

谨此献给崇尚自然、热爱山地的人们  
This album is dedicated to those who share a deep love to nature and the mountains

# 序

山地是重要的地表形态、生态系统和生活空间。山地约占全球陆地面积的 1/4, 世界 75% 的国家拥有山地，依赖山地资源生活的人口占世界人口的 30%–40%。山地所拥有的自然与人文资源，是人类共有的宝贵财富，也是十分珍贵的旅游资源。山地旅游在全球旅游产业发展格局中占有十分重要的地位。山地旅游可体验丰富多彩的山地生活，感受人类发展与山地的密切关系。人类文明发展的历史，既是海洋文明的历史，也是山地文明的历史。

世界名山，汇聚了形态各异的山体景观、立体的气候资源和多样性的生物资源。山地民众世代生活在山地地区，依山而居、伴树而栖，在和谐的自然环境中形成了朴素的情怀，创造了世界山地文明的历史。山地生态环境和人文资源，是大自然馈赠给人类的宝贵财富，是开展山地旅游的高价值资源。随着人们崇尚和回归自然、追求身心健康的需求变化，观光、休闲、康养、攀登、徒步、滑雪、探险、科考、研学等众多门类的山地旅游活动，正在成为深受人们青睐的现代生活方式。

国际山地旅游联盟（IMTA），备受认可的宗旨是：“保护山地资源、传承山地文明、促进山地经济、造福山地民众”。这是联盟自诞生之日就建立的经营理念，标志着联盟将肩负起并致力于可持续山地旅游发展的使命。联盟自 2017 年成立至今，已拥有来自世界五大洲 32 个国家和地区共 181 个团体和个人会员，包括世界名山在内的山地旅游国家和地区的旅游机构、非营利组织、涉旅企业、咨询机构、专业院校等。国际山地旅游联盟应时而生、应势而进，积极促进旅游业的国际交往和旅游产业合作，总结推广山地旅游发展经验，致力于通过可持续山地旅游发展，为全球旅游业可持续发展作出贡献。

《世界名山》摄影集，汇集了世界著名山脉、山岳、山地自然景观和人文景观，是一批世界顶级摄影爱好者长期以来对世界名山的精彩写照，是国际山地旅游联盟献给广大名山爱好者的礼物，承载着我们与您携手体验丰富多彩的山地生活，感受和谐共荣的山地历史，共创辉煌灿烂的山地文明的美好愿景。我们是山地资源的受益者，也是山地家园的守护者，让我们共同珍惜自然，敬畏自然，顺应自然，保护山地生态和人文环境，科学利用山地资源，为山地资源的永续利用作出积极贡献。

国际山地旅游联盟副主席邵琪伟



# Preface

Mountain, as a landform and a part of the natural ecosystem, is an essential space for people to live. Mountains cover one fourth of the Earth's land area. 75 percent of the countries in the world own mountains, and 30 to 40 percent of the global population rely on mountain resources. The natural and cultural resources that mountains provide are the common treasure of mankind, valuable to tourism. Mountain tourism plays a vital role in the development of world tourism, and it gives visitors a chance to experience a colorful mountain life, and feel the connection of human development with mountains. We can say that the history of human civilization reflects the maritime civilization and mountain civilization.

The famous mountains in the world integrate complex landscapes, climatic resources, and biodiversity. Mountain people have been living a humble life in harmony with nature for generations, creating a history of mountain civilization. The ecological and cultural resources in mountains are gifts and valuable assets to human from the nature, precious to mountain tourism. As people now pursue a philosophy of physical and mental health, and seek to go back to nature, plenty of mountain tourism activities such as sightseeing, leisure vacation, wellness tour, climbing, hiking, skiing, exploring, and scientific expedition, and study tour, are becoming popular modern life styles.

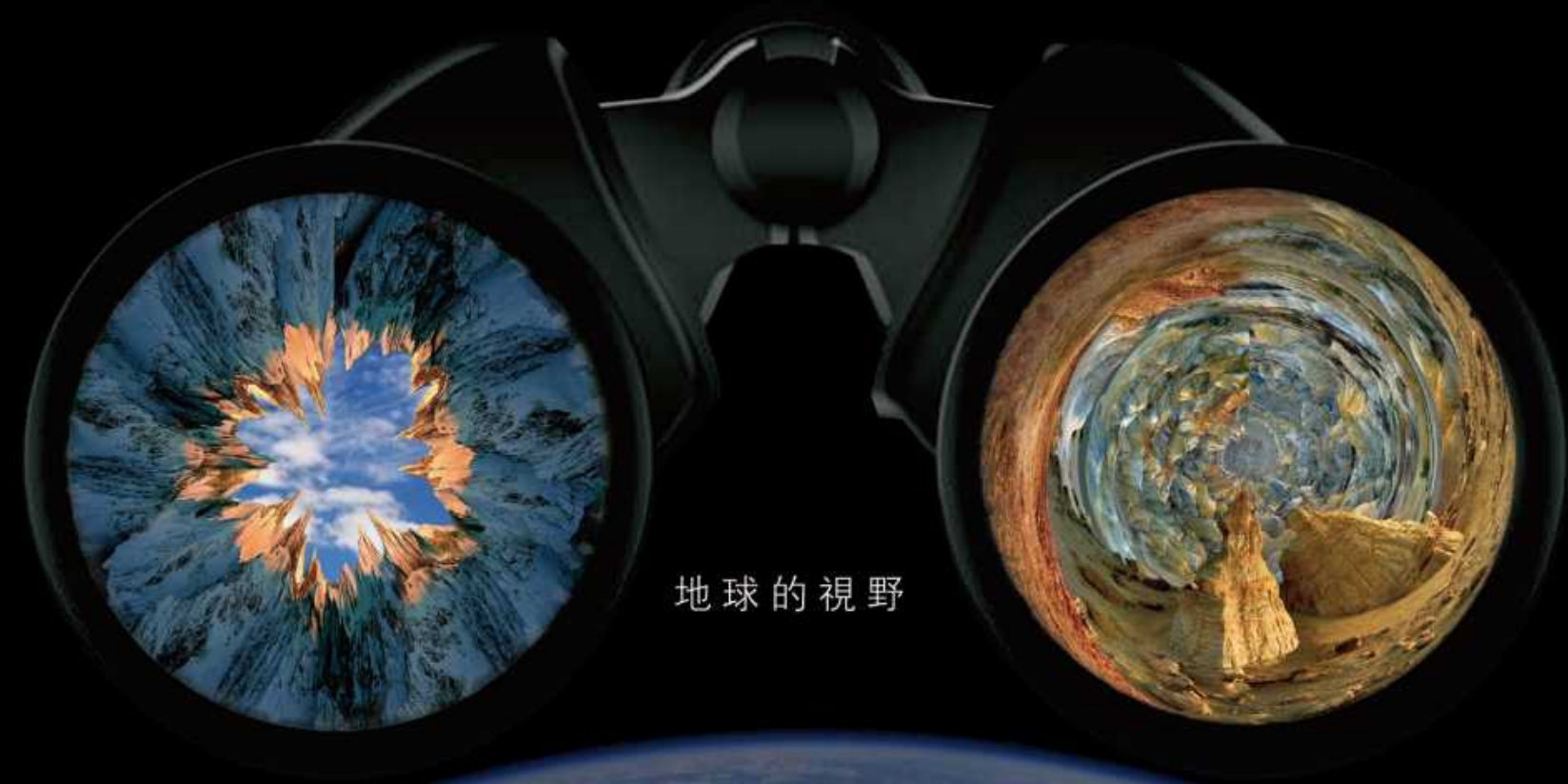
International Mountain Tourism Alliance (IMTA) sticks to the well-recognized purpose of “protecting mountain resources, preserving mountain civilization, promoting mountain economy and benefit of the people living in mountainous regions.” This core philosophy created with the founding of IMTA in 2017 demonstrates that IMTA is committed to sustainable mountain development. Until now, we have 181 group and individual members from 32 countries and regions across the globe, including world-famous mountains, travel agencies, non-governmental organizations, tourism enterprises, consulting organizations, and professional academies. IMTA emerges and advances in tune with the times, strives to promote the international exchange and cooperation in tourism, and learns experience from promoting mountain tourism development. In doing so, IMTA aims to contribute to the sustainable development of world tourism.

The photography *World Famous Mountains* shows famous hills, mountain ranges, and natural and cultural landscapes in the world. It is a wonderful work that witnesses the long-time efforts of first-class photographers, and also a gift for all mountain-lovers from IMTA. It represents our visions of living a colorful mountain life, remembering the history of harmony and prosperity between mountains and human, and creating a splendid mountain civilization. We benefit from mountain resources, and we must protect mountains in return. We must cherish, awe, and live in harmony with nature. For that, we should protect mountain ecology and culture, use the mountain resources in a scientific way, and make contributions to the sustainable development of mountain resources.

