，池水约占总面积的1/5，各种建筑大多靠近水边。

The Humble Administrator's Garden is the largest garden in Suzhou and is also a representative work of Suzhou gardens. This garden is centered on the pool, which accounts for one-fifth of the total area, and various buildings are built near the water.

留园中部以山水为主，是全园的精华。留园内建筑的数量在苏州园林中最多。苏州古典园林是住房也是花园，可以观赏，可以游览，可以居住，是城市中的人依恋自然、美化和完善自身居住环境的一种创造。

The Liuyuan Garden features hills and pools in its central part, which are the quintessence of the whole garden. This garden has the most buildings than any other gardens in Suzhou. The classical gardens of Suzhou are both residences and gardens, where people can go sightseeing and stay. They are a creation of urban people out of their attachment to nature, their need to beautify and improve their own living environment.



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北京颐和园

The Summer Palace in Beijing

颐（yí）和园在北京西郊，是中国现存最完整的皇家园林。

The Summer Palace, located in the western suburbs of Beijing, is the best preserved royal garden in China.

颐和园的前身是清漪（yī）园。1860年，清漪园被英法侵略者烧毁（huǐ）。慈禧（Cǐxǐ）太后挪用海军经费重建，并改名为“颐和园”。

The predecessor of the Summer Palace was the Garden of Clear Ripples. In 1860, it was burnt down by the British and French invaders. Empress Dowager Cixi diverted the fund earmarked for the navy to reconstruction of the garden, and it was renamed the Summer Palace.

颐和园主要由万寿山和昆明湖两部分组成。山上湖边有各种形式的宫殿、园林建筑3 000余间，大致可分为行政、生活、游览三个功能区。

The Summer Palace mainly comprises two parts: the Longevity Hill and the Kunming Lake. Both on the hill and at the side of the lake are various palaces and garden architecture, totaling more than 3,000 rooms. These architecture can be largely divided into the three areas: administration, daily life and sightseeing.



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1. 仁寿殿
The Benevolence Hall
2. 长廊
The Long Corridor
3. 昆明湖和十七孔桥
The Kunming Lake and 17-arch bridge
4. 万寿山
The Longevity Hill
5. 佛香阁
The Foxiang Pavilion



4

万寿山和昆明湖组成了风景游览区。行政区是当年慈禧太后和光绪(xù)皇帝处理国家大事、会见外国使节的地方。生活区是慈禧、光绪居住的地方。

The Longevity Hill and the Kunming Lake constitute the scenic area. The administrative zone includes the places where Empress Dowager Cixi and Emperor Guangxu dealt with state affairs and met foreign guests. The living zone is the places where Cixi and Guangxu lived.



5

万寿山上的建筑是全园的精华，其中佛香阁更是颐和园的象征。

Architecture on the Longevity Hill is the quintessence of the whole garden. Among them, the Foxiang Pavilion is the emblem of the Summer Palace.

昆明湖边有一条长廊，上面有图画14 000余幅，内容包括山水风景、花鸟鱼

虫、人物典故等。长廊1992年以“世界上最长的长廊”列入《吉尼斯世界记录》。

Near the Kunming Lake is the a Long Corridor, richly decorated with more than 14,000 paintings. These paintings depict landscapes, flowers, birds, fish, and insects along with episodes from Chinese classical literature, folk tales, and both historical and legendary figures. The Long Corridor was listed in the *Guinness Book of World Records* as the "longest corridor in the world" in 1992.

昆明湖的水面占公园面积的3/4，湖中有一道西堤、三座岛屿，还有十七孔桥由岸边通往湖中。

The water surface of the Kunming Lake covers three-fourths of the total park area. In the lake there is a Western Causeway, three islets and a 17-arch bridge leading from the bank to the center of the lake.

颐和园有山有水，整体构思奇妙，是罕见的园林杰作。

There are mountains and lakes in the Summer Palace. It has an ingenious layout and is a rare masterpiece among the gardens of the world.

