**第五章文化特色**

**第一节 宁德特色文化**

**一、宁德文化历史**

宁德历史悠久，人杰地灵，文化源远流长，积淀深厚，拥有全国重点文物保护单位8处18个点，省级文物保护单位64处。既有霞浦黄瓜山遗址（距今3500年历史）、福鼎南广古窑址、马栏山遗址、霞浦大京等古城堡，蕉城中兴紫国师塔、福安倪下石塔、兴云寺舍得塔、古田吉祥寺塔等名胜古迹，又是著名的革命老苏区、福安柏柱洋闽东苏维埃政府驻地，全国著名的畲族人口聚居区，畲族风情丰富多彩。还拥有木拱桥营造技艺，漳湾水密隔舱福船建造技艺，柘荣剪纸等3项世界级非物质文化遗产；国家级非物质文化遗产14项；蕉城霍童、古田杉洋、屏南双溪等3个国家级历史文化名镇和福安廉村，屏南漈下、漈头，福鼎仙蒲，周宁浦源，霞浦半月里等6个国家级历史文化名村等。其中，最具有代表性的是畲族文化、民间信俗文化、木拱桥文化、海洋文化、茶文化、红色文化、传统技艺文化等，形成了习近平总书记誉为的“闽东之光”。

宁德话，属于福州方言，或称之“闽东方言”。可分为两个片区，南片区包括今天的福州市和宁德市的古田、屏南两县；北片区包括宁德地市的福安、周宁、宁德、柘荣、寿宁、福鼎、霞浦等7市(县)。整个闽东方言，以福州话为代表，而北片区当以福安话为代表。福州话在南片区可自由交际，北片区各市(县)人也能基本听懂福州话。福安话在北片区的周宁、寿宁、柘荣等县可自由交际，宁德、霞浦、福鼎人也能基本听懂福安话。

**Chapter 5 Culture in Ningde**

**5.1 Distinctive Ningde Culture**

**5.1.1 Cultural History of Ningde**

Ningde not only has a very long history with abundant resources and many talents, but also possesses deep culture significance. Ningde boasts many historical sites: eighteen scenic spots scattered over eight major national historical and cultural sites and sixty-four provincial historical and cultural sites, including Cucumber Mountain historical site in Xiapu county( with 3500 years of history), Nantung Ancient Kilns ,Fuding City, Ma Anshan Ruins, ancient forts like Dajing Fort of Xiapu County, Zhong Xing Pagoda in Jiaocheng District, Nixia Stone Pagoda in Fu’an city, Shede Pagoda in Xingyun Temple and Pagoda of Jixiang Temple in Gutian County and other scenic spots. In addition, Ningde is also known for the Soviet-style revolutionary base in Mingdong. The Soviet-style Government is located in Bai Zhuyang , Fu’an City. As a famous populated area for the She ethnic people, Ningde enjoys rich and colorful She customs. What’s more, Ningde owns three international intangible cultural heritages: carpenter techniques of covered wooden arch bridges, ship building skills of water-tight bulkhead in Zhangwan Port and Zherong paper-cutting; fourteen national intangible cultural heritages; three state-level historical famous towns: Huotong Town in Jiaocheng District, Shanyang Town in Gutian County, Shuangxi Town in Pingnan County; six state-level historical famous villages: Jixia Village and Jitou Village in Pingnan County, Xianpu Village in Fuding City, Puyuan Village in Zhouning County, Banyueli Village in Xiapu county. Represented by the She**[∫ε:]** ethnic culture; the culture of customs, beliefs and worships; the covered wooden arch bridges culture; the maritime culture; the tea culture; the red culture; traditional skills culture and so on. They all helped form Ningde Culture which was described by Xi Jinping, Chinese president as “Light on Mindong(East Fujian)”.

Ningde dialect belongs to the Fuzhou dialect, or “Mindong dialect”, which can be divided by two main regions: the southern and the northern regions. The southern part covers current Fuzhou City, Gutian and Pingnan County in Ningde City; the northern part covers other seven cities or counties in Ningde: Fu’an City, Zhouning County, Jiaocheng District, Zherong County, Shouning County, Fuding City and Xiapu County. Generally speaking, the Mindong dialect is represented by the Fuzhou dialect, which can be used to socialize in the southern region without difficulty , and people from the northern region can basically understand it; while the northern region is represented by the Fu’an dialect, which is the common language in Zhouning, Shouning and Zherong Counties, and people from Jiaocheng District, Xiapu County and Fuding City can basically understand it.

**二、宁德市十大名片**

“宁德市十大名片”分别是：环三都澳、闽东北亲水游（含太姥山·白水洋·周宁鲤鱼溪）、中国电机电器城（福安）、中国食用菌之都（古田）、中国太子参之乡（柘荣）、中国大黄鱼之乡（蕉城）、畲族（宁德是全国最大的畲族聚居地）、“临水夫人”陈靖姑、木拱廊桥、宁德茗茶（含福安坦洋工夫茶·福鼎大白茶·宁德绿茶）。当选名片涵盖了宁德市政治、经济、历史、文化生活的各个领域。

**5.1.2 Ten Highlights of Ningde City**

There are ten highlights in Ningde City: Circum-Sandu Bay Region, Waterside Tour in the Northeast Fujian(including Mount Taimu, Baishuiyang River Square and the Carp Brook), China’s Motor Electric City(Fu’an); Capital of Edible Fungi(Gutian) County, Hometown of Taizi Ginseng(Zherong County), Hometown of Large Yellow Croaker(Jiaocheng District), the She Nationality(the largest residential area for the She ethnic group in China); Lady Lanzhou (Goddess Chen Jinggu); the Covered Wooden Arch Bridge; Ningde Teas (including Fu’an Tanyang Kungfu Black Tea, Fuding White Tea and Ningde Green Tea). These ten highlights cover various sectors of politics, economy, history and culture in Ningde City.

**（一）畲族文化**

**◆ 畲族语言**

畲族（shē zú）自称“山哈”，意为居住在山里的客人，有自己的语言，没有本民族的文字，通用汉字。也有借用汉字而赋予新的意义，或者干脆利用汉字部首创造新字。

畲族人与汉族交往时，说当地汉语方言或汉语普通话，畲族内部交际时，说本族内部通行的畲语。一种是居住在广东省博罗、增城、惠东海共1200多人，自称"活聂"（山人）的畲族人使用的一种畲族语言，另一种是分布福建、浙江、江西、安徽等省以及广东省凤凰山区的潮洲、丰顺等地，占全国畲族总人口的99%以上的畲族人使用它，叫做"山哈话"。闽东畲族内部交际时就是使用这种语言，境内畲语当以福安畲语为代表，受当地汉语方言影响较小，保留的古成分也较多。目前除古田、屏南县多数畲民已不讲畲语外，其他县（市、区）畲族内部交际时都使用本族通行的畲语。

5.1.2.1 Culture of the She **[∫ε:]**  Ethnic Minority

◆ Language

The She ethnic people call themselves as “Shanha”, which suggests guests living in mountains. They have their own language but no written language, so their current commonly-used language is Chinese. Sometimes they render new meanings to the character by using Chinese, or even create new characters with Chinese character radicals.

Local Chinese dialect or mandarin are the common language for She people to socialize with the Han nationality, while She language is the common language among their own minority group. There are two main She languages nowadays, one of them is in common use by more than 1200 She people, who call themselves Housie(mountain people). They reside in Boluo, Zengcheng and Huidonhai in Guangdong Province; The other is called Shanha dialect, which is in common use by more than 99% of She people from Fujian, Zhejiang, Jiangxi, Anhui Provinces and Chaozhou, Fengshun in Phoenix Mountain area of Guangdong Province. Represented by Fu’an She dialect, Shanha dialect is also the common language in the Mindong She nationality. It preserved a lot of elements from the ancient language ,and was barely affected by the local Chinese dialect. At present, lots of She people still use their language for communication within their groups, except for some She people from Gutian and Pingnan Counties.

◆ **畲族民俗风情**

每年农历二月二、三月三、封龙节、端午节、七月七、仲秋节、重阳节等，都是畲族的传统节日。这些日子里青年男女对歌盘歌，篝火狂欢通霄达旦气氛极为热烈壮观。

畲族婚礼是畲族人民又一独特的民族风俗，畲族青年男女通过对歌认识后，男方托媒说亲，经媒人撮合，女方（畲族称“少娘”）就要出嫁了。畲族少娘出嫁不管愿意与否，在梳妆前都要以歌当哭，两天两夜的“哭嫁”后举行多种仪式进轿，抬入男家。拜堂中的“男跪女不跪”更显畲族婚礼之独特，“闹新房”时男女盘歌，文明而不失谈谐，热烈又不失高雅，直如一场引入入胜的赛歌会。

畲族的宗教信仰主要是祖先崇拜。祖图，又称“盘瓠图”，是畲族信仰的主要标志之一。畲族把有关始祖盘瓠的传说画在布上，制成约40幅连环画式的图像，代代相传，称为“祖图”。

畲族女子有其自已的装束打扮，称为“凤凰装”。凤凰装在头饰发型及服装上都随着年龄的变化而变化，可分为“小凤凰装”、“大凤凰装”、“老凤凰装”等。

畲家人崇尚银饰，畲族妇女的首饰有银项圈、银链、银手镯等。畲族姑娘出嫁时佩戴传统“银凤冠”头饰，以示吉祥如意，也显示畲族“崇凤敬女”的特有习俗。

* Folk Customs

The She people celebrate many traditional holidays, such as the second day of the second lunar month, the third day of the third lunar month, the Lantern Festival, the seventh day of the seventh lunar month, Mid-Autumn Festival, Double-Ninth Festival and others. Young people would sing duets or in antiphonal style around the bonfire all night, the atmosphere is extremely spectacular!

Weddings are also very special for the She people. Usually young people get familiar with each other through duets. When a young man falls in love with a girl, he would send a matchmaker to the girl’s home. After the engagement is settled, the girl ( “Shao Niang” in the She custom) is ready to get married. Whether willing to or not, the young bride must cry in singing before dressing and makeup (to show unwillingness to leave). Such crying marriage rituals will last two days before the bride is carried to the groom’s house by sedan chair. There is also a very unique custom with the She wedding: When performing the wedding ceremony, the groom kneels down while the bride stands. In particular, people would sing on the wedding night, making it a civilized, joyful, fervent and elegant folk singing competition.

The She Nationality believes in the power of ancestors. The legend of their original ancestor, Panhu is painted on a piece of cloth in about 40 picture strips, and passed onto each generation. The cloth is referred to as Sutu ( Painted Picture of the Ancestor). Zutu or Pictures of Panhu are the main signature for the She people’s religious belief.

The She women like to wear their particular dressing-the Phoenix Set, which usually changes in headdress, hair style and clothes according to different ages. This set can be divided into small Phoenix set, large Phoenix set and old Phoenix set and so on.

The She people adore silver ornaments, especially for women, they own silver necklaces, bracelets and others. On her wedding day, a She bride will wear a phoenix coronet held in place by silver hairpins, which not only indicates auspiciousness and happiness, but also the exclusive custom of “Phoenix worship and respect for women”.

1. **陈靖姑信俗文化**

据史载，陈靖姑为唐代大历年间人，24岁时毅然施法祈雨抗旱，为民除害而献身于古田，后被广大百姓尊崇为“救产、护胎、佑民”的女神，又有“临水夫人”、 “顺天圣母”等封号。广大信众为纪念这一女神而建立的临水宫距今也有1200多年历史，成为海内外奉祀陈靖姑的祖庙。现在，其信众遍布华人地区，各地分灵宫庙4000多座，信众有8000多万人，其中台湾分庙由300多座，信众达2000多万。2008年被列入国家非物质文化遗产保护名录的“陈靖姑信俗”是海峡两岸共同的民俗文化，随着闽台两地陈靖姑文化交流持续不断，每年都有包括近万名台胞在内的数十万海内外信众通过各种方式回到祖庙进香朝拜，“陈靖姑文化”已成为连接两岸“亲情”的特殊纽带**。**古田临水宫，2009年被列为国家涉台文物重点宫庙，2013年被列为全国重点文物保护单位。

5.1.2.2 Belief in Chen Jinggu

It is recorded that Chen Jinggu was born in the Dali period (766AD)of the Tang Dynasty(618-907). When she was 24 years old, she performed rituals to pray for rain, and finally sacrificed her own life to fight against demons. She is widely regarded as the protection goddess of “ childbirth, fetus and people”, also known as “The Lady of Linshui”, “The Holy Mother”. Believers set up a Linshui Temple to memorize this goddess. With more than 1200 years of history, Linshui Temple has been worshiped as the ancestral temple for Goddess Chen Jinggu. Nowadays there are more than 4000 temples, and more than 80 million believers, scattered over Chinese-speaking communities. In particular, Taiwan boasts more than 20 million believers, with more than 300 temples. In 2008, the custom of “ Belief in Goddess Chen Jinggu” was listed as a national intangible cultural heritage. As a common folk culture for both sides of the Taiwan Strait, it has brought incessant cultural communication between Fujian province and Taiwan, every year millions of believers at home and abroad come back to the ancestral temple to worship through various ways , even including tens of thousands of Taiwan compatriots. The custom of “ Belief in Goddess Chen Jinggu” has become a very special bond that tightly connects kinship between both sides. Linshui Temple of Gutian County was listed as a national Taiwan-related key temple in 2009, and a major national historical and cultural site for protection in 2013.

**（三）闽东红色文化**

**◆ 闽东苏维埃政府所在地——柏柱洋**

柏柱洋位于福安溪柄东南。1926年冬，施霖和张少廉、张宝田从福州返回柏柱洋，发动家乡一带的农民组织农会，柏柱洋及远近村庄的农民纷纷响应，闽东最早的农民革命运动从此蓬勃发展。1931年4月，邓子恢和马立峰一道领导溪柄和柏柱洋一带群众的抗租抗债斗争，掀起了闽东农民革命运动的新高潮……。随后，陶铸、叶飞、曾志等同志，进一步领导闽东地区的革命斗争。1933年12月“闽东红带总队”在柏柱洋狮峰寺正式成立，人数最多达十万之众。

1934年初，闽东苏区在席卷闽东大地的工农武装暴动的硝烟中全面创建，柏柱洋成为暴动的指挥中心，并创建了在我国南方颇有影响的闽东苏区，发展成为中央红军长征前全国八大革命根据地之一。9月，中国工农红军闽东独立师成立，全师有1600余人，并与畲族、汉族人民相结合，经过艰苦斗争，把闽东各县的小块根据地连成一片，形成了以福安、连江为中心的面积约1万余平方公里，拥有近100万人口的农村革命根据地。1934年10月，国民党调集重兵，对闽东苏区进行“分进合围”，实施“五光”政策，还派飞机轰炸柏柱洋，妄图一举扼杀红色政权。闽东临时特委和苏维埃政府带领人民群众开展惨烈的“保卫苏区”战斗。在敌我力量过于悬殊的情况下，闽东苏区首府柏柱洋终告失守。此后，闽东特委领导人民转入艰苦卓绝的三年游击战争。

5.1.2.3 Mindong Red Culture

Bai Zhuyang Village-------Former Location of Mindong Soviet-Style Government

Bai Zhuyang locates in southeast Xibing, Fu’an County. In the winter of 1926, in order to organize local villagers to participate in the peasant association, Shi Lin, Zhang Shaolian and Zhang Baotian returned from Fuzhou to Bai Zhuyang. They received a warm response from local villagers, and the earliest peasant revolution in Mindong began to make a glorious development. In April 1931, Fuzhou Municipal Committee of the CPC sent Deng Zihui twice to Fu’an to make an inspection tour , and led local people from Xibing and Bai Zhuyang to participate in resistance movement against rent and debt, which set off a new upsurge of Mindong peasant revolution. Later on, Tao Zhu,Ye Fei, Zeng Zhi and other comrades were sent to lead Mindong peasant revolution by higher Party organizations. In December 1933, with more than ten thousand members, “Mindong Red Army with Sleeve Ribbons” was officially established in Shifeng Temple, Bai Zhuyang.

At the beginning of 1934, armed uprisings of peasants and workers spread all over Mindong area, then Mindong Soviet-style Zone was reestablished , and Bai Zhuyang became the command center of these uprising. In addition, Mindong Soviet-Style Zone was set up, and developed into one of the eight revolutionary bases before the Long March. In September, the Independent Division of the Red Army of Mindong was established. With more than 1600 people, they fought together with local She people and Han people, successfully merged several small revolutionary bases in Mindong, and finally formed Fu’an and Lianjiang-centered rural revolutionary base, which covered a total area of more than ten thousand square kilometers, with more than a million people. In October 1934, Kuomintang Party deployed massive forces and laid siege to Mindong Soviet-Style Zone and adopted Five Cruel Policies against the base. What was more, they bombed Bai Zhuyang in order to destroy the red political power. Led by temporary special Party committee and Soviet-style government, local people started a fierce fight against enemies to defend the new government. But the capital of Mindong Soviet-Style Zone (Bai Zhuyang) was lost due to great disparity between the enemy and the red army. Ever since then, Mindong Special Party Committee had to lead the people in an extremely hard and bitter guerrilla war for three years.

**◆ 闽东红色旅游线路**

闽东红色旅游线路被列入福建省红色旅游经典线路。据了解，闽东红色旅游线的主要景点包括马尾船政文化景区、福建省革命历史纪念馆、林则徐纪念馆、蕉城区中国工农红军闽东独立师旧址，福安市中共闽东特委旧址、牙城苏维埃政府旧址、百克医院、霍童暴动-支提寺等。

Mindong Red Tourism Routes

Mindong Red Tourism Routes were listed as the Red Tourism Classic Routes of Fujian Province, which cover Mawei Shipbuilding Cultural Scenic Spots, Fujian Province Revolutionary History Memorial Hall, Lin Zexu Memorial Hall, former site of Independent Division of the Chinese Workers’ and Peasants’ Red Army of Mindong in Jiaocheng District, former site of Mindong Special Committee of the CPC in Fu’an city, former site of Soviet-Style Government in Yacheng County, Baike Hospital and Huotong Uprising at Zhiti Temple and so on.

**（四）闽东茶文化**

**◆闽东茶叶历史文化**

闽东茶叶历史文化悠久而灿烂，可[追溯](http://zs.teauo.com/" \t "http://news.teauo.com/dt/china/20140715/_blank)至古老的西晋温麻县治时期，据考古发掘，早在西晋时期，闽东就有饮茶习俗，唐代已有“比屋皆饮”之说，陆羽《茶经》里就有闽东产茶的记载。入宋又盛行“斗茶”，以后历经元、明、清代，茶叶生产进一步得到发展，清咸丰、同治年间，“坦洋工夫”红茶脱颖而出，并于1915年荣获巴拿马国际博览会金奖，曾被英国王室指定为御用专供茶，产品远销英国、荷兰、东南亚等多个国家和地区；现在的福安已成为中国最大的绿茶、花茶主产区。除了福安以外，宁德还被称为“中国白茶之乡”的福鼎。福鼎白茶”是风靡海外的“保健茶”，素有“世界白茶在中国，中国白茶在福鼎”的美誉。同时，闽东茶叶对外贸易十分活跃，1889年三都澳开埠之后，即成为福建省最重要的茶叶输出港口，全省约有50%的茶叶经此销往世界各地，被誉为“海上茶叶之路”的起点。

5.1.2.4 Mindong Tea Culture

◆Historical Culture of Mindong Tea

The time honored and splendid Mindong Tea culture can be traced back to Wenma County jurisdiction of Western Jin Dynasty. According to archaeological excavations, Mindong people started drinking tea in the Western Jin dynasty. It is said that nearly everyone drinks tea in the Tang dynasty. We can also find the evidence of tea production in the Mindong region in *Cha Jing (Tea Classics),* written by Lu Yu. In Song Dynasty, tea competition became quite popular , then tea production received further development after the Yuan, Ming and Qing Dynasties. During the Xianfeng period and Tongzhi period, the representative of black tea-Tanyang Kungfu Tea stood out, and won the gold medal at the Panama Expo in 1915. It was once appointed as the exclusive tea supply for British royal family, its products have been sold to many countries and regions, such as England, Holland and Southeast Asia. Nowadays Fu’an has become the biggest producing area of green tea and scented tea in China. In addition, Fuding was praised as Hometown to White Tea in China. Famous for its function of health protection, Fuding White Tea also earns a good reputation such as “The white tea of the world comes from China while the white tea of China is in Fuding”. Meanwhile Mindong Tea was exported to other countries as well. Ever since the opening in 1889, Sandu Bay became the most important port for tea export, and also the starting point of the Maritime Tea Road, about 50% of Fujian tea was shipped to the whole world through Sandu Bay.

**◆闽东最早的茶文化交流：（**空海法师将闽东茶文化带回日本）

唐贞观二十年（公元804年），日本佛教真言宗创始人空海法师等23人乘船入唐，因遭遇飓风侵袭，船破人乏，被迫在霞浦赤岸海口登陆，在赤岸的那段日子里，空海法师与当地民众频频往来，还曾到过建善寺。当时，建善寺周遭遍植茶树，官府民家僧寺均以茶相敬。这让来自东瀛的空海第一次品饮到了闽东茶，领略到了闽东茶的独特魅力，并为之所深深吸引。据美国威廉?乌克思所著的《茶叶全书》记载，“僧侣弘法大师(名空海)又从中国研究佛法归去，亦对茶树非常爱好……彼亦携多量茶籽，分植各地，并将制茶常识传布国内。”陈椽教授编著的《茶业通史》亦有“平城天皇大同元年(公元806年)，空海弘法大师又引入茶籽及制茶方法”的记载。空海法师在结束大唐之行的时候，带回了茶籽和制茶技术，成为中日茶文化交流的使者。闽东是空海法师踏上大唐土地的第一个落脚点，也是空海法师接受中国茶文化熏陶的第一块土地。　一九九四年，日本佛教真言宗信徒捐资在霞浦赤岸建立了“空海大师纪念堂”，此后每年都有多批日本进香团前来朝拜，从闽东追寻日本茶道的历史渊源。

◆The Earliest Tea Culture Exchange in Mindong (Master Konghai( Kukai) brought Chinese tea culture back to Japan)

In the 20th year of Zhenguan Period in Tang Dynasty (AD804), Master Konghai, the founder of the Japan’s Shingon Buddhism, and 22 other people took a voyage westward to China by boat. However, they were forced to land at Chi’an seaport in Xiapu County due to great damage done by a rampant hurricane. During their stay in Chi’an, Master Konghai often communicated with local people, and paid a visit to Jianshan Temple. At that time, many tea trees were planted around Jianshan Temple, and tea had already become an important communication medium not just for officials, but also for local people and temples. This is the first time for Master Konghai to have a taste of Mindong Tea, he was deeply attracted to its unique charm. This experience was also recorded in *All About Tea*, written by William Ukers: “ Master Kukai returned to Japan with his studies on Chinese Buddhism and his hobby for tea trees as well. He brought back many tea seeds, and planted them around the country, and spread tea production techniques.” Similar recordings can also be found in *General History of Tea*, written by Chen Chuan, “ Tea seeds and tea production techniques were introduced to Japan by Master Konghai in the first year of the Datong period, Emperor Heizei’s reign (AD806)”. By doing so, before the end of the trip, he had already become the envoy of tea culture exchange between Japan and China. Since Mindong is the first stop of Master Konghai’s visit to China in the Tang Dynasty, and the first place of his tea culture edification in China as well, believers of Japan’s Shingon Buddhism donated property to establish Memorial Hall for Master Konghai in Chi’an, Xiapu County. Every year many pilgrims would visit the Memorial Hall and trace the historical origin of Japan’s Tea Ceremony from Mindong.

**◆闽东海洋文化**

**温麻船屯与温麻县的设立：**早在约旧石器时代晚期，境内即有人类活动的遗迹。三国时期，约公元３世纪中叶，孙吴政权在今霞浦沿海开设了造船工场“温麻船屯”。伴随着迈向海洋，闽东便揭开发有志可考的历史。

**一审知开辟黄崎港：**唐末、五代时期，王审知“闽王”从898－925年统治福建近30年。福建真正的开发从他开始的。王审知治闽的主要举措之一就是大力发展福建的对外联系与对外贸易，为此他十分重视海港与航道建设。

◆Mindong Marine Culture

The setup of Wenma Shipyard and Wenma County: the existence of humans in Ningde can date back to the late period of the Paleolithic Age. During the three kingdoms period, about the middle of the 3rd century AD, Kingdom Wu established a ship building yard “Wenma Shipyard” in the coastal area of Xiapu County. Mindong began to step into a new period with recorded history.

Wang Shenzhi’ s exploitation of Huangqi Port：At the end of the Tang Dynasty and Five-Dynasty Period, the king of Kingdom Min, Wang Shenzhi started his reign over Fujian for nearly 30years(AD898-925). The actual development of Fujian stared from his governance. He attached great importance to the construction of ports and channels, during his governance, one of his main measures was to spare no efforts in developing outbound relations and foreign trade.

**◆ 三都澳的历史与今天**

三都澳历史上就是中国对外贸易港口之一。早在唐朝以前，三都澳就已开发。此后到五代闽王王审知执政时期，由于重视港口建设和对北方的海上沟通，三都澳得到进一步的发展。明代开辟了运粮航线，1452年(明景泰三年)，朝廷在此设河泊所管理渔课。1684年(清康熙二十三年)，清政府在三都澳设了宁德税务总口，下辖九个口岸，每年征税达12000两银子**。**1898年，清廷将三都澳辟为福建的三个商埠之一（前两个是福州和厦门）。1899年，清廷在三都成立福海关，三都澳正式开放为对外贸易港口。当时有13个国家的21个公司在三都高立洋行、分公司等。三都岛一度因设福海关、建洋行而畸形繁荣；又由于其本身的军事、经济的特殊战略地位，直至日军侵华被炸，福海关于1949年正式关闭，黯然谢幕。

如今，随着高速公路、高铁交通网、港口码头等基础设施的建成及完善，三都澳又迎来了一轮大发展的契机。2005年，福建省委、省政府作出建设海峡西岸经济区的战略构想，宁德位于福建东大门，是海峡西岸经济区的重要组成部分，且是福建省的四大港口之一。宁德市委、市政府按照港口、产业、城市三位一体、互动发展的总体思路，以及“向海、临海、跨海”三步走的发展步骤，加快推进宁德中心城市建设，形成港城互动的一体化发展格局，逐步建设环三都澳海湾城市。

◆The Past and Present Sandu Bay

As one of the foreign trade ports, Sandu Bay had been exploited before the Tang Dynasty. Then during the governance of Wang Shenzhi, he paid great attention to the construction of the ports and maritime communication to the north, therefore Sandu Bay received further development. A maritime route for shipping grain was set up in the Ming Dynasty, the official river taxation inspection bureau was established to collect fishery tax by the court in 1452 ( the third year of Jingtai period, Ming Dynasty). Later Ningde Administration of Taxation was established in Sandu Bay by the Qing Government in 1684 (the 23rd year of Kangxi period, Qing Dynasty), which had jurisdiction over 9 ports , and could collect as much as 12000 liang (unit of weight-50grams) silvers. In 1898, the Qing Government opened Sandu Bay as one of the three trading ports (the other two were Fuzhou and Xiamen). In 1899, the Qing Government set up Fuhai Custom, indicating the formal establishment of Sandu Bay as a foreign trade port. At that time, 21 companies from 13 countries set up foreign firms and branch companies in Sandu Bay, hence an unhealthy prosperity appeared due to Fuhai Customs and numerous foreign firms. However, Sandu Bay was bombed by the Japanese invaders due to its special strategic position both in military and economy, as a result, Fuhai Customs was shut down and disappeared from the historical stage.

Nowadays, with the construction and betterment of some infrastructures, such as expressways, high-speed railway networks , ports and wharves, Sandu Bay has received another chance for further development. In 2005, in order to build the Western Taiwan Strait Economic Development Zone, a strategic conception was brought up by the Fujian provincial Party committee and Fujian provincial government. As an important part of Western Taiwan Strait Economic Development Zone, Ningde is located in eastern Fujian, and is one of the four largest ports in Fujian province. The Ningde municipal Party committee and municipal government stick to its general concept of interactive development by combining the port, industry and city together, and insist on following the three-step development strategy of “towards the bay, by the bay and across the bay ”, while accelerating the central city construction of Ningde, so that an interactive development pattern of port and city integration can be formed, and the Sandu Bay City can be built up.

**◆霞浦黄瓜山古人类遗址**

黄瓜山遗址位于霞浦县南部海岸边一座相对孤立的山丘之上(海拔50米)。大约距今3000～4000年，为一处青铜器时代遗址，总面积约6000平方米。该遗址是1987年全省文物普查中发现的，是闽东地区迄今发现的唯一的一处贝丘遗址。所采集到陶片、石器、兽骨和贝壳标本经考古专家鉴定，这些遗物“相当于中原夏、商、周时期的福建东北部地方文化遗存。”在其后的野外考察中，在沙江、柏洋、崇儒、牙城、水门、州洋等7个乡镇陆续发现了31处类似的贝丘遗址，占地面积约84620平方米，后经推断，属新石器晚期至青铜器时代(约公元前3000至3500年)的古遗址。

贝丘遗址是古代人类居住遗址的一种，以包含大量古代人类食剩抛弃的贝壳为特征。贝丘遗址多位于海、湖泊和河流的沿岸，在贝丘的文化层中夹杂着贝壳、各种食物的残渣以及石器、陶器等文化遗物，还发现房基、窖穴和墓葬等遗迹。根据贝丘的地理位置和贝壳种类的变化，可了解古代海岸线和海水温差的变迁等。

◆Ancient Human Site of Xiapu Cucumber Mountain

The Relics Site lies in a relatively isolated mountain on the South Coast of Xiapu County( altitude:50 meters). With a long history of 3000 to 4000 years, this site belongs to the Bronze Age and has an area of 6000 square meters . It was first discovered in a national archaeological survey in 1987, and identified as the only shell mound relic discovered in Mindong region. Pottery pieces, stone implements, animal bones and shell specimen were collected, archaeologist claimed that these remains belong to cultural remains of people living in the northeast Fujian in the periods of Xia, Shang and Zhou Dynasties. Later in their field study, 31 other similar shell mounds were discovered successively in 7 towns and counties: Shajiang, Baiyang, Chongru, Yacheng, Shuimen and Zhouyang. The whole site boasts an area of 84620 square meters. From the evidences they concluded that these were ancient sites from the late period of the Neolithic Age to the Bronze Age (AD3000-3500).

