



精采人物  
Brilliant People

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攀越百岳名山

# 江秀真 挑戰自我極限

Climbing over Every Peak

Shiou-jen Chiang, Self-Challenging to the Extreme



服務於玉山國家公園管理處的江秀真，是台灣女性登上世界最高峰——珠穆朗瑪峰（聖母峰）的第一人，也是全國首位保育女性巡查員，更是目前台灣世界七頂峰攀登隊中唯一的女性成員。投身登山近20年，36歲的江秀真正以青春和汗水寫著台灣登山界的一頁傳奇。

As the first woman from Taiwan who has climbed to the top of Mt. Everest and the first lady park ranger in Taiwan, Shiou-jen Chiang is the only female of the 7 Peaks Pro Climbing Team. A mountaineer for 2 decades, 36-year-old Chiang is writing a legend with her youth and sweats in the circle.

今年6月19日，參與台灣歐都納七頂峰攀登隊的江秀真，經過7小時連續攀爬，穿過陡峭冰坡與極度危險的劍稜後，成功與伍玉龍、謝穎沂、黃致豪和黃博政等4名隊員，先後登上位於阿拉斯加，海拔6,194公尺的北美最高峰——麥肯尼峰。這已是一年多來，江秀真遠征海外，攀爬世界七頂峰所完成的第四座。

接近北極圈的麥肯尼峰，即使在夏季，平均溫度也只有零下30~40度，終年冰天雪地，攀登過程以冰河裂隙最危險。「登頂成功後，回程時一度失足跌落，還好隊友用冰斧扣住雪地，而被拉了回來，才能逃過一劫。」訴說登山驚險一刻，江秀真仍心有餘悸。

「每次的登山都是自我挑戰和學習，登山本身就具有危險性，絕不能輕忽。每一次攀登，準備工作永遠最重要！」個性開朗但心思細膩的江秀真，能征服一座又一座高山，憑藉的絕不是運氣和偶然。

June 19, 2007, after 7-hour of continuous climbing over icy ridges, Shiou-jen Chiang successfully reached the top of Mountain Mckinley at 6,196 m high with the other 4 members of the Atunas 7 Peaks Pro Climbing Team, Yu-long Wu, Yin-su Hsieh, Chih-hao Huang, and Po-cheng Huang. Mt. Mckinley in Alaska is the highest mountain in North America, and the fourth of the world's 7 peaks Chiang climbed in the past year.

On the snow-covered peak of Mt. Mckinley not far from the Arctic Circle, the average summer temperature of is minus 30~40°C. It is particularly dangerous to cross over the bergschrund. "On the way back, I slipped and fell once. Luckily I was rescued by my teammates who used a piolet to secure us to the ground," Chiang recalled that breathtaking moment.

"Every climbing is a self-challenge and learning experience. Mountain climbing is risky in nature and should never be overlooked. Preparation is always the priority!" Cheerful and yet attentive, Chiang's success in mountaineering is not just a matter of chance and luck.

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1 麥肯尼峰。(江秀真 提供)  
Mt. Mckinely. (provided by Shiou-jen Chiang)



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1 麥尼肯峰登頂前，須先經歷陡峭危險的劍稜。(江秀真提供)  
Before reaching the peak of Mt. McKinley, one must overcome the steep and dangerous ridge. (provided by Shiou-jen Chiang)

2 江秀真回憶高山攻頂的過程，陡峭的高度讓人舉步維艱，極度挑戰自我意志力。(江秀真提供)  
Chiang recalled in peak climbing the precipitous height is very difficult to overcome and a challenge to one's will. (provided by Shiou-jen Chiang)

3 雄偉而內斂的高加索山區，是挑戰七大洲最高峰的首次出征。(江秀真提供)  
The first climbing of the 7 Peaks Project is the spectacular Mt. Caucasus. (provided by Shiou-jen Chiang)

## 18歲首登雪山

江秀真來自台北縣「薑花故鄉」雙溪鄉，愛好自然的純樸天性就源自於此。國中畢業後因家境不佳，放棄原本要報考的體專，選擇了高職半工半讀，造就日後她獨立堅忍個性，以及負責懂事態度。

高二那年，參加救國團活動，江秀真首次接觸登山。「我特地選在冬天攀登雪山，雖然當時因為天候不佳沒有登頂，但過程中受到帶隊教官鼓勵，收穫良多。『登頂不是那麼重要，重要是在過程』這樣的理念就此深植心中。」