小贴士 · Tips

玉澜(lán)堂是光绪皇帝休息睡觉的地方，后来又成为囚禁他的地方。

The Yulan Hall was a place that Emperor Guangxu rested and slept. Later, it became the place where he was put under house arrest.

小贴士 · Tips

万寿山顶的无梁殿，全用砖石砌成。

The Wuliang Hall on top of the Longevity Hill is built completely with bricks and stones.

四川峨眉山—乐山风景区

Mount Emei and Leshan Scenic Area in Sichuan Province

峨眉山位于四川省，是供奉普贤菩(pú)萨的佛教名山。

Mount Emei, located in Sichuan Province, is a sacred Buddhist mountain enshrining the Bodhisattva of Universal Benevolence.

峨眉山的寺庙近 30 座，其中著名的有报国寺、伏虎寺、万年寺等八大寺庙。其中规模最大、气势最雄伟的是报国寺。

In Mount Emei there are nearly 30 temples, among which the renowned ones are eight temples including the Baoguo Temple, the Fuhu Temple and the Wannian Temple. Among them, the largest and most magnificent is the Baoguo Temple.

金顶是峨眉山的主峰，海拔 3 077 米。到金顶上看“佛光”是游人的愿望。在晴朗无风的日子，两三点以后，站在金顶往下看，有时能够看到云中的五彩光环，自己的影子也在光环当中，人动，影子也动。不管有多少人并排观看，能够看到的始终是自己的影子。过去人们解释不了这种现



3



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小贴士 · Tips

四川峨眉山与山西五台山、浙江普陀山、安徽九华山并称为中国佛教四大名山。

Mount Emei is considered as one of the four sacred mountains of Chinese Buddhism, with the other three being Mount Wutai in Shanxi, Mount Putuo in Zhejiang and Mount Jiuhua in Anhui.

小贴士 · Tips

报国寺内有一尊巨大的瓷佛，高 2.4 米，是 1415 年在景德镇烧制的稀世珍品。

In the Baoguo Temple there is a giant porcelain statue of Buddha, 2.4 m tall, which was a rare treasure made in Jingdezhen in 1415.

小贴士 · Tips

万年寺内的骑象菩萨重 62 吨，高 7.3 米，已经有 1 000 多年的历史。

The statue of Bodhisattva on an elephant in the Wannian Temple weighs 62 tons and is 7.3 m high, with a history of more than 1,000 years.

小贴士 · Tips

乐山大佛始凿于唐代开元元年（713），历时 90 年才得以完成。

The construction of the Leshan Giant Buddha began in 713, the 1st year of the Kaiyuan Reign of the Tang Dynasty (618–907) and took 90 years to be completed.

象，认为是“佛光”。这其实只是太阳光、云层、人体三者处于 45° 斜线上的时候所产生的折射现象。

The Golden Peak, the main peak of Mount Emei, is 3,077 m above sea level. To view the "Buddha's halo" is the wish of many tourists. When it is sunny and there is no wind, after two or three o'clock in the afternoon, if you stand on the Golden Peak and look down, sometimes you will see a five-color aureole floating over the clouds. Your body will appear in the aureole, and when you move, the aureole moves with you. No matter how many people stand together viewing it, they always see their own shadows. In the past, people could not explain this phenomenon and consider it as "Buddha's halo". Actually, it is merely refraction when sunlight, clouds and human bodies are at an oblique angle of 45 degrees.

乐山大佛位于峨眉山的东部，是世界上现存最大的一尊摩崖石像，有“山是一尊佛，佛是一座山”的说法。这尊巨大的弥勒佛像高 71 米，背后是山，面前是江，面相端庄，身躯比例匀称，气势恢宏。

The Leshan Giant Buddha, located to the east of Mount Emei, is the extant largest Buddha carved out of a cliff face in the world, hence the saying "The mountain is a Buddha and the Buddha is a mountain". This giant statue of Maitreya Buddha is 71 m high, with a mountain lying behind and a river flowing in the front. It has a stately countenance, a well-proportioned body, and an imposing air.