Vice Chairman of International Mountain Tourism Alliance (IMTA)  
Shao Qiwei

魅力山地  
Charming Mountain

*Visual art of the earth*



地球的視野





人类从未停止过对自然的探寻 人与自然的和谐共存 谱写世界最壮美的诗章

HUMAN BEINGS HAVE NEVER STOPPED THEIR EXPLORATION OF NATURE

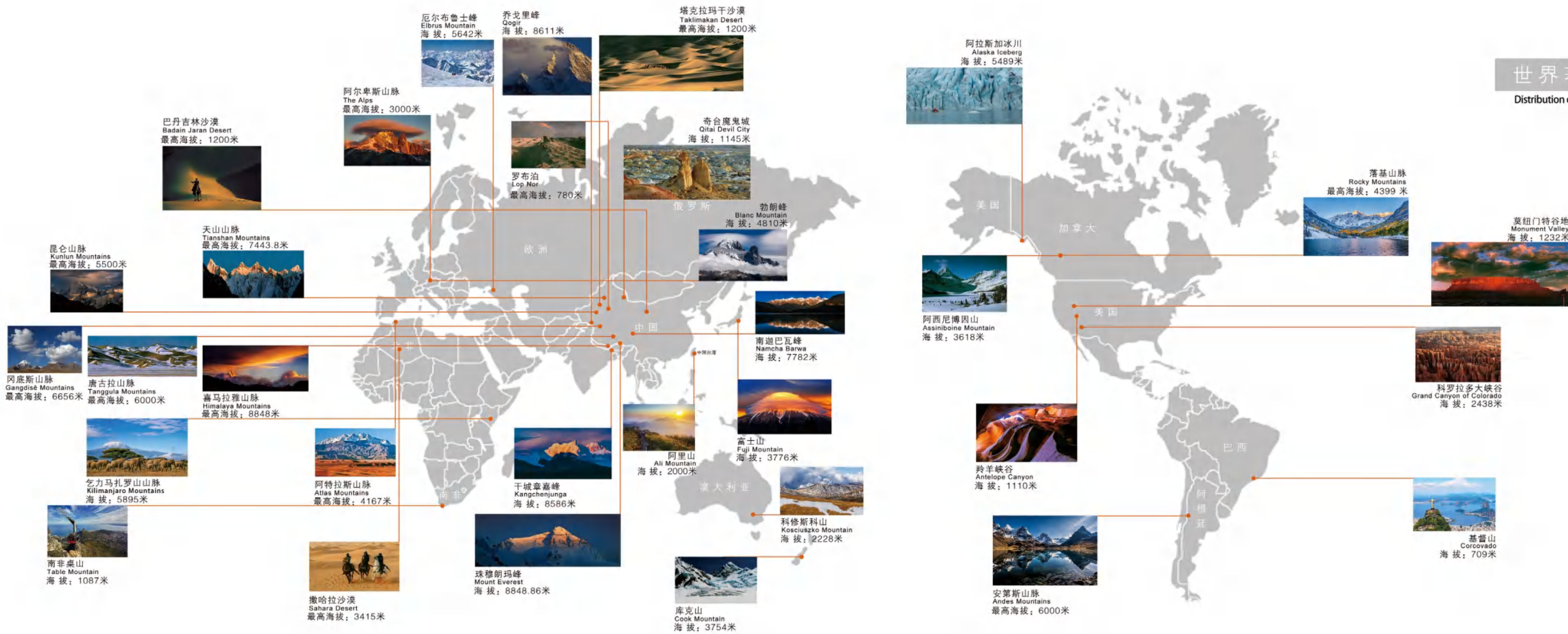
THE HARMONIOUS COEXISTENCE OF MAN AND NATURE

COMPOSES THE WORLD'S MOST SPLENDID POEM



# 世界著名山地分布

Distribution of famous mountains in the world



Contents

目录

著名山脉

Famous Mountains

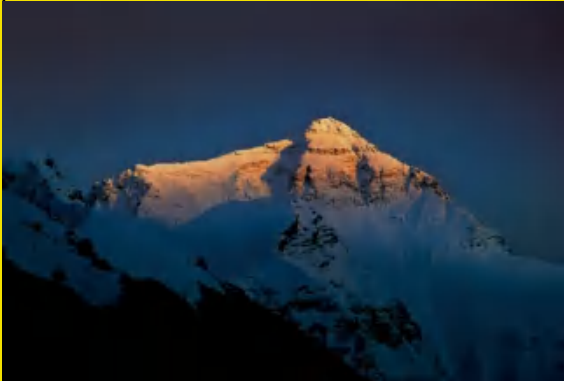
P 0 0 1 – 0 2 2



名山巡礼

Pilgrimage of Famous Mountains

P 0 2 5 – 0 6 0



魅力山地

Charming Mountains

P 0 6 3 – 0 9 8



山地人文

Mountains and Humanities

P 1 0 1 – 1 2 0







世界屋脊，  
天地屏障。  
苍穹之下，  
凌霄万丈。

Spine of the world,  
barrier between heaven and the earth.  
Under the dome,  
reaching the cloud.

# 著名山脉

*Famous Mountains*





Located on the southern edge of the Qinghai-Tibet Plateau, the Himalayas are also known as "the roof of the world" and are the highest mountain range in the world. They are the natural mountainous border of the East Asian continent and the South Asian subcontinent, as well as the natural boundary between China and India, Nepal, Bhutan, Pakistan and other countries. It has a total length of 2,450 kilometers and a width of 200-350 kilometers. The highest peak of Himalayas is Mount Everest, with an altitude of 8848.86 meters. The average altitude of Himalayas is 6000 meters. The Himalayas include 40 peaks exceeding 7,000 meters in elevation. Among the 14 peaks in the world exceeding 8,000 meters in elevation, 10 peaks belong to the Himalayas.

喜马拉雅山脉位于被称为世界屋脊的青藏高原的南巅边缘，是世界海拔最高的山脉。它是东亚大陆与南亚次大陆的天然界山，也是中国与印度、尼泊尔、不丹、巴基斯坦等国的天然国界。全长 2450 千米，宽 200-350 千米，最高峰为珠穆朗玛峰，海拔 8848. 86 米。平均海拔 6000 米。海拔 7000 米以上的高峰有 40 座，全世界 8000 米以上的 14 座高峰中，喜马拉雅山脉占了 10 座。





昆仑山脉，是亚洲中部的大山系，也是中国西部山系的主干。西起帕米尔高原东部，横贯新疆、西藏间，伸延至青海境内，全长约 2500 千米，平均海拔 5500-6000 米，宽 130-200 公里。昆仑山在中华民族的文化史上具有“万山之祖”的显赫地位，古人称昆仑山为中华“龙脉之祖”。

The Kunlun Mountains are the major mountains in central Asia and the backbone of the mountains in western China. It starts from the eastern part of the Pamirs in the west, runs across Xinjiang and Tibet, and extends into Qinghai. It has a total length of about 2500 kilometers, an average elevation of 5500-6000 meters, and a width of 130-200 kilometers. Kunlun Mountain has a prominent position as the "ancestor of ten thousand mountains" in the cultural history of the Chinese nation. The ancients called Kunlun Mountain the "ancestor of dragons" in China.





安第斯山脉，位于南美洲的西岸，属于科迪勒拉山系，从南美洲南端到最北面的加勒比海岸绵亘 8900 余千米，形成一道连绵不断的屏障，是世界上最长的山脉。最高峰为阿空加瓜山，海拔 6962 米，为西半球第一高峰。

The Andes Mountains are located on the west coast of South America, and belongs to the Cordillera mountain range. Extending more than 8,900 kilometers into a continuous barrier from the south end of South America to the northernmost Caribbean coast, the Andes mountain range is the longest mountain range in the world. Mount Aconcagua, the highest peak of the Andes mountain range, has an elevation of 6,962 meters, which is the highest peak in the Western Hemisphere.





#### 落基山脉 Rocky Mountains

落基山脉，是美洲科迪勒拉山系在北美洲的主干，由许多小山脉组成，被称为北美洲的“脊骨”。主要的山脉从加拿大不列颠哥伦比亚省到美国西南部的新墨西哥州，南北纵贯 4800 多千米。北美洲几乎所有大河都源于此。

The Rocky Mountains are the backbone of the Cordillera Mountains in North America. They are composed of many small mountains and is called the "spine" of North America. The major mountains extend from British Columbia, Canada to New Mexico in the southwestern of United States, spanning more than 4,800 kilometers from north to south. Almost all major rivers in North America originate from the Rocky Mountains.





阿尔卑斯山脉位于欧洲中南部，覆盖了意大利北部、法国东南部、瑞士、列支敦士登、奥地利、德国南部及斯洛文尼亚。呈弧形，长 1200 千米，宽 130-260 千米，平均海拔约 3000 米。有 82 座山峰超过 4000 米，最高峰是勃朗峰，海拔 4810 米，位于法国、意大利和瑞士的交界处。

The Alps are located in south central Europe, and stretch across northern Italy, southeastern France, Switzerland, Liechtenstein, Austria, southern Germany and Slovenia. The Alps are arc-shaped, with 1,200 kilometers in length, 130-260 kilometers in width, and an average elevation of about 3,000 meters. There are 82 mountain peaks exceeding 4,000 meters in elevation in the Alps, with the highest peak being Blanc Mountain, which has an altitude of 4,810 meters, and is located at the junction of France, Italy and Switzerland.





The Tanggula Mountains are located on the Qinghai-Tibet Plateau in China, with a total length of about 700 kilometers and a mountain width of more than 150 kilometers. The western part of the Tanggula Mountain Range is in Tibet. The eastern part is the boundary between Tibet and Qinghai. The southeast part links Yunling and Nushan of the Hengduan Mountains. The height of the Tanggula Mountain Range is about 6,000 meters in elevation. Geladandong Peak, the main peak of the Tanggula Mountain Range, is 6,621 meters above sea level, and is the birthplace of Tuotuo River which is the west source of Yangtze River. The Nu River and Lancang River also originate from the Tanggula Mountains.

唐古拉山脉位于中国青藏高原，全长约 700 千米，山体宽 150 千米以上，西段在西藏境内，东段为西藏与青海的界山，东南部延伸连接横断山脉的云岭和怒山。山脉高度在海拔 6000 米左右，主峰各拉丹冬峰海拔 6621 米，是长江西源沱沱河的发源地。怒江、澜沧江也发源于唐古拉山脉。





冈底斯山脉，位于中国西藏西南部，与喜马拉雅山脉平行，被称为“世界之轴”。东接念青唐古拉山脉，长 1100 千米。海拔约 6000 米。最高峰为罗波峰（冷布岗日），海拔 7095 米。第二主峰冈仁波齐峰，海拔 6656 米，为佛教著名圣山——她被象雄雍仲苯教尊为圣地，被誉为宇宙中心；被尼泊尔人、印度人誉为印度教湿婆的乐园。

The Gangdisê Mountains are located in the southwestern part of Tibet, and are parallel to the Himalayas. They are called the "Axis of the World". With a total length of 1,100 kilometers and an altitude of about 6,000 meters, the Gangdisê Mountains are connected to the Nyainqentanglha mountain range in the east. The highest peak of the Gangdisê Mountains is Luobo Peak (Lengbugangri), which is 7,095 meters above sea level. The second main peak, Gang Rinpoche, is 6,656 meters in elevation, and is a famous holy mountain in Buddhism. The Gangdisê Mountains were revered as a holy place by Zhang-zhung Bonismo and were granted as the "Center of the Universe"; it is also regarded by the Nepalese and Indians as "Shiva's paradise" in Hinduism.





