



通往紅杉與國王峽谷國家公園的道路，可見參天巨木。
開路到此，雙向道路刻意繞道，以保護擋在路中的紅杉 / 老萬攝
Along the highway to SKCNP are the giant trees, and the two-way road detours to
keep the sequoias that stand in the way. / by Wan

造訪紅杉與國王峽谷國家公園

仰望 不朽的守護者

Looking up at the Immortal Guardian Visiting Sequoia and Kings Canyon National Parks (SKCNP)

當我進入這片壯麗的野地時，白日將盡，
有著紅色外皮的樹安靜地沉思著，
它們彷彿是帶著意識、虔誠地倚靠著太陽，
行走在它們之間，我不由得步履輕柔，滿懷敬畏之心。
— 國家公園之父約翰·繆爾

When I entered this sublime wilderness the day was
nearly done, the trees with rosy, glowing countenances
seemed to be hushed and thoughtful, as if waiting in
conscious religious dependence on the sun, and one
naturally walked softly and awe-stricken among them.
— John Muir, father of national parks

曾任陽明山國家公園解說志工的老萬，引用這位自然
資源保護先趨的話語，帶領大家走進這神祕的山
林。

An ex-volunteer of Yangmingshan National Park,
Wan led us into the mysterious woods with this
quote from the conservation pioneer.

紅杉國家公園成立於1890年，是美國的第2座的國家
公園，歷史僅次於黃石公園，目的是保護巨木森林中的大
樹；而國王峽谷原本只是格蘭將軍國家公園的一部分，1940
年，格蘭將軍國家公園併入新成立的國王峽谷國家公園，
範圍包括國王河南叉口以及大片偏遠荒地。紅杉、國王峽
谷這2座相連的國家公園，因左右緊鄰便決定合併，總面
積超過80萬英畝。

Sequoia National Park was established as the
second national park in the United States in 1890,
with the purpose to preserve the Giant Forest, while
the Kings Canyon was mandated as a national park in
1940, absorbing General Grant National Park. Sequoia
and Kings Canyon were later merged, taking up more
than 800,000 acres.

彙集森林、高峰和深谷等美景，紅杉與國王峽谷國家
公園呈現出大自然多變的刻劃手法，景觀變化讓人目不暇
給，開車穿越園區時，便能感覺到不同地形之美的涇渭分
明感。若從北邊國王峽谷開車進入國家公園往東，會先經
過巨木森林區以及出名的格蘭將軍樹；開始進入山區後，
可以看到有如沙漠景觀的植物叢；接著，公路邊湍急的溪
流會令人有柳暗花明又一村的視覺驚喜。如果走縱貫國家
公園的將軍公路，由北而南入目所及的皆是巨木森林景
觀，然而喜愛探險的遊客絕對不可錯過別有洞天的岔路，
有天然的鐘乳石洞水晶洞，也有可遠眺群山藍天的制高點
夢諾石；如果有時間，不妨再深入公園的東南部，前往高
聳入天的內華達山脈朝聖，領略高山風華。

With forests, mountains, and canyon, SKCNP
displays Nature's versatile craftsmanship. Driving
through the park, one will be feasted with diverse
landscapes and scenery. If you enter the parks from
the north heading eastward, you will pass the Giant
Forest and the celebrated General Grant Tree. Going
into the mountains, you will first encounter desert
thickets; some rapid river will then pop up as a visual
surprise. Along the Generals Highway you'll enjoy an
eyeful of giant forest scenery. And explorers must not
miss the minor paths that lead to great views such as
the limestone Crystal Cave and Mono Rock. If your time
allows, go head into the Sierra Nevada Mountains to
experience the magnificence of high mountains.



巨木森林 見證不朽

紅杉與國王峽谷國家公園中最著名的景觀莫過於許多巨型紅杉，遊客造訪這世界上最大樹木的家，不管是開車穿梭在數千年的古老森林中，或是站在樹下、順著有如圓錐形的粗壯樹幹往上仰望，都讓人忍不住要讚嘆大自然的鬼斧神工，同時亦感人類的渺小。這座原始森林所散發出的粗獷沉味，對於身在亞熱帶的台灣島民而言，絕對是難得的自然體驗。

巨型紅杉是地球上最大的生物，它雖然不是最高的樹，但樹幹的總體積卻讓它躋身世界巨木之列。它們生長在內華達山脈的西側山坡，其中第1大的薛曼將軍樹，是全世界體積最大的樹，它幾乎和一棟26層的大樓一樣高，樹齡介於2300至2700歲間，最大的枝幹直徑將近2公尺，每年增長的木頭相當於一棵18公尺高的樹，樹基直徑則超過城市街道的寬度。這棵巨木看著一批批遊客來了又走，經歷過長期的乾旱和無數次火災而倖存至今，並且繼續繁衍，鼓舞著森林中接續不斷的新生代，成為不朽的守護者。

