

# 夏。

掬一把夏日林壑下的沁涼

Take in the coolness from the ravine under the canopy

炙熱的光線被繁茂的森林擋下

綠蔭灑落涼意

清澈奔流的銀瀑一階階急瀉

流聚了一潭潭清涼

夏日的沁涼盈滿心頭

The summer sun is sitting under the shade of a treewood shades  
of a tree, relaxing in a cool place.

Its scorching rays are obstructed by dense woods,  
whose green leafy shades sprinkle cozy chills.

A lucid and racing flow – cascading waterfall.

A pool of freshness.

The coolness of summer fills my heart.





阿里山森林遊樂區·樹靈塔 Tree Mana Tower, Alishan Forest Recreation Area

1936年日本人造建的石砌樹靈塔，刻畫一段古木濫伐的歲月浩劫。阿里山巨木曾在斧柄下顯得孱弱，然巨木凜風不滅，猶如樹靈塔石身堅定，碑碣威折伐木者並庇佑山內子民。

The Tree Spirit Tower, built by the Japanese in 1936, records the disastrous felling of ancient trees. The giant trees of Alishan once seemed weak before the axes of the loggers, but their unshakable majesty remains forever, strong as the monument.

別名苦苓的棟樹兀自屹屹於阿里山林相中，季節一個接著一個趴臥在樹身，密佈的裂紋不掩飾地坦露著歲數。熊蟬和白頭翁終年棲居，即使神木的面容已老化成單調的黑褐色，春風走過樹梢時，仍迷戀地採走新豔的紫色小花。

The old China berry tree stands in grand solitude, season after season wearing at its trunk and leaving a think pattern of cracks that show its age. The bear cicada and Chinese bulbul make the tree their home, and despite the age of this sacred tree the spring winds continue blowing past its tip and taking away its little purple blossoms.



光華·棟樹神木 Sacred tree of china berry, Guagnhua



從樹洞凹空處足以遙想兩千三百年的風霜，如何地在一株紅檜的樹影間流轉。一襲外裳斑綢更說明光武巨木亙古流遠的身世，綠葉扶疏卻又如此青春。巨木幹身探向天際後分岔舒展為四大分枝，直至45公尺高空後方歇，儼然是阿里山巨木步道之首瞻。

Look deeply into the weathered crevices and you see the 2,300 years of seasons that have aged this Taiwan red cypress. The weathered bark records the history of its long life, but its green leaves still exude the freshness of youth. As the trunk rises it splits into four, and continues reaching for the sky until it reaches 45 meters.



奮起湖・四方竹 *Tetragonocalamus quadrangularis* (Fenzi) Nak., Fenchihu

竹身形方、鈍角、筆直，故曰四方竹，1924年日本人引入落植於奮起湖。信步於竹林間，竹枝硬朗上揚宛如戮入雲際的森林鐵道車軌。抬眼循著竹節沒入竹梢葉影，又如湍湍綠水從頭頂流淌而過。四方竹散發著一股固執的靜謐，綦養著一個沁涼的夏季。

This square bamboo was introduced by the Japanese in 1924 and planted in Fenchihu. Walking through the grove you see the tall, straight bamboo rising as straight as railroad tracks into the sky. Follow the sections upward to the tips and you see leaves drooping down like falling water.



阿里山森林遊樂區・光武檜木 *Guangwu Juniper*, Alishan Forest Recreation Area





阿里山森林遊樂區・香林神木（28號）  
Sacred tree in Shianglin (No.28),  
Alishan Forest Recreation Area

承載兩千年歲月風華的香林神木28號紅檜巨木，絲毫不顯露碩老龍鍾的拙，反而是幾分纖瘦輕盈的巧。杈枒攤展成皇冠貌的王者威儀，領著神木步道二十餘株巨木，在溽暑中逶迤出涼爽的領地。

Sacred Tree 28 is a Taiwan red cypress that has stood 2,000 years without seeming fat and heavy, but a bit thin and light. Its limbs spread in a majestic crown, leading the more than 20 giants along the trail in offering coolness from the heat of summer.