高職畢業後，江秀真沒有立即升學，辛苦工作之餘，只要有時間就往山裡跑，並加入「山帆登山社」。由於這些山友登山經驗豐富，對於這個年紀小小卻愛山如癡的小女生也特別照顧，江秀真因而從前輩身上汲取眾多登山知識，年僅20歲就拿到高山嚮導證。

1993年，山友吳錦雄創下了台灣第一位登上珠穆朗瑪峰的紀錄，也帶動了台灣遠征風潮，這也讓擁有無比企圖心的江秀真有了更遠大想法，主動報名爭取，通過甄選加入「珠穆朗瑪峰遠征隊」。而這次遠征，也開啟了江秀真人生新契機。

## First Climbing at Age of 18

Chiang was born in Shuangsi Township of Taipei County, the home of ginger lily (*Hedychium coronarium* Koenig) and where her fondness of nature was developed. Chiang's family financial situation was difficult and so she decided to work while studying at a professional college. She developed an independent, perseverant and responsible personality as well as the physical strength by joining in the sports team at school, which laid the foundation for her later mountain-climbing career.

Chiang's first mountain-climbing happened in her second year at high school when attending a Youth Corp activity. "I chose to climb Syue Mountains in winter. Although I didn't reach the top due to the bad weather, I was inspired by our team leader who told us, 'the process is more important than reaching the top.' The concept was rooted in my mind ever since."

Upon graduation from high school, Chiang gave up advanced study for working and devoted her leisure time for mountaineering. She joined the Sanfan Mountaineering Association where senior members all took care of her. Chiang learned a lot from them and got the certificated as a mountain guide at age of 20.

In 1993, Chin-hsiung Wu became the first Taiwanese climbing to Mt. Everest and led the trend in Taiwan. Chiang was motivated and passed audition for the Mt. Everest Climbing Team. This adventure opened another door for her to a new life vision.



## 土法煉鋼登上世界之巔

「那時遠征隊沒有經費，所有隊員都只能在台灣以土法煉鋼方式自行訓練，低氧訓練、攀岩繩索訓練、雪地訓練、負重訓練等，辛苦的集訓一年半後才出發。」為了完成這項國際登山界公認的「終極挑戰」，江秀真毅然決然辭去了工作。

1995年3月11日隨著遠征隊出發，當時24歲的江秀真以女性高山嚮導身分，花了2個月時間，征服了珠穆朗瑪峰。回憶攀登過程，江秀真笑說足足2個月沒有洗澡，只能乾洗的體驗，讓她印象最為深刻；高山上，日夜溫差高達60度，令人無法忍受，而攻頂缺氧時更差點發狂。在克服一切挑戰後，5月12日當天從海拔8,300公尺第六營出發，歷經近10個小時，終於登上世界之巔。她說當時除了興奮，腦袋瓜裡竟是一片空白；情緒平復後，感激和對大自然尊崇之心滿溢於胸。

「能登上世界最高峰，運氣很重要，還好天氣配合，否則再好的體能、再艱苦的訓練都無法一圓夢想。」接受長達近2年珠峰遠征的訓練和攀爬，已讓江秀真更加自信和堅強。

## 重拾書本 將工作結合興趣

熱於充實自我的江秀真，1996年考進嘉義農專夜間部植物保護科，再接再厲，爾後於2002年從嘉義大學森林系畢業，並進入台大山地農場（梅峰農場）擔任解說員，參與台灣原生樹苗培育，而每日與山林為伍的她，自然樂在其中。

在梅峰農場3年後，江秀真轉換跑道，頂著第一位征服珠穆朗瑪峰的台灣女性頭銜，加上最優學科成績，通過玉山國家公園管理處考試，擔任保育巡查員一職。玉管處前處長林青說，當初招考時標準嚴格，雖然性別不拘，但要求能登山、救難、了解生態、會電腦等，江秀真能雀屏中選，能力備受肯定。

## Training in a Primitive Way

“At that time we didn't have any fund, and the team had to train ourselves in a primitive way in Taiwan. We started off after one year of intensive programs including hypoxic training, rock-climbing and snowfield training, etc.” Chiang quitted her job for the “ultimate challenge” acknowledged by international mountaineers.

