

阿里山氧生之旅

Mountain Highs in Alishan:

賞遊
4



台

18線省道阿里山公路，從東西向橫貫大阿里山風景區；而從豐山到里佳的嘉義169縣道，則是另一條動脈，以南北向縱貫整個阿里山風景區，兩條公路在石桌交會。

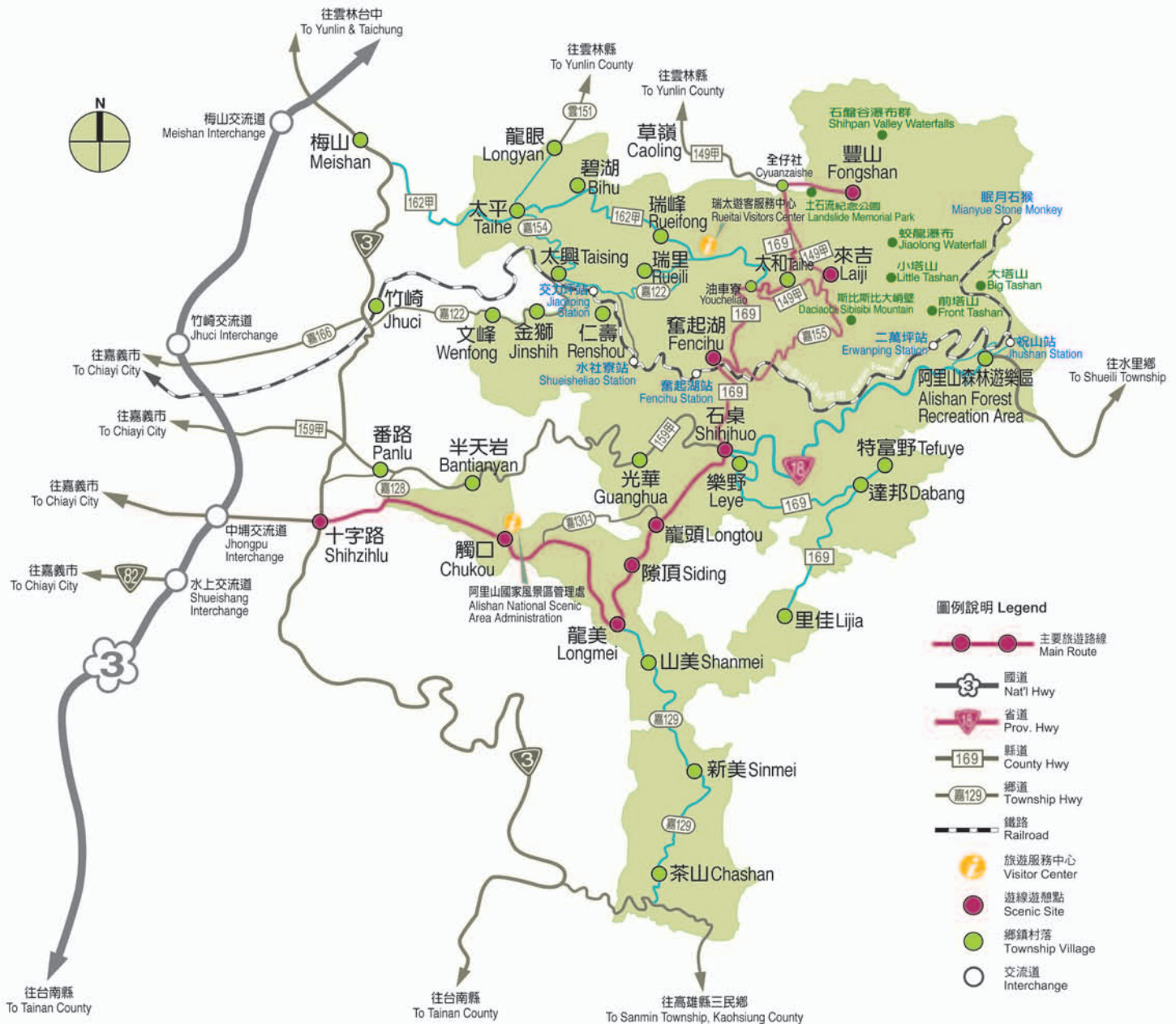
在石桌選擇向左轉或向右轉向169縣道，風情可截然不同。右轉是到鄒族部落的「北四村」，而左轉則是條綠色旅程，可走奮起湖、豐山、來吉等村落，森林芬多精再加健康美食，這條旅遊帶便稱為「氧生之旅」。

The east-west Provincial Highway 18 (Alishan Highway) and north-south County Highway 169 meet at Shihjhuo, the setting off point for most visitors to the villages of Fongshan, Lijia and Fencihu. This is an area lush in forest-covered mountains and famous for healthy cuisine, making it an attractive choice for anyone craving a relaxing and restorative vacation in the greatness of nature.

豐山、來吉、奮起湖

Fongshan, Laiji & Fencihu

PART
4



懷舊小山城——奮起湖

Historical Fencihu

賞遊四：阿里山氧生之旅

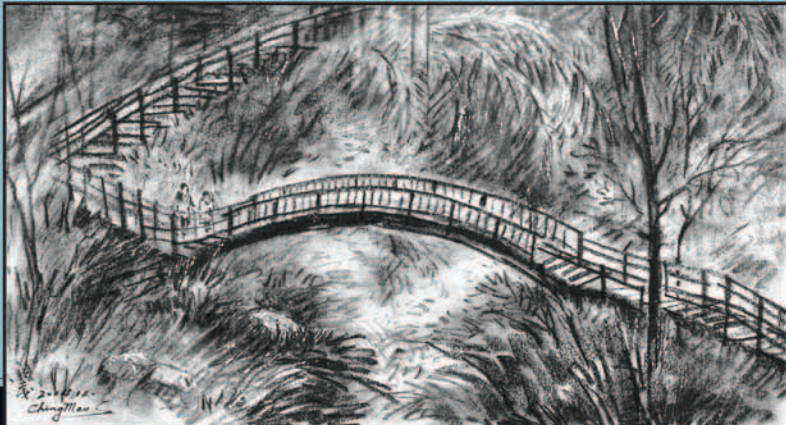
從阿里山公路左轉169縣道，不久便可抵達充滿濃濃懷舊味道的小山城——奮起湖。因為是阿里山森林鐵路的中繼站，蒸氣火車要在此換車頭，乘客可暫停搖晃顛簸的旅程，買個便當充饑，奮起湖因此崛起，成為叫賣便當、兜售特產的小站。現在這古早味兒的便當，被超商發掘，稱奮起湖大飯店林金坤老師傅為達人。販售奮起湖便當，不僅讓這座小山城的名號更加響亮，也帶動旅客到奮起湖逛山城、遊步道。

