

# ***Photos from the 'sacred' mountains of Tibet, & Peru***



**Ron Anderson, April 12, 2011**



**My first memory, at age 3, was seeing giraffes and Mt. Kilimanjaro (Tanzania) from the back of a truck on route to Ethiopia in 1944.**



**Photo taken at age 9 in Ethiopian central plateau, about 8,000 feet.**



**With my family (like the Trapp family in Sound of Music) at Witterhorn Mountain in Switzerland, 1953**



**My favorite mountain in high school in Washington State, Mt. Rainier**



**My favorite mountain from travel to professional meetings, Mt. Fuji, Japan**



**Holy Cross Mountain as seen while skiing at Vail**



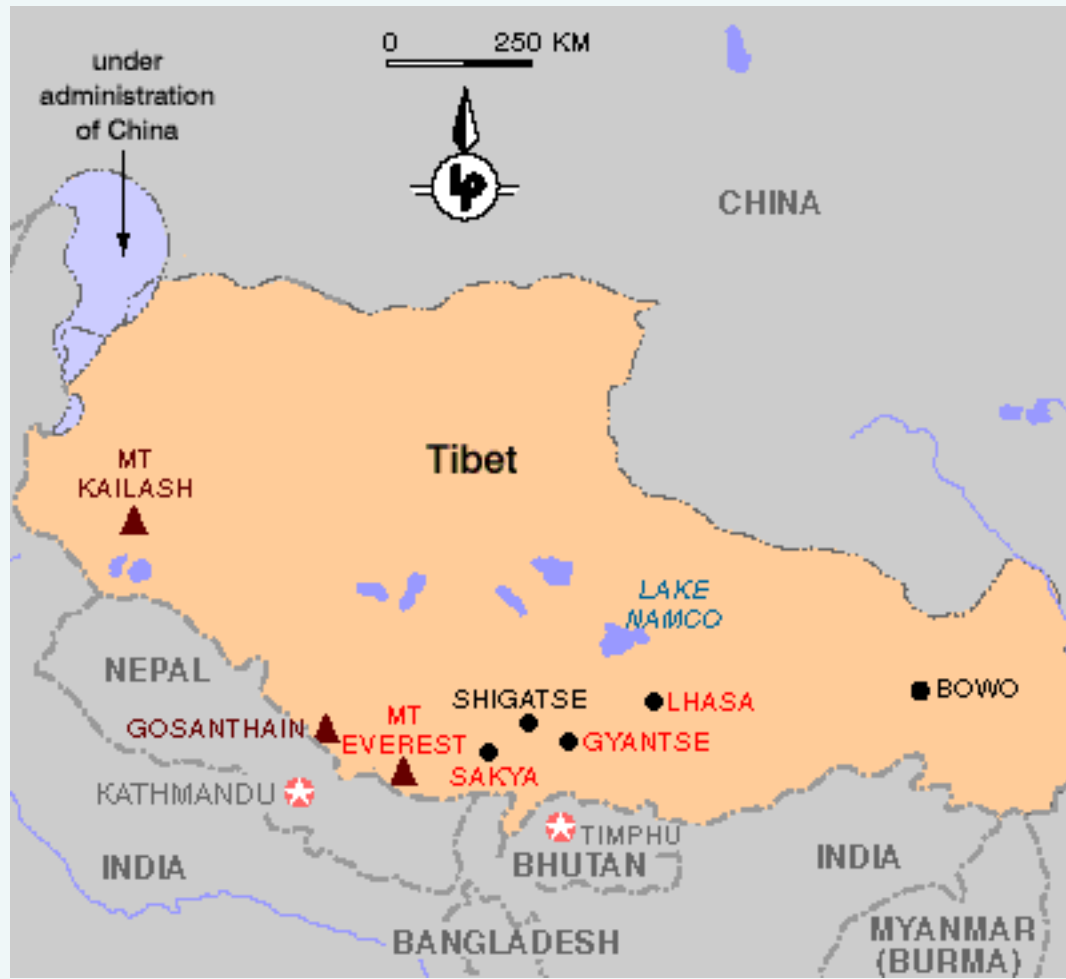
**My favorite mountain in Minnesota: Buck Hill,  
where I was on Ski patrol during the 1980s**



