

武俠瑞太

Rueitai Area

賞遊
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「武俠瑞太」是近年來包裝與行銷景點成功的案例之一。在「臥虎藏龍」電影中的竹林比武之美，引起諸多討論與聯想。「阿里山國家風景區」管理處則將這個話題，成功地引到瑞太地區的竹林。遊客若想身置電影中美麗的竹林，不必外求，在阿里山區就可找到古樸石階與參天筆直的綠色竹林。另外再結合賞螢活動，成功地為瑞太地區的旅遊景點，賦予新生命。

瑞太地區的主要範圍包括瑞里、瑞峰及太和三個村落，從169縣道在油車寮左轉162甲縣道可抵瑞里及瑞峰，若右轉149甲縣道，不遠處就是太和；另也可從嘉義的梅山或竹崎進入瑞太地區。遊客不妨先造訪位於瑞里的瑞太遊客中心，索取旅遊摺頁、觀賞一樓的旅遊解說和二樓的螢火蟲生態展示，然後從容上路遊「武俠瑞太」。

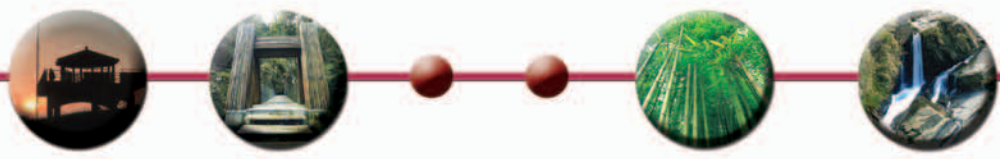
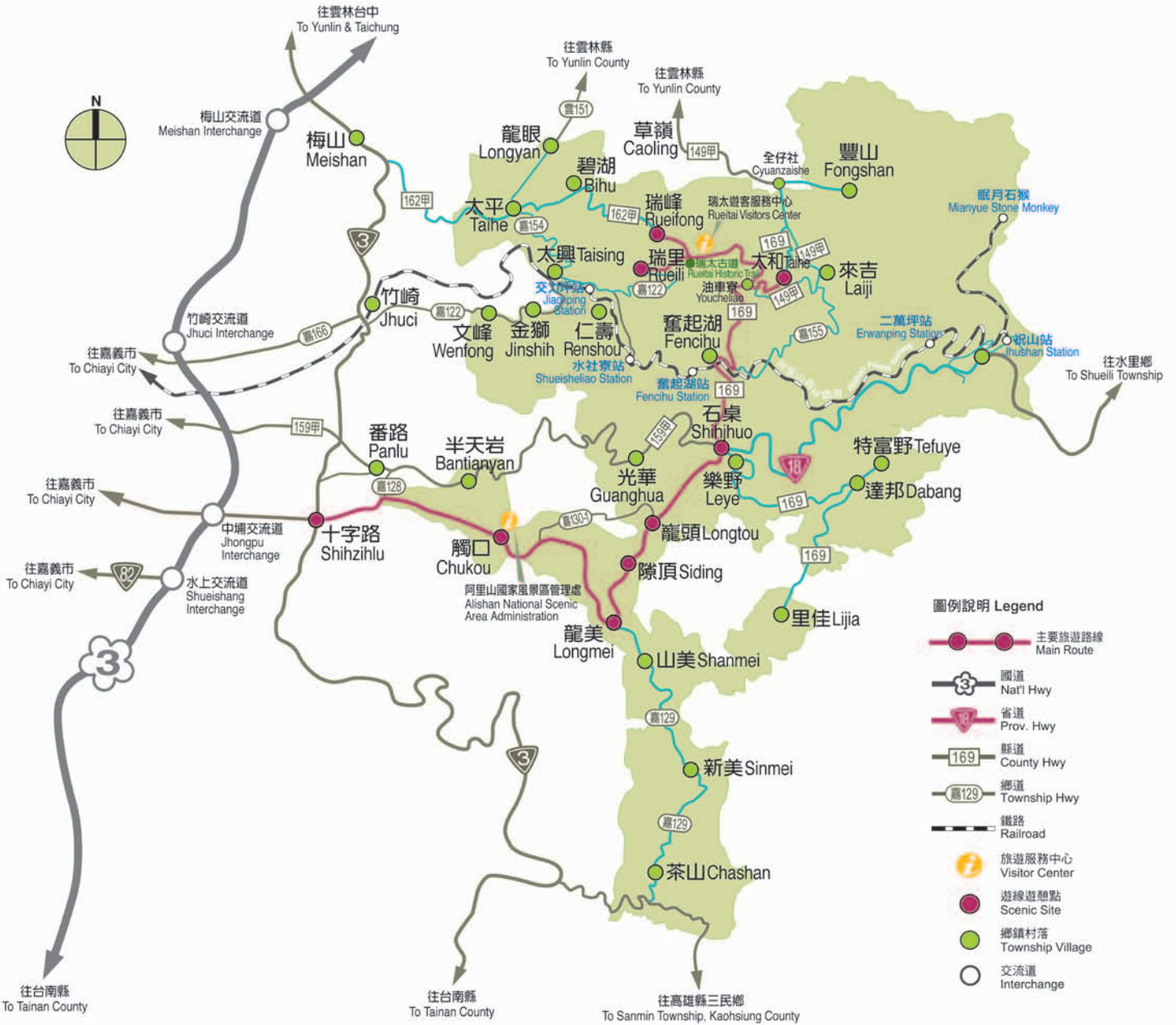
整體來說，瑞太地區以生態、步道為旅遊推廣重點，遊客白天可逛步道、賞美景；夜間的主角則是螢火蟲。每年4到8月是瑞里、瑞峰、太和一帶的賞螢季節，其中瑞里的若蘭山莊推動螢火蟲保育及復育工作多年，賞螢口碑極佳。另外，瑞里的青年嶺步道是賞蝶的好去處，燕子崖不但能看到燕子，各種鳥況都佳，地質景觀更是精采。



