

### Shangri-la

In Tibetan, Shangri-la means "sacred and peaceful land". This is the Shangri-la depicted in James Hilton's novel Lost Horizon. After a careful investigation, it was determined that the beautiful Shangri-la described in Lost Horizon is in fact the city of Zhongdian, located in the Deqen Tibetan Autonomous Prefecture of Yunnan Province.

This fascinating place has become a land of dreams for many tourists and adventure lovers. The clean air, white clouds, blue sky, breathtaking beauty, and the warm heart of the honest and unsophisticated local people soothes the soul and allows the mind to rest. Even today, Zhongdian remains a pristine natural paradise with a mysterious and bewitching quality. Three snow-capped mountains, Meili, Baimang, and Haba, tower magnificently over the landscape. The region is crisscrossed by the Golden Sand, the Mekong, and the Yangtze Rivers and the snowy peaks form a beautiful backdrop. Cattle graze leisurely in the meadows where exotic flowers and verdant grasses wave in the gentle breeze.

#### Must-see Attractions:

##### Meili Snow Mountain 梅里雪山

Meili Snow Mountain lies on the eastern outskirts of Shangri-la and is a sacred mountain worshipped by Tibetan Buddhists. It is the highest peak in Yunnan province and is considered to be one of the most beautiful mountains in the world.

##### Song Zanlin Monastery 松赞林寺

The beautiful and enigmatic Shangri-la has inspired writers from both the east and west to capture the mystery of the region in words.

In his 1933 novel Shangri-La, James Hilton was the first to describe an eternally peaceful place in the East, hidden high in the mountains.

##### Napahai Lake 纳帕海

The Napahai Nature Reserve is located 5 kilometers from Shangri-la, covering 2,400 hectares at an altitude of 3,260 meters. Napahai Lake is located in the center and is surrounded by mountains on three sides.

## Shangri-la 香格里拉

Written by

Monday, 22 June 2009 11:22 -

---

### Haba Snow Mountain 哈巴雪山

The Haba Snow Mountain stands 120 kilometers to the southeast of Shangri-la and is one of the “Snow Mountains” in Deqen Prefecture. The glacier on the mountain is the most southern glacier in China.

### Mingyong Glacier 明雍冰川

Mingyong Glacier is located in Deqen county, northwest of Yunnan’s Deqen Tibetan Autonomous Prefecture. The source of the Mingyong Glacier can be traced to Mount Kagebo, the main peak of the Meili Snow Mountain.

China travel(vacation) Kaisertour report