



十和田八幡平國立公園

清新脫俗

北國風華

Dewy Norland Grace

Towada-Hachimantai National Park

位於亞熱帶的台灣，正進入酷熱的夏季，而鄰國日本緯度較高，在日頭赤炎炎的六月天，仍有一些吸引台灣遊人前往避暑的聖地，本期季刊要介紹的便是台灣遊客不用千里跋涉，就有機會造訪的十和田八幡平國立公園。

擁有無盡神秘氣氛的美麗湖泊，世界少見之美泉溪流，流轉起伏在群山山腳下廣袤蒼茂的森林，以及仍未休止活動的火山現象，十和田八幡平國立公園以其雄闊多樣的地理景觀，傲視全日本。

Located in the subtropics, Taiwan is about to enter the hot summer season. The neighboring Japan is located at higher latitude, thus some tourists from Taiwan would still go there in June. In this issue, we take you to Towada-Hachimantai National Park that is rather close to Taiwan.

Towada-Hachimantai National Park (THNP) enjoys dense, mysterious, and beautiful lakes, grand forests, and active volcanoes. It is the best national park in Japan with its diverse and magnificent landscapes and terrains.

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位於奧羽山脈北邊，本州東北地區的十和田八幡平國立公園，範圍分佈在青森、秋田及岩手等3個縣境內，區域內包含了十和田湖、八甲田山、奧入瀨溪谷及八幡平等多個著名的景點，其中位於北部的十和田、八甲田區域是在昭和11年(1936年)被指定為國立公園，而南方的八幡平地區則是於昭和31年(1956年)被列入國立公園範圍，兩者統稱為十和田八幡平國立公園。

地貌 美禰火山博物館

北部的「十和田、八甲田地區」，擁有20座以上海拔高度介於1200到1500公尺，南北走向綿延相連的山峰，稱之為「八甲田層峰」。這些山峰自有歷史記錄以來歷經多次的火山爆發及大塌陷等地質變動過程後，最終形成了「十和田湖」的特殊景觀。

「八幡平地區」的主要景觀則是以包括最高峰「岩手山」(2041m)，及「燒山」、「八幡平山」、「乳頭山」、「駒之岳」等數座高度介於1200~1600m之間及其他坡度較平緩的火山體，加上散佈在山麓間的火山高原所形成，這些地區因火山噴氣及噴泉等景觀隨處可見，因此又有「火山博物館」的稱號。

「八甲田山群」是青森縣中部連綿一片的休眠山群的總稱，山間散佈著昔日因火山爆發後漸近形成的沼澤，山中原始森林隨著海拔的升高，逐漸變成亞高山帶、高山帶植物，豐富多樣的植物生態美不勝收。山頂附近的濕原生長了總計約160多種高山和濕原植物，而在廣大的山毛櫸林和寂靜的沼澤散佈的萬湯泉一帶，是國家指定的「萬野鳥森林」所在，適合做沼澤巡遊和野鳥觀察等的自然生態散步。

Located to the north of Ou Mountains and northeast region of Honshu area, THNP spans across Aomori, Akita, and Iwate prefectures. THNP contains famous spots such as Towada Lake, Hakkodasan, Oirase valley, and Hachimantai. The area in northern Towada and Hakkoda was designated as a national park in 1936, and the Hachimantai area to the south was designated as a national park in 1956. Together, these two parks are known as Towada-Hachimantai National Park.

Volcano Museum

The Towada and Hakkoda area to the north has more than 20 mountains that are 1200m-1500m tall with north-south ridges. Known as "Hakkoda layered peaks," these peaks have experienced many volcanic eruptions and collapsing, eventually forming the unique landscape of "Towada Lake."

The Hachimantai area's landscapes include the highest peak "Mt. Iwate (2041m)," mountains between 1200 and 1600m such as "Yakuyama," "Mt. Hachimantai," "Koma," and "Cha-usu" other less steep volcanoes, and volcanic plateaus. These areas have volcanic geysers all over, thus they are also known as the "Volcano Museum."

"Hakkoda Mountains" refer to the series of volcanoes in central Aomori. Between the mountains are swamps formed after volcanic eruptions. The raw forests become mountain vegetation with increasing elevations, and this area has rich plant species. The wetlands around the peaks sustain more than 160 types of mountain and wetland plants. Tsuta Hot-spring with beech woods is the home to "Tsuta Wild-bird Forest," which is great for hiking and bird-watching.