如果想要到奮起湖搭船遊湖，那就很抱歉了，因為這裡沒有真正的湖；但又為何以「湖」稱呼？只要走奮起湖北側觀光步道（入口在奮起湖特產中心旁），從觀景台上即可一目了然。整個奮起湖的東北西三面環山，聚落地勢低窪，如同大畚箕，而這裡海拔高達1405公尺，山嵐雲霧飄渺其中，從高處鳥瞰山城就如一座白茫茫的湖面，乃稱為「畚箕湖」，後來才改為奮起湖。

依著山勢而建的聚落，小商家密密麻麻地擠在彎彎曲曲、忽高忽低的老街兩側，古早便當、賣了三代的老婆餅，或是全台唯一印有火車圖案的火車餅等，讓奮起湖的影像，像極一張張泛黃的黑白照片，留下時光的漬痕，因此，也有人稱奮起湖是南台灣的九份。

不過，比起九份，奮起湖的旅遊資源更豐富、更有氧、更健康。遊奮起湖可以像剝洋蔥般，一層層的細細打量、細細品嚐。最外層是大





(左) 奮起湖老街 (left) Fencihu: Old Street
(右) 奮起湖北側步道 (right) Fencihu: North Trail

PART4: Mountain Highs

Fencihu is the first stop on Highway 169 after leaving Shihjhuo. This small mountain village is steeped in history, much of which revolves around its position as a relay station on the Alishan Forest Railway. Where once the trains carried lumber, today they bring thousands of tourists. While the steam-powered train changes engines, passengers have a chance to stroll the town, shop for souvenirs and try the old-style boxed lunches that have become a train-rider favorite and helped confirm Fencihu's place on Taiwan's tourism map.

The name Fencihu literally means "Fenci Lake," but visitors hoping to go boating here will be disappointed. The lake referred to is not a body of water, but rather the lake-like cloud formations filling a valley formed by the high peaks rising to the east, west and north of the village. This dramatic sight is best appreciated from the viewing platform along the North Tourist Trail, which departs from the Fencihu Specialty Product Center. The platform towers 1,405 meters above sea level, high enough to put you above the low-lying clouds filling the scoop-shaped valley. The shape of the valley was the inspiration for the village's original name of "Benjihu," or "wicker scoop lake."

The streets of Fencihu wind and dip with the hillside terrain. There are plenty of shops to explore, many selling local specialties like boxed lunches, "wife cakes" (flaky cakes filled with sweet pastes) and "train cakes"-a treat found only in Fencihu.

This older parts of town returns one to an earlier time, as if you had entered a yellowed black and white photo from yesteryear.

The charm of Fencihu is a many-layered thing that, like a Russian doll, rewards closer appreciation with new discoveries. On the outermost layer is the sunrise view from Dadongshan Trail, a sight that many compare to the better known view from Jhushan. At the second layer is the village loop trail system, which consists of the South Tourist Trail, North Tourist Trail, and Muma Trail. And at the innermost layer are the local cuisine and specialty goods.

The opening of the loop trail system has added a whole new dimension to the tourism scene in Fencihu, encouraging many visitors to extend their stay to enjoy these attractions, from scenic spots to sunrise and sunset views.

The North Tourist Trail, which sets out from the Fencihu Specialty Products Center, offers one of the best vantages for viewing Fencihu. There is an outdoor cafe a short way up the trail, and many trail walkers stop here to enjoy the town's famous boxed lunches along with a cup of coffee, all against a picturesque backdrop of the surrounding nature and railway.

An even better view awaits further up the trail. A large viewing platform here looks down on Fencihu's century-old train depot, a large red-roofed building. One can also see the Forest Railway as it passes east through town on its way to the main peak of Alishan and west to the Jianan Plains.

The low-lying cloud formations are especially attractive from this vantage in the morning and afternoon hours.

Further up, the path connects with the Gaozaikan Historic Trail, which weaves through a dense bamboo forest and past the ruins of a Shinto shrine. A relic from the Japanese occupation period, the shrine has been reduced by flames to its foundation, stone steps and piles of stone. Near the shrine is an old withered tree with an unusually flat shape, earning it the predictable name of "Flat Divine Tree."

Off the main path is Rueifen Trail, which leads north through a fir forest and connects to the trail heading to Taihe. The wood planked path is only 700 meters long and suitable for hikers of all abilities. The trail is particularly beautiful in the misty early morning and dusk hours as the low sun pierces the forest canopy. There are also hundreds of forest birds here, ever ready with a song.

There are four arched bridges along the trail, as well as a wooden rest pavilion to stop and enjoy the uplifting forest view and refreshingly cool air. To the south the trail links with the Taiwan Cryptomeria Forest Trail. This 700-meter path winds down through fields of ashitaba and bamboo en route to town.

