



嵩山风景区

SONGSHAN SCENIC AREA



本图册销售金额的10%将用于保护自然

GIVING 10% BACK TO MOTHER NATURE



中国洞穴救援, 中原探险救援队, 少林实战功夫学院,
地球卫士, 港中旅(登封)嵩山少林文化旅游有限公司



文本 · Text
博格丹·克拉德尼克 · Bogdan Kladnik

照片 · Photography
Bogdan Kladnik & Pan Kladnik

英文校对 · English proofreading
Ivana Nedic

设计及布局 · Design & layout
Žan Kladnik

打印及装订 · Print and binding
中国印刷 · Printed in China

出版商 · Published by
Guardians Publications International Ltd., Slovenia

代表 · Representative
博格丹·克拉德尼克 · Bogdan Kladnik
E: bogdan@kladnik.net
www.guardians-earth.org

版权 · Copyright © 2019 by
© foto & text: Bogdan Kladnik, Pan Kladnik
All rights reserved

No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

本图册销售金额的10%将用于保护自然
GIVING 10% BACK TO MOTHER NATURE

中国洞穴救援, 中原探险救援队,
少林实战功夫学院, 地球卫士 &
港中旅(登封)嵩山少林文化旅游有限公司



嵩山国际清洁行动
International cleanup actions
in Songshan mountains



欢迎 Welcome



左起 From left to right:

释延孜, 少林实战功夫学院 **Shi Yanzi**, Shaolin Combat school

博格丹·克拉德尼克, 地球卫士 **Bogdan Kladnik**, Guardians of the Earth

李永君, 港中旅(登封)嵩山少林文化旅游有限公司 **Li Yongjun**, CTS Songshan Shaolin Cultural Tourism Co.

王希国, 中国洞穴救援 **Wang Xiguo**, Cave Rescue China

亲爱的游客们, 亲爱的朋友们,
我们诚挚地欢迎您来到天地中心的嵩山风景区。您将要看到的是一个拥有丰富文化遗产和迷人自然风光的地方。我们正在尽最大努力保持整个风景区绿色清洁, 为子孙后代造福。港中旅嵩山少林文化旅游有限公司, 中国洞穴救援, 少林武术学校和地球卫士已经在2018年和2019年组织了三次国际绿色行动以清理河流, 峡谷和山川。请尊重我们的工作, 尊重美丽的山川——不要乱扔垃圾。请尽情欣赏美丽的景色, 放松身心, 拍照留念。除了你的脚印, 请不要留下任何东西。如果你能将把食物和饮料带到山上, 那么把空包装和空瓶子随身带下山会更容易——至少把它们丢在路途中的垃圾箱。我们祝您度过一段愉快的旅程, 期待您的再次光临, 谢谢。

Dear visitors, dear friends,

We heartily welcome you to the Songshan scenic spot in the Centre of Heaven and Earth. As you will see, you are now entering a place with rich cultural heritage and amazing natural scenery. We are doing our best to keep the whole area clean and to preserve it for future generations. The CTS Song Shan Shao Lin Cultural Tourism Co., Cave Rescue of China, Shaolin Combat school and Guardians of the Earth have already organised three international cleaning actions in 2018 and 2019 to clean the rivers, canyons and mountains. Please respect our work, respect the mountains - don't throw your rubbish in nature. Enjoy the beautiful views, relax, take photos. Just please don't leave anything but your footprints. If you can bring your food and drinks up the mountain, it's easy to bring the empty packages and bottles down with you - or at least discard them in the rubbish bins along the paths. Thank you, we wish you a pleasant stay and are looking forward to your future visits.



嵩山 Mount Songshan

古老的嵩山起始于36亿年前，因此被誉为“中国地质博物馆”、“地学百科全书”，同时也被联合国教科文组织列为世界地质公园。

根据道教思想，嵩山之所以被称为中国五岳当中的中岳或者“中央大山”，因为它代表着“土”，是道教中五大元素之一（其他四个分别是金，水，木，和火）。由于它与土元素的联系，古代道家认为嵩山是“天地的中心”。

嵩山位于黄河以南河南省西北部，共有72座山峰，其中最高峰为1512米。它们分布在少室山和太室山周围，从东到西延伸约70公里，面积450平方公里。

除了这些山峰，这里还有许多山涧、峡谷、洞穴、池塘和瀑布，它们都提供独特而美妙的体验。

The history of Mount Songshan dates back to 3.6 billion years ago, thus it is renowned as the Natural Geological Museum, the ancestor of mountains and a World Geopark listed by UNESCO.

According to Taoists, Songshan is revered as Zhongyue or the “Central Great Mountain” among the Five Great Mountains in China, since it represents earth, one of the five elements of Taoist ideology (the other four are metal, water, wood, and fire). Because of its association with the earth element, ancient Taoists saw Songshan as “the centre of Heaven and Earth”. Song Mountain is located south of the Yellow River in the northwest Henan Province and is made up of 72 peaks in total, with the highest one being some 1512 metres high. They are grouped around Mount Shaoshi and Mount Taishi, extend for about 70km from east to west and cover an area of 450 square km. Besides these mountains, there are many valleys, gorges, caves, pools and waterfalls, each of which provides a unique and wonderful experience.



嵩山的深厚的文化历史使其在五岳中脱颖而出。它是中国禅宗的发源地，也是中国文明的发源地之一。由于靠近九朝古都洛阳，它成为各个历史时期各个朝代皇帝祭祀祖先和神明的重要场所。这里秀丽的风光也使许多儒学者，著名僧侣和著名道家选择这里作为传经布道的重要场所，是历史上佛、儒、道三教荟萃之地，对三教的形成和传播都起到了极大的作用。这里有众多具有非凡历史和文化意义的遗址古迹，它们是嵩山神秘而灿烂的文化的一部分，也是中国文化的缩影。在10平方公里范围内，有许多代表着早期的佛，道，儒文化的遗址古刹，如少林寺，中岳庙和嵩阳书院，。除这些寺庙之外，这里还有历史悠久古观象台，中国规模最大的塔林和最古老的宝塔——嵩岳寺塔。因此，游览嵩山风景区对于有兴趣研究宗教、武术、天文、考古、地质、艺术和建筑学的学者，以及对观赏风光、登山、探险和历史充满激情的旅行者来说都是不可多得的良机。

What makes Songshan Mountain different from the rest of the Five Mountains is its profound cultural history. It is the birthplace of China Zen Buddhism and one of the birthplaces of Chinese civilisation. Its proximity to Luoyang, the ancient capital of nine different dynasties, made it an important place for emperors from various historical periods to offer sacrifices to both their ancestors and the gods, and to confer the crown to their heirs. The beauty of the area's scenery also led many scholars, eminent monks and famous Taoists to choose this area as an important place to give lectures, explain Buddhist sutras and develop the teachings of different religions. Practitioners of the three faiths of Buddhism, Taoism and Confucianism absorbed ideas from each other, which led to their three belief systems growing closer together. This has left many sites of historic and cultural interest. They constitute the mysterious and brilliant culture of Mount Songshan and are the epitome of Chinese culture. Within a 10 square km area stand many cultural sites, such as Shaolin Temple, Zhongyue Temple and Songyang Academy, representing early Buddhism, Taoism and Confucianism. Among many other temples, here you can also find the earliest Observatory, the largest pagoda forest and the oldest brick pagoda - Songyue Temple Pagoda in China. For this reason, a visit to the scenic spots dotted around Songshan would be greatly rewarding for scholars of religion, Wushu, astronomy, archaeology, geology, art and architecture, as well as for travellers with a passion for beauty, mountaineering, adventure, research and history.

