



南湖大山與南湖圈谷，壯麗景緻讓人過目難忘 / 戴進元攝
Mt. Nanhu and its cirque are unforgettable magnificent scene. / by Ching-yuan Tai

Towards the Top of Nine Summits

攀向九頂峰

一步一腳印 登高愛台灣

Little by Little, Show Your Love for Taiwan

熟悉台灣山岳的讀者，可還記得這百岳是如何選拔出來的？

在1970年代，「體育會山岳協會」（即中華民國山岳協會前身）為了推廣登山風氣，推行了「五嶽」、「三尖」等活動，最後更是從台灣山脈中200多座海拔3,000公尺以上的高山，以地圖上註有山名、且有三角點為優先錄取標準，挑選出100座，從此成立了「百岳俱樂部」。

這一百座名山，有些是山形特別、有些則是山勢險峻，每座都有其特別之處，自此以後，台灣登山界便興起了攀登百岳的風氣，頓時成為台灣喜愛登山者的重要目標之一。

撰文 Text / 賴宛靖 Wan-ching Lai 特別感謝 Special thanks to / 營建署國家公園組謝瑞珍小姐 Ruei-jhen Sie, National Parks Division, Construction and Planning Agency 翻譯 Translator / 張詩白 James Chang

Our readers who are familiar with mountains in Taiwan may still remember how those mountains were selected.

In the 1970s, to promote the public interest in mountaineering, the Alpine Association of Sports Association (predecessor of the R.O.C. Alpine Association) propagated activities such as “Five Mountains” and “Three Peaks” and, from 3,000-plus-meter-high mountains marked on maps, selected 100 to establish “Club of 100 Mountains”.

Each of the 100 mountains has its features; some have distinctive shapes while others are precipitous. From then on, conquering the 100 mountains becomes one of top goals for mountaineers in Taiwan.

不過，要能造訪這百座名嶽並非易事，於是山友們又將特別聳立、壯麗、獨特，最能代表台灣高山雄偉氣勢的山，歸納出「五岳、三尖、一奇」，此外，尚有「十峻」、「四秀」也是台灣百岳中的熱門山峰。

許多山友以蒐藏百岳為人生目標，在過程中享受體能挑戰的自我實現、鍛鍊堅忍不拔的心志，也是值得推展的運動。但如果帶著驕傲登上頂峰、認為自己征服了大自然，可就有違登山界前輩規劃出百岳的美意了。

日前，台灣第一支完攀七頂峰隊伍的消息，感動了國人。台灣許多愛山人也開始對這傲視全球的七座山峰投注嚮往的眼光，希望也有此榮幸，可以得到山的晉見。

仰之彌高，鑽之彌堅

真正的登山家，在登頂後感受到的不是得意與自滿，而是以更謙遜的心，感謝大自然願意接納他的叨擾。完攀的三位勇士，江秀真、伍玉龍和黃致豪，能克服七座山岳的惡劣環境一一完攀，在最後的珠穆朗瑪峰中還集體攻頂，創下一支隊伍最多人同時登頂的世界紀錄，讓人在為他們高興之餘也不禁深深佩服：不只是因為他們完成了極其艱難的七頂峰完攀，更因為他們的團隊精神——以集體的方式共創榮耀，而非將風采集中在個人之上，才是七頂峰探險隊成軍的宗旨。

仰之彌高，鑽之彌堅。越是親近山，人們更能涵養出像山一般寬闊大氣的胸襟。攀登隊中唯一的女性江秀真，在完攀之後也表示，希望以後能夠成立登山學校、宣導登山的教育。有他們這麼激勵人心的親身經驗擺在前頭，如果他們出來登高一呼，應該能得到社會對於登山運動更多的注意與參與才是。

However, it is not easy to “visit” all of the 100 mountains. Thus, senior mountaineers categorized some into “Five Mountains,” “Three Peaks,” “One Wonder,” “Ten Steeps,” and “Four Beauties,” which are rather popular with mountaineers in Taiwan.

Many mountaineers reckon conquering the top 100 mountains as their life goal and enjoy the process in which they challenge their own limits and utmost. Nevertheless, mountaineers may spoil the goodness of senior mountaineers if they see conquering the mountains as conquering the nature.