The recently completed Muma (Wood Horse) Trail can be reached from behind the cafe area on the North Tourist Trail. It is named after the wooden carts used to haul timber from deep in the mountains down tracks to a branch station on the forest railway during Alishan's lumber



賞遊四：阿里山氧生之旅



凍山步道，有人說這裡的日出比祝山還要精采。第二層為圍繞整個聚落的環城步道，包括南側觀光步道、北側觀光步道及木馬步道等。最裡面一層就是品美食、買特產的老街。

由於環城步道系統的興建，讓遊客可以在奮起湖逗留更久的時間，增加遊客過夜的意願。的確，要欣賞奮起湖之美是急不得的，因為清晨、日出與黃昏，美景皆不同。

北側觀光步道，是觀賞奮起湖聚落最佳的置高點，因此，多年前曾造訪過奮起湖的遊客，應該還要再回來看看，因為旅遊質感完全不同了。這條步道從奮起湖農特產品展售中心進入，爬幾階後會經過一個戶外咖啡座，許多遊客，甚至外國人，都喜歡買奮起湖便當到這來邊吃邊品嚐咖啡。山城聚落的美景與火車來往情景，盡收眼底。

若想找更佳的位置，就往上走。這裡有大型的觀景台，往下看到紅色屋頂的大型建築，就是放置百年火車的車棚。森林鐵道東行向阿里山主峰，西下嘉南平原，橫向貫穿山城。而清晨與午後，雲霧湧起，是觀賞奮起「湖」的最佳時機。

再往上走，步道會接到糕仔崁古道系統，行走其間，可聽竹林奏起濤樂，沿線還有日據時代的神社遺址，僅存基座平台和石階，及一處全以石塊堆疊的閩柴燒遺跡。更有趣的是，這裡阿棵扁神木，因樹幹呈扁平狀而得名。

北側另有條穿過杉林的瑞奮步道，可以接奮太和步道通往太和，

這條山徑老少咸宜，只有700多公尺，順著木棧道一路上行，不算難走。清晨和黃昏都山霧迷漫林間，陽光穿透杉林，鳥鳴聲相伴，這就是奮起湖之美。

這座木棧步道，不僅有人文遺跡，生態和林相更值得欣賞，而分布在棧道中的四座拱形小木橋，與木造的休憩涼亭，讓遊客在穿過樹林後時豁然開朗，有如森林中開出來欣賞藍天的天窗，夏季時更是涼爽怡人。

從北側觀光步道的咖啡座後方，還可再接到最新完成的木馬步道，步道中間是一長排橫木軌道是木馬排車道遺跡。阿里山早年伐木業興盛，在深山砍下的木材以人力運送到森林鐵道支線車站，運送過程，先以橫木排列當做軌道，再把木材放在木製的台車（稱為木馬），用人力推動木馬，利用較少的接觸面使木馬容易推動，非常辛苦。

有人稱木馬車為寡婦車，因為推車苦力都是壯丁，山區地勢陡峭，再加上載送的木材很重，若一個不小心，剎車不及，就可能喪命。邊聽昔日悲苦的故事，一邊踏在枕木步道上，令人突發思古幽情，全長約一公里。

南側觀光步道則可從老街聚落接上台灣杉林木棧道，當地人稱這條步道為夢湖小徑。走上步道即可一窺如夢似幻、雲霧飄渺的芬多精步道，全長約700公尺。

在植物學家的眼中，台灣杉是最能代表台灣的瑰寶，因為台灣杉是全球植物的正式拉丁學名中，唯一

冠上台灣名稱（Taiwania）的植物，而發現的地點正是阿里山，它分布在海拔600到2800公尺之間的山區，多半與紅檜混生，是全台最高的樹種；由於過度砍伐，目前植株所剩不多了。知道台灣杉如此珍貴，走在林間，一邊深呼吸，一邊看著太陽從筆直參天的樹幹間照出的光影，更覺此刻難得而生機無限。南側步道還有肖楠母樹林，可供遊客觀賞。

賞日出，則要到奮起湖外圍的大凍山觀景坪，在這裡可以瀏覽東邊的玉山群峰，且看日出的時間可以長達三分多鐘，比起阿里山的祝山日出時間要久，在登山界早就有「大凍山觀日出，不必到阿里山」的說法。

從奮起湖走169縣道，在15公里處轉進嘉155線鄉道，再前進約2公里，就到達大凍山的停車場。從停車場步行到山頂約一小時，遊客前一天睡前最好先向當地旅館詢問隔天日出時間，並提前一個半小時出發，到山頂上等日出比較保險。

大凍山登山步道從民國75年就闢建，這幾年持續加強沿線休息和導覽設施。環狀的登山步道全長約5公里，有兩條支線可互通，三種行程可供選擇。

最高點處的觀景坪海拔高1976公尺，視野遼闊，往北可以看到來吉、大小塔山和草嶺，往西可以看到嘉南平原，往南可以看到曾文水庫。整個步道系統還有流星巖明月窟、七星石、石獅像、樹石盟、巨木碑等景點。





(左) 奮起湖南側步道 (left) Fencihu: South Trail
(右) 奮起湖北側步道 (right) Fencihu: North Trail

PART4: Mountain Highs

heydays. The old wooden tracks still run down the trail today.

The wood carts were also known as "widows carts," since many of the men pushing them along the steep mountain path lost their lives in this bitter and dangerous work. Walking along the one-kilometer trail today, one cannot help but recall the hardship and sacrifice endured the people in those earlier times.

The South Tourist Trail is a 700-meter route connecting the old street of Fencihu with the Taiwan Cryptomeria Forest Trail, which offers a good vantage for viewing the cloud formations in the mountain vale. For this reason, the Taiwan Cryptomeria Forest Trail is also known by the locals as Menghu (Dream Lake) Trail.

The Taiwan cryptomeria (*Taiwania cryptomerioides*) is one of the most representative treasures of Taiwan's arboreal world. For one thing, it is the only tree species in the world with a Latin name drawn from the word "Taiwan." The Taiwan cryptomeria was first discovered in Alishan. At one time the species grew widely side by side with Formosan red false cypress at elevations between 600 and 2,800 meters, making it the highest elevation tree species in Taiwan. Years of over-logging have since reduced these sprawling forests to only small stands today. To walk among these trees and breath in the fresh forest scented air is to discover the boundless vitality of nature. Incense cedars can also be enjoyed along the South Trail.