On March 11, 1995, 24-year-old Chiang started off with the climbing team as female high mountain guide. It took them two months to reaching the top of Mt. Everest. When recalling this crusade, Chiang laughed at the two-month dry-bathing experience. The temperature variation of 60 degrees as so unbearable and the hypoxic condition almost made them crazy. On May 12, after 10 hours' climbing from their 6th camp at 8,300 m high, they finally reached the top of the world. She was so thrilled that for a moment and her mind was totally blank but then filled with gratitude and respect to the Nature.

“We are lucky that the weather was good for us to finish climbing, otherwise we won't be able fulfill our dream even with perfect physical strength and training.” The almost 2-year experience of training and climbing Mt. Everest gave Chiang more confidence and strength.

## Back to Campus and Joining Hobby with Career

Eager to self-improvement, Chiang went to study Planet Preservation at NCU in 1996 and graduated from Forestry Department in 2002. She worked as a guide at Meifong Farm and enjoyed the fun of cultivating saplings of Taiwan primary plants.

3 years later, Chiang passed the exam of YSNP at excellent grades and worked as a park ranger. Former Director of YSNP Chin Lin recalled that the exam was very tough, regardless of gender, demanding on the ability of climbing, rescue, knowledge about ecology and computer. Chiang's performance was indeed of excellence.

去年，江秀真又考上了嘉義大學森林所在職碩士班，同時也入選歐都納台灣探險王「挑戰世界七大洲最高峰」遠征活動的正選隊員，再次挑戰自我極限。她感懷著說，「奇妙的因緣，讓自己始終能擁抱山林，得以學以致用，絕對是老天爺特別眷顧，豈能不珍惜！」

### 築夢踏實登高望遠

「2年內攻遍世界七大洲最高峰，我們在挑戰不可能的任務。」加入七頂峰登山隊後，江秀真的心情與想法，與10多年前遠征珠峰時已完全不同。「我不是想要創造輝煌紀錄，只是由衷希望累積更多經驗，對台灣登山運動有所幫助，也希望能夠為自己選擇理想，交出一張漂亮成績單！」

江秀真說，挑戰世界七頂峰其實比拿奧運金牌還困難，不只是分布全球的地理阻隔，7座海拔由4,884到8,848公尺不等的高山，各有險峻地形與詭譎多變氣候，身歷其境才知道可怕。

去年7月，首征歐洲第一高峰，位於高加索山脈的厄爾布魯斯峰，面對零下10幾度低溫、陡長雪坡、稀薄空氣、體力不濟等考驗，仍在8月5日當天歷經8小時攀爬後成功登頂。途中讓人驚奇的不知名野花、多變山色雪景，讓江秀真讚嘆不已外，也不忘考察當地登山制度、學習使用新式登山裝備、交流登山經驗、記錄沿途動植物等，透過難得的跨領域學習，用心實現回饋傳承的理想。

Last year, Chiang was enrolled to the on-job Master degree program at Forestry Science of NCU, and at the same time to the team of the Atunas 7 Peaks Pro Climbing Team. She was very grateful to her experiences. "I am lucky to be able to embrace the Nature and practice what I learn. I must treasure this god-sent blessing!"

### Fulfill the Dream of Soaring High

"To climb the top 7 peaks in the world in 2 years is a mission impossible." Chiang now has different expectation for the project in contrast with her climbing Mt. Everest over 10 years ago. "I don't want to create a record for myself but to accumulate more experiences and contribute to mountaineering in Taiwan with a nice performance".

Chiang says that climbing the top 7 peaks is far more difficult than winning an Olympic Gold Medal. It's not only the geographical distance but the unique perils of topography and weather of those mountains from 4,884 m to 8,848 m high that you won't realize until you are in.

Last July Chiang and the team climbed the highest peak in Europe, the Elbrus of Mt. Caucasus. Having overcome the freezing temperature, snow-covered steep slope, thin air and loss of physical strength, the team finally reached the top on August 5, after 8-hour climbing that day. Chiang was fascinated with the unknown flowers and various landscapes on the way. She also tried to learn about local mountaineering systems, use new gears, share experience, and record wildlife recording. Through such multi-disciplinary learning, she devoted herself to fulfill the ideal of feedback to the legacy.

