合歡山

國家森林遊樂區

Hehuanshan National Forest Recreation Area

合歡山國家森林遊樂區地跨南投、花蓮兩縣境，北起小風口，向南延伸至昆陽一帶，大部份位於高海拔山區，海拔約 3,000公尺，氣候四季分明，終年低溫，景致變化大，春天可欣賞新葉萌發欣欣向榮的綠意，夏季可觀看夾雜著高山植物綻開的美麗花海，秋天有燦爛匠癮的紅葉，冬季則可賞雪、交通便利，為觀賞臺灣山岳特有景觀的最佳地點。

Hehuanshan National Forest Recreation Area lies at the edge of Nantou and Hualien counties in central Taiwan. Covering high mountain elevations of around 3,000 meters from Sheifongkou in the north to Kunyang in the south, it has distinct seasons and diverse scenery. In springtime, green buds burst open as native azaleas bloom; in summer, a sea of alpine flowers dance in the cooling breeze; in fall, red-leaved maples color the hills; and in winter, swirling snowflakes dress the mountains in white. Easily accessible by car, Hehuanshan is the best place to experience Taiwan's exquisite mountain scenery.

The main walking trails are Hehuanshan East Peak, North Hehuanshan, Hehuanshan Point, and Shihmenshan. These and other hikes are graded easy, moderate, and difficult. Visitors should choose carefully depending on their physical fitness. As you hike or rest at the sightseeing points of Kunyang, Wuling, Songgyuan Lodge and Sheifongkou, take the time to observe Hehuanshan's unique flora, fauna and geology.

本區主要步道有合歡東峰、北合歡山、合歡尖山、石門山等，分為一般步道、中級登山步道及高級登山步道，遊客可衡量自身體能狀況選擇最適合路線。沿著步道行進或逗留於垂階、武嶺、松雪樓、小風口等觀景點，您可以觀察到合歡山區特有的動、植物生態與地形景觀，與大自然更親近。

森林界線

由於受環境因素影響的限制，森林植群無法再往更高的海拔分布，於是森林與灌叢或草地常形成明顯的界線，我們稱之為「森林界線」。合歡山區群峰聳立與環側森林界線的海拔高度（約在3,500~3,600公尺間），很容易看見到由冷杉林與玉山箭竹的交界形成顯著景觀。原來以前此地曾發生森林大火，導致了山頭上的冷杉林，讓玉山箭竹可以趁機擴張領土，才形成今日所見的「森林界線」。

Tree Line

The line beyond which trees, shrubs and other vegetation are unable to grow due to inappropriate habitat or excessive cold is known as the tree line or timberline. Although Hehuanshan does not quite reach this treeline elevations (around 3,500 to 3,600 meters), a clear line is readily visible where the Taiwan fir (*Abies kawakamii* (Hayata) Ito) forest abruptly turns into Yushan cane (*Yushania niitakayamensis* (Hayata) Keng f.). This sudden change in vegetation came about because a forest fire destroyed all the Taiwan firs on the summit, enabling the faster-growing Yushan cane to take over and create this unique "tree line" scenery.

生態旅遊守則 *Eco-tour Rules*

1. 請帶著尊重自然的心，來感受豐富自然物、植物、地質、地形與氣象等自然生態之美。
2. 觀賞步道設施，避免破壞及染病其他自然區四週境。
3. 在自然的環境中，盡量與自然環境和諧不污染，實垃圾，不隨意丟棄。
4. 請做好個人衛生，隨時保持整潔。

1. Please maintain a respect for nature when you come to observe our animals, plants, geology, topography, climate, and other natural beauties.
2. Stay on the path. Avoid pulling the streamlets and other fragile environments.
3. Within the recreation area, please wear clothing suitable to the environment, wide-brimmed hats, and sports shoes. Be alert against snakes, bees, and mosquitoes at all times.
4. Keep clean and tidy. Do not disturb the wildlife.

冰斗地形

一至七萬年前，地球曾經歷過一處處冰天雪地，合歡山區也曾出現大大小小的冰河，最新氣候回暖冰河消退，只留下冰河地形做見證。合歡尖山的南北兩面因受冰河的長期侵蝕，不斷向後退縮，形成急峻的圍谷形「冰斗」；這兩個冰斗將夾在中間的山稜線削越薄，於是形成「冰斗嶺」地形。站在合歡尖山上，您可想像冰河曾在此處推刻雕塑如何壯麗的景觀，讓嘆大自然的巧奪天工。

Cirque Geology

Two thousand to 70,000 years ago, a massive temperature drop caused snow and ice to cover the Earth. At that time, Hehuanshan was shrouded in large and small glaciers, as evidenced by the glacial geology still formed when temperatures rose at the end of the Ice Age. One time, glacial erosion of the north and south faces of Hehuanshan Point formed spoon-shaped cirques. Eventually, the cirques merged into a narrow, knife-like ridge with steep walls on either side. Continued erosion has thinned away the wall of rock in between to form a treasured geologic pass known as "Hehuanshan Point." Imagine the great glaciers that hulked silent on this spectacular landscape and exercise at the divine craftsmanship of Nature.

氣象景觀

合歡山位於高海拔、花蓮交界、為大平溪、清水溪和立霧溪的分水嶺，是東部氣流的交會處，是季節區的界限處，容易形成天氣變化多端，常有積雪，尤其每當寒流來襲，雪花紛飛，將整個山頭裝點成銀白世界，往往成為各口為帶的最高子民們最近能看到雪花的地方，因此，更是一之場。

Climactic Phenomena

Right where Nantou and Hualien counties meet, climatic change is the outcropping of the climate moisture from the Taiwan Strait and the Pacific Ocean and the confluence of monsoon winds and currents, it is also the boundary between the northeastern and southwestern monsoons. Hehuanshan is also the highest point in the area where the snow can be seen. Hence, it is a favorite destination for snow lovers. When a cold front sweeps through, the mountains are blanketed in white, and the entire area becomes a winter wonderland.

群山競秀

合歡群峰由主峰、東峰、北峰、西峰、石門山、合歡尖山、等山岳所串連，是臺灣知名的高山，由台14甲橫公路的開通與縱社支線的連接，公路穿越兩山間處絕切陡，是最易到達與觀近的高山，站在往處可眺望南湖大山、中央尖山、奇萊北峰等著名大山，每見群山散佈於層層的藍色波浪，有的峰巒疊疊、有的挺拔獨立，神奇萬萬變，時而晴空萬里、時而雲霧飄渺，您可以觀賞最美麗的山的不同面貌！

Beautiful Summits

The Hehuanshan Range is composed of Hehuanshan Main Peak, East Peak, North Peak, West Peak, Shihmenshan, and Hehuanshan Point. Hehuanshan is one of Taiwan's best known mountains, lying along the Central Cross-Island Highway between Wushe and Hualien. The road curves and climbs right through the winding passes, making it one of Taiwan's most accessible mountains. As you drive, you get breathtaking views of Hehuanshan, Central Range Point, Jiashan, Pinghsingtun, Cilaishanbei, and other famous peaks. With layer after layer of craggy summits rising and falling before you like green waves that have frozen in time, you cannot help but gasp at their ever-changing beauty-sometimes mysteriously shrouded in fog, sometimes rising majestically from a sea of clouds at sunset, or alone, bathed in the stark cold of light.

This pamphlet is printed with soy ink.