One of the best places to watch the sunrise at Fencihu is at the Dadong-



shan Viewing Platform—a vantage from which Aurora peeks up from over the Yushan Range, taking a full three minutes to escape the horizon.

The platform is about an hour's walk via the Dadongshan Trail leading from Dadongshan Parking Lot. The parking lot is located about two kilometers along Township Highway 155, which branches off from the 15-kilometer point on County Highway 169 from Fencihu. Visitors coming for the sunrise should double-check the timing of the sunrise at their hotel a day in advance. It is also advisable to set off at least an hour and a half before the sunrise to make sure you don't miss the show.

The Dadongshan Trail was originally built in 1986, but it has

recently undergone a comprehensive makeover with the addition of new facilities. The circuitous trail is about five kilometers long and has two branch paths, providing three choices to accommodate different hiking interests and abilities.

From its perch 1,976 meters above sea level, the viewing platform offers a panoramic view of the area. Laiji, Big and Little Tashan, and Caoling can be viewed to the north, the Jianan Plains to the west, and Zengwen Reservoir to the south. The trip up takes a bit of legwork, but the view at the top is well worth the effort. Among the other scenic attractions along the trail are Liousing Cliff, Mingyue Grotto, Cising Rock, a carved stone lion, Shushihmeng, and Jumubei. 🌈

奮起湖氧生美食

The Flavors of Fencihu

賞遊四：阿里山氧生之旅

第1站

鐵路便當

到了奮起湖，餐點的首選當然就是鐵路便當了。奮起湖大飯店，目前由第二代老闆林金坤經營，早年供應登山客飲食而設的登山食堂，後來供應的鐵路便當以菜色豐富聞名，有滷雞腿、滷排骨、滷蛋、滷油豆腐、酸菜、鴨蹄筋及醃黃瓜等，統一超商即以阿坤師為號召，賣起奮起湖便當；老便當與新通路相互輝映。

林金坤常創便當新菜色，最近新加入媽媽秘授的手路菜：軟燒肉，把豬肉燒得軟軟香香，是他最難忘的味道。在店內吃鐵盒的鐵路便當加飲料為一百元，另外還有每個兩百元的檜木便當，便當盒吃完後可帶回家當紀念品。

除了阿坤師的便當外，奮起湖還有阿良鐵支路便當，以紅糟肉知名，青菜則用龍鬚菜，到十月份則用盛產的大豌豆當配菜。

First Stop: Boxed lunches

The first meal for visitors to Fencihu is invariably the town's famous railway take-out lunches. These lunches—a combination of salted chicken legs, pork, hardboiled egg, tofu, pickled veggies, bamboo shoots and cucumber—were first prepared by a local family surnamed Lin for railway passengers stopping in town. Today they continue to be made by the Lin's at the Fencihu Hotel. They can also be purchased at the local 7-Eleven convenience stores.

Lin often makes changes to the dishes in the boxed lunches, most recently with the addition of tender barbecued boar meat prepared according to his mother's secret recipe. The lunch sells for NT\$100 with a beverage. For NT\$200 you can have it served in a cypress wood box that you can take home as a keepsake.

Boxed lunches are also sold at "A-Niang's," whose rendition is best known for its pork fried marinated in a red fermented rice sauce. These lunches also include "dragon whiskers" (a kind of kelp) and, in October, marrowfat.

第2站

奮起湖豆腐店

奮起湖豆腐因為手工製作口感細緻、綿密，再加上當地水質佳，而博得水豆腐之美稱。奮起湖豆腐店歷史超過40年，早期還是雜貨店，這兩年才轉型為豆腐店。

豆腐搭配現磨的山葵，是當地時下最流行的吃法，新鮮山葵現磨的清爽感，也只有這裡吃得到。

Second Stop: Fencihu Tofu Shop

The tofu (bean curd) of Fencihu is coveted for its delicate texture and freshness, a product of the clear local water used in its production. This local specialty can be enjoyed at the Fencihu Tofu Shop, which opened two years ago as an old general store in town.

The fine consistency of the tofu is a result of the hand pressing of filtering techniques used by the shop. The tofu is usually served with a garnish of fresh locally grown wasabi.

第3站

德銘餅店

以阿公的炭火餅爐聞名的德銘餅店，現在已傳到第三代莊豐駿。他說，爐火炭烤出來的大餅，需要手工慢慢烘焙，每半個小時只能做出5個，目前僅接受訂做。

利用傳統的「活火」工法，過程中大餅的餅皮吸收了遠紅外線，烤出來的香味、色澤特佳。當地人又叫德銘餅店的大餅為公婆餅，因為是莊豐駿的阿公林德銘與外婆結婚後才開始在奮起湖開餅店維生。早期使用的餡有豆沙魯肉、芋頭等口味，莊豐駿現在還開發出來小盒裝的新口味大餅。

Third Stop: Deming Bakery

This family-operated bakery is best known for its charcoal-fired cakes. According to Chuang Feng-jun, the third-generation owner, the cakes are baked slowly over charcoal. The long baking time means that the shop can only make five cakes every half-hour, so customers need to order in advance.

The cakes absorb the infrared heat from the charcoal-fired oven, giving them their distinctive flavor and color. The "da bing", or flat cakes, are known as "grandparent cakes," a reference to Chuang's grandparents who founded the bakery. In earlier years, the cakes were filled with bean paste, stewed meats, and taro. More recently Chuang has added a few new varieties.

奮起湖除了具備完整的步道系統，可讓遊客置身在清幽的芬多精環境中之外，在地的的美食、小吃、名產等，更是聞名全台，以下介紹山城的特色美食。

Fencihu is known throughout Taiwan not only for its scenic forest trails, but also as an eater's paradise, with plenty of dishes and local specialties to satisfy every palate.