The Rueitai area is one of the more recent additions to Alishan's tourism map. Encompassing the three villages of Rueili, Rueifong and Taihe, this region has become a popular destination for visitors enticed by bamboo forests filmed here for the blockbuster *Crouching Tiger, Hidden Dragon*. The Alishan National Scenic Area Administration has taken advantage of all this attention to package and promote Rueitai's beautiful bamboo forests and other scenic attractions.

To get to Rueili and Rueifong, one turns left off County Highway 169 at Youcheliao and continues along County Highway 162A. Taihe is accessed by County Highway 149A, which turns right off Highway 169. The Rueitai area can also be reached from Meishan and Jhuci in Chiayi County. Visitors should make sure to first stop at the Rueitai Visitor center in Rueili to pick up travel brochures and other information. There is also a firefly exhibit on the second floor of the center.

The main attractions in the Rueitai area are the local ecology, trails, and fireflies. April to August is the best time to enjoy the fireflies here. In Rueili, the Ruolan Hotel, a long-time promoter of firefly preservation work, is an excellent place to enjoy these luminous bugs, as is the Cingnian Peak Trail. For birding and scenic enjoyment, Yanzih (Swallow) Cliff comes highly recommended.



生態古道全體驗——瑞里

Rueili



賞遊五：武俠瑞太

在阿里山系的各山城中，漢人最早抵達開發的就是瑞里，甚至比奮起湖的開發史還要久。瑞里在行政區劃分上屬嘉義縣梅山鄉，海拔約1200公尺，原是個靠山產和農特產品維生的聚落，阿里山森林鐵道的交力坪站就在下方。因為風景秀麗，深受山友喜愛，早年著名的「溪阿」、「瑞草」等健行路線，瑞里是必經之地，交力坪車站也帶來旅遊人口，因此，瑞里很早就發展成一座觀光山城，也擁有設施較好的飯店。

清水溪支流柯子林溪流經瑞里山城，切割出三個山頭，當地人稱為「三粒山」。早在18世紀末期，就有福建漳洲的移民進到瑞里，他們分別選擇了山頭較廣闊的山區落腳，形成了幼葉林、九芎林及柯子林等三個主要聚落。他們同時帶來了閩南式建築，在瑞里山區建造許多古色古香的三合院，最多時超過了五十多棟，至今瑞里還保存下來數棟超過一百年歷史的古宅，成為地方一大特色，目前在老厝的房子上還能找到幼葉林的門牌。

生態步道串起主景點

阿里山國家風景區管理處近年來以生態工法整合了青年嶺、碧玉潭及雲潭瀑布等三條步道，再以跨越科子林溪的吊橋，將燕子崖、千年蝙蝠洞、雲潭瀑布及碧玉潭等景點連成一氣。所以現在遊瑞里，走新

修建的八景步道系統即可串起主要八個景點。

遊八景系統步道，可從嘉122線鄉道，轉入阿里山農場（原瑞里大飯店）下方的停車場，從停車場後方的木棧道前行，會先通過情人吊橋，進入步道後林蔭蓊鬱，沿著河谷上方的小徑上行，可通往燕子崖及千年蝙蝠洞。

燕子崖為一大片光凸凸的岩壁，寬約40公尺的壁面上，佈滿一凸一凹的平行線條。根據地質學家考察這些線條，是因為岩石是由薄薄的砂岩和頁岩，以接近水平角度、兩種岩層互疊而成，經過長年風化與侵蝕後，質地較軟的頁岩凹陷，使得砂岩相對突出，就成了這片奇特的地質景觀。

壁面上常有細細的水瀑從崖頂滲

出，下方則是兩公尺高的凹壁，管理處設置扶手，遊人便從凹壁裡通過燕子崖。若逢雨季會有較大的水瀑從崖上洩下，頗像水濺洞。夏季時，夏候鳥燕子會飛到這裡築巢，因而稱為燕子崖。

除燕子築巢於此外，傳說這裡過去也是商旅往來休憩之處，有些商人會將物品藏在山壁裡，回程再取回。從昔時人氣鼎盛對照今日的清幽素樸，也代表山居歲月早從繁華歸平淡。

與燕子崖相連的千年蝙蝠洞，是燕子崖上部地層的延伸，綿延200多公尺，崖壁內側疊滿了成千上萬大小洞穴，最大的洞，洞口寬約50公分、深約60公分，像是一片大的蜂窩牆，這裡的地質特性與燕子洞相仿，只不過頁岩風化痕跡更為





瑞里竹林
Rueili: Bamboo grove

PART5: Rueitai Area

Rueili is the oldest of the Han Chinese settlements in Alishan. The village is situated in Meishan Township at an elevation of about 1,200 meters above sea level. The villagers here have traditionally lived from farming, but since the opening of the Jiaoliping train station, tourism has become a rising source of income as more and more visitors come to enjoy the many scenic trails, including Siahruetiao Fitness Trail. Rueili also boasts some of the better hotels in the region.