1. 峨眉山佛光
The "Buddha's halo" of Mount Emei
2. 万年寺内的骑象菩萨
The Statue of Bodhisattva on an Elephant
3. 峨眉金顶
The Golden Peak of Mount Emei
4. 乐山大佛
The Leshan Giant Buddha

江西三清山

Mount Sanqing in Jiangxi Province

三清山位于江西省上饶（ráo）市，是道教名山。“三清”指的是玉京、玉虚、玉华三座山峰，其中玉京最高，海拔1 816.9米。

Mount Sanqing, located in Shangrao, Jiangxi Province, is a renowned Taoist mountain. Literally, the word "Sanqing" refers to the three peaks of "Yujing", "Yuxu" and "Yuhua", among which the Yujing Peak is the highest, at the altitude of 1,816.9 m.



1

据史书记载，东晋升平年间（357—361），医药学家、炼丹术士葛洪到三清山结庐炼丹，成为三清山的“开山始祖”。

According to historical records of the Shengping Reign of the Eastern Jin Dynasty(357-361), a famous alchemist Ge Hong settled down in Mount Sangqing to research alchemy, and became "the founder" of Mount Sanqing tradition.

东方女神、巨蟒出山、观音听曲是三清山三处最有名的景点。



2

小贴士 · Tips

北宋时砌成的六层五面的风雷塔，被誉为三清山上道教建筑中的杰作。

The six-storied pentagonal Fenglei Tower built during the Northern Song Dynasty (960-1127) is reputed to be a masterpiece of Taoist architecture on Mount Sanqing.



3

The three best scenic spots in Mount Sanqing are the Oriental Goddess, the Giant Python Coming Out of the Mountain and the Guanyin Listening to Music.

三清山的标志东方女神原名女神峰，又称司春女神，整座石峰造型就像一位秀发披肩的端庄少女。

The Oriental Goddess, a landmark of Mount Sanqing was originally called Nü shen (Goddess) Peak also called the Goddess in Charge of Spring. The entire peak looks like an elegant young girl with hair hanging down on her shoulders.

巨蟒出山是巨型花岗岩石柱，其造型像一条大蟒蛇从地上跃向空中。

The Giant Python Coming Out of the Mountain is a huge granite pillar, which seems as if an enormous python is jumping into the sky.

观音赏曲是一前一后两座石峰，像观音菩萨听道士葛洪弹琵琶诉说百姓的苦难。

The Guanyin Listening to Music comprises two stone peaks, which seems as if Bodhisattva Guanyin is listening to the Taoist monk Ge Hong playing *pipa* (a kind of Chinese string instrument) to recount the sufferings of the common people.



4

1. 风雷塔
The Fenglei Tower
2. 东方女神
The Oriental Goddess
3. 巨蟒出山
The Giant Python Coming Out of the Mountain
4. 观音赏曲
The Guanyin Listening to Music

小贴士 · Tips

葛洪所掘的丹井历时一千多年，依然常年有水，被后人称为“仙井”。

In the well dug by Ge Hong there is still water all year round, although more than 1,000 years have passed. It is called an "Immortal Well" by later generations.

山西五台山

Mount Wutai in Shanxi Province

五台山位于山西省,是供奉文殊(shū)菩萨的佛教名山。

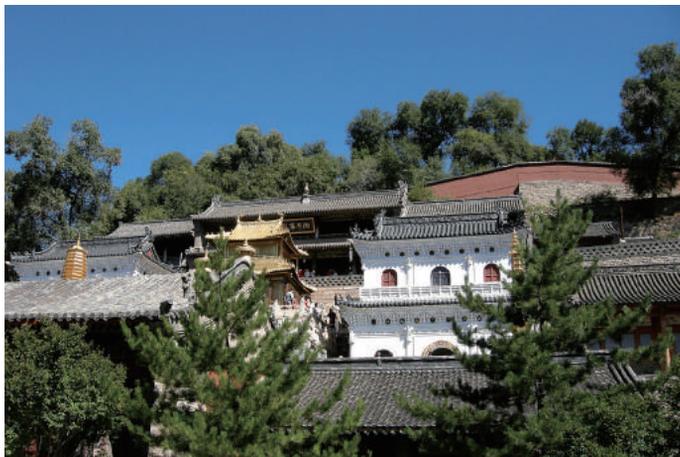
Mount Wutai, located in Shanxi Province, on which Bodhisattva Manjusri is worshipped.