Recently, a Taiwanese summit expedition team has touched Taiwanese people's hearts by conquering the seven highest peaks on seven major continents. Many mountain lovers in Taiwan, therefore, start to look forward to witnessing the magnificence of the seven summits.

The Higher, the Tougher

After conquering the summit, a true mountaineer is never proud of himself but feels humble in the presence of the nature. Three braves, Xiu-zhen Jiang, Yu-long Wu, and Jyh-how Huang, succeeded in conquering the seven highest peaks and set a new record for the largest number of mountain climbers to reach the top of Mt. Everest. Their deeds were not only touching but also inspiring because instead of conquering the seven highest peaks individually, they did it as a group. Their team spirit created the glory, and was the reason this “Taiwanese Team for Seven Summits” was set up for.

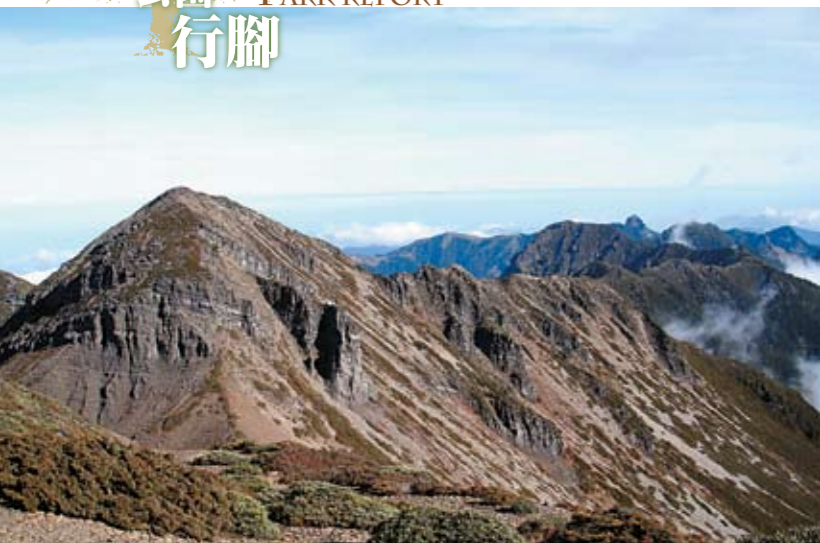
“The higher, the tougher.” Getting closer to the mountains, people get to broaden the breadth of their mind. As the only female member of the team, Xiu-zhen Jiang told of her wish to establish a mountaineering school to promote relevant education. Everyone ought to pay more attention to mountaineering once those mountaineering braves make a public appeal with their own inspiring experiences.



位於金門的太武山，有其重要的歷史人文意義 / 呂建毅攝
Taiwu Mt. in Kinmen has its significance in culture and history. / by Jian-yi Lu



酒桶狀的大霸尖山，與之遙遙相望的是小霸尖山 / 薛倉榮攝
Barrel-like Tabachien Mt. faces its complementary, Shiaobachien Mt. / by Tsang-jung Shueh



雪山主峰是國人登山的熱門地點。/ 鄭真義攝
Mt. snow (Shuehshan) is a popular destination for climbers. / by Jian-yi Jheng



可親近度高的合歡東峰，適合作為登山入門的訓練 / 戴進元攝
Hehuan East Peak is suitable for beginner climber training because of its friendly locality. / by Ching-yuan Dai

然而，當台灣愛山人還浸淫在完攀七頂峰的榮耀裡，8月7號襲台的中度颱風莫拉克，帶來半世紀以來最嚴重的洪荒，重創了台灣山林。在暴雨洪水肆虐下，原本的青翠山頭被滾滾泥流沖刷出一道道傷痕、原本的清澈溪澗，變成挾帶土石狂奔的無情怪獸，吞噬了許多人世居的家園。

無情洪水 重創台灣

這場洪荒震驚全台，當人們看見從空中鳥瞰的空拍圖，驚覺那原以為萬年不變的崇山峻嶺，卻在地球暖化、氣候變異，成了承受惡果的犧牲者，有些山脈甚至嚴重走山、原有景致已不復見。這場災變雖然為台灣帶來嚴酷的打擊，但也適時的喚醒國人，落實國土安全管理、重視森林保護與水土保持，是刻不容緩的首要議題。