达摩洞 Bodhidharma cave



初祖庵 Chuzu Temple



少林寺 Shaolin Temple



登封 Dengfeng

二祖庵 Erzu Temple



少林索道 Shaolin Cableway



塔林 Pagoda Forest



少林山谷 Hidden Valley



仙女池 Xiannv pond





天地之中历史建筑群 Centre of Heaven and Earth

在中国的传统世界观中,中国是位于中原的“天地之中”的国家,中原的核心是河南省登封市。登封被认为是大地能量的中心,也曾被认为是唯一一处能进行准确天文观测的地方。大多数历史学家将这种神秘的力量归功于它的地理位置:它处于中国最神圣的山脉之一的嵩山脚下。

作为中华文明的摇篮之一,登封是一个重要的政治,经济和文化中心,也是中国自古以来三支主流文化流派儒,释,道的汇聚之地。

这一历史背景使登封有着大量保存完好的文化和纪念性建筑,其精华便是天地之中历史建筑群。

In China's traditional world view, China is the country at the 'Centre of Heaven and Earth,' which is located in the Central Plains, and the core of the Central Plains is Dengfeng City in Henan Province. Dengfeng is considered to be the centre of terrestrial powers and the only point from which astronomical observations are considered to be accurate. Most historians attribute the mysterious power to its location at the foot of Mount Song, one of the most sacred mountains in China.

As one of the cradles of Chinese civilization, it became a crucial centre of politics, economy and culture, as well as the sacred land where China's mainstream cultural branches, including Confucianism, Buddhism and Taoism have assembled since ancient times.

This historical background left Dengfeng a great amount of well-preserved cultural and commemorative architectures, and the essence of them are the historic Dengfeng monuments at 'The Centre of Heaven and Earth.'

达摩塑像 Damo statue



塔林 Pagoda Forest



初祖庵 Chuzu Temple



达摩洞 Damo cave

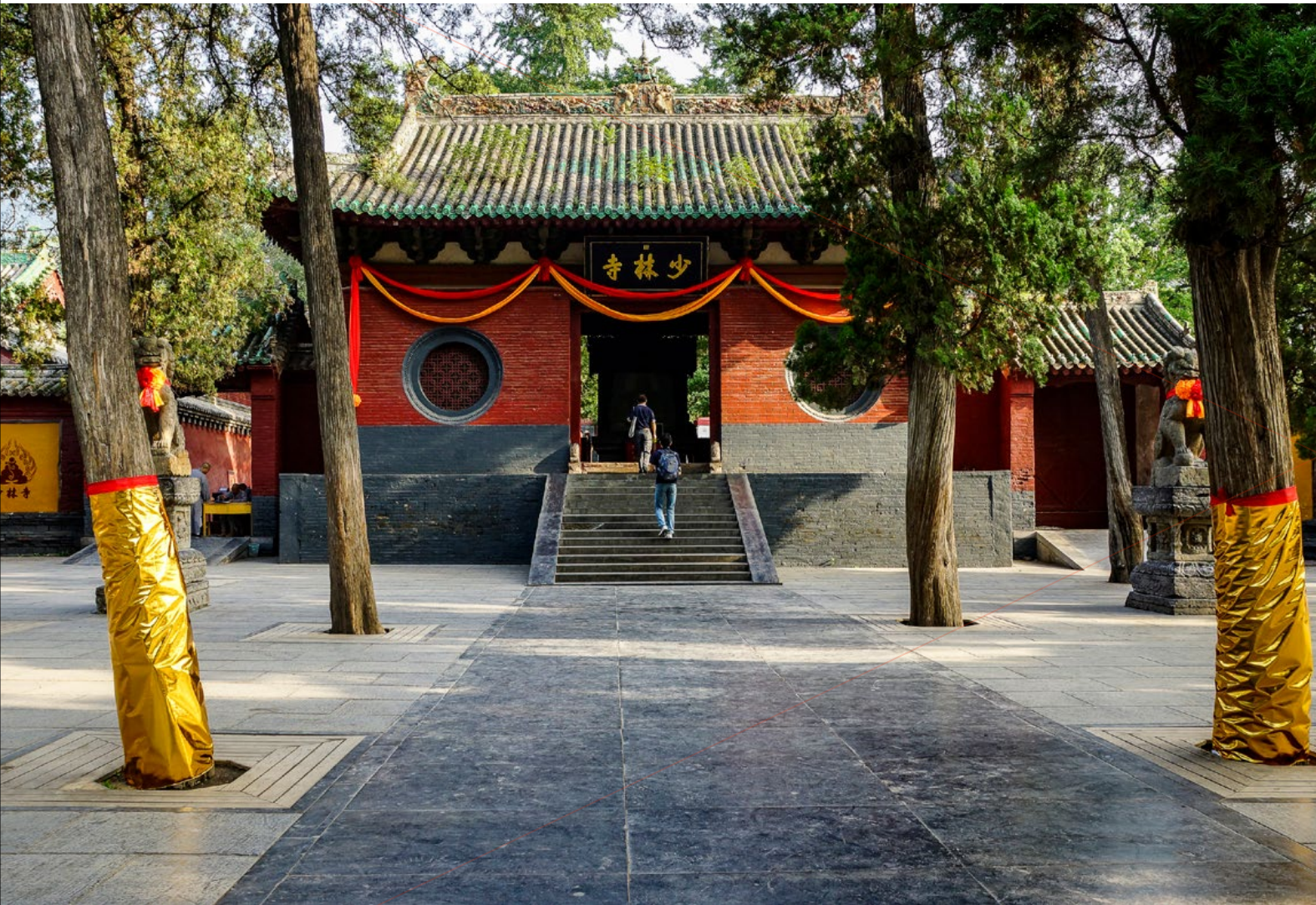
少林寺 Shaolin Temple



嵩阳索道 Songyang Cableway



十方禅院 Shifang Buddhist Temple



少林寺 Shaolin Temple



少林寺被誉为“天下第一名刹”，是中国佛教禅宗祖庭和少林功夫的发源地。它位于登封以西13公里处，位于嵩山五乳峰下。它是一座皇家寺庙，始建于北魏孝文帝太和十九年（公元495年），是孝文帝元宏为安顿印度高僧跋陀落迹传教而兴建的一座寺院。