Shell mound is one of the ancient sites of human habitation, signified by shell debris of human leftovers. Generally speaking, shell mounds are mostly located in coastal zones, river banks and lake shores. In the cultural layer, many shells, food residue, cultural remains of stone implements and potteries are found. In addition , traces of house foundation, caves and tombs have been discovered as well. What’s more, we can fully understand the ancient coastline and temperature change of the sea, based on the geographical location of shell mound and the species changes of shells.

**（六）木拱廊桥廊桥文化**

木拱廊桥，是人类智慧的结晶，是历史变迁的缩影，更是优秀传统文化的珍宝。 据了解，全国现存木拱廊桥140多座，大量分布于闽东北和浙西南两地。在福建，目前只有寿宁、屏南、周宁、古田、政和等地有。寿宁木拱廊桥是现已发现的在以县为单位的区域内全国数量最多之一。境内现存的木拱廊桥共有21座，年代序列最齐，从清乾隆、嘉庆、道光、同治、光绪至中华民国，乃至1949年后还在建造，这在全国极为罕见。由于寿宁的木拱廊桥数量众多，被誉为“世界贯木拱廊桥之乡”。其中有6座被列入全国重点文物保护单位，更有3座列入中国世界文化遗产预备名单申报点。寿宁的木拱廊桥，大多搭建于深沟高涧之上，与村民日常生活紧密相联，成为乡村文化的集散地，是人们生活中休闲的好去处，廊桥陪他们长大变老。

屏南境内现存较好的古代木拱廊桥13座，其中，万安桥、千乘桥、百祥桥为国家重点文物保护单位，广福桥、广利桥为省级文物保护单位。境内的木拱廊桥　除艺术本身的巨大价值外，还蕴含着许多颇值细述之文化亮点。如廊桥与地方民俗、信仰，与史实、传说故事，与桥名、碑记，与楹联、书法，等等。可以说，每一座木拱廊桥，都闪耀着文化的光芒。如万安桥，取义万民平安，万事平安;百祥桥意为桥纳百祥，吉祥如意，还有千乘桥、广福桥、广利桥、惠风桥、清晏桥、劝农桥、连升桥等廊桥，桥名直白而又蕴含良好祈愿，是儒家文化的具体化，给人以美妙之遐思。2006年，万安桥、千乘桥、百祥桥与闽东北其他9座廊桥捆绑，被国务院公布为第六批国家重点文物保护单位。

5.1.2.6 Covered Wooden Arch Bridge Culture

Covered wooden arch bridge is the quintessence of human wisdom, epitome of historical changes and a treasure of excellent traditional culture. It is said that there are more than 140 existing covered wooden arch bridges nowadays, most of them scattered over the northeast of Fujian Province and the southwest of Zhejiang Province. In Fujian, one can only find covered bridges in Shouning, Pingnan, Zhouning, Gutian and Zhenghe Counties, among which Shouning owns the most covered bridges(in units of counties) in China. Currently there are 21 covered wooden arch bridges with a complete chronology, originated from Qianlong, Jiaqing, Daoguang,Tongzhi, Guangxu period of Qing Dynasty to the Republic of China, even after 1949, which is extremely rare in China. As a result, Shouning was named as Hometown of the Covered Wooden Arch Bridges due to its large number. Six of them were already listed as National Major Historical and Cultural Sites, among which 3 of them were listed on the UNESCO World Tentative List. In Shouning County, covered bridges were usually built over a deep ravine or brook, they are tightly connected to the daily life of local villagers, where local people grew up. Since then covered bridges have not only become the center of local culture, but also a good place for entertainment.

There are altogether 13 comparatively intact covered wooden arch bridges in Pingnan County, among which Wan’an Bridge, Qiancheng Bridge and Baixiang Bridge were listed as National Major Historical and Cultural Sites, and Guangfu Bridge and Guangli Bridge were listed as Provincial Major Historical and Cultural Sites. Except for its great value in art, these covered bridges also contain a lot of cultural highlights that were worth mentioning in details. It is not an exaggeration to say that every single covered bridge is glittering with its insight into culture, to be more specific, they were closely related to local customs, belief, historical events, legendary story, name of the bridge, tablet inscription, couplets and calligraphy and so on. For example, Wan’an Bridge was named because it symbolized peace and safety to everyone; Baixiang Bridge was named for it’s indication of good fortune. Other bridges were also named with good wishes, but easier to understand, such as Qiancheng Bridge, Guangfu Bridge, Guangli Bridge, Huifeng Bridge, Qingyan Bridge, Quannong Bridge and Liansheng Bridge and other covered bridges. Such names are the embodiment of Confucianism, which provides people with fascinating reveries. In 2006, together with other 9 covered bridges, Wan’an Bridge, Qiancheng Bridge, Baixiang Bridge were announced amid the sixth batch of National Major Historical and Cultural Sites by the State Council.

1. **传统技艺文化**

福船，是福建、浙江沿海一带尖底古海船的统称。而所谓“水密隔舱”，就是用隔舱板把船舱分为互不相通的舱区，舱数有13个、也有8个。这一船舶结构是中国在造船方面的一大发明，它具有提高船舶的抗沉性能，又增加了远航的安全性能。这一传统手工技艺，至今已有600多年历史。

宁德漳湾福船承其衣钵，特征鲜明，一脉尚存。如今，它已是一种濒将消亡的民间手工技艺，堪称中华绝活之一，造船的用料，需选择既轻便、坚固，又耐水的木材。一艘漳湾福船的制造，从备料、立龙骨到上画油漆，全都是手工操作，所造的福船船型多样，尤以一种当地称作“三桅透”（三桅三帆）的最具代表性。它的制作过程相当复杂，要经过安竖龙骨、配搭肋骨、钉纵向构件舷板、搭房、做舵等工序，最后油灰工塞缝、修灰、油漆上画，才完成全船。

2008年6月，被列入第二批“国家级非物质文化遗产名录”；2010年11月，”被联合国教科文组织列入《急需保护的非物质文化遗产名录》。

5.1.2.7 Traditional Skills

 Fuchuan is the general name for ancient boats with sharp bottoms along the coastal area of Fujian and Zhejiang provinces. The “Water-tight bulkhead” is to divide the cabins into several small units sealed from each other, usually 13 or 8 units. With more than 600 years of history, such construction is one of China’s great inventions on ship building, which not only enhances unsinkability of the boat, but also its safety in oceangoing voyages.

As the last category that still exists, Zhangwan Fuchuan well kept some distinctive features and inherited the advantages of Fuchuan manufacturing skills. Nowadays, as an endangered folk art, Zhangwan Fuchuan can be called one of the Chinese forte skills. All construction materials are composed of light, strong and water-proof timbers. In order to build one boat, every step has to be done by manual operation, from material preparation, keel setting-up to painting. There are many kinds of shapes for Fuchuan, and only one stands out the most, local people call it “Sanweitou”(three masts and three sails). The manufacturing procedure is very complicated, the whole boat has to be processed through the following steps: place the keel and the frames first, nail the vertical component-plates, build the cabin, finish the rudder; in the end, the workers would stuff up the cracks and paint the boat.

Fuchuan was listed as the second batch of national intangible cultural heritages in June 2008, and an intangible cultural heritage in need of urgent protection by UNESCO in November 2010.

**第 二 节 民 间 艺 术**

宁德民间艺术主要有戏剧、曲艺、音乐、舞蹈、武术、杂技等。

**一、戏剧**

闽东戏剧活动始于宋代，兴于明代。较具地方特色的剧种有四平戏、北路戏和平讲戏。

**(一) 四平戏**

"四平戏"俗称"庶民戏"，是一古老剧种，源于屏南、蕉城等地。明末，从江西传入屏南龙潭村，至今已有300多年的历史。

早期的四平戏，行当只有生、旦、净、末、丑、贴、外等七个。清初发展成为"九角头"。艺人自称"梨园弟子"，供奉戏神"田公元帅"。四平戏以四平腔为主，前台干唱，后台帮腔。脸谱继承宋元南戏化装传统，以红、白、黑为基本色调，线条简单明朗。

清光绪年间（1875-1908），四平戏的行当又有新的发展。生分正生、小生、武生、贴生、老生，旦分正旦、小旦、花旦、武旦、丑旦、彩旦，净改称大花，未改称二花，丑改称三花。演出剧目也大大增加，相传下来的"总本"有80多个。四平戏多为家族祖业，世代相传，所以300多年来始终保持古朴的风貌。

**5.2 Folk Art**

**5.2.1 Opera**

Mindong Opera originated from the Song Dynasty, and flourished in the Ming Dynasty. The most representative ones include Siping Opera, Beilu Opera and Pingjiang Opera .

5.2.1.1 Siping Opera

Siping Opera , also known as “Opera for Shaming (ordinary people)”, is an ancient opera, originated from places like Pingnan County and Jiaocheng District. In the end of Ming Dynasty, it was introduced from Jiangxi province to Longtan Village, and Pingnan County, which has been in existence for more than 300 years.

The early Siping Opera features seven main types of performers, namely Sheng, Dan, Jing, Mo, Chou, Tie and Wai, which developed into “nine roles” in the Qing Dynasty. Performers call themselves as “ Operatic Disciples”, and they worship Marshal Tangoing-the god of operas. Siping Opera is represented by Siping tone, performers can only sing on the stage, with vocal accompaniment backstage. Their facial masks inherited the makeup tradition of Nandi (Southern Opera) in the Song and Yuan Dynasties. With clear and simple lines, their basic colors cover red, white and black.

During Guangxu period in the Qing Dynasty(1875-1908), Siping Opera gained new development. Sheng was divided into Zhengsheng, Xiaosheng, Wusheng, Tiesheng and Laosheng, while Dan was divided into Zhengdan, Xiaodan, Huadan, Wudan, Choudan and Caidan, Jing was changed into Dahua, Mo Erhua, and Chou Sanhua. What’s more, with the increase of performances, more than 80 Zongben（scripts）were handed down to generations. Most of Siping Operas are family-related business, and passed from generation to generation, so that the primitive feature can be well kept for more than 300 years.

**(二)北路戏**

"北路戏"俗称"乱弹"。由于主要乐器为长膜笛，故又名"横哨戏"，流行于寿宁、古田、屏南、福安、蕉城、周宁等地。

北路戏道白唱词都用普通话。唱腔以西秦腔和吹腔为主，在长期流行中，又吸收乱弹、徽调、汉调音乐，综合形成一个多声腔的戏曲剧种，但其主要唱腔仍由西秦腔和吹腔发展出来的"平板"为基本调。清光绪以后，京剧盛行，北路戏又吸取皮簧唱腔。

5.2.1.2 Beilu Opera

Beilu Opera, commonly known as “Luantan (Free Style)”, is also known as “Hengshao Opera” for its major instrument. It is very popular in places like Shouning, Gutian, Pingnan, Zhouning Counties, Fu’an City and Jiaocheng District.

Beilu Opera is commonly performed in Mandarin. Based on Western Qingqiang Tune and Chuiqiang Tune, absorbing the essence of Luantan, Anhui Tune and Handiao Tune, an opera with multiple tunes was formed. However, the basic tune of Beilu Opera is still Pingban (Flat Tune), deriving from Western Qingqiang and Chuiqiang tunes. Peking Opera prevailed after the Guangxu period in the Qing Dynasty, so the Pihuang tune was absorbed into Beilu Opera.

**（三）平讲戏**

平讲戏"源于明末清初的"驮故事"，又称"肩头棚"。表演时，小演员化装成戏中角色，由在人驮在肩上，敲锣打鼓边走边演。清嘉庆年间(1796-1820)，江湖班多为本地演员，舞台语言也渐趋地方化，出现纯用当地方言演唱的剧种，道白"平白如讲"，故称"平讲戏"。平讲戏角色分为小生、小旦、老生、大花、二花等行当，着重于小生、小旦和老生，故有"三小戏"之称。唱腔以江湖调为主，后期还吸收梆子曲调。主要乐器有管弦、笛子、京胡、鱼鼓、手鼓、手锣等。

5.2.1.3 Pingjiang Opera

Pingjiang Opera originated from “Carrying Story” or “Shoulder Tent” in the late Ming Dynasty and early Qing Dynasty. During a performance, a little actor was carried by an adult and would perform to the beating of gongs and drums. In the Jiaqing period of the Qing Dynasty (1796-1820), performers were mainly local people, and stage language gradually tended to become local language. Since the opera was performed in local dialect, and sung in a near-speaking style, it was called “Pingjiang Opera”. This opera features in the following types of performers: Xiaosheng, Xiaodan, Laosheng, Dahua and Erhua and so on. Since Xiaosheng, Xiaodan and Laosheng are the three major types of performers, it was called “Sanxiao Opera”. Folk songs were adopted as major tunes, and Bangzi was also absorbed in the later period. Major instruments cover orchestra, flute, Jinghu, Yugu, tambourine and hand gong and so on.

**二、曲艺**

清代中叶，闽东便有以“祝福生财、祈祥纳吉”为彩头的民间说唱艺人在城乡活动，尤其每年春节至元宵期间，其说唱活动更是到处可见。区内曲艺种类主要有评话、嘭嘭鼓、说书等。50年代后又有快板、相声等，其中流行最广的首推评话和嘭嘭鼓。

**5.2.2 Folk Art Forms**

In the middle of the Qing Dynasty, many folk singing artists were active in the urban and rural areas of Mindong regions, normally they performed for blessings, prosperity, auspiciousness and good fortune. Especially from Spring Festival to the Lantern Festival, they could be found everywhere. The most common folk art forms include Pinghua, Pengpenggu and Story-telling and others. In the late 1950s, Allegro and Cross Talk appeared, but Pinghua and Pengpenggu still remain as the most prevalent ones in Mindong.

**（一）评话**

闽东评话始于清代中期，流行于霞浦、福鼎、福安、宁德、柘荣、古田、周宁等县，至今已有100多年的历史。

清光绪年间(1875～1908年)，霞浦县柏洋乡吴阿照首创霞浦方言评话，讲述《铁刀记》、《甘国宝》、《乾隆下江南》、《陈美人告天状》、《海棠花》等书目，蜚声福宁(霞浦)、福安、柘荣(当时霞浦辖区)等县山村。评话代代相传，至今尚有数十名的柏洋评话员为群众演出。

5.2.2.1 Pinghua

It is a kind of vivid story-telling. With more than 100 years of history, Mindong Pinghua originated in the middle of the Qing Dynasty, and is popular in Xiapu, Zherong, Gutian and Zhouning Counties, Fuding, Fu’an and Jiaocheng District.

In the Guangxu period of the Qing Dynasty (1875-1908), Wu A’zhao from Xiapu County created Pinghua in Xiapu dialect. Some plays, such *Story of an Iron Knife, General Gan Guobao, Adventures of Emperor Chien Lung, the Imperial Appeal and Crabapple*, were renowned in villages of Funing (Xiapu), Zherong County (under jurisdiction of Xiapu at that time) and Fu’an City. Since Pinghua was handed down from generation to generation, dozens of Pinghua performers from Baiyang Village are still active today.

**（二）嘭嘭鼓**

明末，一种叫“莲花落”的民间曲调流传到福鼎、霞浦等地。这一曲种逐渐与福鼎秦屿一带的闽南话歌谣相结合，形成用闽南话演唱的嘭嘭鼓。因每段帮腔中都有衬词“牡丹花”，所以也叫“牡丹花调”。

5.2.2.2 Pengpenggu Opera

At the end of the Ming Dynasty, a special opera tune “Lianhualao” was introduced to Fuding City and Xiapu County, which gradually combined with the local Minnan ballads along the areas of Qingyu, Fuding City. As a result, Pengpenggu Opera with performance in Minnan dialect was formed. Since the word “peony” served as padding syllables in every vocal accompaniment, it is also called as “ A Tune of Peony”.

**三、音乐与舞蹈**

**（一）畲族山歌**

畲族山歌多为七言一句或五言一句，有歌颂畲族始祖功绩的“史歌”，有歌颂生活的“颂歌”，有倾吐男女之间爱慕之情的“情歌”，有反映勤耕苦种的“种田歌”。演唱形式有独唱、对唱、齐唱和独特的“双条落”二声部盘唱形式。演唱方法有假声、真声和真假声结合三种，其中假声的唱法最有民族特色。闽东畲族歌言有“拦路对歌”、“蚕里来客对歌”、“做表姐对歌”、“做亲家伯对歌”等一系列罕见的盘歌习俗及定期定点规模大、群众性广的歌节歌俗。

**5.2.3 Music and Dance**

5.2.3.1 Folk Songs of the She Ethnic Minority

Most of the She folk songs are seven or five words in one sentence, there are various types of the She music: epics that praise great achievement of the She people’s ancestors; odes that sing of their daily lives; love songs that confide affection to each other; farming songs that reflect their hardworking in the field. Several singing forms cover solo, antiphonal singing, duet and unique two-part singing “ Shuangtiaoluo”. Among three singing methods-falsetto, true voice and combination of them, falsetto possesses the most national characteristics. Mindong She music both features in series of rare antiphonal singing customs, such as “Road Blocking Songs”, “Visitors Antiphonal Songs”, “ Songs at being Cousins” and “Songs at being Uncles-in-Laws”; and so on as well as music festivals and customs with large-scale, mass participation that have regular organizations at regular time.

**（二）畲族的舞蹈**

畲族的舞蹈按其内容和形式分为三类，即祭祀性舞蹈、农事庆典舞蹈和社交娱乐性舞蹈。

**◆畲族巫舞**

畲族巫舞《奶娘催罡》是闽东畲族巫师进行驱鬼镇妖活动中的一段祭祀舞蹈，分净坛、请神、踩罡三个章节，通过日常生活情节和生产活动的若干画面，塑造陈十四娘(又称奶娘，即民间传说中的妇幼保护神陈靖姑)这个驱妖镇魔的女神形象。相传，明朝中期宁德地区就有巫师表演的“祀福”舞蹈，至今已有四百多年的历史。

5.2.3.2 Dances of the She Ethnic Minority

There are three kinds of She dances according to content and form, ritual dance, ceremonial dance and entertainment dance.

◆Sorcery Dance of the She Ethnic Minority

“Nai Niang Cui Gang( Goddess Chen Jinggu performs rituals)” is a typical ritual dance , performed by the Mindong She sorcerers to expel the evil spirit. In the dance, there are altogether three chapters: enshrine the altar, invoke the deities and jump on the handle of the big dipper. Through these images from daily life and production activities, the goddess image of Chen Sister 14 (also known as Nai Niang and Chen Jinggu who is the goddess for women and children protection in folklore) was established. It is said that the She dance with sorcerers asking for blessings in Ningde region has been in existence for more than 400 years.

**◆“打枪担”**

“打枪担”，由畲族人上山砍柴草劳动活动转化的。上山时，畲族人边唱山歌，边用力敲击“枪担”，逐渐演变为“打枪担”。表演时，参加者腰佩刀鞘(俗称割吊)，一手握柴刀，一手持枪担，且敲且舞。以柴刀击枪担、刀鞘，以刀柄、枪担撞地，清脆悦耳，节奏分明，整齐中富于变化。它还吸收了畲拳畲棍中的拔、挑、架、劈等“对打”动作，融体育、武术、舞蹈为—体。

目前，在宁德市被挖掘整理有《龙头舞》、《香花舞》、《祈福舞》、《龙伞舞》、《迎亲舞》、《铃刀舞》、《猎捕舞》、《奶娘催罡》、《巫舞》、《打地狱》、《对灯》等数十个畲族舞蹈。

◆Daqiangdan(Performance with Carrying-Poles and Choppers)

Daqiangdan derived from the She people’ activity of cutting firewood in the mountains. They would strike their carrying poles on each other’s while singing their local folk songs, which later evolved into “Daqiangdan (performance with carrying-poles and choppers). In the dance, with a scabbard（normally known as Gediao) buckled to his/her waist, a performer with a chopper in one hand, and a pole in the other hand, would hit together and dance. Sometimes, he or she would use the chopper to hit the pole and scabbard, or use the handle of the chopper and the pole to hit the ground, which makes a crystal sound and clear rhythm. The whole dance is the combination of sports, martial arts and dance, neat and rich in variations. In addition, it absorbed some fighting movements of the She martial arts, such as pulling, lifting and splitting and so on.

Nowadays dozens of She dances have been discovered and collected, such as Dragon-head Dance, Fragrant Flowers Dance, Dance of Asking for Blessing, Dragon Umbrella Dance, Wedding Ceremony Dance, Lingdao Dance, Hunting Dance, Goddess Chen Jinggu Performs Rituals, Sorcery Dance and so on.

**◆畲族二声部山歌“双音**

**畲族二声部山歌“双音”，**流传于宁德市的蕉城区八都镇猴盾畲族村及其周边的畲村，是畲族文化遗产中的瑰宝、是我国畲族山歌中唯一幸存的畲族二声部山歌歌种，于2009年被认定为国家非物质文化遗产。

 畲族二声部山歌“双音”的主要表现形式：首先表现为二声部山歌“双音”属清唱，演唱形式，每个声部至少 1 人，每个声部的演唱人数可多可少，不论声部的男、女性别演唱，亦可两声部都由同性别演唱，但演唱情歌就一定要男、女各唱一声部。其次是二声部山歌“双音”词律歌词结构基本是七字一句，四句体，四句为一条。

◆“Shuangyin”---------Double-Vocal Folk Singing

It was popular in Houdun Village and other She Villages in Badu County, Jiaocheng District, Ningde City. As the only surviving Double-Vocal Folk Singing, it is the gem in the She culture heritage, and was listed as national intangible heritage in 2009.

There are several major features for Shuangyin. First of all, Shuangyin itself belongs to a cappella. As Double-Vocal Folk Singing, there is no restriction on the number or the gender for performers, except for each part, there must be at least one person, and the love song must be performed by the male and female in separate parts. Secondly, as for the lyrics, there are mainly seven words in one sentence, four sentences in one paragraph, and four paragraphs in one passage.

**（三）畲族诗歌**

畲族文学基本上是民间口头文学，多以畲语歌唱的形式表达。在长篇叙事诗歌中、最著名的就是《高皇歌》，又称《盘古歌》等、是一首长达三四百句的七言史诗。它以神话的形式，叙述了畲族始祖盘瓠立下奇功及其不畏艰难繁衍出盘、蓝、雷、钟四姓子孙的传说。反映了畲族的原始宗教信仰和图腾崇拜。尤其是，他们还把这一传说绘成连环画式的画像，称祖图，即在一幅十来丈长的布帛上，用彩笔把这一传说的40多个画像连环式地绘在画卷上，世代珍藏。

5.2.3.3 Poetry of the She Ethnic Minority

The She literature is mainly of folk oral literature, and delivered by singing. In the long narrative poems, the most famous one is the Song of Emperor Gaohuang, also known as Song of Pangu, it is a seven-character epic that lasts as long as three to four hundreds sentences. The epic describes the legend of the ancestor of the She people-Panhu, who was fearless of danger and difficulty, and his bringing up of his descendants surnamed Pan, Lan, Lei and Zhong. This poetry reflects the She people’s primitive religious belief and totemism. In particular, the legend of their original ancestor, Panhu is painted on a piece of a hundred feet long cloth in about 40 picture strips , and were well preserved from generation to generation. This colorful cloth is called Zutu.

**四、武术与杂技**

畲族武术分为拳术和棍术两种，流派繁多，最为流行最具特点的是畲家拳和打柴棒，经千百年传承，已形成独具一格的民间武术。

**（一）畲家拳**

畲家拳有十余种套路，流行于福安县颇负盛名的“武术之乡”的金斗洋畲村。据传，畲族武术是在吸取南少林精华的基础上融汇而成，具有步稳势烈，发力短、猛、狠，攻守严谨，进攻多用指法、掌法等特点。

**5.2.4 Martial Art and Acrobatics**

The She martial arts are composed of many schools in two different categories: Chinese boxing and cudgel play. The most popular and characteristic ones are Shejia Quan (the She-Style Boxing) and Dachai Bang (Carrying Poles Hitting), which have formed into folk martial arts with unique charm after hundreds of years of development.

5.2.4.1 Shejia Quan(The She Ethnic-Style Boxing)

With more than ten series of skills and tricks, Shejia Quan is quite popular in the Hometown of Martial Arts -Jingdouyang She Village, Fu’an City. It is said that the She martial art is practiced based on the essence of Southern Shaolin Temple School of Boxing, with certain characteristics, such as steady footsteps, powerful aura, quick, powerful and fierce physical strength, tight offense and defense, the adaption of fingering and palm in defense and others.

**（二）“打柴棒”（“盘柴槌”）**

“打柴棒”，又称“盘柴槌”，是流行于闽东畲族地区的一种民间棒术。由于使用的“柴棒”长短不一、功用不同，“打柴棒”，又分为两种：一种棒长1.2丈，一人耍弄，有攻有拦，叫“中拦”；一种棒长0.7丈，两人对打，互相攻防盘击，叫“盘杖槌”，也称“齐眉杖”。棒术的路数花样繁多，有三步进、三步退、四步半、五步跳、七步、九步、猴子翻身、双头槌、公牛转栏、金鸡啄米、老蛇吐吞、天观地测等。

5.2.4.2 Dachai Bang(Carrying-Poles Fighting)

Dachai Bang, also known as Panchai Zhui, is a folk cane fighting in the She regions in Mindong. Due to different length and function, Dachai Bang can be divided into two types: the first one is called Zhonglan, with a 4 meters long cane, it can only be practiced by one person; the second one is called Panzhang Zhui, also known as Qimei Zhang, with a 2.3 –meters-long cane, is usually practiced by two people attacking and offending each other. There are many movements in Dachai Bang: three-step forward, three-step back, four and a half steps, five-step jump, seven steps, nine steps, monkey turn over, strike both fists, bull turn to parry, golden rooster stands on one leg and point stick, and so on.

**（三）霍童线狮**

霍童线狮，又称霍童抽狮，现留存于宁德霍童镇，当地人称之为“打狮”，是一种独特的民俗游艺表现形式，也是一种具有独特风格的民俗的杂技节目，已有1300多年的历史。据历史传说，隋代谏议大夫、开山大祖黄鞠公曾为霍童灌溉村田，造福子民，当地以举办“二月二”灯会的方式来纪念他。其中，线狮表演就是该灯会中最具有特色的一个节目。自明朝中后期开始，霍童线狮已经逐渐发展成为了当地节庆文化中的一个重要组成部分。如今，作为非物质文化遗产的霍童线狮，已经超越了传统民俗节庆“二月二灯会”的范畴，成为霍童人民日常生活中不可或缺的一部分。2006年被列为第一批国家级非物质文化遗产名录。

5.2.4.3 Rope-Controlled Lion Dance in Huotong Township

Rope-Controlled Lion Dance in Huotong Township, also known as Huotong Puppet Lion Dance, is currently preserved in Huotong Township, Ningde City in Fujian Province, it is called “Dashi” by local people, is a very unique embodiment of folk culture and recreation . Meanwhile as an acrobatic performance with its unique charm, Rope-Controlled Lion Dance in Huotong Township has a long history of more than 1300 years. It is said that Huang Ju, imperial remonstrator for the emperor in the Sui Dynasty, built an irrigation project to benefit local people. In order to commemorate his contribution, local people held lantern exhibitions on the second day of the second lunar month. At that time, puppet lion dance was the most unique performance at the lantern exhibition. Nowadays as an intangible cultural heritage, Huotong puppet lion dance has transcended the traditional lantern exhibitions, and become an absolutely indispensable part in Huotong’ daily life. It was listed as the first batch of national intangible cultural heritage in 2006.

1. **工艺与技艺**

宁德民间手工艺历史悠久、名扬中外。主要有，柘荣剪纸、“纸札”、香亭、竹编、贝雕、白茶制作技艺、畲族银器制作技艺、铁技、线香龙舞、高跷等工艺与技艺极富地方特色。

**5.2.5 Arts and Handicrafts**

The folk handicraft in Ningde has a very long history, and is well known at home and abroad, such as Zherong paper cutting, paper binding, incense pavilion, bamboo weaving, shell carving, processing technique of the white tea, silver production of the She nationality, iron processing skill, rope-controlled lion dance, stilts and other techniques, which is full of regional features.

**(一)剪纸工艺**

闽东的剪纸最为著名的当数柘荣剪纸，该县因剪纸的广泛性、艺术性和传承性而荣获国家文化部授予的“民间艺术（剪纸等）之乡”的荣誉。

柘荣剪纸始于明末清初，其剪纸手法主要有平铺式、对称式、多折式和网络式。风格独特，具有鲜明的地域个性，既承传了中原剪纸的写意、质朴、浑厚，又融合了南方剪纸的严谨、细腻、秀丽。2009年10月，柘荣剪纸被联合国文教教科文组织列入《人类非物质文化遗产代表作名录》。

5.2.5.1 Paper Cutting

When it comes to paper cutting in Mindong region, Zherong paper cutting is surely the most famous for its universality, artistry and continuity, therefore Zherong was awarded “Hometown of Folk Arts” by the National Ministry of Culture.

