

# 五台山

## Mount Wutai



五台山，顾名思义，是指五座顶部平坦的大山。它是中国北方最高的山，以其山坡陡峭而五处峰顶却又开阔无树的特点著称于世。五台山的很多庙宇建造于公元1世纪至20世纪早期。总体来说，五台山的建筑展现了过去千余年间中国佛教建筑的发展进程，和它们对中国宫廷建筑的风格产生的影响。

世界遗产委员会评价



五台山位于山西省忻州市东北部五台县境内，距离太原250公里，距离大同200公里。

五台山向来以“五台”著称：东台望海峰，西台挂月峰，南台锦绣峰，北台叶斗峰，中台翠岩峰。因五峰如五根擎天大柱，拔地崛起，巍然矗立，峰顶平坦如台，故名五台。这五座山峰的

Mount Wutai, literally, the five terrace mountain, is the highest mountain in northern China and is remarkable for its morphology characterized by precipitous sides with five open treeless peaks. Temples have been built on the site since the 1st century AD to the early 20th century. Overall, the buildings on the site present a catalogue of the way Buddhist architecture developed and influenced palace building in China over more than one millennium.

Mount Wutai is located in Wutai County, northeast of Xinzhou City, Shan'xi Province. It is 250km away from Taiyuan City, the capital of Shan'xi; and 200km away from Datong, the second largest city in the province.

Mount Wutai has always been noted for its “five flat peaks”, namely, the eastern Wanghai Peak, the western Guayue Peak, the southern Jinxiu Peak, the



**小贴士** | 文殊菩萨 梵文manjusri的译音，简称文殊。为中国佛教四大菩萨（观音菩萨、文殊菩萨、地藏菩萨、普贤菩萨）之一。文殊菩萨是智慧的化身，为众菩萨之首，被称做“大智文殊菩萨”。



平均海拔高度在3,000米左右。其中，以北台为最高，海拔3,058米，被称为“华北屋脊”，是中国华北地区最高的山峰。

五台山与浙江普陀山、四川峨眉山、安徽九华山，并称中国佛教四大名山。五台山又以“金五台”之称居首位。佛教宣扬，五台山的每座主峰都住有一位菩萨，弘扬佛法，他们均是文殊菩萨的化身，合称五顶菩萨。因此，游览五台山，参拜千年古刹，成为很多佛教信徒毕生向往之事。



northern Yedou Peak, and the central Cuiyan Peak. Mount Wutai got its name because the five flat peaks are almost as smooth as terraces, rising up just like five enormous columns supporting the heaven. They lie an average of 3,000 metres above sea level. Among them, the northern one, 3,058 meters above sea level, is the highest. It is referred to as the “roof of the north China”, the highest peak in the area.

Mount Wutai is one of the four sacred Buddhist mountains of China, along with Mount Putuo in Zhejiang Province, Mount Emei in Sichuan Province and Mount Jiuhua in Anhui Province. As the best of the four Buddhist mountains, Mount Wutai is reputed as the “Golden Wutai”. Buddhists believe that each flat peak in Mount Wutai is dwelt by a Bodhisattva devoting to the promotion of Buddhism and that each Bodhisattva can be taken as an incarnation

**TIPS** | **Bodhisattva Manjusi** It is the transliteration of the Indian word “manjusi”. It is the incarnation of wisdom and the leading figure of the four bodhisattvas, namely, Manjusi (Bodhisattva of Ultimate Knowledge), Avalokitesvara (Bodhisattva of Mercy), Ksitigarbha (Bodhisattva of Earth Treasure), and Samantabhadra (Bodhisattva of Universal Benevolence).





据历史记载，五台山被定为中国四大佛教名山之首，已有1,300余年的历史。唐代武则天当政时，因为自己有过出家为尼的经历，对佛教有着特殊的感情。她多方考证，正式确定五台山为文殊菩萨的道场。源远流长的佛教文化、博大精深的文殊信仰得到了历代帝王的青睐。据统计，历史上曾有11位皇帝20次巡幸五台山。他们在五台山修建塔寺、兴建皇家道场，不仅留下了雍容华贵的庞大皇家寺庙群落，而且也留下了大量的碑文、诗赋、匾额等珍稀文物。与其他佛教名山

of Bodhisattva Manjusri. Collectively these varied incarnations are addressed as the “five-peak Bodhisattva”. Accordingly, it has been the life-time dream cherished by many followers of Buddhism to make a pilgrimage to the ancient temples and monasteries on Mount Wutai.