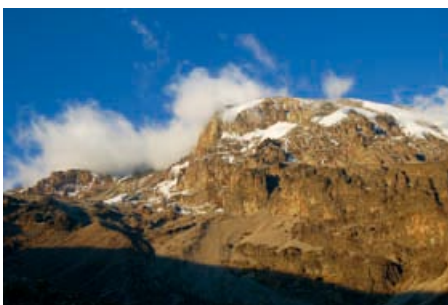
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1 吉力馬札羅山宛如人間仙境的山景。(江秀真 提供)  
Mt. Kilimanjaro is like the heaven on Earth. (provided by Shiou-jen Chiang)

2 吉力馬札羅山一望無際的高山草原上，長滿當地特有的「冰淇淋樹」。(江秀真 提供)  
*Senecio Kilimanjari* grows on the stretching grassland by Mt. Kilimanjaro. (provided by Shiou-jen Chiang)

3 沿途高山嚮導的生態解說鉅細靡遺，令江秀真印象深刻。(江秀真 提供)  
Chiang was very impressed by the detailed and informative explanation by the mountain guide. (provided by Shiou-jen Chiang)

4 一片天寒地凍的阿空加瓜峰山景。(江秀真 提供)  
The freezing landscape of Mt. Aconcagua. (provided by Shiou-jen Chiang)





### 拿到雪訓證書再登珠峰

同年10月，世界七頂峰登山隊又成功挑戰非洲吉力馬札羅山，其熱帶雨林、高山草原、半沙漠與岩石環境，以及峰頂高山寒原的多變化地形氣候，挑戰性十足。尤其登頂時，強風挾帶冰雪，風寒效應作用下，低溫竟達到零下20度。

今年2月江秀真再次出征，進攻第3個目標——南美洲阿根廷阿空加瓜峰，海拔將近7千公尺的高度，在七頂峰裡僅次於珠峰。攻頂途中經歷罕見暴風雪，讓雪鏡結冰，手凍到刺痛，風與冰隨時都像會要了人命，首次攻頂失敗下撤。第二次再度嘗試過程中，江秀真曾獨自一人留在第二營等候補給，面對暴風雪苦撐2天2夜受盡磨難。再次攻頂，終於突破極凍，登頂成功。江秀真滿心興奮，記錄下這個用生命換來的珍貴畫面。

### Second Time for Mt. Everest

In October of the same year, the team successfully reached the peak of Kilimanjaro. It is most challenging to endure the various climates of the rainforest, alpine grassland, semi-desert and rocky environment, and tundra on the top. When they reached the top, the temperature was minus 20°C under the effect of strong wind and icy sleet.

This February Chiang went for the third destination—Mt. Aconcagua, the second highest in the world at an elevation of almost 7000 m. The first time they failed due to the heavy snow storm. On the second climbing, Chiang was assigned to stay at camp alone for supplies. It took the team 2 days and 2 nights against the snow storm to reach the top. Chiang was so thrilled to record the precious moment that almost cost her life.

接二連三的成功登頂，江秀真對完成七頂峰越來越有信心。根據表定計劃，今年9月5日將隨七頂峰遠征隊到大洋洲攀爬新幾內亞卡茲登茲峰，預估10天完成；而將於12月出發的南極文森峰，則是她最期待的遠征之旅。雖然南極極地氣候十分惡劣，但還好今年6月成功攀爬北美麥肯尼峰前，已在登山學校接受為期二周正式雪地訓練，並取得證書，等於是為南極和明年再登珠峰做好最佳行前訓練。

### 設置登山教育學系當目標

一年半內四度海外遠征，不同於其他人，江秀真帶回的紀念品不是地圖，就是書和明信片。江秀真說，這些紀念品，其實都是她用心蒐集的登山資料，不只是為自己曾經的經歷留下紀錄，也可用於日後教學，方便後輩學習。

擔任玉管處保育巡查員，足跡遍及玉管處所轄山區，進出楠溪林道、南二段、八通關、玉山等地的次數難以計數。江秀真表示，以登山設施來說，台灣山友真的很幸福，像走南二段，每天晚上都有山屋可以休息，若能集結大家的力量共同維護這片自然生態，相信台灣山林未來肯定能永續留存。