三十二年后，西天第二十八祖菩提达摩从南天竺国来到中国，在少林寺面壁九年，首创禅宗，少林寺遂被世界佛教界尊为“禅宗祖庭”，达摩祖师被奉为“东土禅宗初祖”。

少林寺已有1500多年的历史，已成为世界著名的佛教寺庙和中国最著名的寺庙。它于2010年被列入联合国教科文组织世界文化和自然遗产名录。

Shaolin Temple is reputed to be 'the number one temple under heaven' and the cradle of the Chinese Zen (Chan) Buddhism and Shaolin martial arts. It is located 13 km west of Dengfeng under the foot of Wuru Peak of Songshan Mountains.

It was a royal temple built in 495 AD by a decree of Emperor Xiaowen of the Northern Wei Dynasty to accommodate the Indian Buddhist monk Batuo (Buddhabhadra). Thirty-two years later Bodhidharma, another famous monk from India came to Shaolin Temple to pass on Zen Buddhism. After that, the temple enlarged gradually, and Bodhidharma is praised as the first Patriarch of Chan Buddhism.

With a history of over 1500 years, Shaolin Temple has developed to a world-famous Buddhist temple and the most famous temple in China. It was included on UNESCO's World Cultural & Natural Heritage List in 2010.









少林山谷 The Hidden Valley



少林山谷位于少林寺西南部，少室山钵盂峰下。这里的溪流——少溪河的右侧支流——在炎热的夏季沁人心脾。这个峡谷同时还是拍摄少林寺功夫大师的热门场所。

从距离嵩阳索道下站200米处的一条小径可到达山谷。这条长1,326米的嵩阳索道是河南省第一条客运索道，可以让您毫不费力地到达二祖庵。

This valley is located southwest of the Shaolin temple under the Boyu Peak of the Shaoshi mountain. The stream - the right tributary of the Shaoxi river - is quite refreshing in the hot summer months, and the gorge itself is a popular place for photographing Shaolin Kungfu masters in nature. It can be reached by a footpath starting 200 metres from the bottom of the Songyang cableway. This 1,326 metres long cableway was the first passenger cableway in Henan province and will effortlessly take you to the Erzu Buddhist temple.





十方禅院 Shifang Buddhist Temple



十方禅院位于少林寺的对面。它建立于明朝（公元1512年），用于接待参观少林寺、朝拜禅宗祖庭、礼佛和练习传统武术的来自世界各地的僧人。

现在的大堂于1993年重建，大厅内有502个大型的五百罗汉造像，于是它也被称为“五百罗汉堂”。

这里的四个厅，四个角和回龙一起，共同组成了五百罗汉拜大日如来和世界各地的僧人齐聚少林寺的盛大场面。

The Shifang Buddhist Temple is located at the opposite side of the regular yard, Shaolin temple. It was established in the Ming dynasty (1512 AD) for the reception of shamans around the world who paid a visit to Shaolin temple – to make a pilgrimage to the birthplace of Zen, salute the image of Buddha and practice traditional martial arts.

The current hall was reconstructed in 1993, with 502 large “five hundred Luohan facing toward Vairocana” sculptures in the hall which is also called “Five hundred Luohan Tang”. Together with four halls, four corners and the Huilong labyrinth, they all form the grand scene of five hundred Luohan facing toward Vairocana and shamans around the world gathering in Shaolin temple.



塔林 Pagoda Forest



在少林寺以西约300米的树林中，大量不同形状和高度的宝塔形成了塔林。这个僧人的圆寂之所占地近2万平方米。从唐朝(618-907)到清朝(1644-1911)，共建造了243座砖石佛塔，以保存圆寂的方丈和其他著名僧人的遗骨。大多数宝塔都是石头和砖结构，它们的外观各不相同，高一到七层，最高的有15米。少林寺的塔林是中国现存最大的塔林，是研究中国古代建筑、雕刻、书法、艺术和宗教的珍贵历史数据库。

In the forest, about 300m west of the Shaolin temple, numerous pagodas of different shapes and heights form the so-called Pagoda Forest. This is the impressive Ta Lin (forest of stupas), the monastery's graveyard covering an area of nearly 20,000 square metres. Between the Tang (618-907) and Qing (1644-1911) dynasties, 243 brick and stone stupas were built to keep the remains of the deceased abbots and other eminent monks. Most of the pagodas are stone and brick structures, each varying in appearance and are from one to seven stories high, the highest being 15 metres. The Shaolin Temple's Pagoda Forest is the largest existing pagoda forest in China and is a treasured historical database for studying ancient Chinese architecture, carving, calligraphy, art and religion.





初祖庵 Chuzu Temple



初祖庵,也被称为面壁庵,位于五乳峰山脚下的一座小山上,距离少林寺有1.3公里。它建于宋代,用来纪念禅宗初祖菩提达摩。

整个大厅是一个艺术宝库,是河南省最古老,最有价值的木结构建筑。它始建于北宋宣和七年(公元1125年),富含杰出的建筑艺术。大厅内有四个精心雕刻的内柱,上面刻有穿着盔甲和头盔,手持剑或杵的天王雕像。

东、北、西三壁上尚存清代人物彩绘23幅,内容为初祖达摩以下三十六位禅宗祖师。1996年12月,国务院宣布其为第四批国家重点保护文物。

Chuzu Temple, also called The First Patriarch Temple or Founder Nunnery is located 1.3 km away from Shaolin Temple on the small hill at the foot of Wuru Peak. It was built in the Song Dynasty to commemorate Bodhidharma, the founder and first Patriarch of Chan Buddhism.

The whole Main Hall is a trove of artistic treasures and the oldest and most valuable wooden architecture in Henan Province. It was built in the 7th year of Xuanhe during the Song Dynasty (AD 1125) with outstanding architectural features. Inside the Main Hall there are four delicately carved Ming columns, which are carved with statues of Heavenly Kings in armour and helmets and with swords or pestles. On the east, west and north walls are the 23-colour wall paintings of the Chan Sect Founder made during the Qing Dynasty. In December 1996, it was declared to be a relic in the fourth group of National Key Protected Cultural Relics by the State Council.





