

# 白姑大山山徑 Mt. Baigu Trail



## 路標設置說明

- 白姑大山山徑全長8.6公里，自登山口約每100公尺設置一處編碼路標，並增加一位數里程號碼。
- 自登山口00開始，至白姑大山86結束，共設置87處編碼路標。
- 於路線轉折或易迷失地點，隨機增加無編碼之路標。若您許久未見路標，請務必確認自己是否仍於山徑上。

## 入山注意事項

- 白姑大山山徑為山難頻傳路線，途中至山頂均有不明顯之岔路連接其它多條探勘型路線，稍有不慎即可能發生迷途。
- 您的安全，是您完全的責任。登山前請務必做好準備，並將行程計畫交付家人或留守人員。
- 司晏池營地標高近2,900公尺，請作好高山反應的預防並留意同行成員的健康狀況，若有疑似高山反應時請儘速下撤以確保安全。
- 司晏池水源為不流動之死水，請務必充份過濾或煮沸，以確保您的健康。
- 高山生態脆弱，請注意用火，並保護水源。妥慎飲食規劃，減少垃圾及廚餘，並勿以任何形式留置山上。
- 請於適當地點如廁，並妥適處理排遺。衛生紙、棉或棉條及溼紙巾等，請視同垃圾處理。

## 迷途處理原則

- 若有迷途疑慮時，請沿原路折返尋找路標，勿嘗試往其它方向切回山徑。
- 若無法原路返回步道時，請在原地嘗試以119或112求援，並告知最後所見之里程號碼。
- 若無法通訊時請保持冷靜，清點裝備並管制食物及飲水。保留體力及手機電力，維持體溫並注意防風及防溼。
- 迷途時勿任意移動，若迫不得已需要移動時，請往高處如山頂或稜線移動以利通訊及搜索，切勿往低處如溪谷方向移動。
- 迷途移動時請務必沿途留下記號以利搜索。例如折斷樹枝、捆綁箭竹或芒草、排石或疊石。



指導單位：行政院農業委員會林務局 東勢林區管理處

施作認養：中華民國山岳協會 台北市山岳協會 桃園市山岳協會 屏東縣笠頂興平山友協會

## Trail Signs

- Mt. Baigu Trail is 8.6 km from the trailhead to summit. A trail sign with a distance number is placed every 100 meters, and the distance number increases in increments of 1.
- The distance number starts with 00 at the trailhead, and ends with 86 at the summit of Mt. Baigu. There are a total of 87 signs with distance numbers.
- Directional signs without a distance number are placed where the route changes direction or where it's easy to get lost. If you do not see trail signs for a long time, check if you are still on the right path.

## Things to Know

- A number of accidents have occurred on Mt. Baigu Trail. There are many forks along this trail that lead to several other routes that are unmarked and less defined. Take precautions to avoid getting lost.
- Be prepared. You are responsible for your own safety. Let a friend or family member know your hiking plan before heading out.
- Siyan Pond is at an elevation of 2,880 m. Pay attention to symptoms that might be related to altitude sickness. When in doubt, descend to a lower elevation.
- Siyan Pond is a stagnant non-flowing water source. Always filter thoroughly or boil.
- Alpine habitats are fragile and sensitive to human impact. Avoid contaminating the water source. Plan meals properly to minimize kitchen waste. Do not leave behind any form of waste. Take caution when using fire.
- Dig a cathole away from water sources, trails and campsites to bury human waste. Toilet papers, sanitary pads, tampons, and wet wipes need to be packed out as trash.

## What to Do If You Get Lost

- If you think you might be lost, retrace your steps back and look for trail signs. Do not try to get back to the trail through a new route.
- If you are unable to find your way back, stay put and call 119 or 112. Report the last distance number you saw on the trail sign.
- If your call cannot get through, stay calm, go through the gears you have, and ration your food and water. Conserve your energy and phone battery. Keep warm, stay dry, and shelter in place.
- Stay where you are. If you have to move from your location, hike upward to a high point where you might get reception or get spotted more easily. Do not descend down into the river valley.
- If you move from your location, leave traces along the way to help rescuers find you, such as breaking tree branches, tying tall grass or bamboo into knots, arranging rocks, or stacking rocks.

This display and the trail signs are maintained by the Chinese Taipei Alpine Association. Please contact us for any issues or suggestions: <http://www.mountaineering.org.tw>