



與山依存的守護者

專訪玉山國家公園守護大使翁注賢理事長

The Guardian Angel of the Mountains

An Interview with Zhu-xian Weng,
Preservation Ambassador of Yushan National Park

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現任玉山國家公園守護大使、曾任中華民國健行登山會理事長的翁注賢於6、7歲時，即能像魚兒一樣悠遊自如。他從小在基隆海邊長大，並曾於1958年服役海軍，由於當時還處於兩岸戰爭狀態，服務在艦艇上還遇過幾次備戰的經驗，自海軍退役回到台船工作以後，逐漸將興趣寄情於千山萬壑之中。

他回憶：「孩提時，我所讀的正濱國民小學剛好位於山坡上，很自然地對於山裡的一切都感到很新奇。」由於從小即與山海結緣因而鍛鍊出一身好體魄，也讓翁理事長的外貌看起來比實際年齡還要更年輕。

訪談間，翁理事長甚少提及個人的表現，反而是在三言兩語中不脫離對山的關懷與想法，他總是將山與所偕行的夥伴看得比自己的事蹟還重要。因為對他而言，每一份對山的情感與投入，也就代表自己對生命態度的看法與認知。因此，儘管歲月磨蹭卻絲毫未減他一心守護台灣山岳的決心，「在山裡的某處，你總能發現到一座遠離都市煩囂的後花園，」他笑著說道。

高空俯瞰 美哉寶島

在這塊僅有36,188平方公里的蕞爾小島上，究竟還有多少個「後花園」蘊藏在台灣的山岳裡？翁理事長指出，儘管海拔2,500公尺以上的台灣高山，到了冬天偶爾會下雪，但林相依舊豐富並可以發現很多野生動物的足跡；而2,500公尺以下則是四季常綠的森林。「台灣雖大約只占全球土地面積的萬分之一，但生物平均單位物種大約占了全世界的一百倍，而這些可以讓野生動植

Chosen as one of the 10 Preservation Ambassadors of YSNP, former president of Chinese Taipei Mountaineering Association Zhu-xian Weng grew up in Keelung and has been a good swimmer since little. He once served in the Navy in 1958, when the R.O.C. and the P.R.C. were still under arms. After retiring from the military, he worked in CSBC Corp. Taiwan, and has gradually cultivated a strong interest in the Nature.

“My elementary school was located on the mountainside, where I naturally felt intrigued by things in the mountains,” Weng recalled. And thanks to continual exposure to the Nature, he has been blessed with a muscular and healthy body, as well as a look younger than he really is.

Succinct about his personal achievements, Weng elaborated mostly on his ideas and concerns over the mountains in this interview. For him, mountains and his fellow mountaineers are more important than any greatness of his. What really matters is his love for and devotion to the mountains and his attitude toward life. He has never been wavering over his determination to protect the mountains in Taiwan. “Somewhere in there a secret garden that eases your troubles can always be found,” smiled Weng.

A Closer Look at the Gorgeous Formosa

How many such “secret gardens” are hidden in the mountains on this 36,188-km² small island? Weng pointed out that in Taiwan, at high and low altitudes alike, or even in winter, there is always an abundance of flora and fauna. “Despite the fact that Taiwan’s area only accounts for 1/10000 of the total land of the Earth, the average number of species per area unit is 100-fold to that of the world! Its beauty is truly stunning when looked at from above high in the sky. And if all the cubic area of



物生長繁衍的地方，如從高空往下俯瞰，美得讓人驚嘆！又如將台灣山區的立體面積平放以後，即可使台灣增加許多的領土面積，因此台灣山林的特色是其他國家比不上的。」

戒嚴時期，台灣有些山區宛如蒙上一層神秘的面紗，幸虧在當時有台灣岳界「四大天王」之稱的刑天正、林文安、戴錦璋、丁同三等人的努力之下，才得以將台灣的登山風氣帶起來。翁理事長說，這些前輩不僅到山裡從事登山活動，還蒐集了許多珍貴的資料並畫了許多的山圖，提供給登山後輩，對於台灣登山界貢獻良多。