达摩洞 Bodhidharma Cave



菩提达摩(达摩)洞是一个小型天然洞穴,位于初祖庵后五乳峰中峰峰顶下十余米处。“禅宗初祖”达摩曾在此洞中面壁九年。据说由于长时间的壁观,达摩的身影印入了面壁石上。

在洞穴外,在洞外,有一面向南的石坊,建于公元1604年,高4米,宽2.2米,上面刻有“默玄处”三字。

在洞穴上方,一座高达12米的菩提达摩雕像由白色大理石块砌成,高耸在五乳峰顶部。在那里您可以欣赏到山谷和周围山峰的美丽景色。

The Bodhidharma (Damo) Cave is a small natural cave just under the top of Wuru Peak, northwest of the monastery. It is the place where Bodhidharma, the Patriarch of Chan Buddhism, faced the wall in meditation for nine years. It is said that Bodhidharma's shadow was reflected upon a stone and embedded on it because of the long period of meditation.

Outside the cave, there is a 4 metre high and 2.2 metre wide stone arch erected in 1604 AD, inscribed with the characters "Mo Xuan Chu" (the Place of Silent Mystery). Just above the cave, on the top of Wuru Peak, stands a huge 12 metre high Statue of Bodhidharma, made of white marble blocks. From there you can enjoy great views of the valley and surrounding peaks.







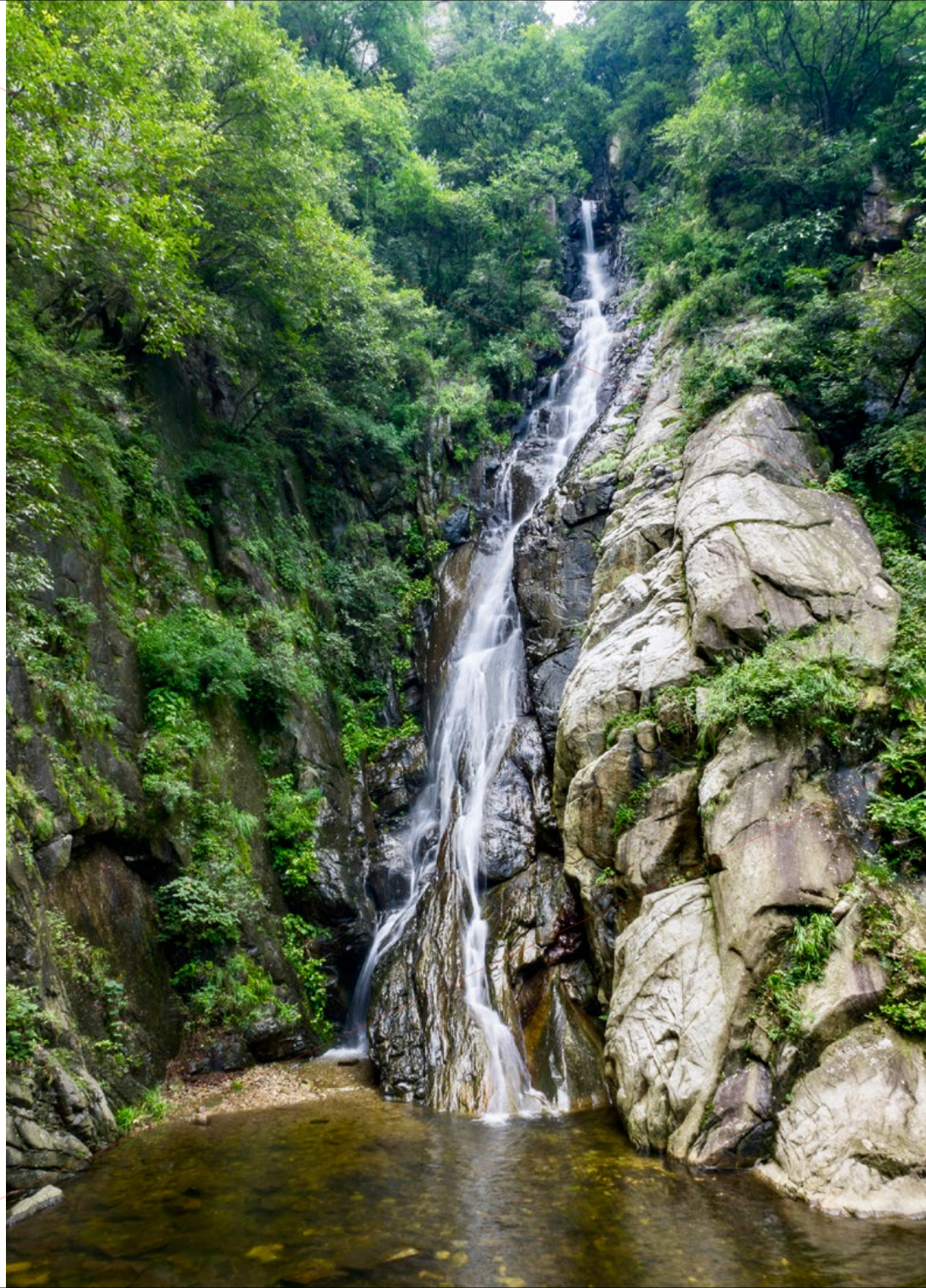
二祖庵 Erzu Temple



二祖庵位于少室山钵盂峰顶。它建于北宋后期(公元1126年至1179年),后代佛徒为纪念二祖在这里的禅栖活动,特修此庵以作奉祀。相传禅宗二祖慧可立雪断臂后到钵盂峰顶养伤修炼。在庭院里,有几棵柏树和四口古井,称为“卓锡泉”或“卓锡井”。四眼古井传说为相传是达摩用锡杖所开,据旧志载,四井水味各异。庵南约500米处有一高突的山崖,《少林寺志》云为二祖慧可养伤“经行处”。

Erzu temple - The Second Patriarch Temple is located on the top of Boyu Peak. It was built in the late Northern Song Dynasty (AD 1126 - 1179) by the disciples to commemorate Venerable Master Huike, the second Patriarch of Chan Buddhism. According to legend, after cutting off his arm in the snow, Master Huike came to heal the wound and cultivate Chan Buddhism at Boyu Peak. In the courtyard, there are several cypress trees and four ancient wells called “Zhuoxi Springs” or “Zhuoxi Wells”. They were created by Bodhidharma to help Huike fetch water more easily, each having its own distinctive flavour. About 500 metres south of the temple there is an outshooting rock. According to legend, it is the place where the second Patriarch Huike healed his wound, therefore it's called “Arm-healing Terrace”.