The Kezihlin River, a tributary of the Cingshuei River, passes through Rueili cutting a route three along

mountains known collectively as Sanlishan. At the end of the 18th century, Chinese immigrants built three villages—Youyelin, Jiouconglin and Kezihlin—at the foothills of one of the mountains. These early settlers built simple homes in the three-sided compound style of their homeland in southern Fujian province. There were more than 50 such homes here at one time and several still remain today.

The tourism industry in Rueili first began to take off in the 1970s and 80s, and today the area boasts several major attractions. The top-eight, according to the locals, are Yuntan Waterfall, Yanzih Cliff, Thousand Year Bat Grotto, Lovers' Bridge, Echo Valley, Changshan Sun Viewing Peak, Houcun Waterfall and Rueitai Historic Trail.

One Trail to Bind Them

All eight sites are accessible from a newly linked and improved trail system. Known as the Bajing (Eight Sites) Trail, it comprises the Cingnian Peak Loop Trail, Biyutan Trail and Yuntan Waterfall Trail. A suspension bridge over the Kezihlin River links Yanzih Cliff, Thousand Year Bat Grotto, Yuntan Waterfall and Biyutan, making all of these sites easier to reach.

The Bajing Trail embarks from the lower parking lot of Alishan Farm (formerly the Rueili Hotel) off County Highway 122. It then passes over Lovers' Bridge and enters a lushly wooded area. A narrow section of the trail winds above a river valley to Yanzih Cliff and Thousand-Year Bat

Grotto.

Yanzih (Swallow) Cliff is a 40-meter-wide projecting cliff named for the swallows that nest here in summer. The cliff face has pronounced striations created by uneven weathering on alternating layers of sandstone and shale. The indented areas are the softer shale layers, while the protrusions are marked by the harder sandstone strata.

The overhang of the cliff forms a natural cavity under which the trail passes. On rainy days, water runs down along the outer cliff face and creates a curtain-like veil of water over the opening looking out from this covered section of the trail.

The shelter offered by the cliff was used as a resting spot by traveling merchants in earlier times. It is said that some of these travelers would hide their goods in the cliff openings and retrieve them later on their way home.

Thousand Year Bat Grotto is actually a beehive-like assemblage of hundreds of cavities in a 220-plus meter rock section extending from Yanzih Cliff. The largest of these openings is about 50 centimeters wide and 60 centimeters deep. The rock here is of a similar composition to that of Yanzih Cliff, only with more pronouncedly inward erosion of the shale sections. Geologists are still unclear how these unusual cave-like formations were created.

Yuntan Waterfall can also be accessed from the Bajing Trail in the direction of Cingnian Peak, but most visitors prefer the shorter route from the Yuntan Rest Stop off County Highway 122. The trail makes a steep



賞遊五：武俠瑞太

內陷，垂直的薄薄岩壁仍保留者。這些奇特的小岩洞如何形成的，原因仍不明。

雲潭瀑布為瑞里八景之首，雖然可由青年嶺、八景步道方向進入，但路途還是較遠。目前最大眾的走法，是從嘉122線鄉道到雲潭休息站停車，從商店旁的步道直下，即可抵達雲潭瀑布區，步道階梯共有540層，最下段坡度較陡、石階間距較大，回程上坡較花體力。

這個瑞里名瀑共有三層，高度約200公尺，瀑水由巨石縫隙傾瀉而下。遊客最容易看到的，其實是第一段瀑布，高約25公尺，岩壁幾成垂直，豐沛的水瀑直洩下深兩公尺的綠色深潭，白瀑與綠水構織成秀麗的山水畫。新設置的觀景台是最佳的觀瀑點。

瑞太古道比美電影場景

沒走過瑞太古道，那就不算遊過瑞里了。由於瑞里開發得極早，瑞太古道曾經是瑞里與太和兩村間交通運輸往來必經之路，這條古道舊稱幼哈林道，幼指幼葉林、哈指哈哩味，係太和的古名，是目前全台最知名的古道之一，管理處以行銷口號：瑞太古道有比「臥虎藏龍」還美的竹林景觀，讓瑞里、太和及瑞峰的觀光產業重現生機。

古道闢建於1870年，全長約5.2公里，是當年到瑞里山區開發的先民們向鄒族以物易地，所開闢的山

徑。1931年，當地居民為了照顧太和地區小孩上學及農作物運輸，闢建成為倒9字型的古道，新舊兩個古道於抹油坑分界，又於回頭嶺會合，形成一個環狀小徑；近年古道經過整建，鋪設木棧道、途設涼亭休憩，走來更輕鬆。

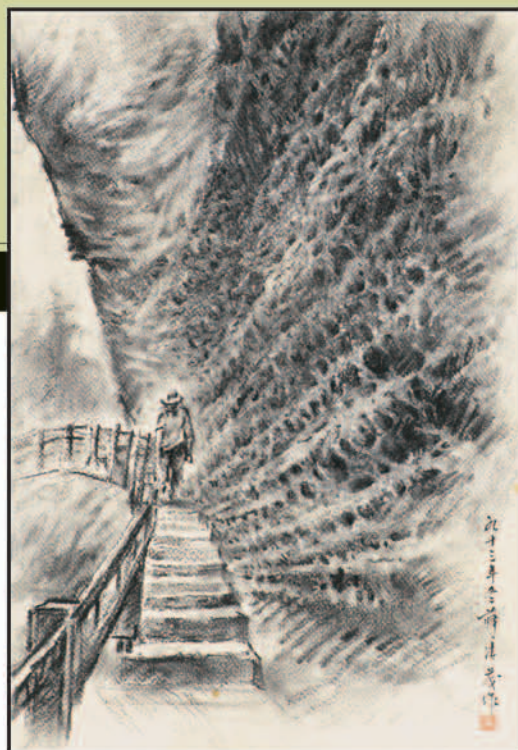
古道登山口在瑞里村，約位於嘉122線鄉道的32公里處，距離瑞太遊客中心不遠。入口處有一片孟宗竹純林，筆直參天的竹林迎面開展，又緊密相隨遊人，參差揮灑的陽光、映出迷人的影象，令人心頭豁然清朗、煩憂暫除，所以這段綠色小徑又有「忘憂林」之稱。