The Tianshan Mountains are located in the hinterland of Eurasia, which stretch across China, Kazakhstan, Kyrgyzstan and Uzbekistan from east to west. The Tianshan Mountains have a total length of about 2,500 kilometers, and an average width of 250-350 kilometers from north to south, with the widest point extending more than 800 kilometers. The Tianshan Mountains are the world's largest independent zonal mountain system which are also the world's farthest mountain system from the ocean and the largest mountain system in arid regions of the world. The Tianshan Mountains have about 4,000 meters of average altitude, stretching for about 1,760 kilometers in Xinjiang, China. Tuomuer Peak, the highest peak of the Tianshan Mountains, is 7443 meters in elevation.

天山山脉，位于欧亚大陆腹地，东西横跨中国、哈萨克斯坦、吉尔吉斯斯坦和乌兹别克斯坦四国，全长约 2500 千米，南北平均宽 250—350 千米，最宽处达 800 千米以上，是世界上最大的独立纬向山系，也是世界上距离海洋最远的山系和全球干旱地区最大的山系。平均海拔约 4000 米。在中国新疆境内绵延约 1760 千米。拥有最高峰托木尔峰，海拔 7443 米。





南极，是人类最后到达的大陆，也叫“第七大陆”，是南极点周围地区的统称，包含南大洋及其岛屿和南极大陆，总面积约 6500 万平方公里，其大陆部分是全球唯一无永久居民的大陆。为寒带冰原气候，常年为冰雪覆盖。

Antarctica is the last continent reached by humans and is also called the "seventh continent". It is the collective name of the areas surrounding the South Pole, which includes the Southern Ocean, islands of the Southern Ocean, and the Antarctic continent. The total area of the Antarctica is about 65 million square kilometers. Its continental part is the only one in the world that has no permanent residents. With a frigid glacial climate, the Antarctica is covered with snow and ice all year round.



草帽山，位于欧洲北部冰岛锡费尔斯半岛北岸，靠近格伦达尔夫约尔镇，海拔 463 米，形似草帽，是冰岛被拍摄得最多的山。

Kirkjufell Mountain is located on the northern shore of Snæfellsnes Peninsula in Iceland in northern Europe, which is close to the town of Grundarfjörður. It is 463 meters above sea level. Because the shape of Mount Kirkjufell resembles a straw hat, it also become the mountain in Iceland that is most frequently photographed.





乞力马扎罗山脉 Kilimanjaro Mountains

乞力马扎罗山脉，位于坦桑尼亚东北部及东非大裂谷以南约 160 公里，是非洲最高的山脉，有“非洲屋脊”之称，许多地理学家称它为“非洲之王”。乞力马扎罗山主要由三座死火山构成。其中央火山锥呼鲁峰，海拔 5895 米，为非洲最高点。

The Kilimanjaro Mountains are located in northeastern Tanzania and about 160 kilometers south from the Great Rift Valley. It is the highest mountain range in Africa, named as the "Roof of Africa" and the "King of Africa" by many geographers. Kilimanjaro Mountain is mainly composed of three extinct volcanoes. Hulu Peak, the central volcanic cone of the Kilimanjaro mountain range, is 5,895 meters above sea level, and is the highest point in Africa.





Nyenchen Tanglha Mountain is one of the three sacred mountains in Tibet (Kailash Mountain, Nyenchen Tangla Mountain and Amyé Machen Mountain), one of the nine sacred mountains, and the first of the thirteen sacred mountains. It is the continuation of Mount Kailas to the east, running across the central and eastern Tibet, extending to the southeast and connecting with the Baxoila Ling in the southwest of the Hengduan Mountains, and slightly protruding to the north in the central part. In the meantime, it divides Tibet into three regions of northern Tibet, southern Tibet, southeastern Tibet. The southeast part of the mountain is near the Namcha Barwa peak at the great bend of the Yarlung Tsangpo River.

念青唐古拉山是藏地三大神山（冈底斯、念青唐拉、玛积雪山）之一，也是九大神山之一，更是十三大神山之首。横贯西藏中东部，为冈底斯山向东的延续，东南延伸与横断山脉西南部的伯舒拉岭相接，中部略微向北凸出，同时将西藏划分成藏北、藏南、藏东南三大区域。东南靠近雅鲁藏布江大拐弯处的南迦巴瓦峰。





峰峦叠嶂，  
世界脊梁。  
屹立天地，  
不屈信仰。

Rolling ranges of mountains,  
backbone of the world.  
Standing between heaven and earth,  
unremitting faith.

# 名山巡礼

*Pilgrimage of Famous Mountains*







Mount Qomolangma, or Mount Everest, is located in the middle of the Himalayas at the border of China and Nepal. With an elevation of 8,848.86 meters, it is the highest peak in the world. The mountain is shaped like a giant pyramid. The tall and magnificent image of Mount Everest always has a huge impact in the locality and worldwide.

珠穆朗玛峰，简称珠峰，位于中国和尼泊尔交界的喜马拉雅山脉中段，是世界第一高峰，海拔 8848.86 米。山体呈巨型金字塔状，珠峰高大巍峨的形象，一直在当地以及全世界范围产生巨大的影响。





希夏邦马峰，坐落在喜马拉雅山脉中段，海拔 8027 米，在世界 14 座 8000 米级高峰中排名第 14 位，也是唯一一座完全在中国境内的 8000 米级高峰，藏族人民有许多神话和歌谣称颂其为吉祥的神山。

The Shishapangma Peak is located in the middle of the Himalayas, with an altitude of 8,027 meters. It ranks 14th among the 14 peaks in the world with an altitude of above 8,000 meters. It is also the only peak above 8,000 meters in elevation that is completely located in China. The Shishapangma peak is praised an auspicious mountain in many myths and songs created by the Tibetan people.



乔戈里峰，是喀喇昆仑山脉的主峰，又称 K2 峰，海拔 8611 米。主要有 6 条山脊，西北 --- 东南山脊为喀喇昆仑山脉主脊线，同时也是中国、巴基斯坦的国境线。

Qogir, also known as the K2 Peak, is the main peak of the Karakoram Mountains. It is 8,611 meters in altitude and mainly has 6 ridges. The northwest-southeast ridge is the main ridge line of the Karakun Mountains and is also the border of China and Pakistan.





干城章嘉峰，海拔 8586 米，是世界第三高峰，属于喜马拉雅山脉，位于尼泊尔和印度边界。有五座峰顶，其中四个峰顶的海拔在 8400 米以上。  
Kangchenjunga, with an altitude of 8,586 meters, is the third highest peak in the world. It belongs to the Himalayas and is located on the border of Nepal and India. There are five peaks in Kangchenjunga, four of which are above 8,400 meters in elevation.



中国一号冰川位于绵延千里的天山天格尔峰北侧，周围还分布有 2 号至 6 号远古冰川。它们是世界上最远的冰川系，是罕见的高原山地冰川。  
China 's No. 1 Glacier is located on the north side of Tiangeer Peak in Tianshan Mountains that stretches thousands of miles. Nearing the No. 1 Glacier also locate the No. 2 to No. 6 ancient glaciers. They are the world's farthest glacier system from the ocean, and the plateau mountain glaciers that can rarely be seen in other places.





阿尔卑斯山脉位于欧洲中南部，覆盖了意大利北部、法国东南部、瑞士、列支敦士登、奥地利、德国南部及斯洛文尼亚。呈弧形，长 1200 千米，宽 130-260 千米，平均海拔约 3000 米。有 82 座山峰超过 4000 米，最高峰是勃朗峰，海拔 4810 米，位于法国、意大利和瑞士的交界处。

The Alps are located in south central Europe, and stretch across northern Italy, southeastern France, Switzerland, Liechtenstein, Austria, southern Germany and Slovenia. The Alps are arc-shaped, with 1,200 kilometers in length, 130-260 kilometers in width, and an average elevation of about 3,000 meters. There are 82 mountain peaks exceeding 4,000 meters in elevation in the Alps, with the highest peak being Mont Blanc, which has an altitude of 4,810 meters, and is located at the junction of France, Italy and Switzerland.



南迦巴瓦峰，地处喜马拉雅山脉、念青唐古拉山脉和横断山脉的交汇处，是中国西藏林芝市最高的山，海拔 7782 米，高度排在世界最高峰的第 15 位，属于喜马拉雅山脉，位于喜马拉雅山脉最东端。围绕南峰的雅鲁藏布江大峡谷是世界上迄今为止发现的最大的峡谷。

Nanga Bawa is located at the intersection of the Himalayas, Nyainqentanglha and Hengduan Mountains. It is the highest mountain in Nyingchi County, Tibet, China. It has an elevation of 7,782 meters and ranks 15th among the highest peaks in the world. As part of the Himalayas, Nanga Bawa is located at the easternmost tip of the Himalayas. The Yarlung Zangbo Grand Canyon surrounding the Nanga Bawa Peak is the largest canyon discovered so far in the world.





多庆湖和卓木拉日雪山 Duoqing Lake and Zhuomulari Snow Mountain

Zhuomulari Snow Mountain is located in Yadong County, Xigaze, Tibet. It is a huge natural mountain pass formed by the block mountain system which is composed by early Paleozoic strata and Himalayan granite. The steep mountain is 7,326 meters in elevation and is a unique tourist attraction in the Shigatse area for sightseeing and taking adventures.