仙女池 xiannv pond



仙女池位于少林山谷,这里有一条60米高的瀑布。这个炎热夏季的绝佳避暑地点可以从通往三皇寨风景区的小路(均为石阶)起点轻快步行15分钟即可到达。您还可以搭乘嵩山少林索道的欣赏沿途的小型湖泊和瀑布。

The Xiannv pond which features a 60m high waterfall is located at the end of Shaolin Temple valley, on the left side. This perfect spot for the hot summer months can be reached in a pleasant 15 min walk from the beginning of the path – actually they are stone stairs/steps leading towards Sanhuangzhai Scenic Area. You can also admire the small lake and waterfall from the Mount Song Shaolin cableway.



三皇寨风景区 Sanhuangzhai Scenic Area

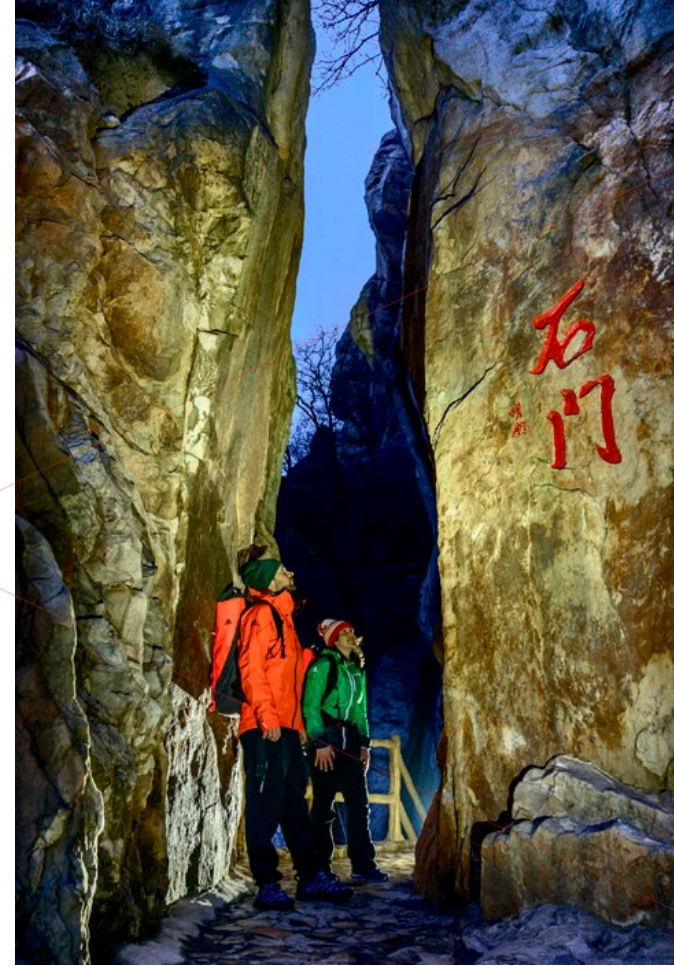


三皇寨位于嵩山少室山西侧，海拔1200米，总面积约35平方公里。它是嵩山世界地质公园最具代表性的自然景观区，拥有36亿年的历史。

由于受到强烈地壳运动的影响，嵩山的地貌景观非常独特，它被联合国教育科学及文化组织 (UNESCO) 授予“国际地质公园”的称号。

搭乘距离少林寺入口2.5公里的少林索道可轻松抵达此处。这里的景色迷人，但要欣赏所有令人叫绝的美景，您仍然需要沿着悬崖面上的栈道徒步行走，并在园区内爬上几千个台阶。

Sanhuangzhai is located on the western side of the Songshan Shaoshi Mountains, with an altitude of 1200 metres and covering a total area of about 35 square kilometres. It is the most representative natural landscape area of Songshan World Geopark with a history spanning 3.6 billion years. Due to the effect of many severe crust movements of the earth, the landscape of Mount Song is so unique that it has been given the title of 'International Geological Park' by the United Nations Educational, Scientific and Cultural Organization (UNESCO). The area can be easily reached by the Shaolin cableway which is 2.5 km away from the entrance of the Shaolin temple. The views are stunning, but to enjoy all the breath-taking landscapes you still have to walk on the plank road built along the face of the cliffs and climb a few thousand stairs through the park.





连天大峡谷和大仙沟 Liantian and Xianggou canyons



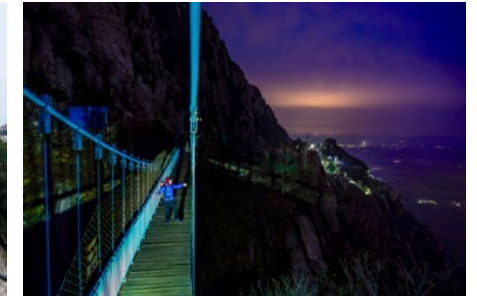
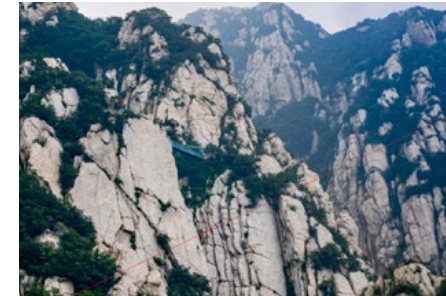
连天大峡谷和大仙沟位于少室山的中心地带。连天大峡谷长1300米，深400-560米，其次是大仙沟，其大小基本相同。从连天大峡谷入口处的桥上可以看到卓剑峰。这两个峡谷神秘莫测，是探险者的天堂，对普通游客来说并不合适。

The Liantian and Xianggou canyons are located in the heart of the Shaoshi mountain. Liantian canyon is 1300m long and 400-560m deep, followed by Xianggou canyon approximately the same size. The Zhuojian Peak can be seen from the bridge at the entrance of the Liantian canyon. These two canyons are mysterious places, a paradise for explorers, however, not suitable for normal tourists.





三皇寨吊桥 Suspension bridge



高耸的悬索桥是嵩山风景区三皇寨步道上的著名地标。
它宽2米，长60米，悬挂在峡谷底部上方约100米的垂直岩壁之间。

The sky-high suspension bridge is a famous landmark on the Sanhuangzhai plank walk in the Mount Song scenic area.
It is 2 metres wide, 60 metres long and suspended between vertical rock walls, about 100 metres above the bottom of a gorge.



三皇村 Sanhuang village



三皇村风景区位于少室山西麓的阶梯地形上，海拔约1200米。三皇寨禅院于2013年重建，是功夫大师释德建的心血结晶，他是一名佛教弟子，也是正宗少林禅武医的传承人。
嵩山禅院和禅武医研究院不对游客开放，但4小时的徒步旅行，途径数千个台阶和一座吊桥去参观这个雄伟的文化和自然风景是100%值得的。

The Sanhuang Village scenic area is located on steep terrain at the west foot of the Shaoshi Mountain at an altitude of about 1200 metres. The Sanhuangzhai Monastery and Sanhuang Basilica were reconstructed in 2013 and are the home and brainchild of Kungfu master She Dejian, a Buddhist monk and protector of Shaolin Chanwuyi, the authentic Shaolin culture and Chan.

