

吳夏雄談登山倫理

謙卑學習 與山同行

Lessons from Mountains

Learning About Mountaineering Ethics with Hsia-hsiung Wu



攤開地形圖，很少地方像台灣一樣，在那麼小的面積上，聳立如此多的高山。中央山脈、玉山山脈、雪山山脈貫穿南北，撐起了260餘座3,000公尺以上的山岳，密度堪稱全球之冠。福爾摩沙，高山之島，對於鍾情戶外活動的人而言，這裡真是登山的寶境。先人筆路藍縷，來者前仆後繼，幾十年過去了，登山人口日漸增加，裝備更精良，技術更純熟，然而，登山的觀念與態度，有隨著提升嗎？

對此，一路躬逢其盛、台灣山岳文教協會首任理事長吳夏雄先生自是感觸萬分。「登山，絕不僅是技術層面而已」，這位登山界老前輩說的語氣堅定。的確，並非只要體力好就能啓程了，登山有登山的倫理與文化，仰望大山，我們要學習的事情還很多。

登山中體會團隊合作

首先，登山講求團隊的紀律，以及周全的準備。在變化莫測的山區，沒有逞英雄、我行我素的空間，否則不但拖累伙伴，甚至給自己帶來生命威脅。若目標是世界級的高山，參與者豈止是路上喘呼呼的人，還有一群在山下跟著戰戰兢兢的後勤部隊，陣容就更龐大了。登山團隊，恰如命運共同體，隊員間要相互合作，並服從領隊的指揮。登山的專業是一步步累積而來，管你是大老闆還是教授、醫生，在深山裡，只有嚮導能帶你安全進出。

嚮導的責任也絕不是只有行路方向的帶領，登山路上有許多隨時可講解的知識與應變教學，但是國內多數的嚮導卻還是習慣於從出發開始，都只是走在前端跟自己人聊天，造成新手需自己去摸索、甚至落單，故嚮導應以走在隊伍的中間或後面，以能對全隊隨時觀察。而不論隨隊隊員的爬山經驗是否足夠，嚮導都應以最大的耐心將所有人皆視為新手來照顧，如脈搏數最好低於70（以免發生高

Spreading out the topographic chart, we can hardly find any other places with such high density of ridges like Taiwan. With more than 260 high mountains scattered in Central Mountain Range, Jade Mountain Range, and Syue Mountain Range running north to south, Formosa, an alpine island, is a paradise for mountaineers. Over the past few decades, the number of hikers has been increasing; however, has hikers' attitude toward mountaineering been uplifted as well?

Hsia-hsiung Wu, a senior climber as well as the first director of Taiwan Alpine Culture Association, said firmly that "mountain climbing is more than a technique." Indeed, mountain climbing requires not only stamina but also involves ethics and culture. We still have a lot to learn.

Mountaineering Requires Teamwork

First of all, mountaineering requires teamwork, disciplines, and preparation. In the changeable mountain environment, selfish heroism must be abandoned for the sake of safety. Teamwork is even more significant when climbing world-class high mountains. Since mountaineering team is a community of fate, all the members must team up with one another and obey the leader's instructions. Professional climbing skills take years of accumulation. No matter what your occupation is, only specialist guide can provide you with safety.

In addition to leading the way, the guides can share knowledge and teach how to handle emergency. But most guides in Taiwan are still used to walking in the front of the team after departure and talk to their acquaintances only, leaving the new hands alone to learn on their own. Thus the guides should walk in the middle of the team for better coordination. They should



山症)，正確的背帶調整要領（應將60%的重量放於腰上，避免容易產生疲憊。），更重要的是絕不能因為己身的熟練，讓新手以為穿雨鞋、拖鞋也能爬山。如此將心比心地互相尊重，才是團隊倫理的最終目的與價值。

對前輩的尊重、對有經驗者的信任，團員間同甘共苦，這就是人與人的倫理。也因為有志趣契合的山友為伴，即使在遠離文明的荒野，亦能感受到家的溫暖。

即使如吳夏雄這樣的登山老手，亦曾受到東埔布農族朋友的協助，從他們身上，吳夏雄習得除了登山技能以外的諸多山林知識，對於當時深受感動的啟蒙與見識，令吳夏雄至今永難忘懷。

破除攀頂迷思

相對來說，人與自然界的倫理，較被忽略。吳夏雄回憶，在早期，登山稱為「砍山頭」、「攻山頭」，如軍隊般，把山當成一個據點去佔據，侵略意味濃厚。這樣的心態反映著對高山環境的不尊重，更凸顯了人類的無知。直到八〇年代，台灣開始接觸海外登山活動，視野開了，才逐漸有親山的思維出現。

雖然如此，多數人還是將登山視為一種挑戰，尤其把登頂一事，看的異常重要。甚至認為爬上了最高點，就是對山的征服。其實，無論你是誰，登頂之後，終究得

be patient and treat all members as new hands regardless of their mountaineering experience. The last thing a specialist guide should do is to carelessly allow novices to wear rubber boots or slippers to climb a mountain. To show your respect and feel for others is the ultimate goal and value of team ethics.

