

# 美丽中国 (Wild China)

## 第一集 龙之心 Heart of the Dragon

最后的隐世净土  
中国

The last hidden world  
China

数世纪来 旅人传诵着关于这片神奇土地

For centuries, travellers to China have told tales of magical landscapes

以及那些神奇生物的传说  
中国文明是世界最古老的文明  
而如今是最宏博的

and surprising creatures  
Chinese civilization is the world's oldest  
and today it's largest

那数十亿的人民

with well over a billion people

现存超过五十个民族

It's home to more than 50 distinct ethnic groups

以及各式各样贴近自然的

and a wide range of traditional life styles

传统生活方式

often inclose partnership with nature

我们都知道中国面对着众多社会 环境问题

We know that China faces immense social and environmental  
problems

但这里也存在着令人窒息的美丽

but there is great beauty here too

中国有着世界最顶峰

China is home to the world's highest mountains,

从无垠的炙热沙漠

vast deserts ranging from from searing hot

到麻木大脑的寒冷地带

to mind numbing cold

以及那蒸笼般的森林中

steaming forests

隐匿的各种珍稀生物

harboring rare creatures

天际下广阔无垠的草原

grassy plains beneath vast horizons

以及富饶的热带海洋

and rich tropical seas

现在 我们第一次有时机

Now, for the first time ever

深入探索这片伟大的土地

we can explore the whole of this great country

接触栖息于此的珍奇生物

meet some of the surprising and exotic creatures that live here

目睹中国这片神奇土地上

and consider the relationship of the people and wildlife of China

人与野生世界的羁绊

to the remarkable landscaping which they live

这就是最原味的中国

This is wild China

仅以此献给我们多灾多难但美丽依旧的祖国

For our troubled but drop-dead beautiful motherland

我们的中国探索之旅始于南方的亚热带

Our exploration of China begins in the warm subtropical south

漓江的渔人和鱼鸟栖坐在竹筏上

On the Li River fishermen and birds perch on bamboo rafts

这个组合已延续千年之久

a partnership that goes back more than a thousand years

这景致已为世人所熟悉

This scenery is known throughout the world

那是中国水墨永恒的主题

a recurring motif in Chinese paintings

和旅人永远的胜地

and a major tourist attraction

中国南部是片有英国国土

The south of China is a vast area

九倍之大的广阔土地

eight times larger than the UK

这里 是山雨的国度

It's a landscape of hills but also of water

这里一年之中有 250 天在降雨  
到处都是积水  
在扬子江的涝原  
黑尾鹬在泥泞中寻索着虫子

It rains here for up to 250 days a year  
and standing water is everywhere  
In a floodplain of the Yangtse River

black-tailed godwits probe the mud in search of worms

并非只有野生动物在这样的环境下茁壮成长

But it isn't just wildlife that thrive in this environment

沼泽般湿润肥沃的土地为作物家族最显著的成员提供了最理想的环境

the swampy ground provides ideal conditions for the remarkable member of the grass family

这就是稻米

rice

中国有着至少 8000 年的稻米种植史

The Chinese have been cultivating rice for at least 8 thousand  
years

他们改变了这块土地

It has transformed the landscape

对云南南部的农民而言 冬末是个繁忙的季节

Late winter in southern Yunnan is a busy time for local farmers

因为他们要为即将来临的春天整顿这片古老的稻田

as they prepare the age-old paddy field ready for the coming spring

元阳县的山坡以 2000M 之势

These hill slopes of Yuanyang county

斜插于红河谷地的河床

plunge nearly 2000m to the floor of the Red River Valley

包含了上千由原始创掘工具所创造出的梯田

each contains literally thousands of stack terraces carved out by hand using basic digging  
tools

云南的梯田是中国最古老人类耕作痕迹中

Yunnan's rice terraces are among the oldest human structures in

China

依旧被耕种使用的土地

still ploughed as they always have been

正如千百年来的习俗一样

by domesticated water buffaloes

源自云南河谷的家养水牛承担了耕作的重任

whose ancestors originated in these very valleys

这片人力开拓的土地是工业化前中国最惊奇宏伟的壮景

This man-made landscape is one of the most amazing engineering feats of preindustrial China

似乎这里的每一寸土地

It seems as if every square inch of land

都被打上了农耕的痕迹

has been pressed into cultivation

当薄暮降临

As evening approaches

另一场古老的仪式上演

an age-old ritual unfolds

现在是交配的季节

It's the mating season

雄禾田蛙们为了吸引异性而卖力高鸣

and male paddy frogs are competing for the attention of females

但这并非总能为你吸引来关注的目光

But it doesn't always pay to draw too much attention to yourself

中国池鹭是个饕餮掠食者

The Chinese Pond Heron is a rapacious predator

就算在耕作过的稻田中央

Even in the middle of a ploughed paddy field

也会上演喙与爪的血腥剧目

nature is red in beak and claw

或许这看上去像一场屠杀

This may look like a slaughter

但每只池鹭一次只能吞噬一只蛙

but as each heron can swallow only one frog at a time

此时剩余的多数派得以逃生并获得了明日再度高歌的时机

the vast majority will escape to croak another

day

元阳县这样广泛种植水稻的

Terrace paddies like those of YunYang county are found across much of southern China

梯田横贯中国南部

This whole vast landscape is dominated by rice cultivation

苗族人在炎热的贵州开展了高度兴旺的水稻种植

In heated Guizhou province the Miao minority have developed a remarkable rice culture

苗族人把木屋建立在陡峭低产的山壁上

With every inch of fertile land given over to rice cultivation

用其余每寸富饶的土地来种植水稻

the Miao build their wooden houses on the steepest and least productive hillsides

所有东西在中国农村都自有其用处

In Chinese rural life everything has a use

牛棚里的肥料在太阳下晒干用作煮饭的燃料

dried in the sun manure from the cowsheds would be used as cooking fuel

中午时分 宋家人正饱餐以米和蔬菜为主的中饭

It's midday and the Song family are tucking into a lunch of rice and vegetables

老祖父宋古永置身于天伦之乐外

Oblivious to the domestic chitchat

寻思着重要的事情

granddad Guyong Song has serious matters on his mind

春季是稻禾生长的伊始时节

Spring is a start of the rice growing season

庄稼的长势决定了来年宋家人的生计

the success of the crop will determine how well the family will eat next year

因而选择适宜的时机进行耕作是至关重要的

so planting at the right time is critical

时机的选择取决于当年的天气情况

The ideal date depends on what the weather will do this year

而这些却是永难估料的

never easy to predict

但是身边就存在着贴心小帮手

But there is some surprising help at hand

宋家厅堂房梁上的是一对刚从冬季迁徙中归来的金腰燕

On the ceiling of the Song's living room a pair of red-rumped swallow newly arrive from their winter migration

他们正在为装潢新一年的宅邸而忙碌

is busy fixing up last year's nest

在中国 动物们被赋予独特的象征意义并被细心呵护

In China animals are valued does much for their symbolic meaning as for many good they may do

苗族人笃信成双燕终身相伴不离不弃

Miao people believe that swallow pairs remain faithful for life

因此他们的存在被视为

so their presence is a favor and a blessing

幸福生活与美满婚姻的象征

bringing happiness to a marriage and good luck to a home

如大多数苗人一样 宋家起居室的窗子可以眺望见成片的梯田

Like most Miao dwellings, the Song's living room windows look out over the paddy fields

从早春起 一扇窗子便为了方便燕子往返穿飞而敞开

From early spring, one of these windows is always left open to let the swallows come and go freely

古老爹知晓每年燕子归来确实切时间

Each year granddad Gu knows the exact day the swallows return

苗族人坚信这些鸟儿的归来预示着春季的来临

Miao people believe the birds arrival predicts the timing of a season ahead

然而今年 他们姗姗来迟

This year, they were late

因而古老爹和其他族中长老一致认为今年的插秧应当推迟

so Gu and the other community elders have agreed that rice planting should be delayed accordingly

当苗族人为了插秧而整備田地时

As the Miao prepare their fields for planting

燕子们或搜集修整巢穴用的泥巴

the swallows collect mud to repair their nests

或穿越新耕的稻田追逐昆虫

and chase after insects across the newly ploughed paddies

最终 经过了几周的准备

Finally, after weeks of preparation

这个预定种植的时刻来临了

the ordained time for planting has arrived

首先 秧苗必须从苗床上连根拔起

but first the seedlings must be uproot from the nursery beds

扎成捆移植到高处山地

and bundled up ready to be transported to their new paddy

那崭新的苗床上

higher up the hillside

宋家邻里乡亲全员出动帮助移植

All the Song's neighbors have turned out to help with the

transplanting

这是一直来他们的集体协作方式

It's how the community has always worked

当然一旦时刻来临 宋家人也会做出相同行为来报恩

when the time comes, the Songs will return the favor

当农户们忙碌在田埂间时

While the farmers are busy in the fields

飞燕们那么衔着修整巢穴的材料来来往往

the swallows fly back and forth with material for their nest

人多力量大

Many hands make light work

插秧的整个过程只持续了仅一个多小时

planting the new paddy takes a little more than an

hour

当工作完成 农户们得以休息

Job done, the villagers can relax

至少在明天来临之前

at least until tomorrow

然而对这些筑巢的飞鸟而言 修筑家园的宏大工程

But for the nesting swallows, the work of raising a family

才刚刚开始

has only just begun

新耕种的田地里

In the newly planted fields

白鹭在寻找食物

little egrets hunt for foods

稻田成了虫鱼蝌蚪的乐园

The rice paddy harbor tadpoles fish and insects

而白鹭正好以此哺育幼鸟

and egrets have chicks to feed

重庆自然保护区建立于 1996 年

This colony in Chongqing province is established in 1996

当成群的鸟儿安家阳光村前方的小竹林

when a few dozen birds build nests in the bamboo grove behind YanGuang village

当地人将其视为幸运的使者

Believing they were assigned of luck

他们最初小心保护这些白鹭和他们的栖息地

local people initially protected the egrets and the colony grove

但当村长病重后他们的态度发生了转变

But their attitude change when the head of the village fell ill

当政府开始介入保护鸟群时

They blame the birds and were all set to destroy their nests

他们开始敌视鸟群并着手摧毁巢穴 when the local government stepped in to protect them  
易弯曲的竹子或许并非安家的最正确场所 Bendy bamboo may not be the safest nesting place  
但至少这些小家伙们不会成为捕食者的腹中餐  
but at least these youngsters won't end up at someone's

dinner

这些小家伙刚从母亲嘴里分得美食 These chicks have just had a meal delivered by their mom  
对新生的小嘴着实是一大挑战 quite a challenge for litter beaks  
介于他们的栖息地是受保护的 Providing their colonies are protected  
像白鹭这样的留鸟是少数直接从兴旺的水稻种植中获益的鸟类

wading birds like egrets are among the few wild creatures which benefit directly from  
intensive rice cultivation

水稻生长需要大量的水 Growing rice needs lots of water

但即便是在多雨的南方 有些土地也面临缺水的危机

but even in the rainy south, there are landscapes where water is surprisingly scarce

相当于法国和西班牙国土加起来那么大 This vast area of southwest China

的中国西南的广阔土地 the size of France and Spain combined

因为宛如被枯燥中空的谷地隔离开来的巨大蛋盒般

is famous for its clusters of conical hills

连绵的锥形山脉而闻名于世 like giant upturned egg carton seperated by dry empty valleys

这就是喀斯特地貌

This is the karst

石灰石地貌俨然成为南部中国的标志性特征

a limestone terrain which has become the defining image of southern China

喀斯特地貌通常以突起的裸岩状态分布

Karst landscapes are often studded with rocky outcrops

这迫使当地农民只得在破碎的小块土地上耕作 forcing local farmers to cultivate tiny fields

当地人是 中国最贫穷的居民之一

The people who live here are among the poorest in China

在毗邻的云南省

In neighboring Yunnan province

遍布着石灰石

limestone rocks have taken over entirely

这就是著名的石林

This is the famous Stone Forest

无数年侵蚀作用的产物

the product of countless years of erosion

造就了无数的狭道与巅峰

producing a maze of deep gulleets and sharp-edged pinnacles

石灰石有一个独性 那就是能被雨水分解

Limestone has a strange property that is dissolves in rain water

在数千年的漫长光阴中 水的侵蚀深入到岩床的心脏地带

Over many thousands of years, water has corrode its way deep into the heart of the bedrock itself

这一自然奇观成为了著名的旅游景点

This natural wonder has a famous tourist spot

每年的访客数量多达 200 万人

receiving close to 2 million visitors each year

中国人特别喜好奇形怪状的岩石

The Chinese are fond of curiously shaped rocks

并以为嶙峋怪石冠上千奇百怪的名字为乐

and many have been given fanciful names

但没人来猜想这个块怪石的名字

No prices for guessing what this one is called

但百闻不如置身这片奇妙山地亲身一见

But there is more to this lands cape than meets the eye

在中国醒目的喀斯特地貌下

China has literally thousands of mysterious caverns

隐匿着无数的神秘洞穴

concealed beneath the visible landscape of the karst

这些隐秘世界大多不为世人所知 Much of this hidden world has never been seen by human eyes

而现在他们将被展现在世人眼前 And it's only just now being explored  
奇险洞穴中再现了一场终极的探险 For a growing band of intrepid young Chinese explorers  
主角是一群日渐成长 初生牛犊般的年轻探险家

caves represent the ultimate adventure  
探索一个洞穴 犹如一场穿越时空的探险 Exploring a cave is like taking the journey through time

常年积水叮咚伴随着无止境般的旅途 a journey which endless raindrops would have followed over countless centuries  
水滴潺潺落下 Fed by countless drips and trickles  
地下河流深切入岩 the subterranean river carves ever deeper into the rock  
石灰岩河床将洞穴的河道分割成千沟万壑

The cave river's course is channeled by the beds of limestone  
石灰岩薄弱处被河水冲刷差距的陡坡处水量激增  
A weakness in the rock can not allow the river to increase its gradient

flowrate  
为洞穴探险带来相当的挑战 providing a real challenge for the cave explorers  
水流到达地下水水位后便停止下流