為了宣揚國家公園環境教育的責任，內政部營建署國家公園組原本預計推動的「國家公園登峰造極」活動，挑選出台灣九座具有特色的山岳，並設計登山護照供民眾索取、方便民眾依照自己的體能、興趣，向國家公園申請入山，規劃攀登計畫，目前計畫雖因內政部全力投入救災工作而暫緩，但未來依舊會擇期舉行，季刊趁此機會介紹這九座風情各異的台灣名嶽，也希望讀者能了解，山，真的是台灣無比珍貴的資產，是上天恩賜的禮物，應該好好珍惜呵護，莫再恣意破壞，而招致大自然無情的反撲。

However, as mountain lovers in Taiwan were still carried away by the glory of the Seven Summits Expedition Team, typhoon Morakot struck Taiwan on Aug 7th and brought the most severe floods in half a century, devastating mountains in Taiwan. The raging flood and rain turned the mountains into a merciless beast, which consumed the homeland where many people have depended on for their entire lives.

Ruthless Flood Devastated Taiwan

The whole island was shocked by the flood caused by the typhoon. Aerial maps revealed that some mountains have succumbed to global warming and climate change, while others have been deformed. The typhoon was a huge blow to Taiwan but it was also a timely wakeup call for Taiwanese people to realize the importance of national land management, forest protection and water conservation.

To promote environmental education, the National Parks Division of CPAMI organized the "Taiwan 99 To the Summits" and chose 9 most representative mountains in Taiwan. It designed mountaineering passports so that those who are interested can apply for admission based on their respective conditions. However, the event is temporarily put off, for the MOI is now preoccupied with the rescue work. National Park Quarterly takes the opportunity to introduce the following 9 mountains and hopes the reader will see that mountains are indeed our precious gift from God, and we should all take good care of them so that they will not bring the terrible force against us.

九座山峰 共享台灣之美

營建署國家公園組受到了七頂峰勇士的感動，同時也為了鼓勵大家親身走入山林、感受台灣之美，更為了迎接即將來到的建國一百週年，台灣七座國家公園特別規劃了「台灣99 國家公園登峰造極活動」。由台灣群峰中，選出九座風貌、林相及代表性各異的山岳，命名為「九頂峰」，邀請國內外的朋友，到台灣的山裡感受最「高」品質的待遇。

這九座入選的山峰，是由各個國家公園選出園區內具有代表性的山峰，每座都是具有高知名度，而又能充分代表該國家公園特色的山峰。分別是玉山國家公園之玉山主峰、墾丁國家公園南仁山(初級)；雪霸國家公園之雪山主峰、大霸尖山；太魯閣國家公園之奇萊北峰、南湖主峰、合歡東峰(初級)；陽明山國家公園之七星山(初級)以及金門國家公園之太武山(初級)。