「約翰·繆爾曾寫道：『大多數高山的樹死於疾病、真菌等等，但是沒有什麼東西可以傷害大樹，如果沒有意外，它

Giant Trees Immortality Witnessed

The best-known view in SKCNP is the Giant Sequoias. Whether it's driving through the forests or standing under and looking up at the colossal trees with broad trunks, one cannot help feeling the humbleness of human before the great Nature. Bathing in the coarse wildness of this primitive forest is truly special to residents of a sub-tropical island like us.

Though not the tallest, Giant Sequoia is yet among the world's largest trees in terms of total volume. They grow on the west slope of the Sierra Nevada, and the largest among them and in the world is General Sherman, with a height of a 26-story building, an age ranging between 2300 and 2700, the diameter of its largest limb approaching 2 m, and the base of its columnar trunk wider than a city street. This giant tree has survived long droughts and numerous fires. It keeps on growing, serving as the guardian of this forest.

“John Muir once noted that most of the sierra trees die of diseases, fungi, etc., but nothing hurts the Big





好像是不朽的。」老萬引述約翰·繆爾的論點來說明紅杉的特質。紅杉的木心和樹皮裡有可以防蟲、抗菌的化學成分，賦予了它長壽的使命，聽說在格蘭樹林的大樹樁盆地中，仍留有百年前伐木所產生的大量木屑，至今仍然沒有腐壞；正因為這個能力，讓紅杉存活數個世紀之久，目前已知最老的紅杉樹齡超過3200歲。

然而，紅杉還是有其致命傷；它們最主要的死因是傾倒，因為它們有淺的根系，卻沒有主根，土壤和水分的流失將是它們最大的致命傷，而根部的受損和強風的吹襲也是造成傾倒的危機。

高山溪壑 鑿刻美景

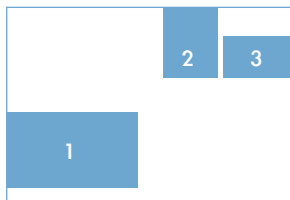
紅杉與國王峽谷國家公園中另一值得介紹的景觀，是高昂的山峰和深邃的峽谷，脈脈相連的內華達山、美國本土的最高峰惠特尼山、形成分水嶺的積雪山巔，穩穩地佇立著迎接每個想征服它的遊客；在這些高大山峰之間，則是經過大自然粗糙鑿刻的壯觀峽谷，瘦骨嶙峋地切入嫩肉般的地質岩層，形成獨特的衝突景觀。其中名氣最響亮的國王峽谷，就是一個歷經冰河活動的冰河山谷，從河水平面到西班牙山頂，落差足足有海拔2500公尺，正好是國王

Tree. Barring accidents, it seems to be immortal," Wan cited. The anti-bacterial and insect-resistant chemical in the bark and wood of sequoias make them longevous. It is said that in the Big Stump Basin of the Grant Grove, masses of saw dust left a century ago have not decomposed yet. The oldest known sequoia is more than 3200 years old.

However, sequoias still have an Achilles' heel: toppling. They have a shallow root system with no taproots. Loss of soil and moisture, root damage, and strong winds can all lead to their toppling.

Spectacle Carved by Nature

Two other noteworthy landscapes in SKCNP are the mountain peaks and deep canyons. Between the contiguous Sierra Nevada Mountains, Mt. Whitney, the highest peak in the U.S., and the snowy peaks that form divides are the spectacular and unique canyons carved out by the Great Nature. The most famous Kings Canyon is actually a glacial valley where the South Fork and middle forks of the Kings River converge 2,500 m below the towering Spanish Peak; it is even deeper than the Grand Canyon. Tall cliffs, a meandering river, green



1. 休姆湖位在紅杉國家公園，原本是座伐木廠水塘，並有運木溝渠，可將鋸下的原木從顛倒盆地漂送到
The Hume Lake in Sequoia National Park was originally used as a mill pond to supply water for a flume that floated rough-cut sequoia lumber from Converse Basin to the mill at Sanger, 87 km away. During the summer, it is a place for fishing, swimming, boating and camping. / by Wan
2. 乾枯巨木依然矗立地面，有型有款。紅杉因體型高大，常遭雷擊引起大火，但只要留有一部分樹皮就能存活；這樹是連樹皮都枯了才導致死亡 / 老萬攝
A dried giant sequoia still stands towering above the ground. Because of its bulkiness, it continues to support some living branches after burned by thunderstorms; only when all its bark withers will it die. / by Wan
3. 位於格蘭樹林中的全景點可覽高山壯觀風景，往北可觀國王峽谷的哥達山 / 老萬攝
The panoramic point at the Grant Grove with the grand mountain views; Mt. Goddard can be seen from here. / by Wan