The downward rushes halted when the water table is reached  
这里缓缓流动的河流切割出一条圆形隧道

Here the slow flowing river carves tunnels with a more rounded profile  
这静谧的世界是穴居鱼的家 This tranquil world is home to specialized cave fishes  
比方无目金鲃 like the eye-less Golden Barb  
中国或许拥有地球上种类最为繁多的 China may have unique kinds of cave evolved fishes  
洞穴进化鱼 than anywhere else on Earth  
在地下水水位线 Above the water table

远古洞穴溢满的河水中充满着石笋和钟乳石  
ancient caverns abandoned by the river slowly fill up with stalactites and stalagmites

含有沉积物的水流 St alactites form as trickling water deposits tiny quantities of rock  
在千万年间“滴水成石” over hundreds or thousands of years  
含有石灰质的水滴落石床形成石笋

Stalagmites grow up where lime laid and drips hit the cave floor

迄今为止被探索开掘的中国洞穴是中国大地上的九牛一毛  
So far, only a fraction of China's caves have been thoroughly prospected

而被开掘的洞穴不断为我们展现地底奇观 and caves are constantly discovering new subterranean marvels  
许多在后来被开发成了商业景点

many of which are subsequently developed into commercial show caves

探索者沿着洞穴河流出山谷的轨迹逃离了黑暗 Finally escaping the darkness

在远离出发地的河谷

the cave river and its human explorers emerge in a valley far from where their journey began

这场冒险拉上了帷幕

or now the adventure is over

源自洞穴河流

Rivers which issue from caves

为喀斯特地区提供了生命之泉

are the key to survival in the karst country

贵州的垂直峡谷

This vertical gorge in Guizhou province

成为了当地野生动物的密集焦点

is a focal point for the region's wildlife

这是世界上最珍稀的灵长类之一

This is one of the world's rarest primates

白颊黑叶猴

Francois's langur

在中国他们只残存于两个南部省份

In China, they survive in just two southern provinces

贵州与广西

Guizhou and Guangxi

多半栖息于崎岖的石灰岩地貌地带

always in ragged limestone terrains

正如大多数猴子一样 他们是社会性生物 Like most monkeys, they're social creatures

并且他们乐于消耗大把时间为彼此整理仪容 and spend a great deal of time grooming each other

叶猴是个不折不扣以嫩芽、嫩叶、水果为食的素食主义者

Langurs are essentially vegetarian with a diet of buds, fruits, and tender young

leaves

叶猴宝宝裹着姜黄色的毛发生生

Babies are born with ginger fur

这些毛发随着生长逐渐从尾部开始变成黑色

which gradually turns black from the tail end

叶猴宝宝虎钳般的爪

Young infants have a vise-like grip

帮助他们附着在妈妈身上以保证平安

used for cling on to mom for dare life

随着年龄的增长

As they get older

他们越发胆大，并开始常识更多刺激

they get bolder and take more risks

这些是经历诸多冒险后的幸存者

Those have survive spend a lot of time travelling

尽管经验丰富的成年叶猴深知

Yet experienced adults know exactly where to find seasonal

food

到守备范围内不同区域的哪里去寻觅当季的食物

in different parts of their range

在如此陡峭的地带

In such steep terrain

旅途顺利包含了高超的攀爬技巧

travel involves a high level of climbing skill

这些猴子打会走路起就是卓越的攀岩专家

These monkeys are spectacularly good rock climbers from the time they learnt to

walk

叶猴族群

In langur society

是母系社会

females rule the roost

并且是举家迁徙的领队人物

and take the lead when the family is on the move

峭壁一侧

One section of cliff

分泌的水是富含矿物质的

woops is a trickle of mineral-rich water

这对猴子们而言是不可抗拒的诱惑

which the monkeys seem to find irresistible

如今麻阳河自然保护区已鲜有危及猴宝宝的捕食者

These days there are few predators in the Mayanghe Reserve which might pose a risk

to baby monkey

然而在过去的数个世纪

but in past centuries, this area of south China

中国南部的这个地区是豹子 巨蟒 甚至老虎的家

was home to leopards, pythons, and even tigers

为了在暗夜潜行者的利爪下存活  
叶猴们前往地底  
用他们的高超的攀爬技巧爬到洞穴上方寻找庇护所  
using their rock climbing skills to seek shelter in inaccessible caverns  
夜视镜在近乎黑暗的环境下记录下  
叶猴一家爬上了  
被数代猴族磨蚀光润的石壁的情景  
当冬日寒冷来袭  
猴子们那么冒险潜入  
空气相对保持温暖的地下  
旅途的终点  
高悬的庇护所使得最激进的捕食者都束手无策

To survive dangerous night prowlers  
the langurs went underground  
using their rock climbing skills to seek shelter in inaccessible caverns  
Filmed in near darkness using a night vision camera  
the troop clambers along familiar ledges  
worn smooth by generations before them  
During cold winter weather  
the monkeys venture deeper underground  
where the air stays comparatively warm  
At last, journeys end,

a coated niche beyond the reach of even the most enterprising predator

并非只有猴子们在洞穴中寻找遮蔽  
这些孩子们刚放学  
在中国农村每天早上都意味着一段  
穿越一两个洞穴的艰苦跋涉  
然而并非所有孩子都要徒步上学  
这些孩子是寄宿生  
当孩子们快要到达学校时  
住宿生还在做早饭  
校园内仿假设被关掉了灯一般黑暗

But it's not just monkeys that find shelter in caves  
These children are off to school  
In rural China, that may mean a long trek each morning  
passing through a cave or two on the way  
But not all pupils have to walk to school  
These children are boarders  
As the day pupils near journey's end  
the boarders are still making breakfast

In the school yard, someone seems to have switched the lights

off

但这里其实并没有正规的操场  
以及正规的学校  
只不过是座  
洞穴中的房屋而已  
天然拱顶阻隔了雨水  
为教室省去了屋顶  
中东洞穴学校由六个班级  
共 200 名学生组成  
如同这所学校般 这个洞穴住宅区  
是 18 户人家和他们牲畜的聚居地  
这或许是世界上唯一在洞穴中饲养的牛了  
放学后是游戏的时间  
在中国南方 洞穴不仅用于遮蔽  
他们也能为当地人带来恩惠  
数代的人持续受到洞穴的恩泽  
洞穴地底覆盖了满满鸟粪  
仅仅十分钟时间就能让农人满载而归

But this is no ordinary play ground  
and no ordinary school  
Its house  
inside a cave  
A natural vault of rock keeps out the rain  
so there is no need for a roof on the classroom  
Zhongdong cave school is made up of 6 classes  
with a total of 200 children  
As well as a school, the cave houses 18 families  
together with their livestock  
This could be the only cave dwelling cows on Earth  
With school work over, it's play time at last  
In southern China, caves aren't just used for shelter  
they can be a source of revenue for the community  
People have been visiting this cave for generations  
The cave floor is covered in guano

so plentiful that 10 minutes' work can fill these farmer's

baskets

这是一种珍贵的天然肥料  
鸟粪的源头能听到河水上空的鸟鸣

This used as a valuable source of fertilizer



A clue to the source of the guano can be heard above the noise of the river

噪音因为山洞而被放大 The sound originates high up in the roof of the cave  
入口处聚满了雨燕 The entrance is full of swifts  
他们是社交性动物 They are very sociable birds

约 200000 多的共享贵州南部的洞穴  
more than 200,000 of them share this cave in southern Guizhou province

中国最大的雨燕栖息地 The biggest swift colony in China

如今 中国的家燕多数将巢穴建在建筑物的屋顶

These days, Chinese house swifts mostly nest in the roofs of buildings

但其实在房屋被创造出来之前 but rock crevasses like these were their original home  
这样的岩缝才是他们原本安家的地方 long before houses were invented

尽管雨燕依靠洞穴遮蔽 Though the swifts depend on the cave for shelter  
他们却必定在日落前归巢 they never stray further than the limits of daylight

因为他们的眼睛无法在黑夜中看清事物 as their eyes can't see in dark

然而洞穴深处 However, deep inside the cavern  
是一群更适应地下 are the creatures are better equipped

隐秘生活的居民 for subterranean life

一群蝙蝠刚刚醒来 A colony of bats is just waking up

他们运用超声波在黑夜中确定自己的方位  
using ultrasonic squeaks to orientate themselves in the darkness

夜晚是狩猎时间 Night is the time to go hunting

Rickett 鼠耳蝠是亚洲蝙蝠中唯一

Rickett's mouse-eared bat is the only bat in Asia which specializes in catching fishes

通过在水面依靠声波对涟漪的反射追踪游鱼的蝙蝠种

tracking them down from the sound reflection of ripples on the water surface  
这种非凡的技巧仅在数年前被发现

This extraordinary behavior was only discovered in the last couple of years  
现在首次被记录下来展示给世人 and has never been filmed before

如果说在黑暗中追捕游鱼是如此的不可思议 If catching fish in the dark is impressive  
想象下倒挂状态下不用爪子吞食滑溜溜的米诺鱼是怎样的神奇场景

imagine eating a slippery minnow with no hands while hanging upside down

拂晓降临至桂林的喀斯特山地 Dawn, over the karst hills of Guilin

这些山地的嶙峋奇秀归功于 These remarkable hills owe their peculiar shapes  
漓江那弱酸性的水质 to the mildly acid waters of the Li River

亿万年的侵蚀褪去了他们的本来面目

whose meandering course over eons of time has corrode away their basis  
只剩下坚硬的河道残留下来 until only the rocky course remained

漓江是中国最清澈的河流之一 Li is one of the cleanest rivers in China

是捕鱼者和他们训练有素的鸬鹚最爱的捕获点

a favorite spot for fishermen with their trained cormorants

这帮七八十岁的男人全部姓黄 The men, all called Huang, come from the same village  
他们来自同一个村落 now in their seventies and eighties

他们毕生都以捕鱼为生 they've been fishermen all their lives

在释放鱼鸟之前 Before they release the birds  
他们在鸟的脖子上松松的系一条套索 they tie a noose, loosely around the neck  
以防止鸟儿私自将捕到的鱼吞进肚子里 to stop them swallowing any fish they may catch  
伴随着即兴的舞蹈， 黄老汉鼓励着他的鸟儿们跳入水中

Chancing and dancing, the Huangs encourage their birds to take the plunge  
在水下 Under water  
鸬鹚的狩猎本能爆发 the cormorant's hunting instinct kicks in  
他们化身为水下的游鱼追踪导弹 turning them into fish seeking missiles  
一只鸬鹚小分队伙伴合作齐心协力 Working together,  
一早上便能收获颇丰

a good cormorant team can catch a couple of dozen decent-sized fish in a morning  
鸟儿们被训练过只能带着鱼儿回到筏子

The birds return to the raft with their fish because they've been trained to do so  
从出生的那一刻起 From the time it first hatched  
鸬鹚们就开始被训练为忠仆

each of these cormorants has been reared to a life of obedience to its master  
这些鸟儿是高效的奴隶 The birds are, in effect, slaves  
但是它们并不是白痴 But they are not stupid  
据说鸬鹚能够记住它们捕获的鱼的数目

It's said the cormorants can key the tally of the fish they catch

至少能记住七条 at least up to seven  
除非它们不时得到打赏 当然这不过是收回一点自己的劳动成果罢了

So unless they get a reward now and then, they simply withdraw their labor

渔夫理所当然得把最好的鱼留给自己 The fishermen of course keep the best fish for themselves

鸬鹚那么能享受剩余的局部 The cormorants get the leftover tiddlies  
项圈摘除后 鸟儿们终于能享用它的战利品了

With its collar removed, the bird can at last swallow its prize  
最美妙的莫过于得到额外的打赏 Best of all, when it isn't meant to have...

而如今 现代捕鱼技术的剧烈竞争 These days, competition for modern fishing techniques  
意味着使黄老汉已不能仅靠鸬鹚捕鱼这一传统的手段谋生了

means the Huangs can't make a living from traditional cormorant fishing alone

这一流传了 1300 多年的传统 And this 1300-year old tradition  
如今只能成为取悦游客的表演 is now practiced mostly to entertain tourists

但在贵州省附近的草海湖上 But on Caohai lake in nearby Guizhou Province

一种与众不同的捕鱼业正在蓬勃开展 an even more unusual fishing industry is alive and well  
庚钟胜正在去为夜间布网的路上 Geng Zhongsheng is on his way to set out his net for the night

老庚的怪网是一种一头扎起来的管状装置

Geng's net is a strange tubular contraption with a closed off end  
上百渔夫依靠这个 More than a hundred fishermen make their living from the lake  
水质富矿的高产湖泊为生 Its mineral-rich waters are highly productive  
并在此布下天罗地网 and there are nets everywhere

第二天清早老耿和他的儿子回来收获他们猎物

The next morning, Geng returns with his son to collect his catch

乍看之下收获平平

At first sight, it looks disappointing

小鱼.虾米.和扭个不停的虫子

Tiny fishes, lots of shrimps, and some wriggling bugs

然而老耿看上去来并不那么消沉

Geng doesn't seem too down hearted

大鱼被保持存活

The larger fish are kept alive

这是唯一在酷暑下保鲜的方法

the only way they'll stay fresh in the heat

令人吃惊的是 一些虫子也被专门挑捡出来

Surprisingly, some of the bugs are also singled out for special

treatment

它们是蜻蜓的幼虫

They are the young stage of dragonflies

以蠕虫和蝌蚪为食的掠食者

predators that feed on worms and tadpoles

这里是世界上蜻蜓卵收获最丰的地方

Nowhere else in the world are dragonfly nymphs harvested like this

回到家后 老耿把他的获物在屋顶上摊开晒干

Back home, Geng spreads his catch on the roof to dry

在中国, 但凡能吃的东西都不会被浪费

It's being in China, nothing edible would be wasted

在遥远的南方有这样一种说法

There is a saying in the far south

“长腿的唯桌子不吃

"We will eat anything with legs, except a table;

长翅膀的独飞机不啃”

and anything with wings, except a plane."