石盤谷峭壁被一片九芎林木充作默劇秀臺，群木觸鬚有則纏蜷匍匐，有則攀結迴繞，形貌絕妙，灌以藝術情感的聯想況味後，芎林諸木紛紛奪取屬於自己那韻味十足且生動的命名。

In Shihpan Valley, the subcostate crape myrtle forest forms a stage for pantomime, the roots spreading and curling into fantastic shapes. Use a little artistic imagination, and each of the trees proposes its own charming name.



豐山・百年紅櫟 Century-old red beech, Fengshan



阿里山森林遊樂區・16號巨木 No. 16 giant tree, Alishan Forest Recreation Area

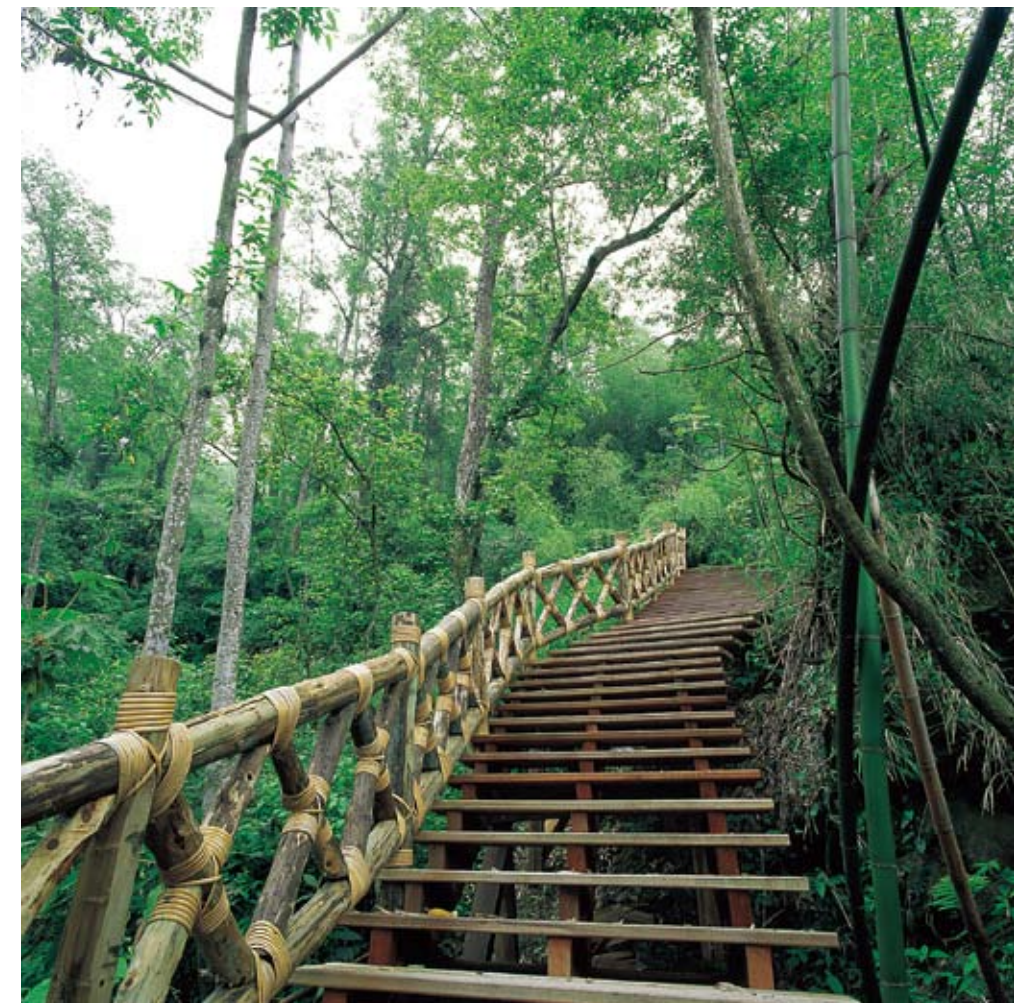
青衣緩緩攀附著神木樹身，向上，千年歲寒一層層地被封存，顯得多麼含蓄的碩望；而遊客觸目所及是樹身另一種斑紅，檜木豪邁的另一面，在夏日時被枝葉間灌入的陽光打紅。

Green moss climbs upward in tightly sealed layers, covering the tree trunks through a thousand winters of unquenchable ambition. Travelers here see also spots of red on the tree trunks, made crimson by rays of light filtering through the leaves.