Respect for the seniors, trust in the veterans, and cooperation among teammates contribute to interpersonal ethics. Even in uncivilized wilderness, one can still feel warmth by the company of like-minded mountaineers. An experienced hand as Hsia-hsiung Wu, he also received help from the Bunun aborigines in Dongpu. From them Wu learned a lot of knowledge other than mountaineering skills and this still leaves a lasting impression on him as of today.

Myth of Conquering the Summit

By contrast, ethics of the human-nature interactions tend to be neglected. Wu recalled that in early days, mountaineering was called “invading” or “conquering” the mountain; such mindset disrespected mountains and reflected human ignorance. Climbers in Taiwan didn't learn about overseas climbing activities until the 1980s; since then, the concept of “mountain friendliness” has sprouted.

Nevertheless, most people still reckon mountain climbing as a challenge, and conquering the summit as important glory. In fact, however skillful a climber may be,

下山，而雄偉的山岳，永遠屹立在那裡。誠然，登山需要技術、體力與毅力，因此你挑戰的對象，不是山，而是從前安逸的自己。想一想，當站在最高點往四處展望，天地遼闊，感覺到的正是人類的渺小，此時，不是反而該對大自然更為謙卑才是嗎？

不可否認，登頂仍有象徵性的意義，是對自我的一種肯定。但追求這種肯定前，應該充分瞭解登山活動的危險性。翻開歷史上的攀岳紀錄，罹難者可能比挑戰成功者，更讓人心頭一震。畢竟，世上沒有什麼比生命更珍貴的了。相對的，山一直都在那裡，不會跑掉，因此狀況不好切勿逞強，下次再來吧。即使登了頂也莫得意，下山才更要小心。事實上，登頂後容易讓人鬆懈，加上體力透支，反而容易在回程時因疏忽而發生山難。對此，吳老有很深的感觸，正所謂「登峰造極故可喜，全身而退更可貴」。這句話，不也適用於人生的路上嗎？此外，對那些眼中只有登頂的人，他不禁提醒，別忽略了沿途的美景，「珍惜每一刻，享受整個過程」，這方是圓滿的體驗。

讓山林無負擔

現代的裝備、資訊與旅遊風氣已不可同日而語，門檻降低，使得山林活動逐漸普遍化。親近大自然原是好事，但這些大量湧入的人潮，若沒有嚴謹的自我規範，將是環境沈重的負擔。我們不遠千里從平地跋涉而來，追求的，不

she must descend after ascending, but magnificent mountains never move. Mountaineering incontestably requires skills, vigor, and stamina; thus, what climbers are challenging are not exactly the mountains but themselves. Compared with the immense universe, we human beings are insignificantly little and thus ought to be humble in the presence of nature.

Conquering the summit is symbolic of self-assurance; yet, risks involved in mountain climbing should be fully taken into account. Looking back on the mountaineering records, we may find the number of victims has been much more than that of achievers. After all, nothing is more precious than life. There is always next time; climbers should avoid harsh weather and tackle the whole course with great caution. Climbers may lose focus and stamina after reaching the peak, and accidents tend to happen on the return trip. Wu cannot agree more with the saying: “It's joyful to conquer the summit, but it's even more blissful to return unscathed.” Wu's advice for those who see conquering the summit as the only goal is “cherish every moment and enjoy the process.”