第4站

火車餅

印上阿里山火車圖案的餅，充份說明了奮起湖興起的由來，因此火車餅也成為奮起湖代表性的名產之一。創始人劉義吉還把傳統大餅與阿里山高山烏龍茶結合，研發出綠茶口味的火車餅，另外還有鹹綠豆椪、鹹豆沙魯肉及紫山藥等口味。

火車餅的餅皮也有學問，添加了蜂蜜，讓餅皮吃來有自然的甘甜口感及蜂蜜的清香味，也更健康。

Fourth Stop: Train Cakes

This cake, named after the train design branded onto its top, has become one of the trademark treats of Fencihu and a delicious reminder of the town's origins as a railway station. Liu Yi-chi, inventor of the cakes, has also created a version of this specialty flavored with locally-grown oolong tea. Other flavors include salty mung bean paste, stewed meat, and Chinese yam.

The flour outer layer of the cakes is sweetened with natural cane sugar and honey, making the cakes as healthy as they are delicious.

第5站

麥正治 檜木咖啡

老街走到底時，有家專賣檜木用品的小店，進門後滿室檜木芬芳混著咖啡香。老闆麥正治是當地的文史工作者，他把咖啡與檜木結合，利用檜木製成杯子盛裝熱咖啡，上面蓋個檜木杯蓋，沖好後稍微等一下，打開杯蓋時檜木香氣撲鼻而來，熱氣把檜木油脂逼出，使咖啡增添額外的特殊口感。

Fifth Stop: Mai Cheng-chih's Cypress and Coffee Shop

At the end of the old street in Fencihu is a small shop selling traditional cypress articles, as well as fragrant coffee. Follow your nose and you can't miss it. Proprietor and artist Mai Cheng-chih serves up his aromatic brews in covered cypress cups. The heat of the drink brings out the natural oils of the wood, adding a delicious and distinctive hint of cypress to the coffee.

第6站

田媽媽古道 廚娘美食屋

說到奮起湖的特色餐，一定少不了的田媽媽古道廚娘美食屋。由於阿里山盛產高山烏龍茶，在這裡可以吃到多樣好吃的茶餐料理，值得推薦的有：茶香排骨、溪蝦茶鬆、茶香豆腐、烏龍茶雞等等。另外，田媽媽的另一項拿手菜是竹筍燒肉，讓人忍不住多吃一碗飯。

Sixth Stop: Tian Mama's

Any list of the must-try eateries in Fencihu should include Tian Mama's. This old-style restaurant is known for its savory dishes flavored with local oolong tea. Some menu recommendations are the tea-flavored pork, river shrimp, tofu, and chicken. A particular favorite with diners is barbecued meat and bamboo shoots—a dish that is sure to have you coming back for more.



土石流故鄉——豐山

Land of Mudslides: Fongshan

賞遊四：阿里山氧生之旅

169 縣道往北走到底，便是豐山村。儘管置身阿里山國家風景區內，阿里山盛名未曾叨擾這兒的幽靜，質樸民風獨樹一格，彷彿化外天地。峻嶺裸岩，奇木飛瀑，藏底大氣山水，縱然九二一地震、接連風災肆虐，豐山始終以自然的節奏，展現多樣風情。

豐山村海拔750公尺是阿里山鄉山地範圍內唯一的平地村，也是地理位置最北的村落，就在阿里山鐵道支線眠月線的下方，四周圍繞著一千公尺以上的高山，村落位在盆地內。

清水溪、石盤鼓溪、乾坑溪等溪流，像樹枝狀交錯在豐山村中，盆地底低而平，大大小小的石頭散落在溪床上，有如大盤子上盛滿大石塊。每當大雨一來，河水帶動溪床上的石頭向下滾動，發出如擂鼓般的聲音，因此，早期開墾的先民又稱這裡為石鼓盤。

由於地處深山，遺世獨立，豐山村全村居民還不到五百人，目前皆以務農維生。麻竹是此地很重要的經濟來源，每年麻竹筍收成季節，村民老老少少一起收割

筍、曬筍的場面，十分壯觀。

除了竹筍，豐山這個小山城，就像它的名字一樣，資源十分「豐富」，珍藏著不少名貴山產，如茶仔油和愛玉子就是其中最著名的兩項，這幾年也有不少村民投入生產蔗糖。當地店家現榨茶仔油，裝瓶賣給遊客，同時還賣愛玉冰，客人吃愛玉時，可以添加村民自己生產的新鮮蔗糖，風味一級棒，那種清涼和美味，絕對是在其他地方吃不到的。

茶仔油的用途那就更廣了，這種純茶油，用來伴飯或是伴麵線，味道好得沒話說，絕對夠格登上台灣

美食行列。常食用茶仔油，據說有改善胃腸病效果。

近年阿里山國家風景區管理處也在此興建多項遊憩設施，讓遊客更容易貼近欣賞豐山之美。

石盤谷瀑布步道長約1.5公里，是一趟感受自然脈動，體驗原始地質與生態的旅程。共由六個瀑布組成的瀑布群是乾坑溪的上游，從入口先經過小橋涼亭後，繼續往下走即可看到瀑布。第一層的氣勢最為磅礴，水瀑如飛天白練般從18公尺高的石壁直奔綠色水潭，瀑壁幾呈90度，遠方還有一突出大石壁，是最佳的觀瀑點。





豐山石盤谷步道
Fongshan: Shihpan Valley Trail

PART4: Mountain Highs

Fongshan Village lies at the northern end of County Highway 169. It is the only village inside the Alishan National Scenic Area proper, and this secluded location has kept it off the beaten track for visitors to Alishan. As a result, Fongshan has been able to keep its traditional folkways largely intact, giving the village the sense of a place forgotten by time.

Although Fongshan has weathered its fair share of natural disasters in recent years, the paradise-like setting of the village has in no way suffered. Visitors will discover here a land steeped in the full majesty and vitality of nature, with towering peaks, boldly jutting rock formations, unusually shaped trees and cascading waterfalls.

Fongshan is situated in a mountain basin at an elevation of about 750 meters above sea level, placing it just below the Mianyueh Branch Line of the Alishan Forest Railway. It is the only flatland village in the mountainous parts of Alishan Township, and it is also the northernmost village in this area.