峭壁、巨岩、奔瀑浮貼出鐵達尼周邊步道的磅礴與壯麗。石亭鑲了羽翅一般，輕鬆寫意地攔憩在蒼翠林木間，遊客以腳力收服石板梯道，一級復一級往上爬升，豐沛林相與活躍的鳥況，卻往往和古道一樣張望不到盡頭。

Steep cliffs, huge rocks, and plunging waterfalls add grandeur to Shihpan Valley at Fongshan. The stone pavilion seems light as air in its natural setting amidst the green trees of the forest. Travelers conquer the stone steps, climbing upward one by one, and, like the old trail itself, there seems no end to the fecund forest and lively birds.



來吉・鐵達尼周邊步道 Footpath near Titanic, Laiji





愛玉子 *Ficus pumila* L. var. *awkeotsang* (Makino) Corner

青澀的隱花果埋著一股幽靜；果皮泛紫成熟時，秋天也近了；黃亮亮的愛玉子蔓延整座曬場時，翌年夏季就裹在愛玉凍內，感覺不那麼炙熱。阿里山的愛玉子黃亮、皮薄、顆粒稠密，質量冠於全國，如能一嚐豐山蔗糖和愛玉凍的絕妙搭配，更會垂涎再三。

When the green jelly figs ripen and turn purple, autumn is coming. Bright brown jelly figs drying in the sun fill the drying ground, getting ready to be processed into jelly and eaten as a cooling snack the next summer. The jelly figs of Alishan have the best quality in all of Taiwan, their jelly best eaten with the cane sugar of Fongshan.



曬愛玉籽 Drying *Ficus pumila* L. var. *awkeotsang* (Makino) Corner in Sun



來吉・愛玉生態園區 Eco-Park for *Ficus pumila* L. var. *awkeotsang* (Makino) Corner, Laiji

來吉原住民保留區，海拔1,000公尺高，雲霧纏繞的山區正是愛玉的故鄉。愛玉果實垂掛在高拔的樹身，遊客抬頭眺望果實碩飽模樣，整條幽靜步道頓時清甜爽口，嚇退了惱人酷暑。

In the Dabang indigenous reservation at an elevation of 1,000 meters, frequent fog offers perfect conditions for jelly fig vines that climb the trees. The sight of hanging jelly figs fills the mouth with the flavor of sweet coolness that drives the heat away.



紅肉李熟得通紅，採收時期成堆擱在李樹下，嬌嫩似地聚攏在一塊，像羞於饕客品香後絕倫的讚美。李樹白花賞心悅目，以有機栽植的阿里山太和紅肉李，果質甜嫩中夾帶些淡酸，有機會不妨前去大快朵頤。

When the red-meat plums ripen they are picked and piled under the plum trees, huddling together as if embarrassed by the extravagant praise of those who taste their flesh. These organic Alishan plums have a touch of sour in their sweetness.



水蜜桃 Peaches

夏陽在水蜜桃果實留下了足印，懸垂在枝桠上的碩甜果實映得焰紅。每年六月到八月，水蜜桃在綠葉間眨著眼睛，充滿了甜甜蜜蜜的眼神，誘引山風撲上來咧嘴啃咬一口，把果甜香氣送入空中。

The summer sun leaves its stamp on the peaches, which hang in great sweet fruits that shine a flaming red. From March to September the peaches wink at you from behind the green leaves, with eyes rich in sweetness and honey.



紅肉李果園 Red-pulp plum orchard



嵐煙環湧於岳群山間，碧湖山以綉綠的茶樹築成一道防波堤似的，在觀日亭小歇，啜飲溫潤香醇的碧湖茗茶，遠方瑞峰山巒、草嶺九二一崩塌地形和玉山緩緩沏成一滴滴輕盈明透的露珠，落漾於舌尖。觀日盛景，大自然留了一個位置給碧湖山。

Mt. Kezailin chews on a narrow winding road, where mountain fogs soar and dip like nimble butterflies. Perhaps clumps of Kezih groves sit serenely somewhere today, sipping on freshly picked tea of Rueili. When March comes, peach blossoms fill the mountain tops and Kezailin, so accustomed to silent beauty, loses its solitude with the arrival of the flower season.