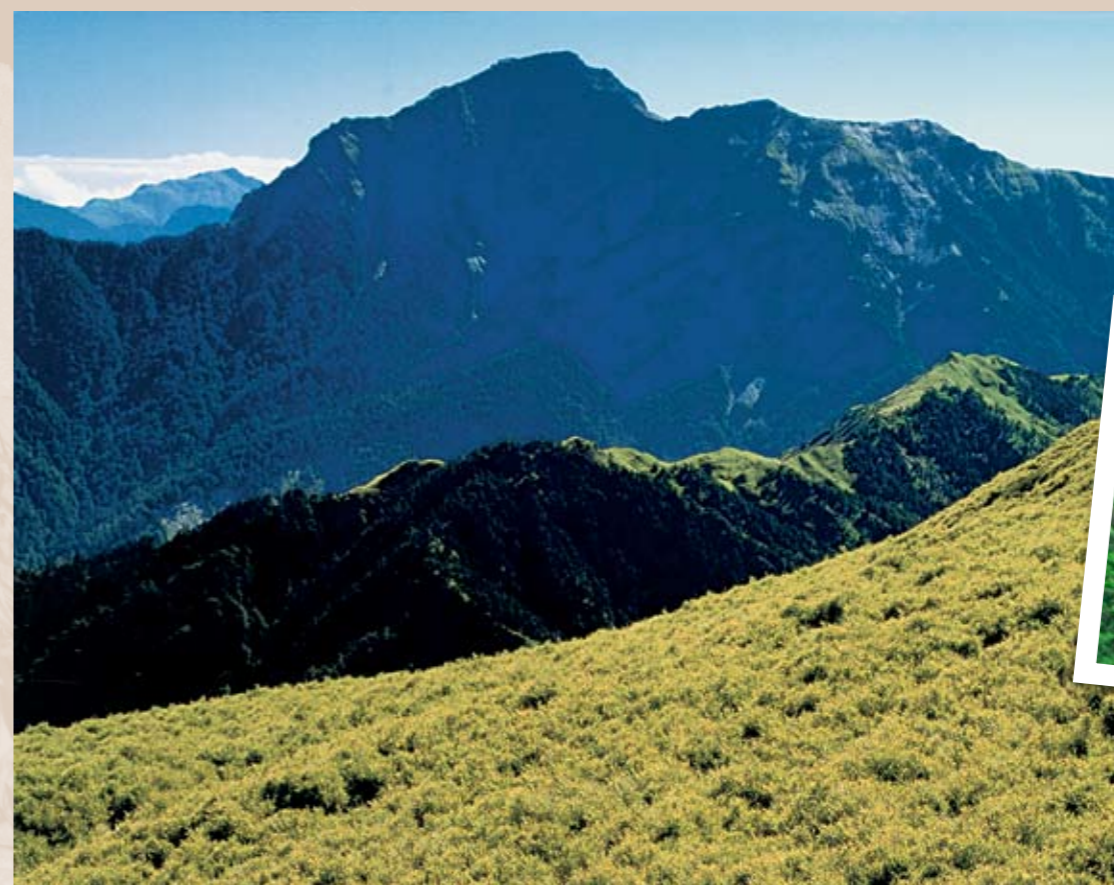
一步一腳印，登高愛台灣。正當台灣這塊土地承受著自然災害無情的考驗時，人們更該記取教訓，從今而後正視山林保育的重要性，若有機會，希望人人都能親登台灣美麗的山岳，感受大地的力量。或許，就把這九頂峰當作新起點吧！

Nine Summits, Beauties of Taiwan

Inspired by the "Seven Summits Braves", the National Parks Division of Construction and Planning Agency cooperates with the seven national parks to promote an event called "Taiwan 99, To the Summit" to encourage people to climb the mountains to experience the beauty of Taiwan. Nine distinctive mountains were chosen to be named "Nine Summits," and mountaineers all over the world are invited there to enjoy "high" quality service.

The chosen nine summits are representative and well-noted high mountains selected from each national park. They are Main Peak of Jade Mountain in Yushan National Park; Nanren Mountain in Kenting National Park; Main Peak of Syue Mountain and Dapajian Mountain in Shei-pa National Park; Northern Peak of Chilai Mountain, Main Peak of Nanhu Mountain, and Eastern Peak of Hehuan Mountain in Taroko National Park; Cising Mountain in Yangmingshan National Park and Taiwu Mountain in Kinmen National Park.

Little by little, let us show our love for Taiwan. As Taiwan is suffering from a natural disaster, we humans should take mountain conservation even more seriously. It would be great if everyone on the island can appreciate the beauty as well as the power of the mountains. Perhaps the nine summits could be a good starting point.



有黑色奇萊之稱的奇萊北峰，雄偉的山勢令人讚嘆 / 李昱進攝
Chilai N. Peak, known as "Black Chilai", amazes visitors with its majestic shape. / by Yu-jin Li



南仁山堪稱是墾丁國家公園的陸域精華，也是低海拔綠色基因庫 / 墾丁國家公園提供
Mt. Nanren is the land essence of Kenting National Park as well as the gene pool of low-altitude vegetation. / Photo provided by KTNP.