1. 十和田湖湖煙霧 / 李柏社攝

Smoke dense on Towada Lake / Photo by Por-chung Lee

2. 因山區時常下雨，服務站備有雨鞋供遊客免費使用 / 李柏社攝

As it rains all the time in this area, the customer service provides rain shoes for tourists / Photo by Por-chung Lee

3. 開闊寧靜的十和田湖 / 李柏社攝

Broad and quiet of Towada Lake / Photo provided by Por-chung Lee

動植物 兼容南北方生態

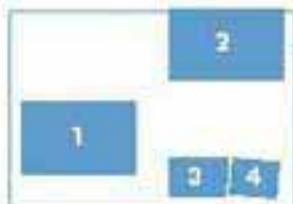
十和田八幡國立公園因位於 Blakiston line ——北海道與本州之間には津輕海峽附近，因此同時擁有分屬於北方系及南方系的動物棲息分佈其間，動植物生態十分豐富。園內各種哺乳、兩棲與鳥類活動其間，諸如東北山椒魚、箱根山椒魚及數種特有種樹蛙，獾、啄木鳥、赤翡翠、星鴉、日本大瑤鶯、黃鶯與綬帶鳥等。此外，因八甲田山及八幡平地區的濕原植物及雪地植物生長旺盛，亦是月輪熊、羚羊等大型哺乳類及大鷲、日本松雀鷹及其他多種野生動物的生長棲息地。當遊客漫步在森林中享受芬多精時，偶有和羚羊、鹿與貂等美麗的動物不期而遇之意外驚喜。

此園以中低海拔植物林相為主，並以海拔1,000公尺為分界線，1,000公尺以下是屬於山毛榉為主的落葉型闊葉林，1,000公尺之上則是以廣葉青森松為主的次高山型針葉樹林，更在上則為高山植物帶，在較高緯度的駒之岳及岩手山等森林中則生長著豐富的藥草、假夷杜鵑等高山植物。

Northern and Southern Wildlife Species

Because THNP is located on the Blakiston Line, which is near the Tsugaru Strait between Hokkaido and Honshu, it enjoys rich wildlife species that are of the northern and southern systems. The park has different type of mammals, amphibians, and birds, including *Hynobius Lichenatus*, *Onychodactylus japonicus*, several unique species of tree frogs and wood peckers, *Halcyon coromanda*, *Nucifraga caryocatactes*, *Ficedula mugmaki*, and *Terpsiphone atrocincta*. Because of the dense vegetation, this place is also home to *Ursus thibetanus japonicus*, antelopes, *Aquila chrysaetos*, and other animals. Tourists who come here to enjoy the woods are often surprised to see beautiful animals such as antelopes, weasels, and Japanese sables.

This area features low/mid-elevation vegetation. Broadleaf trees, mostly beech trees, are found below 1,000 meters, and sub high mountain conifers are found above 1,000m. Further up is the high-mountain vegetation area. A large amount of Komakusa and Ezo-murasaki-tsutsuji (cuckoo) is found in the high-elevation woods in Koma and Iwate.



1. 如夢似幻之睡蓮沼 / 李柏社攝
Dreamy water lilies / Photo by Por-chung Lee
2. 有「天下第一美溪」之稱的奧入瀨溪 / 李柏社攝
Onase Stream is so called "the number 1 river in the world" / Photo by Por-chung Lee

3. 清晨的睡蓮沼 / 李柏社攝
Water lilies in the morning / Photo by Por-chung Lee
4. 江戸時代著名詩人松尾芭蕉俳句碑 / 李柏社攝
Works by the famous poet Matsuo Basho work in Edo Period / Photo by Por-chung Lee



遊憩 多樣又具特色

十和田八幡平國立公園內的所規畫的遊憩活動多樣又具有特色，以十和田湖及奧入瀨溪流沿線的景點為例，可以登遊八甲田與八幡平山，盡覽眾山之美，冬日此地則設有滑雪場，遊客可盡情滑馳於白雪之上，又因四周眾多火山圍繞，公園之內遍佈許多具有不同療效的溫泉，既可舒緩身心，又具養生美容功效。

面積約6000公頃的十和田湖，湖深約300多公尺，湖水清澈度可達9公尺，湖畔環繞著一望無際的樹海，樹葉隨四季更迭變化顏色，遊客可從湖邊設置的4個瞭望台遠眺，可以欣賞到不同角度的美景。自「子之口」到「休屋（國民旅舍）」有湖上遊覽船航行，為湖面增添幾許悠閒浪漫的氣氛。休屋周圍並有野營地、遊客中心以及十和田湖淡水魚水族館等，可藉此深入了解本區域生態保育和遊憩資訊。

有「世界第一美溪」之稱的奧入瀨溪，發源於十和田湖，從十和田湖的「子之口」到「燒山」，長約14公里的溪流流經森林岩石、樹根、湍流直下，形成十多處大小瀑布，其中就屬落差高達7公尺的桃子大瀑布最壯觀，奔騰而下，氣勢磅礴。

Diverse Recreation Aspects

The recreations in THNP are diverse and unique. In the Towada Lake and Oirase valley area, for example, you can climb Hakkoda and Hachimantai mountains, and even ski in winters since there are skiing resorts here. Because of the volcanoes, there are lots of hot springs with different healing effects that help you relax and rejuvenate.