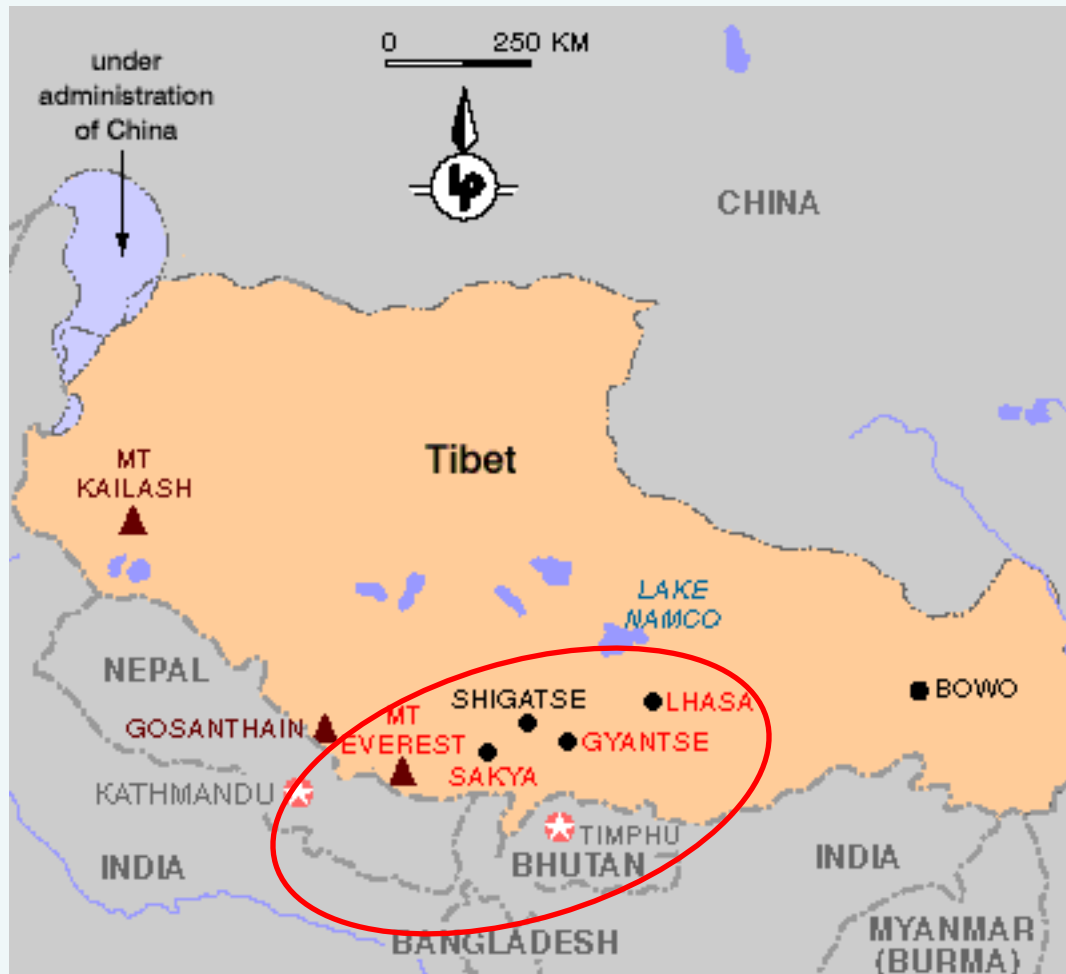
# **Mountains treated as symbols of the sacred**