The Cingshuei, Shihpangu and Gankeng rivers weave through the village along a branching and boulder-strewn course. There are several intriguing rock formations along the rivers. During heavy rains rocks tumble down the Shihpangu, adding a rumble to the patter of raindrops. This percussion-like sound inspired early settlers to the area to name the river Shihgupan, or "stone drum tray."

The relative isolation of Fongshan has kept the village population at fewer than 500 people, most of whom live

from farmers. The main economic crop is the Taiwan giant bamboo. The whole village turns out to harvest the bamboo shoots and ready them for drying in the sun.

Fongshan is also known for its tea seed oil, jelly figs and, more recently, cane sugar. Shops sell tea seed oil fresh pressed and bottled on the premise. Another local favorite is iced fig jelly sweetened with fresh cane sugar. This refreshing and delicious treat cannot be found anywhere else.

Tea seed oil adds a fragrant touch to rice and noodle dishes and is also said to help alleviate gastrointestinal ailments.

In addition to its agricultural treasures, Fongshan has over 20 visit-worthy scenic sites. Among the top-10, according to the locals, are the Shihpangu Falls, Jiaolong Waterfall, Huagang Shueishangcing, Meihualing Hill, Sheshu Siadan, Sianshu Baoshih, Dadianyu Waterfall, Cianren Cave, Sianmengyuan, and Shihmenggu Valley. In recent years the scenic area administration has developed the recreational facilities in these areas to further enhance the visitor experience in Fongshan.

The local ecology and geology is vividly presented along the 1.5km Shihpangu Waterfall Trail. The highlight attraction here is a group of six falls at the upper course of the Gankeng River. Viewpoints a short distance past the small bridge and at the rest pavilion near the trailhead offer the best vantages of the falls. The first of these is the most impressive, diving 18 meters down a sheer rock face

into a deep green plunge pool. Dayanbi (Big Rock Cliff) is also visible in the distance from here.

Past the first waterfall the trail hugs a steep cliff wall with a forest of subcostate crape myrtles lining the other side. There are guide ropes to help visitors safely navigate across this section. The smooth-barked crape myrtles grow in every manner of sculptural shape, earning this area the nickname of "Crape Myrtle Art Forest." Further along the trail is Dayanbi, a projecting thick-bedded sandstone wall. Ropes have been installed here to help visitors ascend the 40-degree slope of the rock face. There is also a new 120-meter-long suspension bridge nearby, offering a good vantage of the river.

Near the trail rest pavilion visitors can also catch sight of the tung trees—an ice age relic whose large serrated leaves make a welcome sun umbrella. With a bit of luck you might find some Japalura makii lizards playing hide-and-seek on the trunks of the trees, his body changing color from shiny green to speckled green and black, and then to dark brown.

The Jiaolong Waterfall originates at the north slope of Tashan. Created by a geological fault, the fall drops over 1,000 meters and is considered the longest waterfall in Taiwan. The steepest section is at the headwater, where the river plunges sharply from about 1,700 to 1,000 meters over sheer cliffs of bare rock. The top of the waterfall is usually obscured by clouds, so the best time to see it is after a summer storm or typhoon. The southeast view of the waterfall from

賞遊四：阿里山氧生之旅

通過第一層瀑布即看到一座天然的岩面斜坡大峭壁，管理處在壁面上設置安全繩索，讓遊客通行時確保安全。步道一面是斜面峭壁，一面則是九芎樹林，樹幹面光滑的九芎，樹形各有不同，整片樹林又稱為九芎藝術林。最後抵達大岩壁，邊坡露出厚層砂岩，坡面傾斜度可達到40度，石壁上有繩索，遊客可以拉著繩子攀岩壁。區內還新設一座120公尺長的吊橋，駐足其上，可賞溪觀景。

石盤谷瀑布步道也是觀察生態的好地點，在涼亭附近，可看到冰河子遺的植物——通木，夾道迎賓，並以大片鋸齒狀樹葉，為遊客遮蔭蔽陽。運氣好的話，還可以巧遇牧氏蜥蜴躲在通木樹幹上，與遊客大玩躲迷藏，身體玩起調色盤遊戲，一會兒是通體亮綠，過一會兒綠黑斑紋雜錯，又一會兒變成深褐色，非常可愛。

蛟龍大瀑布源自塔山的北坡，是座由斷層所形成的瀑布，高低落差達上千公尺，號稱是全台灣最長的瀑布。由於源頭的坡勢非常陡峭，在約海拔1000到1700公尺處，坡度最陡，因此形成了岩壁裸露的大斷崖，瀑布就從這裡流洩而下。不過因為常被高雲遮蔽，平時不容易見到，只有在夏季雷陣雨或颱風過後，從豐山往東南方看去，才得以看到它的廬山真面目。

豐山十景以土石流紀念公園最是

撼人，是台灣首座以土石流為主題的自然公園。這座由阿里山國家風景區管理處興建的公園，佔地廣達二十公頃，網羅了百年前土石流地景與九二一地震後近來土石瘡痕景觀，蔚為知性的地理教室。

走進土石流紀念公園，百年前土石流區已叢生新林，白櫟木、竹葉榕從石堆中拔天挺立，巨石表面、石塊間則附生蕨類、野蘭等底棲植物，放眼望去如同綠意盎然的石頭樂園。新生成的土石流區則是黃土漫漫，巨石滿坑滿谷，透過新舊自然演變對照，不難窺視台灣年輕地層與脆弱岩質特性。

花崗水上青，則是一處上下約十公尺，靠近溪邊的石灰岩坡地。由於長時期受碳酸鈣的侵蝕，上面有許多漥洞，最大的洞還可以容許遊

人穿越，又稱水濂洞。有村民將茶壺放在水流經過的地方浸泡幾個月後，茶壺因附著大量的碳酸鈣而變成黃金壺，村內不少人家收藏這種茶壺，視為傳家寶。

天雲谷瀑布位在一處大峭壁前，發源於石鼓盤溪的支流咬人貓溪，臨淵而立，頗具氣勢。旁邊有一處小花園，遊客可以在花園旁的筍寮炊食，或是砍毛竹煮水泡茶，味道十分特別，這也是村民野外求生的慣用本事。管理處在天雲谷新設了枕木步道系統，全長2276公尺，可引領遊客進入瀑布區。

若要用輕鬆方式來看豐山之美，那豐山觀景台就是首選。觀景台目前設有咖啡座及民宿，可眺望清水溪、乾坑溪及石鼓盤溪等三條溪的匯流點，景觀壯麗。





(左) 豐山觀景台 (left) Fongshan: Viewing platform
(右) 豐山蛟龍瀑布 (right) Fongshan: Jiaolong Waterfall

PART4: Mountain Highs



Fongshan is especially breathtaking.