几个钟头后 这些晒干了的昆虫便会被带到市场上卖掉

Within a few hours, the dried insects are ready to be backed up and taken to market

其中蜻蜓蛹能卖到最好的价格

Its the dragonfly nymphs that fetch the best price

幸运的是 草海的蜻蜓资源非常丰富且高速再生

Fortunately, Caohai's dragonflies are abundant and fast breeding

所以老耿和其他的渔民远不会危及它们的数量

so Geng and his fellow fishermen have so far had little impact on their

numbers

但绝非所有野生动物都这样生机勃勃

But not all wildlife is so resilient

这所上海附近的佛庙

This buddhist temple near Shanghai

有一段与之相关的传奇故事

has an extraordinary story attached to it

2007年5月

In May 2007

一支狂野中国摄制组在这所寺庙的鱼塘里

A Wild China camera team filmed this peculiar Swinhoe's turtle

拍摄到了这只罕见的斑龟

in the temple's fishpond

据寺庙的和尚所说 这只龟在明朝期间被赐予寺庙

According to the monks, this turtle had been given to the temple during the Ming

dynasty

至今已有 400 余年历史了

over 400 years ago

它被认为是地球上最老的动物

It was thought to be the oldest animal on Earth

软壳龟被很多从中国人视为神赐的馈赠

Soft shell turtles are considered a god-made delicacy by many Chinese

在被记录下的时候

and when it was filmed

它已是中国仅存的三只斑龟之一

this was one of just three Swinhoe's Turtles left alive in China



在安徽省一个湖泊的小岛上  
一只小龙蠢蠢欲动

On an island in a lake in Anhui province  
a dragon is stirring

这里是中国最大最稀有爬行动物的古老家园

This is the ancestral home of China's largest and rarest reptile

一种传说中的神秘生物

A creature of mystery and legend

龙卵是非常珍贵的

Dragon eggs are greatly prized

这些孩子们需要快点孵化出来

these babies need to hatch out quick

看起来有人正在进行搜寻

It would seem someone is on their trail

对一只无助的爬行类幼仔来说

For a helpless baby reptile

囚禁在令人窒息的蛋壳的坚韧隔膜里

imprisoned in a leathery membrane inside a choky shell

在孵化过程中

a process of hatching

需要拼尽全力挣扎

is a titanic struggle

时间在不断流逝

And time is running out

小鳄鱼需要消耗 2 个小时才能将脑袋伸出蛋壳

It's taken 2 hours for the little dragon to get its head out of this egg

现在是拼尽全力

It needs to gather its strength now

进行最后奋力一击的时刻

a final massive push

最终获得自由

Free at last

扬子幼鳄出于本能的向巢的外表爬去

the baby Chinese alligators instinctively head upwards toward the surface of the nest

迎接全新的世界

and a ..... side world

但造访者并不是它们的同类

But the visitors are not what they seem

余淑珍和她的儿子就住在附近

Sheshuzhen and her son live nearby

她已经照顾当地的扬子鳄 20 多年了

She has been caring for her local alligators for over 20

years

所以当这些蛋快要孵化的时候她有一个不错的主意

so she had fair idea when the eggs will likely to hatch

回到家里 她建了一个用网围起来

Back home, she's built a pond,

以隔离捕食者的水塘

surrounded by netting to keep out predators

在接下来的六个月内加以保护

where her charges will spend the next 6 months

直到他们长得足够自立

until they are big enough to fend for themselves

过去的 20 年里

For the past twenty years

靠着像这样小规模的保护措施中国 150 只野生扬子鳄免遭灭绝

small scale conservation projects like this are all that have kept China's 150 wild alligators from extinction

就在饲养鳄鱼村落的正南方

Just south of the alligator country

黎明破晓之光照耀出一幅不同的画卷

dawn breaks over a very different landscape

黄山那海拔 1800 米的

The 1800 meter high granite peaks

花岗岩巅峰

of the Huangshan

又称为黄之山

or yellow mountain

对中国人而言

To the Chinese

黄山松象征着自然蓬勃的生命力与不屈的精神

Huangshan's pines are peak mines,the strength, and resilience of

nature

其中一些树据说已超过千岁

Some of these trees are thought to be over a thousand years old

在这花岗岩巅峰下

Bellow the granite peaks

陡峭峡谷的森林中隐藏着令人惊讶的居 steep forest in the valleys shelter surprising inhabitants

黄山猕猴

Huangshan macaques

隶属中国西部西藏短尾猴家族中稀有的分支

rare descendents of the Tibetan macaques of western

China

自得其乐的生活在这政府保护的河谷中

are unique to these mountain valleys where they enjoy strict official

protection

在树梢度过了早上之后

After a morning spent in the treetops

猴群转移到了山谷的阴凉处

the troop is heading for the shade of the valley

这是它们躲避酷暑的绝佳契机

a chance for the grownups escape the heat

他们甚至还在溪流中寻觅零食

and maybe pickup a lanch snack from the stream

正如多数猴子社会一样

As in most monkey societies

相互梳理毛发是社交的重要一环

social contact involves a lot of grooming

梳理毛发对成年猴子非常有益

Grooming is all very well for grownups

但是年轻的小猕猴总爱尽情挥霍精力

But young macaques have energy to burn

所谓猴性难改

Like so much monkey business

起初不过是顽皮的混战

what starts off is a bit of playful rough-and-tumble

随后就会暴走失控

soon begin to get out of hand

然而猴王早就看穿了一切

The alpha male has seen it all before

他全然一副眼不见心不烦的样子

he's not in the least bothered

然而却有人虎视眈眈的关注着一切

but someone or something is watching with a less than friendly

interest

五步蛇是拥有死亡之吻的暗杀者 The Chinese Moccasin is ambush predator with a deadly bite  
这是中国最大最恐怖的剧毒蛇之一

This is one of China's largest and most feared venomous snakes

但是猴子们已经与这种危险的毒蛇共存了数千年

But the monkeys have lived alongside these dangerous serpent for thousands of years  
每当发现由这种斑点的蛇时它们就用这种特殊的叫声来相互警告

They use this, specific alarm call, to warn each other whenever a snake is spotted  
一旦警报响起 毒蛇的袭击便对猴子丧失了威胁

Once its cover is blown, the bite proposes no threat to the monkeys

他们转移至平安的树梢

now safe in the treetops

一切归于平静

And life soon returns to normal

夏末的中国南部

By later summer, the rice fields of southern China

是一片璀璨的金色稻海

have turn to gold

如今是丰收的季节

The time has come to bring in the harvest

如今现代高产人工田占据了中国的大片土地

Nowadays, modern high yield strains are grown throughout much of the rice lands

受化学肥料的滋养

Boosted by chemical fertilizers

并用联合收割机进行大规模收割

and reaped by combine harvesters

这里是世界上最大的水稻种植区

This is the great rice bowl of China

占据世界水稻产量的四分之一

producing a quarter of the world's rice

被机器轰鸣惊扰的虫子

Insects, stirred up by the noisy machines,

马上成为了一群红尾燕的腹中餐  
包括新生儿——  
数周前刚刚羽翼饱满的新燕  
这也许是它们在动身渡冬到来前最后的聚餐了

are snapped up by gangs of red-rumped swallows  
including this year's youngsters  
who have fledged several weeks ago

This could be their last feast before they head for the winter

机械农具最适宜在山谷低地的平坦处工作

Mechanized farming works best in the flat bottom valleys of the

lowland

在南面 浙江省连绵起伏的丘陵地带  
人们坚持这一种古老而又简单的生活方式  
现在是清晨 7 点  
龙现村最成功的商人  
出门工作  
在金黄梯田环绕的小村落  
饱满的稻穗正待收获  
然而今天稻子却不是老杨心中首位  
他有更重要的事要做  
在山谷地带丰割已然开始  
老杨的田地也临近丰收  
但收割却尚未完成  
这是因为稻米并非他最主要的作物  
他带上山坡的篮子泄露了老杨营生的秘密

To the south, in the terraced hills in Zhejiang province  
an older and simpler lifestyle persists  
It's 7 in the morning  
and Longxian's most successful business man  
is off to work  
In the golden terraces surrounding the village  
the ears of rice are plump and right for harvesting  
But today, rice isn't upon the most in Mr Yang's mind  
He has bigger fish to fry  
Further at valley, the harvest has already began  
Yang's fields are ripe too  
but they haven't been drained yet  
That's because for him, rice is not the main crop

The baskets he's carried up the hillside give a clue to Yang's business

在他开工前  
他先需要释放些水出来  
谜底随着水位的下降  
而水落石出  
金鲤  
龙现人在很久前便沿用稻鱼共生至今

But before he starts work  
he needs to let some water out of the system  
As the water level drops  
the mystery is revealed  
golden carp

Longxian villages discovered the benefits of transferring wild caught carp into their paddy fields long ago

这一传统延续了七百多年之久  
当禾田里的水位下降  
竹阀门阻止了金鲤的潜逃  
这一神奇的生态养殖方式  
同时同地丰获了两大农产  
鱼 与米  
如此充满智慧的生态养殖  
即便今时今日也在为中国农副产品的  
自给自足奠定着根底  
回到村庄后  
老杨进入自己的熏房  
为贩售而准备他的鱼  
龙现鲤有着柔软的鳞  
和美妙的味道  
这或许拜当地水质所赐

The tradition has been going on here for at least 700 years  
As the water level in the paddy drops  
bamboo gate stop the fish's escaping  
The beauty of this farming method  
is that it delivers two crops from the same field at the same time  
fish and rice  
Smart ecology like this  
is what enables China to be largely self-sufficient in food  
even today  
Back in the village  
Yang has his own smoke house  
where he preserves his fish ready for market  
Longxian carp have unusually soft scales  
and a very delicate flavor  
perhaps as a result of the local water

此时此刻的熏房外  
古灵精怪的小家伙们蠢蠢欲动  
为了庆祝丰收  
村民举行了一场盛会  
龙现小学的孩子  
为了此刻的盛会准备了数周  
全村上下在这天前来捧场  
水稻种植循环体系完美无缺  
十一月  
中国北方日渐寒冷  
而南方那么相对温暖温暖  
飞鸟掠过鄱阳湖广阔的湖面  
聚集在一起  
苔原天鹅从遥远的北西伯利亚迁徙至此

Meanwhile, outside the smoke house  
there is something fishy going on  
To mark the harvest  
the village is staging a party  
Children from Longxian school  
have spent weeks preparing for their big moment  
Everyone from the community is here to support them  
The rice growing cycle is complete  
By November  
northern China is becoming distinctly chilly  
but the south is still relatively warm and welcoming  
Across the vast expanse of Poyang lake  
the birds are gathering

Tundra swans are long-distance migrant from northern Siberia  
对中国人而言 他们象征着至高无上的自然美

To the Chinese, they symbolize the essence of natural beauty

鄱阳湖自然保护区为超过 100 个种类

The Poyang Lake Nature Reserve offers winter refuge to more than a quarter of a million birds  
25 万之多鸟类的提供天然栖息地

成为中国南方最令人叹为观止的自然盛景  
experiences

最后抵达此地的是跨越千山万水  
艰难跋涉至此的鸟群

The last birds to arrive at Poyang  
are those which have made the longest journey to get here

他们来自西伯利亚北极海岸

All the way from the arctic coast of Siberia

西伯利亚鹤在中国被成为白鹤

The Siberian Crane, known in China, the White Crane

被视作桔祥的象征

is seen as a symbol of good luck

每年这些濒临灭绝的鸟儿们

Each year, almost the entire world population of these critically endangered birds  
都要为了在鄱阳湖过寒假

而跋涉 9000 公里的往返旅行

to spend the winter at Poyang

和白鹤一样

Like the white cranes

中国南部众多独特生物不得不面对人类开发利用自然

many of southern China's unique animals face pressure from exploitation and  
competition with people

所带来的环境与资源压力

over space and resources

然而这些生命力旺盛的野生动物

But if China is leaving proof of anything

证明了中国正在采取行动

it is that wildlife is surprisingly resilient

通过适当的措施

Given the right help

即便是最珍稀的生物也能获得救赎

even the rarest creatures can return from the brink

只要我们展现意志

If we show the will

大自然 会为我们找到出路

nature will find the way.

美丽中国 (Wild China) 第二集 香格里拉 Shangri-La

翻腾的云海之下

Beneath billowing clouds,

在中国西南遥远的云南省

in China's far southwestern Yunnan

province,



有一个神秘而又充满传奇的地方 lies a place of mystery and legend.  
这儿有着世界上最久远的雨林以及奔腾的河流

Of mighty rivers and some of the oldest jungles in the world.

藏匿于此的河谷养育了奇异而又独特的动物

Here, hidden valleys nurture strange and unique creatures,

同时也孕育了多彩的民族风情

and colourful tribal cultures.

雨林在远离热带的北部地区是罕见的

Jungles are rarely found this far north of the tropics.

可是 为什么却得以在此茁壮成长

So, why do they thrive here?

为何整个中国崎岖不平的山地里 却蕴藏着富饶多姿的自然财富

And how has this rugged landscape come to harbour the greatest natural wealth in all China?

在中国西南部的一个偏远的角落里

In the remote southwest corner of China,

即将举行一场庆典

a celebration is about to take place.

傣族人为他们一年中最重要的节日收集水

Dai people collect water for the most important festival of their year.

傣族人也称自己为水之民

The Dai call themselves the people of the water.

云南的河谷地带 是他们的两千多年来繁衍生息的故里

Yunnan's river valleys have been their home for over 2,000 years.

把河水带到寺庙

By bringing the river water to the temple,

敬俸傣族人最神圣的两件事物——

they honour the two things holiest to them -

佛教和他们的家园

Buddhism and their home.

傣族人感恩养育了傣族文化的河流以及肥沃的土地

The Dai give thanks for the rivers and fertile lands which have nurtured their culture.

或许这看上去只是为了打上一场大水仗的借口

Though to some it might seem just an excuse for the biggest water fight of all time.