卓木拉日雪山，坐落于中国西藏日喀则亚东县，是早古生代地层和喜马拉雅山花岗岩所组成的断块山系形成的巨大的天然山口。山势险峻，海拔7326 米。是日喀则地区独具特色的观光和探险旅游景区。





公格尔九别峰，坐落在中国新疆阿克陶县境内，海拔 7530 米，与公格尔峰同在西昆仑山脉西端的山脊线上，两者直线距离仅 15 公里。她们山体相连，是一对联袂而立的姊妹峰，它们与其南面的慕士塔格峰同居西昆仑山脉，并称为东帕米尔高原的三座著名高峰。

Gongger Jiubie Peak is located in Akto County, Xinjiang, China. It is 7,530 meters above sea level, standing on the ridge line of the western end of the West Kunlun Mountains along with the Gongger Peak. The straight-line distance between the two peaks is only 15 kilometers. They are connected in the mountain bodies and stand together like a pair of sisters. The two peaks, along with the Muztag Peak in their south direction, are all located in the West Kunlun Mountains and are known as the "Three Famous Peaks of the East Pamirs".



博格达峰，坐落在中国新疆境内，海拔 5445 米，是天山山脉东段的最高峰。耸立在阜康县南的群山之上。主峰和左右两峰肩连，三峰并起，形如峰架，甚是巍峨。Bogda Peak is located in Xinjiang, China, with an altitude of 5,445 meters. It is the highest peak in the eastern section of the Tianshan Mountains. Bogda Peak stands higher than any other mountains in the south of Fukang County. The main Bogda peak is connected to its left and right peaks shoulder by shoulder. The three peaks, rising side by side like a hump, compose a view that is both solemn and magnificent.





富士山，日本第一高峰，海拔 3776 米，位于静冈县与山梨县交界处，被日本人民誉为“圣岳”，目前虽处于休眠状态，但地质学家仍然把它列入活火山之列。Fuji Mountain, with an altitude of 3,776 meters, is the highest peak in Japan. It is located at the junction of Shizuoka Prefecture and Yamanashi Prefecture and is known as the "Holy Mountain" among the Japanese people. Although it is currently in the dormant state, it is still regarded as an active volcano by geologists.



位于日本山梨县富士吉田市，为观赏富士山的绝佳处。  
Located in Fujiyoshida City, Yamanashi Prefecture, Japan, Arakurayama is a great place to appreciate the view of Fuji Mountain.



勃郎峰 Blanc Mountain



勃朗峰，是阿尔卑斯山脉最高峰，也是西欧第一高峰，海拔4810.90米。位于法国和意大利边境。有 9 座海拔超过 4000 米的山峰。勃朗峰地势高耸，白雪皑皑，是著名滑雪和登山胜地。

With 4,810.90 meters in elevation, Blanc Mountain is the highest peak in the Alps and in Western Europe. Located on the border of France and Italy, Blanc Mountain has a total of 9 peaks with over 4,000 meters of altitude. With towering terrain and snow-capped scenery, Blanc Mountain is a famous skiing and mountaineering resort.

十胜岳 Tokachidake Mountain



十胜岳位于日本北海道大雪山国立公园的南部，是十胜连峰的最高峰，为日本活火山之一。

Tokachi Mountain is located in the southern part of Daisetsuzan National Park in Hokkaido, Japan. It is the highest peak of the Tokachi mountain range and one of the active volcanoes in Japan.



阿特拉斯山脉 Atlas Mountains



阿里山 Ali Mountain

耶稣山 Jesus Mountain



科修斯科山 Kosciuszko Mountain

阿拉斯加冰山 Alaska Iceberg



阿拉斯加州隶属美国，位于北美大陆西北端，东与加拿大接壤，另三面环北冰洋、白令海和北太平洋，是美国面积最大的州。其冰河区域是世界上除南北极以外冰原面积最大的地方，有无数的冰山、各类鲸鱼和爱斯基摩人的皮划舟。

Alaska is a state of the United States which is located at the northwestern tip of the North American continent. Bordering Canada to the east and surrounded by the Arctic Ocean, Bering Sea and the North Pacific on three sides, Alaska is the largest state in the United States. It has the largest glacier area in the world except the Arctic and Antarctic. There are countless icebergs, various types of whales and kayaks of the Eskimos here in Alaska.



阿空加瓜峰 Acongagua Peak



阿空加瓜山，地处南美洲阿根廷门多萨省西北端，临近智利边界，海拔 6959 米，是亚洲之外最高的山峰，被公认为西、南半球最高峰。她坐落在安第斯山脉北部，峰顶在阿根廷西北部门多萨省境，但其西翼延伸到了智利圣地亚哥以北海岸低地，属于科迪勒拉山系的安第斯山脉南段，绰号“美洲巨人”。

Aconcagua Mountain is located at the northwestern tip of Mendoza Province in South America, Argentina, near the border of Chile. With 6,959 meters in elevation, it is the highest mountain outside Asia and is recognized as the highest peak in the Western and Southern Hemispheres. Aconcagua Mountain is located in the northern part of the Andes Mountains, with its peak located in Toza province in northwestern Argentina. However, its west wing extends to the lowlands north of the coast of Santiago, Chile, which belongs to the southern section of the Andes in the Cordillera mountain range. The Aconcagua Mountain is nicknamed as the "American Giant".

塔希提岛 Tahiti Island



塔希提岛，是法属波利尼西亚向风群岛中的最大岛屿，位于南太平洋，四季温暖如春，物产丰富。

Tahiti Island is the largest island in the Windward Islands of French Polynesia. Located in the South Pacific, it is warm in all seasons and is rich in natural resources.





阿西尼博因山，海拔 3618 米，是加拿大西南部的一座山峰，位于加拿大落基山脉南部的不列颠哥伦比亚省和阿尔伯塔省交界处，地处大陆分水岭上，是加拿大美丽的山峰之一。  
Assiniboine Mountain is 3,618 meters in elevation located in southwestern Canada. Standing on the continental divide and at the junction of British Columbia and Alberta in the south of Rockies in Canada, Assiniboine Mountain is one of the most beautiful peaks in Canada.



桌山位于南非开普半岛北端，是开普敦的地标，海拔高度 1087 米，山顶像桌面一样平坦，被当地人称为“上帝的餐桌”。她是南非近四百年现代史最权威的见证者。  
Table Mountain is located at the northern end of the Cape Peninsula in South Africa. With 1,087 meters above sea level, Table Mountain is a landmark of Cape Town. The top of the mountain is as flat as a table and is therefore called “the Table of the God” by the localities. Table Mountain is also the most authoritative witness of nearly 400 years of modern history in South Africa.





贡嘎山位于中国四川省康定以南，是大雪山的主峰。贡嘎主峰海拔 7556 米，周围林立着多座海拔五六千米的冰峰，形成了雪山环抱、雪山相接的宏伟景象。  
Gongga Mountain is located in the south of Kangding, Sichuan Province, China. It is the main peak of Daxue Mountain. The main peak of Gongga is 7,556 meters above sea level, surrounded by many ice peaks at an altitude of five to six kilometers, which form a magnificent scene in which the Gongga Snow Mountain is nestled by a range of snowy mountains linked one after another.



慕士塔格峰位于中国新疆阿克陶县与塔什库尔干塔吉克自治县交界处，海拔 7509 米，屹立于帕米尔高原东部，属于昆仑山脉，是西昆仑山脉第三高峰，被誉为“冰山之父”。慕士塔格峰、公格尔峰、公格尔九别峰，三山耸立，如同擎天玉柱，屹立在美丽的帕米尔高原上，成为帕米尔高原的标志。  
Muztag Peak is located at the junction of Akto County and Taxkorgan Tajik Autonomous County in Xinjiang, China. It stands 7,509 meters above sea level in the eastern Pamirs and is the third highest peak of the West Kunlun Mountains. Muztag Peak is known as the "Father of Icebergs". The Muztag Peak, the Gongger Peak, and the Gongger Jiubie Peak stand aloft like the Optimus Jade Pillar on the scenic Pamirs and have become the symbol of the Pamirs.





阿尔金山脉位于中国新疆东南部，东端绵延至青海、甘肃两省，为塔里木盆地和柴达木盆地的界山。东接祁连山，平均高度 3000-4000 米。西段较高，最高峰 6161 米。  
The Altun Mountains are located in the southeastern part of Xinjiang, China. The eastern end of the Altun Mountains stretches to Qinghai and Gansu provinces. The Altun Mountains are the boundary between the Tarim Basin and the Qaidam Basin. They are adjacent to Qilian Mountain to the east. The Altun Mountains have an average height of 3,000-4,000 meters, with the western section higher than the eastern section. The highest peak of the Altun Mountains is 6,161 meters in elevation.



天山呈东西走向，绵延中国境内 1700 千米，占地 57 万多平方千米，占新疆全区面积约 1/3。中国境内的天山山脉把新疆大致分成两部分：南边是塔里木盆地，北边是准噶尔盆地。托木尔峰是天山山脉的最高峰，海拔 7443.8 米。锡尔河、楚河和伊犁河都发源于天山。  
The Tian Shan runs east-west, stretching 1,700 kilometers across China and covering over 570,000 square kilometers, accounting for about 1/3 of the total area of Xinjiang. The Tian Shan in China divides Xinjiang into two parts: the Tarim Basin in the south and the Junggar Basin in the north. Tomur Peak is the highest in the Tian Shan, at 7,443.8 meters above sea level. The Syr Darya, Chu and Ili rivers all originate in the Tian Shan.





稻城三神山，位于中国四川稻城县，方圆千余平方公里，主体部分是三座完全隔开、但相距不远、呈“品”字形排列的雪峰，其中北峰仙乃日 6032 米，南峰央迈勇 5958 米，东峰夏诺多吉 5958 米。三座雪峰洁白，峭拔，似利剑直插云霄。分别是观音、文殊和金刚手菩萨的化身，因此又被称为三怙主雪山。 Sanshin Mountain is located in Daocheng County, Sichuan Province, China, which covers an area of more than 1,000 square kilometers. The main part of Sanshin Mountain is three snow peaks that are completely separated but not far apart, standing in the shape of the Chinese character "品". Xiannairi, the north peak of Sanshin Mountain, is 6,032 meters in elevation. Yangmai Yong, the south peak, is 5,958 meters in elevation. And Chenodoji, the east peak, is 5,958 meters in altitude. The three snow peaks are white and sharp, thrusting into the sky like three sharp swords. As they are the incarnations of Guanyin, Manjusri, and Vajrayana Bodhisattva, they are also named as the "Snow Mountains of the Three Fanitees".