走出忘憂林，便進入尚未大量開發的闊葉林，林相轉為複雜，生態當然也就豐富起來。在上抹油坡之前會先經過「七步回音谷」，據說回音效果有5個等級，要找到回音點得多試幾次。接著踏上抹油坡過路就比較難行，上英雄坡的階梯多達900階，這一段小徑一直到魔窟石洞、回頭嶺，屬於1870年闢建的舊古道。

若由瑞里進太和出，走完古道，全程約需2、3個小時；若在抹油坑繞行新舊古道，再循原路下山約得花費3、4個小時。

竹林綠色隧道

想拍攝唯美的竹林照片，除了瑞太古道的忘憂林外，竹林綠色隧道也是不錯的選擇，入口處在瑞里村



嘉122線鄉道的農會旁，全長兩公里，步道寬廣平坦，後段有竹亭可憩，大片茶園與農田開闊入眼。

綠色隧道末端休息站旁的仙草聲名遠播，老闆娘許彩香每天用現採曬乾仙草再加生甘藷，熬煮四小時而成，純手工製作的新鮮燒仙草淋上黑糖漿後，口感甚佳，每天限量兩百碗，常有觀光團特別走綠色隧道去吃仙草，晚到就吃不到了；另有手工愛玉冰可以選擇。從小店下方的步道還可接到野薑花溪步道。

野薑花溪，全長1200公尺，河中溪石錯落，形成大小淺灘，每年8月溪畔盛開野薑花，香氣四溢，溪中生態豐富，吸引蜻蜓、豆娘來此產卵、棲息。

野薑花為薑科、多年生的草本植物，性喜潮濕環境，有著肥大的地下塊莖，類似一般食用的生薑而得名，花形酷似翩翩飛舞的蝴蝶，所以又稱為白蝴蝶花。每年6到11月開花，盛開期則從7月到8月間，花兒大而美麗。



瑞里青年嶺吊橋
Rueili: Cingnian Peak Suspension Bridge

540-step descent to the fall and the trip back up can require a bit of effort.

The waterfall plummets about 200 meters in three sections, the first section of which drops 25 meters into a deep green plunge pool. A new viewing platform here offers a good vantage of this picturesque scene.

Rueitai Historic Trail

No visit to Rueili is complete without a walk on the Rueitai Historic Trail. Formerly known as the Youhelin Trail, this 5.2-kilometer path was built in 1870 as a trade link between Chinese and aboriginal communities in the Rueili area. In 1931, it was extended to provide access to the village of Taihe. There is also a small loop trail around Hueitou Peak.

In recent years, the trail has been improved with the addition of wood-planked sections and rest areas. The scenic area administration has also

been promoting the trail for its stunning bamboo forest views.

The Rueitai Historic Trail sets out from the Rueitai Visitor Center in Rueili, situated near the 32-kilometer point on County Highway 122. Near the entrance, towering moso bamboo grow thick and close to the path, admitting the sun in shafts of light. The uplifting effect of this sight has earned the forest the nickname of Wangyoulin, or the "Forest of Forgotten Worries."

From Wangyoulin, the trail emerges into a forest of various broad-leaved trees and an equally diverse ecology. The trail then crosses Cibu Echo Valley, said to have a five-level echo effect. From the valley, the trail ascends up Moyou Hill, requiring a bit of a workout. There are 900 steps up to Hero Hill, from which one can take a narrow path on to Mokushih Cave and Hueitou Peak. This older section of the trail was built in 1870.

The entire trail from Rueili to Taihe takes about two to three hours to complete. Add another hour if you plan to take the loop section around Moyoukeng.

Bamboo Trails

In addition to Wangyoulin, visitors can enjoy the local bamboo ecology along the "Bamboo Green Tunnel". This two-kilometer path embarks from the farmer association office off County Highway 122 in Rueili. The bamboo-lined trail also offers views of the surrounding tea plantations and farms.

At the rest area near the end of the trail is a shop selling a refreshing dish made of boiled sun-dried jellywort and sweet potato sprinkled with brown sugar. The proprietor only makes 200 bowls a day, so later arrivers may be out of luck. Another good choice is hand-made fig jelly ice.

From the rest area, one can continue down to the Yejianghai (Ginger Lily) River, named after the fragrant white flower that blooms widely here. This is also a spawning and rest area for various species of dragonflies and damselflies.

A member of the Zingiberaceae family, the white ginger lily is a perennial flower that thrives in moist environments. Its flower resembles a dancing butterfly, so it is also known in Chinese as the "white butterfly flower." These lovely blooms can be enjoyed between June and November, but to see them in their full glory one should schedule their visit for July or August.