然而，早期人們從事登山健行活動，因尚未建立起對環境及生態保育的正確觀念，所以登山客常被批評：「循著垃圾丟棄的痕跡，就可以找到山路！」隨著現代登山裝備日趨精良及輕量化，不論是一般的垃圾甚至是人們的排遺，都可以先在山上經過適當的處理再帶到山下丟棄。翁理事長特別提醒，「衛生紙和果皮以及塑膠類製品是最不容易腐爛的垃圾，因此一定要帶下山來。」

台灣的登山活動雖然起萌得很早，但早期由救國團所主辦的北橫、中橫和南橫等公路健行活動，曾是當時的大專生最夯的社團活動。然而隨著交通日益複雜，不但增加了公路健行的危險性，也因為光是走路，讓年輕人漸漸感到無趣，而使得公路健行活動逐漸走入過去式。

Taiwan's mountains were translated into plane surface area, then Taiwan would be much larger than it seems. This well proves that Taiwan enjoys an unrivaled status in the world in terms of its resources in the mountains and forests.”

In the Martial Law Era, part of Taiwan's mountains still remained in mystery and secrecy, which were gradually unveiled by a trend of mountaineering spurred by some prestigious mountaineers. They did more than climbing or hiking but collected valuable data and drew maps of various mountains for later generations of mountaineers. Their contributions are truly respected and appreciated.

Yet in early days when concepts about environmental protection and ecological conservation were still in its infancy, mountaineers in Taiwan had been stereotyped by the ridicule: “Follow the traces of their wastes, and you'll never get lost in the mountain.” Now as equipment becomes better and lighter and the disposal of wastes

翁理事長愛山入心，三言兩語中總是不脫離對山的關懷與想法。圖為1981時第一次上玉山主峰的紀錄照 / 翁注賢提供
Weng elaborated mostly on his ideas and concerns over the mountains in his words. The photo was taken when he reached Mt. Jade Main Peak in 1981. / Provided by Zhu-xian Weng

談到公路健行活動的發展趨勢，翁理事長話鋒一轉指出，台灣的公路健行如能像大甲媽祖遶境一樣，賦予象徵精神昇華的意義，對於推動公路健行活動，將帶來莫大的助益。他進一步說明，9天8夜的大甲媽祖遶境活動，不僅可以考驗人們的體力，還能傳承台灣固有的文化，凝聚人與人之間的情感，甚至還可以加入國際間盛行的快樂健行行列。

入山區 森呼吸

除了公路健行曾經是台灣民眾熱衷參與的活動外，古道健行及山野健行也是近年頗為熱門的活動。但是為了不破壞原來的山林景觀，翁理事長認為，台灣的登山健行活動，百分之八十屬於山野健行，而登山步道又大多由古道或既有的步道拓展而成，重疊性很大，因此不宜再增建新的步道。即便建置步道，仍應以承襲既有的步道，只需經過簡單的修葺、整治即可。目前台灣的古道健行和山野健行所走的步道，有些是原住民的祖先所遺留下來的獵徑，有些則是早期村與村或是部落之間，用來連絡及物流的道路，以及清朝或日治時期的理番道路。

gets easier and smarter, mountaineers do not produce as much garbage as before. "But things like toilet paper, fruit skin and plastics must sure be carried out of mountains as they are slowly- or non-perishable."

An early start in the trend of mountaineering in Taiwan did not guarantee its continuous popularity. For example, hiking activities along Northern, Central, and Southern Cross-Island Highways, once welcomed among college students back then, lost its attraction as complicated traffic conditions made it dangerous and simply walking without any meaningful context made it boring.

Speaking of how such hiking activities can be revived and better developed, Weng believed a possible answer may be giving it an inspiring theme that symbolizes the spirit of mountaineering, just like the way the 9-day Dajia Matsu Pilgrimage Procession is promoted. He explained that an event like that not only tests participants' stamina, but passes down cultural heritage, strengthens the bond among people, and even represents a form of the popular International Happy Walking.