随着小镇的开展以及现代化 傣族人的生活正发生着改变

Dai lives are changing as towns get bigger and modernize

泼水节依旧是众所周知的 著名的傣族节日

but the Water Splashing Festival is still celebrated by all.

河流穿越了傣族人生活与习俗的心脏地带

The rivers which lie at the heart of Dai life and culture

发源于西藏遥远的山脉之中

flow from the distant mountains of Tibet,

河水向南流过了宏伟的平行峡谷中的云南中部

southward through central Yunnan in great parallel gorges.

傣族人现在居住在与越南以及老挝接壤的热带地区

The Dai now live in the borders of tropical Vietnam and Laos, their legends tell of how their ancestors came here

but their legends tell of how their ancestors came here

从寒冷而又遥远的北方山区顺流而下

by following the rivers from mountain lands in the cold far north.

头枕着遥远的喜马拉雅山脉东部的末端  
横断山脉构成了滇北的边界并与西藏相交

Lying at the far eastern end of the Himalayas,

the Hengduan mountains form Yunnan's northern border with

Tibet.

卡瓦格博峰是横断山脉之上的王冠 也是圣洁朝圣者旅途的一站

Kawakarpo, crown of the Hengduan range, is a site of holy

pilgrimage.

然而 她那令人敬畏的顶点至今未被征服

Yet, its formidable peak remains unconquered.

云南的山不但遥远而且崎岖

Yunnan's mountains are remote, rugged and

inaccessible.

这里空气稀薄而且气温能骤降至零下四十度

Here the air is thin and temperatures can drop below minus 40

degrees.

这里是地球上独一无二的动物

This is home to an animal that's found nowhere else on Earth.

又称扁鼻黑金丝猴即传说中的雪猴 滇金丝猴的家园

The Yunnan snub-nosed monkey.

只有在极少数与世隔绝的山林中 才能看到它们的踪影

It's found only in these few isolated mountain forests.

在如此高海拔的地区 难以寻觅其它灵长类动物的踪迹

No other primate lives at such high altitudes.

这些是真正的专家

but these are true specialists.

这些出没在远古深山中的原住民 有着一些通灵的传说

These ancient mountain dwellers have inspired legends.

当地的傈僳族人就把它当作自己的祖先

Local Lisu people consider them their ancestors,

并把它们称为：“山中野老”

calling them "the wild men of the mountains".

在大雪之中即使是这些专家也不能够进食

During heavy snowfalls, even these specialists cannot feed.

对滇金丝猴来说似乎又来到了一个新奇的地方

It seems a strange place for a monkey.

在另一场雪到了之前 滇金丝猴抓紧时间寻找食物

Between snows, the monkeys waste no time in their search for food.

在高海拔地区 只有少数水果与嫩叶可供食用

At this altitude, there are few fruits or tender leaves to eat.

百分之九十的日常饮食由 不常见的成捆精细干有机物组成

90% of their diet is made up of the fine dry wisps of a curious organism.

其中一半是真菌 另外一半是植物地衣

Half fungus, half plant - it's lichen.

提起猴子人们通常联想到的是低地雨林

How have monkeys, normally associated with lowland jungle,

缘何他们选择在偏远的山地繁衍生息呢 come to live such a remote mountain existence?

它们并非这些孤耸的顶峰上唯一醒目的生命

This is not the only remarkable animal found within these isolated high peaks.

一只中国小熊猫

A Chinese red panda.

这位沉默寡言的隐士 将自己生命的大局部置于树的顶端

Solitary and quiet, it spends much of its time in the tree tops.

抛开它的名字

Despite its name,

让大熊猫与大熊猫扯上亲戚关系 是一件非常勉强的事情

the red panda is only a very distant relative of the giant panda.

它在血缘上更接近臭鼬 (小熊猫有时在中文中也称火狐 英文中亦有 FireFox 既是对其的直接译名列在熊科或浣熊科是多年来一直被争论的问题最近经过基因分析 认为与美洲大的浣熊亲缘关系最接近 应该单独列为小熊科)

It's actually more closely related to a skunk.

但他却和大熊猫有着共同的口味嗜好 ——竹子

But it does share the giant panda's taste for bamboo.

中国西南部的小熊猫因其醒目的面部花纹而著称

Southwest China's red pandas are known for their very strong facial markings

这些特征将他们与其它在喜马拉雅地区 发现的火狐物种区分开来

which distinguish them from red pandas found anywhere else in the Himalayas.

如同猴类一般 它们被隔离在了高远的山林之中

Like the monkeys, they were isolated in these high forests

山体在巨大的造山运动中 被挨个完全抬起

when the mountains quite literally rose beneath them

近年来的地质学历史已经证明了这一点

in the greatest mountain-building event in recent geological history.

在过去 3000 万年间

Over the last 30 million years,

印度次大陆持续向北挤压欧亚大陆

the Indian subcontinent has been pushing northwards into Eurasia.

印度与西藏的交界处

On the border between India and Tibet

巨大的岩石被推挤至海平面以上 8000 米处之高

the rocks have been raised eight kilometres above sea level,

造就了世界最高大宏伟的山脉 ——喜马拉雅山

creating the world's highest mountain range, the Himalayas.

对东部来说

But to the east,

岩石被皱褶进了南北走向的 绵延陡峭的山脊

the rocks have buckled into a series of steep north-south ridges,

同时也切进了云南的心脏地带

cutting down through the heart of Yunnan,

形成了平行的横断山脉

the parallel mountains of the Hengduan

Shan.

这些天然屏障守护着隔绝在云南

These natural barriers serve to isolate Yunnan's plants and animals

各自毗邻的河谷中的动植物

in each adjacent valley.

雪峰与斜坡间的巨大的温差

While the huge temperature range between the snowy peaks

所创造的足够的优厚条件

and the warmer slopes below

使得这儿生命彰显无限生机

provides a vast array of conditions for life to

thrive.

春的岁月

Through spring,

横断山脉的斜坡上 上演了中国最为壮绝的自然景致

the Hengduan slopes stage one of China's greatest natural spectacles.

此处的森林拥有世界上最多多样化的植被及物种

The forests here are among the most diverse botanical areas in the world.

这里生长着超过 18000 种植物

Over 18,000 plant species grow here,

其中约 3000 种植物是这儿特有的

of which 3,000 are found nowhere else.

直到一个多世纪前 这里还是个未为人知的世外桃源

Until little more than a century ago, this place was unknown outside China.

然而有关这个神奇隐秘的东方世界的传言

But then news reached the West

却不胫而走 传至西方

of a mysterious, hidden world of the orient.

隐匿在群山中 遗落人间的最后天堂 ——香格里拉

Hidden among the mountains, a lost Shangri-la

paradise.

当时西方上流社会盛行园艺

Western high society, in the grip of a gardening

craze,

渴望获得遥远国度的稀有物种

was eager for exotic species from faraway places.

这也造就了新物种的探险家

This gave rise to a new breed of celebrity

adventurers,

无畏的植物探索家 世称“植物猎人”

intrepid botanist-explorers known as "the Plant

Hunters".

云南成为了他们的圣杯 (Holy Grail 是 Jesus 在最后的晚宴上使用的餐具 据称有不可思议的神奇力量)

Yunnan became their Holy Grail.

其中最知名的便是 Joseph Rock 真人版的 Indiana Jones (电影 "迷失方舟的侵入者" 中的英雄)

The most famous was Joseph Rock, a real life Indiana

Jones.

胶片出色的记录了他与随行人员的一系列

Remarkable film footage captured his entourage on a series of expeditions,

深入云南腹地的探险远征

as they pushed into the deepest corners of Yunnan.

他发现了千姿百态的植物

In glorious colour he recorded the plant life he found

并将其记录于特制的玻璃质感光片上

on special photographic glass plates.

通过将成千上万的标本送回西方

Sending thousands of specimens back to the West,

植物猎人永远的改变了世界园艺

the Plant Hunters changed the gardens of the world forever.

Rock 的成功源自其不懈的努力

Rock's success was born of a massive effort.

为了找到他的香格里拉

For, to find his Shangri-la,

他翻越了无尽连绵的山脉

not only had he to traverse endless mountain

ranges,

征服了世界上最深的峡谷

but some of the deepest gorges in the world.

怒江之名意为愤怒的河流

The Nujiang is called The Angry River.

绵延三百公里的急流如同那些巍峨群山

This 300-kilometre stretch of raging rapids

成为了保护野生生命的天然屏障

is as much a barrier to life as are the mountains above.

惊涛拍岸

WAVES CRASH

植物猎人并非第一个到这里旅行的人

But the plant hunters weren't the first people to travel

here.

怒江之上

Along the Nujiang,

有二十多座溜索桥供当地人飞越激流

less than 30 rope crossings allow locals passage across the

torrents.

小村落依山而居

Tiny hamlets cling to the slopes.

今天是赶集的日子

This morning, it's market day,

一大早 人们就从山谷的四处集中

drawing people from up and down the valley.

猪叫声

PIG OINKS

山羊咩咩的叫

GOAT BLEATS

当地人使用这种简易吊索穿越河流

Hanging from simple rope slings,

已有数百年的历史

people have been using the crossings for many hundreds of

years.

在如此狭窄陡峭的山谷中

In such narrow, precipitous gorges

这种简易的交通方式显得尤为便捷

it's by far the easiest way to get around.

虽然成功抵达此岸 前方崎岖的山路依旧艰辛

Once across, the steep sides mean it's still a

hike.

抵达集市前还需要数小时的艰苦跋涉

Many trek for hours by foot before they get to the market.

超过十二个以上的族群 居住在这片宽阔的河谷之中

The immense valley is home to over a dozen ethnic

groups.

怒族人仅存于此

Some, like the Nu people, are found only here.

不同族群的山民们在集市上相聚

The markets bring the mountain tribes together.

为了继续他的征途

To continue his expeditions,

Rock 与他的探险队必须设法越过云南的激流

Rock had to get his entire entourage across the giant Yunnan

rivers.

他定制了用森林藤蔓特制的结实绳索来完成运载

He commissioned especially thick ropes made from forest

rattan

并记录下了整个全程

and filmed the entire event.

他们用牦牛油润滑了吊索 40 个人和 15 头骡子开始渡河

With yak butter to smooth the ride, 40 men and 15 mules made the

journey.

但并非每次都成功抵达了此岸

Not all made it across.

在怒江河谷遥远的此岸

On the far side of the great Nujiang gorge,

植物猎人们有了惊人的发现

the Plant Hunters made a remarkable discovery.

尽管远离热带

Far from the tropics,

他们却似乎进入了一片热气腾腾的热带丛林

they seemed to be entering a steamy, vibrant tropical jungle,

这就是高黎贡山的森林

the forest of Gaoligongshan.

这里的植物群落与众不同

The flora here is unlike anywhere else in the world.

类似亚热带高山植物物种的巨大外形

Next to subtropical species, alpine plants grow in giant form.

高达 30 多米的杜鹃花向着苍穹昂首怒放

Crowning the canopy, rhododendrons, up to 30 metres high.

四五月间 它们将苍翠的山林染成一片嫣红

In April and May, their flowers turn the forests ruby red,

吸引了唯此独有的鸟类

attracting bird species found only here.

空气中丰富的水份供养的寄生植物 增加了枝条的负载

Constant moisture in the air means that the branches are laden with flowering epiphytes,

这些山谷中特有的小太阳鸟 精心护卫着杜鹃花的枝条

fiercely guarded by tiny sunbirds, unique to these valleys.

蜂雀是花蜜的掠食者 远古以来就一直生活在热带地区

Nectar feeders, these are the humming birds of the Old World tropics.

高黎贡山的森林是中国局部珍稀动物的家园

The forests of Gaoligongshan are home to some of China's rarest wildlife.

这是一只雌性红腹角雉

This is a female Temminck's Tragopan.

她有着一位绚丽夺目的雄性追求者

She has a colourful male admirer.

它希望用奇特的躲猫猫游戏来向雌性求爱

He's hoping to woo her with his peculiar peekaboo display

但她却不想轻易将芳心托付

but she's not about to be rushed.

它多彩的盘状肉髯比羽毛能更好的反射光线 (skin wattle 肉髯 此系指颈部皮肤上的附属物)

His colourful skin wattle reflects more light than feathers do.

对雌性来说简直就是黑暗中的霓虹灯

To her, this is like a neon sign.

是行动的时候了

Seeing his chance, the male makes his move.

高黎贡山的森林总是保持着湿润的气候

Constant moisture in the Gaoligongshan forests

这意味着这里终年都出产水果 means that throughout the year there are always fruits on the trees.

如此丰富的水果吸引了各式各样原本

Such abundance of food encourages a high diversity of fruit eaters

仅存于热带地区的“水果派”们

more commonly found in the tropics.

大黑松鼠原本只生活在原始雨林中

The black giant squirrel is found only in undisturbed rainforest.

体长近一米的大黑松鼠 是世界上体型最大的松鼠之一

At close to a metre in length, it's one of the world's largest squirrels.

神奇之处在于这些森林远离热带却依旧繁茂

The mystery is that these forests are growing well outside the tropics.

要是公正的说 雨林及其间的动物本不该存在于此

By rights, none of this jungle, or its animals, should be here.

这是短尾猕猴

These are bear macaques.

他们通常只生活在热带亚热带的丛林中

They're found only in tropical and sub-tropical jungle.

之所以能够在这片方圆千米的袖珍家园生息

With a tiny home range of just a few square kilometres,

靠的是全年丰足的水果供给

they depend on the abundant fruit

这种得天独厚的饮食条件 足以媲美热带雨林

that only true rainforests can provide all year

round.

对欧洲的植物猎人而言

To the European plant hunters,

北方的雨林简直是奇幻美妙的失落世界

these northern rainforests must have seemed a fantastic and mysterious lost

world.

然而 当他们来到这里 却发现了构造美丽的古石道

Yet, when they came here, they would have found beautifully constructed ancient stone pathways

拜此所赐 森林探索得以进行

on which the forest could be explored.