觀瀑勝地——瑞峰

Rueifong

賞遊五：武俠瑞太



以茶為主要產業的瑞峰，是嘉義縣梅山鄉第二大村，人口數與瑞里相近大約千人左右。當地人說瑞峰有十景，包括日出、雲海、觀日亭、挑炭古道、南天巨屏、竹林觀景台、野薑花溪、龍宮瀑布、生毛樹瀑布、神仙尿尿瀑布，其中瀑布居十景之三，是瑞峰最具特色的景觀。

瑞峰海拔從450公尺到1300公尺，高低落差將近900公尺之多，氣候多變且偏冷、霧氣重，適合茶樹生長，不過，樹枝上卻容易長出絨毛狀的松蘿，當地人稱為「生毛樹」，這也是瑞峰的舊名。

要觀瀑，瑞峰的竹坑溪步道可說是大阿里山區的首選路線，長達3公里的步道，共有10座造型不同的吊橋，沿線大小水瀑多，龍宮、雷音及水濂洞等瀑布最有可觀。從162甲縣道33公里處進入步道，順著蜿蜒的竹坑溪下溪谷，輕鬆走完10座吊橋，全程約2個小時。

步道以自然工法興建，吊橋為木製或竹製，與原始的植被景觀相融合，沿途生態景觀豐富，水鴨腳秋海棠、月桃、筆筒樹、鬼桫欏、山蘇、鐵線蕨、聖蕨等植物均可在步道兩旁發現，溪中則常見螃蟹、蝦與魚類。

值得一提的是，竹坑溪步道原是瑞峰一帶農民挑著農作物、木炭等物品到梅山銷售的路徑，6號吊橋以後的石板步道，就是早年的挑炭古道。

除竹坑溪步道可觀瀑外，瑞峰大峽谷風景區也是很好的賞瀑點，包

括大峽谷瀑布、青龍瀑布、鳳吟瀑布、銀鳳瀑布、石井一號至三號等七道瀑布，再加上雷音瀑布群的五個瀑布，可說是瀑布之鄉。

瑞峰觀日與祝山、大凍山的日出景觀不同，海鼠山的日出，充滿著茶鄉的情調。瑞峰最佳觀日出的地點就在海鼠山觀日峰，海拔高1311公尺，四周滿是茶園，從觀景台上還能看到雲林縣的草嶺大崩山，夜間則可遠眺嘉義市燦爛的夜景。

南天巨屏也列為瑞峰十景之一，這個巨屏其實是座峭壁，高約40到60公尺，寬約200公尺，岩壁裸露，土壤很難發育，因此植物不規則地覆蓋在石壁上，彷彿一部畫作，因此稱為「南天巨屏」。從162甲縣道

37公里處的步道可到峭壁下方。

月眉山的觀光竹林，也是瑞峰近年開發的主力景點，面積廣達5公頃大的竹林中，步道深入其兩側孟宗竹矗立參天，竹葉滿地，走起來沙沙做響，很有情調。林區內還有步道、休息區及民宿，清晨可能會巧遇在此覓食的台灣藍腹鵲。

除了產茶外，瑞峰有30多位農民共同推廣休閒農業，組成約70公頃的瑞峰休閒農業區，生產高山茶、高山蔗糖、愛玉子、蜂蜜、甜柿、梅山蜜果、楊梅、紅肉李、加州李、山藥、何首烏、孟宗筍及轎篙筍等。當地民宿業者還提供製茶、手工製糖、揉愛玉子、挖竹筍等農村體驗活動。



野薑花溪步道 Yejianghua River Trail



(左)海鼠山茶園風光 (left) Tea plantations on Haishushan
(中)海鼠山觀日樓 (middle) Sun viewing pavilion on Haishushan
(右)竹坑溪步道 (right) Jhukeng River Trail

PART5: Rueitai Area

With a population of about one thousand, Rueifong is the second largest village in Meishan Township. It is a center for tea cultivation in Alishan, and also a popular scenic destination. The locals list among the top-ten local attractions the sunrise, cloud formations, sun viewing pavilion, Tiaotan Historic Trail, Nantian Cliff, Bamboo Viewing Platform, Yejianghua River, Longgong Waterfall, Shengmaoshu Waterfall, and Shensian Niaoniao Waterfall.

Rueifong covers a broad elevation range of 450 to 1,300 meters above sea level. The weather is varied but generally cool and misty, providing an ideal climate for tea cultivation. The climate is also conducive to downy usnea, a lichen that grows widely on the tree branches here and which has given Rueili its alternate name of Shengmaoshu, literally "hairy trees."

The scenic waterfalls of Rueifong can be reached from the Jhukeng River Trail, a three-kilometer path with 10 suspension bridges along the way. The falls here include Longgong, Leiyin and Shueiliandong waterfalls. The trail starts out from the 33-kilometer point on County Highway 162A and winds along the Jhukeng River valley. The entire trail can easily be walked in about two hours.

The suspension bridges along the trail are constructed of wood and bamboo to blend in with surrounding vegetation and landscape. Begonia formosana, pink porcelain lilies, common tree ferns, Alsophila podophylla, spleenwort, and various

other fern species line the trail. There are also plenty of crabs, shrimp and fish in the rivers.

The Jhukeng River Trail was originally used by the locals to transport charcoal and other goods from Rueifong to market in Meishan. The stone-paved section after the No. 6 Suspension Bridge is known as the Tiaotan (Charcoal Carrying) Historic Trail due to this former function.

Another good spot to enjoy the waterfalls in Rueifong is the Dasiagu (Gorge) Scenic Area, home to seven waterfalls, including the Dasiagu, Cinglong, Fongyin, Yinfong, and Shihjing 1 to 3 falls. The Leiyin Falls, a group of five waterfalls, is also worth a visit.