五台山有五座高大的山峰,最高峰是叶斗峰,海拔在3 000米以上。

Mount Wutai has five high and grand peaks, among which the highest is the Yedou Peak, more than 3,000 m above sea level.

五台山有58座寺庙,最著名的是显通寺、塔院寺、殊像寺、罗睺(hóu)寺和菩萨顶。它们的建筑非常有特色,是中国古代建筑的精华。

There are 58 temples on Mount Wutai in total. Among them, the most famous are the Xiantong Temple, the Tayuan Temple, the Shuxiang Temple, the Luohou Temple and the Pusading Temple. The architecture of the temples is distinctive, and they are quintessence of ancient Chinese architecture.



1

小贴士 · Tips

菩萨顶有一座“滴水殿”,不管是天晴还是下雨,宝殿四檐都是雨珠下滴,天长日久,檐台的石条上被滴出一排排深坑。

In the Pusading Temple there is a "Hall of Dropping Water". No matter whether it is sunny or rainy, there is always rain dripping from the eaves of the hall, and after a long time a row of holes appears in the stone slates.

2



3

1. 殊像寺内的文殊像
The Statue of Bodhisattva Manjusri in the Shuxiang Temple
2. 显通寺
The Xiantong Temple
3. 寺庙林立的五台山
Mount Wutai with Many Temples
4. 显通寺铜殿内的万佛铜像
The Ten-Thousand Copper Buddha Statues in the Copper Hall of the Xiantong Temple

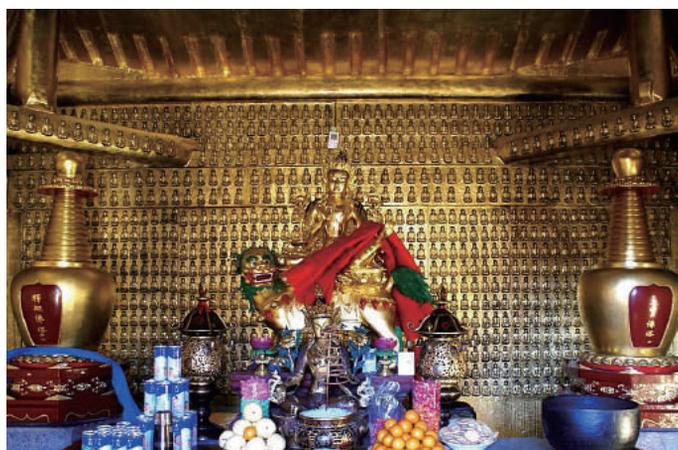
小贴士 · Tips

菩萨顶有个“万人斋(zhāi)”，即可以供一万个人吃饭用的大铜锅。这个大锅究竟有多大？据说，僧人吃过饭后，锅底的锅巴要用大黄牛拉着犁来耕呢！

There is a huge copper pot for "ten thousands people's meal" in the Pusading Temple. Can you imagine how big the pot is? It is said that after monks finished their meals, the crust of cooked food left in the pot needed to be ploughed by a big ox.

显通寺建于汉代（前 206—220），是五台山历史最久、规模最大的寺庙，被称作五台山寺庙的“祖寺”。

The Xiantong Temple, built in the Han Dynasty (206 BC-220), is the biggest temple with the longest history on Mount Wutai. It is called the "ancestral temple" of all the other temples on Mount Wutai.