豐山・豐山大橋 Fengshan Bridge, Fengshan

擺脫風雨侵擾，幽靜山谷間，跨溪矗立著單跨徑提籃式鋼拱橋，提攜起豐山自然的壯麗和豐山人的熱情。當華燈初上，遇見嘉義縣內跨距最長的橋，長140公尺的美麗就在燈光變換間璀璨轉換，與靜謐中的浪漫相逢。

The Fengshan Bridge, with its compression arch suspension deck design, symbolizes the uplifting spirit that has come to embody the beauty and humanity of the town Fengshan. Take a stroll on or next to the 140-meter bridge—the longest in Jiayi County—at twilight and let the romantic ambiance of the bridges' light show etch the memory of Fengshan into your mind.



太和・科仔林茶園 Ketzilin Tea Area, Taihe



雷音瀑布水柱自高崖狂奔而下，速度快到讓石壁都拉長得有點瘦；水幕長長拖曳著，稀薄到令一座吊橋即可牽扯擺盪著瀑布，即使遐觀瀑布，視野仍會覺得濕濡。

Columns of water cascade from the heights with such speed that they seem to draw the cliff face thin. Even from a distance a sense of humid fecundity fills the vision. Rays of the afternoon sun illuminate the curtain of water with a spirituality reminiscent of the aura of the goddess Guanyin, giving the waterfall its name.



瑞峰・龍宮瀑布 Lunggung Waterfall, Ruifeng

水瀑彎下了腰身，從龍宮瀑布谷頂禿亮的岩壁魚躍，在凹壁處懸成一席皚皚雪幕，競相和綠水林影爭寵。水濂洞或許是被古今遊客的驚嘆聲啃噬而成，依沿竹坑溪步道貼近水瀑時，你是否做好了身心洗滌的準備，在岩穴陰暗處，咀嚼每一滴水珠鑿出的韻致。

The waterfall bends at the waist as it plunges from the bare rock at the top of Longgong Waterfall Valley, falling from a cleft like a curtain of snow that contends with tree reflections in the green water. Water Curtain Cave perhaps was worn out by the sighs of wondering visitors; as you approach the falls along Jhukeng River Trail, are you prepared for a cleansing of body and spirit?



瑞峰・雷音瀑布 Leiyin Waterfall, Ruifeng



瑞太古道竹林 Bamboo forest, Ruitai Ancient Stepping Pathways

瑞太古道石階陡峭地幾乎栽了跟斗，卻從不見孟宗竹跋涉時淌出汗水，只有遊客足印在古徑稍加喘息後，繼續思古的潛行，酷夏被瑞太竹林擠出了山外，散步其間，抬頭就是一片綠俯衝而來，片片竹葉灑下來，感覺被淹埋得十分冰涼。

The steps of the Rueitai Historic Trail climb steeply, but the moso bamboo climbing up the slope never seem to sweat. Visitors pant a bit and continue the nostalgic trek. The bamboo grove shuts out the summer heat. Raise your eyes and it seems a flood of green comes crashing on you, and leaves drifting down bury you in cool comfort.



瑞太古道英雄坡 Hero Slope, Ruitai Ancient Stepping Pathways



瑞太古道忘憂林 Wangyou Woods, Ruitai Ancient Stepping Pathways



奮起湖南側拖曳著綴接700餘尺長的杉林，是阿里山頸項上一條亮豔的綠色項鍊。杉林密聚緩坡，渲染一片青蔥綠意，林中霧氣亦釀成了墨綠色調。木棧道高低錯落，遊客緩緩閒步其間，大啖夏暑中最冰涼的一滴芬多精。