對於未來，江秀真的目標一如登山，可是十分明確。她希望能在台灣成立第一個登山教育學系，因為登山不只要體力好能爬山，相關知識如動植物生態、地理、氣候、領導統御、人際關係、企劃行銷、攝影等更是不可少，這些專業科目的學習，如能導入教育體制，也可讓台灣登山休閒產業更具競爭與發展潛力；而相關登山、攀岩、溯溪、生態解說等嚮導證照也能成為國家證照之一，如此更具公信力。

The successive success gives Chiang more confidence in completing the 7 peaks project. By schedule, this September the team will spend 10 days to climb Mt. Carstensz in New Guinea. In December they will go to the Vinson Massif in Antarctica, which Chiang looks forward to most. Before she climbed Mt. McKinley this June, Chiang had already taken a two-week's snowfield intensive training at the climbing school and got certificated. This is the best preparation for her South Pole climbing and next year's revisiting Mt. Everest.

### Founding the Mountaineering Education Program

In the 4 overseas mountaineering trips in a year and half, the souvenirs Chiang brought home are all maps, books and postcards. For Chiang, these souvenirs are not only the records of her experiences, but also great informative materials for future teaching.

When working as the park ranger at YSNP, her footprints cover all over the mountains in the park for countless times. She thinks that Taiwan mountaineers are very fortunate to be able to enjoy the well-equipped facilities. For example, the trekkers can stay in a cabin every night for the entire trip along Nanerduan. Through everyone's collaboration to protect the Nature, Chiang believes that the sustainability of forests in Taiwan will surely be possible.

As to the future, Chiang's goal is as definite as that of a mountaineer. She wishes to found the first Mountaineering Education Study program in Taiwan. Mountain climbing does not only require physical strength, but also knowledge on wildlife, geography, meteorology, leadership, interpersonal skills, planning and marketing, and photography, etc. If these subjects can become parts of the formal educational system, Taiwan would be more competitive and potential to develop mountaineering-related industry. Moreover, if related qualifications for guides in different fields will have more credibility if they can be recognized as national credentials.

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1 大量的書籍、明信片和地圖都是江秀真最愛蒐集的登山紀念品。(龐清廉 攝)  
Piles of books, postcards and maps are Chiang's favorite souvenirs. (provided by Ching-lian Pang)

2 阿空加瓜山的地勢險峻，危險性十足。(江秀真 提供)  
The topography of Mt. Aconcagua is precipitous and very dangerous. (provided by Shiou-jeen Chiang)





## 生命廣度不受拘限

大部分的人認為登山只是一種休閒運動，但對江秀真來說，登山改變了她的一生，也成為終身職志。她感恩的說，登山讓她的人生無比充實與美好，為了登山她會要求自己學習各種專業能力，甚至為了當好領隊，還研讀孫子兵法。

「山，讓我學會不要侷限自己生命的廣度，我會盡力追尋自我生命的意義與價值。過去如此，未來也不會改變！」最後，江秀真如是說道。

## An Unlimited Scope of Life

For most people, mountain climbing is merely a hobby, but Chiang takes it as a life career. Mountain climbing changes her life and brings fullness and perfection to her life. She continues to improve herself by learning different of professional skills for mountain climbing. She even studies “the Art of War” by Sunzi in order to be a better team leader.

“What I learn from the mountains is never limit my life. I did and will be committed to pursue the true meaning and value of my life!”

### 江秀真 小檔案 Shiou-jen Chiang



<b>專長</b>	登山、野外求生、台灣原生樹木育苗、植物辨識、生態解說、野外調查、山難搜救。
<b>Specialty</b>	mountaineering, outdoor survival, Taiwan primary plants sapling cultivation, Plant identification, environment guide, field survey, mountain rescue.
<b>學歷</b>	國立嘉義大學森林所在職碩士班
<b>Education</b>	On-Job Master Degree Program of Forestry, National Chiayi University
<b>現任</b>	玉山國家公園管理處保育巡查員
<b>Currently</b>	Park Ranger of YSNP
<b>經歷</b>	成功征服世界最高峰「珠穆朗瑪峰」、歐洲最高峰「厄爾布魯斯峰」、非洲最高峰「吉力馬札羅山」、南美洲最高峰「阿空加瓜峰」、北美最高峰「麥肯尼峰」等多座名岳。
<b>Climbing Experience</b>	successfully climbing Mt. Everest, Mt. Elbrus (Europe), Mt. Kilimanjaro (Africa), Mt. Aconcagua (South America), Mt. Mckinley (North America), etc.