神女峰又称缅茨姆峰，海拔 6054 米，是中国云南梅里雪山的第二高峰，窈窕婀娜，纯洁秀美。 The Goddess Peak, also known as the Mencimu Peak, is 6,054 meters above sea level. Being graceful, clean and elegant, the Goddess Peak is the second highest peak of the Meili Snow Mountain in Yunnan, China.





Fanjing Mountain is located in Tongren, China’s southeast Guizhou province. It is the main peak of the Wuling Mountains, and is 2,572 meters in elevation. The name "Fanjing" originates from the word "Fantianjingtú", which means "the pure land of Brahman". Fanjing Mountain is the famous dojo of Maitreya Bodhisattva. The supernatural craftsmanship of nature and the rich resources of rare animal and plant species have added to Fanjing Mountain's popularity at home and abroad. The Red Cloud Golden Summit is its most famous tourist attraction among all the scenic spots in Fanjing Mountain.

梵净山，位于中国贵州铜仁，为武陵山脉的主峰，海拔 2572 米。得名于“梵天净土”，为著名的弥勒菩萨道场，大自然的鬼斧神工、丰富的珍稀动植物资源，让梵净山蜚声中外。其中，红云金顶为其最著名景点。





Meili Snow Mountain is a huge group of snow-capped mountains running from south to north. It is located in the west of Yunling Township, Deqin County, Diqing Prefecture, Yunnan Province, and the east of Zayu County, Tibet. Meili Snow Mountain, together with Gang Rinpoche in Tibet, Animaqing Mountain in Qinghai, and Ga Duo Juewo in Qinghai, are known as the Four Holy Mountains of Tibetan Buddhism. Meili Snow Mountain has a total length of 150 kilometers. Its highest peak is Kawagebo Peak, which is 6,740 meters above sea level, and is the highest mountain in Yunnan Province.

梅里雪山，是一座南北走向的庞大的雪山群，位于中国云南迪庆州德钦县境云岭乡西部和西藏察隅县东部。它与西藏的冈仁波齐、青海的阿尼玛卿山、青海的尕朵觉沃并称为藏传佛教四大神山。全长 150 千米，最高峰为卡瓦格博峰，海拔 6740 米，为云南省最高山峰。





Antarctica is known as the seventh continent, which is also the last continent being discovered by human beings and the only uninhabited continent. The total area of the Antarctic continent is 13.9 million square kilometers, ranking fifth among all continents in the world. The entire Antarctic continent is covered by a huge ice sheet, with an average elevation of the Antarctica is 2,350 meters, and with huge icebergs that can be seen everywhere in the Antarctica, making it the highest continent in the world.

南极被人们称为第七大陆，是地球上最后一个被发现唯一没有人员定居的大陆。南极大陆的总面积为 1390 万平方千米，相当于中国和印巴次大陆面积的总和，居世界各洲第五位。整个南极大陆被一个巨大的冰盖所覆盖，平均海拔为 2350 米，到处可见巨大的冰山，是世界上最高的大陆。





The Arctic region refers to the area within the Arctic Circle with cold weathers all year round. The Arctic has spectacular icebergs, boundless snow and ice, and long winters. The Arctic is the most sparsely populated area in the world. For thousands of years, Inuit (formerly known as Eskimos) have inhabited here for generations. The Arctic is also the hometown of wild animals such as polar bears.

北极地区是指北极圈以内的地区，终年寒冷。北极有壮观的冰山、无边的冰雪、漫长的冬季。北极是世界上人口最稀少的地区。千百年来，因纽特人（旧称爱斯基摩人）在这里世代生存，同时它也是北极熊等野生动物的故乡。





大漠溶金，  
湖泊玉藏。  
峡谷深邃，  
文明原乡。

The setting sun is like dissolved gold in the desert,  
beautiful lakes hide like jades.  
Deep canyons,  
civilization's original home.

# 魅力山地

*Charming Mountains*







Yadan is a typical wind-eroded landform. It generally refers to the land shape formed by the soil-like sediments of the river and lake facies. After weathering, intermittent water erosion and wind erosion, a combined landform of wind erosion mounds and recesses (grooves) are formed, which appear alternately and are parallel to the prevailing wind direction. The Yadan landform in China covers an area of about 20,000 square kilometers and is mainly distributed in Xinjiang, Gansu, Inner Mongolia, Qinghai, Tibet, etc. It also exists in some other countries, such as the United States.

雅丹是一种典型的风蚀性地貌，泛指河湖相土状沉积物所形成的地面，经风化作用、间歇性流水冲刷和风蚀作用，形成与盛行风向平行、相间排列的风蚀土墩和风蚀凹地（沟槽）地貌组合。中国雅丹面积约 2 万平方千米，主要分布在新疆、甘肃、内蒙古、青海、西藏等地，其他国家如美国等也有分布。





#### 札达土林 Zanda Earth Forest

札达土林，位于中国西藏阿里札达县境内，在冈底斯山脉和喜马拉雅山脉之间。土林在地质学上叫河湖相地貌，为古大湖湖盆及大河河床经漫长时期流水侵蚀而形成的特殊高原地貌。札达土林分布在象泉河两岸方圆数百公里，高低错落，千姿百态。存有早期人类洞窟遗址。

Zanda Earth Forest is located between the Gangdise Mountains and the Himalayas in Zanda County, Ali Area, Tibet, China. In geology, the earth forest is called the fluvial and lacustrine facies landform, which is a special plateau landform formed by the water erosion of the ancient lake basin and river bed in the long historical period. Zanda Earth Forests is distributed on both sides of the Xiangquan River and extends hundreds of kilometers, with varying heights and shapes. Ruins of early human caves can also be found in the forest.





#### 魔鬼城 Devil City

奇台魔鬼城位于中国新疆昌吉奇台县境内，如同隐藏在戈壁深处的一座神秘莫测的古老“城廓”，梦幻莫测，总面积达 84 平方公里。

Qitai Devil City is located in Qitai County, Changji, Xinjiang, China. With a total area of 84 square kilometers, Qitai Devil City is like a mysterious and unpredictable ancient "city outline" hidden in the depths of the Gobi.





Located in the center of the Tarim Basin in southern Xinjiang, China, the Taklimakan Desert is the largest desert in China. It is also the tenth largest desert and the second largest mobile desert in the world. It is flanked by majestic mountains: Tianshan Mountains to its north, Kunlun Mountains to its south, and the Pamirs to its west. The east side of the desert gradually transitions to the Lop Nur bog basin. The Taklimakan Desert covers an area of 330,000 square kilometers. It is full of the fantastic and mysterious color due to its location in the center of Eurasia surrounded by mountains on all sides. The height of sand dunes is generally 100-200 meters, with the highest reaching about 300 meters. The Taklimakan Desert is rated as one of the five most beautiful deserts in China.

塔克拉玛干沙漠位于中国新疆南疆的塔里木盆地中心，是中国最大的沙漠，也是世界第十大沙漠，同时亦是世界第二大流动沙漠。其侧翼为雄伟的山脉：天山在北面，昆仑山在南面，帕米尔高原在西面。东面逐渐过渡到罗布泊沼盆。面积达 33 万平方公里，由于地处欧亚大陆的中心，四面为高山环绕，充满着奇幻和神秘的色彩。沙丘高度一般在 100-200 米，最高达 300 米左右，被评为中国五个最美沙漠之一。





Located in the western part of China's Inner Mongolia, the Badain Jaran Desert is the second largest desert in China. It is also the main part of the Alxa Desert. The Badain Jaran Desert has a total area of about 50,000 square kilometers. The Bilutu Peak, the highest sand peak in the world (1,617 meters above sea level), is located in the desert. Compared with other deserts in the world, the Badain Jaran Desert also sees the largest number of lakes. It is renowned for its "Five Wondrous Scenes", including magnificent peaks, singing sand, lakes, sacred springs, and temples, and is known as the most beautiful deserts in the world. A small number of herders live in the desert and create a desert ecological culture where people and nature coexist in peace and harmony. An average of less than 1 person per 10 square kilometers can be seen in the desert.

巴丹吉林沙漠，位于中国内蒙古西部，是中国第二大沙漠，是阿拉善沙漠的主体，总面积约 5 万平方公里。其中有世界上最高的沙峰——必鲁图峰（海拔 1617 米）和沙漠里最多的湖泊。奇峰、鸣沙、湖泊、神泉、寺庙堪称巴丹吉林“五绝”，被称为世界上最美丽的沙漠。这里居住着少数牧民，创造了人与自然相安如初的大漠生态文化，平均每 10 平方公里不到 1 人。





The Tengger Desert is mainly located in China's Inner Mongolia. It borders Gansu and Ningxia, and is the fourth largest desert in China. It reaches the Great Wall in the South, the Helan Mountain in the east, and Yabrai Mountain in the west. The Tengger Desert covers an area of about 43,000 square kilometers. The desert is vast, desolate, and majestic, undulating thousands of miles, with continuous sand dunes falling and rising like solidified waves. The soft lines of sand dunes fully demonstrate the extraordinary charm of the Tengger Desert.

腾格里沙漠主要位于中国内蒙，与甘肃和宁夏交界，是中国第四大沙漠。南越长城，东抵贺兰山，西至雅布赖山。面积约 4.3 万平方公里。大漠浩瀚、苍凉、雄浑，千里起伏，连绵的沙丘如同凝固的波浪高低错落，柔美的线条显现出它的非凡韵致。





科罗拉多大峡谷 Grand Canyon of Colorado

The Grand Canyon of Colorado is located in the Kaibab Plateau in Arizona in the western United States. It covers an area of 2,724 square kilometers and runs from east to west. It is a masterpiece of the Colorado River (originating from the Rocky Mountains of Colorado). The Grand Canyon of Colorado is a world-famous canyon, which has a total length of 446 kilometers, an average width of 16 kilometers, a maximum valley depth of 2,133 meters, and an average depth of more than 1,500 meters. Native American Indians has been dwelling at this place as early as 5000 years ago. It has attracted countless adventurous tourists to drift along the Grand Canyon with the rubber raft.