Originated in the late Ming Dynasty and early Qing Dynasty, Zherong paper cutting is varied in techniques of flat-cutting, symmetric-cutting, multifaceted cutting and network-cutting. With distinctive styles and regional characteristics, Zherong paper cutting inherited the causality, simplicity and vigor of Chinese paper cutting, while combined with the preciseness, tenderness and beauty of the southern paper cutting. In October 2009, it was listed as UNESCO Intangible Cultural Heritage.

**（二）纸札工艺**

 纸札：纸札源于明代，属于灯技艺术。宁德洋中把“纸札”踩街活动称为“迎灯”。纸札融木偶、竹札、木雕、彩灯、绘画、缝纫、灯光为一体，应用物理原理制作成“机关”，景物立感巧妙，水火逼真，人物活动栩栩如生。

5.2.5.2 Paper Animation Art

Originated in the Ming Dynasty, this is a lantern-making technique. Parade activities with lantern presentations is called “Yingdeng（lantern parade)” in Yangzhong Township, Ningde City. With the combination of puppet, bamboo art, wood carving, colored lamp, painting, sewing and lights, machine-operated paper lantern was made by applied physics, so that visitors can enjoy three dimensional scenery with rather realistic effect and vivid activities of characters.

**（三）香亭工艺**

 在闽东木雕艺术中，最能见其地域特色和艺术功力的，当数木雕香亭。香亭是民间“秋斋”迎神祭祀活动时使用的供奉物。造型繁杂，工艺精巧。香亭高约2米，宽1米，结构以四层为多，下有四方形镂花底座；第二层的四个支架上各雕一尊兽面，或龙或狮。支架上是香亭柱有雕龙缠绕，亭顶的飞檐也有兽形雕刻。每个香亭的最上层各不相同，有的是两人托镜，有的木雕装饰顶。

  香亭多采取透雕与浮雕方式，采用凿、雕、刻、磨、铲等十几道工序制作而成，雕刻内容多为飞禽走兽、花鸟人物和各种装饰图案，色调金碧辉煌。香亭这一民间工艺美术品如今在闽东亦不多见。其中最负盛名的是古田县晒谷村的五件清代制作的香亭，它比较完整地体现出清代南方木雕艺术的风格，有较高的观赏和研究价值。

5.2.5.3 Incense Pavilion

Wood-carving incense pavilion embodies the most representative regional features and earns the highest artistic level in Mindong wood-carving arts. It is used to enshrine and worship gods during the traditional sacrifice-offering activity “Qiuzhai” in the fall. At two meters high, and one meter tall, the incense pavilion is very complicated in the whole sculpture, and exquisite in skills. The whole structure is composed of one square base with ornamental engraving and another four layers above the base. An animal face (usually a dragon or lion) is engraved on the four holders on the second layer. Timber columns are placed on the holders, and entwined by carved dragons. In addition, cornices on the roof are also engraved by animal carvings. Generally speaking, the decoration on the top layer of every pavilion usually differs from one another: sometimes describes the scene of two people holding the mirror, sometimes is simply wood carving decoration.

By adopting embossment and openwork carving, an incense pavilion has to process dozens of procedures, such as chisel, carve, engrave, grind, spade and so on. The contents of sculptures on the pavilion are usually birds and animals, flowers and person and other decoration patterns. In spite of its splendid colors, incense pavilion is not common nowadays in Mindong, among which five incense pavilions made in the Qing Dynasty are the most prestigious, they are kept in Shaigu Village, Gutian County. Since they completely represent the Southern wood-carving style in the Qing Dynasty, they still enjoy a high value of appreciation and research.

**（四）竹编工艺**

传统竹编技艺在闽东各地均有流传，以古田竹编最具典型代表。相传起于清末。传统竹编制作过程先是破竹抽丝、刮削磨光，将竹子剖削成一根根厚薄匀净、韧性十足的竹条，小的仅两三毫米宽。之后，用水将这些竹条浸泡上几分钟，使之变得柔软。接着便是编织，这是竹编工艺中最难的一个环节，通过对竹条的挑压交织，编织出千变万化的图案及各种精巧的生活日用品。此后再经染色、上油、晾晒等工序，一件竹编制品便大功告成。

早在1959年古田竹编的花篮、花筐、提盒等被编入《福建工艺美术选集》。现在的产品有瑰丽花篮、竹蝶、角目提篮、“猫盒”、玉青花插等近百种。编工精制，典雅美观。产品已在十几个口岸出口，远销欧美亚等地区，深受欢迎。

5.2.5.4 Bamboo Weaving Handicraft

Gutian bamboo weaving handicraft is the most typical representative of the traditional bamboo handicraft in Mindong. It is said that this handicraft originated at the end of the Qing Dynasty. In the traditional procedure, the bamboo craftsmen cleave the bamboo, cut one section and split it into vertical halves, then smooth the bamboo joints, when they cleave the halves into flat or thin bamboo strips with average size, the small but firm strips can be as thin as only two or three millimeters width. Later soaking in the water for several minutes is required to soften the thin strips. Next procedure is weaving, as the most difficult procedure, weaving is adopted to make different patterns and various exquisite daily necessities through several steps with the bamboo strips, such as pull, press and interweave. Last but not least, a piece of bamboo product has to be done by other procedures like dyeing, oiling and drying.

As early as 1959, some Gutian bamboo weaving products were compiled in *Fujian Handicraft Collections*, such as flower basket, flower crate and food carrier and so on. Currently there are nearly a hundred types of products, such as exquisite flower basket, bamboo butterfly, hand-woven basket, cat-shape carrier, green flower receptacle. With such delicate handicraft and elegant outlook, Gutian bamboo weaving handicrafts were exported to regions and countries of Europe, America and Asia from dozens of ports in China, and well received by the local peoples.

**（五）贝雕工艺**

贝雕，顾名思义就是把贝壳琢磨加工制成的工艺品。它是在发掘和继承我国古老的传统艺术的基础上发展而来的。闽东的贝雕种类主要有浮雕贝画、嵌贝漆器、贝雕插花、立体贝雕等数百种样式。

5.2.5.5 Shells Carving

Shell carving suggests a handicraft of polishing and processing shells. Based on discovering and inheritance of traditional crafts in ancient times, Mindong shell carving includes hundreds of patterns, for example, embossed shell painting, shell-embedded lacquer, shell carving vases, three-dimensional shell carving and so on.

**(六)福鼎白茶制作技艺**

是创制福鼎白茶的中心工序，具有自然、科学、优质的特点，拥有高超的制作方法，独具科学艺术魅力。在传承古老制茶法的基础上，以萎凋和干燥两道工序为主，技术制作工序流程呈水线形式进行,在我国茶类制作技艺中占有重要而独特的地位，其价值和影响意义深远。已列人第三批国家级非物质文化遗产名录中。

5.2.5. 6 White Tea Manufacturing Craft of Fuding City

Natural, scientific and excellent, Fuding White Tea manufacturing craft is the key to Fuding White Tea, which possesses unique charm of science and art with superb manufacturing skills. On the basis of traditional tea manufacturing process, the whole procedure is conducted with a streamline process, featuring two main manufacturing processes: withering and drying. With great value and deep significance, Fuding white tea was listed in the third batch of national intangible cultural heritages for its unique and important place in tea manufacturing crafts.

**(七)福安畲族银器制作技艺**

以“珍华堂”为代表的福安畲族银器制作工艺，传承了盛唐宫廷银匠千年绝艺，在银雕工艺上，至今仍延用祖传秘方来处理银器的表面光泽，确保银雕作品不失千年本色。在工艺品五大技艺———“操、凿、启、解、披”上日臻成熟，有效避免了传统工艺的重复性和粗糙感，作品独具匠心。在中国矿冶学史上占有很高的地位，为畲族文化的传承留下了特殊物证，是研究畲族传统文化的珍贵资料。已列人第三批国家级非物质文化遗产名录中。

5.2.5.7 Silverware Manufacturing Craft of the She Ethnic Group in Fu’an City

“Zhen Huatang (treasure hall) represents the silverware manufacturing skills of the She Ethnic Group in Fu’an, they preserve the extremely excellent skills of royal silverware manufacturers in the most prosperous Tang Dynasty. To ensure the integrity of the silver carving ornaments, manufacturers nowadays still adopt secret prescriptions from their ancestors to polish the surface of silverwares. In order to avoid the repeatability and roughness of traditional skills, and to present unique genuineness of the silverwares, five major skills have gradually improved over time: drill, chisel wield and engrave so on. Fu’an silverware manufacturing craft was listed in the third batch of national intangible cultural heritage. It not only occupies a high position in the history of metallurgy, but also preserves valuable evidence for the research of the She culture.

**（八）闽东铁技**

铁技：又称台阁。明崇祯年间(1628——1644)有迎春妆台阁的记载，至今仍流行于宁德、屏南、寿宁、福安等县。“铁技”是以锻铁、铁条、钢管为骨架，将儿童扮作传统戏剧人物或神话人物，按故事情节小型由一人顶在肩上，大型由数人抬扛(今已用车)乐队伴奏，沿街进行游行的一种民间表演艺术。有立于剑稍，有卧于树枝，有悬于半空，有驾雾腾云。技艺巧妙、隐蔽、惊险、令人心悬。2008年6月，蕉城霍童铁枝、福鼎沙埕铁枝、屏南双溪铁枝会合各地以抬阁（芯子、铁枝、飘色）项目，列入国家第二批非物质文化遗产名录。

5.2.5.8 Mindong Iron Acrobatics

Mindong Iron acrobatics is also called Taige Performance, it is still popular in Pingnan, Shouning, Fu’an and Jiaocheng. Record proves the existence of decorating Taige to welcome spring. Iron acrobatics is a performing art, which use wrought iron, iron bars and steel tubes as the framework, dress children into the figures from a traditional opera or mythology. Generally speaking, if the performance is of a short story, only one child would be placed on the shoulder of a single person; if it is of an epic one, the children would be carried by several people (already replaced by vehicles), parading along the street. Sometimes they stand at the end of the swords, sometimes lie down on the branch, sometimes hang in mid-air, sometimes as if to appear on the clouds. Their skills are ingenious, concealed, thrilling and breathless. In June 2008, after the joint application of three major teams, namely Huotong Iron Acrobatics in Jiaocheng District, Shacheng Iron Acrobatics in Fuding City and Shuangxi Iron Acrobatics in Pingnan County, Taige Performance (also known as Xinzi, Tiezhi, Piaose) was listed as the second batch of national intangible cultural heritage.

**（九）高跷技艺**

高跷：流行于区内各地。表演者用四、五尺长的木棍，中间嵌钉小托板，绑在腿上，扮演古装戏剧人物，边踩边歌。宁德有一种高跷高达一丈二尺，捆绑时要坐在屋顶上，可表演上台阶、下台阶、二人抬酒桶等动作，别具特色。寿宁高跷古称撬戏，清康熙时(1662——1722)，便有立春日“人扮撬戏相欢”的记载。这种高脚戏高出人群，行动自如，引人注目。至今斜滩在农历正月十三时有演出。

5.2.5. 9 Stilts Performance

Stilts Performance is popular in Mindong. A stilt is made by fitting a footrest on a long stick. People tie the stilts onto the legs, then walk on the stilts and sing while dressed in the figures of costume dramas. There are very special stilts in Jiaocheng, since it is as long as four meters, performers have to sit on the roof to tie the stilts to make special movements, such as walking up and down the steps, two folks carrying a wine barrel and so on. Stilts used to be called as Qiaoxi in Shouning County. It is recorded that people dressed up to play Qiaoxi for fun on the beginning day of spring in the Kangxi period(1662-1722), Qing Dynasty. In such eye-catching performances, people walk on the stilts as if they were on the ground. Even at present, the stilts team could still be seen on the thirteenth day of the lunar year in Xietan, Shouning County.

**（十）线香龙舞技艺**

线香龙舞：属于龙舞的一种。其龙身以稻草捆成，视长度插置木柄，由表演者擎举舞动。另札一龙球，由一人擎举舞动。表演时龙身龙球都密插点燃的线香，球在前腾舞，龙身随后前行，打击乐伴奏，迎舞大街小巷，别有风趣。五十年代初，线香龙舞停止了活动，近年又复起。

5.2.5. 10 Burning-Incense-Sticks Dragon Dance

As a branch of dragon dances, the dragon is built from rice straw with wooden handles insert into it . During the dance, one performer holds a dragon ball, the other performers hold the dragon body up on handles, both the body and ball of the dragon will be inserted with burning incense sticks, they raise and lower the dragon making it dance, and chasing the dragon ball as they wind through streets to the sounds of drums and gongs, which is a fabulous and interesting performance. However Burning Incense-Sticks Dragon Dance performance had stopped, but has appeared again in recent years.

**第三节 民 俗 民 风**

1. **节俗**

宁德传统的节俗有4个普天同庆的大节（春节、清明节、端午节、中秋节），4个与全国各地大同小异的节（元宵节、七夕节、重阳节、祭灶）还有许多宁德本地特色的节俗、习俗、农时节令和畲族重要的节日。其中特具有宁德当地文化色彩的列举以下：

**5.3. Local Festivals**

**5.3.1 Major Festivals**

Generally speaking, traditional festivals observed in Ningde include 4 major national festivals (the Spring Festival; Tomb-Sweeping Day; Dragon-Boat Festival and the Mid-Autumn Festival), 4 festivals sharing similar features as in other parts of the country but also with some local features (the Lantern Festival; the Double-Ninth Day and the Kitchen God’s Day). Besides there are many festivals, customs, important agricultural days and important holidays of the She ethnic people. The following are some of the typical local festivals:

**（一）端午节**

 端午节：农历五月初五为端午节，又称“端阳节”，俗称五月节。旧俗，新嫁女的娘家于节前要给女儿送肚兜、巾、扇等物，由新媳妇分赠家中老小，连续三年，俗称“送节”。女婿则要给岳父母送“节鱼”(通常为黄花鱼)。五月初五端午节，在民间被视为是一个不吉利的日子，故有“破五，(泼污)之习。家家户户清洗门户，在宅院四周喷雄黄酒，在孩童耳、鼻、头额等处涂雄黄，燃雄黄香，在门两侧插艾草、菖‘蒲，门上或厅堂张贴钟馗或张天师像，午餐吃粽，喝雄黄酒。意即泼掉秽气，以避邪恶。端午节有赛龙舟活动，源于纪念楚国爱国诗人屈原。

5.3.1.1 Dragon Boat Festival

It falls on the fifth day of May of the lunar calendar. It is also called “Duanwu Festival” or “May Festival”. The old custom went like this: Before the festival, the family that married their daughter should give her belly vests, scarves, fans etc. so that she could share with her new family members, either senior or junior, and this should be done for three years in a row. Traditionally this practice was called “gifts-sending”. While the son-in-law should send his parents-in-law “festival fish” (usually yellow croakers). The Dragon Boat Day on May 5th was considered by folks as an unlucky day so there was a custom of “breaking the fifth”, sounding in Chinese as “getting rid of the dirt”. Therefore each family would have a general cleaning and sprinkle regular wine around the house and yards. Besides parents would dot the realgar wine on the ears, noses, and foreheads of their kids, and burn realgar incense and hang up wormwoods or calamus on the door sides. Besides they would also post some photos of the evil spirit expellers like Zhong Kui or Zhang Tianshi. Folks would eat rice cakes and drink realgar wine to indicate ridding of the dirty and evil spirit. And dragon boat races were held in memory of Quyuan, the patriotic poet of Ancient Kingdom Chu.

（二）**祭灶神** 宁德农村都是二十三祭灶神，而市区大部分是二十四祭灶神，供品有水果、糖等。糖俗称“灶神糖”，买糖是为了粘住灶神的唇让他上天时说好话，民间传说农历二十四一过完灶神就要上天向玉帝汇报这家一年的行为来判断给予惩罚和奖赏。祭灶神是在晚饭后开始，把新的灶神画像粘在灶台上，旧的撕下连同元宝一起烧了。先把摆供品的地方擦拭干净后摆上供品、倒满酒。家中妇女点上香烛先祭拜天地，妇女会手拿着香对灶神说上几句好话比如灶神您多吃多喝到天上去时帮我家说好话。后插上香、点上蜡烛然后放鞭炮祭灶神开始。过大概二十分钟后烧元宝再说上几句好话，等元宝烧完后再放一次鞭炮送灶神上天说明祭灶神结束。而后大家共享祭灶神的贡品。

5.3.1.2 Kitchen God’s Day

It falls on the 23rd of December (the Chinese lunar calendar) for the rural folks while it falls on the 24th for most of the urban dwellers. The sacrifice include fruits and candies etc. The candies are called Kitchen God’s candies. The purpose of the candies is to sweeten the mouth of the kitchen god so that he would say good things in heaven. The legend goes after 24th, the kitchen god would go to heaven to report on the family’s annual behaviors to Emperor Heaven for his punishment or award of the family. The ritual starts after dinner. New kitchen god’s poster is to be stick on the kitchen wall and the old one torn down to be burned with the paper money. First clean the kitchen table and put on the sacrifice and fill the cups with wine. Then the housewife would light up some joss sticks to bow to the heaven and the earth. Then with the sticks in hand, she would say some good sentences to the kitchen god like “Please eat and drink more and say something good about my family when in heaven.”. Later on she would lay straight sticks and light up a candle for letting of firecrackers to start the ritual. In about 20 minutes she would begin to burn the joss paper money. After the money is done, another round of firecrackers is to set off to see off the kitchen god to heaven. Then the ritual wraps up and family members share the sacrifices.

（三）**中元节**

城关、一般是从七月十一开始，一直到二十五为止，但时间绝不能超过“白露”这天，且祭祖的日子多选单日。农村，如虎贝一带，七月初一“请祖翁”，意即迎请祖宗回家过节。到了七月十五望日再祭。两次祭祀，时间都安排在下午申时（15-17时），稍有不同的是，初一供品较简陋，且不烧纸钱。对于逝世已过“百日”的死者，必须连续烧三年纸钱，称作“头年纸”、“二年纸”、“三年纸”，祭祀时间也会安排在七月初十以前。祭品、沿海地区人们多以弹涂鱼、章鱼、鲫鱼、红寻（虫字旁，即蟹）、虾等海产品上桌，山区多以茄子、豆腐、豇豆、五花肉。七月半祭祖，必须有七层糕、蒸饭，祭到半途，开始焚烧纸钱，沿海一带焚烧“锡仔”，山区乡镇焚烧草纸制成的条状“纸钱”。

5.3.1.3 Zhongyuan(Ghosts) Day

It is also known as the 15th Day of July or Ghosts Day. It usually falls on July 11th to 25th July for the urban dwellers, but the time would not exceed the White Dew Day. Normally the odd days are chosen for worshiping ancestors. In the rural areas, like Hubei Village, folks would ‘ invite ancestors back’ for the day on the first of July and then on July 15th once again offer sacrifices. The 2 sacrificial rituals are both arranged around 15 to 17 hours pm. The slight difference between the two rituals: the offerings at the first time are simpler and there is no joss paper money burning. For those diseased ancestors who had their 100th Day Sacrificial Rituals, their offspring should burn joss paper money for three years in a row during this period around the tenth of July. The first , second and third year joss paper money is simplified as “the first year paper”, “the second year paper” and “the third year paper”. For those coastal folks, they would offer mudskippers, octopuses, crucial carps, and red crabs as sacrifices while the folks in the mountainous areas would present eggplants, tofu, beans and streaky pork etc. On the Ancestors worshiping Day(on the 15th of the seventh month), there must be seven-tier cakes and steamed rice. In the middle of the ritual, joss paper money burning begins. Along the coastal areas, folks would burn tinned joss paper money while the mountainous folks would burn rough paper money out of wood pulp.

**（四）三月三歌会**

三月三是中华民族的传统的“踏青节”也是畲族传统的节日。在宁德畲乡“三月三”又称“乌饭节”和对歌节，每年的这天，畲民们便三五成群聚集在一起，以独特的形式来庆祝节日：举办“三月三“盘歌会，吃乌饭，请祭祀巫师跳巫舞祭祀保平安，金斗洋武术竞技、喝宝塔茶等，这些都是不可缺少的节日内容。

5.3.1.4 Antiphonal Singing Day on March 3rd

March 3 is a traditional Han national holiday for enjoying the green spring time as well as a traditional holiday for the She ethnic minority people. In the She ethnic villages, March 3 is also called “Black Rice Day” and Antiphonal Singing Day. On this day, the She ethnic folks would gather in groups and celebrate the holiday uniquely with antiphonal singing, eating black rice, inviting the sorcerers to perform sacrificial dances for safety, Jindouyang Martial Arts Competitions, Drinking Tea and so on. All these items are indispensable on such a day.

**（五）补天穿**

农历正月二十日为福安社口镇潘洋一带畲民节日。这一天，畲民不下田，要做糯米糍“补天”。相传为纪念女娲娘补天之功，在正月二十日女娲生日这天做糍耙帮助她“补天”。又说：古时每年正月阴雨连绵，影响春耕，是皇天漏雨的缘故。因此，这一天畲民都要做糍，供祭天皇，取意“补天穿”(破漏处)。

5.3.1.5 Patching-the-Sky-Hole Day

The 20th of the first month of the Chinese lunar new year is a holiday for the She Ethnic people in Panyang Village of Shekou Township of Fu’an City. This day, the She Ethnic people do not labor in the fields, rather they would make sticky rice to patch the sky hole. The legend goes such a day is in memory of the merits of Nvwa, who was born on this day and helped patch the sky hole in the ancient times, therefore the She Ethnic people also want to help her patch the sky hole too. Another legend goes that during the first month of the lunar year in the ancient times, the weather used to be very wet, which casted negative impact on the spring plow. The reason for the wet weather was that the sky was leaking. Therefore the She Ethnic people on such a day want to make sticky rice to offer to Emperor Heaven to patch the sky hole to stop the rain for the spring plow.

**（六）蓝公节**

农历正月初四日是古田富达村畲族蓝姓村民祭祖日。传说蓝应潮之父蓝文卿曾为唐朝节度使，晚年隐居侯官东流境雪峰山下，舍家业为雪峰寺后，迁居古田县富达村。蓝应潮成为该村蓝姓始祖。村内在每年初四日抬迎蓝应潮塑像供祭，并上演神戏，直到正月十五日将塑像抬回“蓝公殿”祖祠内活动始结束。

5.3.1.6 Ancestor Lan’s Day

The fourth day of the first lunar month is an ancestor-worshiping day for the She ethnic folks of the Lan’s clan in Fuda Village of Gutian County. It is said Lan Yingchao was their ancestor. He had a very prominent father, Lan Wenqin who was once a chief commander of the army in the Dang Dynasty, but in his last years of life, he lived in solitude at the foot of Xuefeng Mountain within Fuzhou area. He gave up all his property to support the construction of the Xuefeng Temple and moved to Fuda Village of Gutian County. And he became the ancestor of the village. Each year on the fourth day of the first lunar month, folks in the village would carry his clay statue for worshiping. At the same time some plays of gods are performed till the 15th of the first lunar month when folks carry his statue back to Ancestor Lan’s Temple.

**（七） 迎祖节**

迎祖节　又称请祖节，是宁德畲族祭祖节日，每年在农历正月十四日举行。迎祖时，抬迎着装有香案的香亭，全副执事仪仗，场面极其隆重。

5.3.1.7 Ancestors-worshiping Day

It is also known as Ancestors-Welcoming Day or Ancestors-Inviting Day which is a day set for worshiping ancestors and falls on the 14th of the first lunar month each year. When the ritual processes, the joss stick pavilion is being carried by a group of executives in ritual uniforms and props. And the occasion is extremely grave and splendid.

（八）封龙节

为每年的农历五月，是畲族人民祷求风调雨顺、五谷丰登的娱乐性节日。这一天畲族群众不从事农活，人们穿上节日盛装，兴高采烈地赴舞会，在山坪、田垅对“打”山歌，歌词多歌颂劳动、喜庆丰收和表达爱情等，歌会的场面十分动人。

5.3.1.8 Fenglong Day

It is also known as Dragon-Conferring Day and falls in the 5th month of the Chinese new year. It is an entertainment festival for the She ethnic people to pray for smooth weather and harvests. On such a day, the She ethnic people do not work in the fields. Instead they wear festive colorful uniforms and cheerfully attend the gatherings. On a mountain top or in a field, they sing antiphonally in a competitive way. Their songs mainly sing of their agricultural activities, their joy of harvests and their love.

The occasion is very active and touching.

**二、习 俗**

**(一) 闽东各地除夕习俗**  
 ◆ 守岁：除夕夜家人团聚于炉前，通宵不寐，叙旧话新。近年来，城镇人家多于年夜饭后，围坐在电视机前观看中央电视台的“春节联欢晚会”节目。

**5.3.2 Folk Customs**

5.3.2.1 Customs on the eve of the lunar new year in Mindong

◆Guarding the Eve: on the eve family members used to gather around a stove, stay awake all night chatting about the past and coming years. Nowadays, all the urban citizens would sit in front of TVs and watch the New Year Gala on CCTV after a big eve dinner.

◆ 祭祖与年饭：除夕日备年货菜肴、果品及米果、糕点等祭祀祖先。祭毕，家人团聚而食，称“年饭”或“岁饭”。

◆Ancestors worshiping and Eve Dinner: On the eve, families prepare dishes, fruits, rice cakes, crackers and so on for the ancestral worshiping rituals. After that, family members gather and eat, which was called “Year Dinner” or “Eve Dinner”.

 ◆隔年饭：宁德俗“岁除炊半熟米饭，备新正日食”，谓之“隔年陈”。有的地方还在饭上放两粒福桔，在春节食用，取“有食有余”之意。

* Rice Crossing the Old and New Year: In Ningde there was a custom that on the eve of the new year, folks would cook some rice half done and get ready for eating on the first day of the new year, which was also called “rice crossing the old year”. In some places they also put some orange skin on the rice for eating in the spring festival, indicating they had extra from the past year.

 ◆压岁钱：长辈在除夕或春节时给未成年后辈赐钱，称“压胜钱”，取“压胜除邪”之意。今民间仍盛行此俗。

◆Red Envelope Money or Lucky Money: Senior members in the family would give the younger generations or minors lucky money on the eve or during the spring festival, which is called “overcoming money” indicating it would overcome evil spirit. Nowadays it is still very popular.

 ◆迎年：即在新春零点时刻，家家户户燃放鞭炮、焰火，宫庙则擂鼓、鸣钟，以“接年”。

◆Welcoming the New Year: At the zero point of the new lunar year, each family lets off firecrackers or fireworks, and the temples would strike drums or hit the bells to welcome the new year.

 ◆做年茶，食年饭前，按长次入席，由辈份最小的媳妇泡冰糖茶水铱次敬奉，还要多出一盏，称“添丁茶”。寿宁先喝桔皮糖水，再吃瓜果，谓之“尝甜”。霞浦、宁德先吃糍汤.

◆Preparing the Year Tea: Before the eve dinner, each is seated on their seniority. Then the youngest daughter-in-law in the family is to offer sweet tea to the family members based on their seniority too. And she would need to leave one more glass which is called “New Kid Tea” indicating new year new kid/s. In Shouning County, folks would drink sweet tea with some orange skin, and then eat some dried fruits. In Xiapu County and Jiaocheng District, folks would eat tangyuan (glue pudding).

**(二) 寿庆**

寿庆：俗称做寿，大体分为贺寿、拜寿与寿宴。以五十为初寿，六十为下寿，八十为中寿，百岁为上寿，故也称做寿为“做十”。一般五十开始做寿，但也有特例，如寿宁、宁德有“做九”的习俗，即担心“十关”难过，先在四十九、五十九、六十九时先做“过九”预庆，至十再庆。贺寿，又叫“过寿”、“送十”。在腊月十五日或年前，知情亲友给寿者送礼品，视亲缘关系而定送礼经重，如猪蹄、红联、寿匾、糕果等。以女婿礼品为最，除送匾、联外，还得送给岳父一套新衣。

拜寿与寿宴：各县时间不同，宁德、福鼎在正月初二到初十，寿宁、周宁、柘荣、福安在正月初一，霞浦是正月初二。届时，亲朋好友一路鸣炮前来拜寿，寿 宁等地祝寿者到达门口要与寿家赛炮，然后开门请入。寿堂一般设鼓乐队，拜寿者到，均以鼓乐相迎。拜寿时，下辈人给寿者叩头、鞠躬，寿者则分发给“红包”，也称“拜寿包”。拜寿时也伴以鼓乐。拜寿毕，寿家办“寿宴”，宴请送寿礼者。如今，各县农村庆寿在形式上多沿袭旧俗。福安、周宁、柘荣、寿宁等地寿家正月里常自费请龙狮队或戏班来村表演助兴，包一场电影或录像招待邻里或亲朋，城镇则多办酒宴祝寿

5.2.2.2 Longevity Celebrating Custom

Longevity celebrations used to consist of congratulations, kowtow and a longevity banquet. Folks used to begin celebrating their primary longevity at 50, lower longevity at 60, medium longevity at 80 and upper longevity at 100. Therefore celebrating longevity used to be called celebrating one’s ten’s each, like 50, 60,70, or 80. Folks used to begin to celebrate longevity at 50, but there were exceptions. For example in Shouning County or Jiaocheng District, folks had a custom to celebrate one’s nine like 49 or 59 because they were worried to pass their ten’s. So they would celebrate longevity when they were 49, 59 or 69 so as to warm up for the longevity celebrations when they reach their 50, 60 or 70. On the 15th of the 12th lunar month or before the Chinese lunar new year, those informed relatives or friends would send their gifts. And the price of the gifts depend on the relations. Some gifts can be pig legs, red couplets, plaques, cakes and dried fruits etc. Of all gift senders, the sons-in-law would send the most valuable gifts, beside plaques and couplets, they were supposed to send their fathers-in-law a new suit.