- **Physical links to the cosmos from earth**
- **Sources of power and protection from enemies**
- **Sources of beauty and majesty**
- **High mountains are cruel: lack of air, freezing, highly unpredictable weather**
- **Established traditions for pilgrimages, monasteries**
- **Revered as deities and as sites for human sacrifices**
- **They are “embodiments of humanity’s highest ideals and aspirations” (from Berbaum, *Sacred Mountains of the World*, 1998)**

# Tibet



# Tibet



Travel from Kathmandu (Nepal), at 5,000 ft. to Lhasa, Tibet at almost 12,000



**Mt. Everest lies on the Nepal—Tibet border.  
People from both countries refer to it as “Goddess”.**



**Mt. Kailash in northern Tibet is treated as sacred by four Religions. Climbing it is sacrilegious but walking it's 32-mile base is believed to forgive a lifetime of sins.**



**Almost nothing but barley will grow in Tibet, but most Tibetans are farmers. They have planted 100s of thousands of willow trees in the valleys for erosion control and firewood. Unlike the Rockies, the mountains have no trees. Tibetans have dark reddish skin, burned by the cruel sun at 12,000+ feet altitude. Cars are rare. Tiny tractors are common.**



**Ganden Monastery at 15,000 ft near the top of Ganden Mt., Tibet**



**Photos taken at 15,000 feet at the Ganden Monastery, 2,000 feet about village.  
A 2-mile path circles the mountain top. I took the pilgrimage and barely survived.**

Both photos at  
ISO 100  
F/5.6





**I thought this was my best shot from the mountain top,  
but it doesn't get ahs. How could it have been improved?**

ISO 200  
1/50<sup>th</sup> at f/9



**Solar heating in the mountains was commonplace.**



**Outside the Ganden Monastery (at 14,500 feet) building for dining & meditation. This is surprisingly flimsy footwear for night time temps below freezing in early summer**



**Everything inside monasteries and shrines was always very dark; flash was a must.**



**Lighting Yak Butter Candles.  
Both pictures taken without flash  
in dark Monastery .  
I tried a lot of compositions until  
getting the close up with hand.**



Strobe flash, ISO400, 1/60<sup>th</sup> at F/4

**Monk meditating with aid of Yak butter candles**



**Representations of spirits, both good and evil, were everywhere inside religious rooms. Most were gold plated with many jewels. Glare is nearly impossible to avoid.**



An exercise in propagation – which accounts for the huge number of gold covered statues.





ISO400, 1/160 at F/13



**Lhasa, Tibet, home of the Portola at 12,000 feet.  
Guess what happened to our bodies and our computers.**



**Photographing the Potala – how much difference an angle perspective**



**The Portola from the Jokhang Monastery and Square in Lhasa**

Photo at  
ISO 200  
1/250 at F11



ISA200, 1/160 at F/9

**Typical father and child strolling in Jokhang Square in Lhasa, Tibet**



**At gray dawn, Tibetans stoking fires with willow branches  
in front of Jokhang Monastery in Lhasa**

ISO1600, 1/1000 at F3.5



**Meditating with prayer wheel at dawn in Jokhang, Lhasa  
This photo was selected for advertisements of  
the Colorado Mountain Center Tours.**