Disburden the Mountains

Modern equipment, information, and tourism have made mountain activities much more common than before. However, the skyrocketing number of hikers will



在山林中紮營休息，除了要維持山林的環境，也避免讓噪音影響到野生動物 / Elwynn 攝
When taking a rest in a camp in the mountain, we should maintain a clean and quiet environment and avoid interfering with the lives of the wild animals. / by Elwynn

就是離塵脫俗的那份寧靜嗎？遺憾的是，不少人還是將城市裡的生活習慣帶到山中來，在營地附近高聲喧嘩，騷擾了其他登山客不說，也侵犯到野生動物的作息。

然而更糟的是，只有噪音隨著人下山，大量的垃圾卻硬留在原地。大自然要花多久時間才能消化掉？能否善待山林、保育生態，充分反映了地區登山文化的水準。這點，西方國家很早就意識到了。出入山區，他們提出「帶什麼東西進去，就帶什麼東西出來」，展現了對自然環境負責的態度。甚至覺得這樣還不夠，要做到連痕跡都不留，這就是無痕旅遊。在台灣，最早由玉山國家公園推動主導，「除了攝影，什麼都不取，除了足跡，什麼都不留」之理念，可謂國內推動無痕運動之濫觴。

不諱言，在山上紮營過夜，要落實無痕旅遊，比較難。好在，科技讓它變得可行，能將垃圾量降低，便於攜帶下山。這其中也包括了精準的糧食計畫，使包裝、廚餘和排遺都減到最少。而在日本登山界，甚至連排遺、擦拭的衛生紙都要求全數帶下山，達到真正什麼都不留的標準。可見，科技與嚴格自我要求的完美結合，就能讓山區零負擔。

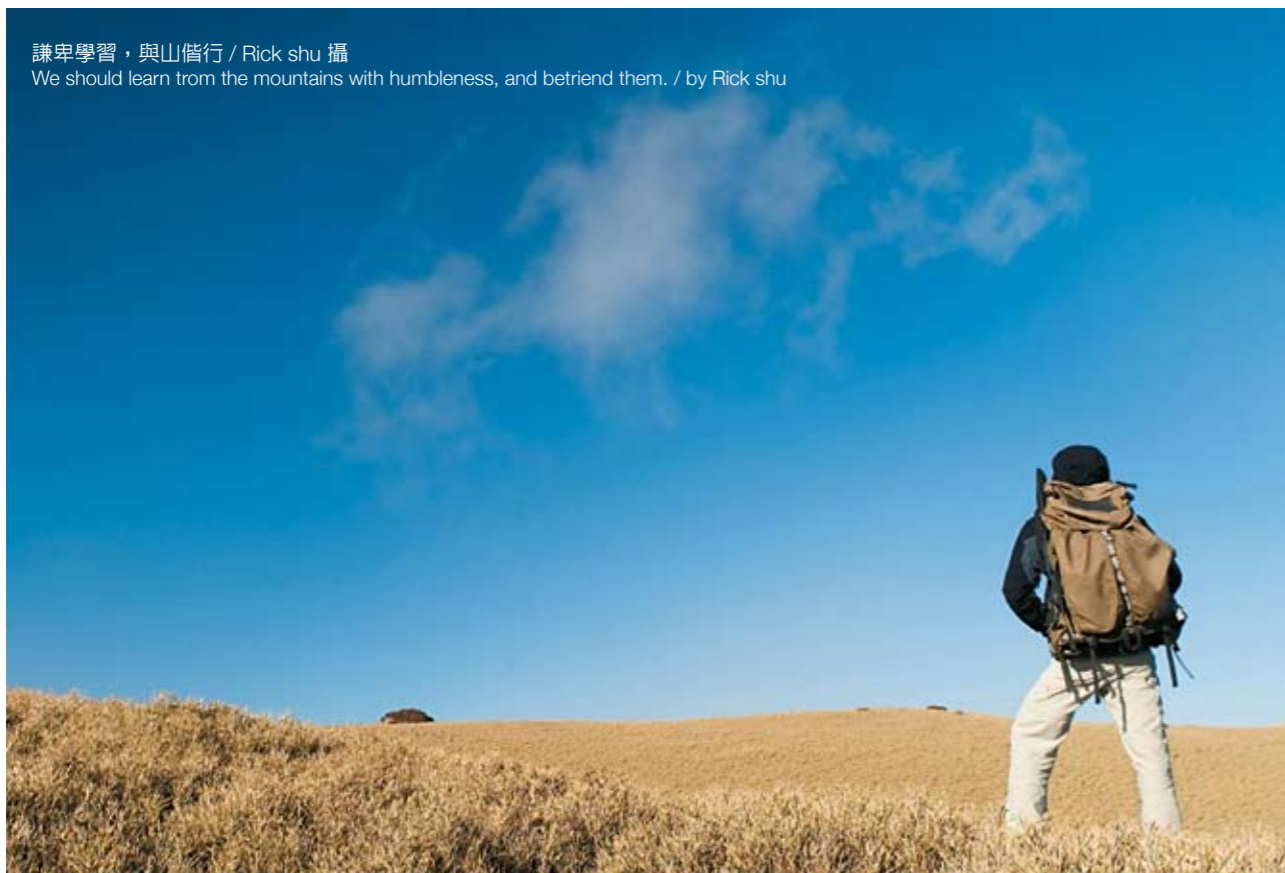
burden the environment if they don't behave themselves. We come all the way to the mountains for tranquility, don't we? It's a shame that some climbers fail to control their noise and disturb both other climbers and wild animals.

