

45% Heaven

The oxygen in Ali region is 55% thinner than the sealevel

45% Heaven

The oxygen in Ali region is 55% thinner than the sealevel

45%的天堂

在西藏阿里的荒原上，
氧氣濃度只有海平面的45%

Martin, and William



End of December

Two middle-aged men with no experience of traveling alone
Started from Taipei, drove from Chengdu to Lhasa, then into
Ali region - the No Man Zone, at an altitude over 5000-Meter....

Tangla Mt

Peak Gangrenboqi

Namtso

Shigatse

Lhasa

Nyingchi

Lake Peku

Chengdu

12月下旬

兩個缺乏自助旅行經驗的中年男人

從台北出發

由四川成都到西藏拉薩

再繼續往西

踏進海拔5000公尺的阿里無人區



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Two middle-aged men with no experience of traveling alone
Started from Taipei, drove from Chengdu to Lhasa, then into
Ali region - the No Man Zone, at an altitude over 5000-Meter....



It's in winter, not a good season for traveling. The temperature drops under -20 degree. The wind blows.

Two of them, traveled 12000 KM for 47 days

這是最不適合高原旅行的
寒冬時節
氣溫下探至零下20度
狂風肆虐
兩個人
走了47天
一萬兩千公里

It's in winter, not a good
season for traveling. The
temperature drops under
-20 degree. The wind
blows.
Two of them, traveled
12000 KM for 47 days



在阿里，徒步轉經的藏民



Nyainqentanglha Hill

冰雪未融的高原。這處是
念青唐古拉山脈

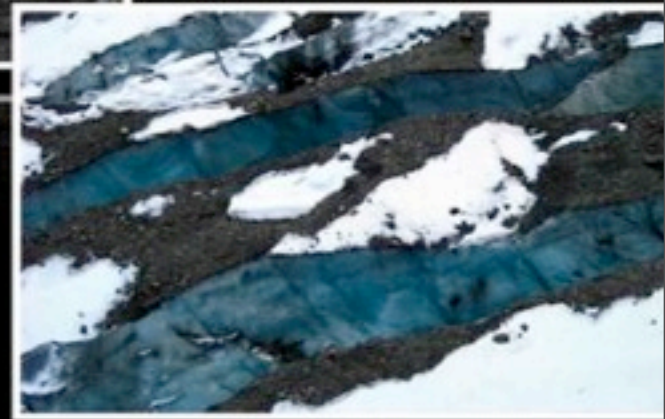


Backpacking, staying at locals homes
at 10RMB per night, attacked by Tibetan
Mastiff, had flat-tyre three times....
could have lost everything at any of
these incidents....

背著登山背包
住一床10元的民宿
夜裡靠著燒牛糞取暖
途中，
被藏獒攻擊 爆胎三次
任何一個險境未過
就可能失去一切



Backpacking, staying at locals homes
at 10RMB per night, attacked by Tibetan
Mastiff, had flat-tyre three times....
could have lost everything at any of
these incidents....



Why did we go on this trip?
In the civilized world that
we are familiar with,
Our life is all about climbing
up really hard,
and we are used to
running at the 120% speed

為什麼要走這一遭？
在熟悉的文明世界裡
人生正努力地向上攀爬
也早已習慣，
用120%的速度衝刺

Why did we go on this trip?
In the civilized world that
we are familiar with,
Our life is all about climbing
up really hard,
and we are used to
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清晨時分，川流不息的轉經人

拉薩·大昭寺前



But there is a voice at the bottom of our heart
Is life just like this?