ISO 1600, 1/16-th at F/6,3, 300mm



**Man circulating  
Jokhang Monastery  
with prayer wheel  
In Lhasa**





**Monks in debate ritual at Sera Monastery in Lhasa, Tibet**

ISO400, 1/160<sup>th</sup>  
at F/6.3 Flash



**Boy monks playing gyalings at Mindroling Monastery in Tibet**



**100 meters away, other boy monks playing long bass horns at Mindroling Monastery in Tibet**



**Seventy-year old nun at Sang-ngag  
Zimche Nunnery in Tsedang, Tibet**

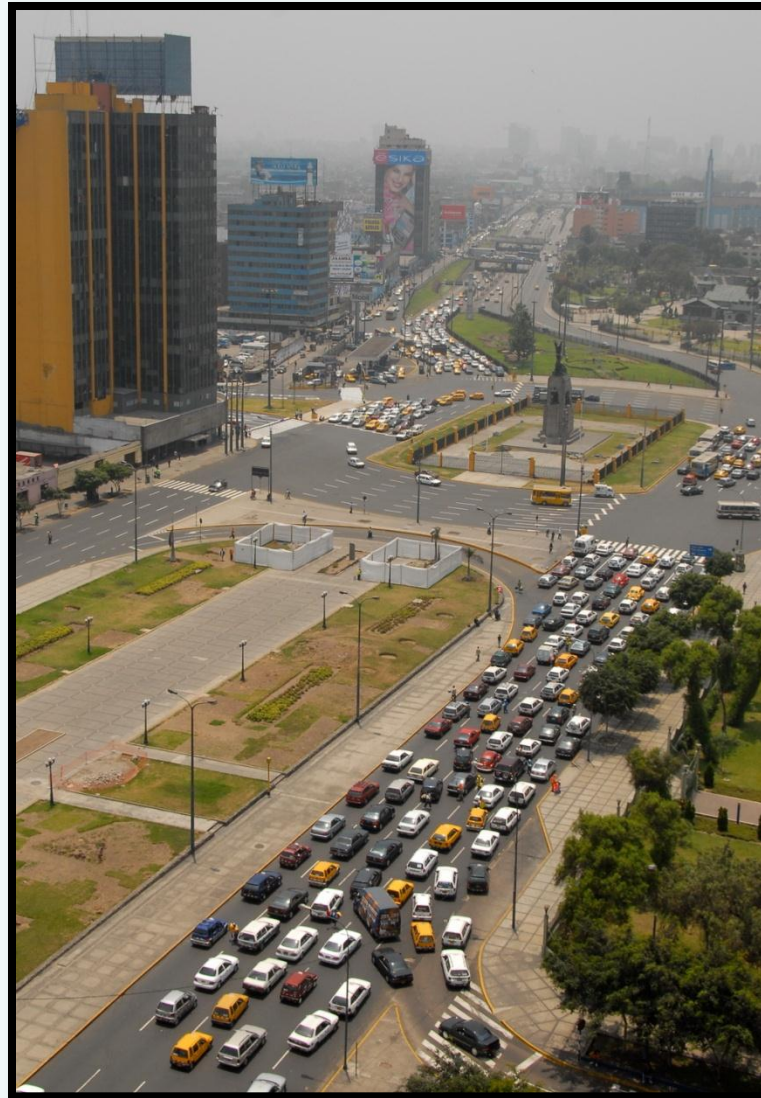
# ***Peru, Sacred Valley & Machu Picchu***



# *Peru, Sacred Valley & Machu Picchu*



# Lima, Peru (sea level)



ISO 450, 1/400 at F/11

# Ron the photographer in Lima





# Cusco, Peru (11,000 feet)

Former capitol of Inca Nation of some 13 million people in 16<sup>th</sup> century



ISO 250  
1/350 at F/9  
18mm

# Closer Up, Cusco Main Square



ISO 250, 1/250 at F9, 120 mm

# Sacred Valley

So named for rich river soil, famous for 100s of varieties of corn and beans



ISO 100  
1/320 at F/9  
18mm

# Moray Agricultural Experiment Station with complex irrigation & terraces to take advantages of variations in humidity and temperature



ISO 100, 1/250 at F/9, 18mm

# alternate composition



Which do you like best?

# Another Ag. Research Station at Moray



Note terraces are about 5 ft high.

# Girl enjoying sun in Sacred Valley



# Sacsayhuaman Ceremonial Grounds



I like to capture photographers in a composition to help tell a story about what a place means to people.