Offering Birthday Felicitations and Birthday Banquets : Their dates used to differ in different counties. They would be held from the second to the tenth of the first month of the lunar new year in Jiaocheng District or Fuding County. Folks in counties of Shouning, Zhouning, Zherong, Fu’an would hold the celebrations and dinners on the first day of the lunar new year while the folks in Xiapu County would do on the second day. At that time relatives and friends would celebrate to offer their birthday felicitations all the way with letting of firecrackers. Men in Shouning County would exchange letting off firecrackers with the hosts outside their gates. After that they would open the doors and allow guests in. In the hall of the hosts a band of drums used to be invited to welcome the guests when they arrive. When offering birthday felicitations, the juniors would kowtow to the one who celebrates his or her longevity. In return, they would get red envelope money from the hosts. During this time the band would accompany with loud music. After that the hosts would hold a longevity banquet to treat the gifts senders. Nowadays, the celebrations in the rural areas of Ningde remain the former practice. Those in Fu’an, Zhouning, Zherong or Shouning would pay themselves to invite some dragon dance troupes or some drama players to help celebrate the occasion. They even may rent a movie or video to treat their neighbors or friends. In the urban areas most guys would host longevity banquets at restaurants.

**（三）周宁鲤鱼溪鱼葬习俗**

相传郑氏八世祖晋十公的孙子偷鱼，并被当场抓住；郑氏八世祖晋十公在宗祠前吊打孙子，自甘认罚，宴请村人三日。开宴前，他还让村人立下誓言：无溪中鲤鱼，则无浦源村人。　就这样，浦源村人自此不吃鱼，鲤鱼溪的鱼自此不怕人，演绎了八百年来人“羡鱼休唱钓鱼歌”和鱼“闻人声而来，见人影而聚”的奇妙人文景观。但鱼也有“大限”，因此就形成了独特的鱼葬习俗。

鱼葬的程序：在一位司仪的宣布下，鱼葬开始了。先是由先前那位领队者将“得享天年”的鱼安放在祭台上，并对其进行净香、上酒，顶礼膜拜；接下来由村中德高望重的族人宣读祭文：“奈何天不永年，遽尔云亡，人非草木，焉能忘情，衔悲忍痛，还招尔魂……”此后，将鱼隆重地葬于洞穴中，点香、烧纸钱以表纪念。其情其景，丝毫不次于为亡故亲人下葬。这就是鲤鱼溪流传了八百多年的鱼葬习俗。

5.2.2.3 The Carp Funeral at the Carp Brook of Zhouning County

The legend goes like this: a grandson of Jin Shigong (the tenth son) of the 8th generation of the Zheng’s clan stole a carp in the brook and was caught red-handed. So Jin hung him up in front of the clan temple and voluntarily accepted punishment by treating the village folks for three days. Before the banquets he also made the folks swear: No carps in the brook, no Puyuan Villagers. This way, the Puyuan villagers would not eat the carps as a result they would not be afraid of the folks, which for over 800 years showcases the amazing humanity cultural scene where “folks admire that the carps would hear the fishermen’s song no more” and “the carps would gather when they hear folks coming or see their shadows”. However the carps also have limited life so that there developed unique custom of the carp funeral.   
The procedure of the carp funeral: first a master of ceremonies would announce the start of the carp funeral. Then a group leader would place the passed-away carp on the sacrificial alter, offer incense sticks and wine, and kowtow. After this, a senior folk of the clan in the village would read out the funeral oration: How sorrowful that nothing could ever last in this world and you were no exception. We aren’t weeds and how can we keep emotionless at your decease? We just constrain the sorrow and pray to welcome your spirit back…”. Then gravely they bury the carp in the cave. Meanwhile they burn some incense sticks and paper money in memory of the carp. The scene and the emotion were not less than that for the deceased relative at a funeral. This is the carp funeral custom that has been going on for over 800 years at the Carp Brook.

**（四）渔业生产习俗**  渔民出海捕鱼吃饭时，"老大"要坐"上闷"----甲板上吃，伙计在"下闷"----二舱吃；"老大"没有举箸，别人不敢动嘴。通常烤鱼不翻过来，不吃鱼眼睛。 渔民们，信奉妈祖和齐天大圣（少数人信天主）。认为妈祖就海神，齐天大圣法力高强，要靠他（她）庇佑，才能在"水里求财"，得到平安。特别把龙王爷作为图腾膜拜。霞浦渔民，正月初五要把龙王爷请出来迎街。宁德渔民，每年年初总要做一张祈平安的疏文，跪在龙王爷脚下喃喃祈祷。新船下水要大祭聚餐，渔船出海要祷祭，回船卸载又要"做福"。 每年农历三月十三妈祖诞辰和九月初九日妈祖升天，都要大祭大庆。

渔民还有许多避凶求吉的习俗。如大船的船头两旁有两只大眼睛，叫做"船眼"，以"压"船头，取镇邪意。出船当日如遇死人，或人群吵闹凶打之事，有的改日启航，有的将船眼用红布罩住，不让"船眼"看到不吉利的事。 船到海中如遇大鱼，"老舟代"要分辨出就来讨食的，还就来问路的。若就来讨食的就用米倒入海中喂它；就来问路的，就凭罗盘念出方向，让它泅去。如遇怪鱼"海和尚"出现时，则用"字纸符"撒到海中，予以镇邪。船到北茭（黄岐半岛）过弯道出海时都要烧香化楮（俗称棉衣、草鞋仔），叫做散发"买路钱"。

5.2.2.4 Fishermen’s Customs

When fishermen went fishing outside, the captain would eat on the deck and other fishermen could only eat on the second deck. If the captain did not raise his chopsticks, the others dared not eat first. Usually the grilled fish would be turned over (indicating the ship would not be turned over neither). Nor would the eyes of the fish be eaten. Fishermen believe in Goddess Mazu and Monkey King. A few fishermen believe in Mary). Most fishermen think Mazu is the sea god and Monkey King is super powerful and need their protection so that they can be safe and prosper at the sea. They also worship Dragon King. The fishermen in Xiapu County on the fifth of the first lunar month would carry the statue of Dragon King for parades on the streets. And the fishermen in Jiaocheng would prepare an oration and bow down at the foot of Dragon King to pray in whisper. When new boats were launched, huge sacrificial rituals and a big feast were required. Before the fishermen set off to the sea, they must pray and offer sacrifices. When they returned they must celebrate too. Each year on the 13th of the third lunar month when Mazu was born and on the ninth of the ninth lunar month when Mazu rose to heaven, large scale sacrificial rituals and big celebrations were required.   
  The fishermen had many other customs to ward off bad luck and usher in good fortunes. For example, they would draw two big eyes on both sides of the bow and call them “boat’s eyes” so as to keep stable the bow and overcome evil spirits. On the day for the boat to set off to the sea, if anything bad took place, for example, a person died, or the crew quarreled, the captain would change the itinerary. Some would cover the boat’s eyes so that they would not see the unlucky things. If a boat in the middle of the sea encountered a huge fish, the captain must make sure if it came for food or for directions. If it came for food, they would pour food onto the sea to feed it. If it came for directions, they would read out the directions on the compass so as to let it swim there. If they met with a strange fish like “a sea monk”, they would use some magic paper to spread to the sea so as to conquer the evil. When their boats reached Beijiao waters (the Huangqi Peninsula), and just passed the bends before the ocean, they would burn incense sticks and some other coats and straw shoes, which was regarded as to buy the use of the waters routes.

**(五)狩猎习俗**

狩猎是畲家男子的副业。狩猎时既有个人单独进行，也有集体行动。狩猎需要协同行动，即3--5人一帮、7--8人一组，事前做好分工。到达狩猎地点，有的随带猎犬搜山，有的守候在野兽必经之路，伺机身击。其行猎方式有土铳射杀、弩杀猛兽、竹枪杀兽、竹吊拴兽、木笼框兽、陷阱困兽、累刀刮兽等。

畲民出门行猎时，要拜“猎神”为“田公元帅”或为畲族始祖。获得猎物时，击中野兽第一铳者，可分得兽头、兽皮和部分兽肉。要就第一铳击中，野兽仍在奔逃，由另一个人补铳后，野兽才死的，兽头兽皮归第一铳者，部分兽肉则与补铳者均分。其余兽肉按出猎者（含旁观者）人头平均分配。要就猎到中等野兽（如野兔、雉鸡等），就推举出一人把猎物煮好，各户拿出一些酒来聚食。

5.2.2.5 Hunting Custom of the She Ethnic Minority

Hunting was a sideline for the She ethnic men. Hunting could be done individually or collectively. Hunting needs coordination in a group of 3-5 or 7-8. Before hunting, tasks were assigned. When folks arrived at the hunting spot, some were responsible for searching the mountain, some guarded the unavoidable routes and looked for chances to shoot. The hunting methods included shooting and killing with local self-made explosive guns, or crossbows or bamboo spears. Some other trapping methods were also used like trapping animals with hanging bamboo baskets, or wooden cages, or dug traps so as to butcher them.

When the She hunters were to set out for hunting, they must bow to their Hunting God who was Tiangong Marshal or their ancestors. Whey the first hunter shot dead an animal, he would get the head, skin and shares some meat of the animal. If he did not shoot dead the animal which was at large and was shot dead by another hunter, the sharing was different. The first shooter would receive the head and the skin of the animal. The meat would be shared with the second shooter. The remaining meat would be shared equally among all the present hunters or even onlookers. If just some medium animals like rabbits or pheasants were hunted, then a folk would be recommended to help cook them. And other members would bring some wine to eat together.

**三、农时节令**

**（一） 二月二**

农历二月二日相传是土地的节日。土地原称“社神”，民间以为田地劳作的丰歉由土地神管理，故祀之虔诚，将二月二作为一年农事开始的节令。乡村劳动人民为祈求当年五谷丰登，各家各户都舂米时作米果，祭祀土地神，有的乡村举行集体会餐，以示祝福。

**5.2. 3 Agricultural Seasonal Customs**

5.2.3.1 The Second Day of the Second Lunar Month

It is said it is a day set for the land god. The folks believe that harvests on the land were decided by the management of the land god so they worship it devoutly with sacrifices. They regarded this day as the beginning of the yearly agricultural activities. All the rural folks for the sake of the yearly harvests, would make sticky rice cakes to worship the land god. Some villages also hold collective banquets to convey blessings.

**（二） 四月八**

农历四月八日是牛节，民谚有“人歇五月五，牛歇四月八”。传说牛是被玉皇贬到人间的大神，玉皇仅许四月八吃馒头，他日只能吃草。故每年四月八日天刚亮，牛主就将牛赶到高山上等吃玉皇撒下的馒头，并鸣炮或放铳以庆贺牛节。

5.2.3.2 The Eighth Day of the Four Lunar Month

It is a day set for the buffalos or Buffalos Day. The folk saying goes: “Folks rest on May 5 while the buffalos rest on April 8 (lunar calendar)”. It is said the buffalo was a big god expelled from the heaven by the Emperor of Heaven who only allowed it to eat bread on April 8 and on the other days it could only eat grass. Therefore at the dawn of April 8, owners of buffalos would drive them to the tops of the mountains waiting for the bread dropped by Emperor Heaven. Meanwhile they would let off firecrackers or fire self-made explosive guns to celebrate Buffalos Day.

**（三）立夏**

是农事小节日。闽东农村立夏当日，家家户户总要买上几块光饼和一些肉供祭土地神，酬谢他保护麦子收成，并祈求夏季无虫害。寿宁俗，家家户户吃“立夏糊”，用米浆伴上韭菜、碗豆、目鱼、肉等煮成糊，俗称“焙立夏”，寓“立夏雨期勿太久”之意。

5.2.3.3 Beginning Day of Summer

It is an agricultural solar term (the 7th). On the day, all the rural folks would each buy some guangbing cakes and some meat to worship God of Land expressing their thanks to him for his protection of the good harvest of the wheat and praying that there would be no pest harm. In Shouning County each household would eat “puree for beginning of summer”, which is cooked with leeks, peas, squids and meat. The puree is also called “Baking the Beginning of Summer” indicating that the rain season during the solar term would not last too long.

**(四)冬节**

冬节是民间的重要节日。旧民间有“冬至日，粉米为丸，荐拜祠堂”及“粘门楣”之俗，这和今日的“搓丸”相似。冬节前一晚，全家老少围坐搓冬节丸。大人教小孩搓冬节丸，以贺佳节团圆。

5.2.3.4 Winter Solstice Day

It is an important folk festival. Formerly in the rural areas there was a custom; on Winter Solstice Day, folks would use rice powder to rub pills and offer to the temples and also stick couplets on the doors. This is the similar holiday of “Rubbing Pills Day” today. On the eve of Winter Solstice, all the family members either senior or junior would sit around to rub winter solstice pills. The seniors would teach kids how to rub the pills to celebrate the family union.

**三、信俗**

宁德民间比较有影响的信俗主要有陈靖姑信仰、城隍信仰和马仙信仰

1. **古田临水宫请香接火仪俗**

古田临水宫请香接火仪俗始于宋代，盛于明清，经数百近千年传承，已成为福建及世界各地华人社区颇具影响的世界文化现象，是具有鲜明地方特色和深远影响力的非物质文化遗产，具有重要的保护价值。

古田临水宫请香接火仪俗与奥运圣火传递有着相近的文化意味。各地信众以社区或村落为单位组成仪队，在福首的引领下，随带道师长途跋涉至临水祖宫祭拜最信仰的陈靖姑，以求消灾祈福，平安吉祥。届时，锣鼓喧天、鼓乐齐鸣，各路精彩的戏曲剧目竞相上演，各种雕塑、雕刻美仑美奂，俨然是盛大的民间文化艺术节。请香接火仪队回到村后，举行大规模的巡境分香活动，仪队沿村社全境逐条街巷挨家挨户巡游，所到之处，家家户户男女老少守候门前路口，摆香案迎圣火。仪队巡游到本村宫庙举行“下马供”仪式，将请回的香火供于宫庙神龛上。接火仪式结束后，村里举办“平安宴”，全村男女老少欢聚一堂，共享平安，共庆神诞，共同期盼新一年幸福安康，国泰民安。

**5.3.3 Traditional Beliefs and Worships**

The most influential traditional beliefs in Ningde are beliefs in Goddess Chen Jinggu, and in Goddess Maxian

5.3.3 1 The Incense Fire Relay Ceremony from Lady Linshui Temple, Gutian County （Belief in Chen Jinggu）

It started during the Song Dynasty and prevailed in the Ming and Qing Dynasty. After hundreds of years and nearly a thousand years, it has become quite an influential cultural phenomena among Chinese in Fujian and the world. It is a non-intangible cultural heritage with distinctive local features and far-reaching influence, which is significantly valuable for protection.

The ceremony has similar cultural connotation with the torch relay of the Olympic Games. All the believers in different communities or villages would organize themselves into teams and under the leadership of their team leaders, they would drive over a long distance and overcome obstacles to reach Lady Linshui Temple to worship their most believed Goddess Chen Jinggu so as to ward off disasters and to pray for happiness, security and luck. At that time, drums and gongs are hit and various wonderful plays are performed one after another. All types of sculptures and carvings are beautifully paraded. It becomes a splendid folk cultural art festival. After the incense fire relay team comes back to their own villages, they would hold large scale distribution of the incense fire and parade door to door of the villages. Everywhere they go, each member of the families there would line up in front of their doors and set up incense altars to welcome the holy fire. When the team reach their village temple, they would hold a dismounting ceremony to welcome in the incense fire to their temple shrines. After the ceremony is done, the whole village would have a banquet for peace. All the villagers, either male or female, young or old, gather together and enjoy peaceful and prosperous times as well as to celebrate the birth of Goddess Chen Jinggu and pray for health and happiness for themselves and security and stability for the nation in the new year.

**(二)柘荣县马仙信仰**

马仙，又称马氏天仙、马元君等，与妈祖、陈靖姑并称“福建三大女神”。始于唐中叶，源自浙南，盛行闽浙，影响赣粤、台港澳乃至东南亚，迄今1300多年，信众上千万。唐肃宗、宋太宗、宋真宗、元英宗、明正德帝都曾敕封马仙，封号多为“马氏护国夫人”、“护国嘉佑真仙”、“灵泽感应真人”等。柘荣是民间马仙信仰中心地带与发祥地，信俗活动最为典型、影响最大，遍布闽、浙、赣、粤和台湾及东南亚等地，信众达1000多万人，形成了独具特色的马仙信俗文化，最具代表性的是柘荣十三境每年一度的“接仙”民俗文化活动。仪俗由接仙、献祭、游境、醮仪、送仙五大部分组成，期间穿插着丰富多彩的民间文艺活动，前后历时一个月，是闽浙边界最隆重的马仙信俗活动之一。 马仙信俗自宋朝传入柘荣后，成为弘扬孝德精神的载体乃至民众祈祷健康平安的精神寄托。目前，柘荣县马仙信俗已成为福建省唯一列入民俗门类的第四批国家级非物质文化遗产代表性项目名录。

5.3.3.2 Belief in Goddess Maxian

Goddess Maxian, also known as Heavenly Goddess Ma and Yuanjun Ma, is regarded as one of three major goddesses in Fujian Province with Goddess Mazu and Goddess Chen Jinggu. The custom began in the middle of the Dang Dynasty from the south of Zhejiang Province, prevailed in Fujian and Zhejiang, and influenced Jiangxi, Guangdong, Taiwan, Hong Kong, Macau and even the Southeast Asia over 1300 years with more than 10 million believers. Emperors Shuzong and Taizong of the Tang Dynasty, as well as Emperor Zhenzong of the Song Dynasty and Emperor Yingzong of the Yuan Dynasty, and Emperor Zhengde of the Ming Dynasty all conferred her titles like “ Protective Mrs. Ma”, “True Protective Goddess”, and “True Spiritual Goddess” and so on. Zherong County had become a central and spreading area of the custom of belief in Goddess Maxian. Its belief activities are the most typical, and the most influential covering areas of Fujian, Zhejiang, Jiangxi, Guangdong, Taiwan, Hong Kong, Macau and the Southeast Asia with more than 10 million believers. A unique and distinctive Goddess Maxian Culture has been developed and the most typical is the annual welcoming activities for Goddess Maxian in Zherong. The ceremonies include welcoming Goddess Maxian, offering sacrifice, parade, Taoist rituals and seeing off Goddess Maxian.

During this time many folk artistic performances are carried out for over a month. This is the most splendid folk activity of belief in Goddess Maxian around the borders of Fujian and Zhejiang. Since the belief custom was introduced to Zherong in the Song Dynasty it has become an important platform to publicize filial spirit and to pray for health and happiness. Nowadays, the custom of belief in Goddess Maxian in Zherong County has become the only folk custom that has been listed onto the fourth batch of the national intangible cultural heritages in Fujian Province.

1. **食俗**

**（一）酒宴**

宁德的传统酒宴通常有十道菜，象征十全十美、开席前桌上陈列有：白酒、葡萄酒、全家福拼盘（一般均为卤味类）、水果拼盘、水果罐头和花生、瓜子、糖果、蜜饯，供大家品尝。开席时第一道菜一般是芙蓉鱼翅，最后一道菜为以一道甜汤作为整个酒席的结点，寓意甜甜蜜蜜。若是办婚宴要有大枣、花生、桂圆、莲子，取其谐音，祝福新人早生贵子，中间还有炒干贝、对半煎蟹、清蒸大龙虾、爆炒章鱼、清蒸石斑鱼 、 鸽蛋鲍鱼、海螺拼盘、鱼唇酸辣汤、甜点。大约开席3----5菜时，父母要领新郎、新娘到各席向前来祝贺的亲朋好友致谢敬酒

**5.3.4 Catering Customs**

5.3.4. 1 Banquets in Ningde

The traditional banquet in Ningde usually consists of ten dishes symbolizing perfection in Chinese culture. Before the banquet, there placed on the table are: liquid, wine, a plate of assorted cold dishes, and a plate of assorted fruits, canned fruits, peanuts, watermelon seeds, candies, preserved dates for each guest to enjoy. When the banquet begins, the first dish is usually Shark’s skin soup, and the last dish normally is a desert sweet soup as a wrap up of the banquet to indicate the happy and sweet life. If a wedding banquet is going on, dates, peanuts, longans and lotuses would be included to use their Chinese sounds to wish the new couple would have a baby as early as they can. There are other dishes like fried dried mussel meat, grilled half crab, steamed lobster, fried octopus, steamed grouper, abalone soup with pigeon eggs, assorted conches and shells, spicy and sour soup of fish lips, and desert. After enjoying 3 or 5 dishes, the parents of the bride and groom would lead them to various tables to toast and thank the congratulating guests.

1. **四季小吃**

宁德味小吃丰富多样，一年四季常食的点心有：肉丸、牛肉粉、[芋头](http://jump.bdimg.com/safecheck/index?url=rN3wPs8te/pL4AOY0zAwhz3wi8AXlR5gsMEbyYdIw619RG1TZLE5FJmCv0rHPLrLt6XyibVFgk4fbLMgytUg5Z4Q4OO30Ri8SAtVjSx1NjJY8K44RtEayGaPDVAPKnBC/+sS8bbO1PmdutZfnmOcGwjBcufYXBcEtJrWNH0BaHM2sWCkrWwzRnnPwGfiBcHEMDxm7iZ2BjQ=" \t "http://tieba.baidu.com/p/_blank)面  、酸菜水粉、肉菜面 、[扁肉](http://jump.bdimg.com/safecheck/index?url=rN3wPs8te/pL4AOY0zAwhz3wi8AXlR5gsMEbyYdIw62kprQ6c3pqdJFxsZAcQ+97t6XyibVFgk4fbLMgytUg5Z4Q4OO30Ri8SAtVjSx1NjJY8K44RtEayGaPDVAPKnBC/+sS8bbO1PmdutZfnmOcGwjBcufYXBcEtJrWNH0BaHM2sWCkrWwzRnnPwGfiBcHEMDxm7iZ2BjQ=" \t "http://tieba.baidu.com/p/_blank)、煎包、海蛎包、[牛肉丸](http://jump.bdimg.com/safecheck/index?url=rN3wPs8te/pL4AOY0zAwhz3wi8AXlR5gsMEbyYdIw63lJyeDdu1F3YcEbhczrSfHImOuUl9obIdesUqvhcRz+hXSuwz9b96EragWmZ1jer1XQuxoOXhQsUcyHzEJDzubOG6mc4oRvtizaZG+Gm+uF2Rd20uhdSYf/RPClmtmaOHOip8TIJJS/cmpEZ1zGqPPdj2oeHoEzTI=" \t "http://tieba.baidu.com/p/_blank)子、锅边糊、鱼丸 、大肠粉扣、江南丸、芦叶(菅)棕（畲族特色食品）等。 夏季常食的点心有：药膳小肠汤、火烧仙草蜜    [红豆汤](http://jump.bdimg.com/safecheck/index?url=rN3wPs8te/pL4AOY0zAwhz3wi8AXlR5gsMEbyYdIw617Ehv6Jorqs8+rcIPYiaP9ImOuUl9obIdesUqvhcRz+hXSuwz9b96EragWmZ1jer1XQuxoOXhQsUcyHzEJDzubOG6mc4oRvtizaZG+Gm+uF2Rd20uhdSYf/RPClmtmaOHOip8TIJJS/cmpEZ1zGqPPdj2oeHoEzTI=" \t "http://tieba.baidu.com/p/_blank)、鸳鸯面、美容豆汤、凉拌绿竹笋、豆腐脑、泥钉冻，绿豆糕等。

5.3.4.2 Goodies in Ningde

Ningde boasts plentiful snacks. The seasonal snacks are: meat pills, beef noodle, taro noodles, sour vegetable noodles, meat and vegetable noodles, wonton, grilled meat balls, grilled oyster balls, beef pills, puree, fish pills, noodles with pig intestines, south China pills, dumplings in reed leaves(the She ethnic food). The summer snacks are: herbal soup with small intestines, herbal honey jelly, red bean soup, yuanyang noodles, green bean soup, cold mixed bamboo shoots, tofu jelly, sea worm jelly, green bean cake etc.

**（三）肉丸**

宁德的肉丸是最出名的特色小吃之一，既是一道常菜，饮宴也不可缺。主要是取“圆”字寓意“团圆”、“圆满”。　“圆”谐音“缘”，尤其适合喜宴，如以鱼、肉两圆混合上席，更有成双、有余的吉兆。最大的特点在于它的皮，肉丸的皮是由地瓜粉揉芋泥作外壳，外表看起来晶莹剔透，以鲜肉、豆腐干、葱花、酱油、味精作馅，煎熟或蒸熟即成，醇香可口。

5.3.4. 3 Round Meat Ball

It is one of the most delicious and distinctive snacks in Ningde. It is a common dish but indispensable at banquets too. The significance about the snack is its round shape which implies reunion and satisfaction and luck and destiny, especially fit for wedding banquets. If it goes with fish, it means double happiness and extra prosperity. Its distinctive features are its wrapper which is made with sweet potato starch and mashed taro and looks crystal. It is stuffed with fresh meat, dried tofu, onion leaves, SMG. When fried or steamed, it tastes delicious.

**第六章 宁 德 旅 游**

宁德依山傍海，风光秀丽，旅游资源独具特色，融“山、海、川、岛、湖、林、洞”于一体，既有“奇特景观”白水洋、“海上仙都”太姥山、“南国天山”嵛山岛、“榕枫盈眼”杨家溪、“人鱼同乐”鲤鱼溪、“碧波如镜”翠屏湖、“洞天福地”支提山、“海上天湖”三都澳等各具特色的自然景观，也有“燧人氏造火”、“黄帝造霍”、“尧帝封太姥”、“顺天圣母”陈靖姑等传说，也有被称为桥梁“活化石”的木拱廊桥、畲族民歌、闽东革命等文化遗产，是中国大陆海岸线上保留下来的一块没有受破坏和污染的生态休闲旅游胜地。

**Chapter 6 Traveling in Ningde**

Ningde，lying by mountains and the coast, enjoys beautiful scenery and rich unique tourism resources that feature mountains, seas, rivers, islands, lakes, forests and caves in one. There are not only unique natural scenic spots boasting various characteristics like Baishuiyang River Square (“ an unique scene”); Mount Taimu (“ a coastal fairyland”); Yushan Mountain Island ( another “Mount Heaven in South China”); the Yangjiaxi River ( “a coastal Shangri-la of banyans and maples”); the Carps Brook ( folks and the fish having fun together); Cuiping Lake (“crystal and wide”); Mount Zhiti (“a blessed land for the Taoists”; Sandu Bay( “a sky lake”) and so on. Besides there are legends like “Ancestor Sui Ren made fire”, ”Emperor Huangdi built Mount Huo ”, “Emperor Yao conferred Mount Taimu” , “Chen Jinggu, A Holy Mother Obedient to the Heaven ” etc. In addition, there are cultural heritages like the Covered Wooden Arch Bridge praised to be “a living fossil of bridges”; folk songs of the She Ethnic People; revolutionary history in East Fujian and so on. Ningde is an eco-friendly, primitive, leisurely tourism resort along the coast of China.

**第一节 风景名胜**

**一、宁德风景名胜**

1. **屏南鸳鸯溪（5A）**

鸳鸯溪，5A级国家重点风景名胜区，位于屏南县东北部，距县城30公里，处屏南、周宁、政和三县交界，总面积78.8平方公里，溪长14公里。是我国目前唯一的鸳鸯鸟保护区。每年秋季有数百上千只鸳鸯从北方飞来越冬，故有“鸳鸯之乡”之美誉。

鸳鸯溪共分白水洋、鸳鸯溪、叉溪、水竹洋──考溪、鸳鸯湖等5个游览区。白水洋游览区最让人称绝的是面积达8万平方米的“十里水街”。鸳鸯溪游览区，以野生动物鸳鸯、猕猴和稀有植物为特色，融溪、瀑、峰、岩、洞、潭、雾等山水景观为一体。其中最有特色的是“百丈漈水濂洞”，为全国五大水濂洞之首。叉溪游览区位于鸳鸯溪下游，它以数千亩原始次森林为主，辅以丰富多彩的河谷景观。水竹洋-考溪游览区位于叉溪游览区西面，它以险峰、幽谷和黄山松为主要特色。鸳鸯湖游览区位于双溪镇，以湖光、小岛、鸳鸯、野鸭群及四季杜鹃花和寺庙、古塔等组成。

**6.1 Scenic Spots and Places of Historical Interest**

**6.1.1 Scenic Spots and Places of Historical Interest in Ningde**

6.1.1.1 The Mandarin Duck Stream of Pingnan County (5A)

The Mandarin Duck Stream is a five-A national key scenic spot. It’s located in the northeast of Pingnan County, and 30 kilometers away from the county proper, in a junction area of three counties of Pingnan, Zhouning and Zhenghe. It covers a total area of 78.8 square kilometers, and is 14 kilometers long. It’s the only protection zone for mandarin ducks in China at present. There are hundreds of thousands of mandarin ducks flying back from the north to hibernate each fall, therefore it enjoys a reputation of “homeland of mandarin ducks”.