To make matters worse, some climbers not only make noise but leave a considerable quantity of garbage which takes ages to decompose. The maintenance of ecological conservation well reflects the mountaineering culture, something westerners have long been aware of. Proposing the idea of "pick in and pick out," which shows their duty to the environment, they further suggest the concept of "Leave No Trace." In Taiwan, this concept has been initiated by Yushan National Park Headquarters as it emphasizes: "Take away nothing but photographs; leave nothing but footprints."

"Leave No Trace" is difficult to be fulfilled when climbers camp in the mountains, yet thanks to modern technology, meal plans included, packs, leftovers, and wastes can be reduced as far as possible. In Japan, climbers are obligated to bring down bodily waste and used toilet paper so as to fully carry out the ideal of "Leave No Trace". It is thus obvious that the perfect combination of technology and self-discipline can disburden the mountains.

謙卑學習，與山偕行 / Rick shu 攝

We should learn from the mountains with humbleness, and befriend them. / by Rick shu



親近山、愛山的觀念該從根本做起，給山林無負擔的環境 / Lin Jyun Zuo 攝
We should learn to get close to the mountains, love them and disburden them. / by Lin Jyun Zuo

往下紮根的登山文化

當然，登山文化的養成，不是一朝一夕，需要各個層面的協力推動，就像登山活動本身一樣，強調的是共同合作。其中，能夠累積過去歷史、傳承經驗、並達到教育功能者，非山岳博物館莫屬。雖然登山老兵們念茲在茲，不過，籌設過程卻歷經波折。吳夏雄認為，博物館不缺展出的文物，也不缺解說志工，軟體已備妥，就差一個場地。經過多年努力，他相信國家公園或林務局都有機會幫助圓夢。但這不能全依賴政府，民間與企業界要對等的投入心力。同樣的，登山學校也被寄予厚望。期待在這裡，舉凡登山應有的態度與倫理、觀念、技術、器材等等，都有完整而循序漸進的傳授。

在公部門方面，我們的國家公園多屬山岳型，來園的遊客目的清楚，因此，應該善用資源及管道，積極宣導正確的山林遊憩觀念。敬山、親山、愛山的教育也該從根本做起，吳夏雄表示，最好在小學課本裡，就用簡單的小故事帶出這樣的觀念。

台灣的登山團隊，最近剛完成了攀登世界七頂峰的壯舉，國人的登山技術與視野，獲得國際肯定。這是一個很好的時機，我們有了自信，應該回過頭來，把相對落後的登山文化，重新彌補回來。是的，登山不只是登山，它還兼具著心靈與人生的雙重修練，更檢視著人類關懷土地、保育生態的能力。人往高處爬，而登山文化的涵養，卻是要往下深深的紮根。

Rooting of Mountaineering Culture

Mountaineering culture is not built in one day. It should be promoted by cooperation in all aspects of the society.

The Alpine Museum records mountaineering history, passes down experiences, and helps educate the public. In spite of the expectation of veteran climbers, the establishment of the museum went through various difficulties. Wu indicates that the museum has enough exhibits and volunteer interpreters except for a proper location. After years of efforts, he believes that national parks and the Forestry Bureau can help realize the dream. However, not only the government but also civil and business groups ought to do all they can. Beside, mountaineering school is expected to provide students with integrated education on ethics, knowledge, and skills.

Most of our national parks are alpine parks, and thus the intention of park visitors is clear. Therefore, resources and information channels should be well employed to promote correct concepts of forest recreation. The idea of respecting, befriending, and loving the mountains should be cultivated among kids. Wu suggests that this idea be taught with simple stories in elementary school textbooks.

Having just completed the feat of conquering the Seven Summits of the world, a mountaineering team from Taiwan proved their skills and vision. This is a great opportunity for us to rebuild our backward mountaineering culture with confidence. It goes without saying that mountaineering is not merely climbing. It is an exercise concerning both spirit and life; furthermore, it is closely related to earth protection and ecological conservation. Man struggles upward, yet the mountaineering culture should be rooted downward.