# Machu Picchu

Hidden at the edge of the jungle at 10,000 feet  
from 1500s until 1910, it was a sacred city of about 3,000



ISO 800, 1/250<sup>th</sup> at F/9

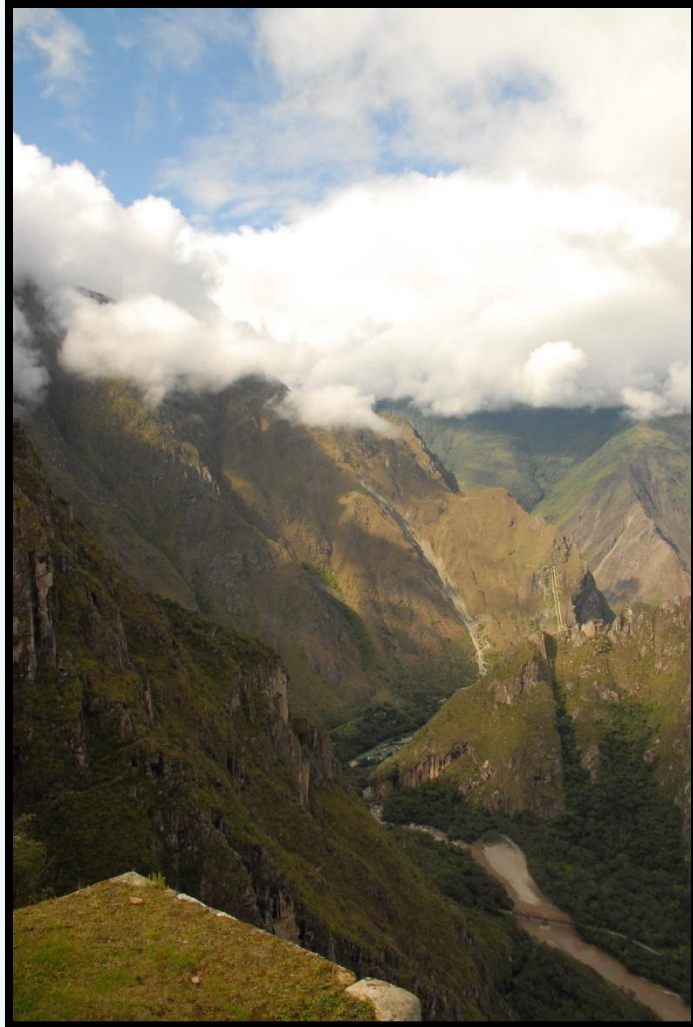
# Machu Picchu

The other side of the mountain



# Machu Picchu

From the mountain top looking down to the Urubamba River



Clouds or river gorge? Which composition do you like the best?

# More light, still mysterious



ISO400, 1/430 at F/9

# Mysterious cloud but that's all



# Machu Picchu Peak



ISO200, 1/200 at F7.1



Which composition would you choose?  
Long or wide?

# Good Choice



# Another view of the peak





# And another with river



# Artificial Reconstructions of Machu Picchu



# Japanese Singing at Machu Picchu



# Final shot atop Machu Picchu

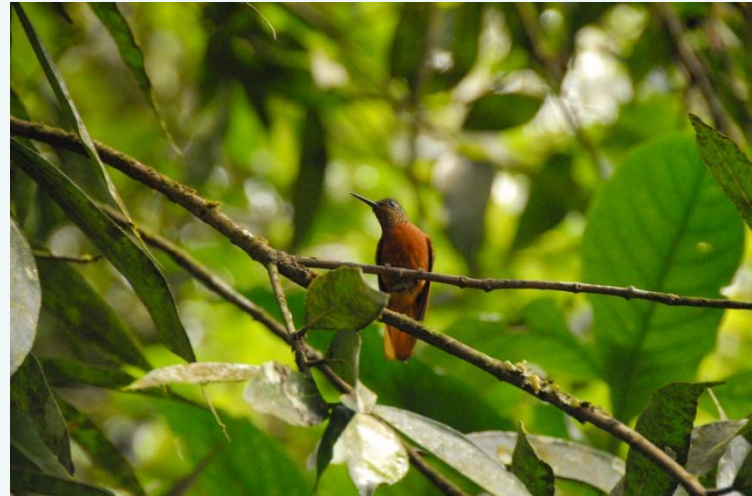


## Sacred Trail

To build Machu Picchu, laborers ran with sacks of rocks on their backs for as far as 25 miles