The Monastery, Basilica and the Henan Songshan Research Institute for Chanwuyi are not open to visitors, but the 4-hour hike, thousands of stairs and a suspension bridge are 100% worth the effort to visit this majestic cultural and natural scenery.





王子沟 Prince Valley



王子沟位于太室山西麓, 可以从雷家沟村步行抵达。
一个美丽的山谷, 一个隐蔽的古老寺庙, 巨大的岩石和一条小溪值得一游, 你可以在这里找到内心的宁静。

The Prince valley is located in the western foothills of Taishi Mountain and can be reached from the Leijia Gou village by foot. A beautiful mountain valley, a hidden ancient temple, giant rocks and a small stream are worth a visit to find your inner peace.



永泰寺 Yongtai Temple



永泰寺位于登封市区西北约11公里处的太室山西麓。永泰寺是佛教禅宗传入中原后营建的第一座女僧寺院，还是中国现存始建年代最早的尼僧佛寺。它建于北魏时期（公元386-534），座东朝西，表达对佛祖的尊重，西对达摩居住的古刹少林寺，是为了表现女弟子对达摩的尊重。

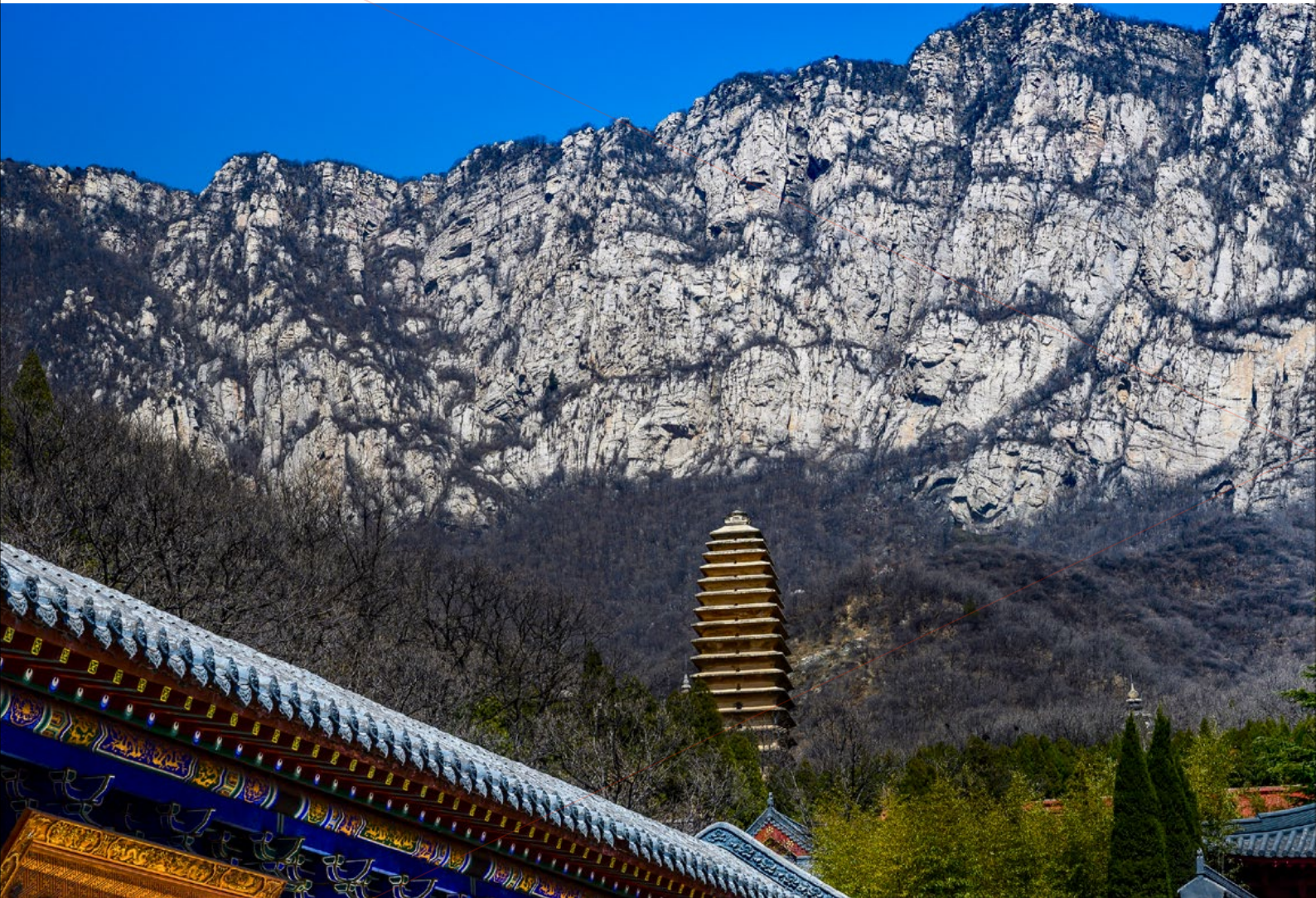
从明练公主成为菩提达摩的弟子直到今天，永泰寺与少林寺有着长期而深厚的关系。如今，永泰寺也是全国唯一的女子少林武术学校——永泰寺女子武术学校的所在地。

Yongtai Temple is located on the western foothills of Taishi Mountain, about 11km northwest of Dengfeng. It was the first imperial Buddhist Nunnery following the arrival of Chan Buddhism in China - a place for nuns from the very beginning and has never served a different purpose, up until the present day. It was built during the Northern Wei Dynasty (386-534 AD), facing west out of respect to the Buddha, and towards Shaolin Temple where Damo lived to show the female disciples' respect to Damo.

Yongtai Monastery has had a considerably long and deep relationship with the Shaolin Monastery, from the time when Princess Minglian became a disciple of Bodhidharma, until the present day. Today Yongtai Monastery is also the home of the only all-female Shaolin wushu school nationwide - the Yongtai Monastery Female Wushu School.







法王寺 Fawang Temple



法王寺是中国第二古老的佛教寺庙。相传建于汉明帝永平十四年(公元71年)，仅比中国最古老的佛教寺庙——洛阳白马寺晚三年。

法王寺位于登封西北5公里处的玉柱峰下，为七进院落，面积为64,245平方米。这座古老寺庙的特色是唐代(618-907)建造的宝塔。这些唐代早期的宝塔中最著名的是一座40米高的方形石塔，其底层每边7米，塔体壁厚2.13米。塔心室内供汉白玉佛像一尊，是明代永乐七年(1409年)九月，周王为生子所送。

Fawang Temple is the second oldest Buddhist temple in China. It was constructed in 71 AD during the Han Dynasty, only three years after China's oldest Buddhist temple, White Horse Temple, in Luoyang.