河的中央支流與南方支流會合之處，比亞利桑那州的大峽谷還深邃；放眼望去，以高聳山峰、蜿蜒河流、綠色草原和美麗瀑布拼貼而成的絕麗景色，美得就像童話中的神秘王國。

藉由將軍公路和國王峽谷公路兩條蜿蜒公路穿過峽谷的道路，老萬建議，不妨開車來到國王峽谷公路的道路終點處（大約從11月1日至5月1日會因為天候而封閉），站在一處冰河山谷平地上，向上凝視高聳入天的峽谷岩壁，感受一下雄偉氣勢。

體驗過向上仰望的渺小感，另外還可以造訪讓人有如站在世界頂端的大石頭，往下俯視這片美麗的土地來平衡一下心情。這塊位於公園中心最高處的夢諾石，雖然可能會讓有懼高症的人腿軟，然而，沿著依傍岩壁而建、環繞而上的階梯「攻頂」之後，那種登高望遠、放眼環視群山的成就感，讓杜甫《望岳》詩中「會當凌絕頂，一覽衆山小」的臨場感活生生重現，稱它為園區中最秀的必遊景點並不為過。

神出鬼沒 予人驚喜

在美國的國家公園中，豐富的野生動物是一大特點，紅杉與國王峽谷國家公園中自然也藏身不少，如黑尾鹿、松貂、魚貂、狼獾、黑熊、土撥鼠和岩兔等；近年來，一些非原生的魚類像棕鱒、溪鱒、金鱒以及河鱒都成功地引進，而內華達山脈西坡小溪原生的彩虹鱒和小柯恩金鱒，也在此進行復育。

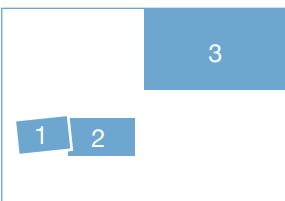
meadows and beautiful waterfalls make the park a fairytale-like kingdom.

Wan recommends that one take Kings Canyon Highway and drive to its end (closed from Nov. 1 to May 1 due to weather conditions), and then stand at a flat of the glacial valley, and stare up at the steep canyon walls to experience the overwhelming magnificence.

If looking up from the bottom of the valley makes one feel diminished, he can climb up to Mono Rock and look down at the beautiful land. After reaching the summit through the staircases alongside the rock wall, one will definitely have the sense of achievement of overlooking the mountain. The panoramic vistas of the grand mountains make Mono Rock one of the must-visits in the park.

Surprise Given by Unexpected Appearances

The wild lives in SKCNP are as abundant, which include Mule deer, Pine marten, Fisher, Wolverine, Black bear, Marmot, Pika, etc. Recent fish plantings introduced non-native brown, brook, golden and cutthroat trout; also being restored are rainbow trout and Little Kern golden trout, native to the Sierra streams.



1. 園區的解說告示牌很有特色，像薛曼將軍樹的解說告示牌外型就是樹圍，上面刻有樹的剪影，遊客可以對照真實的樹木。另外還有果實圖像印在右上角，告示牌上除了簡要說明此樹為地球上現存的最大生物外，還列出了此樹的一系列相關數據，如樹齡、樹高、樹圍、體積等資料，兼具趣味與教育意義 / 老萬攝
The interpretive signs in the park are distinguishing. The one before the General Sherman Tree is of the shape of the tree circumference with the tree's silhouette on it. There is also a picture of its cones. In addition to a brief introduction of this largest creature on earth, the sign also includes such information as the age, height, and volume of the tree. / by Wan
2. 體驗過向上仰望的渺小感，另外還可以造訪讓人有如站在世界頂端的大石頭，往下俯視這片美麗的土地來平衡一下心情 / Lili 提供
If looking up from the bottom of the valley makes one feel diminished, he can climb up to Mono Rock and look down upon the beautiful land/Photo provided by Lili
3. 汝瓦特草原是國王峽谷是最美麗的景點之一，高聳林木圍繞的茂盛草原清新又不染俗氣，有如仙境，外圍的環狀步道長度約一英里多 / 老萬攝
Zumwalt Meadow is one of the most beautiful spots in Kings Canyon. With its lush meadow and towering trees around it, it is like a wonderland. A 1.5-mile trail is built around the meadow. / by Wan