蜿蜒向西深入山地

Winding westwards into the hills,

曾一度是亚洲地区的要道

these were once some of the most important highways in

Asia,

西南部的茶马古道(即为西南丝绸之路)

the southwestern tea and silk road.

茶马古道源于古代西南边疆的茶马互市 兴于唐宋盛于明清

Built thousands of years ago,

西南茶马古道越过中国的边境迎来了 远自罗马的商人与旅者

the southwestern tea and silk road gave access to the world beyond China's

borders,

将这片古老土地与世界相连

carrying tradesmen and travellers from as far away as

Rome.

这条路上曾燃烧过连绵的战火

Wars were fought over access to this tiny path,

也是出入当时中国的唯一咽喉要道

the only sure route in or out of China,

必须要保证全年畅通无阻

that was guaranteed to be clear of snow all year

round.

那么 是什么造就了高黎贡山独特的气候

So, what causes Gaoligongshan's strange and remarkable

climate?

五月后旬阵风来临

In late May, gusts of wind arrive,

带来了解开高黎贡山气候之谜的钥匙

bringing with them the key to Gaoligongshan's mystery.

热风富含水分

The winds are hot and saturated with water.

它们完全来自于印度洋

They come all the way from the Indian Ocean.

受云南独特地形的影响

Channelled by Yunnan's unique geography,

热带季风带来了充分的雨量

they bring with them the moisture of the tropical

monsoon.

形成于千百万年前的巨大河谷

The giant river valleys, created millions of years

ago,

如同巨大的漏斗一般

act like immense funnels.

这些峡谷深邃狭长

The gorges are so deep and narrow,

引导湿热气流径直流向滇北

that the moist warm air is driven right up into the north of Yunnan.

然后就是降雨 暴泄的狂流

The result is rain, in torrents!

近四个月的持续雷雨滋润着茂盛的植物

Four months of daily rainstorms sustain luxuriant

vegetation.

季风的来临

The arrival of the monsoon

唤醒了森林中最喜好潮湿的居民

awakens one of the forest's most extraordinary moisture-loving inhabitants.

类鳄蝾螈是此处发现的 最为非凡的两栖动物之一

The crocodile newt is one of the most unusual of the many amphibian species found here.

当雨季来临 它们开始求偶繁衍

As the rains arrive, they emerge to mate.

据说鳄蝾会为其潜在的伴侣留下气味线索

The newts are said to leave an odour trail that potential mates can follow.

类鳄蝾螈得名于它背上嶙峋的凸起

The crocodile newt gets its name from the bumps along its back.

这是它们的天然防御

These are its defence.

一旦被潜在的肉食者捕获

If grabbed by a potential predator,

肋骨的顶部的隆起物中便会 挤压出致命的毒素

the tips of its ribs squeeze a deadly poison from the bumps.

暴雨唤醒了另外一种森林生物

The deluge wakes another forest inhabitant.

它那勃发向上的朝气令人叹为观止

This one is particularly astounding in its vigour!

它一天能够生长一米

It can grow up to a metre a day,

使其迅速傲视四周

fast overtaking the other plants around it.

长得愈发高挺 长势愈发猛烈

The taller it grows, the faster its growth rate,

数日间便拔地而起 凌驾于灌木丛之上

so that in a matter of days it towers above the undergrowth,

并且持续向着天际进发

and continues reaching for the sky.

对于出身草根的它而言 干得还不赖

Not bad for what is essentially a grass.

它就是竹子

It's bamboo.

时机成熟

Given the chance,

竹子将造就出支配整个地域的庞大竹林

bamboo will create immense forests, dominating entire areas.

竹林的踪迹普及整个中国的西南部

Bamboo forests occur across southwest China,

一路向东直至上海都能看到它的身影

all the way to Shanghai.

或许世界上最高耸挺拔的竹子

But probably the highest diversity of bamboos in the world

却悠然生长在云南的山谷之中

is found on the hills and valleys of Yunnan.

尽管外表坚硬 竹子的腹中却空无一物

Though incredibly strong, bamboos have hollow stems,

为一切能够寻径而入的生命 创造了天然完美的庇护所

a perfect shelter for any creatures which can find a way

in.

这是甲虫开凿的一个入口

This entrance hole was made by a beetle

但却为完全不同的生物做了嫁衣

but it's being used by a very different animal.

竹节蝙蝠

A bamboo bat.

它是世界上最小的哺乳动物 体型和大黄蜂差不多一样大

The size of a bumblebee, it's one of the tiniest mammals in the world.

整个聚居地内里多达 25 只竹节蝙蝠

The entire colony, up to 25 bats,

挤在比一个茶杯的空间还要狭小的竹节里

fits into a single section of bamboo stem, smaller than a tea cup.



这简直就是挤油渣

It's quite a squeeze!

竹节内一半的空间属于竹蝠宝宝

Half the colony are babies.

尽管只有一周大而已 他们的体型却长得和妈妈一般大小了

Though barely a week old, they are already almost as big as their mums.

喂养这帮疯长的小家伙实在是件苦差事

Feeding such a fast-growing brood is hard work.

蝙蝠母亲们只在每晚薄暮降临后外出寻觅食物

The mums leave to hunt just after dusk each

night.

小家伙们被留下来看家

Back in the roost, the young are left on their own.

翅膀上独特的肉趾帮助他们攀爬竹壁

Special pads on their wings help them to grip on the bamboo walls

绝大多数时候

most of the time.

小竹蝠们在剩下的空间里用伸展腰肢整理翅膀

The young bats use the extra space to prepare for a life on the

wing

为日后的飞行早做准备

by preening and stretching.

就像罐头里的沙丁鱼挤得满满的 将成为容易被蛇攻击的目标

Packed in like sardines, they would make an easy target for a

snake.

但是蛇却没有收获的时机

But the snake has no chance of getting in.

入口的宽度比铅笔还要细

The entrance is thinner than the width of a pencil.

当蝙蝠妈妈回来时

When the mothers return,

穿过狭窄的入口 必须要依靠它们与众不同的扁平颅骨

they can push through the narrow entrance only because of their unusually flattened skulls.

同样还是需要用力才能挤进去

But it's still a squeeze.

另一个深林的原住民 在竹子的采集与使用方面独辟蹊径

Bamboos are exploited in a very different way by another forest dweller.

新鲜的竹笋是重要的深林作物

Fresh bamboo shoots are an important forest crop.

哈尼族有一个聚居地叫哀牢

Ai Lao Xiang is of the Hani tribe,

坐落于今西双版纳州勐海县的勐宋乡

from the mountain village of Mengsong.

他采集的嫩竹笋将会被烤成一道美味的菜肴

Roasted, the tender shoots he gathers will make a tasty dish.

哈尼族不仅从树林中采集竹子 也种植各个品种竹子以供不同的用途

The Hani have many uses for the different bamboos they grow and find in the forest around.

尽管竹子足够柔韧以至于可以用来穿戴

Though flexible enough to be woven,

但竹子却拥有比钢还要好的抗张强度

bamboo has a higher tensile strength than steel.

嫩竹子富含水分

Succulent when young,

成材的竹子制成的桌子巩固耐用

in maturity it's tough and durable, ideal for making a table

用竹子做成的水烟筒甚至可以用上一辈子

and strong enough for a pipe to last a lifetime.

中国西南部的人民

The people of southwest China

找到了很多种方法来利用这种用途异常广泛的植物

have found an extraordinary number of ways to exploit this most versatile of plants.

他们正使用方言谈话

THEY SPEAK IN NATIVE LANGUAGE

竹子非凡成功中的一局部原因是

Part of bamboo's phenomenal success

因为它足够坚硬以至于只有很少的动物能够食用

is that it's so tough that few animals can tackle it.

看 竹子确实正在遭到攻击

Yet, bamboo does come under attack.

一只竹鼬

A bamboo rat.

吃的差不多全是竹子

Feeding almost exclusively on bamboo,

它们一辈子都生活在树林之下的地道之中

they live their entire lives in tunnels beneath the forest.

细小的竹子很容易被拖进坑道中

The thinner species of bamboo are easy to attack and pull below.

她拥有极其出色的嗅觉

She has a fantastic sense of smell

能够透过土壤嗅到新鲜的生长物

and can sniff out the fresh growth through the soil.

竹子的根一直往地下延伸

Bamboo spreads along underground stems.

非常有利于竹鼬顺根找到新鲜的竹枝

By following these, new shoots are found.

一旦竹枝被发现

Once a shoot is detected,

竹鼬咬断之后把竹枝拖回到她的地洞里

she snips it free and drags it down into her burrow.

这只雌性竹鼬拥有着一个小家庭

This female has a family.

小竹鼬出世才只有几个星期

At just a few weeks old,

小竹鼬已经能够应付最硬的竹枝了

the youngsters can already tackle the hardest bamboo stems

它们是如此的渴望咬上几口

and are eager to try.

竹子坚硬的名声是如此的显赫

Bamboo's tough reputation is such,

另一个食竹高手被认为是中国的“攻坚专家”

that another bamboo specialist was known by the Chinese as, "The Iron Eating Animal".

大熊猫以其独特的日常饮食而闻名于世

The giant panda is famous for its exclusive diet.

大熊猫被认为在几百万年前 起源于中国的西南部

Giant pandas are thought to have originated in southwest China, millions of years ago,

大熊猫现在已经在云南绝迹

but they are no longer found in Yunnan.

近年来，恐怖的结果降临到了大熊猫钟爱的食物上

Recently, their specialised diet has had dire consequences.

竹子有着难以预测的生命周期

Bamboo has a bizarre life cycle,

不常见的花季，有时在百年之内竹子才会开一次花

flowering infrequently, sometimes only once every hundred years or so.

一旦竹子的花季来临，就会影响到可观数量的竹子

But when flowering does occur, it's on a massive scale,

所有的植株都将追随死神的召唤

and it's followed by the death of all of the plants.

有时，整片竹林都可能随之消亡

Sometimes an entire bamboo forest may die.

在没有受到干扰的栖息地中 熊猫往往只是迁移到另外一片区域而已

In undisturbed habitat, pandas simply move to another area

未受开花影响的不同品种的竹子依旧生机勃勃

where a different bamboo species grows.

人类的活动已经破坏了熊猫生存区域的连续性

But as human activity has fragmented their forest home,

大熊猫所面临的生存环境日益窘迫

pandas find it increasingly hard to find large enough areas in which to survive.

野生大熊猫现在仅存活于中国中部的森林里

Wild pandas are now found only in the forests of Central China,

远离东部

far to the east.

在隐秘的云南南部热带的小型低地丛林里

But in the hidden pockets of lowland jungle in Yunnan's tropical south,  
居住着中国最神秘的野生动物之一 live one of China's best-kept wildlife secrets.  
深沉的咆哮 DEEP BELLOW

亚洲野象

The wild Asian elephant.

亚洲野象的一次迁徙 可以走到中国北方的北京那么远

Elephants once roamed across China as far north as Beijing.  
但是它们仅仅存活于云南的隐秘的山谷之中

But it's only in the hidden valleys of Yunnan that they have survived.  
大象是森林的建筑师 Elephants are the architects of the forest.  
竹子和草是大象最喜爱的食物 Bamboos and grasses are their favourite food  
吃一些盘旋的藤蔓植物树苗以及树叶也无所谓

but saplings, tree leaves and twisted lianas are all taken, with little care.  
当它们穿越森林 As they move through the forest,  
大象开辟出了小块的林中空地 为森林中的地面带来了阳光

the elephants open up clearings, bringing light to the forest floor.  
这对它们的家园有着较大的影响 This has a major impact on their home.

富足的森林正为那些偶尔经历改变所熟知

The richest forests are now known to be those which from time to time experience  
change.

基诺族对于森林的知识博学得让人难以置信

The Jinou people are incredibly knowledgeable about their forests  
他们声称能够利用在这儿找到的大多数植物

and claim to have uses for most of the plants that they find  
there.

所有的植物都被基诺族人命名

They have names for them all,

那些吃起来应该不错 有的植物甚至还有很高的药用价值

those good for eating and some which even have strong medicinal  
qualities.

通过在这儿劳动 基诺族人扮演了一个与大象相似的角色

By working here, the Jinou play a similar role to the  
elephants,

开发森林 拓展空间 带来了阳光与多样化

opening up the forest, bringing space, light and  
diversity.

生长迅速的绿色植物有很强的竞争优势

Green, fast growing species are encouraged.

这儿的昆虫资源也极其富足

Insects are in high abundance here,

以昆虫为食的动物也不少

together with the animals that feed on them.

基诺族人掌握的关于森林的知识 使他们能够找到植物之外的

Knowledge of the forest enables the Jinou to find not just  
plants,

其它美味可口的森林食品

but other tasty forest food too.

丛林地蟹在这儿很常见 它们以充足的废叶为食

Forest crabs are common here, feeding on the abundant leaf  
litter.

晚餐又多了一道美味可口的菜肴  
meal.

This will be a tasty addition to the evening

流经云南南部的山谷  
怒江的水量正是充分的时候  
缓慢流动河水有些温暖

Flowing through Yunnan's southern valleys,  
the once angry rivers are now swollen,  
their waters slow and warm.

这些富饶的低地河谷是傣族人的家园  
Dai.

These fertile lowland valleys are the home of the

水之民

The "People of the Water"

山环水抱沿河而居  
hills.

live along streams which originate in the surrounding

每一个家庭都拥有一个菜园子  
仿照森林环境中的多层结构

Each family keeps a kitchen garden  
modelled on the multi-layered structure of the surrounding  
forests,

傣族人对森林满怀敬重

which the Dai hold sacred.

套种不同的作物能够显著提高产量

The gardens are made more productive by inter-planting different

crops.

高大向阳的作物为阴地植物提供了遮阳伞

Tall, sun-loving species give shelter to plants which thrive in the

shade.

作为伙伴，大家都得以茁壮成长

As companions, the plants grow better.