New and Healthy Ideas of Hiking

Besides the once-popular highway walking, historic trail hiking and mountain hiking have been the hot choices among mountain lovers in Taiwan. As the latter accounts for 80% of all mountaineering activities in Taiwan, and most of its venues are the historic trails and expanded existing trails, Weng is basically against building any more new trails in order to protect the mountains and forests. Even if new ones have to be built, they should be done



學習用心來欣賞山林美景，讓環境保育觀念徹底實行 / 何忠誠攝
People should learn to appreciate the beauty of the mountains and forests and realize the ideas of environmental protection.
/ by Zhong-cheng He

不論是古道或是山野健行的步道，目前在台灣國家公園舉目所見的步道，大多是承襲以前原住民所走的步道。然而，位於山上的步道因高度、氣候等因素影響，難免會崎嶇不平或是發生崩塌的現象，而這些因素都會增加登山健行的困難度。「在比較陡峭的地方，目前國家公園和林務局都做了許多安全確保或是已經建置階梯及棧橋，對登山者來說，是一個很貼心的服務。」翁理事長說道。

當台灣人口的老化現象愈來愈明顯時，民眾對於登山的態度和目的應逐漸轉化為「觀山即是登山」，三角點並非為登山人而設，不一定要勉強登頂，才能讓自己體會登山的樂趣。翁理事長強調，「台灣有很多的山區不僅可以觀山，還可以欣賞到美麗的海景。總之，民眾應量力而為，適可而止，以觀山和欣賞及認識多樣性的生態來改變以前的登頂觀念。」

其實民眾可以在任何一個觀景點例如雪霸國家公園的武陵農場煙聲步道及雪山步道沿途的七卡山莊或是

by extending existing ones with moderate construction and renovation. Current trails in Taiwan are mostly those built in early times or in Qing Dynasty or during Japanese rule for such purposes as hunting, transportation, trade, and aborigine administration.

Most of the trails located in national parks are the ones formerly used by the aborigines. They would more or less collapse or wear out due to factors related to altitude, climate, etc., which poses challenges to mountaineering. "Thanks to the thoughtfulness of the national parks and Forestry Bureau, lots of stairs, loading bridges and safety devices have been set up in many of the steeper parts along the trails," Weng recognized the efforts from the authorities.

With the increasingly apparent demographic aging in Taiwan, people should learn to focus more on "sightseeing" than on "conquering" the mountains, so as to fully enjoy the fun of mountaineering. "You don't have to get to the top of the mountain to view all those great landscapes and

翁理事長（右2）推廣登山活動不遺餘力。1971年時，就曾與協會一同辦理萬人登山活動，並與楊森將軍（中）合影 / 翁注賢提供
Weng (second from the right) has been striving to promote mountaineering and hiking activities. He once co-organized with the Mountaineering Association a grand hiking event for 10,000 people in 1971, during which hikers took photo with General Sen Yang (middle). / Provided by Zhu-xian Weng





為了保護山林，翁理事長不建議再建設太多的新步道 / 鄭真義攝

Weng is basically against building any more new trails in order to protect the mountains and forests./ by Zhen-yi Zheng

雪見遊憩區、玉山國家公園塔塔加遊憩區的鹿林山麟趾山、太魯閣國家公園的砂卡噹步道、陽明山國家公園的區域步道附近……停下來休息、野餐，或與三五好友聊聊天，只要感覺到今天自己這樣的體力已經夠了，即可下山，不一定要登頂。而對於那些喜歡嚐試各種冒險刺激活動的民眾，即可以鼓勵他們挑戰台灣的高山百岳。

對於推廣全民登山健行活動，翁理事長認為，首先應循序漸進，將各種步道加以整合互通，並以無污染的電動車作為接駁的交通工具。其次是依年齡和體力分級，讓從事登山活動的民眾，能夠自我選擇、自我約束、自我管理，而這些原則也是從事山區活動時應具備的基本態度。

崇敬自然 講求禮儀

既然台灣的美麗，要用雙腳去親近，那麼在提倡全民登山健行活動之際，就不得不提到登山應具備的禮儀了。登山健行是一種自然體驗

seascapes. Just take it easy and enjoy yourself by appreciating the scenery and the biodiversity of the mountains instead of thinking about getting to the peaks.”