美国科罗拉多大峡谷位于美国西部亚利桑那州凯巴布高原。面积为 2724 平方公里，呈东西走向，是科罗拉多河杰作（发源于科罗拉多州的落基山），全长 446 千米、平均宽度 16 千米、最大谷深 2133 米、平均深度超过 1500 米，为世界著名大峡谷。早在 5000 年前，就有土著美洲印第安人在此居住。乘橡皮筏漂流此大峡谷成为无数冒险旅游者的向往。





美国波浪谷指美国亚利桑那州北部朱红悬崖的帕利亚 (Paria) 峡谷，其砂岩上的纹路像波浪一样，由数百万年的风、水和时间雕琢砂岩自然而成为五彩缤纷的奇妙世界。

Coyote Buttes is a section of the Paria Canyon-Vermillion Cliffs Wilderness of Northern Arizona, USA. The patterns on the sandstone of the Coyote Buttes are like the waves and the whole landscape is like a colorful and wonderful world, formed under the carving of wind, water and millions of years of times.



美国羚羊峡谷是世界上著名的狭缝型峡谷之一，位于美国亚利桑那州的沙漠，常年处在干涸的河道之中，最靠近的城市为佩吉市，属于纳瓦荷原住民保护区。老一辈的纳瓦荷族曾将此地视为静思与大龄沟通的栖息地。峡谷里常有羚羊栖息，此为羚羊谷得名由来。

The American Antelope Canyon is one of the world's famous slit canyons. It is located in the dry river all year round in the desert of Arizona in the United States. The nearest city to the American Antelope Canyon is Page City, which is the protection area of the Navajo aborigines. The older generations of Navajo once regarded this place as a habitat for meditation and communication with older adults. As there are often antelopes inhabiting here, the canyon is therefore named as the Antelope Canyon.





Baisha Mountain is located in Kashgar, Xinjiang, China. Along the 314 National Highway heading from Kashgar to Taxkorgan, a series of silver sand dunes of different heights and sizes can be observed extending into the distance—this is Baisha Mountain, a peculiar landscape on the China-Pakistan Highway. The silver sand of Baisha Mountain is white and soft. When you climb to the top of Baisha Mountain and slide down, you will hear the sand making distinct and pleasant sounds. In the middle of Baisha Mountain, two natural sand lakes, Baisha Lake, are like two bright mirrors shining in the desert. As a wide variety of wild desert plants grow around the lake, the lake can also be granted as the natural botanical garden in the desert.

白沙山位于中国新疆喀什境内，由喀什向塔什库尔干行进的 314 国道旁，一溜高低大小不一的银色沙丘绵延伸向远方，它就是中巴公路上一处奇特的景观——白沙山。细沙洁白柔和，登上白沙山之顶，向下滑动，便会发出不同的悦耳声音。在白沙山的中部，两个天然的沙湖——白沙湖，就像两面明镜在沙漠间闪闪发光，湖的四周，长满了各类野生沙漠植物，堪称天然的沙漠植物园。





Yamdrok Lake is mainly located in Langkazi County, Shannan City, Tibet, with the middle section of Yamdrok Lake located between Langkazi County and Gongga County. Yamdrok Lake, Namtso and Manpang Yumco are known as the "Three Holy Lakes" in Tibet. Yamdrok Lake is the largest inland lake in the northern foothills of the Himalayas. With picturesque mountainous scenery around the lake, the lake can be said as the one with the most attractive views in southern Tibet. The Yamdrok Lake covers an area of 675 square kilometers and is 4,441 meters above sea level.

羊卓雍措，主要位于西藏山南市浪卡子县，中段在浪卡子县与贡嘎县之间，与纳木错、玛旁雍错并称西藏三大圣湖，是喜马拉雅山北麓最大的内陆湖泊，湖光山色之美，冠绝藏南。羊卓雍措面积 675 平方公里，湖面海拔 4441 米。



泰 山 Tai Mountain



泰山以五岳独尊名扬天下，历代曾有 12 位皇帝在此封禅。丰富的帝王文化，杜甫《望岳》中“会当凌绝顶，一览众山小”更是表达充分体现泰山巍峨雄伟险峻。更有“天下第一名山”之称！

Tai Mountain is famous for being one of the Five Great Mountains in China. It has a rich imperial culture, and 12 emperors offered sacrifices to heaven here successively. Du Fu’s “Try to ascend the mountain’s crest: It dwarfs all peaks under our feet” in the poem “Gazing on Mount Tai” fully reflects the majestic and precipitous nature of Tai Mountain. It is also known as “the most famous mountain in the world”!

华 山 Huashan Mountain



华山，古称“西岳”，为五岳之一，位于陕西省渭南市华阴市，南接秦岭，北瞰黄渭，自古以来就有“奇险天下第一山”的说法。中华之“华”源于华山，由此，华山有了“华夏之根”之称。华山是中国道教主流全真派圣地。

Huashan Mountain is known as "the West Mountain" in the five most famous mountains in ancient times. It is located in Huayin City and Weinan City in China’s Shaanxi Province. Huashan Mountain It is adjacent to the Qinling Mountains to the south and Huangwei to the north. Since ancient times, Huashan Mountain has been known as "the most precipitous mountain in the world". The "hua" in "zhonghua", which means "the Chinese nation", is exactly selected from the name of "Huashan". Therefrom, Huashan Mountain is also entitled as the "Root of Huaxia". In addition, Huashan Mountain is also a holy place for Quanzhen sect which is the mainstream denomination of the Chinese Taoism.

嵩 山 Song Mountain



嵩山位于河南省西部，地处登封市西北部，西邻古都洛阳，东临古都郑州，属伏牛山系。嵩山北瞰黄河、洛水，南临颍水、箕山，东通郑汴，西连十三朝古都洛阳，是古京师洛阳东方的重要屏障，素为京畿之地，具有深厚文化底蕴，是中国佛教禅宗的发源地和道教圣地，功夫之源。

Song Mountain belongs to the Fu Niu Mountain system. It is located in the western part of Henan Province, northwest of Dengfeng City, west of the ancient capital of Luoyang, and east of the ancient capital of Zhengzhou. Overlooking the Yellow River and the Luo River in the north, Mount Song is adjacent to the Ying River and the Ji Mountain in the south, leading to Zhengbian in the east and the ancient capital of Luoyang in the west. It is an important barrier to the east of the ancient capital Luoyang, and has been the place of the capital with deep cultural heritages, the birthplace of the Chan School of Chinese Buddhism and the sacred place of Taoism, the source of Chinese kung fu.





衡山，又名南岳、寿岳、南山，为中国“五岳”之一，位于中国湖南省中部偏东南部，据战国时期《甘石星经》记载，因其位于星座二十八宿的轸星之翼，“变应玗衡”，“铨德钧物”，犹如衡器，可称天地，故名衡山。

Heng Mountain, also known as Nan Yue, Shou Yue and Nan Shan, is one of the “Five Great Mountains” in China, located in the southeastern part of central Hunan Province. According to the “Gan Shi Xing Jing” of the Warring States period, Mount Heng got its name because it is located in the wing of the twenty-eight constellations of the square star, it can reflect “the changes of the Big Dipper” and it can “serve as a balance”, and it is in the shape of a balance that weigh heaven and earth.



峨眉山，位于四川省西南部、四川盆地的西南边缘，是中国“四大佛教名山”之一，地势陡峭，风景秀丽，素有“峨眉天下秀”之称，山上的万佛顶最高，海拔 3099 米，高出峨眉平原 2700 多米。《峨眉郡志》云：“云鬋凝翠，鬟黛遥妆，真如螭首蛾眉，细而长，美而艳也，故名峨眉山。”

Emei Mountain is one of the “Four Sacred Buddhist Mountains of China”, with steep terrain and beautiful scenery, known as the “Emei World Show”. The highest peak of Mount Emei is Wanfo Summit, 3099 meters above sea level, more than 2700 meters above the Emei plain. In “Records of Emei County”, we can find the description: “emerald vegetation covered in beautiful clouds looks like the attractive face and delicate eyebrows of a beauty. Hence it got the name of Emei (delicate eyebrows).”





中国贵州地处云贵高原，山地居多，素有“八山一水一分田”之说。有很多著名的梯田，加榜梯田就是其一，它位于贵州省黔东南从江县加榜乡，总面积超过 6 平方公里，全长 25 公里，是苗族人民世代代留下的农耕文明杰作。

The Guizhou province of China is located on the Yunnan-Guizhou Plateau. It is covered with many mountainous areas, and is known as the place where "there is only one river and one piece of field among eight mountains". There are many famous terraces in Guizhou, and Jiabang Terrace is one of them. It is located in Jiabang Township, Congjiang County, Southeast Guizhou Province, covering a total area of more than 6 square kilometers and having a total length of 25 kilometers. It is a masterpiece of the farming civilization which has been created through the efforts of generations of the Miao people.



黄山，中华十大名山之一，天下第一奇山，位于安徽省南部黄山市境内，有 72 峰，主峰莲花峰海拔 1864 米，与光明顶、天都峰并称三大黄山主峰。黄山是中国十大风景名胜唯一的山岳风光。代表景观有“五绝三瀑”，五绝：奇松、怪石、云海、温泉、冬雪；三瀑：人字瀑、百丈泉、九龙瀑。

Huangshan Mountain is one of the top ten famous mountains in China which is also entitled as "the No.1 Mountain Under Heaven". It is located in Huangshan City in southern Anhui Province and has a total of 72 peaks. Lianhua Peak, the main peak of Huangshan, is 1864 meters above sea level, and is called as the "three main peaks of Huangshan" along with the Guangmingding Peak and Tiandu Peak. Huangshan is the only one among China's top ten scenic spots that is characterized for its mountainous scenery. The representative landscapes of Huangshan include "five must-see sightseeing spots and three must-see waterfalls". The five must-see sightseeing spots include: odd-shaped pines, grotesque rock formation, seas of clouds, hot springs, and winter snow; the three waterfalls include: the Zig-Zag Waterfall, the Baizhang Spring, and Jiulong Waterfall.