云南的森林里有十二种 以上不同品种的野生香蕉

Yunnan's forests are home to more than a dozen wild banana

species

多数傣族人的菜园里的香蕉都长势良好  
gardens.

and banana crops grow well in most Dai

尽管富含花蜜的硕大香蕉树花一天只绽放两个小时

The huge banana flowers are rich in nectar for only two hours a

day,

却足以吸引周围森林中的昆虫前来采吸 大黄蜂当然也不甘落后

but it's enough to attract a range of forest insects, including

hornets.

用它们剃刀般锋利的下颚骨  
很容易就能够采集到花蜜  
nectar.

With their razor sharp mandibles,  
they find it easy to rob the flowers of their

捕食者大黄蜂也是肉食动物

But hornets are predators too.

它们捕食其它的昆虫并带回蜂巢  
nest.

They hunt other insects and carry them back to their

一个理想的目标

An ideal target,

但是这只蚱蜢并非免费的盘中餐

but this grasshopper is no easy meal.

也许要为之付出一定的代价

There may be a price to pay.

傣族猎人 Po 与 Xue Ming 利用猎人的本能

The Dai men, Po and Xue Ming, take advantage of a hunter's instincts.

被大黄蜂蛰伤是一件很痛苦的事情

A hornet sting is agony.

现在大黄蜂的心思都在蚱蜢身上

But for now it's distracted, intent on cutting away

咬下一块足够小的蚱蜢肉以便带回蜂巢 a piece of grasshopper small enough to carry back home.

成功了  
白色的羽毛几乎没有迟滞黄蜂的飞行速度  
然而，更重要的是  
白色羽毛能够为猎人导航  
猎人的狩猎现在开始了  
只要 Po 与 Xue Ming 能够跟上  
回到蜂巢后，其它的大黄蜂  
立即把羽毛咬碎  
但是为时已晚 蜂巢的位置已经暴露  
betrayed.

Success!  
The white feather hardly slows the hornet,  
and, more importantly,  
it can be seen.  
Now the hunter is the hunted.  
So long as Po and Xue Ming can keep up!  
Back at the nest, the other hornets  
immediately begin to cut the feather free.  
But it's too late. The nest's location has been

森林动物与当地入之间的关系

The relationship between the forest animals and the people who live

here

几乎就没有和睦的时候  
傣族与其他的族群认为森林是神圣不可侵犯的

was never one of harmony.

Yet the fact that the Dai and other ethnic groups considered these forests to be  
sacred,

并且能够为他们的生存提够保障

has ensured their survival

现在很多森林通过自然保护区的形式 被特别地保护起来

and now many have been given extra protection as nature

reserves.

身心的劳累终于获得了回报

Ingenuity and hard work pays off at last.

傣族人很喜欢食用这种多脂的幼虫

The fattened larvae are considered a delicacy by the

Dai.

尽管这些森林历尽了沧桑巨变  
但它们依旧是一些远古的 令人难以置信的关系的主人

they are still host to some ancient and incredible

relationships.

差不多六十厘米高

Almost 60 centimetres high,

这是滇南魔芋的巨大花冠

this is the immense flower of the Elephant yam.

当地人称之为丛林女巫

Locals call it the "Witch of the Forest".

夜幕降临繁星满天 丛林女巫开始释放她的魔力

As the stars rise, the witch begins to cast her

spell.

森林中的气温下降了 花儿却开始升温了

The forest temperature drops, but the flower starts to heat

up.

热成像摄影机显示出了花的温度

A heat sensitive camera reveals the flower's temperature

温度令人难以置信的升高了十摄氏度

rising by an incredible ten degrees Celsius.

在这个时候，腐肉有毒的臭气弥散在整个森林

At the same time, a noxious stench of rotting flesh fills the forest

air.

随着花朵热量的增加 臭气阵阵袭来

As the flower's heat increases, a cloud of odour rises

up.

难闻的味道四处飘散

The foul perfume carries far and wide.

它并非没有注意到

It doesn't go unnoticed.

腐尸甲虫登场了

Carrion beetles arrive on the scene.

甲虫来到这儿寻找一顿温暖的腐肉圣宴

The beetles come in search of a feast of warm decaying flesh,

但是甲虫上当了

but they've been tricked.

滑溜的花壁使甲虫摔倒

Slippery sides ensure they tumble

直接跌进了巨花的中央

straight into the centre of the monster flower.

这儿的空间缺乏以让甲虫展开它的翅膀

There's not enough room to spread their wings

像蜡一般光滑的花壁注定甲虫无处可逃

and the waxy walls ensure that there's no escape.

花儿挽留甲虫做客期间 并不会有任何凶险的事情发生

But there's nothing sinister in the flower's agenda.

甲虫将会在不知情的情况下成为花的助手

The beetles will be its unwitting helpers.

天色破晓

Dawn arrives,

花朵困住了它的俘虏一整天

but the flower remains unchanged, holding its captives through the

day.

次日的夜色洒向了大地 丛林女巫再次释放它的热情

As the second night falls, the witch stirs again.

一会儿，花朵珍贵的金色花粉

In a matter of minutes, the flower's precious golden pollen

从雄蕊中挣扎而出并下坠

squeezes from the stamens and begins to fall,

阵阵洒落在被俘获的甲虫身上

showering onto the captive beetles below.

现在，囚徒终于被释放

Now, at last, the prisoners are free to go.

花壁的质地变得粗糙起来

The flower's wall changes texture, becoming rough

提供了理想的逃离天梯

to provide the ideal escape ladder.

满载花粉奔向自由

Loaded with their pollen parcels, they can now climb to freedom,

正好其它的丛林女巫即将绽放

just as other forest witches are beginning to open.

无法抗拒的味道引诱甲虫再次造访

Seduced by the irresistible perfume, the beetles are sure to pay a

visit,

保证了授粉得以施行

so ensuring pollination,

也因此保证了这种硕大的 发出难闻气味的花得以传宗接代

and another generation of incredibly big, smelly

flowers.

晨曦乍现 森林之鸟在树荫地下宣告它们的领地

As dawn arrives, forest birds claim their territories in the

canopy.

鸟鸣声

BIRDSONG

这儿有一种声音在其中显得格外突兀

But there's one call which stands out among the rest

-

森林交响乐的艺术大师

virtuoso of the forest symphony.

奇异的声音响起

STRANGE CALL RINGS OUT

是一只长臂猿

It's a gibbon.

起伏的叫声持续不断

UNDULATING CALL CONTINUES

在云南中南部偏远的山脉之中

Living on a remote mountain range in south central Yunnan

居住着中国的珍稀动物 野生长臂猿群

is one of the few remaining wild gibbon populations in China.





中国的橡胶林种植面积在五十年代时急速扩张

The expansion of the rubber forests began in the '50s when China, under a world rubber embargo,

美国侵略朝鲜期间对当时的中国 实行了全面的经济封锁和橡胶禁运

中国对这种战略原料的需求 必须自给自足 had to become self-sufficient in this vital product.

北京当局把目光转向了 橡胶树唯一能够快速成材的地方

Beijing turned to the only place where rubber could grow,

位于热带地区的云南南部

the tropical south of Yunnan.

高效快捷的行动开始了

With efficiency and speed,

一些世间最丰茂的森林被摧毁并燃烧殆尽

some of the world's richest forests were torn up and

burned.

取而代之的是成片的橡胶林

Replaced with mile upon mile of rubber plantation.

橡胶种植者的问题也接踵而至

But there was a problem for the rubber growers.

尽管云南独特的天然林

While Yunnan's unique natural forests

能够在延伸到北部的山坡上茁壮成长

can survive on the valley slopes which stretch to the north...

可是一场严峻的霜冻就能消灭这片娇弱的橡胶林

..just one severe frost will kill off these delicate rubber

trees.

云南的地形为种植范围划定了天然界限

So Yunnan's terrain puts a limit on how far the plantations can

spread,

阻碍了向北种植的方案

halting at least their northwards advance.

云南的丛林所面临的压力正逐渐加大

The jungles of Yunnan are increasingly under pressure.

汽车喇叭嘟嘟响

HORN BEEPS

新建的公路纵横交错在残存的树林间

New roads criss-cross the tiny remnant forests,

以满足商业工业以及旅游业 对根底设施的需求

the infrastructure needed for trade, industry and, increasingly,

tourism.

这是两个截然不同的世界的交汇之处

It's a meeting of two very different worlds.

象鸣

ELEPHANT TRUMPETS

大象还能在中国存活简直就是个奇迹

That elephants still exist in China is remarkable

考虑到那巨大的压力

considering the immense pressures

那世界上最多的人口所带来的压力

in the world's most highly populated country.

约 250 头野生大象依旧居住在此

The 250 or so wild elephants which still live here

并受到严密的保护

are now strictly protected.

每年都有小象诞生在稀疏的象群中

And each year young are born to the small

herds.

倘假设问大象打算在中国的何处安居

If elephants were to survive anywhere in

China,

那必定非云南莫属

it could only have been here, in Yunnan.

山脉引导着季风带着湿热气流径直流向滇北

The same mountains which guide the monsoon rains

north

这不仅使得 Joseph Rock 的旅程充满了艰难

and which made Joseph Rock's journeys so

treacherous,

也保护了云南的森林和这儿的野生动物

also guarded Yunnan's forests and its wildlife.

象吼声

ELEPHANTS GRUNT AND TRUMPET

此时此刻 群山依旧满目苍翠

For the moment, the mountains are still carpeted in a rich green,

简单的颜色掩盖了她的美丽与富饶

deceptive in its simplicity.

也许云南是苍穹之下 中国最珍贵的自然财富

Below the canopy lies perhaps China's richest natural

treasure.

雅致而又独特的

Delicate and unique,

人类难以割舍的自然情怀都会聚在这

a complex world of intricate relationships

美丽的彩云之南

between animals, plants and people, beneath the clouds.

美丽中国 (Wild China) 第三集 西藏 Tibet

西藏高原的陆地面积约占中国领土的四分之一

The Tibetan plateau is a quarter of China.

其中的大局部极度偏远荒无人烟

Much of it is extremely remote and inhospitable.

南部边界贯穿了世界上最高的山脉

Its southern border runs through the world's highest mountain range,

望而生畏的喜马拉雅山

the formidable Himalayas.

中部是暴露在风中的寒冷荒地

Its central part is a windswept and freezing

其面积与西欧相似

wilderness the size of Western Europe.

难以置信这个具有挑战性的地方竟然是野生动物的家园

But this challenging place is home to incredible wildlife.

这里的大型生物比中国其它任何地方还要多

There are more large creatures here than anywhere else in

China.

西藏参加到新中国这个大家庭五十多年来

Tibet has been a province of China for more than 50

years,

有着 1000 多年悠久历史的的藏传佛教

yet it has a unique character,

依旧保持着她独特的风貌

shaped by over 1,000 years of Tibetan Buddhism.

这个鲜为人知的散发着古老气息的宗教

This obscure and archaic-looking religion

孕育了这个世界上最开明的文化

has produced one of the most enlightened cultures on Earth.

在这里人们与自然界

Here, people have a long tradition of co-existing peacefully

和谐相处的悠久传统

with the creatures and landscape around them,

促进了对脆弱自然环境的保护

a relationship which has helped to protect their fragile

environment.

在这个节目中我们将展示这块承载着古老文化的厚重土地

In this programme we will discover why this harsh land with its ancient

对我们的地球来说是多么的重要

culture is vitally important for much of our planet.

初冬

It's the beginning of winter,

高高的青藏高原之上

high up on the Tibetan plateau.

气温会骤降到零下 40 摄氏度

The temperature will soon drop to minus 40 Celsius.

在这里生命中只剩下唯一的念头——求存

survival.

Out here, life is reduced to a single imperative -

对于这只盘羊——世界上最大的羊而言

For the argali, the world's largest sheep,

这就意味着寻找几簇草丛  
从山顶到更低一些的地方  
盘羊为了平安而团结在一起  
如果顺利的话 在这里能找到足够的食物  
food

it means searching for a few tufts of grass.  
Descending from the hilltops to lower altitudes,  
the argali band together for safety.  
Hopefully, down here,they'll be able to find enough

以帮助它们熬过残冬  
尽管冬的大地是如此的贫瘠与荒凉  
西藏偏远的草地却养活着种类多的令人吃惊的生物

to last them through the rest of the winter.  
Although this winter landscape looks barren and forbidden,

西藏偏远的草地却养活着种类多的令人吃惊的生物  
尽管每年的这个时候难以寻觅它们的踪迹

Tibet's remote grasslands support a surprising variety of creatures.

down.

Though at this time of year, they can be hard to track

相比之下西藏的首府拉萨却熙攘异常  
拉萨是众多朝圣者的聚集地  
他们每天在市内的庙宇相聚  
day.

By comparison,Tibet's capital,Lhasa,is a hive of activity.  
Lhasa is a focus for large numbers of pilgrims  
who congregate at the city's temples each

西藏供养着超过 250 万的人口  
其中大局部都是虔诚的信徒

Tibet is home to over 2.5 million people,  
most of whom are deeply religious.

尽管西藏的佛教徒倾心于精致复杂的庙宇、雕塑以及画像

Though Tibetan Buddhist worship centres on elaborate temples,statues and  
images,

他们的信仰却和西藏的野生环境密切地交织在一起

its beliefs are intimately linked with the wild landscapes of Tibet.

这种关系起源于

The starting point for that relationship is the mountain range  
that runs along Tibet's southern border.

蜿蜒在西藏南部边界的山脉  
喜马拉雅山脉的长度超过了 3000 千米  
是中国真正意义上的长城  
有上百个山峰的海拔超过了 7000 米 其中十三个的海拔超过了 8000 米

Over 3,000 kilometres long,  
the Himalayas are China's real Great Wall.

是地球上最高的山峰  
Earth.

With hundreds of peaks over 7,000 metres and 13 peaks  
higher than 8,000 metres,they are the highest mountains on

西藏地区有 3 万 5 千个以上的冰川  
覆盖了超过 10 万平方千米的土地  
组成了除去极地之外的最大的冰区  
regions,

The Tibetan region contains over 35,000 glaciers  
that cover over 100,000 square kilometres.

接近世界冰区总面积的六分之一

and nearly a sixth of the world's total.