A visit to any of the scenic spots, such as Yansheng Trail at Wuling, or Cika Cabin or Syuejian Recreation Area in SPNP; Lulin Mt. and Linzhi Mt. at Tataka in YSNP; Shakadang Trail in TNP; some trails in YMSNP, with a few stops for some nice rest, picnics or chats with family and friends would be truly gratifying and physically endurable. Serious mountain climbing such as challenging Taiwan's Top 100 (peaks over 3,000 m), on the other hand, are only for those who really long for thrills and adventures.

In promoting a nationwide trend of mountaineering and hiking, Weng suggested that many trails be integrated and connected by using pollution-free electric cars as shuttles between trails. Also important is the classification of the age and stamina level for mountaineers and hikers to better choose the activities that suit them, and cultivate healthier attitudes of self-discipline and self-monitoring.

Etiquette and Respect for the Nature

One essential issue in promoting nationwide hiking activities is the education on the etiquette toward the mountains. Hiking is not only an opportunity to experience the Nature and strengthen one's

與身心鍛鍊，可以讓自己在自然中學習成長，也是關懷生命的最好方式。因此為了讓山林資源能永續發展，民眾進入山區後應遵守七大準則即：不莽撞、不亂走、不要丟、不破壞、不引火、不驚擾及不喧嘩。

提到宣導登山禮儀時，翁理事長略有感觸地說道，「有些山莊為了取悅遊客，附設了卡拉OK。其實人們所帶來的喧嘩，已侵犯了山林原有的寧靜與和諧。」除了這些噪音以外，民眾也喜歡將寵物帶往山上，進而驚擾了當地的野生動物。其實野生動物怕人，同時也怕地上的動物。特別值得一提的，有可能將平地的病菌帶往山上，而導致野生動物生病。談到這裡，翁理事長搖搖頭，接著無奈地說道，「有些人到了山頂的基點，甚至敲一小片的石塊帶回家作紀念。國人應該好好利用登山的機會，享受蟲鳴鳥叫、山風徐徐的踏青喜悅，而不是帶著收音機、高粱酒、啤酒和豐富的食物料理，到山上大聲喧嘩甚至飲酒作樂。」

為了表示對環境的尊重，對於生態保育、環境保護，不僅是生態旅遊的基本重點，也是所有從事登山健行者，應具備的基本態度與觀念。翁理事長特別提到，由於人們進入山區已侵犯到自然生態，因此必須要有規範、有限度的約束，這也是台灣國家公園成立保護區的目的。同時藉由承載量的控制，教育民眾進入山區必須遵守禮儀、崇敬自然，因為自然就是我們的寶藏，所以必須尊重它、保護它。🌿

body and mind, but also one to learn from the Nature and care about it and all life forms by adhering to the 7 principles: no obtrusion, no wandering, no littering, no destruction, no fire-making, no disturbance, and no clamoring.

Some selfish human behaviors that are unfriendly to the Nature really bother Weng. "Some mountain cabins would offer karaoke to lure and please more tourists. But the loud singing and noise have ruined the quietness and harmony in the mountains." Besides, some people tend to bring their pets along into the mountains, and cause a disturbance to the wild animals, which are scared of and may contract diseases from those domestic animals in the cities. "Some people would even chip off a piece of stone from the rock at the peak of a mountain as a memento," fumed Weng. "What people should do is to take the chance to enjoy the bird chirps, cool breeze, and pleasant walks rather than carry their boomboxes, beers and deluxe meals into the mountains and produce all that noise and garbage."