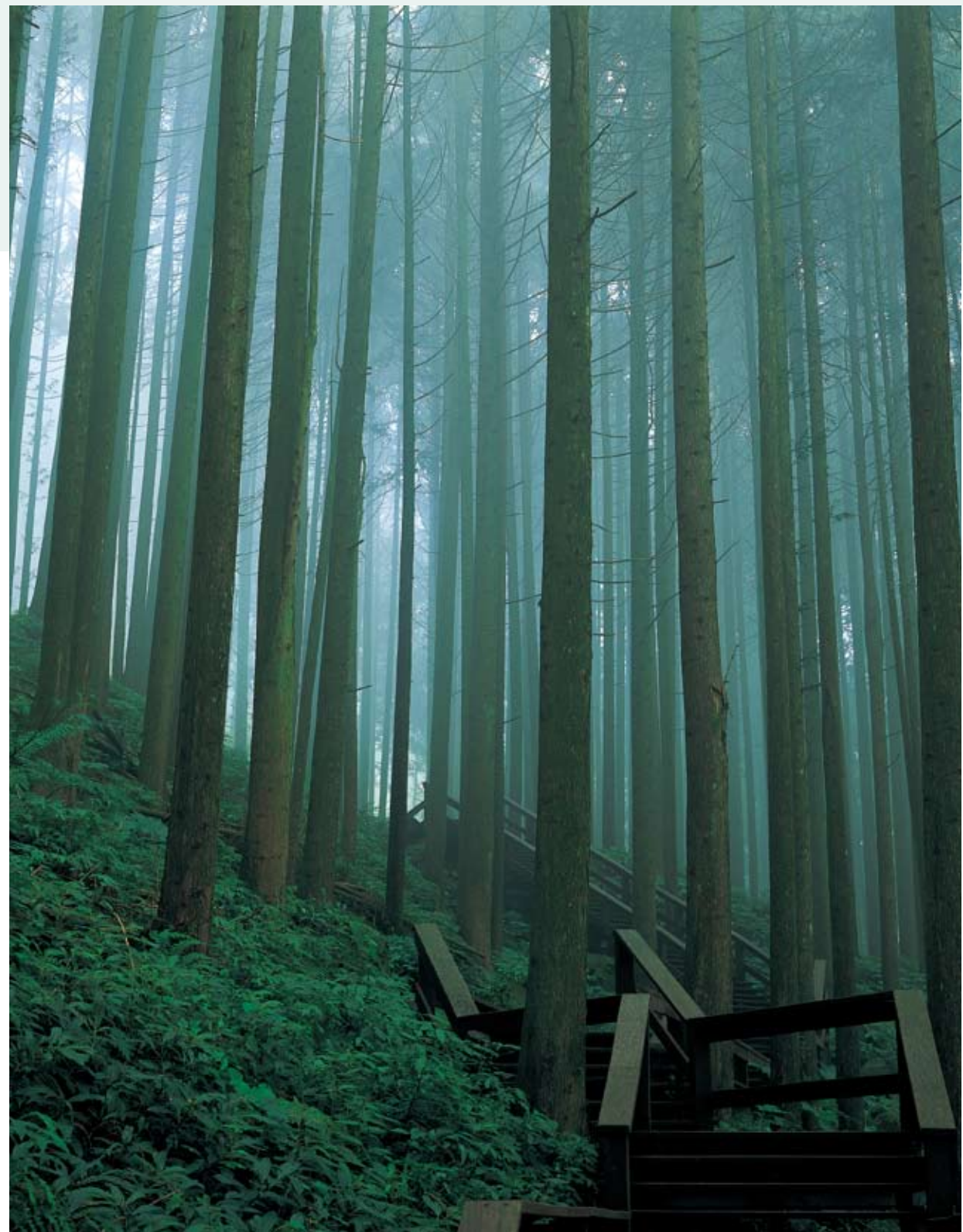
A grove of cryptomeria stretches more than 700 meters from the southern edge of Fenchihu, like a string of green on Alishan's necklace. The cryptomeria trees cling to the gentle slope, where the mists give them an aura of dark mystery. Visitors strolling along the wooden walkway as it rises and falls drink in drops of cool phytoncides.



奮起湖・北側觀光步道 North-side tourist footpath, Fenchihu

綠杉茂盛地失去了疆界，綠光濤湧導入眼簾，色調如此濃烈卻又柔和，峰巒被挑動一絲絲睡意，木構步道眯成消瘦的視線，杉風沈沈偃落，杉樹沈吟一曲催眠小調，都市焦躁的步伐在杉林內微醺地睡去。

The cryptomeria grow so luxuriantly that all boundaries are lost, and waves of green sweep into the eyes in a color that is at once dense and soft. The wooden walkway stretches thinning into the distance as the trees hum a lullaby in the wind.