**Machu Picchu flowers & birds thrive from the jungle climate on one side of the mountain**



# View of Pisac Valley in Southern Sacred Valley



**Which composition do you like best, long or wide?**

# Remains of Sacred City in Pisac





# Remains of Sacred City in Pisac --- less sky, more mountain



# Sacred City ruins in Pisac



ISO250, 1/180 at F/8

# Mother & Child in Sacred City above Pisac



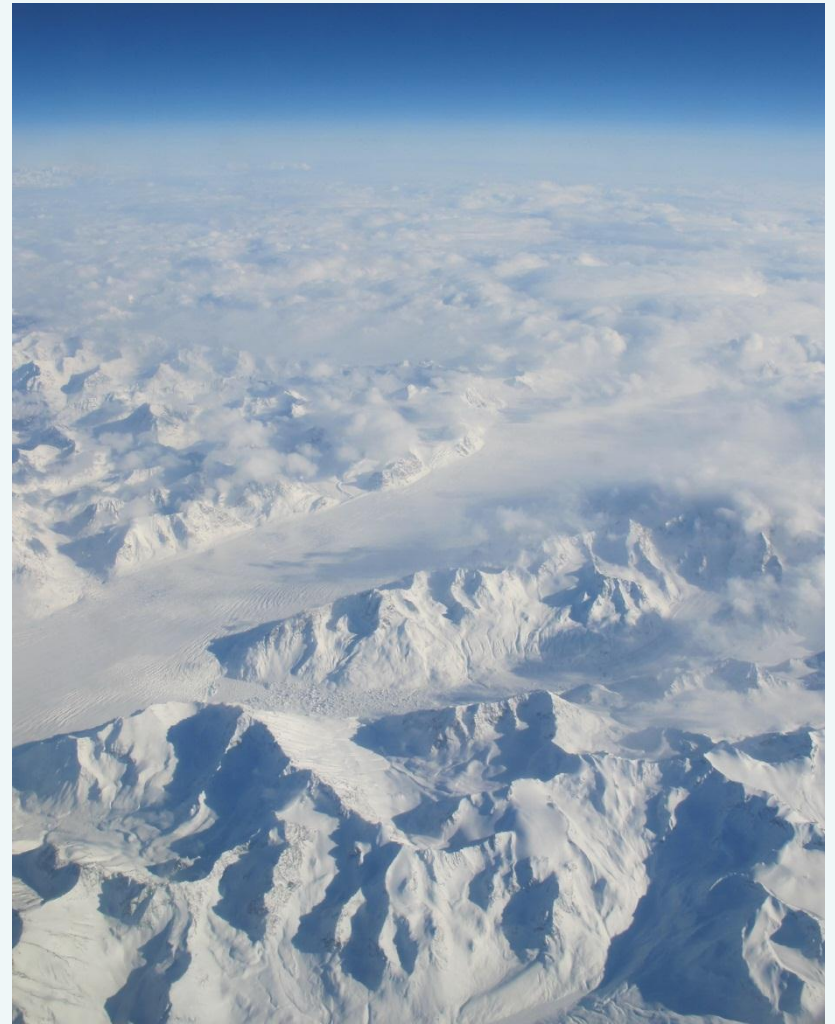
ISO250, 1/250<sup>th</sup> at F/8

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**A Mountain Feast -  
Eastern Alaska Glaciers, April 2011**



**Eastern Alaska Mountains & Glaciers, April 2011  
(taken with little Epson G11 on automatic)**



For further information : Ron Anderson  
([rea@umn.edu](mailto:rea@umn.edu))  
<http://www.soc.umn.edu/~rea/>