「2004年夏天，我在水晶洞附近看到一隻熊媽媽帶著兩隻小熊出現，吸引了許多遊客遠遠地觀看，讓我內心感動澎湃不已。2005年我又重遊此地，住在國王峽谷的雪松林山莊內，一早起床在附近散步，就看到幾頭黑尾鹿在附近覓食，其他如松鼠、鳥類則隨處可見。」老萬建議，觀賞野生動物最好的時間是清晨及傍晚，保證不會讓人失望。

而讓曾經造訪紅杉與國王峽谷國家公園多次的老萬最印象深刻的，正是與野生動物近距離接觸的感動。「這是在台灣很難體會到的特殊情境。我曾靜靜地坐在公園一角，看著土撥鼠在不遠處立起前足探頭張望，發出叫聲、相互打鬧，可愛極了！就這樣欣賞牠們表演一小時，一點也不會感到枯燥無趣。我也曾與黑尾鹿相距不到十公尺地近距離接觸，躡手躡腳地接近牠，為牠們拍照，牠們也很配合地演出，一點都不怕生。若是看到熊，大家會爭相走告，興奮之情溢於言表，路上車輛紛紛停下駐足觀賞。只有在人群過於興奮時，公園管理員才會示意大家不要靠近，多給野生動物一點空間。」老萬說，這種和諧共存的景象，正是國家公園最原始也最讓人感動的光環。

老萬呼籲，遊訪國家公園最重要的事，就是遵守國家公園的規定，「除了足跡，什麼都不留：除了照片，什麼都不帶走。」唯有大家的保護與愛惜，地球上的美景才能生生世世留傳下來，為子孫保留無價瑰寶。很多人喜歡餵食野生

“In summer 2004 at Crystal Cave, I was so touched by a scene in which a large crowd of tourists watched in the distance a mother bear with her two cubs. I revisited the site in 2005, and lodged at Cedar Grove Village. In the morning, I saw some mule deer looking for food nearby, and squirrels and birds were everywhere.” Wan suggests that early morning and late afternoon are best for wildlife viewing.

It is these close interactions with wild lives that leave Wan, who visited the park several times, the deepest impression. “It is something hard to imagine in Taiwan. I could sit at the corner quietly seeing woodchucks standing on hind legs looking around, making sounds, and playing with each other for an hour and feel not a bit of boredom. I'd also taken pictures of mule deer from less than 10 m away, and they didn't fear me at all. If people saw bears, they spread the news with excitement and stopped the cars to take a good look. But the park rangers would also ask us to keep the distance and leave some room for wild lives.” Wan said that this human-wild harmony in a national park is what touches people most.

Wan urges people to follow the rules of the park during their visits. “Leave footprints and nothing else; take pictures and nothing else.” Only by our protection



動物，其實，這並不是愛護牠們，反而會害了牠們，野生動物一旦習慣與人類接觸，取得食物容易，便逐漸失去野外求生與覓食的能力，甚至會一個不小心地侵入人類生活的環境，過去便有多起野生黑熊因不斷侵擾人類而不得不得被獵殺的事件，所以，餵食野生動物的行為，極有可能會讓人類成為野生動物致死的間接凶手。

遵守大自然的遊戲規則

紅杉與國王峽谷國家公園內共有雪松樹林遊客中心、巨木樹林遊客中心、足丘遊客中心、羅奇波爾遊客中心和礦物國王等5座遊客中心，分別座落在園區不同的地區，以就近服務遊客。其中足丘遊客中心是園區總部，水晶洞的門票只在此發售（只發售當日票，每日15:45停售），水晶洞的洞口則是不售票的，很多遊客不清楚這個規定，結果白跑一趟。

住於公園入口、198號公路26公里處的巨木森林博物館，裡面則有非常豐富的巨型紅杉生長資訊，也提供地圖、書籍的販售，對於想要了解紅杉生態或更進一步了解國家公園的遊客來說，是個非常值得拜訪的地方。

老萬建議，想要造訪紅杉與國王峽谷國家公園最好是租車自助旅行，預留充足的時間慢慢欣賞大自然的美，千萬不要來去匆匆，若是入住國家公園內的山莊更好，不但可以減少進出國家公園花費的車程，將體力保留在探索國家公園的世界，也比較有機會親近野生動物。不過，想要在

and cherishing can the beautiful scenes be preserved for future generations. Many like to feed wild animals, but this is hurting them.