奮起湖・南側觀光步道 South-side tourist footpath, Fenchihu



瑞里・圓潭遊客中心 Yuan Tan Visitor Center, Ruili

位處圓潭自然生態園區內，二層樓樸實的建築相融於林木綠意圍繞中，讓人忍不住深深吸取新鮮空氣；於戶外休憩座歇歇腳，放鬆享受山林美景，入內補給此地豐富的生態旅遊資訊，順道品嚐採購當地風味。

The inconspicuous Yuan Tan Visitor Center, a 2-level structure tucked inside the deep flora in the Yuan Tan Ecological Park, not only provides tour guides but also a sense of unhurried learning and exposure to local delicacies; this also attracts visitors to the center.



瑞里・圓潭自然生態園區 Yuan Tan Natural Eco Park, Ruili





瑞里・燕子崖 Swallow Cliff, Ruili

不管雨季如何在遠處滂沱，燕子崖總是溫柔地瀉下薄紗似的水簾。風井然地在巖壁上抓出層狀爬痕，千百個石穴是否曾讓當年的燕子迷途。路過燕子崖，小徑上頭已無燕子前來邂逅，只撿了一口袋的涼風。

However heavily rain may pour elsewhere, the water from Swallows' Bluff falls like a curtain of thin gauze. The wind has clawed orderly lines in the cliff where the swallows' holes lie empty now, so all the visitor gains is a pocketful of cool breeze.

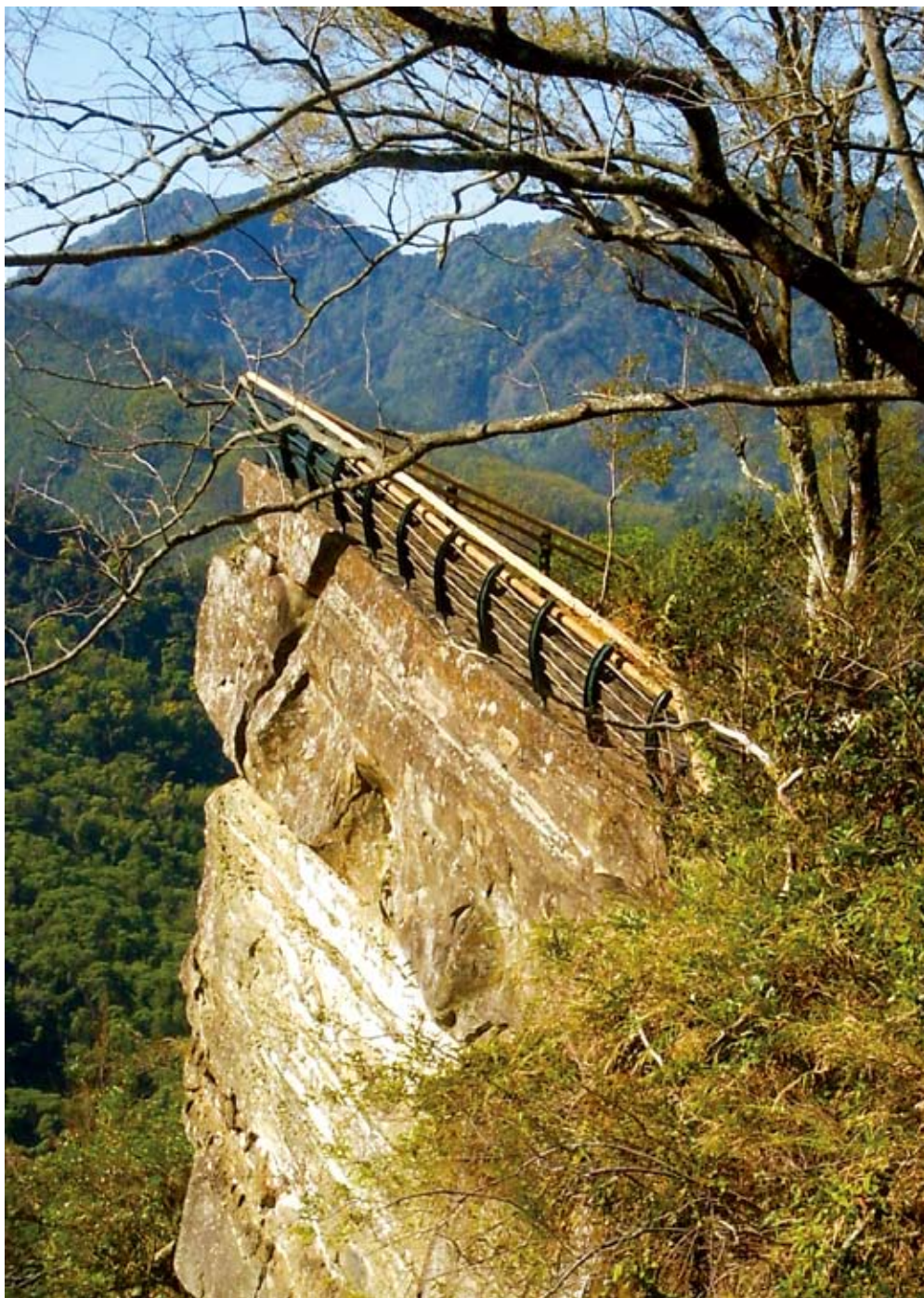
原木建築起樸質溫馨，拾級而上，坐落茶坊喝一口甘醇入喉的好茶，嗅入淡淡的茶香，道不盡久違之情流露。席外涼風徐徐，竹葉輕搖，邀友探訪竹林的幽靜氛圍，一同走入翠綠的世界，輕訴起山居閒談。