冰川是这个地区大局部水流的源头  
region.

These glaciers are the source of most of the water in the

青藏高原上镶嵌着众多冰冷的湖泊  
lakes.

And the Tibetan plateau is studded with glacial

坐落在西藏遥远西部海拔 4500 米处的玛旁雍错湖  
Manasarovar

At over 4,500 metres up,Lake

是世界上海拔最高的淡水湖  
晚春时节 寒冷的湖水吸引了很多繁衍的鸟儿

in the far west of Tibet,is the highest freshwater lake in the world.

birds.

In late spring,the chilly lake waters are a magnet for breeding

这只冠毛 给它同伴衔来了杂草以此示爱

The crested grebe woos his mate with offerings of weed for her

nest.

最终爱巢为它们圆房做好了准备  
action.

Finally the honeymoon suite is ready for

除了 这里还有世界上飞的最高的鸟  
world.

The grebes are joined by the highest flying birds in the

斑头鹤在喜马拉雅山的南面过冬  
Himalayas,

Having spent the winter south of the

每年春天都要冒险飞越巅峰  
spring

bar-headed geese make the hazardous mountain crossing each

到高原的湖泊繁衍生息

to breed on the plateau's lakes.

为了平安它们在一起筑巢

The geese nest together for safety.

但如此多的小鸟同时孵出也就意味着找到亲生父母是一个很棘手的问题

But so many chicks hatching at the same time means that it can be tricky finding your parents.

幸运的是一旦到了水里

Fortunately,once down at the water's edge,

就能够找到足够的食物

there's enough food for all of them.

凭借着高山冰川

Fed by the mountain glaciers,

青藏高原甚至形成了自己的内陆湖  
sea.

the Tibetan plateau even has its own inland

青海湖

This is Qinghai Lake,

中国最大的内陆湖

China's largest.

经过百万年的蒸发 矿物质浓缩了在湖中

Millions of years of evaporation have concentrated the minerals in

the lake,

使水变得咸了

turning the water salty.

湖中丰富的鱼资源吸引了成千上万的鸬鹚  
cormorants.

Rich in fish,its waters attract thousands of

西藏的湖泊不仅是野生动物的家园  
seas.

But it's not just wildlife that values Tibet's lakes and

其间的水也使得人类的生命得以延续  
people.

Their life-giving waters are also important to

西藏的宗教是佛教与曾经在此地广为流传的

Tibetan religion is a unique mix of Buddhism and much

older

古老萨满教的独特的混合体 Shamanic beliefs that were once widespread throughout the region.  
这种混合信仰构成了他们与自然独特关系的根底

This hybrid religion forms the basis of an extraordinary relationship with  
nature.

在萨满教义中这片土地被赋予了魔力 In Shamanic belief,the land is imbued with magical  
properties

使之能够帮助与精神世界进行交流

which aid communication with the spirit world.

在这里动物的头骨被装饰起来 岩石也刻上了神圣的曼特拉(传统的颂歌)

Here animal skulls are decorated,and rocks are carved with sacred mantras,

人们认为那些音节拥有精神的力量

groups of syllables that are considered to have spiritual

power.

人们相信诵读这些曼特拉能够产生魔音

The reciting of the mantras is believed to create a magical sound

在宇宙中回响

that reverberates through the universe.

大地被分别代表了金木水火土五种元素的

The landscape is decorated with multi-coloured

flags which

多彩的经幡装饰着

represent the five elements - fire,wood,earth,water and iron.

经幡上印着祷文用以净化空气 安抚神灵

The flags are printed with prayers to purify the air and pacify the gods,

而风会把这些祈祷带向天堂

and the wind blows the prayers to heaven.

印着祷文的经幡所装裱的番杆经常会被换上新的经幡

The poles on which the prayer flags are mounted are regularly replenished with fresh flags.

而旧的经幡很是珍贵 那些最接近番杆顶部的

The old flags are treasured. Those nearest the top of the

pole

经幡更是象征着吉祥如意 所以经幡的争夺可能会很剧烈

are the most auspicious,so competition for these can get

fierce!

番杆顶部的金顶

The golden dome,which is mounted right at the top of the prayer pole,

是所有物体当中最神圣的

is the most sacred object of all.

至少 一旦它被降下来之后是这样。

Or it will be,once it's retrieved.

古老的萨满教把魔法的力量归功于这片土地。

The old Shamanic beliefs of Tibet ascribed magical powers to the landscape.

但这里还有的更多可以感知的力量

But there's a far more tangible source of power here

却和魔法没有一丁点关系

which owes nothing at all to magic.

散布于高原上的是滚烫的温泉

Strewn across the plateau are boiling thermal springs,

这是在这里有百万年历史的

the evidence of mighty natural forces

浑厚的自然力量存在的证据

which have been at work over millions of

years.

在地下深处巨大的亚洲板块和

Deep below the surface,the vast continental plates

印度板块互相冲击

of Asia and India are crashing into each other.

地下的混乱状态使大量含硫的蒸汽喷薄而出

The turmoil below erupts in clouds of sulphurous steam.

由滚烫的矿物泉来孕育生命听起来并不太可能

It seems unlikely that scalding mineral springs should support life.

但确实有种不寻常的生物因之而繁衍兴旺

But one unlikely creature thrives here precisely because of

them.

这种温泉蛇是西藏所特有的

The hot spring snake is unique to Tibet

人们把它在高原艰苦环境存活下来的原因

and is believed to have survived the inhospitable conditions up

主要归功于这里的天然地热

on the plateau principally thanks to this natural central heating.

这些冷血的蛇在由温泉形成的溪流中游弋

These cold-blooded snakes hang out in streams and rivers which are fed in the hot springs where they enjoy a surprisingly productive lifestyle.

by the hot springs,where they enjoy a surprisingly productive lifestyle.

滑进温暖的水中耐心地等待 脑袋在水面上下疾动静等鱼儿上钩

Slipping into the warm water,they wait patiently,bobbing their heads on the look-out for fish.

正由于与形成喜马拉雅山的火山的不寻常关系

Thanks to its unlikely relationship with the volcanic forces which built the Himalayas,温泉蛇才得以生存在 the hot spring snake is able to survive.

海拔 4500 米的地方

at altitudes up to 4,500 metres,

这使它成为了世界上过着最奢侈的生活的蛇 making it the highest-living snake in the world.

亚洲和印度板块之间的缓慢运动

The slow-motion crash between Asia and India

已经持续了 3 千万年之久。

has been going on for 30 million years.

喜马拉雅山脉就是这两个大陆板块撞击后的结果

The Himalayas are the crumple-zone created by these two colliding landmasses,它是一个山峦和山谷的迷宫 a bewildering maze of mountains and valleys,

也是各种难以捉摸的野生动物的家园

home to elusive wild creatures.

在这个多岩的恶劣环境中

In this rugged and unforgiving terrain,

散落着各种碎石和冰冷的河流

littered with fractured rock and ice cold rivers,

极微小的失误也可能导致致命的后果 the slightest miscalculation may have fatal consequences.

雪豹是世界上居住的海拔最高的猫科动物 The snow leopard is the world's highest-living big cat.

但这里还有一种更小的食肉动物 它居住在海拔更高的地方

But there's another,smaller predator that ranges even higher,

几乎是在世界之巅

almost to the roof of the world.

在令人目眩的海拔 8848 米的高度看

At a mind-numbing 8,848 metres high,

珠穆朗玛峰是地球上最危险的地方之一

Everest is one of the most hostile places for life on

Earth.

数百人在试图征服它的尝试中死于非命

Hundreds of people have died trying to conquer it.

但当攀登者们第一次完成登山之路的四分之三之时

But when climbers first reached the ice fields three quarters of the way 有种生物早已在这方面打败了他们。 up the mountain,something had already beaten them to it.

这种跳蜘蛛是地球上海拔最高的永久居民

This jumping spider is the highest permanent resident on the planet.

在珠穆朗玛峰的冰川之中

Totally at home amongst the glaciers of Everest,

它在斜坡上四处搜索靠风飞行的猎物 比方弹尾虫。

it scours the slopes for wind-borne prey such as springtails.

中国人把这种小而凶猛的猎食者成为“飞虎” Chinese call this fierce little hunter the "fly tiger".

跳蜘蛛在世界各地都有分布

Jumping spiders are found all over the world.

他们的八对眼睛中有一对很大

Their eight eyes include an oversized central pair,

像双筒望远镜一样四处搜寻潜在的目标

which act like powerful binoculars to spot potential

victims.

他们利用水压使腿像活塞一样

They use hydraulic pressure to work their legs like pistons,

可以弹跳到 30 倍于他们体长的高度

catapulting up to 30 times their own body length.

这是在地中行走的理想方法

The ideal way to get around in rocky terrain.

但像其他的登山者一样 他们也总是先确认哪里是“平安线”

But like all mountaineers,they always secure a safety line first.

一个弹尾虫正盯着碎石屑

A springtail grazes on detritus,

对这个耍杂技般的掠夺者的潜行跟踪浑然不觉

unaware that it's being stalked by such an acrobatic predator.

藏民们把珠穆朗玛峰称为“Qomolangma(珠穆朗玛)” The Tibetans call Everest "Qomolangma",

意为“大地之母”

meaning "mother of the world".

这象征着他们对山的热爱 而不管山看起来多么的冷酷无情

It's a mark of their affection for the mountain,however brutal it may

appear.

从高山一直到广阔的平原都充满危险 Venture further from the mountains and out onto the open plateau,

在这里活下去并不容易

and life doesn't appear to get any easier.

风在大地上急速穿过

High winds scour the landscape

气温也可以从酷热难当骤降到冰冷入骨 moments.

and temperatures can drop from baking to freezing in

这里是羌塘或叫北部草原

This is the Chang Tang or Northern Grassland.

它远离人烟 被称为“世界第三极”

It's so remote that it's been called the Third Pole.

这里海拔超过 5000 米

It's about 5,000 metres above sea level,

远远超出了人们会有高原反响的高度 way above the point at which altitude sickness starts to affect humans.

在这个高度下 大局部人都要不停地喘气 breath.

At this height,most people are gasping for

但缺少氧气却对这种生物没多大影响 style.

But lack of oxygen hasn't cramped this creature's

长角羚或叫藏羚羊已经到了冬季的发情期 winter rut.

Chiru,or Tibetan antelope,have arrived for the

在这样耗能的稀薄空气当中 雄性还必须经常地围着成群的雌性跑

In the energy-sapping thin air,the males must try to control groups of

females

以使她们在自己的控制之下。 them.

by constantly rounding them up and corralling

但是藏羚羊也有优势

But the chiru have an advantage.

他们的红血球数量是我们的两倍 ours,

Their red blood cell count is twice as high as

即使在如此高的纬度 也足以为他们的肌肉输送氧气

sufficient to supply their muscles with oxygen even at this extreme altitude.

然而 想要控制住这么一大群家眷并不容易 check,

Nevertheless,it's hard work keeping his harem in

甚至有时雄性的生活会更加艰难。

and the male's life is about to get even harder.

另一只雄性垂涎于它的家眷们

Another male is gearing up to steal his females.

除非逼不得已雄性一般不会冒险用它们剑一样锋利的角搏斗。

With their rapier-like horns,the males won't risk fighting unless they really have to.

但如果双方都不退让 大战就不可防止。

But if neither backs down,conflict is inevitable.

有时甚至不死不休

Some of these fights end in death.

在雄性抵抗的时候 雌性就在一旁看着。 While the males fence,the females look on.  
虚弱受伤的失败者很容易成为在荒原上游弋的

Injured and weakened by the battle,the loser will be an easy target  
食肉动物和食腐动物的目标 for the predators and scavengers that patrol the wilderness.

在这里生存不容许有任何失误 Out here there's little room for mistakes.

从高空俯视着广袤无垠的高原 With a clear view of the endless plateau below,

秃鹫们不会放过任何一个时机 vultures are quick to spot any opportunity.

一头死牦牛吸引了一群秃鹫前来 A dead yak has drawn a crowd.

秃鹫的就餐礼仪并不好 Vultures aren't famous for their table manners.

但在这里秃鹫们却表现的很好 因为广阔的西藏荒原有足够多的大型生物

The vultures do well here,as the vast Tibetan wilderness is home to many large  
creatures.

居住在西藏高原偏远角落的野牦牛群居的数量甚至可能到达 200 只

Living in herds of up to 200 in the remoter corners of the Tibetan  
plateau,

他们走过遥远的距离来到高山上的冻土地带寻觅食物

wild yaks travel large distances,grazing on the alpine  
tundra.

依靠着山口和河流 牦牛在这里强大而平安 Strong and secure over mountain passes and rivers,  
它们于这个海拔的环境是如此地连为一体 The yak is in its element at altitude

以至于如果他们到达海拔 3000 米以下 身体就会变得虚弱。

so much so that it gets sick if it goes below 3,000  
metres.

牦牛身高 2 米 体重超过 800 千克 Standing two metres tall at the shoulder and weighing more  
不仅自身强大还很好斗 than 800 kilos,the wild yak is both formidable and  
aggressive.

aggressive.

但假设没有这种看起来吓人的生物 人类就不可能在这里生存。

But without this fearsome creature it's unlikely that humans would have survived up here.

一旦被驯服 牦牛会让人惊异万分 Once domesticated,the yak is an amazing animal,  
它为藏民提供运输 providing the Tibetans with transport,

食物做衣物和帐篷的毛还有可以做燃料的粪便 and manure for fuel.

牦牛很受如此器重以至于 It's held in such high regard

人们用它的皮来装饰神圣的经幡番杆 that its fur is even used to decorate the sacred prayer  
flag poles,

它的脂肪也被用作敬奉神的贡品 and yak butter is used as an offering to the gods.

牦牛甚至还帮助藏民找到了地上的宝藏 The yak has even led the Tibetans to buried  
treasure.

夏季可以看见有的人贴在草地上 In summer,people can be seen scouring the  
grassland,

全神贯注地四处搜索 bent over in deep concentration.

这是世界上最奇特的收割方式了 This is the world's weirdest harvest.