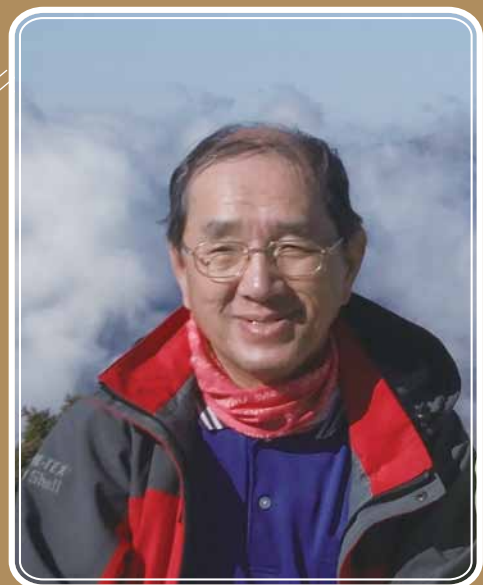
Keeping in mind the concepts of ecological conservation and environmental protection is the due respect and basic attitude people should have not just during ecotourism but also in any forms of mountaineering and hiking. Weng reminded that the sheer presence of humans in the mountains constitutes an intrusion to the Nature. This is why protected areas and capacity limits for visitors are set up by national parks to constrain human impact. All human beings must be respectful, protective and well-behaved to the Nature because it is our most valuable treasure. 🌿

簡介 Profile

翁注賢 Zhu-xian Weng

現任內政部營建署「高山型國家公園生態旅遊整體規劃及發展執行策略」顧問、玉山國家公園守護大使、行政院農業委員會國家步道系統協調推動小組委員、中華奧林匹克委員會全民運動委員會委員，曾任中華民國健行登山會理事長，投身於台灣登山界逾三十餘年，並提出「愛山、護山、淨山」之理念。

Formerly the president of Chinese Taipei Mountaineering Association, Weng currently is the consultant for the planning and strategy development and execution of ecotourism in Taiwan's alpine national parks, OPAMI; the Preservation Ambassador of Yushan National Park; member of the promotion team for national trail system, Council of Agriculture; and member of the committee of nationwide fitness, Chinese Taipei Olympic Committee. He has been dedicated to Taiwan's mountaineering for over 30 years, and has proposed the concepts of "love the mountains, protect the mountains, and clean the mountains."





文 & 圖 / 楊凱仲 Text & Photo / Kai-chung Yang

喜歡沉浸在大自然裡，大學時期開始接觸攝影，並用相機記錄各地台灣美景；2008年因為台北科大攝影社進而開始接觸生態攝影。2010年甄選上國家公園替代役，現為雪霸國家公園觀光服務役。

Yang learned about photography in his college days, and has since recorded the beauty of nature in Taiwan, which he has long indulged himself in. In 2008, as a member of the photography club of Nat'l Taipei Univ. of Technology, he became interested in eco-photography. He has been serving his military substitute service in Shei-Pa National Park since 2010.

雲端子島 Solitude atop the Clouds

鹿場大山，標高2,620公尺，是雪霸國家公園西界的界山之一。

2010年10月的某日凌晨，這是我人生中第一次攀登雪山主峰，拄著登山杖，透過黑森林的樹冠望向星空，氣喘吁吁的期望天色不要變化太快。

清晨6點20分，我站在台灣第二高峰的雪山頂上，披上被冷凍的氣溫，等待陽光離開緊緊相依的南湖大山，向西灑下金黃色的光彩。

頓時間晨光將雲海套上金衣，翻滾在鹿場大山腳下，這是自然界中不凡的景色，也是大自然給予最珍貴的禮物，而平時在群山擁護下的鹿場大山，竟在此時顯得特別孤獨。

Luchang Mountain, 2,620 m in altitude, sits at the west border of Shei-Pa National Park.

Some day in Oct., 2010, in wee hours I was climbing the Main Peak of Syue Mountain for the first time in my life. Breathlessly, I looked to the starry night over the canopies of the dark forests, hoping the day would not break too soon.

At 6:20 a.m., I reached the peak of Syue Mountain, the second highest in Taiwan. Shrouded by a sheet of freezing temperatures, I waited the sun, which had hidden for the whole night behind Mt. Nanhu, to cast its golden rays westwards.

All of a sudden the sea of clouds was coated with a layer of golden sunshine, glittering at the foot of Luchang Mountain and forming a unique splendor granted by the Nature. Different from the way it is accompanied by other peaks, Luchang Mountain enjoyed a feel of solitude at this moment.