Tea houses are common, but tea houses situated inside a bamboo forest are unique and refreshing, to both the mind and the senses. The light scent of bamboo leaves, complimented by your favorite tea and good conversation among friends, take the experience of tea tasting to a whole new level.



太平・竹林茶坊 Tea Pavilion in a Bamboo Forest, Taiping





來吉·鐵達尼峭岩 Titanic cliff rock, Laiji

鄒族語「斯比斯比」禮讚颱風草蔓生的巖巖峭壁，因921大地震而造就凌空六百餘尺高，形貌似電影「鐵達尼號」船頭的斷崖，「鐵達尼峭岩」雅稱不脛而走，多少浪漫簇擁於崖上。

The Tsou name for this sheer cliff, covered in typhoon grass and dropping more than 600 meters to the forest floor below, is "Sihbi Sihbi." Its resemblance to the prow of the ship in the disaster movie "Titanic" spreads its fame and draws large numbers of romantics.



豐山·生痕化石 Trace fossil, Fengshan

豐山生痕化石除了記錄百萬年前海洋生物如、蝦、蟹、貝的活動遺跡和生活空間以外，也驗證了台灣島由海洋造山運動形成的歷程，同時輝映了有關台灣消失的內海一說。

Fossils at Fongshan record the lives of sea creatures that thrived millions of years ago - shrimp, crabs, shellfish - and provide evidence of the oceanic tectonic movements that created the island of Taiwan eons ago.



達娜伊谷 Tanayiku

達娜伊谷溪從兩千餘尺高山奔騰至曾文溪，停下踉蹌匆匆的步伐後，以忘憂之境的迷人韻味被鄒族人命名為達娜伊谷。溪澈翠林挾蔭倒映入溪水，彷彿一張綠色宣紙靜靜浮貼在嶙峋亂石做襯的溪面，達娜伊谷溪是鄒族人傳統漁場，如今以鯛魚生態保育贏得更多豔羨的目光。

The Danayigu Stream cascades from more than 20,000 meters to the Zengwun River; the green streamside forest is reflected in the surface of the water, embellished by the rocks below. The stream is a traditional fishing ground for the Tsou tribe, and today is protected as a ku fish ecological preserve.

達娜伊谷溪鯛魚群 A group of *Varicorhinus alticorpus* at Tanayiku Stream



瑞峰·神仙尿尿瀑布 Fairy-Pee-Pee Fall, Ruifeng

瑞峰峽谷巨屏蘊含岩壁天險諸多勝境，神仙尿尿瀑布便為其一。小瀑含蓄節制，臥浮在陡禿而節理輪廓極深的石壁上，纖纖水絲有時細緻到幾乎是走下來的。夏日，把石壁上的水瀑聲撕下來在靈府上冰膚，相較於壯闊的飛瀑，神仙尿尿的涓涓水幕感覺不那麼疼。

The great wall of Ruifeng Gorge contains many scenic wonders, of which the Urine of the Gods Waterfall is one. Thin threads drop down the deep and fractured face of the cliff, sometimes diminishing to near nothingness. Unlike the rough beating of larger waterfalls, the gentle waters here feel like a cooling, soothing compress on the skin.