4

附录 APPENDIX

中国的世界遗产名录

The List of World Heritage Sites in China

序号 No.	名称 Name	批准时间 Time of Approval
世界文化遗产 World Cultural Heritage		
1	长城 The Great Wall	1987年12月 Dec. 1987
2	明清故宫 The Imperial Palaces of the Ming and Qing Dynasties	1987年12月 Dec. 1987
3	陕西秦始皇陵及兵马俑坑 The Mausoleum of the First Qin Emperor in Shaanxi	1987年12月 Dec. 1987
4	甘肃敦煌莫高窟 The Mogao Grottoes of Dunhuang in Gansu	1987年12月 Dec. 1987
5	北京周口店北京人遗址 The Peking Man Site at Zhoukoudian	1987年12月 Dec. 1987
6	拉萨布达拉宫、大昭寺、罗布林卡 The Potala Palace, Jokhang Temple and Norbulingka in Lhasa	1994年12月 Dec. 1994
7	河北承德避暑山庄及周围寺庙 Chengde Mountain Resort and Its Outlying Temples in Hebei	1994年12月 Dec. 1994
8	山东曲阜孔庙、孔林、孔府 Temple and Cemetery of Confucius and the Kong Family Mansion in Qufu, Shandong	1994年12月 Dec. 1994
9	湖北武当山古建筑群 Ancient Building Complex in the Wudang Mountains in Hubei	1994年12月 Dec. 1994
10	云南丽江古城 Old Town of Lijiang in Yunnan	1997年12月 Dec. 1997
11	山西平遥古城 Ancient City of Pingyao in Shanxi	1997年12月 Dec. 1997
12	江苏苏州古典园林 Classical Gardens of Suzhou in Jiangsu	1997年12月 Dec. 1997
13	北京颐和园 Summer Palace, an Imperial Garden in Beijing	1998年11月 Nov. 1998
14	北京天坛 Temple of Heaven, an Imperial Sacrificial Altar in Beijing	1998年11月 Nov. 1998
15	重庆大足石刻 Dazu Rock Carvings in Chongqing	1999年12月 Dec. 1999
16	四川青城山和都江堰 Mount Qingcheng and Dujiangyan Irrigation System in Sichuan	2000年11月 Nov. 2000
17	河南洛阳龙门石窟 Longmen Grottoes in Henan	2000年11月 Nov. 2000
18	明清皇家陵寝 Imperial Tombs of the Ming and Qing Dynasties	2000年11月 Nov. 2000
19	皖南古村落：西递、宏村 Ancient Villages in Southern Anhui — Xidi and Hongcun	2000年11月 Nov. 2000
20	山西大同云冈石窟 Yungang Grottoes in Shanxi	2001年12月 Dec. 2001
21	高句丽王城、王陵及贵族墓葬 Capital Cities and Tombs of the Ancient Koguryo Kingdom	2004年7月 Jul. 2004