It has five sightseeing zones respectively: the Baishuiyang River Square, the Mandarin Duck Stream, the Chaxi Stream, the Shuizhuyang---Kaoxi Stream and the Mandarin Ducks Lake. The unique sightseeing spot in Baishuiyang is the “five-kilometer street of water” on a shallow piece of rock covering an area of 80,000 square meters. In the scenic spot of the Mandarin Duck Stream, the features are of the wild mandarin ducks, rhesus monkeys and rare plants, which lie side by side with the streams, waterfalls, peaks, rocks, deep ponds and fog. Among them, the “Baizhangji Waterfall Cave” is the most characteristic, and stands out among the similar five caves in the nation. The scenic spot of Chaxi Stream lies in the lower reaches of the Mandarin Duck Stream, with thousands of acres of primitive forest as the main scene as well as the colorful views of rivers and valleys. The scenic spot of Shuizhuyang ----- Kaoxi Stream is in the west of the Chaxi Stream, with its perilous peaks, deep and secluded valleys and Pinus taiwanensis as the main features. The scenic spot of Mandarin Ducks Lake is in Shuangxi Township and composed of lake views, small islands, mandarin ducks, wild ducks and azaleas in the four seasons, temple and ancient pagoda.

**（二）屏南白水洋（5A）**

世界地质公园、白水洋，5A级国家重点风景名胜区，2010年与福鼎市太姥山、福安市白云山联合列为宁德世界地质公园。白水洋位于宁德市屏南县境内，园区由白水洋、宜洋、水竹洋、棋盘顶和双溪五大景区组成，总面积达77.34平方公里。其中最具特色的是“十里水街”，它是由三块平坦的巨石铺于水底而成的，最大的一块达4万平方米，总面积达8万平方米。河床布水均匀，水深没踝，阳光下，洋面波光粼粼，一片白炽，故称之为白水洋。因其奇特的地质地貌现象而被誉为“天下绝景，宇宙之谜”，前国家副总理吴仪游玩白水洋后题“奇特景观”。

6.1.1.2 The Baishuiyang River Square of Pingnan County (5A)

The Baishuiyang River Square is a five-A national key scenic spot. In 2010, it became a part of Ningde Global Geoparks with Mount Taimu of Fuding City and Mount Baiyun of Fu’an City. It’s located in Pingnan County of Ningde City, and is composed of five scenic zones of the Baishuiyang River Square, Yiyang, Shuizhuyang, Qipan Peak and the Shuangxi River, with a total area of 77.34 square kilometers. The most characteristic of the scene is “a five-kilometer street of water” on three flat rocks with the largest one covering an area of 40,000 square meters, and the whole 3 rocks covering 80,000 square meters. The water distribution on the river bed is balanced and on ankle deep. Under the sunshine, the waves on the river bed glisten and look white, therefore the river square is called Baishuiyang（White Water） River Square. Because of the unique geological landforms, it is praised as “a unique scene in the world and a mystery of the universe”. The former Chinese Vice-Premier Wu Yi inscribed “A Unique Scene” for it after her visit.

**（三）福鼎太姥山风景区（5A）**

太姥山，5A级国家重点风景名胜区，2010年与屏南县白水洋、福安市白云山联合列为宁德世界地质公园。位于福鼎市境内，观赏面积有92.02 平方公里，保护面积为200平方公里，有太姥山岳、九鲤溪瀑、晴川海滨、福瑶列岛、桑园翠湖等5个景区和冷城古堡、瑞云寺2个景点。其中，太姥山岳是整个风景名胜区的精华所有，以降险、石奇、洞异、雾多四绝名震遐迩54峰：笔架峰、仙药峰、莲花峰、拔云峰、仙女峰、神羊峰、石虎峰、天柱峰、天圭峰等。各种形态的石景360多个，如夫妻峰、“九鲤朝天”、“二佛谈经”等，各种各样的洞100多个，若想遍历诸洞，需时28天，这些洞各具特色，而在诸洞中最神奇的，首推一线天、七星洞、将军十八洞。

6.1.1. 3 Mount Taimu of Fuding City（5A）

Mount Taimu is a five-A national key scenic spot. In 2010, it became a part of Ningde Global Geoparks with Baishuiyang River Square of Pingnan County and Mount Baiyun of Fu’an City. It’s located in Fuding City with a sightseeing area of 92.02 square kilometers, and a protected area of 200 square kilometers. There are six scenic zones in it: namely Taimu Mountain, Nine Carp Brook Waterfalls, Qingchuan Beach, Fuyao Islands, Mulberry Field and Cuihu Lake, plus two historical sites of Lengcheng Fort and Ruiyun Temple. Among them, Taimu Mountains are the highlight of the whole scenic spot, where there are 54 peaks such as Bijia Peak, Panacea Peak, Lotus Peak, White Cloud Peak, Fairy Peak, Shenyang Peak, Stone-Tiger Peak, Sky Pillar Peak, Tiangui Peak and so on, which are famous for their four wonders of “breath-taking peaks, unique rocks, secluded caves and frequent fog”. Besides, there are more than 360 rock scenes in various figures, such as The Couple Peak, “Nine Carps Looking at the Sky” ,” Two Buddha/s Talk about the Scriptures” etc. And there are more than 100 various caves. It takes 28 days if one wants to travel through all of the caves. They are distinctive, and the most magical ones are Yixiantian (A Narrow Opening of the Sky), Seven-Star Cave and the Eighteenth Cave of the General.

**（四）福安白云山（5A）**

白云山，国家重点风景名胜区，2010年与屏南县白水洋、福鼎市太姥山联合列为宁德世界地质公园，近些年更发现了大规模古冰川遗迹——冰臼群。白云山位于福安市西北部，距市区55公里，因白云缠绕而得名。风景区总面积为95.88平方公里，由白云山、九龙洞、龙亭峡谷、金钟山及黄兰峡谷等五个景区组成。景区主峰缪仙峰海拔1448米，为闽东第一峰。山上白云凝秀，气候独特，除千变万化的云海奇观时常可见外，在仙顶峰还可看到罕见的“佛光”。

白云山后峰西坡有始建于明正德四年(1509年)的“冷水寺”，后毁，1987年重建，寺前有“天池”，盛产午时莲。该莲十分奇特，每日午时伸出水面开花，花开时噼啪有声，花呈白色。传说是王母娘娘座下七仙女经常来此天池沐浴戏耍，所以天池中长出了稀世的午时莲花，莲花平时都深藏水中，只有到午时才浮露出水面，婷婷玉立、姣洁无比，午时过后，莲花又慢慢沉入水中，所以福安县旧志里称为“午时莲花”。

6.1. 1.4 Mount Baiyun of Fu’an City（5A）

Mount Baiyun (White Cloud) is a national key scenic spot. In 2010, it became a part of Ningde Global Geoparks with Baishuiyang River Square of Pingnan County and Mount Taimu of Fuding City. In recent years, large-scale ancient stone mortar clusters have been found in the scenic spot. It’s located in the northeast of Fu’an City, 55 kilometers away from the downtown area, and named after the winding white clouds around the mountain. The whole scenic spot covers 95.88 square kilometers, and is composed of five zones of Mount Baiyun, Nine-Dragon Cave, Longting Dragon Pavilion Valley, Mount Jinzhong and Huanglan Valley. The main peak of the spot is Miaoxian Peak, No.1 in East Fujian, with an elevation of 1,448 meters, where white clouds are beautiful, and the climate unique. Besides, one can often see the ever-changing sea of clouds and the rare "Buddha Light " on top.

There’s “Lengshui Temple” built in the fourth year (1509AD) during the reign of Emperor Zhengde in the Ming Dynasty on the western slope of the back peak of the Mountain. Later it was destroyed, and rebuilt in 1987. There’s a “Heaven Pond” in front of the temple with lots of lotuses at noon. The lotuses are unique, and stretch out of the water and bloom at noon every day. They make a splashing sound while blooming. Their flower looks white. It is said that the seven fairy girls of Heavenly Queen used to come here to bathe and play as is the reason the Pond grows rare lotuses that bloom at noon. They usually hide in the deep water, and only come out of the water at noon. They are graceful and pure. In the afternoon, the lotuses gradually sink into the water. Therefore they are called “noon-time lotuses” in the former *Chronicles of Fu’an County.*

**（五）周宁九龙祭瀑布群**

九龙漈瀑布是省级风景名胜区。位于周宁县城东南13公里处的危峰断峡之中。瀑布总落差300多米，在长达1000米的流程中连续九级不同的落差穿过峡谷，形成奇绝的飞瀑深潭。被誉为“福建第一”、“中国少有”、“华东第一瀑”。2013年8月被批准为国家4A级旅游景区。第一级瀑布最为壮观，瀑高46.7米，宽76米，丰水期可达83米、巨瀑右上方还有一个直径14米的潭穴，镶嵌瀑间，人称“龙眼”。第六级至第九级是瀑瀑相接，人称“四叠瀑”。4级瀑布流程629米。瀑间遍布怪石其形态各异、神奇逼真。九龙漈瀑布群四周群山耸立，峰奇石异、栩栩如生、有“鸽子峰”、“金鱼峰”、“腾龙峰”、“骆驼峰”、“蟾蜍爬壁”、“石猴观瀑”等。

6.1.1.5 The Nine-Dragon Waterfall of Zhouning County

It’s a provincial-level scenic spot, and located in the breath-taking valley, 13 kilometers away from the southeast of Zhouning County proper. Its fall ranges over 300 meters. Along its 1,000-meter fall, there are consecutively nine stages at different levels, forming unique flying falls and deep ponds. It is known for being “No.1 in Fujian”, “Rare in China” and “No.1 in East China”. In August of 2013, it was approved as a 4-A national tourist attraction. The first stage of the waterfall is the most spectacular with a height of 46.7 meters and a width of 76 meters which can be expanded to 83 meters in rainy seasons. There’s a deep pond of 14 meters in diameter in the upper right of the great waterfall, and is called a “dragon eye”. The sixth and ninth stages are connected one after another and are called “four-stage waterfall” .The fourth stage waterfall flows a path of 629 meters, among which there are fantastic and exotic and vivid rocks in different shapes. Around the fall, the mountains rise high with fantastic peaks and vivid rocks such as “Pigeon Peak” , “Goldfish Peak”, “Hovering Dragon Peak”, “Camel Peak”, “A Rock Toad Climbing the Wall” and “A Rock -Monkey Views the Waterfall”, etc.

**（六）宁德周宁鲤鱼溪**

周宁鲤鱼溪位于周宁县城西五公里处的浦源村中，曾被评为“福建最美的乡村”，我省十大旅游风景区。鲤鱼溪源自宋代，历经八百年，2008年以“三个世界唯一”（鱼冢、鱼葬、鱼祭文），收录吉尼斯——“年代最久的鲤鱼溪”。鲤鱼溪源于海拔1448米的紫云山麓，汇数十条山涧清泉奔流而下，峰回水转，至浦源村口水势顿减，五弯六曲穿村缓流而过。溪流贯村而去，长一华里，宽数米。溪中悠然遨游着七、八千尾彩色斑斓的大鲤鱼，“闻人声而至，见人形而聚”，“竟相觅食，水深及膝，清澈见底，鲤鱼满溪，故而得名“鲤鱼溪”。浦源鲤鱼溪不仅以神奇锦鲤闻名遐迩，且村景幽雅，名胜古迹保护完好。

6.1.1.6 The Carp Brook of Zhouning County

The Carp Brook, five kilometers away from the west of Zhouning County proper, is located in Puyuan Village which was rated as "the most beautiful village in Fujian Province”, and is one of the top ten tourism scenic spots in Fujian. The Carp Brook originated in the Song Dynasty（960-1279 AD）with a history of 800 years. In 2008, with its three unique characteristics in the world (only fish mound, only fish burial service and only fish eulogy), it was added into the Guinness World Records as “a carp brook with the longest historical record”. It derives from the Ziyun foothill with an altitude of 1,448 meters, collecting dozens of mountain springs as it runs down. The flowing of the water slows down when it comes to the entrance of the village and winds slowly through the village windingly and slowly. The brook is 500 meters long and several meters wide. There are seven or eight thousands colorful big carps freely swimming in the brook. They approach when hearing people or seeing their shadows and compete for food. The brook is a knee deep, clean and crystal and full of carps, from which it gets its name. It’s not only famous for miraculous fancy carps, but also known for its quiet and elegant village scenic spots and well-protected historic sites.

**（七）古田翠屏湖（3A）**

翠屏湖，省级风景名胜区，位于福建省宁德市古田县城东郊，距城区3公里。1958年，国家在此兴建“一五”计划重点工程、我国第一座地下水电站——古田溪水电站，筑起长412米、高71米的大坝蓄水，淹没了逾千年历史的古田旧县城，形成了水域面积达37.1平方公里、蓄水量为6.41亿立方米的福建省第一大人工淡水湖。因湖背靠翠屏山，遂名“翠屏湖”。这里四周群山环抱，四季如春；湖面烟波浩淼，空气清新，水质碧澄，素有“福建太湖”、“福建千岛湖”之美誉。湖中三十六个大小岛屿隔水相峙：有群鹭翔栖被誉为“爱情之岛”的白鹭岛，建于百年前的湖心岛欧式别墅，后垄岛上富有地方特色的溪山书画院以及深藏在山腹中迷宫般的地下发电厂等景点。

6.1.1.7 Cuiping Lake of Gutian County（3A）

Cuiping Lake is a provincial-level scenic spot and is located in the eastern suburb of Gutian County, 3 kilometers away from the downtown area. In 1958, the Gutianxi River Power Station was built here. It was a national key project of the First Five-Year Plans of China and also the first underground hydro-power station in China. A dam of 412 meters long and 71 meters high was built to store water which submerged the former town of Gutian with a history of more than one thousand years, as a result to create the largest artificial freshwater lake in Fujian Province with a water area of 37.1 square kilometers and a storage capacity of 641 million cubic meters. Because the lake locates by Mount Cuiping, so it’s named after the mountain and is called “Cuiping Lake”. It’s surrounded by mountains and enjoys spring-like weather all the year. The surface of the lake is vast and misty with crystal clear fresh water, it’s known as "The Taihu Lake of Fujian Province" and "The Thousand-island Lake of Fujian Province ". Thirty-six islands of different sizes are scattered there. Among them there are scenic spots like the Egret Island known as "Love Island" for the perching of egrets; the European-style villas built on the Central Island of the lake 100 years ago; the Xishan Calligraphy and Painting Academy on the Houlong Island full of local characteristics; and the labyrinthine underground power plant hidden deeply in the mountains and so on.

**（八）三都澳**

三都澳又名三沙湾，位于宁德市东南部，为中国1.84万公里黄金海岸线的中点。距宁德市区3公里，为闽东沿海的“出入门户，五邑咽喉”，是世界级天然深水良港。素有“海上明珠”之称。三都澳旅游区景点多集中在三都澳东南部，可分为斗姥景区、福海关遗址景区、青山景区、笔架山景区和鸡公山景区五个部分，此外还有海上渔城全国农业旅游示范点，三都军港观赏和海上景观游赏等三大游览点。澳内有许多形态各异的礁石岸坞，峰奇石怪，景色优美，每年吸引众多游人前去观光。

6.1.1.8 Sandu Bay

Sandu Bay, also called Sansha Bay, is located in the southeast of Ningde City in the midpoint of the golden coastline of 18,400 kilometers in China, three kilometers away from the downtown of Ningde City. It’s an important exit and pivotal access to five counties along the coast of East Fujian as well as a world-class natural deep harbor. It has been known as "a coastal pearl ". The tourist attractions are mainly located in the southeast of Sandu Bay of five zones, namely Doumao Scenic Spot, Fu Haiguan Historical Site, Mount Qingshan, Mount Bijia and Mount Jigong. Besides, there are another three tourist spots, namely, Town of Sea-Farming Cages on the Sea, a national demonstration site of agricultural tourism; tour of the navy base as well as tour of the seascape. There are reefs of various shapes and exotic peaks and rocks with beautiful views in the bay and each year they attract many tourists.

**（九）****福鼎嵛山岛**

福鼎嵛山岛，古称福瑶列岛，意即“福地、美玉”，位于霞浦三沙5海里，是闽东最大的列岛，中国最美的十大海岛之一。嵛山岛由大嵛山、小嵛山、鸳鸯岛、银屿等11个岛屿、4个礁石组成，陆地面积28.3平方公里，海岸线长30.12公里。大嵛山岛直径5公里，面积21.22平方公里，最高处纪洞山海拔541.3米，为闽东第一大岛。在海拔200米处，有大小两个湖泊，人称大、小天湖。湖周围群峰环拱，其状似盂，嵛山岛也有由此得名，大天湖面积1000多亩，小天湖200多亩，两湖相隔1000多米，各有泉眼，常年不竭，水质甜美，清澈见底。湖畔多有野生乌龟出没。湖四周山坡平缓，有“南国天山”之誉的万亩草场。小嵛山岛为一无人岛，面积3.28平方公里，沿岸因被海水冲刷风化，基岩裸露，礁石林立，海蚀地貌十分突出，构成奇特的景观；海拔仅50米，岛上植被茂密，栖息着成千上万只海鸥和其他候鸟，乍然飞起，十分壮观。

6.1.1.9 Yushan Island of Fuding City

Yushan Island was called Fuyao Archipelagoes in the ancient times, meaning “a blessed land and a beautiful jade”. It is located about 5 nautical miles away from Sansha of Xiapu County. It’s the largest archipelago in East Fujian, and one of the ten most beautiful islands in China. It is composed of four reefs and 11 islands like Bigger Yushan Island, Smaller Yushan Island, Yuanyang Island, Yinyu Island and so on. The land area is of 28.3 square kilometers with a coastline of 30.12 kilometers. Bigger Yushan Island is 5 kilometers in diameter, and covers an area of 21.22 square kilometers and its highest point is Mount Jidong at an elevation of 541.3 meters. It is the largest island in East Fujian. On the island, at an altitude of 200 meters, there are two lakes called Bigger and Small Tianhu Lakes. Mountains surround the lakes and they look like a jar（Yu）. That’s why they are called Yushan Islands. Bigger Tianhu Lake covers an area of more than 1,000 mu, and Smaller Tianhu Lake is more than 200 mu. They are about 1,000 meters away and each gets spring outlets which perennially keep flowing with sweet and crystal water. Round the lake there often appear wild turtles. The surrounding slopes are flat, and there is a grassland over 10,000 Mu like a mini Tianshan Mountain in Xinjiang. Therefore the grassland enjoys a reputation of being a " Tianshan Mountain in South China ". Smaller Yushan Island has no inhabitants and covers an area of 3.28 square meters. The seacoast of the two islands is being scoured by the seawater and weathered, so the bedrock is exposed. Besides there are reefs around and the marine abrasion land form is quite obvious, which constructs a unique scene. The island is just 50 meters above the sea level with dense vegetation, and there are hundreds of thousands of seagulls and other migratory birds perching here. When they sudden fly, the view is spectacular.

**（十）霞浦杨家溪**

杨家溪，位于宁德市霞浦县境内，原名南洋坪，相传因北宋名将杨文广在此平定南蛮十八洞之一，并留杨家将士驻守而得名。杨家溪又名九鲤溪、七里溪，1988年8月经国务院批准，杨家溪属国家级风景名胜区太姥山五大景区之“九鲤溪瀑景区”，素有“海国桃源”之美誉。景区约35平方公里，由九鲤溪景区、龙亭瀑布景区、钱大王村区、青龙寺区、杨家溪村景区、下坪洋村区、半岭亭区、渡头村区和雉溪龟山村区等九个小区构成。 杨家溪畔有两片相距不远，总面积有250亩的枫香林，约有1100多棵枫树。秋末冬初，枫叶黄里秀红，犹如绯云停驻；在两片枫香林之间的间隔地带有17丛古榕群，树龄最长者已有800多年，其中一株“榕树王”，树干周长12.6米，冠幅直径51米，高30米，树干中空，有7个洞口，洞内可容数人。据说这是全球纬度最北的一片古榕林；近处百亩桃树林，春暖花开，景色更佳；春夏绿叶如茵，秋冬白花遍野。

6.1.1.10 The Yangjiaxi River of Xiapu County

It’s located in Xiapu, Ningde City and was formerly known as Nanyangping. It’s said that in the Northern Song Dynasty（960-1127 AD）, Yang Wenguang, a great general, pacified one of the 18 southern caves of ethnic people , and asked his troops to station here and that’s why it got its name( the Yang’s ). It’s also called the Nine Carp Brook and the Qilixi River. In August of 1988, approved by the State Council, it was a part of the Nine Carps Brook Waterfall Scenic Spot, one of the five scenic zones of the national scenic spot of Mount Taimu and has been known as "a coastal Shangri-la”. It covers an area of about 35 square kilometers, and is composed of nine small zones, namely the Nine Carps Brook, Longting Waterfall, Qian Dawang Village, Qinglong Temple, Yangjiaxi Village, Xiapingyang Village, Banling Pavilion, Dutou Village and Zhixiguishan Village. There are two maple forests not far away from each other and they cover a total area of 250 Mu with more than 1,100 maple trees. At the junction when autumn changes into winter, the maple leaves are yellow mingled with red and they are like dark-red clouds lingering on there. At the interval zone between the maple trees, there are 17 groups of old banyans, of which the oldest is over 800 years old. One of them was called “king of the banyans” having a trunk with a circumference of 12.6 meters, a diameter of 51 meters and a height of 30 meters And it is hollow in the tree trunk with 7 holes and can hold several persons inside the holes. It is said that this banyan forest occupies the most northern latitude in the world. Nearby, there are one hundred Mu of peach trees. The scenery is super when they blossom in spring. In the scenic spot all the leaves turn green in spring and summer and in fall and winter white flowers can be seen everywhere.

**（十一）大京海滩**

大京海滩位于霞浦县长春镇东南部，东冲半岛近陆端，素有“福建夏威夷”、“闽东北戴河”之美誉。沙滩长3000米，宽200多米，并有明代古城堡等名胜古迹和神话传说相衬托。大京海滩的迷人之处是沙龙岗的外面是一个斜度很缓的斜坡，海水浸不到，干燥的沙子雪白雪白的，由于吸收了阳光的热量，踏上去温而不烫，沿着斜坡往下，沙子渐渐潮润起来，沙地也就坚实起来。由于海水的凝聚力，踩下去，整个脚板陷下去，感觉与在雪地上行走无异。再往下，沙地就更坚实了，就算负重的车子行过，也不过留下淡淡的车辙。沙龙岗的另一侧，有一条纵深约百多米的清一色木麻黄的风沙防护林。这是福建省第一条大面积的木麻黄人工风沙防护林。林中地面全是细纱，间有耐旱的杂草点缀，加上木麻黄枝叶遮天蔽日，营造出一片浓浓的绿荫，故而被称为“情人的天堂”。在大京沙滩的东北部有一条不足百米长的鹅卵石滩，由于海浪的冲刷摩擦，鹅卵石已没有棱角，全由优美的弧线构成。

6.1.1.11 Dajing Beach of Xiapu

It’s located in the southeast of Changchun Township, Xiapu County at the near end of Dongchong Peninsula. It has been known as " Hawaii in Fujian" and" Beidaihe Beach of East Fujian". The beach is 3,000 meters long and 200 meters wide. There are places of historic interest like the ancient forts of the Ming Dynasty（1368-1644 AD）and myths and legends. The fascinating scene here is the mild slope outside the Shalonggang Mound, The slope is not soaked in seawater, and the dried sand is of snow-white color. Because the sun heat is absorbed, the sand is warm but not hot when people stand on it. Down the slope, the sand is gradually moist, and becomes solid. Because of the cohesive force of the seawater, when walking down, one’s whole feet will sink like walking on snow. Walking down further, people feel the sand gets more solid and there won’t be obvious tracks left even it is passed by heavy vehicles. On the other side of Shalonggang Mound, there’s s a protective forest belt of sand barrier called casuarina over about one hundred meters long. This is the first large area of planted forest of casuarina sand barrier in Fujian Province. The area is covered with thin sand and dotted with drought resistant weeds, plus the casuarina leaves making lot of shade in summer, so it’s called “a paradise for lovers”. In the northeast of the beach, there’s a cobblestone belt less than hundred meters long, and because of the scour and friction of the waves, the cobblestones have become smooth, and shaped as beautiful arches.

**（十二）台山列岛**

台山列岛隶属福鼎市太姥山镇，是福建省距离大陆最远且有人居住的唯一列岛，是中国四大天然厚壳贻贝保护繁殖基地之一，距福鼎沙埕港约18海里，福鼎沙埕港及台山岛有客船通航。台山列岛由西台、东台、南船屿、南屿等15个岛屿及22个礁石组成，分布在方圆5平方公里范围内。15个岛屿中西台岛最大，面积约1．2平方公里，最高点海拔130米，东台岛次之。两个岛相距1000多米，是15个岛屿中有人居住的两个岛。东台与西台岛之间的西南面入口处，横亘着列岛中的第三大岛--南船屿。其他的岛屿和礁石则分布在东西长6公里、南北宽约4.5公里的东海上。台山列岛未经开发，至今还是个原始的海岛风光，岛上礁石奇特，洞穴幽秘，有“一线天”、“天桥”、“千堆雪”、“海底隧道”、“鸟岛”等原生态景色，还有“雨伞礁”和“犀牛礁”，犹如两个忠实的卫士一南一北守卫着主岛的入口处。长久以来，它们一直被岛上渔民视为庇护当地风调雨顺保平安的吉祥物。在那里你可以观东海日出日落、潮涨潮退，捉海边小生物，拾贝壳，看成群的海鸟。游泳，海钓，潜水，体验渔家生活，观赏湛蓝海水，徒步环绕群岛，参观台山战役遗留防御工事等。

6.1.1.12 Taishan Archipelagoes

They are parts of Taimushan Township of Fuding City and are located the furthest distance from the mainland of any inhabited archipelagoes in Fujian and one of the four protected natural breeding bases of thick shell mussels in China. They are 18 miles away from Shacheng Port of Fuding. There’s a ship route between Shacheng Port and Taishan Archipelagoes. They are composed of 15 islands of Xitai, Dongtai, Nanchuan, Nanyu etc. and 22 reefs scattered within a range of 5 square kilometers. Among the 15 islands, Xitai Island is the largest one, with an area of about 1.2 square kilometers. Its highest point is 130 meters above sea level. Dongtai Island is the second largest one. The two islands are about 1,000 meters apart and the only inhabited among the 15 islands. In the southwest entrance between Dongtai and Xitai Islands, there’s the third largest island—Nanchuan Island. The other islands and reef are distributed on the East China Sea within a range of 6 kilometers long from east to west and 4.5 kilometers wide from north to south. The Taishan Archipelagoes remain natural and keepthe original island scenery with unique reefs and secluded caves. There are primitive scenes like "A Narrow Opening of the Sky ", "Heavenly Bridge", "Thousand Piles of Sand Snow", "Subsea Tunnel" and "Bird Island" etc. Besides there are views like “Umbrella Reef” and “Rhino Reef” . They look like tow loyal guards defending the north and south entrances of the main islands. For a long time, the local fishermen have considered them as a refuge and mascot that can ensure smooth weather for the crops and keep the area safe. One can enjoy the sunrise and sunset and the tide in the East China Sea, catch little sea creatures, pick up shells, and watch a flock of sea birds. One can also swim, go fishing and dive, experience the fishermen's life there , appreciate the blue sea water, walk around the islands and visit the remaining battle site of Taishan Island and its fortifications etc.

**（十三）牛郎岗海滨沙滩**

牛郎岗海滨沙滩，位于福鼎市秦屿镇东南方，距国家级风景名胜区太姥山23公里，海滨沙滩依山面海，与嵛山岛隔海相望。这里气候冬暖夏凉，素以“碧海金沙好消夏”而吸引各地游客慕名而至。景区分为海滨浴场区、高科技农业园区、垂钓区、鸟岛保护区等18处游览观赏项目。牛郎岗海滨沙滩平坦、明净，环山绿树成荫，周围礁石造型各异，有鸳鸯礁、织女洞、海上一线天等自然景观。是一处集休闲、旅游、海滨度假为一体的旅游新景区。

6.1.1.13 Niulanggang Beach

It’s located in the southeast of Qinyu Township of Fuding City and 23 kilometers away from the national scenic spot of Mount Taimu. It lies by the mountains and faces the sea, and overlooks the Yushan Island across the sea. The climate here is fairly mild in winter and rather cool in summer. So it has been known for “the blue sea and golden beach for a cool summer”, therefore it attracts many tourists. The scenic spot consists of 18 zones for sightseeing, namely: beach swimming area, high-tech agricultural park, fishing zone and bird-protection area, etc. The beach is flat, bright and clean and the surrounding trees provide pleasant shade in summer. Besides the nearby reefs are in different miraculous shapes, and make natural scenes like Mandarin Duck Reef, Weaving Girl Cave, A Narrow Opening of the Sky on Sea and so on. It’s a new tourist scenic spot for leisure, travel and coastal vacationing.