Jinfo Mountain is located in Nanchuan District, Chongqing, and the north of the Dalou Mountains. Phoenix Ridge is the main peak and the highest peak of Jinfo Mountain, with an altitude of 2,238 meters and a forest coverage rate of over 95%, which is known as the "Alps of the East". Phoenix Ridge is dotted with natural caves, with the Ancient Buddha Cave being the most famous cave. The landform of Jinfo Mountain belongs to the typical karst geological landform.

金佛山位于重庆市南川区境内，大娄山脉北部，主峰凤凰岭为金佛山最高峰，海拔 2238 米，森林覆盖率达 95% 以上，被誉为“东方的阿尔卑斯山”，区内天然溶洞星罗棋布，以古佛洞最为著名。金佛山属典型的喀斯特地质地貌。





美国马蹄湾是科罗拉多河在亚利桑那州境内的一截 U 形的河道，也是格兰峡谷其中的一小段，由于河湾环绕的巨岩形似马蹄故而得名，也被称之为科罗拉多河大拐弯。

The Horseshoe Bend in the United States is a U-shaped meander of the Colorado River located in Arizona. It is also a small section of the Grand Canyon. It is named as the "Horseshoe Bend" because the giant rocks surrounding the river bend are shaped like horseshoes. It is also known as the "east rim" of the Colorado River.



凤凰三山，又名凤凰山药师岳，海拔 2780 米，位于东京西侧 170 公里处，古传地藏岳顶一对环抱状巨石远观形似大日如来，初得其名。尔后甲斐先民又感这两方尖碑隐隐有地藏威严，遂有今名。即凤凰三山的来历，一说指地藏、观音、药师三峰，二说乃因地藏岳上那对巨石酷似凤凰喙尖，故曰凤凰山。凤凰山不仅自身风景参差落错，磅礴中不乏秀美，登临其上，无论俯瞰大地还是远眺群山，那观感也是日本一流。

The Hōō Mountain, also known as Phoenix Mountain Yakushiyake, are located at an altitude of 2780 meters and 170 kilometers west of Tokyo. The Hōō Mountain got its name for a pair of hugging boulders on its top, which resembled the Dainichi Nyorai from a distance. Later, the ancestors of Kafei felt that the two steeples had the majesty of Kṣitigarbha, so the mountain got the present name. The origin of the three mountains of Phoenix: the three peaks of Kṣitigarbha, Avalokitesvara and Bhaisajyaguru; the pair of boulders on the Kṣitigarbha mountain resembles the tip of the beak of a phoenix, so it is called the Hōō Mountain. The Hōō Mountain has beautiful scenery, a mixture of majesty and elegance. Climbing on it, whether you overlook the earth or the mountains from afar, you will get a first-class of view in Japan.





Yakushima is a circular island located in the south of the Osumi Peninsula at the southern tip of Kagoshima Prefecture, Kyushu, Japan. It covers an area of 500 square kilometers and has less than 14,000 residents. 90% of the island is covered with virgin forest that inhabits a number of rare species of plants and animals.

屋久岛是位于日本九州鹿儿岛县南端半岛南部的一座圆形岛屿，面积 500 平方公里，居民不到 14000 人。全岛 90% 为原始森林，有许多罕见的动植物。





佛光岩 Buddha Light Rock

有着“世界丹霞之冠”之称的佛光岩景区，位于中国贵州省赤水市境内，地处大娄山与北麓贵州高原向四川盆地急剧沉降地段，谷深坡陡、溪河纵横、切割深度在 500 米至 1300 米之间，山峰多在 1200 米以上，断岩嶂谷，高度悬殊。出露地层全是侏罗纪、白垩纪河湖相红色沉积岩，呈现无数奇异的丹霞地貌景观，丹岩绝壁、奇峰异石、崖廓岩穴比比皆是，是我国丹霞地貌面积最大、出露最齐、特色最典型的景区。

Buddha Light Rock, known as the "Crown of Danxia in the World", is located in Chishui City, Guizhou Province, China. It is also located at the rapid subsidence area from the Dalou Mountain and the Guizhou Plateau at its north to the Sichuan Basin. The scenic spot has steep valleys and weaving rivers and brooks, with a cutting depth of 500-1,300 meters. Most of the peaks exceed 1,200 meters in elevation, with the towering rocks and narrow gorges varies greatly in height. The exposed strata which present distinct wondrous Danxia landforms are all red fluvial or lacustrine sedimentary rocks from the Jurassic and Cretaceous Periods. With Danyan cliffs, odd-shaped peaks and rocks, cliffs and grottoes that can be found almost everywhere, Foguangyan Scenic Spot is a scenic spot with the largest Danxia landform in China which also has the most uniformly exposed rocks and the most typical Danxia features.





张家界国家森林公园位于湖南省大庸县，因奇特的石英砂岩大峰林被联合国列入《世界自然遗产名录》，2004 年 2 月被列入世界地质公园。公园自然风光以峰称奇、以谷显幽、以林见秀。其间有奇峰 3000 多座，石峰形象逼真，气势壮观。峰间峡谷，溪流潺潺，浓荫蔽日。有“三千奇峰、八百秀水”之美称，拥有珍稀动植物资源。

Zhangjiajie National Forest Park is located in Dayong County, Hunan Province. The Dafenglin Forest covered by peculiar quartz sandstone in the national park was included in the United Nations "World Natural Heritage List" and was included in the World Geopark in February 2004. The natural scenery of the park is characterized with precipitous peaks, quiet valleys, and beautiful forests. There are more than 3,000 towering peaks, which depict vivid images and magnificent grandeur. In between the peaks are gorges, gurgling streams, and shades of the trees. The national forest park is entitled as "a place embracing both wondrous peaks and crystal waters", which is also the home of various rare species of animal and plants.



盐湖城是美国犹他州最大的城市和首府，海拔 1320 米，是个盆地，周围的高山海拔在 3500 米以上，以紧靠大盐湖而得名，大盐湖是著名的北美内陆咸水湖，以壮丽的西部自然地理景观著称，有许多辽阔的国家公园，落基山脉、科罗拉多高原和大盐湖沙漠为三大特色，吸引了大量户外运动爱好者，滑雪和山地自行车尤为出色。

Salt Lake City is the largest city and capital of Utah in the United States. It is a basin with an elevation of 1,320 meters. The surrounding mountains are above 3,500 meters above sea level. It is named for its close proximity to the Great Salt Lake, which is a famous inland saltwater lake in North America. It is famous for its magnificent western natural geographic landscape and has many vast national parks. The Rocky Mountains, the Colorado Plateau and the Great Salt Lake Desert are the three major features. Salt Lake City attracts a large number of outdoor enthusiasts, especially skiing and mountain biking.





保护共享，  
如鹰翱翔。  
山地绽放，  
生命力量。

Protection and sharing,  
soaring like an eagle.  
The charm of mountains,  
the power of life.

# 山 地 人 文

*Mountains and Humanities*







尼泊尔布鲁士峰下准备登顶的运动员们，搭起了帐篷，养精蓄锐整装待发。

At the foot of Elbrus Mountain in Nepal, the athletes are setting up tents to be recharged and get ready to climb to the top of the mountain.



喜马拉雅山脉尼泊尔段的登山者们。

Climbers in the Nepal section of the Himalayas.





欧亚边界的第一高峰——厄尔布鲁士峰，位于俄罗斯西南部的大高加索山脉。随着其他欧美各国的登山者前来攀登，因为攀登厄尔布鲁士峰，至少需要在中途过一夜，俄罗斯为攀登厄尔布鲁士峰的登山者们修建了一扇很小的窗户，墙壁厚而且外形是圆形能抗强风和严寒的休息和过夜的“高山旅馆”或“厄尔布鲁士大饭店”，让登山者们不可能在当天突击登上顶峰之后再返回营基。

Elbrus Mountain is the highest peak of the Eurasian border, which is located in the Greater Caucasus Mountains in southwestern Russia. In recent years, an increasing number of climbers from other European and American countries are coming to climb the Elbrus Mountain. Because climbers have to spend at least one night before they reach the peak of Elbrus Mountain, the Soviet Union has built a circular-shaped "Alpine Hotel", also known as the "the Elbrus Grand Hotel" with small windows, thick walls, and resistance to strong winds and severe cold weather, making it impossible for climbers to return to the base to rest and spend the night in the same day after they march to the summit.



内蒙古坝上草原骏马奔驰踏雪扬蹄。  
Horses galloping in the Bashang grassland, Inner Mongolia.





大漠、戈壁、荒野是徒步旅游和户外运动爱好者的十分向往的地方，行李背囊帐篷走天下，山地蓝天白云是我家。

The Deserts, the Gobis and the wilderness are place that hikers and outdoor sports enthusiasts aspire to. Baggage rucksack and tents travel the world, the blue sky and white clouds of the mountains are my home.





美国犹他州莫纽门特（纪念碑）谷地，拥有雄伟的雅丹地貌和壮美的美国西部风光。  
The Monument Valley in Utah, the United States embraces the majestic Yadan landform and the magnificent scenery unique to the western United States.



在北非无边无际的撒哈拉大沙漠里，骆驼们追逐着夕阳奔跑了千万年，它们伴随着人类走入了大漠戈壁的深处，成为了沙漠中人类最忠诚的伙伴，也促进了撒哈拉沙漠的商业繁荣。旅行者骑着白骆驼漫游在当地的村落，仿佛穿越了千万年的历史。  
In the boundless Sahara Desert in North Africa, camels have chased the sunset for thousands of years. They used to accompany humans to the depths of the Gobi Desert, and has therefore become the most loyal partners of human beings in the desert, who have also promoted the economic development of the Sahara Desert. Travelers are riding white camels to hang around the local villages with thousands of years of history.