22	澳门历史城区 The Historic Center of Macao	2005年7月 Jul. 2005
23	河南安阳殷墟 Yin Xu in Henan	2006年7月 Jul. 2006
24	开平碉楼与村落 Kaiping Diaolou and Villages	2007年6月 Jun. 2007
25	福建土楼 Fujian Tulou	2008年7月 Jul. 2008
26	河南登封天地之中古建筑群 Historic Monuments of Dengfeng in "The Centre of Heaven and Earth" in Henan	2010年8月 Aug. 2010
27	元上都遗址 The Site of the Yuan Dynasty Shangdu Capital	2012年6月 Jun. 2012
28	云南红河哈尼梯田 The Hani terraced fields of Honghe State in Yunnan, China	2013年6月 Jun. 2013
29	中国大运河 The Grand Canal of China	2014年6月 Jun. 2014
30	丝绸之路：起始段和天山廊道的路网 The Silk Road: the Start and Tianshan Corridor of Road Network	2014年6月 Jun. 2014
世界自然遗产 World Natural Heritage		
1	四川九寨沟 Jiuzhaigou Valley Scenic and Historic Interest Area in Sichuan	1992年12月 Dec. 1992
2	四川黄龙 Huanglong Scenic and Historic Interest Area in Sichuan	1992年12月 Dec. 1992
3	湖南武陵源 Wulingyuan National Scenic Spot in Hunan	1992年12月 Dec. 1992
4	云南三江并流 Three Parallel Rivers of Yunnan Protected Areas	2003年7月 Jul. 2003
5	四川大熊猫栖息地 Sichuan Giant Pandas Sanctuaries	2006年7月 Jul. 2006
6	中国南方喀斯特 South China Karst	2007年6月 Jun. 2007
7	江西三清山风景名胜区 Mount Sanqingshan National Park in Jiangxi	2008年7月 Jul. 2008
8	中国丹霞 China Danxia	2010年8月 Aug. 2010
9	中国澄江化石地 Yunnan Chengjiang Fossil Site in China	2012年7月 Jul. 2012
10	中国新疆天山 Mount Tianshan of Xinjiang in China	2013年6月 Jun. 2013
世界文化与自然遗产 World Cultural and Natural Heritage		
1	山东泰山 Mount Taishan in Shandong	1987年12月 Dec. 1987
2	安徽黄山 Mount Huangshan in Anhui	1990年12月 Dec. 1990
3	四川峨眉山—乐山大佛 Mount Emei Scenic Area, including Leshan Giant Buddha Scenic Area in Sichuan	1996年12月 Dec. 1996
4	福建武夷山 Mount Wuyi in Fujian	1999年12月 Dec. 1999
世界文化景观遗产 World Cultural Landscape		
1	江西庐山 Lushan National Park in Jiangxi	1996年12月 Dec. 1996
2	山西五台山 Mount Wutai in Shanxi	2009年6月 Jun. 2009
3	杭州西湖文化景观 Hangzhou West Lake Cultural Landscape	2011年6月 Jun. 2011

(时间截止到2014年6月底 Time by the end of June 2014)

修订说明

Remarks about the Revision

根据海外华文教育的发展变化，以及在使用过程中海内外各方面反映的意见和建议，我们及时组织力量对《中国历史常识》《中国地理常识》和《中国文化常识》进行了修订。与前一版相比，本版增删了部分章节和插图，吸收了国内外最新研究成果，更正了一些错误，内容更加充实、准确。

In reply to the evolving development of overseas Chinese education as well as feedback and suggestions received from the stakeholders both at home and abroad, we decide to mobilize the available resources to make revisions of *Common Knowledge about Chinese History*, *Common Knowledge about Chinese Geography*, and *Common Knowledge about Chinese Culture*. The current edition is more informative and concise than the previous one in that we have drawn on the latest research work, corrected some errors and mistakes, and added or deleted either the content or illustrations accordingly.

本次修订工作由南京师范大学和北京华文学院承担。其中，南京师范大学负责《中国历史常识》和《中国地理常识》，北京华文学院负责《中国文化常识》。中译英工作由中国翻译协会承担。

The revision project is undertaken by Nanjing Normal University and Beijing Chinese Language College. Specifically, the former takes charge of both the *Common Knowledge about Chinese History* and *Common Knowledge about Chinese Geography*, while the latter of *Common Knowledge about Chinese Culture*. Translators Association of China takes charge of the Chinese to English translation.

本次修订得到了湖南师范大学夏赞才教授、厦门大学耿虎教授、首都师范大学阎守成教授的大力帮助，特此致谢。

We'd like to gratefully acknowledge the generous assistance from Prof. Xia Zancai with Hunan Normal University, Prof. Geng Hu with Xiamen University, and Prof. Yan Shoucheng with Capital Normal University in the revision project.

因水平所限，本版仍难免有讹误或不当之处，敬请指正。

We are fully aware of our constraints in meeting the challenging task, hence any invaluable corrections from our readers and stakeholders would be highly appreciated.

2014年9月
September, 2014