The 6,000 hectare Towada Lake is about 300m deep with a 9m visibility. The lake is surrounded by endless trees which change colors with the seasons. You can see afar in the 4 observatories by the lake and enjoy the view from different angles. There are also boat rides available here that add a romantic touch to this place. Around the hotel, there are camp sites, Towada tourist centers, and an aquarium of freshwater fish where you can learn about recreation and conservation.

Known as the "most beautiful creek," Oirase Stream originates from Towada Lake and travels a 14km route from Nenokuchi to Yakyama, passing forest rocks and roots, and form more than ten water falls. Sasinaba cascade, the largest one with a 7m height difference, is a magnificent site to see.



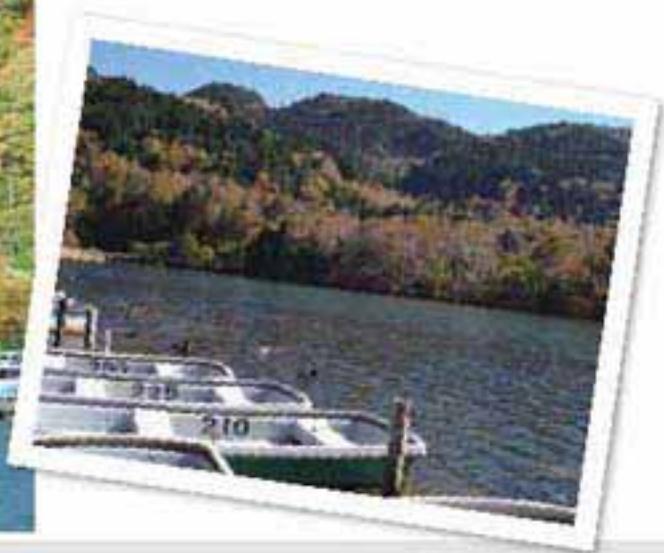
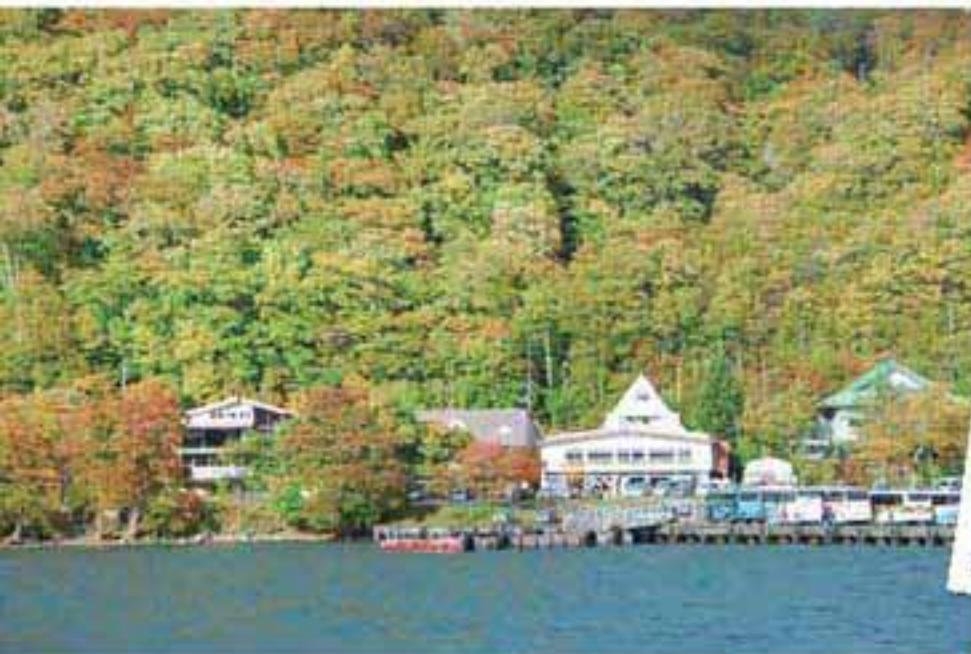