藏民们首先发现了这种被称为“牙扎梗布(藏语:冬虫夏草)”的

Tibetans first investigated this strange root-like organism,  
奇怪的根状生物体 known locally as "yartsa gunbu",



原因就在于看到了牦牛们在吃完它之后精力充分

when their yaks appeared to have more energy after grazing on

it.

关于它的神奇的特性的传言逐渐传播开来

Rumours of its amazing properties gradually spread.

到了今天 冬虫夏草已经进入了地下黑市

and today the yartsa gunbu is a passport into a shady,underground world.

有时一天一人就可以挖掘 40 个左右

It's possible to dig up 40 of them in a day,

而这些收入那么可能占采集者年收入的一半

the proceeds from which may provide half the collector's annual income.

冬虫夏草被用作传统药物已经上千年

Yartsa gunbu has been used as a traditional remedy for thousands of years,

但仅限于非常富有的人群

though only by the very wealthy.

它被用来交换茶叶和丝绸

It has been bartered for tea and silk,

可以换回超过本身四倍重量的银子

silver.

and is worth more than four times its weight in

这项贸易是如此的暴利使得它的交易地点和信息都被谨慎地保护起来

So lucrative is this trade,that sites and information are jealously guarded.

在附近的集市上冬虫夏草被清理干净

At the nearby market,the yartsa gunbu are cleaned,

这使得它的本来面目显露了出来

and their true nature becomes clear.

冬虫夏草被翻译为“冬天的虫子夏天的草”

The yartsa gunbu translates as "summer grass,winter worm".

冬虫是一种毛虫

The winter worm is a caterpillar.

它以草根为食

It eats roots of grasses

为自己变身成蛾做准备。

in preparation for its transformation into a moth.

但有些冬虫却从没有时机变成蛾

But some winter worms never make it as moths.

而在夏季一个奇怪的植物

Instead,a strange growth erupts from their body,

在冬虫的体内生长发育直至破土而出

appearing above ground in summer.

这就是“夏草”

This is the "summer grass",

一种被称为虫草的真菌 是它的孢子侵入了毛虫体内

a fungus called Cordyceps,whose spores have infected the caterpillar,

并将毛虫的身体作为它们的宿主

using its body as their host.

现代科学实验证明含有冬虫夏草的物质可以

Modern scientific tests have shown that substances contained in Cordyceps lower blood pressure and make it easier to breathe.

降低血压并能使呼吸更顺畅

So in recent years,harvesting this natural treasure

所以近些年来收获这种自然资源

has grown into a huge and profitable business.

已经成为有巨大利益的生意

Yarsa gunbu 不仅在拉萨的百货公司里畅销

Yartsa gunbu sells for big money in the top department stores of Lhasa, and there is a growing market outside of Tibet.

尽管西藏日新月异地开展

Although Tibet is modernising fast,

它的精神文化依旧根深蒂固

it retains a deeply spiritual culture.

即使在今天 神秘西藏大峡谷的回响仍然在呼唤着祈祷的人们

Even today,Tibetan valleys resound to distinctive and extraordinary calls to prayer.

西藏的号角或许是世界上最笨重的乐器 The Tibetan horn may be the world's most unwieldy instrument,

但是它的音色独特

but its sound is unique.

每天早晨 喇嘛们聚集在一起练习吹奏

Every morning,the nuns assemble for practice.

开始空气很凉 但她们很快就暖和起来。

The air is chilly,but they soon warm up.

喇嘛们是组成社会的一局部

Monks and nuns comprise a substantial portion of society,

他们自控也独立

Largely self-contained and isolated.

热情

CHANTING

修道院的深处是推动藏文化的精神动力

Deep within the monastery is the spiritual engine that drives much of Tibetan culture.

佛教徒相信生命轮回

Buddhists believe in an endless cycle of rebirth

他们相信人们今生的所作所为能影响来生

in which the actions of this life will impact on the

next.

佛教的目标就是通过到达一种“悟”的自由的境界

The goal of Buddhism is to escape from this earthly cycle of

pain

来摆脱俗世的灾难和痛苦

and suffering by achieving a state of freedom called

enlightenment.

这种教化的领路人或精神上的老师叫做喇嘛

The enlightened guides,or spiritual teachers,are called

lamas.

摆脱生死轮回追求教化的想法

The possibility of escaping the cycle of life and death

驱使着人们一心向善

and the promise of enlightenment encourages people to perform activities that benefit all beings.

M.ETA.LLIC TINK.LING

M.ETA.LLIC TINK.LING

由于相信万物都有灵魂 所以他们认为环境生物和

This belief assigns as much importance to the environment and its creatures as it does to humans,

人类都是平等的

since every living creature is believed to have a

soul.

一千多年以来 在西藏这偏僻的地方

In the remote lands of Tibet, for over 1,000 years

这个观念为野生动植物带来了

this concept has been translated into practical benefits for

wildlife,

实实在在的好处

and it starts literally on their doorstep.

僧庙的佛教徒有一些神圣的地方

Buddhist monasteries have sacred sites,

在那里猎杀动物是犯忌讳的

areas where taboos are placed on the hunting and killing of

animals.

一些动物已经被驯服 喇嘛们都可以用手喂它们

Some creatures have become so tame that the nuns are able to hand-feed them,

比方西藏野鸡

like these Tibetan-eared pheasants.

由于喇嘛伸出援手 那些稀有的鸟们可以活过最寒冷的冬天。

Thanks to hand-outs from the nuns,these rare birds can survive the worst of the winter.

在这个极度严寒的地方 资源匮乏的人们  
随时准备同需要帮助的生灵分享食物  
fellow-creatures.

In this extreme place, people with few resources  
are prepared to share them with their needy

西藏就是一个自然资源保护很好的例子  
对野生动植物的尊重已经从寺庙延伸到了更广阔的社会中

The Tibetan example is a model for conservation.

This respect for wildlife extends beyond the monasteries and into the wider community.  
西藏最神圣的一种动物是黑颈鹤 One of Tibet's most sacred creatures is the black-necked crane.  
夏季它们在高原上繁衍生息 In summer they live and breed out on the plateau,  
但是在冬天它们聚集在农田里。 but in winter they congregate on farmland.  
世界上 70%的黑颈鹤都在这里 70% of the world's population can be found here.  
尽管科学家最近才发现这种生物 The species was only recently identified by scientists,  
但是西藏人认识它们已经有几百年了 but it has been known to Tibetans for hundreds of  
years.

在 17 世纪西藏的达赖喇嘛写到  
“天空中洁白的仙鹤请将你的双翅借我我不往远处去飞

In the 17th century, Tibet's supreme lama wrote,

“Crane, lend me your wings, I go no farther than Lithang  
county.

"Crane, lend me your wings, I go no farther than Lithang

只到理塘就回”

"And thence, return again. "

西藏人相信他在预言他的转世  
reincarnation

Tibetans believed he was predicting the site of his own

在适当的时候 可以找到他的继承者  
当然他的继承者一定是在理塘生活

and in due course his successor was found,  
sure enough, living in Lithang county.

即使在今天 黑颈鹤落在村庄附近的农田时  
reverence and

Even today, black-necked cranes are treated with

农民都会尊敬地欢送它们的到来

are welcomed by farmers as they land in the fields around the villages.

它们正在举行他们精心准备的祭天仪式  
rituals.

Here they perform their elaborate sky pointing

庄重的祭天仪式结束后  
他们开始搜寻剩下的大麦  
由猪来帮助破开泥土

After the dignified business of parading,  
they begin to forage for leftover barley.  
helped by the pigs which break up the soil.

农民们很乐意让那些神圣的鸟停在它们的田里

The farmers are happy to have these sacred birds on their fields.

在村落里宗教是生活的全部  
life.

Within the village, religion is an integral part of

每一个祈福者的转经轮都刻上了祷文  
旋转转经轮和背诵祷文有同样的作用  
prayers.

Each prayer wheel is inscribed with mantras.  
Spinning them has much the same effect as reciting the

可能佛陀会为他们的教化给人们带来的这么多快乐而欣慰吧

Perhaps the Buddha would have enjoyed the thought that his teachings could provide so much  
fun!

佛教徒对自然的尊重也表现在实际行动中

Buddhist respect for nature may find expression in practical ways

too.

这只鸟一个翅膀受伤了  
然后在村民的护理下康复了

This bird has a broken wing  
and has been nursed back to health by the villagers.

这种善举在这里很普遍 他们相信今生帮助其他生灵

Such kind acts are common where people believe that helping other beings,

动物或者人都会在来生得到回报 animals or people in this life may bring rewards in the next. 这种尊重保护生灵的文化在西藏传播开来

The culture of veneration and protection extends right across Tibet, 从而使这种独特脆弱的生态环境得到了维持 helping to preserve a unique yet fragile ecosystem.

雷声隆隆

THUNDER RUM.BLE

在草原微妙的生态系统中有一种小生物生活在草原微妙的生态链的底端

Out on the plateau there's a small creature that's at the root of much of the grasslands' delicate ecology.

尽管夏天有暴风雪 鼠兔一种家兔和野兔的同类

Despite summer snowstorms,the pika,a relative of rabbits and hares, 仍然在不停地吃草并储存起来 is perpetually eating and gathering grass,

还给家人刨洞 and digging burrows for its family.

鼠兔不停地挖洞使空气进入土壤 The pika's constant excavations aerate the soil, 帮助植物生长得更好 which helps the plants to grow.

在短暂的夏天耐寒的草铺满了大地 野花也装饰了大地。

In the short summer,the landscape is carpeted with hardy grasses and decorated with endemic flowers.

在这样原始的环境下

In such a frugal environment,

鼠兔的活动有益于保持食物链的完整

the pika's farming helps to kickstart the food chain.

鼠兔肉很可口但是鼠兔数量太少了

But the pika itself is a very tasty morsel.

它现在的数量勉强能够维持

Its presence has enabled an uneasy relationship to develop

高原上的两大肉食动物...

between two of the plateau's most opportunistic

predators...

...狐狸和熊

..the fox and the bear.

西藏的棕熊灰熊的一种近亲

The Tibetan brown bear,a close relative of the grizzly,

试图把鼠兔从洞里挖出来

tries to dig the pikas out of their burrows.

即使棕熊很难从冻得坚硬的土地里挖出鼠兔来

Even hard-frozen soil presents little obstacle to a determined bear.

狡猾的藏狐可绝不放过任何可能的时机 opportunity.

The wily Tibetan fox is quick to spot any

要说真正聪明的狡猾的狐狸绝对可以胜任

True to form,the crafty fox claims the prize.

由于动物难以捕获并且有世代相传的禁止猎杀的传统

A combination of inaccessibility,and ancient traditions which forbid hunting,

这使得即使在今天

means that in some parts of the plateau,

在高原的一些地方 野生动物都相对没有被打搅

wild animals have remained relatively undisturbed,even today.

但是在那些汽车可以到达的地方

But in those areas which are within reach of motor vehicles,

那些传统的保护已经渐渐被打破

these historical safeguards have been undermined.

这种变化从藏羚羊的身上得到了表达

This change is illustrated in the fortunes of the

chiru.

一个世纪以来 上百万的藏羚羊在高原上迁徙 A century ago,millions migrated across the plateau.

不幸的是被称为“沙图什”或者 “羊毛之王”的藏羚羊的毛皮被认为有很高的价值 Unfortunately for the chiru,its fur,known as "shahtoosh", or "king of wools",is highly prized.

近几十年以来 偷猎者冒险深入荒原 捕杀了成千上万头藏羚羊 In recent decades,poachers have been able to venture deep into the wilderness,killing thousands of chiru.

但是情况正在逐步好转 However,the situation is improving.

反偷猎法已经生效 所以每年夏天 summer, Anti-poaching laws are now actively enforced so every

母藏羚羊可以相对平安地带着羊群到繁衍的地方

female chiru can head to the birthing grounds in relative safety.

在高原上 新出生的藏羚羊容易受到肉食动物的攻击

Out on the plateau,new-born chiru are vulnerable to predators,

所以母藏羚羊必须把他们藏起来保护它们 so the mothers must try to hide and protect them.

藏羚羊最近遇到的最大的问题就是青藏铁路的修建

The most recent problem faced by the chiru is the new Tibet-Qinghai railway,which cuts right through their traditional migration routes.

青藏铁路蜿蜒 2000 多公里 经过世界上最高的地带

Running nearly 2,000 kilometres through some of the highest

它的修建是震惊世界的壮举 terrain on Earth,the railway is an astonishing technical feat.

评论它对野生动物的影响还为时过早

It's too early to see its effect on the wildlife,

但工程师们已经设计了高架桥来让

but the engineers have made efforts to incorporate

underpasses

野生动物能平安地穿过铁路

where wildlife can cross the line in safety.

由于现代世界对西藏与日俱增的影响

As the modern world increasingly impacts on Tibet,

西藏的传统文化正面临影响

its traditions could be in danger of being eroded.

但是正是由于这个地方的偏僻

But thanks to the sheer scale of this remote region,

这里才有许多荒原至今仍保存着未被人类开垦的自然状态

there are still many wild places that have so far remained largely intact.

最少被探索的地域在西藏偏远的东南部

The least explored area of all is found in Tibet's far south east.

西藏最长的雅鲁藏布江

Here the Yarlung River,Tibet's longest,

在喜马拉雅山脉中留下了深深的印痕

has carved through the Himalayas,

使得从印度吹来的季风和云可以从中穿过

allowing monsoon clouds from India to pass through.

这里是西藏最神秘的角落

This is Tibet's most secret corner.

根据传说雅鲁藏布江大峡谷

According to legend,the Yarlung gorge

在十八世纪奇迹般地消失了

was rendered magically invisible in the eighth century

只有那些具有高尚品德和聪明才智的人才能看到

and can only be seen by those who have attained sufficient spiritual knowledge and

wisdom.

这个神秘的地方离最近的路有两天的路程

At two days' walk from the nearest road,

直到 20 世纪 90 年代才被世人发现

this hidden region wasn't explored by outsiders until the 1990s.

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