Landslide Memorial Park is another jaw-dropping sight. Taiwan's first landslide-themed park, it was built by the scenic area administration on a 20-hectare site struck by two major landslides. The first occurred a century ago and the other was triggered by a massive earthquake on September 21, 1999. Today, this area serves as an outdoor classroom for learning about geology and the power of nature.

Over the past century, much of the older slide area has been recovered with trees. White beech and *Ficus stenophylla* sprout up from the dislodged rocks, and the surfaces and gaps between the rocks grow lushly with epiphytes, wild orchids and other phytobenthos plants. In sharp contrast to this green rocky paradise, the more recent slide area is an unbroken

expanse of loess and giant boulders. The exposed rock offers a glimpse at some of Taiwan's younger geological strata.

The Shihmenggu Valley Trail embarks from the upper part of the Shihgupan River and ascends through a cliffy and lushly wooded terrain. The sinewy bare rock of Tiancing Peak tower majestically in the distance opposite the trail. At Sianmengyuan, about midway along the trail, March peaches, cherries and azaleas present their dazzling blooms. The trail continues up through an old-growth forest and finally terminates at the wide rocky riverbed of the Shihmenggu Valley. The rock bed stretches for about 600 to 700 meters and is covered with unbroken boulders pocked with kettle holes created by years of river erosion.

Huangang Shueishangcing is a

limestone hill rising about 10 meters from the riverside. The surface of the rock has been pitted by years of calcium carbonate erosion. The largest of these holes, known as Shueilian Cave, is big enough to admit a person. Some locals leave teapots submerged in the water here for several months. The golden-hued teapots emerging from the calcium carbonate rich water are treasured by families in the village.

Meihualing (Plum Blossom Peak) Hill earns its name from the large plum orchard here. Reached by a bamboo-lined trail, the orchard blooms in January in brilliant color and an intoxicating fragrance. From the hill offers a panoramic view of Fongshan Village. This is also a good spot to watch the sunset.

Tianyungu Waterfall drops dramatically over a high sheer cliff. The fall is fed by the Yaorenmao River, a tributary of the Shihgupan. To its side is a small flower garden, as well as facilities for preparing and cooking bamboo shoots. You can also enjoy a fragrant cup of tea boiled over a bamboo fire in the manner of the local villagers when surviving in the wilderness. The scenic area administration has also developed a new 2,276-meter wood planked trail to the waterfall.

A less exerting way to enjoy the scenery is from the Fongshan Viewing Platform. Around the viewing platform are a cafe and accommodations for overnight stays. This spot looks down on the majestic confluence of the Cingshuei, Gankeng and Shihgupan rivers.



聖山下的庇護——來吉

Village on the Sacred Mountain: Laiji

賞遊四：阿里山氧生之旅

來吉，鄒族聖山——塔山山腳下的一個小部落，從奮起湖向右接嘉155線鄉道，或是繼續走169縣道在油車寮接149甲縣道，即可進入來吉部落，這是阿里山公路左側唯一的鄒族部落。

相傳，200年到250年前，特富野社的鄒族獵人，逐獵山豬而發現來吉這塊肥美之地，舉家遷徙定居，因此山豬成為部落營造入口意象的標誌，管理處協助當地藝術家，在涼亭前以石雕刻出19隻巨大又可愛的紅色山豬，成為來吉的象徵。

來吉舊名來來吉，目前分為內外兩村，背依著鄒族人的聖山——塔山，雲霧籠罩著山頭宛如仙境，村前則有阿里山溪潺潺流過。水靈水秀，是來吉最好的寫照。

大眾化的遊點則有斯比斯比鐵達尼及天水瀑布，這兩處都位在瓦娜娜溪的上游、塔山的山腰上，而管理處也將這兩大主要景點以環形步道串聯起來，全長3公里，讓遊客輕輕鬆鬆遊來吉。

「斯比斯比」鄒族語意為滿布颱風草的地方，的確，往大峭壁方向的斯比斯比步道，低頭一看到處都是颱風草。這個大峭壁非常有看頭，懸崖頂上的石壁就像尖尖的遊艇船頭。有趣的是，就像電影鐵達尼號沈船時，船頭以45角斜角朝天際翹起。遊客們可扶著欄杆斜斜爬上大石壁，站在尖尖船頭，扮演傑克和羅絲在船頭迎風的模樣，不過，俯視峭壁下方深

不見底還是挺怕人的。

形成這個奇妙大峭壁的原因，是當年嘉義大地震在這裡震出斷層，而九二一大地震時，斷層又受到擠壓，把峭壁升地更高，垂直縱深落差達六百公尺以上。

天水瀑布則在大峭壁下方，瀑布長約200公尺，從塔山山頂一路傾洩而下。來吉人說，天水其實是天神的眼淚，聽來有些憂鬱。這一帶雲霧經年籠罩，瀑布如同天上來，因此命名為天水。

台灣咖啡，可不僅雲林縣古坑鄉或台南縣東山鄉才有，來吉部落也生產栽植有機咖啡，不同於古坑和東山的大面積栽培，來吉的鄒族原住民，利用自家的小小山坡地小片栽植咖啡樹。

塔山是鄒族人心目中的聖山，來吉原住民的咖啡樹，就種植在海拔800~1200公尺的塔山區，相傳這兒的咖啡是接受塔山巨人的汗水滋養成長，也是守護鄒族部落的塔山巨人送給來吉部落的禮物，因此，來吉族人收成咖啡豆時，都會舉行祈禱感恩儀式，以感念塔山巨人的恩惠。由於來吉咖啡產量少，價位可不低，目前多以消費者預約方式銷售，市面上買不到。