Lake Peiku

但有一種聲音
在心底
在動

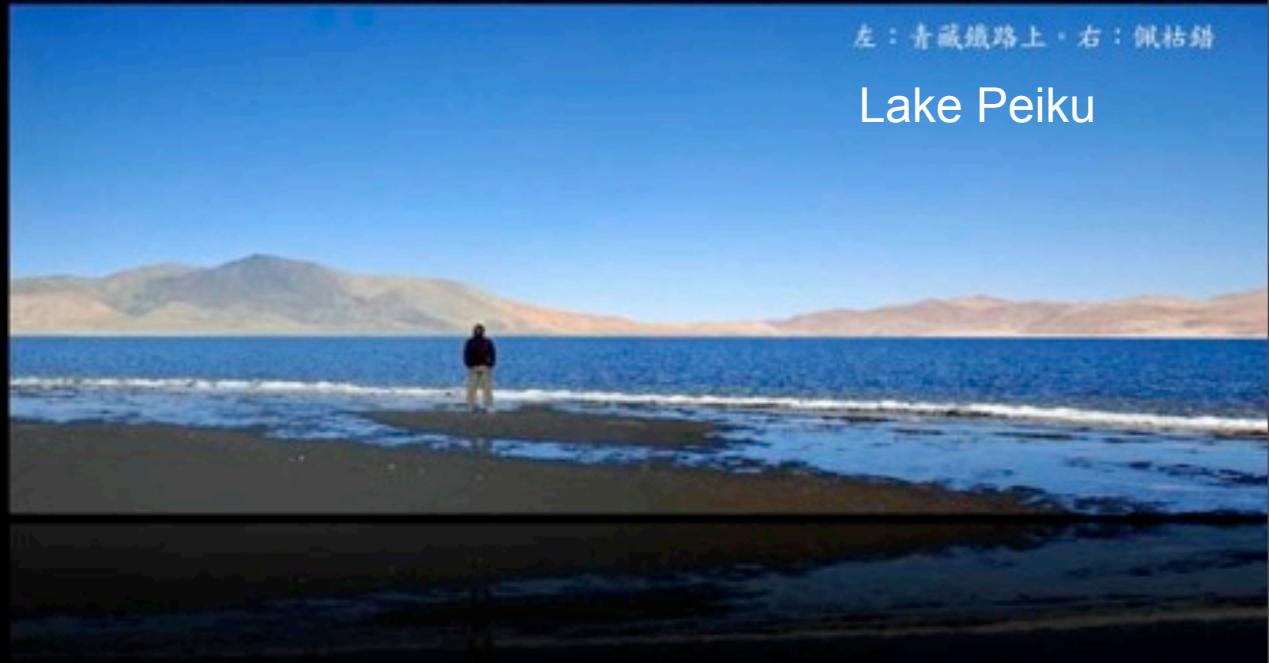
生命，
只是這樣嗎
就這樣了嗎？

But there is a voice at the bottom of our heart
Is life just like this?

有的時候，我們 **沈默** 
有的時候，語言顯得多餘而軟弱

左：青藏鐵路上。右：佩枯錯

Lake Peiku



Two middle-aged men
thinking
Life
might have other options

兩個中年男人
心裡想著
生命
可能
還有其他的選擇

Two middle-aged men
thinking
Life
might have other options

有緣搭救的小男孩。清透的眸子像兩顆寶石。



措勤縣以北，阿里北線

Ali North

Dream, can be really remote
also can be at your fingertip

Taipei to Ali
is just
A blink of mind

Namtso

夢想 可以很遙遠
也可以 伸手可及

台北與青藏高原之間
只是
一個轉念間的距離

Dream, can be really remote
also can be at your fingertip

Taipei to Ali
is just
A blink of mind

海拔五千公尺之上。我們站立的地方，也是雪線的高度

Ali North

阿里小北線



Namtso

在刺骨的風中，在

納木錯 漸凍的湖面上，看見天地的圓融

拉薩以北，青藏公路 



Willing to put down
Try it with courage, maybe
Life will open a new window

Sunrise in Kekexili

願意放下
勇敢嘗試，或許
生命就會開啟新的一扇窗

Willing to put down
Try it with courage, maybe
Life will open a new window



Sunrise in Kekexili


太陽剛剛升起
列車駛過高原凍土層上的高橋
可可西里，青藏鐵路



North Ali

在阿里的荒原之上
氧氣濃度
只有海平面的45%

North Ali

藏羚羊 越是蒼涼荒遠的地方，
越能見到他們的身影。
阿里，小北線 

The air is so thin
we have to slow down

But, we touched something
that we've never experienced before,
the deepest move in our life
and
we witnessed heaven

Lake Peiku - North of Himalaya, south Ali

Every 15 min, the water changes color

空氣如此稀薄
兩個人只好放慢腳步

卻碰觸到
生命中不曾有過的、最深的感動
也目睹了天堂的樣貌

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Lake Peiku - North of Himalaya, south Ali

Every 15 min, the water changes color

佩枯錯

每十五分鐘，湖水就變換一次色澤
人間的紅綠繁華，在這裡，只顯得蒼白

喜瑪拉雅山以北，阿里南線 

Gangdese Range - North Ali

睜開眼，向外望去
那是寬闊蒼涼
震懾心神的隆冬高原

Gangdese Range - North Ali

荒原深處的連綿雪峰，
是記憶中，似曾相識的

岡底斯山脈

阿里·小北線



Close your eyes
Look down the world
See your true self

Meili Mountain - Yunnan

閉上眼

俯仰天地

也看見真實的自己



Close your eyes
Look down the world
See your true self



Meili Mountain - Yunnan

Give yourself, an opportunity
Fill your life
with energy that you can start all over again

Lake Ranwu - East Tibet

給自己，一個機會
給生命
填充再出發的能量

Give yourself, an opportunity
Fill your life
with energy that you can start all over again



Lake Ranwu - East Tibet

冰凍的然烏湖，

留下一個碧綠的眼眸望向天空。

藏東，川藏公路



我的朋友

與你們

分享那年冬天的美好記憶



Wish you all
have a life with no regret

願你們

Wish you all
have a life with no regret

都有無悔無憾的人生

Best Regards,

Martin, and William