The temple is situated at the bottom of Yuzhu Peak, 5km northwest of Dengfeng. It has seven halls on a surface of 64,245m². This ancient temple features Chinese pagodas that were built during the Tang Dynasty (618–907). The most prominent of these early Tang era pagodas is a 40m tall square-based stone tower with eaves, its ground floor measuring 7m on each side, with 2m thick walls. Inside this pagoda is a shrine and a jade statue of the Buddha that was presented to the pagoda in 1409 by a member of the royal family stationed in Luoyang during the Ming Dynasty.







嵩岳寺塔 Songyue Pagoda

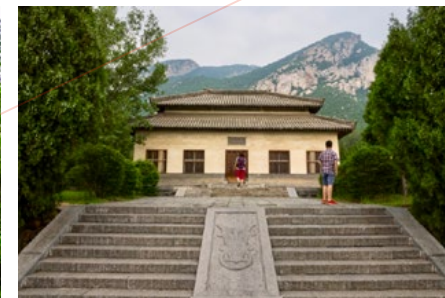


嵩岳寺塔建于公元523年北魏时期, 位于峻极峰脚下, 距登封市5公里。
嵩岳寺塔是中国最古老的多边形砖塔, 也是世界上最早的圆柱形建筑。它高40米, 是由青砖、黄泥砌筑的15层密檐式砖塔。
嵩岳寺塔独特的十二面形状体现了中国直边建筑与印度半岛的圆形佛教建筑风格相互融合的早期尝试。

The Songyue Temple Pagoda was built in AD 523 during the Northern Wei Dynasty and is located at the foot of Junji Peak, 5km from Dengfeng city. The Tower of Songyue Temple is the oldest polygonal brick tower that exists in China and the earliest cylindrical building in the world. It is 40m high and has 15 storeys built of yellowish brick, held together with clay mortar. The unique twelve-sided shape of the Songyue Pagoda suggests that it represents an early attempt to merge Chinese architecture, renowned for its straight edges with the circular style of Buddhism from the Indian subcontinent.



会善寺 Huishan Temple



会善寺始建于北魏孝文帝在位时期(公元471年至公元499年)。现存的元代建筑建于公元1279年至公元1368年之间,是当时最典型,最有价值的杰作。它也是唐朝天文学家一行禅师的居所。

会善寺位于太室山积翠峰下,风景秀丽,距登封市约6公里。它是佛教传入中国后建造的最早的佛教寺庙,和少林寺、法王寺、嵩岳寺并称为嵩山四大寺院。附近的启母阙及其背后的巨石也值得一游。这里有建于公元123年的汉阙。中国仅有34座古代汉阙,其中三座位于嵩山。

Huishan Temple was established in the Northern Wei Dynasty when Emperor Xiaowen was on the throne between 471 AD and 499 AD. The existing buildings from the Yuan Dynasty are from between 1279 AD and 1368 AD, and are the most typical and valuable masterpieces of their time. This temple is also known as the shelter of Monk Yixing, an astronomer of the Tang Dynasty.

The Huishan Temple is located amongst beautiful scenery at the foot of Jicui Peak of Mount Taishi, about 6km from Dengfeng city. It was the earliest Buddhist temple built after Buddhism was introduced in China and is ranked as one of the four main temples of Mount Songshan along with Shaolin, Songyue and Fawang Temple. The nearby Qimu Que Gates and the giant rocks behind it are also worth a visit. Basically, it includes Han Que gates built in AD 123. There are only 34 ancient stone Han Que gates in China, three of which are on Mount Songshan.



中岳庙 Zhongyue Temple



中岳庙是中国五岳中现存规模最大，保存较完整的古建筑群。

它是中国最古老的道教寺庙之一，建于公元前3世纪的秦时期，是皇帝和道士祭祀嵩山山神的地方。

它位于太室山脚下，登封以东4公里处，占地面积10万多平方米，有古柏335棵，共有11个南北向庭院。

在这座庞大庙宇的众多历史建筑当中，峻极殿是最宏伟的建筑，它也被称为中岳大殿。该殿占地面积920平方米，建筑风格类似北京紫禁城太和殿。

Zhongyue Temple is the largest and best preserved ancient architectural complex among the Five Holy Mountains in China.

It is one of the oldest Taoist temples in China, first built in the 3rd century BC during the Qin Dynasty and was the place where emperors and ministers paid their respects to the God of Mount Songshan. It is located 4km east of Dengfeng at the foot of Taishi Mountain and it covers an area of over 100,000 square metres, possesses 335 ancient cypresses and has 11 courtyards in total, spanning from south to north.

Among the many historic buildings in the complex, Junji Hall, which is also known as Zhongyue Great Hall, is the most magnificent one. This hall covers an area of 920 square metres and its construction was similar to that of the Taihe Hall in the Forbidden City in Beijing.







卢崖瀑布 Luya waterfall

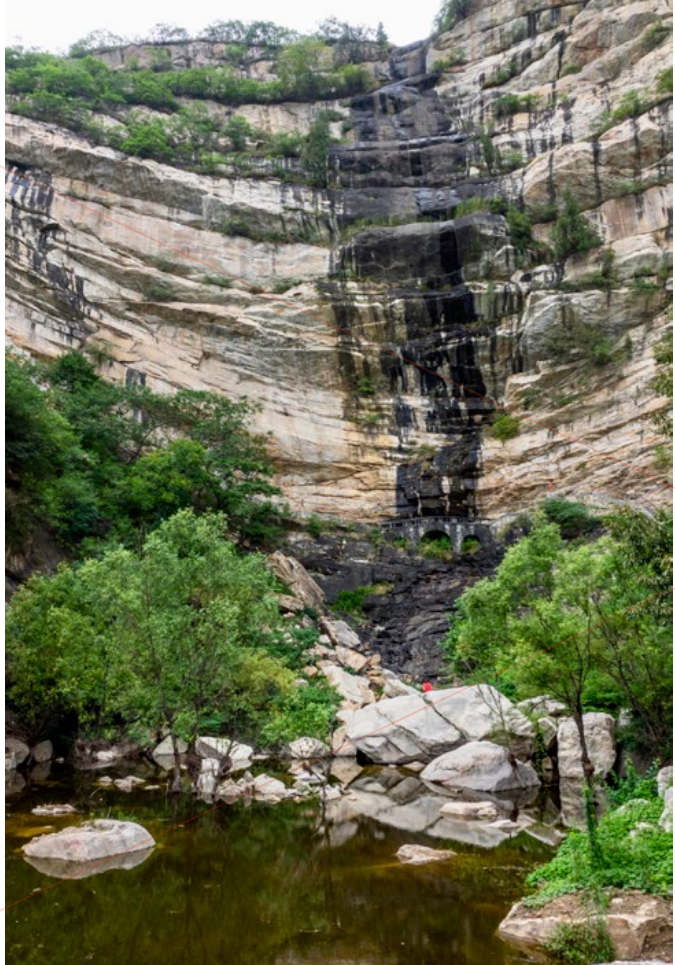


卢崖瀑布景区位于登封市区东北6公里的嵩山太室山悬练峰下,是登封为数不多的自然山水的代表,嵩山古八大景之一。因唐玄宗时,名臣卢鸿一隐居于嵩山悬练峰一高崖下石洞中而得名。