**（十四）支提山**

支提山，位于宁德市城西北50公里。“支提”为梵文“聚集福德”之意，共分4个游览区，即：支提胜场、瀛洲击水、霍童洞天和那罗延窟。

支提寺是宋开宝四年(971年)，寺内存有明永乐、万历御赐“千圣天冠”铁佛、“鎏金大毗卢”铜佛五爪金龙紫衣以及“北藏经”等稀世之宝。1983年4月9日经国务院批准，列为全国佛教重点寺院。支提寺所处的支提山，海拔800多米，周围耸立99峰，全山有700多个景点，被列为“支提胜场”一组景区。

瀛洲击水景区在2007年洪口水库修建蓄水没入水下。那罗寺位于虎贝乡，始建于唐代，寺为木架两层结构，上无片瓦，实为岩中奇寺。附近有罗汉洞、古佛塔、狐猿叫月、五鸟攀枝、九龙盘、开法台、观音织布等景点，组成了“那罗延窟”景区。2007年，国家林业局批准设立“福建支提山国家森林公园”。支提山森林公园总面积2299.93公顷，森林覆盖率达90%以上，森林公园分为平匋山景区、支提山景区、金山景区和白马山景区，各景区既各具特色，又互相映衬，由此构成了支提山森林公园溶峰峻、林茂、谷幽、水秀、瀑奇于一体的独特自然景观，还有国家级珍稀保护植物，如桫椤、金毛撅、三尖杉群落等。

6.1.1.14 Mount Zhiti

It’s 50 kilometers away from the northwest of Ningde City. “Zhiti” means “gathering of blessing and virtue” in Sanskrit. It has four sightseeing zones, namely Zhiti Ritual Site, Single-Raft Surfing on the Yinzhou River, Taoist Huotong Mountain and Naluoyan Cave.

Zhiti Temple was built in the fourth year (971AD) of Emperor Kaibao in Song Dynasty. It keeps rare royal gifts of 1,000 iron Buddha and a purple coat with a five –claw golden dragon and a copper Buddha as well as “the Beizang Scriptures”, etc. during the reign of Emperors Yongle and Wanli of the Ming Dynasty. On April 9th of 1983, it was listed as a national key temple of Buddhism approved by the State Council. Mount Zhiti stands at an altitude of more than 800 meters and has 99 peaks and more than 700 scenic spots. They constitute a zone of scenic spots of the Buddhist rituals.

The scenic spot of the Single-Raft Surfing on the Yinzhou River disappeared because of the construction and water storage of Hongkou Reservoir in 2007. Naluo Temple in Hubei Village was built in the Tang Dynasty（618-907 AD）. It has a two-tier structure of timber frame and there’s no tile on the top. It’s actually a unique temple in the rocks. Nearby, there are Arhat Cave, Ancient Buddhist Pagoda, Fox and Ape Rocks Shouting at the Moon, Five-Bird Rocks Flying to the Branches, Nine Mingling Dragon Rocks, Religious Ritual Stage, Goddess Guanyin Weaving etc. All these form a scenic zone of “Naluo Cave”. In 2007, the State Forestry Ministry approved the establishment of “the National Forest Park of Mount Zhiti in Fujian”. The total area of the forest park is of 2,299.93 hectares with a forest coverage rate of more than 90%. The forest park is divided into scenic spots of Mount Pingtao, Mount Zhiti, Mount Jinshan and Mount Baima. These scenic spots are distinctive and mutually enhance each other’s scenery, so that they constitute unique natural scenes of high peaks, luxuriant forests, quiet valleys, crystal water and unique falls. Besides there are also some national rare and protected plants, such as spinulose tree fern, cephalotaxus and fortunei, etc.

**（十五）霞浦建善寺**

建善寺，位于霞浦县城北龙首山东段华峰秀谷下，始建于南齐永明元年（公元483年），至今达1500多年，为福建省现存年代最早的寺院，有“八闽第一古刹”之称。是唐代五大禅宗之一的沩仰宗创始人灵祐禅师的祝发出家之地。在寺后橄榄树下，留有当年灵祐禅师坐禅灵石和禅堂断墙，至今善男信女拥挤香火益旺。建善寺院雄伟宽大，占地达2千多平方米，寺内风光佳丽，清幽明媚，寺前老榕交柯成荫，院中银杏挺立（有“活化石”之称的珍贵孑遗植物），寺后木棉苍劲。寺内还收藏有我县许多历史珍贵碑刻等文物。

6.1.1.15 Jianshan Temple of Xiapu County

It is located in the beautiful valley of the east section of Mount Longshou in northern Xiapu County proper. It was built in the first year (483AD) of Emperor Yong Ming in the Nanqi Dynasty (479AD-502AD), over more than 1,500 years ago. It’s the oldest temple in Fujian Province, and has a reputation of being “the first ancient temple in Fujian”. It was the temple where Lingyou became monk and a Zen master and the founder of the Weiyangzong Denomination, one of the five Zen Denominations in the Tang Dynasty. Under the olive tree in the backyard of the temple, there remains a sitting stone for his meditation and a broken wall of the meditation room. Up to now, the devout men and women flood there to offer their incense. The temple, majestic and broad, covers an area of more than 2,000 square meters. Inside the temple, the scenery is beautiful, quiet, radiant and enchanting. In front of the temple, the old banyan trees intersect. The gingko stands upright in the yard (it is the precious plant known as the “living fossil”). Behind the temple, the ceiba trees are strong and flourish. In the temple are kept some cultural relics like the precious historical inscriptions of the county.

**（十六）宁德古田临水宫**

临水宫，位于福建省古田县大桥镇中村临水。是一座风格别致的仿唐代宫殿建筑，始建于唐贞元八年（公元 792 年），后经元明清历代重修扩建，至今已有1200 多年的历史，是分布国内外各地临水宫的祖殿，被福建省人民政府列为省级文物保护单位。

临水宫依山建筑，红墙绿瓦，参差错落，气势恢宏，全宫占地 2000 多平方米，分前后左右四分殿：前殿南墙设两重仪门，越数级台阶达大院，院内存有古戏台、钟鼓楼、拜亭和正厅，以精雕细刻的廊柱、雕梁、画栋、斗拱扶摇而上，形成大小藻井。正厅中间供奉着相传以陈靖姑真身所塑造的神像;左殿是太保殿;右殿塑有三十六婆官像;后殿由陈母葛夫人殿、梳妆楼、三清宫组成。临水宫周围还散存着与陈靖姑身世相关的百花桥、梳妆桥、顺天府宫、夫人潭等10多处遗迹，是人们探幽访古，游览观光的胜地。近年来，许多美、英、法、荷兰、日本、马来西亚、新加坡、泰国、港、澳、台等许多国家和地区及国内学者、专家、游客纷纷到临水宫考察旅游。

6.1.1.16 Lady Linshui Temple of Gutian County

It’s located in Zhongcun Linshui Village of Daqiao Township, Gutian County of Fujian Province. It’s a chic building that imitates the palace architecture in the Tang Dynasty, and was built in the eighth year (792 AD) of Emperor Zhenyuan’s reign, then it was rebuilt and expanded in the dynasties of Yuan, Ming and Qing. It has a long history of more than 1,200 years. It’s the oldest original temple of all Linshui temples in China and abroad, and listed as a protection unit of provincial cultural relics by Fujian Provincial People's Government.

It’s built on the mountain slope with red walls and green tiles steps and looks very spectacular. It covers an area of 2,000 square meters with four branch temples in its four directions. In the south of the front temple there are two ceremonial gates. One has to walk step by step upwards to get to the main hall where there are Ancient Stage, Bell and Drum Towers, Worship Pavilion and the main hall inside. There are sunken panels of big and small sizes of fine engraved and carved pillars, beams, painted rafters and brackets. In the middle of the main hall, there’s a statue said to be the real appearance of Goddess Chen Jinggu. On the left, it’s Guardians Temple. And there are 36 statues of midwives. The back temple is composed of Mrs. Ge’s (Chen’s mother) Temple, Dress and Make-up Tower and Sanqing Temple. There are also kept more than 10 relics related to Chen Jinggu’s life experience, such as Baihua Bridge, Dress and Make-up Bridge, Shuntianfu Temple and Lady Chen’s Pond etc. They are the sites for visits and looking into the ancient time. In recent years, Linshui Temple has been visited by many scholars, experts and tourists from home and abroad, including America, Britain, France, Holland, Japan, Malaysia, Singapore, Thailand as well as Hong Kong, Macao and Taiwan, etc.

**（十七）东狮山**

东狮山，形似狮而得名，位于福建省柘荣县城东3公里处，总面积13.7平方公里，海拔1480米，为太姥山脉的主峰。环山之中有谷、泉、洞、岩、峰、石等自然景观二百二十七处。1998年7月被省政府批准为省级风景名胜区。东狮山由蟠桃映翠景区、百丈朝暾景区、仙人锯板景区、普悦洞天景区、龙井瀑布景区和仙都胜境景区六大景区组成。蟠桃景区洞奇石怪，洞幽寒彻，溪流清澈，雾纱轻绕，总给人几分神秘感。百丈景区绝岩峭壁，层峦叠嶂，冬季时这里四处冰凌高挂，玉树琼枝，一派北国风光。龙井景区曲折川流，水落深潭，飞流直下的瀑布，水雾迷蒙，荡涤着人们的心灵。仙都景区空谷幽兰，漫山杜鹃，春夏之交这里百鸟啭啼，山花烂漫、煞是可爱，还有宋时窑群遗址、明朝开国功臣袁天禄的义军练兵场、明湖广布政司游朴之墓，石亭、石坊等名胜古迹。寺观多达十多处，有普光寺、觉性寺、东峰寺、广福寺、白马宫、青云宫、马仙观、三清观等。

6.1.1.17 Mount Dongshi (Eastern Lion)

It looks like a lion, and that is why it got the name. It’s located 3 kilometers away from the east of Zherong County proper, Fujian Province, and covers a total area of 13.7 square kilometers at an altitude of 1,480 meters. It’s the main peak of the Taimu Ranges. There are 270 natural scenes of valleys, springs, caves, rocks, peaks and stones, etc. In July of 1998, it became a provincial-level scenic spot approved by the provincial government. There are six major scenic spots of Yingcui, Baizhang, Immortals’ Masterpieces of Rocks , Puyue Caves, Longjing Waterfall and Xiandu Fairyland. The caves and stones in the Yingcui Scenic Spot are amazing and cool. The rivulets there are clean and crystal with fog circling around and producing a mystic feeling. In the Baizhang Scenic Spot there are exotic rocks and cliffs on multiple ranges of mountains. In winter the ice hangs highly on the trees making them look like a beautiful and snowy scene of North China. In the Longjing Scenic Spot the river flows circuitously into the deep pond and the waterfall produces mist that seems to clean up people’s soul. In the Xiandu Fairyland Scenic Spot there are azaleas everywhere and birds sing and flowers bloom lovely and beautifully at the junction of spring and summer. In addition, there are also historical and cultural sites like the kiln relics of the Song Dynasty; the training ground of the volunteer army commanded by Yuan Tianlu, a meritorious founder of the Ming Dynasty; the Tomb of Youpiao, a minister of the Ming Dynasty as well as stone pavilions and memorial archways, etc. In addition there are more than ten Buddhist and Taoist temples, such as Puguang Temple, Juexing Temple, Dongfeng Temple, Guangfu Temple, Baima Temple, Qingyun Temple, Maxian Temple and Sanqing Temple, etc.

**（十八）宁德东湖国家湿地公园**

宁德东湖国家湿地公园是2009年12月底，经国家林业局批准设立。东湖国家湿地公园。位于宁德市区以东4公里的大金溪河口，公园总面积为623.8公顷。宁德东湖国家湿地公园是福建省建设的第二个国家湿地公园。公园生物多样性丰富，已查明维管束植物有48科88属98种、野生脊椎动物有31目79科226种，共有鸟类14目30科110种，占福建省鸟类总种数的20%，湿地特征典型，湿地景观和历史文化价值高。公园根据功能定位、湿地与鸟类的分布特点分为山、湖、岛、海4大景区，通过合理布局，突出独特的湿地生态旅游功能和景观效果，成为福建省著名的滨海湿地生态休闲游览胜地和生态科普教育的湿地公园。

6.1.1.18 National Wetland Park of Donghu Lake of Ningde City

It was established with the approval of the State Forestry Administration at the end of December, 2009. It’s located at the estuary of the Dajinxi River, 4 kilometers away in the east from the downtown. It covers a total area of 623.8 hectares. It’s the second National Wetland Park in Fujian Province. It’s rich in biological diversity. There are vascular plants of 48 families and 88 genera and 98 species. There are 79 families and 226 species of wild vertebrates, and 30 families and 110 species of birds, accounting for 20% of bird species in Fujian Province. It boasts typical characteristics, scenes, and high historical and cultural values of wetlands. According to its functional orientations and the distribution characteristics of the wetland and birds, it has been divided into four scenic spots of hills, lakes, islands and sea. The well arranged layout of the park highlights the unique wetland ecotourism functions and scenery effect and the spot has become a famous provincial leisure resort of the coastal wetland as well as an ecological wetland park of popular science education.

**（十九）上金贝畲村**

上金贝畲村位于宁德市蕉城区金涵畲族乡，海拔325米，距离宁德市区只有十几分钟的车程，是近年来兴起的一个适宜观光休闲的社会主义新农村的代表与典范。其借助独有的历史遗迹和景观，并在政府的重视和有识之士的发掘下，从一个名不见经传的畲族小山村迅速发展成为一个清秀美丽的畲族新农村。在村边，走过一条500米的葡萄长廊，沿途垄间池塘中盛开的荷花随风摇曳。长廊的尽头是樱花园、蜜柚园、茶园等，构建起了一个“科技农业观光农庄”。村北半山腰上的丛林中有一座明代神秘古墓，经专家考证应是明代建文帝朱允炆陵寝，虽墓室被盗，还可观赏其独特风采，还可沿着登山步道，登上村后的八仙顶峰。山虽不高，但山上石峰耸立，林幽谷深，局部山峰仿佛有张家界之神韵。站在峰顶，可远眺附近村镇及宁德市区，天气好时，还可看见三都澳海阔天空。

6.1.1.19 Shangjinbei Village of the She Ethnic People

It’s located in Jinhan, a village of the She Ethnic People in Jiaocheng District of Ningde , at an elevation of 325 meters, and only ten minutes' drive from the downtown. It’s a representative example of the new socialist countryside construction suitable for sightseeing and leisure. With the help of the unique historical sites and scenes, and some capable scholars and the government, it has developed rapidly into a new beautiful and well-known village of the She Ethnic People. Walking through the grape vinery corridor of 500 meters long, one can see water lilies flourishing in the pond in summer. At the end of the corridor, there is an oriental cherry garden, a honey pomelo garden and a tea garden. These make the farm village a place to learn about science and agriculture. To the north of the village, halfway up the mountain in the forest, there’s an ancient mystic tomb. According to research by experts, it is the mausoleum of Emperor Jianwen (Zhu Yuwen) of the Ming Dynasty. Though the tomb was stolen, the unique style still can be seen. One can also walk along the mountain trail to climb to the top peak of the Eight Immortals Mountain in the back of the village. Though the mountain is not very high, it has rising rocky crags, dense forests and deep valleys. Some parts of the mountain are similar to those of Zhangjiajie Scenic Spot in Hunan Province. Standing on the top of the mountain, one can see the nearby villages and towns and some parts of the downtown. On a sunny day, one can even see the Sandu Bay afar.

**（二十）寿宁西浦村**

西浦村位于闽浙边界，至今有1100多年历史，是南宋特赐状元缪蟾的故乡，历史上出过18名进士，历代的举人、贡生、秀才等更是举不胜举，使西浦成为名副其实的“状元故里。西浦的韵致在水，散布着各种各样的桥梁，木拱桥、石板桥、古碇步为国内罕见，它们建造年代不同，所用材质各异，具有一定的文物研究价值，被誉为“桥的博物馆”。古民居群等建筑文化经典与双溪交汇、状元树、滨水杨柳带、鲤鱼溪等自然景观完美结合，展示了西浦村“廊桥水乡、状元故里”的独特魅力，先后获得“全国生态文化村”、“海西十佳魅力乡村”、“省级园林村”、“省级文明村”、“宁德市十大最美乡村”等称号。

6.1. 1.20 Xipu Village of Shouning County

It’s located in the boundary area of Fujian and Zhejiang Provinces, with a history of 1,100 years so far. It’s the hometown of No.1 Imperial Exam Scholar Miao Chan in the Southern Song Dynasty (1127-1279 AD). There were 18 successful candidates in the highest imperial examinations in the history of the village. There were also numerous successful candidates in the imperial examinations at the provincial, county and town levels. Therefore Xipu is worthy of its name of “Home village of Imperial Exam Scholars”. The river is an important special element in Xipu, and there are many kinds of bridges, namely wooden arch bridges, stone slab bridge and ancient stone-stool bridge. Though they were built in different times with different materials, they have research value as cultural relics, and Xipu is known as a “bridge museum”. The ancient residence buildings combine perfectly with the natural scenes of the Shuangxi River, Number One Scholar Tree, Willow Trees in Binshui and the carp brook, etc. They show the unique charm of a place that has been listed as one of the National Ecological Cultural Villages and called “one of the top ten charming west coast villages”, “provincial garden village”, “provincial civilized village”, “one of the top ten most beautiful villages of Ningde City” .

**二、宁德名人故居**

**（一）甘宝国故居**

甘宝国，清康熙四十八年（1709年）生于古田县二十六都（今屏南小梨洋村）。曾官至福建陆路提督，兼闽阅操大臣，是清代的一位名将。在四十余载戎马生涯中，甘国宝不但治军严饬，戍边尽责，威震一方，且体恤兵民，扶贫济困，恩泽黎民，对百姓视如父，爱如子深得百姓拥戴。尤其是两度戍台，担任挂印总兵，为保卫和建设台湾、维护国家领土完整，做出不可磨灭的历史贡献。2007年，中国国民党荣誉主席连战先生为纪念甘国宝戍台240周年时，欣然题写“超凡入圣”四个隶字，精辟地概括了这位清代名将护国爱民的非凡一生。

[甘宝](http://baike.baidu.com/view/208951.htm" \t "http://baike.baidu.com/_blank)国故居，位于[甘棠乡](http://baike.baidu.com/view/973045.htm" \t "http://baike.baidu.com/_blank)小梨洋村，为清代民居，宅占地面积约300平方米，坐西北向东南，由门前埕、大门、照壁、正厅、后座楼房组成，正厅前有左右下廊、马弄,现皆毁，楼上正厅悬挂有甘国宝中试后上司赠给的“会魁”金字匾。甘漈下村上祠堂，悬有乾隆皇帝御赐“福”字金匾，为[甘国宝](http://baike.baidu.com/view/208951.htm" \t "http://baike.baidu.com/_blank)于清乾隆三十三年（1769年）十二月省亲进带回。2001年公布为县级文物保护单位。

**6.1.2 Former Residences of Famous People in Ningde City**

6.1. 2.1 Former Residence of Gan Baoguo

Gan Baoguo (1709-1776) was born in the 48th year (1709 AD) of the reign of Emperor Kangxi in No. 26 Village of Gutian County (now called Xiaoliyang Village of Pingnan County). He had been the provincial commander-in-chief and minister in charge of army training. He was one of the great generals in the Qing Dynasty (1636-1972 AD). In his forty-year military career, he was sublimed because of his strict training and responsibly protection of the border, but also because of his sympathetic treatment of people and soldiers. He helped the poor, brought people grace, considered them as the family, and loved them, so he was respected and supported by people. He was twice stationed in Taiwan, and was a general commander and made an indelible historical contribution to defending and safeguarding the national territorial integrity. In 2007, Lien Zhan, honorary chairman of the Chinese Nationalist Party in Taiwan inscribed four Chinese characters of “Extra Ordinary and Holy” to celebrate the 240th anniversary of Gan Guobao’s stationing in Taiwan, which brilliantly summarized the contribution of his extraordinary life in defending and loving the nation and people in the Qing Dynasty.

His former residence is located in Xiaoliyang Village of Gantang Township. It’s a folk house in the Qing Dynasty and covers an area of about 300 square meters. It lies in the northwest but faces to the southeast. It is composed of the front field, gate, sky light well and main hall and the back building. In the front of the main hall, there used to be lower corridors and a horse lane. There’s a gilded plaque inscribed “Top Exam-Taker” hanging in the main hall that was given by the authorities after he passed the exam. In the ancestral temple of Ganjixia Village, there’s a gilded plaque inscribed “Blessings” from Emperor of Qianlong which was brought back by Gan Guobao when he came back to visit relatives in December of the 33rd year（1769）. In 2001, it was announced that the residence would be as a county-level cultural relic unit for protection.

**（二）薛令之故居遗址**

  薛令之（683-756年），长溪廉村（今属福安市溪潭镇）人。“开闽第一进士”，史称其“文章破闽天荒”，是 福建历史上第一位进士，后官至太子侍讲。以清正廉洁而著世。唐肃宗即位后，感念他的清廉特赐他的故乡为“廉村”，水为“廉溪”。这是中国历史上唯一由皇帝敕封以“廉”字命名的村庄。据史料描述，薛令之的出现，中国古代诗坛才有了福建籍诗人清晰的身影和声音，是他为福建写下了最为精彩的第一笔，并奏响了闽籍诗人文学创作的序曲。其生前所著《明月先生集》和《补阙集》，今已无存。《[全唐诗](http://baike.sogou.com/lemma/ShowInnerLink.htm?lemmaId=259136" \t "http://baike.sogou.com/_blank)》仅录其[《自悼》](http://baike.sogou.com/lemma/ShowInnerLink.htm?lemmaId=96486060&ss_c=ssc.citiao.link" \t "http://baike.sogou.com/_blank)和《[灵岩寺](http://baike.sogou.com/lemma/ShowInnerLink.htm?lemmaId=64939632" \t "http://baike.sogou.com/_blank)》二诗。

廉村位于福安市溪潭镇，原名石矶津，是唐朝福建第一个进士薛令之的故乡。村里的后湖宫（“明月先生”）为祭祀薛令之的祠堂。祠前村道拐个弯，就到了薛令之故居遗址。廉村河对岸的城山村灵岩山，有一处薛令之年少读书地，人称“灵谷草堂”。草堂于唐咸通元年（公元860年）改建为寺，现存寺院建筑重修于民国初年。1999年底，福建省人民政府授予廉村为全省首批历史文化名村。2004年廉村先后被宁德市和福安市评为爱国主义教育基地以及廉政教育基地。

6.1.2. 2 Former Residence of Xue Lingzhi

Xue Lingzhi（683-756）is from what was formerly Liancun Village of Changxi County and now Xitan Township of Fu’an City. He was known as “the first successful candidate in the highest imperial exam history of Fujian Province” , and it is recorded that “his articles enlightened the people of Fujian Province”. Later he was appointed an official in charge of the education of the royal family. He was well known for his honesty and uprightness. After his enthronement, Emperor Tang Suzong conferred honorary names to the hometown and river of Xue Lingzhi “Liancun Village (“Uncorrupted Village” and “Lianxi River (“Uncorrupted River”) in memory of Xue’s outstanding character. This is the only village named so by an emperor in the history of China. According to the historical records, Fujian poets began to be active in ancient Chinese poetry just because of Xue Lingzhi. He made a great contribution to the literary creation of Fujian poets. His works of *Collections of Mr. Bright Moon* and *Supplements of Mr. Bright Moon* were lost. There are only two of his poems that remain, “Mourning For Oneself” and “Ode to Lingyan Temple” and they are a part of “The Full Poem Collections of the Tang Dynasty”*.*

Liancun Village is located in Xitan Township of Fu’an City. Formerly it was called Shi Jijin. The Houhu Temple is the ancestral temple for worshiping Xue Lingzhi. Just take a turn in front of the temple, one will arrive at his former residence.

Across the Lianxi River, in Mount Lingyan of Chengshan Village there used to be a place where Xue Lingzhi studied. Folks call it “Linggu Cottage of Learning”.

It was rebuilt as a temple in the first year (AD 860) of Emperor Xiantong’s reign in the Tang Dynasty, and the present temple was rebuilt in early Republic of China. In 1999, the Liancun Village was enrolled onto the first batch of historical cultural villages approved by Fujian Provincial People's Government. In 2004, Liancun Village was awarded by Ningde and Fu’an as a base for patriotic and uncorrupted education.

[IMG_256](http://www.bytravel.cn/Landscape/40/jinzhonghuduji)**（三）圆瑛故居**

圆瑛 ，光绪四年(1878年）生于古田县平湖乡端上村农家。为当代爱国名僧，佛教领袖。不仅佛学造诣精湛，且擅长诗文、书法，国内的主要禅林都留下他的遗墨，新中国成立后为中国佛教协会首任会长。

圆瑛故居位于平湖镇端上村，始建于明末崇祯年间。端上开祖文昌公，开村第一屋至今400多年，属明代样式二层木结构。主楼长10.5米，宽5.5米，计面积115.5平方米；其侧房为4Ｘ4米二层楼，计面积32平方米；总计面积147.5平方米。圆瑛居住此屋系圆公祖上遗产。只知圆公爷、父辈三代住进此屋。圆公是开村第十一代后裔，从出生至14岁在此屋居住。19岁在家养病，20岁即1897年，离开此屋不复返，距今112年。此屋此后交由堂侄吴贞玉看管、居住。贞玉于上世纪70年代搬出，此屋至今休闲已有30余载。 2008年对圆公故居进行修缮，并整理出圆公遗物如：过冬棉袄、生活用茶筒、照明竹纸灯、自学课桌、石凳、石枕、以及圆母、元铨公政绩德行勋匾和圆公叔谋生用具等遗物。

6.1.2. 3 Former Residence of Yuanying

Yuanying was born to a peasant family in Duanshang Village of Pinghu Township of Gutian County in the fourth year (1878) of Emperor Guangxu. He’s a famous patriotic monk and one of the Buddhist leaders. His accomplishments of Buddhism were exquisite, and he was also good at poems and calligraphy. The domestic main Buddhist temples still keep his works of calligraphy. He was the first inaugural President of the Buddhist Association of China after the founding of PRC (in 1949).

The former residence of Yuanying is located in Duangshang Village of Pinghu Township and was built during the years of Emperor Chongzhen’s reign in the late Ming Dynasty. It was the first house of his ancestor Grandpa Wenchang in the village with a history of more than 400 years. It’s a wooden structure of two stories from the Ming Dynasty. The main building is 10.5 meters long and 5.5 meters wide, and covers an area of 115.5 square meters. The attached house beside it has two stories of 4 x4 meters with an area of 32 square meters. The total area of these two buildings covers an area of 147.5 square meters. The residence is his ancestral heritage and it’s known that three generations of his have lived here. He’s one of the eleventh generation descendants and lived here from birth to 14 years old. At 19, he was recovering from poor health at home. At 20 (1897), he left the house and never came back. So far it has been 112 years. After Yuanying left, the residence was inhabited and taken care of by his nephew Wu Zhenyu. In the 1970s, Zhenyu moved out, so it has been uninhabited for more than 30 years. It was repaired in 2008, and his mementos have been collected such as his winter jacket, tea tin, bamboo paper lamp, self-study desk, stone bench, stone pillow, plaque of political achievement and virtues, living utensils and other mementos etc.

**（四）[游朴](http://baike.baidu.com/view/742482.htm" \t "http://baike.baidu.com/_blank)故居**

游朴 (1526-1599年)，柘荣县黄柏乡人。隆庆元年(1567年)中举人，万历二年（1574年）中进士后步入仕途。曾供职于吏部、刑部及四川、广东、湖广等地，政声卓著，在二十余载的为官生涯中，他清理冤狱、惩奸除恶、厉行改革、赈灾济困、兴修水利、清正爱民、政绩卓著，深受百姓敬重和当朝赞许，《福建省志》称赞“三主法司，无一冤狱”。

[游朴](http://baike.baidu.com/view/742482.htm" \t "http://baike.baidu.com/_blank)故居位于[霞浦县](http://baike.baidu.com/view/190752.htm" \t "http://baike.baidu.com/_blank)[松城街道](http://baike.baidu.com/view/2695268.htm" \t "http://baike.baidu.com/_blank)俊星村曲井头府前路72-2号。始建于明[万历](http://baike.baidu.com/view/38152.htm" \t "http://baike.baidu.com/_blank)年间（1573～1619年），坐北向南，二进合院式，占地面积1400平方米。依次由大门、天井、前厅、天井、书房、卧室等组成。主体建筑为抬梁、穿斗混合式，悬山顶，砖木结构。大厅面阔7间、宽23米，进深7柱、深14米，大厅木构架采用减柱造，跨间10多米。屋顶檩下斗拱装饰，地面用方砖铺成。天井地面用青石条铺成，大门已毁。整座房屋用材硕大，极具明代风格，是[霞浦县](http://baike.baidu.com/view/190752.htm" \t "http://baike.baidu.com/_blank)内唯一明代官宦人家建筑，2010年被霞浦县政府列入第八批县级文物保护单位。

6.1.2. 4 Former Residence of Youpiao

Youpiao (1526-1599) is from Huangbai Village of Zherong County. In the first year (1567) of Emperor Longqing, he succeeded becoming a Juren (a successful candidate in the imperial exams at the county-level). In the second year (1574) of Emperor Wanli, he succeeded being a Jinshi (the successful candidate in the highest imperial examinations) and began his political career. He had worked in the Ministry of Personnel Affairs, the Ministry of Judicial, and in places of Sichuan, Guangdong and so on with outstanding political achievements. In the 20 years of his official career, he was honest and upright and extraordinary at dealing with unjust verdicts, reform, relieving the people in disaster and giving them financial help, undertaking water conservancy projects Because he was honest and upright he was respected and praised by the people and the imperial government for “not making a single wrong ruling in Three Terms of Office” as recorded in the *Chronicles of Fujian.*

His residence is located at No. 72-2 Fuqian Road, Qujingtou, Junxing Village of Xiapu County. It was initially built during the years of Emperor Wanli (1573 ~ 1619). Following the traditional Chinese architectural layout, it lies against the north of the land and faces the south. It’s a courtyard type with two entrances, and covers an area of 1,400 square meters. It is composed of gate, well, front hall, study and bedrooms. The main structure is a mixed style of pillars and beams with an overhanging gable roof style. It’s made of wood and brick. The main hall is 23 meters wide and 14 meters deep and has 7 large rooms. The top of the roof is decorated with a system of brackets inserted between the top of a column and a crossbeam. The floor was paved with square bricks. The well is paved with green slates. The front door is broken. Lots of building materials were used for the construction with obvious Ming Dynasty styles. It’s the only remaining officer’s building of the Ming Dynasty in Xiapu County. In 2010, it was listed on the eighth batch of county-level cultural relic units for protection by Xiapu County Government.