來吉鄒族美食

山產、蝦魚、青菜，外加「茗荷」

阿里山物產豐富，鄒族的食材都就地摘採，特別新鮮原味，清澈溪水中的苦花魚、鮮美的山豬肉、活跳跳的溪蝦、桂竹製作的竹筒飯、可治胃痛的山芋頭、清甜的山箭筍、稱為「馬富」的麻竹筍等，都以最原味的方式入菜。

進入來吉村，陳月英的小吃店值得一提，烹調的鄒族料理如山豬肉、炸苦花、竹筒飯、炸地瓜等之外，還有一道外形如含苞荷花的特別野菜，名為「茗荷」，這是在日據時代由日本人引進的野菜品種，在阿里山一帶種的特別多。陳月英以炸天婦羅的方式，將一朵朵茗荷裹上薄薄的麵粉漿，油炸後吃起來的口感有點像炸野薑花，也可沾點阿里山當地名產哇沙米或胡椒鹽配著吃。

Tsou Cuisine in Laiji

The Zou cuisine of Laiji is a banquet as varied and delicious as the many fruits offered up by the land and rivers of this area. Shoveljaw carp and shrimp fresh from the clear mountain streams, boar meat, fragrant bamboo steamed rice, stomach-pleasing taro, and sweet bamboo shoots are all turned into scrumptious dishes preserving their original flavor.

One notable eatery in Laiji is a snack shop operated by Chen Yueh-ying. Chen whips up a number of Zou specialties, such as wild boar meat, fried shoveljaw carp, bamboo steamed rice, and fried yams. Another menu favorite here is fried Japanese ginger, a lotus bud like root introduced to Alishan during the Japanese occupation period. Chen prepares the ginger in tempura style and serves it with locally grown wasabi, salt and pepper.

來吉天水瀑布
Laiji: Tianshuei Waterfall



(左)來吉鐵達尼
(右)來吉山豬石雕
(left) Laiji: Titanic Rock
(right) Laiji: Stone carving



Laiji is a diminutive village at the foot of Tashan, a mountain considered sacred by the Zou aboriginals. From Fencihu, visitors can turn right off County Highway 169 onto Township Highway 155 and drive straight to the village. An alternate route is to turn off Highway 169 onto County Highway 149A and head straight.

It is said that between 200 and 250 years ago, Zou hunters of the Tfuya tribe discovered the fertile lands of Laiji when tracking boar in the area. The tribe eventually settled in Laiji and the boar became the symbol of the village. Today, carvings of boars are prominently displayed at the village entrance. Nineteen wood carved boars, created by local artists with support of the scenic area administration, also adorn the village. The huge red boar in front of a rest pavilion has become a village trademark.

Nature has been generous with its beauty in this area. To the rear of the village, Tashan rises majestically, its peaks often enshrouded with a fairyland-like mist. And to the front, the village looks out to the Alishan River passing with a murmuring song.

These scenic attractions have not been lost on mountaineers, who have long headed to Laiji for its high

mountain peaks, lush forests, waterfalls and river valleys. In 1993, members of the Chiayi County Mountaineers Association discovered a new waterfall and named it Jhajigu-the Zou word for "within the gorge." Like a bolt of shimmering silk, the fall descends about 20 meters over two sections, its waters originating 2,113 meters above sea level on Doushan and also by the Sanlong River. A viewing platform has been built in front of the waterfall to enjoy this sight. It also offers a distant view of Tashan. For safety, visitors are recommended to visit the waterfall with a local guide.

For sites along a more beaten path, visitors can head to the Titanic Rock and Tianshuei Waterfall. Both sites are located along the Sibisibi Trail at the upper reaches of the Wadudunana River about mid-slope on Tashan. The scenic area administration recently built a three-kilometer trail linking the two attractions, making them easy to reach.

Sibisibi, or "Sbi-sbi" in the Zou language, means a place abundant in palm grass. And palm grass does indeed abound along the Sibisibi Trail as one approaches the Daciaobi Cliff. The star attraction at the cliff is the hull-shaped Titanic Rock. This dramatic formation, which juts out from the cliff face at a 45-degree angle, bears a striking resemblance to the ill-fated ship for which it is named. There is a railing to help visitors make their way up the steep face of the rock. One can often find couples here reprising the romantic scene of Jack and Rose on the Titanic's prow.

From the tip of the rock, the cliff

drops sharply to the ground over 600 meters below. This precipice is the higher side of a fault line that was thrust up by tectonic pressure during a massive earthquake long ago. The powerful earthquake that shook central Taiwan in 1999 has also added to the cliff elevation.

Below Daciaobi, Tianshuei (Heavenly Water) Waterfall plunges over a course of 200 meters starting from the peak of Tashan. This area is shrouded year-round in mist and low clouds, such that the waterfall often appears to plunge from the sky itself. The locals say that the waterfall is fed by the tears of the gods, thus the name. Visitors can view the waterfall from a nearby pavilion. Zou woodcarvings are also on display here.

Visitors to Laiji should make sure to try and buy the local organic coffee. Unlike the huge coffee bean plantations in Gukeng, Yunlin County-Taiwan's better-known coffee growing capital-the coffee in Laiji is mainly grown on the small family-farmed hillside plots.

Laiji coffee grows mainly on slopes of Tashan at elevations between 800 and 1,200 meters. There is a Zou legend that the beans are irrigated by the sweat of the giant deities whose spirits watch over this sacred peak, and that the coffee harvest is a gift from the gods to the people of Laiji. Prayers of thanks are therefore offered to the giants by the villagers when harvesting and drinking the coffee. Due to the limited supply, Laiji coffee is by no means cheap and the beans can only be bought with an advance order.