Once they get used to human contact and lose the abilities to live in the wilderness, they may trespass into our lives. Some black bears were once killed because of this. Feeding wild animals could indirectly lead to their death.

Following the Rules of Nature

The five visitor centers in SKCNP: Cedar Grove, Giant Grove, Foothills, Lodgepole, and Mineral King are located in different areas, providing services to tourists nearby. Among them, Foothills is the headquarters, the only place where admissions to the Crystal Cave are sold (only same-day admissions, available until 15:45) and not at the Crystal Cave.

The Giant Forest Museum, 26 km away from the park's entrance at Hwy 198, provides in-depth info of giant sequoias with books and maps for sale. It is worth visiting for those who want to learn more about the ecology of the tree or the park.

Wan suggests tourists rent a car for touring the park, and take their time to appreciate the beauty of the nature. It'd be even better to lodge inside the park, saving more time and energy for exploring the park. However, be advised to make reservations 3 months



國家公園內住宿可不容易，如果適逢暑假旺季，最好提前3個月以上預訂。

除開車外，健行既健體又能深入體會公園內的絕美景色，也是不錯的方式。紅杉與國王峽谷國家公園內規劃有多條健行步道，可詢問遊客中心服務人員，他們會依據遊客的時間與體能，給予適切建議。

他山之石 值得借鏡

老萬認為，台灣多座國家公園的絕麗勝景，絕不亞於國外的國家公園，不過他山之石的確有值得借鏡之處。

美國國家公園內各種野生動物活躍其間，而且隨處可見，這也是台灣國家公園所不及之處。美國腹地遼闊，保育觀念深耕早，不僅在國家公園內，國家公園外也處處可見愛護環境、保護動物的行為；反觀台灣，地狹人稠、寸土寸金，與自然爭地的結果，造成保育觀念不易落實，比較常見的野生動物多半是昆蟲，偶爾可見鳥類與爬蟲類，大型野生動物只有深山內才能生存，應制定相關的保育法規並落實全民參與，讓野生動物安心棲息、安然繁衍。

紅杉與國王峽谷國家公園內規劃了完善的住宿與遊憩環境，與周遭環境完美融合，提供良好的休閒活動品質，這也是國內比較少見的；陽明山、墾丁國家公園在這一點上的可及性最佳，同時卻也是自然環境遭受破壞較深的國家公園，甚是可惜。如何讓人為建設不著痕跡地融入自然環境，達成遊憩與生態達成平衡，將是台灣國家公園尚需努力的課題，讓不朽山林、絕麗勝景永續長存。

ahead during the busy season.

Besides driving, hiking is also recommended for park exploration. Consult with the visitor centers to pick trails that fit you and your schedule.

A Model for Taiwan

Wan thinks that our national parks are no less beautiful than those abroad. Yet we do need to learn from them.

In the national parks of the U.S., wild animals are everywhere; this is where we fall short. In the U.S., concepts of conservation are rooted deep and wide in its citizens' mind, and are commonly seen in and out its national parks. In contrast, people in Taiwan tend to seize natural land rather than protect it. The wild lives most frequently seen here are insects, and then birds and reptiles. Large wild animals live only in remote mountains. Protection laws and regulations should be made for the wild lives to prosper.

SKCNP offers sound lodging and recreational facilities that are integrated with the natural environment. This is less-achieved in Taiwan's national parks. How to make human constructions non-intrusive to the Nature and reach a balance between recreation and ecology will still be something demanding our efforts in order to the beautiful scenery truly immortal.

1	2	3

1. 彙集森林、高峰和深谷等美景，紅杉與國王峽谷國家公園呈現出大自然多變的刻劃手法 / 老萬攝
With forests, mountains, and canyon, Sequoia and Kings Canyon displays Nature's versatile craftsmanship. / by Wan
2. 國王河南支流沿著國王峽谷奔流而下，枕流漱石，激發不少詩意。拍攝地點在雪松林山莊附近 / 老萬攝
The South Fork of Kings River taken near the Cedar Grove Village. / by Wan
3. 老萬在格蘭將軍樹前留影。格蘭將軍樹是世界上第3大的樹，也是美國的國家聖誕樹，它已被指定為國家聖祠，用以紀念在戰爭中捐軀的美國人 / 老萬提供
Wan before the General Grant Tree. It is the third biggest tree in the world, the States' Nation's Christmas Tree, and a national shrine, commemorating those Americans who lost their lives in war. / photo provided by Wan