奧入瀨溪天然美景往往成為熱門月曆和日本觀光海報的取材之處。完備的步道沿著溪岸鋪設，遊客可以順著步道散步在蒼鬱的原始森林中，其中聆聽著潺潺溪水。雖一美中不足的是，沿溪公路沒有足夠的腹地設置停車場，一旦有觀光巴士停靠供遊客下車時，使得車道陷頸擁擠。

奧入瀨溪也是著名的賞楓名勝，秋季紅葉從山頂往谷底，漸次由深到淺，從鴉子大瀑布至不老瀑布間清幽古老之溪間小徑，襯著楓葉林間川流兩岸的柱狀節理岩壁及環繞溪畔的樹林蔚為絕景。

The beautiful, nature scenery of Oirase Stream is a popular place for photographers of Japanese calendars and tourism posters. Complete trails are placed along the banks, and travelers can take a stroll in the woods and listen to the water flow. The only problem with this place is a lack of parking lots. When tourist buses stop at certain popular spots, the car lanes could get congested.

Oirase Stream is also a famous place for enjoying maple leaves. From the top of the hills to the bottom of the valley, the red maple leaves in autumn gradually turn lighter. The quiet trails between the waterfalls, joint rock walls, and the woods around the stream are a great site to visit.



「阿斯派特線道路」為通過八幡平山頂附近，連結岩手及秋田兩縣的一條具有相當觀光特色與景觀的道路，分佈在岩手山麓（網張）及田澤湖高原（乳頭）一帶的國民休閒村，設立的宗旨在鼓勵日本國民大眾進行休閒遊憩，為日本特有的半官方性質旅遊設施。

方案 尋求增加遊客量

1931年4月，日本政府公告了「國立公園法」，之後在1947年廢止了該法並以「自然公園法」取代，由於這一系列法規的制定與實施，對於日本境內優美之自然環境的保護與利用貢獻卓著，而既使日本人的守法精神有目共睹，但一處國家公園的營運與維護仍需要眾人之力方能竟其功，現在十和田公園內約有百餘名志工，除了參與自然觀察的解說工作之外，登山步道的美化清潔、移除外來種和植被之資源與設施的修復等等，也都得力於其投入及協助。

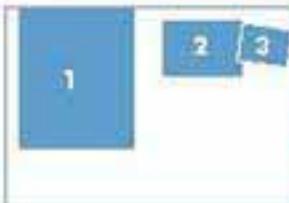
十和田八幡平國立公園因遊船、滑雪和溫泉度假中心等遊憩觀光建設十分完善，過去隨著東北自動車道通車等交通條件改善，一年有高達一千萬遊客人次到訪，但近幾年來日本受少子化及經濟景氣等因素影響，遊客人數已略少於已往，若是考量增加部分銀髮族之休閒設施，並規畫主題之旅，或搭配以優惠方案吸引其他國家遊客來訪等，或許亦不失為增加經濟效益的可行之道，而十和田八幡平國立公園的發展經驗與歷史，也能做為台灣國家公園經營管理與參考的對象。

The "Aspite Line" is a unique road for recreation that passes through the top of Hachimantai and connects Iwate and Akita. There are recreational villages around the foot of Iwate's mountains and Tazawako plateau. The purpose of the villages, which are Japan's unique semi-official tourist facility, is to encourage the Japanese public to enjoy recreational activities.

Increase the Travelers

In April, 1931, the Japanese government announced the "National Park Act," which was then replaced by the "Nature Park Act." Thanks to regulations like this, the beautiful environments within Japan are well protected and utilized. Even though the Japanese are law abiding, maintaining a national park still requires many people's efforts. THNP now has about 100 volunteers who guide tourists, clean the environment, remove invasive alien species, and restore damaged facilities.

Because THNP has complete recreational facilities such as boat rides, skiing, and hot springs, it had received as many as 10 million person-times of tourists per year after the Northeast Highway was improved. In recent years, however, factors such as low birth rate and economic depression have reduced the volume. If recreation facilities for seniors, theme tourism packages, and discounts could be implemented, then foreign visitors might be attracted, resulting in more income for the park. Their experience, then, would also be a great lesson for Taiwan's national parks.



1. 由湧入湖邊旁林間湖去常可見一些小瀑布／李柏社攝
There are some waterfalls next to Oriase Stream / Photo by For-chung Lee
2. 十和田湖的湖邊旅館／李柏社攝
Inns next to Tze He Ting Lake / Photo by For-chung Lee
3. 停靠在十和田湖畔的小船／李柏社攝
The small boat next to Towada Lake / Photo by For-chung Lee