**（五）罗文藻故居**

罗文藻，明万历四十年（1616－1691），生于福安县罗江罗家巷里巷村，为中国第一任华籍主教，于崇祯六年(1633年)秋领洗入教，1690年罗马教廷宣布在中国成立北京和南京两个主教区，与澳门分立，罗文藻为南京教区主教。其传教步伐遍布大江南北以及海内外，他又于顺治年间晋铎，成为一名多明我会会士，再成为主教，历经崇祯、顺治、康熙三代帝王，跨越两个朝代，一生为中国传教事业作出不可磨灭的贡献。

罗文藻的故居为土木结构，厅堂正面中间挂着一张从书里翻拍出来的黑白照片。由于年久失修，故居一部分已十分破旧，无人居住；另一部分由罗文藻的后人拆后用红砖重建。

6.1.2.5 Former Residence of Luo Wenzao

Luo Wenzao (1616-1691) was born in Lixiang Village, Luojia Alley, Luojiang of Fu’an City in the 40th year (1616) of Emperor Wanli in Ming Dynasty. He was the first Chinese bishop and was baptized in the sixth year (1633) of Emperor Chongzhen. In 1690, the Vatican announced to establish two episcopates in Beijing and Nanjing in China and separated with Macao. Then he was appointed bishop of Nanjing Episcopate. His missionary work is all over the world. He was promoted during the years of Emperor Shunzhi and became a member of the Duomingwoge Association, He serviced as bishop spanned two dynasties and encompassed the reign of three emperors, Chongzen, Shunzhi, and Kangxi. He made an indelible contribution to missionary work.

Luo’s residence is a structure of wood and soil. On the wall in the middle of the main hall, there hangs a likeness of him that was copied from a book. The residence is uninhabited and has not been maintained for many years. Descendants of Luo have rebuilt parts of the residence with red brick.

**第二节 宁德旅游线路**

**一、宁德蕉城区旅游线路**

线路1：天后宫（妈祖庙）→ 南祭公园→宁德东湖国家湿地公园 。

线路2：天王寺景区 → "中华畲族宫" → 戚继光公园。

线路3：霍童宏街宫 → 支提山（“天下第一山）。

线路4：三都澳 → 斗帽岛。

**6.2 Traveling Routes in Ningde**

**6.2.1 Inner Traveling Routes of Jiaocheng District**

Route 1: Tianhou Temple（Temple of Goddess Mazu）→Nanji Park → National Wetland Park of Donghu Lake

Route 2: Tianwang Temple Scenic Spot → “the She Ethnic Palace of China” →

Qi Jiguang Park

Route 3: Hongjie Palace of Huotong Town → Mount Zhiti (“No.1 Mountain in China”

Route 4: Sandu Bay → Doumao Island

**二、宁德市周边景点自驾游自驾游路线**

**（一）太姥山、霞浦杨家溪、福安白云山、三沙（嵛山）。**

线路1：G15高速公路(沈海线、同三线)在太姥山互通口下高速，按指示牌行走，即遇两个环岛均向右，进入秦太旅游公路，再行15公里即到太姥山景区大门。

线路2：南面方向出发到福州后，一路向北，途经马尾、连江、宁德、福安、霞浦、三沙（嵛山）、牙城（杨家溪）、太姥山（秦屿）。

线路3：北面方向出发到温州后一路向南，途径瑞安、平阳、苍南、分水关、福鼎、八尺门、太姥山（秦屿）、牙城（杨家溪）。

线路4：从其它方向到福鼎太姥山自驾游路线，一般先到温州或福州，再按上述线路行走。

**6.2.2 Self-driving Traveling Routes around Ningde**

6.2.2.1 How to get to Mount Taimu,→Yangjiaxi River in Xiapu County → Mount Baiyun in Fu’an City → Sansha (Yushan Island)

Route 1: Exit Expressway G15 ( Tongjiang - Sanya Expressway ) at Mount Taimu Exit and follow the signs from Qinyu to Mount Taimu. Drive another 15 kilometers to reach the scenic spot.

Route 2: Southern Part of Fujian to Mount Taimu

Directions: From Fuzhou, drive north through Mawei District, Lianjiang County, Ningde City proper, Fu’an City, Xiapu County, Sansha (Yushan Island), Yacheng (the Yangjiaxi River) and Mount Taimu (Qinyu Township).

Route 3: Zhejiang Province to the Yangjiaxi River

Directions: Set out to Beginning in Wenzhou City, drive south through Rui’an City, Pingyang, Cangnan, Fenshuiguan, Fuding City, Bachimen, Mount Taimu (Qinyu Township) and Yacheng (the Yangjiaxi River)

Route 4: Other regions to Mount Taimu

Directions: After arriving in Wenzhou or Fuzhou, use the above routes.

1. **屏南白水洋、鸳鸯溪宜洋景区、古田临水宫、翠屏湖。**

线路1：浙江或江西入闽，双溪入屏、白水洋、鸳鸯溪宜洋景区、双溪镇、千乘桥、 城关。  
线路2：福州、三都澳、漳湾下高速、八都、白玉入屏、际头古村、城关、千乘桥、双溪、白水洋、鸳鸯溪宜洋景区。

线路3：福州、闽清、水口、古田翠屏湖、古田临水宫、吉巷、甘棠入屏、甘国宝故里、城关、千乘桥、双溪、白水洋、宜洋景区。

线路4：温州、福鼎、太姥山、宁德漳湾下高速、八都、白玉入屏、际头古村、城关、千乘桥、双溪、白水洋、宜洋景区。  
线路5：宁德、虎贝、代溪入屏、九峰寺、甘国宝故里、城关、千乘桥、双溪、白水洋、鸳鸯溪宜洋景区。

线路6：从其它方向到屏南白水洋自驾游路线，可参考选择以上入屏后，再按上述线路行走。

6.2.2.2 How to get to the Baishuiyang River Square of Pingnan County, Mandarin Duck Stream of Yiyang Village, Lady Linshui Temple of Gutian County and Cuiping Lake.

Route1: From Zhejiang and Jiangxi provinces, begin scenic tour at Shuangxi Township of Pingnan County, and then visit Baishuiyang River Square, Mandarin Duck Stream of Yiyang Village, Shuangxi Township, Qiancheng Covered Bridge and the county proper.

Route 2: From Fuzhou City, follow the expressway to Ningde City and exit at Zhangwan, continue through Badu and Baiyu Township to Pingnan County. Begin tour at Jitou Ancient Village, Qiancheng Covered Bridge, Shuangxi Township, Baishuiyang River Square and Mandarin Duck Stream of Yiyang Village.

Route 3: Set off at Fuzhou City→ Fuqing City →Shuikou →Cuiping Lake of Gutian County →Lady Linshui Temple of Gutian County →Jixiang →arrive at Pingnan County from Gantang Township →Former Residence of General Gan Guobao →the county proper →Qiancheng Covered Bridge→ Shuangxi Township → Baishuiyang River Square → Mandarin Duck Stream of Yiyang Village.

Route 4: Set off from Wenzhou City→ Fuding City →Mount Taimu→ Exit the expressway at the exit of Zhangwan →Badu Township →arrive at Pingnan from Baiyu→ Jitou Ancient Village →the county proper →Qiancheng Covered Bridge →Shuangxi River →Baishuiyang River Square→ Mandarin Duck Stream of Yiyang Village.

Route 5: Set off at Ningde City →Hubei Village →get to Pingnan County from Daixi Township →Nine Peaks Temple →Former Residence of General Gan Guobao →the county proper →Qiancheng Covered Bridge →Shuangxi Township →Baishuiyang River Square→ Mandarin Duck Stream of Yiyang Village.

Route 6: From the other directions to Baishuiyang River Square one can drive to Pingnan County first and then follow the above directions.

**（三）宁德三都澳**

线路：可选择走沈海高速公路到“飞鸾、三都澳”出口，沿着城澳疏港公路到城澳码头，然后乘坐快艇到斗姥风景区。

6.2.2. 3 How to get to Sandu Bay

Directions: Exit the Shenyang City to Haikou City expressway at Sandu Bay of Feiluan Township, then go along the coastal port road to Cheng’ao Pier, and there take a speed boat to the Doumao Scenic Spot.

1. **周宁鲤鱼溪、九龙漈瀑布。**

线路1：宁武高速、周宁鲤鱼溪、九龙漈瀑布。

线路2：福州、罗宁高速、福宁高速、宁武高速、周宁鲤鱼溪、九龙漈瀑布。

6.2.2.4 How to get to the Carps Brook and Nine-Dragon Waterfalls of Zhouning County

Route 1: Ningde-Wuyishan Expressway →the Carps Brook →the Nine-Dragon Waterfalls.

Route 2: Fuzhou City→ Luoyuan-Ningde Expressway →Fuzhou-Ningde Expressway →Ningde–Wuyishan Expressway →the Carps Brook →the Nine-Dragon Waterfalls in Zhouning County.

**（五） 福安白云山、溪塔葡萄沟、九龙洞景区。**

线路：福州、宁德、福安赛岐、廉村、穆阳镇---溪塔（全国第三大葡萄沟、畲乡文化）、蟾溪村、（九龙洞上下两个主景区之间）、白云山莲花寺（或白云道观）。

6.2.2.5 How to get to Mount Baiyun of Fu’an City, Xita Grape Valley and the Scenic Spot of Nine-Dragon Caves

Route : Fuzhou City →Ningde City→ Saiqi Town of Fu’an City→ Liancun Village→ Muyang Township→ Xita Village (the third largest grape valley in China and the She Ethnic culture) →Chanxi Village (between the main scenic spots of the upper and lower Nine-Dragon caves) →Lotus Temple of Mount Baiyun (or the Taoist Temple of Mount Baiyun ).

**（六）柘荣东狮山、九龙井、鸳鸯草场、流桥溪大峡谷**

线路：福州、沈海高速、宁上高速、沈海复线福安至柘荣。

6.2.2. 6 How to get to Mount Dongshi of Zherong County, Nine-Dragon Well, Mandarin Duck Meadow and Liuqiaoxi Grand Canyon

Route: Fuzhou City→ Shenyang-Haikou Expressway →Ningde-Shangrao Expressway → branch of Shenyang-Haikou Expressway to Fu’an City and then to Zherong County.

**第三节 宁德交通指南**

**一、航空**

宁德机场位于[霞浦县](http://baike.baidu.com/view/190752.htm" \t "http://baike.baidu.com/_blank)，属于支线机场。根据海西经济区合理布局支线机场的要求，近期按4C飞行区等级，建设宁德霞浦机场民航扩建工程。能满足B737、A320、MD90等系列I、II类飞机起降。并有序开辟国内大中城市航线，积极拓展民航业务。

**6.3 Ningde Transportation Information**

**6.3.1 Air Transportation**

Ningde Airport is located in Xiapu County and is a regional airport. It is constructed according to the layout requirements of the Western Taiwan Strait Economic Zone, 4C flight level, and the recommendations of the civil aviation expansion project of Xiapu and Ningde. It meets the take-off and landing requirements of aircrafts of Class I and II series like B737, A320, and MD90 etc. Efforts are being made to open up gradually aviation lines to large and medium-sized cities at home and to expand the civil air transportation business.

1. **铁路**

自2010年起，宁德已开通了温福铁路和合福高铁路宁德段。正在建设中的；衢宁铁路与温福铁路形成“一横一纵”的格局。“十二五”期间，推进“三纵五横”铁路网建设，里程783公里。届时宁德人民通过铁路交通前往全国各地将非常方便。

宁德动车站（火车站）位于东侨新区，隶属南昌铁路局管理，现为二等站。有公交6、18、20、22到达市内各个方向。

**6.3.2 Railway Transportation**

Wenzhou–Fuzhou Railway and Hefei–Fuzhou High-Speed Rail have been in use since 2010. Quzhou–Ningde Railway is under construction. This will form a layout of “one horizontal and one vertical line” in Ningde. The 12th Five-Year Plan, calls for a railway network of "three longitudinal and five horizontal lines" with a mileage of 783 kilometers. Once completed, the people of Ningde will find it more convenient to travel around the nation by railway.

Ningde Railway Station is located in the new area of Dongqiao Economic Development Zone under the management of Nanchang Railway Bureau. It’s a second-class station now. Buses No. 6, 18, 20, and 22 provide service to the station.

**三、公路**

宁德的公路交通十分便捷，可通往全国各地，主要有沈海高速（G15高速）、宁武高速、福宁高速、沈海复线。

沈海高速公路是沈阳—海口国家高速公路，简称“沈海高速”，编号为G15，起点在沈阳，终点在海口，途经辽宁、山东、江苏、浙江、福建、广东、海南七个省，全长3710公里，是唯一 一条贯通中国东南沿海地区的高速公路。其中途经福建宁德段的[福鼎市](http://baike.baidu.com/view/190760.htm" \t "http://baike.baidu.com/_blank)、[霞浦县](http://baike.baidu.com/view/190752.htm" \t "http://baike.baidu.com/_blank)、[福安市](http://baike.baidu.com/view/62759.htm" \t "http://baike.baidu.com/_blank)和[蕉城区](http://baike.baidu.com/view/691404.htm" \t "http://baike.baidu.com/_blank)。

宁武高速公路宁德段起于沈海线福宁高速公路湾坞枢纽互通，终于闽赣界的武夷山汾水关，与江西省路段衔接，全长301.39公里，经宁德福安、周宁等县、市，终于南平政和县，与南平段相接。其主线长约62.1公里，另建屏南高速公路连接线约22.6公里。设置设[福安](http://baike.baidu.com/subview/119105/11020557.htm" \t "http://baike.baidu.com/_blank)、[白云山](http://baike.baidu.com/subview/2153/5065572.htm" \t "http://baike.baidu.com/_blank)、[周宁](http://baike.baidu.com/subview/19925/6304161.htm" \t "http://baike.baidu.com/_blank)、[屏南](http://baike.baidu.com/view/887096.htm" \t "http://baike.baidu.com/_blank)、[白水洋](http://baike.baidu.com/subview/170655/12659114.htm" \t "http://baike.baidu.com/_blank)等收费站5个

宁德有两个长途汽车站既汽车南站位于万安西路8号，北站位于[蕉城区建新路21号](https://www.sogou.com/web?query=%E8%95%89%E5%9F%8E%E5%8C%BA%E6%B1%BD%E8%BD%A6%E5%8C%97%E7%AB%99%E5%BB%BA%E6%96%B0%E8%B7%AF21%E5%8F%B7" \t "https://www.sogou.com/_blank)。

汽车南站问询电话：（0593）7866907 （0593）2926131

汽车北站问询电话：（0593）28222292 (0593) 2837845

**6.3.3 Highway Transportation**

Highway networks in Ningde provide convenient links to every part of the country. The main routes are Shenyang-Haikou Expressway (Expressway G15), Ningde-Wuyishan Expressway, Fuzhou - Ningde Expressway and Second Shenyang -Haikou Expressway.

Shenyang -Haikou Expressway is a national highway and numbered as G15. It was briefly called “Sheng-Hai Expressway”. Beginning in Shengyang City and ending in Haikou City, it passes through the 7 provinces of Liaoning, Shandong, Jiangsu, Zhejiang, Fujian, Guangdong and Hainan for a total of 3,710 kilometers. It passes through Fuding City, Xiapu County, Fu’an City and Jiaocheng District in Ningde City and is the only expressway along the southeast coastal areas of China.

Ningde-Wuyishan Expressway starts at Wanwu Interchange of Fuzhou- Ningde Expressway and ends in Fenshuiguan of Wuyishan City in the border of Fujian and Jangxi Provinces, and extends to Jiangxi Province. The total length is 301.39 kilometers. It goes through Fu’an City, Zhouning County and ends at Zhenghe County of Nanping City. The main line is about 62.1 kilometers long, and a branch line of 22.6 kilometers has been built to connect with Pingnan. And five toll gates in Fu’an, Baiyunshan, Zhouning, Pingnan and Baishuiyang River Square have been set up.

There are two long-distance bus stations in Ningde. The southern bus station is located at No.8 Wanan West Street and the northern bus station is located at No.21 Jianxin Street of Jiaocheng District.

Inquiry phone number of the southern bus station: （0593）7866907 / （0593）2926131

Inquiry phone number of the northern bus station:（0593）28222292 / (0593) 2837845

**四、水路**

宁德港分为四个港区，分别为：三都澳港区、赛江港区、三沙港区、沙埕港区，是福建省沿海港口的重要组成部份、也是福建省最早对外开放的港口之一。光绪二十九年，美、日开辟了三都澳至福州、温州、青岛、烟台、牛庄、宁波、苏门答腊等地的航线，1985年与香港正式通航、1992开通直达香港、上海、广州、青岛等9条不定期的海上航线，2006年获准为金门、马祖、澎湖直航货运口岸，并开通宁德漳湾—辽宁营口内贸集装箱航线，2014年首次与阿尔巴尼亚通航。

**6.3.4 Waterway Transportation**

Ningde Port is divided into the four operational zones of Sandu Bay, Saijiang, Sansha and Shacheng. Being one of the first ports of the Fujian Province to open to the outside world, it plays an important role. In the 29th year of Emperor Guangxu, America and Japan opened shipping routes from Sandu Bay to Fuzhou City, Wenzhou City, Qingdao City, Yenta City, Niuzhuang City, Ningbo City and Sumatra, etc. Navigation between Ningde Port and Hong Kong began in 1985. In 1992, nine irregular shipping routes were opened to Hong Kong, Shanghai, Guangzhou and Qingdao etc. Direct shipping and freight-transport were approved to Jinmen, Mazu and Penghu of Taiwan in 2006. Meanwhile a container route for domestic trade from Zhangwan Port to Yingkou Port of Liaoning Province was opened. In 2014, the first navigation line with Albania began.

**五、公交车**

宁德的公交线路四通八达，十分便利。公交车以空调大巴为主，小型公共汽车为辅，空调大巴实行无人售票制，自备零钱，市区6条运距在10公里以上的公交线路,票价2元制,运距在10公里以下的票价一元制，夏天开空调，调整为1.5元。小型公交大部分是去人流量较少的郊区村镇，票价根据路程的远近在3--5元。

**6.3.5 Public Bus Service**

Ningde has a convenient public bus service in all directions. Large air-conditioned buses run on the main roads and minibuses run through the back roads of the city or suburbs. Bus fares are paid by scanning a prepaid card or customers must be ready with the exact amount of cash. The fare for 6 bus routes with a total route distance of 10 kilometers or more is 2 yuan. The fare for bus routes less than 10 meters is 1 yuan except in summer when the cost goes up to 1.5 yuan to offset the cost of air-conditioning. Most of the minibuses go to the suburbs and their ticket prices range from 3 to 5 yuan according to the distance.

**第四节 宁德主要酒店**

1. **宁德主要五星级酒店**

**（一）万达嘉华酒店**

万达嘉华酒店是万达酒店及度假村管理集团旗下的五星级品牌酒店。主楼高20层，共拥有290间豪华舒适、设施齐备的客房与套房，餐饮设施包括可提供国际美食的全日制餐厅、环境幽雅时尚的中餐厅、特色餐厅和大堂酒廊，同时酒店设有1，200平方米的无柱式大宴会厅和6个多功能厅，可承办国际性大型宴会的地标性场所。另外，酒店还设有室内恒温游泳池、健身中心及美容美发沙龙等康乐设施，旨在为宾客提供理想的休憩场所

酒店地址：宁德市蕉城区天湖东路1号

酒店客服电话：0593-2511111-6601

周边环境：万达广场、兴业证券、沃尔玛、广电大厦。

交通信息：坐落于市内繁华都市商圈，距离宁德火车站、汽车南站、北站大约10分钟车程，距宁德国家湿地公园（南岸、北岸公园）、塔山公园仅5--8分钟车程。

**6.4 Major Hotels in Ningde**

**6.4.1 Major Five-Star Hotels in Ningde**

6.4.1.1 Wanda Realm Ningde

It is a five-star hotel under management of Wanda Realm Hotels and Resorts Group. Its main building is 20 stories with 290 comfortable and well-equipped guest rooms and suites. Its catering facilities include daily dining rooms of international food, cozy and trendy Chinese restaurants, distinctive dining rooms, large scale halls, and wine corridors. Additionally, the hotel provides a 1,200-square meter pillar-less hall and 6 multi-functional halls which can host large international banquets. The hotel is also equipped with constant warm indoor swimming pool, fitness center, and beauty salons making it an ideal place for guests to stay.

Hotel Address: No.1 Tianhu East Road, Jiaocheng District, Ningde City

Hotel Telephone: 0593-2511111-6601

Nearby landmarks: Wanda Plaza, Xingye Securities, Wal-Mart, Broadcasting and Television Building.

Traffic Information: it is located in the downtown area and about 10 minutes' drive from Ningde Railway Station, South Bus Station, and North Bus Station. It is only 5 to 8 minutes drive to Ningde National Wetland Park (Northern and Southern Park), and Tashan Pagoda Park.

**（二）福鼎金九龙大酒店**

金九龙大酒店是集商务客房、购物、休闲、娱乐、中西美食、商务、会议为一体的综合性公共建筑，定位为顶级国际商务酒店。酒店层高23层，拥有各类商务客房约450间（套）（主楼约290间（套）、副楼公寓房约160间（套），设有行政商务楼层。酒店内设中餐（闽菜、瓯菜、粤菜及各大菜系）、豪华宴会厅、西餐、日本料理、咖啡厅、大堂吧、室内游泳馆、健身中心、精品店、银行等、可同时容纳约600人设备先进的多功能国际会议厅、中、小型会议室及多媒体培训室，设施一流的酒店康体娱乐场所，拥有约54个KTV包间、约38个豪华桑拿包间、时尚演绎厅等项目。

酒店地址：桐南新城玉龙北路66号

酒店电话0593-7666666传真0593-7666629

交通信息：距市中心0.5公里 、火车站5公里 、温州龙湾机场约90公里，车程约70分钟、汽车北站约1公里。

6.4.1.2 Jin Jiulong Hotel

It is a comprehensive hotel that provides accommodation, shopping, leisure, entertainment, eastern and western cuisine, business conferences, and so on. It is a top-star international hotel of 23 stories with 450 guest rooms and suites, of which 290 are rooms or suites in the main building and 160 are in the attached building. There are business and administration floors and restaurants of various cuisines of Fujian, Wenzhou, and Guangdong and other major cities, as well as luxurious banquet halls, western and Japanese restaurants, coffee bars, lobbies, indoor swimming pool, fitness center, boutiques, and banks etc. There are also well-equipped multi-function halls of various sizes that can hold 600 guests at a time for international conferences, seminars and multi-media training. There are 54 KTV rooms, 38 luxurious sauna rooms and fashion show halls.

Hotel Address: No. 66, Yulong Bei (North) Road, Tongnan Xincheng (New Town)

Hotel Telephone: 0593-7666666 Fax: 0593-7666629

Transportation Information: It is just half kilometer to downtown of Fuding City, one kilometer to the north bus station, 5 kilometers to the train station and 90 kilometers to Wenzhou Longwan International Airport about 70 minutes' drive.

**（三）福建东方帝景国际酒店(霞浦)**

宁德霞浦帝景国际酒店是霞浦目前唯一一家五星级酒店，酒店楼高13层，拥有各类客房共228间，餐饮包厢23个及两个可容纳100-300人大型宴会厅。酒店提供专业会议室、棋牌室、游泳池、购物中心、音乐会所及大堂吧，还拥有200个停车位的免费停车场。

地址：霞浦县太康路365号(阳光城对面)

电话0593-8799999传真0593-8769222

交通信息：距市中心1公里步行约10分钟可到酒店、福宁长途汽车直线0.507公里，北站直线1.9公里、汽车站2.3公里、火车站3.3公里。

周边景点：距杨家溪仅20分钟车程，太姥山30分钟的车程、所有的摄影点车程5--10分钟。

6.4.1.3 Oriental Royal View Hotel Xiapu, Fujian

It's the only five-star hotel in Xiapu. It is 13 stories high with 228 guest rooms, 23 dining rooms, and 2 large convention rooms that will accommodate 100 to 300 guests at one time. It also provides specialized meeting rooms, chess rooms, swimming pool, shopping center and music bar and lobby etc. Free parking is available for 200 cars.

Address: No. 365 Taikang Road, Xiapu County Proper

Tel: 0593-8799999 Fax: 0593-8769222

Transportation Information: It is about 1 kilometer to the downtown or about a 10 minute walk, It’s about 0.507 kilometers to the Funing Long-Distance Bus Station, 1.9 kilometers to the North Bus Station, 2.3 kilometers to the bus station of Xiapu and 3.3 kilometers to the train station.

Surrounding Scenic Spots: 20 minutes to the Yangjiaxi River, 30 minutes to Mount Taimu and about 5 to 10 minutes to all the beach photographing spots for photographers.

1. **宁德主要四星级酒店**

**（一）美伦大饭店**

美伦大饭店，地处高速公路宁德市区的出口要道，是宁德市首家按四星级标准兴建的旅游涉外饭店，大饭店楼高10层，共有客房总数179间（套），标间面积30平米、有中西餐厅及豪华餐饮包厢，聘请名厨主理，提供粤、闽及当地特色菜肴，有国际会议厅及会见厅等5个会议室，可按纳10-350人的各种类型会议，配有全省领先水平的高科技设施设备，智能化的会议保密系统及管理系统，专业的服务队伍，全方位地保障会议及各种宴会的顺利进行。大饭店地理位置得天独厚，交通便捷，风格独特。旅游景区、购物中心举步可至、是商务、旅游客人的首选之地。

地址：中国宁德市站前路28号

大饭店电话：(0593)2929888

交通信息：距市中心3公里7分钟车程。汽车南站约1公里行车约3分钟，汽车北站约4.6公里、行车约15分钟。

周边环境：距宁德国家湿地公园（南岸、北岸公园）、塔山公园仅10分钟车程。

**6.4.2 Major Four-Star Hotels in Ningde**

6.4.2.1 Meilun Hotel

It is located near the exit of the expressway and was designed and built according to four-star international hotel standards. It is 10 stories high with 179 guest rooms and suites of 30 square meters each. There are eastern and western restaurants and luxurious dining halls. Well-known chefs are hired to provide Cantonese and Fujian and local cuisines. There are five international convention halls and other meeting rooms that can hold 10 to 350 guests at a time. The hotel is equipped with hi-tech facilities, smart secrecy and management systems as well as professional service teams so as to guarantee the smooth process of all the meetings and banquets. Its unique style enjoys an advantageous location with convenient transportation. Scenic spots and shopping centers are within walking distance which is an ideal choice for all the businessmen and tourists.

Address: No. 28, Zhanqian Road, Ningde City proper

Transportation Information: It is respectively 3 kilometers for about 7 minutes' drive to the downtown area; about 1 kilometer for about 3 minutes' drive to the South Bus Station; and 4.6 kilometers about 15 minutes' drive to the North Bus Station.

Surrounding Scenic Spots: about 10 minutes' drive to Ningde National Wetland Park (North and South Shores) and the Pagoda Hill Park.

**（二）宁德山水大酒店**

山水大酒店位于宁德市闽东路的商务黄金地，楼高15层，附楼高4层，按四星级标准设计装修，拥有157间各类高级客房，标间面积31平米，三楼国际会议厅可容纳250人，五楼三个会议室分别可容纳30、40、120人。中餐厅可同时接纳600人用餐。咖啡厅`、酒吧、夜总会、桑拿、保健中心、美容美发中心、健身房、网球场游泳池及票务旅游等完善的服务项目设施，是一座豪华型的综合性商务旅游酒店。

酒店地址：东侨区闽东中路18号（联通大楼旁）

酒店电话：电话：(0593)2918888

交通信息：距市中心1公里，车程3分钟

周边环境：中国连通宁德分公司，建设科技大厦，地税局，高级中学均为宁德标志建筑物。

6.4.2.2 Ningde Landscape Hotel

It is located at the golden business section on Mindong Road of Ningde City proper. It is 15 stories high with an attached building of four floors. It was designed and decorated according to a four-star hotel standards with 157 various guest rooms of 31 square meters each. On the third floor there is a convention room which can hold 250 guests. On the fifth floor there are three meeting rooms that each can hold 30, 40 and 120 persons respectively. Its Chinese restaurant at a same time can receive 600 guests. It is also equipped with coffee bar, night club, sauna, healthcare center, beauty salon, tennis court, swimming pool and ticketing and traveling service booths etc. It is a luxurious and comprehensive hotel for business and travel.

Address: No.18, Mindong Zhong Road, Dongqiao District (by the UNICOMM BUILDING)

Tel: (0593)2918888

Transportation Information: It is 1 kilometer to the downtown area about 3 minutes drive.

Nearby Landmarks: Ningde Unicom Building, Hi-Tech Building of Construction, Local Taxation Bureau Building, and High School etc.

