



Tibet Temptation

西藏，是一个有魔力的地方。在许多人的梦想里，或许都有一趟 西藏行。这是我第三次进藏，前两次均为自驾。为了更好地体验沿途人文风光，我选择骑行和露营，独自上路，直奔珠穆朗玛峰大本营、萨普冰川。

从张家界出发，经遵义、昆明、大理、丽江、香格里拉、芒康、左贡、八宿、波密、林芝、拉萨、日喀则、珠穆朗玛峰大本营、那曲等地，历经22天，全程9000余公里。累了，就搭帐篷小憩；饿了，就用干粮充饥。

西藏，就是一个彩色的童话世界。这里的天空更蓝，云更白，水更碧。骑行中，眼前场景随时变化，美不胜收。休息时，我也舍不得浪费时光。手机、相机、航拍器统统用起来，真希望能将这里的美 打包 带走。

魏泡菜 摄

Tibet is a magical place. In many people's dreams, there may be a trip to Tibet . This is my third trip to Tibet. The first two times were all self-driving. In order to preferably experience the cultural scenery along the way, I chose to cycle and camp, go on the road alone, and head straight to the Everest Base Camp and Sapu Glacier.

Starting from Zhangjiajie, passing through Zunyi, Kunming, Dali, Lijiang, Shangri-La, Mangkang, Zuogong, Bashu, Bomi, Linzhi, Lhasa, Xigaze, Everest Base Camp, Naqu and other places, it lasted 22 days and the whole journey is more than 9000 kilometers. When tired, I set up a tent to have a rest; when I am hungry, I use dry food to satisfy my hunger.

Tibet is a colorful fairy tale world. The sky here is bluer, the clouds are whiter, and the water is greener. During cycling, the scene in front of me changes at any time, which is beautiful. When resting, I can't bear to waste time. Mobile phones, cameras, and aerial cameras are all used, and I really hope to "package" the beauty here.

Photo by Wei Paocai



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## 你拍我晒

►9月9日，电视节目《中奥会客厅》摄制组在武陵源十里画廊景区拍摄外景。据了解，该节目由中央电视台和奥地利电视台联合制作，将于本月底在奥地利电视台等媒体播出。 邓道理 摄

On September 9, the film crew of the TV program China- Austria Guest Hall filmed the location in Wulingyuan Ten-mile Natural Gallery( Long Gallery )Scenic Area. It is understood that the program is jointly produced by CCTV and Austrian TV and will be broadcast on Austrian TV and other media at the end of this month.

Photo by Deng Dali



▲初秋，黄龙洞景区生态广场，百日菊、格桑花争相绽放，蝴蝶在花间飞舞，游人赏花陶醉。景区工作人员也忍不住忙里偷闲，快乐自拍。

吴勇兵 摄

In early autumn, in the Ecological Square of Huanglong Cave Scenic Area, Zinnia and Gesang flowers are blooming, butterflies are flying among the flowers, and tourist are intoxicated by the flowers. The staff in the scenic area couldn't help taking a leisurely time and take a happy self portrait.

Photo by Wu Yongbing



◀为了讨游客手中的苹果，一只猕猴尾随许久，眼睛牢牢地盯着。得到 奖赏 后，它迅速蹿到一旁，边啃边环顾四周，生怕有其他伙伴抢了去。

郑亚平 摄

In order to get the apples in the hands of tourists, a macaque followed for a long time, staring firmly. After receiving the "reward", it quickly jumped aside, gnawing and looking around, for fear that other partners would snatch it away.

Photo by Zheng Yaping