茶山·珈雅瑪瀑布 Jayama Falls, Chashan

走入明媚的山巒，清雅的河水流經嶙峋的山壁，珈雅瑪瀑布傾瀉而下，在石上留下痕跡，在水潭激起陣陣的水霧，驅走了炎夏暑氣。決定暫留片刻，親近日光、綠意與一池清流，沐浴天地間最原始的靈氣中。

Passing through Alishan's forest and gorges, the stream eventually reaches an end and cascades down the cliffs edge, the spray of water, as it descends, creates a mist in and around the pond below. The Jayama Falls are a perfect stop-over to indulge in nature's spirit and cleanse the mind before continuing on with your journey.



大凍山明月窟 Bright-Moon Cave at Dadongshan

大塊山風在明月窟鑿下的是柔媚奇麗的紋路，石壁乳白潔淨，間有貝殼化石鑲嵌。拂拭白玉月色般的壁面，或許有月光驚懼於步道旁的峭崖，於是駐居於此。

Great gusts of mountain winds have chiseled Mingyueku into soft and lovely patterns, with shell fossils inlaid in places on the milky white face of the rock.







瑞里 · 千年蝙蝠洞 Thousand-year bat cave, Ruili

蜂窩狀巖穴羅列於岩壁，沿著步道拾級而上，偶有砂岩隨風繼續飄落足下。或許無人記得蝙蝠遷徙離去是在何年，然而蝙蝠洞仍繼續把傳說流傳下去，在森然石窟內結成化石。

Beehive-like holes cover the cliff face, and gusts of sand continue to fall occasionally beneath your feet as you ascend the path. Maybe no one remembers when the bats moved away, but the holes continue to pass on legends from their past.



瑞峰 · 竹坑溪步道 Zhukeng Stream Trail, Ruifeng

一階階跟著山勢起起伏伏，陽光有時灑落，密林有時遮蔽，樹梢鳥兒們是天生的好歌手，合奏起大自然交響樂。路旁石上青苔新出，四周林樹自在伸展，好似映染上一層綠，不遠的瀑布清泉也將加入這一場自然悸動！

Alternating between open fields and dense canopies speckled with sunlight, stone-paved steps wind their way up and down the mountain, with only songs from birds unknown, interrupting the peace and serenity. The air is cool and damp; fresh moss and plants are thriving as far as the eye can see; soon you are met by a waterfall to complete this inspiration created by nature.





莫氏樹蛙 Moltrecht's Green Treefrog

拉都希氏赤蛙偷走何處竹林，附庸風雅  
鼓奏一曲竹韻的蛙鳴，想化妝成樹色潛  
遁，可惜背上竹綠的染痕洩了底。

Wherever the Latouche's frog creeps in the  
bamboo forest, it sings a song to the rhythm of  
bamboo. It tries to hide in the color of tree bark,  
but the green spot gives it away.



拉都希氏赤蛙 Latouche's Frog



山窗螢 *Pyrocoelia praetexta*大端黑螢 *Luciola ancey*

四月到六月，在阿里山尋見發光的雨滴~螢火蟲。夏夜精靈螢光乍閃乍滅，窸窣窸窣鼓動著纖纖羽翅忽高忽低地飛掠，時而像月暈點燃了群草發著幽冷光暈，時而又像掌心捧著一團小火夜遊，時而又宛如星光的搖滾舞宴，又像趁夜採花的仙子，夜幕成為夏螢的遊戲場。以黑翅螢為主的阿里山螢火蟲不但種類居冠，生態復育成果下成群成簇的飛螢更使得夏夜不打烊。

April through May is the time to find those light-emitting raindrops, fireflies, at Alishan. The flickering lights of these summer fairies rise and fall, appearing like grass flames lighted by the lunar halo, or like tiny lamps for night strolls, or like dancing stars, or like immortals picking flowers in the night. In the restored ecology here, groups and clusters of fireflies keep the night from ever shutting down.

黑翅螢 *Luciola cerata*