**（三）宁德东方国际大饭店**

东方国际大饭店集餐饮、客房、会议接待、夜总会、桑拿休闲、超市购物为一体。饭店主楼高15层，客房总数160间（套），内配备各类规格的客房、套房及总统套房；同时设有各类大、中、小型会议室。餐饮方面由香港潮福城名厨主理，中餐厅提供美味粤菜、港式茶点、闽菜等，同时还有意式旋转餐厅。

酒店地址：宁德市蕉城区八一五中路1号(东方大厦对面)

大饭店电话：(0593)2076666

交通信息：距[汽车北站](http://hotel.mapbar.com/hl57_n9094170/" \t "http://hotel.mapbar.com/143257/map/_blank" \o "查看宁德汽车南站周边的宾馆酒店)约0.46公里，[汽车南站](http://hotel.mapbar.com/hl57_n9094170/" \t "http://hotel.mapbar.com/143257/map/_blank" \o "查看宁德汽车南站周边的宾馆酒店)、约3.17公里

周边环境：东宁购物广场、东方康宁购物广场、宁德第一医院、建设银行、中国银行宁德分行、肯德基宁德餐厅、兰韵茶楼等。

6.4.2.3 Oriental International Hotel

It is a comprehensive hotel that provides catering, guestrooms, convention reception, night club, sauna, leisure and shopping service etc. It is 15 stories high with 160 guest rooms including standard, suites, and a presidential suite. In addition, it is equipped with meeting rooms of large, medium and small sizes. The catering service is provided by famous chefs from Hong Kong. Its Chinese restaurant serves delicious Cantonese and Hong Kong tea snacks and there is also a rotating Italian restaurant.

Address: No. 1, 815 Mid Road, Jiaocheng District proper of Ningde City

Tel：(0593)2076666

Transportation Information: It is only 0.46 kilometer to the North Bus Station, and 3.17 kilometers to the South Bus Station.

Nearby Landmark Buildings: Dongning Supermarket, Dongfang Kangning Supermarket, No. 1 Hospital of Ningde City, Construction Bank, Ningde Branch of Bank of China, KFC, Lanyun Tea House and so on.

**（四）宁德唐城金海湾大酒店**

金海湾大酒店位于宁德市东侨区，毗邻市政府，揽东湖国家湿地公园的迷人风景。由主楼、附楼组成，总建筑面积约为39000平方米，集住宿、餐饮与休闲娱乐于一体，配套设施齐全。酒店内有邮政服务、免费WiFi、多种语言服务人员、旅游服务、专职行李员、免费停车场、前台贵重物品保险柜、公共区域闭路电视监控系统、商务中心、会议服务、取款机、茶室、商品部、大堂吧、残障人客房、咖啡厅、电子结账系统、大堂无障碍通道、中餐厅、西餐厅、宴会厅、棋牌室、卡拉OK厅、夜总会等。

酒店地址：宁德市东侨经济开发区闽东东路3号(市总工会附近)

酒店电话：0593-2577777

交通信息：距动车站仅2公里，汽车北站4.9公里、汽车南站3.1公里。

周边环境：[市规划馆](http://www.sunnychina.com/hotel/poi_2958823.html" \t "http://www.sunnychina.com/hotel/_blank" \o "宁德市博物馆附近酒店)，国家湿地公园（[宁德长江支队纪念亭](http://www.sunnychina.com/hotel/poi_16494077.html" \t "http://www.sunnychina.com/hotel/_blank" \o "宁德长江支队纪念亭附近酒店)）、[宁德市会展中心](http://www.9tour.cn/dibiao/jnrmrofmnseqpoe4/)、市体育中心、[塔山](http://hotel.mapbar.com/TaShan_8961432_57_mark/" \t "http://hotel.mapbar.com/112974/_blank" \o "查看塔山到酒店的公交路线以及位置)等。

6.4.2.4 Golden Coastal Hotel of Ningde

It is located in Dongqiao District near the Municipal Government and overlooks the beautiful scenery of the Ningde National Wetland Park. It consists of the main and attached buildings for a total area of 39,000 square meters. It provides accommodations, catering, leisure and entertainment together with well-equipped facilities. It offers postal service, free WiFi, multi-lingual clerks, tourism guide, bell service and free parking, safes for valuables at the reception, public and closed-circuit monitoring, business center, convention halls, ATM's, tea house, shops, lobby bar, accessible rooms, coffer bar, e-billing system, accessible lobby, Chinese and western restaurants, banquet halls, chess rooms and Karaoke rooms , and night clubs etc.

Address: No.3 Mindong Dong (East) Road, Dongqiao Economic Development Zone of Ningde City (by the Workers Union Building)

Transportation Information: It is respectively 2 kilometers, 4.9 kilometers and 3.1 kilometers to the Train Station, the North Bus Station and the South Bus Station.

Surrounding：Municipal Planning Hall, National Wetland Park (Memorial Pavilion for the Changjiang Branch), Municipal Expo Center, Municipal Sports Center, and the Pagoda Hill, etc.

**（五）华尔道夫世鸿大酒店由世鸿**

酒店位于北岸公园正对面，是宁德市最大的酒店，更是宁德市形象工程。主楼高9层，客房总数181间（套）。是集住宿、商务、旅游、会议接待、中西餐饮、娱乐休闲等功能于一体的豪华大型四星级旅游涉外酒店，建筑面积68000平方米，总占地面积75亩。酒店内设有商务中心、会议服务、公共区域闭路电视监控系统、、多功能厅、取款机、前台贵重物品保险柜、视听设备、茶室、西餐厅、中餐厅、宴会厅等，提供免费WIFI、停车场、火车站往来班车服务。

酒店地址：东侨开发区北湖滨路3号（北岸公园正对面）

酒店电话：400-626-5577 （预约）  
交通信息：距火车站2.2公里、[汽车北站](http://hotel.mapbar.com/hl57_n9094172/" \t "http://hotel.mapbar.com/112974/map/_blank" \o "查看宁德客运站周边的宾馆酒店)约6公里、南站约2.52公里。

周边环境：距约0.22公里[长江支队纪念亭](http://hotel.mapbar.com/ChangJiangZhiDuiJiNianTing_15480157_57_mark/" \t "http://hotel.mapbar.com/112974/_blank" \o "查看长江支队纪念亭到酒店的公交路线以及位置)、[塔山](http://hotel.mapbar.com/TaShan_8961432_57_mark/" \t "http://hotel.mapbar.com/112974/_blank" \o "查看塔山到酒店的公交路线以及位置)、[宁德市会展中心](http://www.9tour.cn/dibiao/jnrmrofmnseqpoe4/)、[市规划馆](http://www.sunnychina.com/hotel/poi_2958823.html" \t "http://www.sunnychina.com/hotel/_blank" \o "宁德市博物馆附近酒店)，国家湿地公园。

6.4.2.5 Waldorf Shihong Hotel Ningde

It is located in front of the Northern Lakeside Park. It is the largest and the exemplary hotel of Ningde City. Its main building is 9 stories high with 181 guest rooms and suites. The large 4-star luxurious hotel covers 68,000 square meters over a land area of 75 Mu. It provides comprehensive services include accommodations, business center, tourism assistance, convention center, eastern and western cuisines, entertainment and leisure center, public and closed-circuit monitoring systems, multi-functional halls, ATM's, safes for valuables, audio and video facilities, tea house, banquet halls, free WIFI, parking lots, and a shuttle bus to the train station.

Address: No.3 Bei(North) Hubin Road, Dongqiao Economic Development Zone (opposite the northern lakeside park)

Tel: 400-626-5577 （Reservation）

Transportation Information: It is 2.2 kilometers from the Train Station, 6 kilometers from the North Bus Station, and 2.52 kilometers from the South Bus Station. Surrounding Landmarks: Memorial Pavilion for the Changjiang Branch at 0.22 kilometers away; the Pagoda Hill; Municipal Expo Center, Municipal Planning Hall, Ningde National Wetland Park etc.

**（六）闽东宾馆**

闽东宾馆位于蕉城繁华中心，宁德市区104国道汽车北站旁，宾馆层高9层，共有152间客房、占地面积30亩，按照四星级酒店标准，精心设计，装修打造出具有地方民族文化内涵的现代化商务酒店，交通便捷、环境幽雅。酒店提供免费Wifi、停车位，有商务中心、会议室、中、西餐厅、提供邮政服务、多种语言服务人员、旅游服务、茶室、商品部、大堂吧、公共区域闭路电视监控系统、无障碍通道、宴会厅、棋牌室等。

酒店地址：福建省宁德市蕉城区蕉城北路26号

酒店电话：4006201356;0593-7163333

交通信息：距汽车北站直线277米，汽车南站直线4.5km、动车站约6.3公里。

周边环境：市公安局出入境办证大厅、汽车北站、新加坡商业步行街、建设银行等。

6.4.2.6 Mindong Hotel

It is located in the bustling downtown area near the north bus station on National Highway No. 104. It is 9 stories high with 152 guest rooms and covers 30 Mu of land. It was designed and built according to a 4-star hotel standards and was furnished with local ethnic characteristics. The location is convenient and the layout is quiet and tasteful. The hotel provides free WIFI, parking lot, business center, convention halls, Chinese and western restaurants, postal service, multi-lingual clerks, tourism, tea house, shops, lobby bar, public and closed-circuit monitoring system, accessible paths, banquet halls, and chess rooms etc.

Address: No. 26, Jiaocheng Bei Road, Jiaocheng District, Ningde City, Fujian.

Tel: 4006201356; 0593-7163333

Transportation Information: It is 277 meters from the North Bus Station, 4.5 kilometers from the South Bus Station, and 6.3 kilometers from the South Bus Station. Surrounding Landmarks: Exit and Entry Administration Hall of the Municipal Public Security Bureau, North Bus Station, Singapore Business Street and Construction Bank etc.

1. **宁德主要三星级酒店**

**（一）宁德最佳西方财富酒店**

宁德最佳西方财富酒店是美国最佳西方国际集团在宁德市的首家连锁酒店。酒店拥有148间多种风格、类型的客房，全面配置高品质的星级客用品、大屏幕数字电视等。环境雅致、舒适。  
 酒店同时为住客提供丰富的早餐品种和物美价廉的中晚商务套餐，内配设宽敞停车场，前台贵重物品保险柜、公共区域闭路电视监控系统、自动取款机、公共音响系统、非经营性客人休息区、多媒体演示系统、棋牌室、提供会议厅、商务中心、旅游票务服务、信用卡结算服务、商务服务、传真/复印、为商、旅宾客提供高性价比的住宿体验。

酒店地址：蕉城区蕉城南路39号（宁德一中对面）

酒店电话：0593-7167888 传真0593-7167777

交通信息：步行距蕉城区人民政府814米、火车站6.8公里、市中心3.1公里、汽车南站约3.7km。

周边环境：宁德一中、宁德实小、建设银行、市公安局、市劳动大厦等。

**6.4.3 Major Three-Star Hotels in Ningde**

6.4.3.1 Best Western Fortune Hotel Ningde

It is affiliated with the Best Western Fortune Hotel Group USA chain. It's elegant and comfortable environment includes more than 148 guest rooms of various styles that are well equipped with such things as big screen televisions. It provides a quality breakfast, lunch, and supper at a reasonable price. In addition guests enjoy free and spacious parking lots, safes for valuables at the reception, public and closed-circuit monitoring systems, ATM's, public music system, visitor rest zone, multi-media demo system, chess rooms, convention halls, business center, ticketing, credit card settling, business service, fax and copying.

Address: No. 39, Jiaocheng Nan Road, Jiaocheng District（Opposite No.1 Middle School）

Tel: 0593-7167888 Fax: 593-7167777

Transportation Information: It is respectively 814 meters, 6.8 kilometers, 3.1 kilometers and 3.7 kilometers to the People’s Government of Jiaocheng District, the train station, the downtown area and the south bus station.

Surrounding Landmarks: Ningde No.1 Middle School, Ningde Experimental Primary School, Construction Bank, Municipal Labor Building etc.

**（二）锦江都城宁德蕉城酒店**

锦江都城宁德蕉城于2014年6月正式加入锦江都城酒店，成为锦江国际集团旗下首批中高端轻艺术酒店。酒店位于宁德市蕉城区，坐落于万达广场，万达广场项目拥有约18万平米的大型国际购物中心，吃、住、购物、娱乐一应俱全。酒店以4星级标准进行装修，共计154间精装修客房，配有会议室、行李寄存、商品部、安全消防系统、公共区域闭路电视监控系统、提供免费Wi-Fi高速上网，免费停车、大堂免费报纸等等。能够满足所有商旅客人的住宿需求。每年接待宾客近10万人次。

酒店地址：蕉城区天湖东路1号万达广场3号楼

酒店电话：0593-2255666

交通信息：距火车站约5公里，汽车南站约3公里，汽车北店约3公里；

周边环境：沃尔玛、兴业证券、广电大厦、南岸公园、北岸公园等均在酒店2公里范围内。

6.4.3.2 Metropolis Jinjiang Hotel, Jiaocheng, Ningde

It officially joined Metropolis Jinjiang Hotels and became one of the first medium and high-end hotels of light music. The hotel is located in the 180,000 square meter Wanda Square shopping center and guests enjoy the convenience of its food, shopping, and entertainment. It was designed and furnished according to a 4-star hotel standards with 154 exquisitely decorated rooms and equipped with convention rooms, luggage rooms, shops, security and firefighting systems, public and closed-circuit monitoring system, free WIFI, free parking, lobby newspapers to meet the needs of guests. Each year nearly 100,000 guests are received.

Address: No.3 Building, Wanda Square，at No.1 Tianhu Dong Road, Jiaocheng District.

Tel: 0593-2255666

Transportation Information: It is 5 kilometers to the train station, 3 kilometers to the south bus station, and 3 kilometers to the north bus station.

Surrounding Landmarks: Wal-Mart, Industrial Securities Building, Broadcasting and Television Building, South Lakeside Park, North Lakeside Park within 2 kilometers.

**（三） 宁德星程（原驿景）大酒店**

  星程大酒店店位于宁德市东侨开发区塔山路2号邮政大厦旁。88米高的20层主楼与院内25800多平方米的大型花园温情相拥。酒店拥有各类客房共109间(套)，可俯瞰宁德全城的迷人景致，配备KTV包厢30个，有两个不同规格的会议室以及能够容纳50多个车位的大型停车.无限时免费上网宽带、独立控制的中央空调系统、专用的豪华客梯、监控系统、消防报警系统等一应俱全。

酒店地址：塔山路2号邮政大楼，宁德邮局旁边（东侨开发区）

酒店电话：0593-2226668

交通信息：距市中心1.6公里、火车站4.9公里，汽车南站4.6公里，汽车北站6.9公里。

周边环境：万达广场，沃尔玛商业中心步行10分钟；工商银行、广电大厦、逸涛社区等。

6.4.3.3 Xingcheng Hotel (formerly Postal Hotel) of Ningde City

It is located at NO.2 Taishan Road, Dongqiao Economic Zone inside the Postal Building. The hotel has 20 stories, stands 88 meters high and contains 109 rooms overlooking the city. A 25,800 square garden located behind adds to the splendid environment. It is equipped with 30 KTV rooms, various meeting rooms and a large parking lot that can hold 50 cars. The hotel provides internet access, individually controlled central air conditioning, luxurious elevators, monitoring, and firefighting systems.

Address: No. 2 Taishan Road inside the Postal Building in Dongqiao Economic Zone

Transportation Information: It is 1.6 kilometers from downtown, 4.9 kilometers from the train station, 4.6 kilometers from the south bus station, and 6.9 kilometers to the north bus station.

Surrounding Landmarks: Wanda Plaza, Wal-Mart (10 minutes' walk), Industrial and Commercial Bank of China, Broadcasting and Television Building and Yitao Community.

**四、其他三星级酒店**

(一) 星程酒店宁德汽车北站店

地址：蕉城区蕉城北路29号(新佳坡步行街) 电话 0593-2372333

(二）宁德一品假日酒店（蓝天店）

地址：蕉城区京都商贸区银兴路1号。电话0593-2291111 传真：0593-2359111

(三）[宁德唯依主题酒店](http://hotel.qunar.com/city/ningde/dt-3315/?tag=ningde" \l "fromDate=2015-12-25&toDate=2015-12-26&q=%E8%95%89%E5%9F%8E%E5%8C%BA&from=list_page&fromFocusList=0&filterid=61ba4884-86f0-457e-8eaa-7e6c81cb3a4c_A&showMap=0&qptype=hotelarea&QHFP=ZSS_A8032CB9" \t "http://hotel.qunar.com/city/ningde/_blank" \o "宁德唯依主题酒店)

地址：蕉城区蕉城南路40号 电话0593-7187999传真0593-2512111

(四）[宁德东方国际威悦大酒店](http://hotel.qunar.com/city/ningde/dt-3145/?tag=ningde" \l "fromDate=2015-12-25&toDate=2015-12-26&q=%E4%B8%89%E6%98%9F%E7%BA%A7&from=list_page&fromFocusList=0&filterid=7a873e55-6878-417b-9d29-ba84f08beae2_A&showMap=0&qptype=dangci&QHFP=ZSS_A7FEE2B3" \t "http://hotel.qunar.com/city/ningde/_blank" \o "宁德东方国际威悦大酒店)

地址：蕉城区环城路21号(附小旁） 电话0593-8993666

(五）宁德财富假日酒店

地址：蕉城区东侨经济开发区 电话0593-2396999

**6.4.4 Three-Star Hotels in Ningde**

6.4.4.1 Xingcheng Hotel(A Branch near the North Bus Station)

Address: No. 29 Jiaocheng Bei Road, Jiaocheng District Tel: 0593-2255666

6.4.4.2 Yipin Hotel ( Lantian Branch)

Address: No. 1 Yinxing Road, Jingdu Commercial Zone, Jiaocheng District

Tel: 0593-7187999 Fax: 0593-2512111

6.4.4.3 Ningde Weiyi-Theme Hotel

Address: No. 40 Jiaocheng Nan Road, Jiaocheng District

Tel: 0593-7187999 Fax: 0593-2512111

6.4.4.4 Oriental International Junyue Hotel

Address: No. 21, Huancheng Road (by the Attached Primary School)

<Tel:0593-8993666>

6.4.4.5 Fortune Holiday Hotel of Ningde

Address: Dongqiao Economic Development Zone of Jiaocheng District

Tel: 0593-2396999

1. **宁德主要经济型酒店**

宁德速8酒店(汽车南站);宁德市蕉城南路98号-2

如家快捷酒店（宁德后岗国防教育中心店）;市蕉城区站前路12号

宁德一家大酒店;宁德市蕉城区蕉城南路103号

宁德锐思特汽车酒店（宁川店）; 宁德市蕉城区宁川南路

宁德城市快捷酒店; 宁德市蕉城区宁川北路城东花苑7号楼

[宁德蕉城时尚旅酒店](http://www.868e.com/Hotel_47923.html" \t "http://www.868e.com/_blank" \o "宁德蕉城时尚旅酒店); [宁德市蕉城区天湖东路1号万达广场](http://www.868e.com/hotel_dizhi_47923.html)

聚商音乐连锁酒店;宁德汽车南站店(原京港如家), 东侨经济开发区万安西路1号

汉庭酒店(宁德南环路商业街店);宁德市蕉城区蕉城南路8号

汉庭酒店(宁德万达店);蕉城区宁川北路2号

宁德华容快捷酒店; 蕉城区闽东中路郦景阳光大门口1号楼

6.4.4.5 Major Budget Hotels in Ningde

Super 8 Hotel (by South Bus Station), No.98-2 Jiaocheng South Road, Ningde;

Home Inn (inside the National Defense Education Center Building), No. 12 Zhanqian Road, Jiaocheng District, Ningde ;

Yijiada Hotel Ningde, No.103 Jiaocheng Nan Road, Jiaocheng District, Ningde;

Rest Motel Ningde (Ningchuan Branch)，Ningchuan Nan Road, Jiaocheng District;

City Fast Service Hotel, Building 7, Dongchengyuan, Ningchuan Bei Road, Jiaocheng District;

Vogue Hotel of Jiaocheng District of Ningde; No. 1 Tianhu Road, Jiaocheng District (near Wanda Plaza);

Jushang Music Hotel, by South Bus Station at No.1 Wan’an Xi Road, Dongqiao Economic Development Zone;

Hunting Inn (Nanhuan Business Street), No. 8 Jiaocheng Nan Road, Jiaocheng District;

Hunting Inn(Wanda Branch), No. 2, Ningchun Bei Road;

Huarong Fast Service Hotel, No. 1, Lijing Yangguang Gate, Mindong Zhong Road, Jiaocheng District.

**第五节 美食特产**

闽菜是全国八大菜系之一，以闽东、闽南、闽西、闽北、闽中、莆仙地方风味菜为主形成的菜系。以闽东和闽南风味为代表 ， 闽东风味，以福州菜为代表，主要流行于闽东地区，调味，偏于甜、酸、淡，喜加糖醋，各县市最具有特色的菜有：炒干贝（“瑶柱”，满金山）、泥钉冻、 福鼎“澎海”、古田“火麒麟”、屏南米烧兔、畲族乌米饭,爆炒章鱼等。

闽东风味小吃有：名元宵丸、肉丸 、芋蛋面、鼠曲糍、三沙粿、寿宁米糕、乌蛋粿，煎海蛎、土豆糕、古田盒面(卤面）、鸳鸯面（即苦椎面）、[继光饼](http://shop.bytravel.cn/produce2/7EE75149997C.html" \t "http://shop.bytravel.cn/produce/food/_blank)、泥鳅面、“三糍”（糯米糍、粳米糍、马铃薯糍）、“蛋燕”、[魔芋糕](http://shop.bytravel.cn/produce1/9B54828B7CD5.html" \t "http://shop.bytravel.cn/produce/food/_blank)、芦叶（菅）棕、八宝芋泥等。

**6.5 Gourmet Foods and Local Products**

Fujian Cuisine is one of the eight major cuisines of China and has developed out of the local cuisine characteristics from all over the province. Flavors of East and South Fujian have the strongest influence. The East Fujian flavor is represented by Fuzhou Cuisine and more popular in East Fujian (Mindong). The flavor tends to be sweeter and more sour due to the addition of sugar and vinegar but less salty. Typical dishes from different parts of Ningde include: Fried Mussel Meat with Water Chestnuts, Sea Worms Jelly or “Mud Nails”, “Penghai” Seafood Broth in Fuding, “Fiery Kylin” in Gutian, , Roast Rabbit over Rice in a Wok in Pingnan County, Black Rice of the She Ethnic People, and Fried Octopus etc.

Ningde has many snacks to offer such as Lantern Festival Pills, Meat Pill, Loach Noodles, Mashed Taro Noodles，Cottonweed Rice Cake， Shansha Sticky Rice Cake，Rice Dumpling of Shouning County, Fried Oyster Cake, Potato Cake, Braised Noodles in Gutian, Mandarin Duck Fruit Noodles, Jiguang Cake, Loach Noodle, three kinds of cakes ( of sticky rice, japonica rice, and potatoes), Konjac Cake, Dumplings in Reeds, Eight-Ingredient Mashed Taro etc.

**一、宁德美食**

**（一）炒干贝（“瑶柱”满金山）**

宁德酒席的必备菜，因为干贝炒出为黄色，蛋炒出也是黄色，寓意着充满财富象征和富贵气息。主料：干贝。辅料：荸荠（或地瓜）、五花肉，取其第2层或第4层的猪油肥肉、鸡蛋5，6个、葱白、适量盐巴和料酒。是先将干贝蒸熟或煮熟，隔着纱布搓成丝，再加入蛋液，荸荠末，也有人还会加上一些肥肉丁，混合起来一起炒。

**6.5.1 Ningde Local Gourmet Foods**

6.5.5.1 Fried Mussel Meat with Water Chestnuts

It is a must-have for banquets in Ningde because it looks golden which indicates prosperity and fortune. Main ingredients: mussels. Additional ingredients: water chestnuts ( or sweet potato), streaky pork of which the second or fourth tier oil is extracted, 5 or 6 eggs, onion root, some salt and rice wine. Cooking methods: First, steam mussel meat or boil it. Then smash it in a filter cloth. Fry it with some eggs, water chestnuts and some meat ends.

**（二）福鼎“澎海”**

福鼎“澎海”是一道羹汤，凡是婚宴、寿宴、乔迁酒等各类宴席必上“澎海”，而且是第一道，宾客们也能据此猜出其整场筵席的档次。这道羹汤用料很讲究，有档次较高的鱼翅、海参、螃蟹肉、土丁、鱼唇等。制作步骤：一是将主料切成丁或丝；二是在锅中倒入汤，主料下锅烧开后，放入辅调料；三是煮沸后，用湿淀粉勾芡；四是在沸锅中均匀淋上预先准备好并调拌成白色的蛋清，上桌前放一点葱花即可。

6.5.5.2 “Penghai” Seafood Broth in Fuding

It is a broth that is served as the first dish and a must-have at dinners of wedding, longevity and house-moving celebrations. Just according to this dish, guests can guess how much money is needed for the whole banquet. The broth has high standards for the ingredients and include shark skin, sea cucumber, crab meat, sea worms, fish lip meat etc. Preparing process: first chop the ingredients into small or thin slices; secondly pour soup into the wok and then the main ingredients and some seasoning; thirdly, after the broth is boiled, thicken the soup with some wet starch; fourthly, pour the prepared egg white on the boiled broth and then serve it with some onion leaves on it.

**（三）古田火麒麟**

火麒麟、酒席上的甜食。由煮熟的槟榔芋加入猪油、白糖和炒过的黑芝麻、红枣，装饰成银灰色的小山丘，用一小杯烧酒，在“山脚”均匀地浇绕—圈，用火柴将烧酒点燃，顿时像一座火焰山，就着烧酒点燃的火光，从“山顶”上吃起，可谓“闽东一绝”。

6.5.5.3 “Fiery Kylin” in Gutian

It is a desert unique to Mindong which is served at banquets. It is made from cooked sliced taros plus lard, sugar, fried sesames, and red dates. Arrange the ingredients into a small “mound”. Then pour a little cup of Chinese liquor around the foot of the mound and light it. Suddenly the desert will look like a fiery mound. The desert is eaten from top to bottom and the taste will vary throughout.

1. **畲族乌米饭**

畲族乌米饭唐朝(公元669年)以来是畲族同胞“三月三”过节的传统食品，它来自大自然乌稔树(也叫乌饭树)的绿色树叶泡制而成的色香味和开脾健胃驱湿膳疗作用。 二十世纪末经宁德市畲族乌米饭加工坊开发，现已成福建九地市和浙南等地设宴的佳肴，分别有红鲟乌米饭、竹桶乌米饭、太极乌米饭、荷叶乌米饭、菠萝乌米饭、草包乌米饭、乌米卷、八宝乌米饭(甜、咸)等品种。

6.5.5.4 Black Rice of the She Ethnic People

It is a traditional food of the She Ethnic people dating back to the Tang Dynasty (669 A.D.) and served on the "March 3rd" festival. The black color of the rice comes from natural Black Rice Tree leaves and traditional Chinese medicine states the rice is good for stomachs and spleens and drives "dampness' from the body. At the end of the 20th Century, the She Ethnic people set up black rice workshops to process varieties and now it has become a delicious dish at the banquets in the major cities of Fujian and even around the south of Zhejiang province. The varieties include black rice covered with red crabs, Tai Chi Black Rice, Lotus Leaf Black Rice, Pineapple Black Rice, Grass Wrap Black Rice, Black Rice Rolls, Black Rice with 8 Ingredients（both sweet or salty）.

1. **爆炒章鱼**

爆炒章鱼是福建省的汉族传统名菜，也是宁德酒席上必不可少的一道大菜。章鱼含有丰富的蛋白质、矿物质等营养元素，并还富含抗疲劳、抗衰老，能延长人类寿命等重要保健因子—天然牛磺酸，营养丰富，口感鲜嫩。

6.5.5.5 Fried Octopus

It is a traditional and famous dish in Fujian and also a must-have at banquets in Ningde. Octopus contains rich protein and other nutrient mineral elements as well as a key gene of natural taurine that can fight against fatigue, ageing and prolong life. It is indeed nutritious and tastes fresh and tender.

**（六）屏南米烧兔**

米烧兔是屏南最有特色的美食之一。它色味俱佳，油亮的兔皮呈米黄色，兔肉溢出阵阵米香，让你未食先流涎水。制作工艺独特，先在铁锅里放入大米，再用竹架托住宰杀的兔子，烧起微火让锅温慢慢烘干兔肉大部分水份，同时让米香逐渐渗入肉中。用餐时，将米烧兔切成细块，佐以糟姜、葱蒜以及摩芋丝等炒煮即可。

6.5.5.6 Roast Rabbit over Rice in a Wok in Pingnan County

It is one of the special gourmet foods in Pingnan County which looks and tastes good. The bright oily skin of the rabbit looks rice yellow and the rabbit meat emits a mouth-watering fragrance. The cooking process is unique. Put rice into the wok and hang the rabbit over the rice.

**（七）泥钉/土丁冻**

泥钉，蛆状动物，生活于滩涂表层、刚出土时呈土褐色，榨压洗净后，呈灰白色。制作时把洗净的“泥钉”放入锅里煮熟后加入水和适当的食盐。待水烧滚后把“泥钉”连同浓浓的汤汗装入碗中，八至十二小时后，整碗的汤汁就冻结起来了。味道鲜美，营养丰富，含有丰富的蛋白质和胶原蛋白,既美味又养颜.凡吃过“泥钉冻”的人都交口称赞其为“闽东第一冻”。

6.5.5.7 Sea Worms Jelly or “Mud Nails”

The worms live in the muddy shores. When they first get out of the mud, they look brown. After they are washed, they look gray and white. Cooking methods: put the washed sea worms into the wok to be cooked, then add some water and salt. After the water is boiled, pour the worms and the soup into bowls. After 8 to 12 hours, the whole bowl of soup will jell. It is fresh and nutritious with protein and collagen and looks good. Those who eat praise it as the "No. 1 Jelly of Mindong."

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