For sunrise views, Haishushan is difficult to beat. Sunrise Peak, the mountain's 1,311-meter summit, commands a panoramic view of the local tea plantations—a sight that is particularly beautiful under the first golden rays of dawn. Caoling Dapengshan in Yunlin County is also visible from here, and night visitors can see the twinkle of lights from Chiayi City.

Nantian Cliff, another top-10 site in Rueifong, is an impressive cliff that rises between 40 and 60 meters high and stretches about 200 meters wide. Only a few sturdy plants grow from the otherwise bare rock face, which recalls a scene in a Chinese landscape painting. The base of the cliff can be reached by a trail embarking from the 37-kilometer point on County Highway 162A.

A relatively recent addition to Rueifong's scenic attractions is the

Recreation Bamboo Forest on Yuemei Mountain. This five-hectare forest grows thick with high moso bamboo. There are also trails, rest areas and inns. Overnight visitors who wake early enough may catch a sight of the local Swinhoe's pheasant as they forage for their breakfast.

The agricultural attractions of Rueifong are not limited to tea alone. To enjoy the many other local specialties here, make sure to visit the Rueifong Recreational Farm Area. This 70-hectare farm area was formed by more than 30 local farmers to present the best of Rueifong's agricultural treats, including tea, cane sugar, fig jelly, honey, persimmons, candied fruit, bayberries, plums, Chinese yam, Chinese knotweed, and bamboo shoots. The inns here also arrange a number of DIY activities for guests, including classes on tea making, handmade sugar, fig jelly kneading, and bamboo shoot digging.



竹坑溪步道龍宮瀑布 Jhukeng River Trail: Longgu Waterfall

採果首選——太和

Taihe

花石溪步道一隅
Huashih River Trail



賞遊五：武俠瑞太

梅山鄉最早開發的休閒農業區就在太和村，民國80年就已經設立觀光果園，開放採果以紅肉李、黃甘李為主。由於村落日夜溫差大，所生產的高山茶，品質優良，曾獲得金牌獎，另外還有愛玉子、明日葉、轆篙筍、甜柿、梅山蜜果等農特產。

太和最新的觀光景點首推「花石溪步道」，全長約850公尺，從花石溪魚蝦保護區沿溪而上，步道沿途可看到桂竹林、轆篙竹林、麻竹林及原始樟樹林。流水從岩壁中滲出

穿石，石壁呈現奇特的花紋而稱花石溪，溪水最後匯流至石羅溪。

阿里山國家風景區管理處在花石溪中放置跨溪跳石，在水量不大、安全無虞時，適合溯溪。溪中滿是奇形怪狀的石灰岩，尤其水中富含石灰質，顏色多變，溪旁地底伏流岩壁經過，雨露長年滲流涓滴，形成鐘乳石。

黃龍洞也是村內的石灰岩地型景點，從千年茄苳往下行，約5分鐘即可到達洞口，風貌原始，整片山壁約兩三丈寬，岩壁奇形怪狀，壁

中有一大洞，約能容納一人，就是黃龍洞，洞中鐘乳自水滴滲下處形成鐘乳石。岩壁下為一深潭，潭水清澈見底，魚蝦眾多。

賞花是太和的另一旅遊樂趣。由於李子曾經是村內重要的作物，因此，李樹遍布全村，每年到了元月下旬，李花盛開，白色花海綻放盛景，十分美麗。

太和還有一個「櫻木花道」，就在「太和茶園」中，種有500多株各式櫻花，包括緋寒櫻、八重櫻等，也是從元月起進入花期。🌸



Taihe is a pioneer of recreational farms in Meishan Township. Since 1991, the village has operated self-pick orchards, the most common of which are for red and yellow plums. Taihe is also known for its award-winning mountain tea. The superior quality of the local teas owes much to the sharp diurnal fluctuations of temperature in the

village, a condition conducive to tea cultivation. Other local specialties include fig jelly, ashitaba, bamboo shoots, persimmons, and candied fruit.

One of the newest scenic attractions at Taihe is the Huashih River Trail, an 850-meter path along the fish and shrimp preservation area of the trail's namesake river. From the trail one can also see various species of bamboo as well as old-growth camphor trees.

There is step-stone path that can be used to safely cross the river when the current is not too strong. There are dozens of interestingly shaped and hued limestone rocks in the river. Stalactites have also formed from the

rock faces of the underground streams at the riverside.

Another limestone attraction in Taihe is Huanglong Cave, reached by a five-minute walk from the Thousand-Year Autumn Maple. This unusually shaped cave has several stalactites and is big enough to admit one person. It is carved out of a limestone face that drops down to a clear deep pool inhabited by numerous fish and shrimp.

Flower lovers will also find plenty to enjoy in Taihe, including the white plum blossoms that fill the orchards here in late January orchards of the village bloom in beautiful white petals.

For cherry blossom viewing, the Cherry Blossom Trail at Taihe Tea Plantation is the place to go. There are over 500 cherry trees along this trail, including the Taiwan cherry and Yaezakura varieties. The trees begin to bloom in January.🌸