西藏吉隆县喜马拉雅山脉 Himalaya Mountains, Jilong, Tibet



新疆天山脚下伊犁湖畔的马队。  
Horse Team by the Yill Lake at the Foot of Tianshan Mountains,xinjiang.



新疆喀什地区四月杏花绽放歌舞翩翩。  
People dance Xinjiang Uyghur dance under the  
apricot blossom tree in April, Kashgar, Xinjiang.



贵州省云上丹寨锦鸡舞的故乡。  
Hometown of Golden Pheasant Dance, Danzhai, Guizhou.





冬季零下 40 摄氏度的中国新疆阿尔泰山区，无惧严寒，马拉爬犁穿越雪原。

In a winter day of minus 40 degree centigrade in the Altai Mountains in Xinjiang,China, the sports lovers who are fearless of the severe cold are crossing the snowy plateau in horse-drawn sledges.





### 山地自行车 Mountain Biking

山地自行车起源于美国，是美国青年为了寻求刺激，在摩托车比赛的越野场地上驾驶自行车进行花样比赛而派生发展起来的车型。以后越野运动逐渐在欧美流行，并形成赛事。攀岩是一项在天然岩壁或人工岩壁上进行地向上攀爬的运动项目，通常被归类为极限运动。集健身、娱乐、竞技于一身，被称为“峭壁上的芭蕾”。

Mountain biking originated in the United States. It is a type of bicycle derived and developed by young Americans who cycle on cross-country grounds for motorcycle competitions to seek excitement. Later on, cross-country sports gradually became popular in Europe and the United States, and various cross-county competitions also began to emerge. Rock climbing is an upward climbing sport on a natural or artificial rock wall, and is usually classified as an extreme sport. It integrates fitness, entertainment, and competition, and is called the "Ballet on the Cliff".

攀岩系列，主要是指以登顶为目的的攀高运动即攀岩、岩降等户外运动。

Mountaineering and rock-climbing sports mainly refer to the outdoor sports for the purpose of reaching the summit of peaks, such as rock climbing and rock descending.



## 登 山 Mountaineering

登山是指在特定要求下，运动员徒手或使用专门装备，从低海拔地形向高海拔山峰进行攀登的一项体育活动。登山运动可分为登山探险、竞技攀登包括攀岩、攀冰和健身性登山。

Mountaineering refers to the sports activity in which athletes follow specific requirements to climb from low-altitude terrain to high-altitude peaks with bare hands or using special equipment. Mountaineering can be divided into mountaineering expeditions, and competitive climbing. The latter include rock climbing, ice climbing and fitness mountaineering.



马拉松赛是一项长跑比赛项目，其距离为 42. 195 公里。这个比赛项目是为了纪念“马拉松第一人”斐里庇得斯，在马拉松，原为希腊的一个地名，距雅典东北 30 公里。

The marathon is a long-distance race with a distance of 42.195 km. This event was instituted to commemorate the fabled run of the Greek soldier Pheidippides. Marathon was originally the name of a place in Greece which is 30 kilometers northeast from Athens.



## 蹦 极 Bungee Jumping

蹦极是近些年来新兴的一项非常刺激的户外休闲活动。跳跃者站在约 40 米以上高度的桥梁、塔顶、高楼、吊车甚至热气球上，把一端固定的一根长长的橡皮条绑在踝关节处然后两臂伸开，双腿并拢，头朝往下跳。

Bungee jumping is a very exciting outdoor recreational activity that has emerged in recent years. To complete a Bungee jumping, jumpers should stand on bridges, towers, tall buildings, cranes, and even hot air balloons at a height of more than 40 meters. A long rubber strip fixed at one end will be tied to the ankle joint of the jumpers. The jumpers will then stretch their arms, keep their legs stick together and jump with heads over heels.

## 越野摩托车 Dirt Bike

越野摩托车是为越野用途而生产的摩托车，可以在沙地、石砾、河流、雪地、泥泞等粗糙路面稳定行驶；与道路摩托车相比，越野摩托车会更加简单和轻巧，具有粗花纹轮胎、大悬挂行驶、高离地间隙、细小车身和坚固结构。

There are various types of off-road motorcycles, also known as dirt bikes, specially designed for off-road use. The term off-road refers to driving surfaces that are not conventionally paved. These are rough surfaces, often created naturally, such as sand, gravel, a river, mud or snow. These types of terrain can sometimes only be travelled on with vehicles designed for off-road driving (such as SUVs, ATVs, snowmobiles and mountain bikes in recent decades, and minibikes even earlier) or vehicles are designed to better handle off-road conditions. Compared to road-going motorcycles, off-road machines are lighter and more flexible, typically having long suspension travel, high ground clearance, and are geared higher to provide more torque in off-road situations.







热气球是一个比空气轻、上半部是一个大气球状、下半部是吊篮的飞行器。气球的内部加热空气，这样相对于外部冷空气具有更低的密度，作为浮力来使整体发生位移；吊篮可以携带乘客，和热源大多是明火。人们乘坐热气球，从高空观赏地面风光。

A hot air balloon is a lighter-than-air aircraft, which consists of an envelope in the upper half, and a basket in the lower half. The heated air inside the envelop has lower density than the cold air outside the balloon, making the balloon buoyant and thus enabling it to move upward; the hanging basket can carry passengers, and the envelop is often heated with open flame. People can take hot air balloons to have a spectacular view of the ground from a high altitude.



野营是一种休闲活动，露营者携带帐篷，离开城市在野外扎营。野营通常和其他活动联系，如徒步、骑马或者野外生存训练等。

Camping is a recreational activity in which campers leave the city to camp in the wilderness with a tent. Camping is usually associated with other activities, such as hiking, horse riding, or survival training in the wild.





滑雪运动是运动员把滑雪板装在靴底上在雪地上进行速度、跳跃和滑降的竞赛运动。高山滑雪由滑降，小回转和大回转（障碍滑雪）组成。人们成站立姿态，手持滑雪杖、足踏滑雪板在雪面上滑行的运动。

Skiing is a competitive sport in which athletes put their skis on the soles of their boots to perform speed skiing, jumping, and downhill skiing on the snow. Alpine skiing consists of downhill skiing, slalom and giant slalom (slalom). It is a sport in which people ski on the snow in a standing posture with skiing poles in their hands and a skiing board under their feet.



漂流最初起源于爱斯基摩人的皮船和中国的竹木筏。漂流成为一项真正的户外运动，是在二战之后才开始发展起来的，一些喜欢户外活动的人尝试着把退役的充气橡皮艇作为漂流工具，逐渐演变成今天的水上漂流运动。

The initial version of rafting originates from Eskimo kayaks and Chinese bamboo rafts. It was until after World War II that rafting became a real outdoor sport and gained rapid development. At that time, some outdoor activity lovers used retired inflatable boats as rafting tools, which later evolved into the sport of water rafting as today.





像雄鹰一样翱翔。  
Soaring Like Eagles.

像雄鹰一样翱翔

作 者：唐 中

是谁在天边起舞弄影？  
让我们一道去探寻。  
怀着一颗勇敢的心，  
拥抱每个清晨。

在那彩虹之下的仙踪绿野，  
有广袤的自然、珍奇的生灵，  
还有那绵延的繁花似锦。

人与自然，  
和谐共生。  
万物尽情生长，  
日月辉耀星辰。

让我们像雄鹰一样翱翔，  
翱翔在世界山岳之巅，  
保护、传承、共享，  
手拉手、心连心，壮志凌云。  
连接山地精彩，  
共享美丽生存。

是谁在耳畔浅唱低吟？  
让我们一道去共鸣。  
怀着一颗喜悦的心，  
揽胜处处秘境。

在那白云深处的崇山峻岭，  
有欢快的舞蹈、醉人的歌声，  
还有那悠悠的美妙乐音。

天地回响，  
生命之韵。  
亘古延续未来，  
动感注入永恒。

让我们像雄鹰一样翱翔，  
翱翔在人类文明之巅，  
保护、发展、共享，  
同建设、地球村，五洲一心。  
连接山地精彩，  
共享美丽生存。

Soaring Like Eagles

By Tang Zhong

Who is dancing in the sky?  
Let's go find out.  
Embrace each morning,  
with a brave heart.

In the green field under the rainbow,  
you will see the vast nature, the rare creatures,  
and the flourishing flowers.  
Man and nature,  
live in harmony.

All things grow to their fullest,  
the sun and the moon shine with the stars.

Let's soar like eagles,  
soaring on the top of all mountains.

Protect, pass on, and share,  
hand in hand, heart to heart,  
be fearless and high-hearted.  
Enjoy the wonder of mountains,  
share the nature beauty.

Who is singing and whispering?  
Let's go join them.

Take in all the mysterious realms,  
with a joyful heart.

In the towering mountains deep in the white clouds,  
you will enjoy the merry dances, the enchanting songs,  
and the dulcet music.

Echoes of heaven and earth,  
the rhythm of life.

The past continues into the future,  
the dynamic injects into eternity.

Let's soar like eagles,  
soaring on the pinnacle of human civilization.

Protect, develop and share,  
build a global village together,  
be united as one.

Enjoy the wonder of mountains,  
share the nature beauty.



# 《世界名山》

出品：国际山地旅游联盟

摄影：

陈卫中 乌里乌沙 金起焕 唐承贵 刘 海 曾 科 河 川 张成武 凌云霄 杜明辉 覃文乐 洪开第 铃木千枝 川井靖元  
石井真弓 佐藤忠 迈尔斯·霍尔顿 克里斯·麦克伦南 孙金伟 廖解宝 严万春 曹新平 霜田一良 徐伟民 周大年  
俞俊飞 刘 敏 杨裕民 谢成怡 刘惠祥 陆萍芳 高彩兰 廖解宝 戴永新 唐肇敏 杨文山 柯 健 卢新平 王庆华  
泰山旅游集团 湖南省衡阳市南岳衡山风景名胜区 阿尔卑斯产业旅游公司 南非桌山空中索道公司

文案：唐 中

设计：上海陈卫中视觉艺术中心