Historical records show that it has been over 1,300 years since Mount Wutai was taken as the leading one among the four sacred Buddhist mountains in China. It is Wu Zetian, the empress of the Tang Dynasty (618 AD -907 AD), who officially identified Mount Wutai as the Buddhist temple of Bodhisattva Manjusri after detailed investigation. The empress' experience of once being a nun, can well accounts for her special affection for Buddhism when she was in power. Due to its time-honored Buddhist culture and profound Bodhisattva Manjusri belief, Mount Wutai had been favored by emperors in different dynasties. It is recorded that altogether there had been eleven emperors visiting Mount Wutai for twenty times in the history. They



小贴士 | 五台山很多寺庙都有一百零八级石阶。佛家认为，人有一百零八烦恼，解脱烦恼之道称为“法门”。寺前的每一级台阶就象征着一个“法门”，踏上一级台阶，就意味着解脱一种烦恼，石阶尽处就是超凡脱俗的佛土。

**TIPS** | *Qing temple* It is a temple for monks worshipping the Han Buddhism. Monks are generally dressed in grey, so their abode is called *qing* temple. In Chinese, *qing* means the color “grey” literally. *Huang temple* It is a temple for Lamaists worshipping the Tibetan Buddhism. They are generally dressed in yellow and their abode is called *huang* temple. In Chinese, *huang* refers to the color “yellow” literally.

不同的是，五台山既有青庙，也有黄庙，是汉、蒙、藏人民共同的佛教圣地。

民间有一种说法，叫做“黄山归来不看岳，五台归来不看庙”。五台山佛教建筑气势恢弘，精美绝伦。自东汉永平11年（公元68年）开始建庙，迄今仍保存着

北魏、唐、宋、元、明、清、民国等7个朝代寺庙建筑68处，其中台外21处，台内47处，并荟萃了7个朝代的彩塑、5个朝代的壁画，可谓异彩纷呈、各显特色。

在现存的诸多佛教寺庙中，以唐朝南禅寺和佛光寺为最早。南禅寺是世界上现存最古老的木



had had numerous temples, pagodas and imperial sites for Buddhist rites constructed there. To date, the magnificent temple complex is still left standing on Mount Wutai with rare cultural relics, including numerous inscriptions, classical poems and rhyme prose, and inscribed tablets having survived through time. Different from the other sacred Buddhist mountains, Mount Wutai embraces not only the *qing* temples for the Han nationality, but also those *huang* temples for the Mongol and Tibetan nationalities. Hence, it has been worshipped by the people of all the three nationalities.

A Chinese saying goes, “there is no mountain worth visiting after having ascended Mount Huangshan, and no temples are better than those in Mount Wutai”. It is well acknowledged that the Buddhist constructions on Mount Wutai are extraordinarily grand and exquisite. After the first temple was built up here in the Eastern Han Dynasty (68 AD), sixty-eight temples were constructed successively during seven historical periods, ranging from the Northern Wei, Tang, Song, Yuan, Ming and Qing dynasties to the Republic of China (1912-1949), and have been well preserved until today. Among



**TIPS** | There are 108 stone steps leading to the gate of many temples in Mount Wutai. According to Buddhism, each step corresponds to one of the 108 annoyances. The way to get rid of these annoyances is called the “dharma door”, and each step symbolizes one dharma door. Ascending the steps one by one indicates the gradual removal of these annoyances, and the end of the steps suggests the arrival of the unearthly Buddhist land.





结构建筑，被誉为“中华瑰宝”；佛光寺享有“东方古建筑明珠”“亚洲佛光”之称，寺内东大殿是中国唐代木结构建筑中的杰作，仍存有唐代建筑古朴典雅的雄姿。塔院寺因寺内的大白塔而得名。耸入云天的藏式大白塔，全称为释迦牟尼舍利塔。它是塔院寺的主要建筑，也是佛教圣地五台山的标志。

这里的每一座寺庙，几乎都积淀着自身无二的寺庙文化。

目前，五台山有五爷庙、佛光寺、显通

them, twenty-one temples are located outside the flat peaks, while forty-seven inside. With imaginative painted sculptures from the seven historical periods and beautiful frescos from five historical periods, these temples vary in colorful splendor and each has its own distinguishing quality.

Among the existing temples, the Nanchan Temple and Foguang Temple built in the Tang Dynasty are the earliest. The Nanchan Temple, honored as the “gem of China”, is the earliest timber building that has been preserved in the world until today. As to the Foguang Temple, it is reputed as a “Pearl of the Ancient Oriental Structure” and the “Buddhist light of Asia”. The East Main Hall in Foguang Temple, elegant with classic simplicity, is a dignified masterpiece of wooden structure. Tayuan Temple, got its name because of its massive white pagoda, built in the Tibetan style, is called the “pagoda for the relics of Sakyamuni”. It is the main building of the temple and the symbol of the sacred Buddhist mountain, Mount Wutai.

Almost every temple here embodies its unique Buddhist culture.