瑞太地區的提燈小精靈

Firefly Watching

PART5: Rueitai Area

隱藏在淺山的瑞太地區，一向是嘉義縣的螢火蟲故鄉；而這個地區的興衰歷史，也像螢火蟲一樣閃爍不定，在輝煌與沉寂間交錯。

螢火蟲是常見昆蟲，全球約有兩千種，在台灣的棲地包括各地的平原、農園及山區，分布海拔最高可達到3500公尺，不過仍以夏季發生的種類最多、規模最大。

阿里山地區的海拔從200公尺到2600公尺，遍及低、中及高海拔三種環境，再加上大多數地區仍保有原始自然環境，開發與光害較少，少污染，適合螢火蟲生長。

依據台大教授楊平世調查，全台共有61種螢火蟲，在阿里山區就曾記錄到21種，約佔三分之一，而且一年四季都有發生期，就連難得一見的雪螢，在阿里山區也看到。

因此，大阿里山地區也就成為台灣賞螢的重鎮。

火金姑，來照路

螢火蟲在黑夜中上演著生命之光的舞碼。每年春末，最先登場的螢火蟲是黃緣螢、黑翅螢、黃胸黑翅螢、紅胸黑翅螢和大端黑螢等。到了春夏之交，黑翅螢為賞螢主力，聚集數量可達數萬隻，非常壯觀。夏季來臨後，賞螢的品種則為端黑螢、台灣窗螢、邊竭端黑螢、梭德氏脈翅螢等。

一般而言，從4月中旬到7、8月

With little pollution and pitch-black nights, the mountain areas of Taiwan offer a welcome refuge for dozens of the 2,000 or so species of fireflies found throughout the world. And nowhere are these luminous bugs of the night more dramatically present than in the secluded mountain villages of Alishan.

The greater Alishan area is home to 21 of the 61 known species of fireflies in Taiwan. Most can be sighted in spring and summer, but a few hearty species, including the rare *Diaphanes exsanguis*, emerge in the fall and winter, ensuring that firefly lovers won't be disappointed no matter what time of year they arrive.

A Dance of Stars Beneath the Boughs

The firefly season in Alishan begins in spring with the awaking of the *Luciola ficta*, *Luciola cerata*, *Luciola hydrophila*, *Luciola kagiana*, and *Luciola anceyi*. The most common species during the spring to summer transition period is the *Luciola cerata*, often sighted in impressive groups numbering in the thousands. By full summer, the *Luciola gorhami*, *Lychnuris analis*, and *Curtos sauteri* have also taken to the stage.

Few experiences can compare to that of heading out in the evening, flashlight in hand, on a firefly watching adventure. In Alishan, such journeys take one along forest paths and open fields murmuring with the low chorus of frogs. To see this darkened world alight with the dance of lanterns

blinking through the forest boughs is to feel as if one has entered a magical world.

Top Firefly Spots

The best places to enjoy the fireflies in Alishan are the villages of Rueili and Taihe, though Fongshan, Shihjhuo, Lijia, and Fencihu are good bets as well. Below are a few firefly highlights for each of these areas.

Rueili: The Ruolan Hotel is one of the most popular firefly viewing spots in Rueili. *Luciola ficta* is the main species here until early summer, when the *Luciola cerata* takes over, giving way in turn to the *Luciola gorhami* in July and August. A bamboo forest reached from the Cingye Hotel also alights at night with thousands of fireflies, among them the *Luciola cerata* and *Luciola ficta*. Rueili Elementary School and the orchards of Rueifong are other good firefly spots.

Taihe: With its minimal light pollution and development, the Huashih River Ecological Conservation Area in Taihe offers a perfect firefly habitat. Summer species here include the *Luciola cerata*, *Luciola ficta*, *Luciola anceyi* and *Luciola hydrophila*.

Fongshan: The secluded village of Fongshan also attracts huge populations of fireflies thanks to its largely unspoiled environment and relative isolation. Some 15 species of fireflies are active here, mostly from April to June, including the *Luciola ficta*, *Luciola hydrophila*, *Luciola cerata*, *Luciola anceyi*, *Lychnuris analis*, *Lychnuris praetexta* and *Stenocladus*



賞遊五：武俠瑞太

之間，是最佳的賞螢時期。在這個時期造訪瑞太地區，體驗螢火蟲生態之妙，絕對不會空手而還。

夜幕低垂之後，帶著童心，聽蟲嘶蛙鳴，摸黑張眼，探訪中低海拔山林、田野，此時提著螢光燈的「火金姑」如夢幻般現身，穿梭樹林草叢間，一閃一閃的亮光，令遊客如進入夏夜仙境中。

少見的雪螢與神木螢是阿里山區冬季的賞螢重點。雪螢分布海拔高度從1500公尺到2500公尺，發生期從10月到12月；神木螢分布高度相同，從10月到隔年的2月，常在靠山壁的樹叢間見到牠的螢光。

阿里山賞螢據點多

雖然螢火蟲遍布瑞太地區，但是在大阿里山區仍有幾個主要的賞螢地段，提供遊客參考。

瑞里：若蘭山莊是台灣早期復育螢火蟲的私人休閒農莊之一，復育種類以黃緣螢為主，初夏賞螢以黑翅螢為主力，7、8月則是端黑螢的天下。由青葉山莊旁步道前行，竹林下可見大量翅螢及黃緣螢飛舞。另外，瑞里國小及瑞峰一帶的果園旁，也是不錯的賞螢地點。

太和：花石溪生態保護區由於光害少、沒有開發，也是賞螢據點，夏季可欣賞到黑翅螢、黃緣螢、大端黑螢及黃胸黑翅螢等。

豐山：由於群山環繞，遺世獨立而少光害，螢火蟲生態特別豐富。

這裡的螢火蟲多達15種，包括黃緣螢、黃胸黑翅螢、黑翅螢、大端黑螢、雲南扁翅螢、台灣窗螢、山窗螢及雙色垂鬚螢等。每年4到6月從村落一直到豐山觀景台的沿線路上，不難發現螢光點點的美景。