位於陽明山國家公園的七星山，遊人絡繹不絕 / 陽管處提供，邱莉雯攝
Streams of visitors visit Chishing Mt in Yamingshan National Park. / Photo provided by YMSNP, taken by Li-wen Qiu



九頂峰檔案 The Nine Summits of Taiwan

想要攀爬的讀者，可以參酌難易度的標示，選擇合適自己的山峰喔！
(★為入山前，須按規定向國家公園提出入園申請。)

People wishing to climb a mountain are advised to make a choice based on their own conditions as well as the level of difficulty of the mountain.

(★ denotes that climbers must apply for admissions before entering the mountains)

★玉山主峰

高度：3,952 公尺
所在位置：玉山國家公園 ★
★ Mt. Jade Main Peak
(3952 m) in Yushan National Park

初級

為東北亞第一高峰，世界新七大奇景的前二十八強。
The highest peak in Northeast Asia and the top 28 of the World's New Seven Wonders.

★南仁山

高度：479 公尺
所在位置：墾丁國家公園 ★
★ Nanren Mountain (479 m) in Kenting National Park

初級

南仁山是台灣低海拔僅存較完整的原始季風雨林，已記錄植物種類達 1,238 種之多，堪稱是墾丁國家公園的陸域精華，也是低海拔綠色基因庫。
Mt. Nanren is one of the few, well-preserved monsoon rainforests in the low-altitude regions in Taiwan with 1,238 recorded species of plants, making it the land essence of Kenting National Park as well as the gene pool of low-altitude vegetation.

★合歡東峰

高度：3,421 公尺
所在位置：太魯閣國家公園
★ Eastern Peak of Hehuan Mountain
(3,421 m) in Taroko National Park

從登山口出發約 1 小時可登頂，峰頂視野開闊，合歡群峰、奇萊連峰、南湖群峰盡收眼底。
It takes about one hour to reach the peak from the entrance of the hiking trail. At the peak, climbers may enjoy a full view of Hehuan Mountains, Cilai Mountains and Nanhu Mountains.

★大霸尖山

高度：3,492 公尺
所在位置：雪霸國家公園 ★
★ Dapajian Mountain (3492 m) in Shei-pa National Park

台灣三尖之一，其山容壯麗、山型奇特，有「世紀奇峰」之譽。
It is one of the "Three Peaks" and has a peculiar shape, which is why it has a fine reputation of "the World Wonder Peak."

★雪山主峰

高度：3,886 公尺
所在位置：雪霸國家公園 ★
★ Main Peak of Syue Mountain (3,886 m) in Shei-pa National Park

台灣五岳之一，是台灣第二高峰，以其周圍特有的圈谷地形著名。
Syue Mountain is one of the "Taiwan Quintuple Mountains" and is also the second highest mountain in Taiwan. It is known for its ring valleys.

★奇萊北峰

高度：3,605 公尺
所在位置：太魯閣國家公園 ★
★ Northern Peak of Chilai Mountain (3,607 m) in Taroko National Park

其北、西、南皆為斷崖，故在台灣的百岳之中，被列為「十峻」之一，亦有「黑色奇萊」之稱。
As the north, west, and south of Chilai Mountain are all cliffs, it is listed as one of the "Ten Steeps." It is also known as the "Black Chilai."

★南湖主峰

高度：3,740 公尺
所在位置：太魯閣國家公園 ★
★ Main Peak of Nanhu Mountain (3,742 m) in Taroko National Park

南湖主峰為太魯閣國家公園最高山，亦是台灣「五嶽」之一。
The Main Peak of Nanhu Mountain is the highest one in Taroko National Park, and also one of the Five Mountains in Taiwan.

★七星山

高度：1,120 公尺
所在位置：陽明山國家公園
★ Cising Mountain (1,120 m) in Yangmingshan National Park

初級

台灣最北邊第一高峰，風景優美，交通便利，可達性高，是北部很受歡迎的戶外景點。
Cising Mountain is the highest mountain in Taipei. It has beautiful scenic spots, and is conveniently located and highly accessible, making it a very popular tourism spot.

★太武山

高度：253 公尺
所在位置：金門國家公園
★ Taiwu Mountain (253 m) in Kinmen National Park

初級

太武山長期處於軍事區域之中，保持金門原有自然景觀的豐富多樣性。
Long been in the military restricted area, the mountain as well as its natural landscapes are well-preserved.