它在夏季,也就是河南省的雨季格外壮观。

主要景观有卢崖寺、十潭九谷、卢崖瀑布、一线天等。一线天是一条宽不足1米,高约百米,长有170米的悬崖缝隙。传说这是一条神仙聚会的通道,神仙行走其间都要衔枚塞铃,剑气息声。

Luya waterfall is located at the foot of Xuanlianfeng Peak of Taishishan Mt. in Songshan, approximately 6km northeast of downtown Dengfeng. It is a rare natural landscape and one of the 8 scenic sites of Songshan. The waterfall was named after eminent minister Lu Hongyi who had lived in seclusion in the stone cave under a precipice of Xuanlianfeng peak. It is especially spectacular in the summer, which is the rain season in the Henan province. The major tourist attractions include One Line Sky, Luyasi temple, nine pools, nine valleys and Luya waterfall. One Line Sky is a crack in the precipice, less than 1m wide, about 100m high and 170m long. It is said to be passage of gods on their way to attend a party. According to legend, gods hold their breath each time they pass through the passage.





嵩阳书院 Songyang Academy



嵩阳书院是中国古代四大学院之一。它建于公元484年，位于登封市以北约3公里处。如今，嵩阳书院是研究古代书院建筑，中国古代教育体系和儒家思想的典范。它的门外有被称为“嵩山王碑”的唐代碑刻。

这个精美的石碑于744年刻立，碑文1078字，重达80吨。

在书院的院子里有两颗形状独特的巨星柏树，汉武帝刘彻游嵩岳时，见柏树高大茂盛，遂封为“大将军”和“二将军”。经林学专家鉴定，将军柏为原始柏，树龄有4500年，是中国现存最古最大的柏树。

The Songyang Academy was one of the four great academies of higher education in ancient China. It was built in 484 AD and is located about 3km north of Dengfeng city. Nowadays, Songyang Academy is a symbol of ancient academy architecture, the ancient Chinese education system and Confucianism, often used as an example in teaching. Outside the gate, there is a tablet inscription from the Tang Dynasty which is called the "King Tablet of Songshan Mountain". This exquisite stele was carved in 744 with 1,078 Chinese characters and weighs 80 tons.

In the yard of the academy there are two weirdly shaped giant "General Cypresses", granted the title of Great General and Senior General by Emperor Wu of the Western Han Dynasty (206 BC-25 AD). According to forestry experts, the general officer trees are the original cypresses, which at 4,500 years old are now the oldest and biggest cypresses in China.





登封观星台 Dengfeng Astronomical Observatory



登封观星台是中国著名的天文科学建筑物，位于登封城东南十二公里的告城镇。它始建于1276年，由元朝的天文学家郭守敬(1231-1316)建造。郭守敬通过实地测验，掌握了日月星辰和地球的运转规律，实行了当时世界最先进的历法——《授时历》。它与世界上通用的《格里高利历》分秒不差，但比《格里高利历》早300余年！拥有世界天文史上最显着成就之一的登封观星台，是嵩山“天地之心”的有力证明。

The Dengfeng observatory, one of the most famous pieces of astronomical architecture in the world, is located in Gaocheng Town near Dengfeng. It was originally built in 1276 by Guo Shoujing (1231-1316), an astronomer during the Yuan dynasty. Through “measuring the sun shadow in the daytime and observing stars in the night”, Guo Shoujing and Wang Xun finished the Shoushi Calendar, the most advanced calendar in the world at that time - with the same figures as the Gregorian Calendar 301 years later!

The Astronomical Observatory with the Shadow-measuring Platform of Lord Zhou, one of the most remarkable achievements in the astronomical history in the world, is strong evidence of Songshan Mountain being “The Centre of Heaven and Earth”.



禅宗少林·音乐大典 Shaolin Zen Music Ritual



禅宗少林·音乐大典在登封市以西10公里的嵩山待仙沟举行，距少林寺7公里。它宏伟的表演是世界各地的许多艺术家通力合作的成果。

国际音乐家谭盾制作的背景音乐令人震惊，令人惊叹，具有强烈的民族特色。

整个演出区占地5平方公里，拥有世界上最大的灯光系统，有超过2,800盏沿着山脉延伸的由电脑控制的灯组。从嵩山山脚到1400米高的山顶，使其成为世界上最大的户外表演舞台。

它巧妙地结合了禅宗佛教音乐，约600名少林僧人展示的武术表演和现代声光技术，是一场不可错过的视觉与听觉盛宴。

The Shaolin Zen Music Ritual is performed in Daixian Gorge of the Songshan Mountains, 10km west of Dengfeng City, and 7km from the Shaolin Temple. This magnificent performance was created by many experts all over the world.

The background music made by the international musician, Tan Dun, is shocking and amazing with a strong ethnic feature.

The entire performance area covers an area of 5 square km, with the world's biggest lights system that has over 2,800 lights controlled by computers, stretching along Mt. Songshan from the foot to the summit at 1,400 metres, making it the world's largest outdoor performance stage.

It skilfully combines Zen Buddhism music, martial arts displayed by about 600 shaolin monks, and dance by local shepherdesses with modern sound and light technologies, offering a feast to both the eyes and ears.

嵩山国际清洁行动 International cleanup actions in Songshan mountains



十分感谢

感谢您选择我们的导游图册。

我们会将本图册销售金额的10%用于资助本次国际清洁行动。
为子孙后代维护好嵩山的自然状态是我们内心的愿望和决心。



A Big Thank You!

Thank you so much for choosing our pictorial guide.

We dedicate 10% from every purchased book to finance our cleaning actions.
It is our heart's desire and determination to keep nature in the Songshan mountains
intact for generations and years to come.



Cave Rescue China, Zhong Yuan Adventure Rescue Team, Shaolin Combat School,
Guardians of the Earth & CTS (Dengfeng) Songshan Shaolin Cultural Tourism Co.