石桌：驛馬溪農場海拔約1000公尺，每年4月到6月吸引不少遊客前來觀賞黑翅螢、紅胸黑翅螢及端黑螢的發生景觀，秋冬季節還有山窗螢及雪螢等品種。

里佳：是阿里山鄉中最靠近中央山脈的部落，環境無汙染，更沒有光害，因此，螢火蟲特別多，鄒族部落內的親水公園步道，從嘉娜民宿通往里佳溪南岸的摩都布有區，4到6月螢光閃閃，有黑翅螢、大端黑螢及山窗螢在林間飛舞。

奮起湖：賞螢季節最長，從4月春末夏初起，到隔年二月的神木螢等，長達10個月。4到6月賞的是以量取勝的黑翅螢，10月起秋冬季節則有台灣山窗螢、雪螢、神木螢及鋸角螢。

螢火蟲為何會發光

如繁星點點，螢火蟲飛呀飛，閃呀閃，究竟這個屁股點著燈的小蟲為何發光的？在欣賞螢光點點的美景時，不妨動動腦。在一般人印象中，尾巴會發光的小蟲子，就是螢火蟲，而牠們大部份被歸類為螢科昆蟲，不過，並不是所有的螢火蟲都會發光。根據昆蟲學家的說法，

發光是為了求偶、嚇阻天敵、引誘獵物及表達情緒等。螢火蟲在尾部的發光器含有磷的發光質及催化酵素，發光器上的氣孔引進空氣後促使酵素催化、氧化，能量會轉化成光能。

遊客們在夏夜裡看到螢火蟲一閃閃地發光、飛舞，絕大多數都是在求偶。雄性及雌性螢火蟲都會發出特定頻率的冷光，做為求偶訊號，若是光線太亮，會嚴重干擾螢火蟲的發光頻率，使得牠們無法交配繁衍下一代。這幾年來，螢火蟲快速消逝，與大量設置路燈造成的光害有關，因此，到螢火蟲出沒區域時，千萬不要帶大型手電筒，小手電筒也一定要先用紅色、黃色或藍色玻璃紙包住，以減少光害。

賞螢秘訣

螢火蟲發光頻率最高的有兩個時段，一是傍晚天剛黑時，約下午5時到8時半之間，第二時段則是半夜12點左右，但是月圓的夜晚及持續性大雨時，都會影響螢光及飛舞，最好避開。冬季賞冬螢時間較短，大約從晚上6時到7時。

賞螢宜穿著長袖上衣、長褲、防滑運動鞋或登山鞋，若要涉水或到竹林、草叢密布的地區賞螢，則應穿長筒雨靴，以防蛇類侵襲。防蚊液與手電筒是必備物品，最好再帶長棍或是登山杖，經過草叢時，打草驚蛇，才不致被蛇攻擊。



花石溪步道
Huashih River Trail

PART5: Rueitai Area

enzyme catalysis and oxidization. The energy thus created is then turned into light.

In summer, the light of the fireflies is mainly for mating purposes. The males and females identify each other with a different frequency of luminescence. If the ambient light is too bright, it interferes with this frequency and makes it impossible for the fireflies to mate and procreate. Light pollution, such as streetlights, has been a major reason for the rapid decline of firefly populations in recent years. Even flashlights can disrupt the mating glow, so firefly viewers should cover their flashlight bulbs with red, yellow or blue cellophane.

Firefly Watching Hints

In spring and summer, the best time to see fireflies in Alishan is from 5:00 to 8:30 at night and again at around midnight, when their glow is brightest. Moonlit and rainy nights are best avoided as both conditions affect the brightness and activity of the fireflies. In winter, the best viewing time is from around 6:00 to 7:00 p.m.

The best attire for a firefly excursion is a long-sleeved shirt, long pants, and hiking boots or shoes with good grip. For trips involving stream crossings or walks through grassy or heavily forested areas, it is also advisable to wear high rubber boots to protect against snakebites. A flashlight, mosquito repellent, and stick to frighten away the snakes are also highly recommended.

bicoloripes. The Fongshan Viewing Platform is one of the best places for firefly watching in this area.

Shihjhuo: Another popular firefly-watching destination is the Yima River Farm, situated near Shihjhuo at an elevation of about 1,000 meters. Firefly species commonly sighted here from April to June include the *Luciola cerata*, *Luciola kagiana* and *Luciola gorhami*, while the fall and winter species include the *Lychnuris praetexta* and *Diaphanes exsanguis*.

Lijia: The Zou village of Lijia boasts an especially large population of fireflies, thanks to its unpolluted mountain environment. A good place to see the fireflies is the Modubuyou area on the south bank of the Lijia River. This forested area, accessed by a trail from Jiana Inn at the riverside park, comes alight with the *Luciola cerata*, *Luciola anceyi*, and *Lychnuris praetexta* between April and June.

Fencihu: Of all the villages in Alishan, Fencihu has the longest

firefly-viewing season, beginning in April and concluding in February with the flight of the *Diaphanes mubilus*. The main firefly season is between April and June, when the *Luciola cerata* light up the evening air. In October, visitors can also see the *Lychnuris praetexta*, *Diaphanes exsanguis*, *Diaphanes mubilus* and *Lucidina*.

Why Fireflies Glow

It is difficult to see the twinkling nighttime glow of fireflies and not wonder how these bugs pull off this amazing feat.

The prevailing theory among entomologists is that fireflies give off their light to attract mates, scare off enemies, attract prey and convey their feelings. The light is produced by a photic organ in the tail section of the insect. This organ contains a bioluminescent substance and catalytic enzyme. The photic organ has pores to admit oxygen, which stimulates