



楠竹石林：也称为“五虎赶六羊石林”，以大量散落在树林间的象形石林为主。形成千姿百态的石林景观，引人无限遐想。
Nanzhu Stone Forest: Also known as “Five Tigers Chasing after Six Sheep”, Nanzhu Stone Forest features different animals-shaped stones that are scattered in the forests.



灵洞天窗群：位于楠竹石林与溪沟石林之间，呈串珠状分布不同成型时期的天窗。洞中的灵洞天窗是洛塔岩溶台地上最大的一个天窗洞厅，也是地表水的进水口，这里洞穴蜿蜒，幽凉静谧。

Lingdong Cave Karst Window Group: Located between Nanzhu Stone Forest and Xigou Stone Forest, the karst window group is distributed in different periods like a string of beads. Lingdong Cave Karst Window is the largest one on Luota Karst Platform, as well as the inlet of surface water. The caves are full of twists and turns, cool and quiet.



吊水坎瀑布：上部陡崖溪水跌落形成瀑布，高约百米，似一条高挂的银色丝带，与暗河地下水溢流交融汇入峡谷，成为猛西河的源头，景致奇美，引人入胜。
Diaoshuikan Waterfall : The waterfall was formed with the stream water falling from the cliffs. With a height of about 100m, the waterfall looks like a hanging silver ribbon. With attractive and beautiful scenery, it merges with the underground water overflow into the valley, becoming source area of Mengxi River.



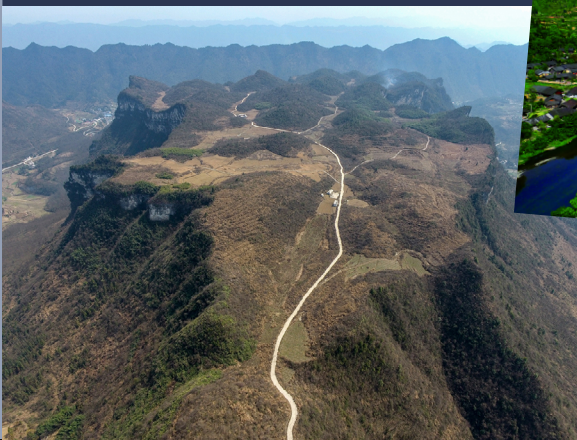
土家故事

Story of Tujia People

吴著厅台地——洛塔精神陈列馆——洗车河古镇——惹巴拉
Wuzhu Palace Relics-Luota Spirit Exhibition Hall-Xichehe Ancient Town-Rebala Village

洛塔地区一直是土家人的聚居地，从吴著厅台地到惹巴拉村，留下了无数传说。吴著厅台地，是土家土著先人吴著冲（土家语：禾撮冲）在唐末五代初时建立堡垒之处。现仍保存有宫墙及烽火台等遗迹。

Luota area has long been settled by Tujia people. Many legends were left on the area, from Wuzhu Palace Relics to Rebala Village. Wuzhu Palace Platform is the place where Wuzhu Chong (Hecuo Chong in Tujia language) , an ancestor of local Tujia people, built a fortress in late Tang Dynasty and early Five Dynasties. Some historic sites, such as palace walls and beacon towers, are still kept.



作为土家人聚居地，这里还有宁静的洗车河古镇，以及特色土家寨惹巴拉。特别是惹巴拉，由梁家寨、惹巴拉、捞车村三个土家族村寨构成，是一个历史源远流长、文化积淀丰厚、风景优美秀丽的土家族聚居古村寨，沿河修建着土家族特色民居，有廊桥、民宅、碾油坊、摆手堂、冲天楼等等。这里是武陵山区古朴、原生态土家文化保存得最为完善和活跃的地域，茅古斯、摆手舞、打溜子、拦门、背亲、哭嫁、梯玛祭祀等仍在流行被誉为“土家族原生态文化的天然博物馆”。

Mainly inhabited by Tujia people, the area is noted for the quiet Xichehe Ancient Town and Rebala Ethnic Village. Rebala Village, consisting of three villages (Liangjiazhai, Rebala and Laoche Village), is an ancient village of Tujia people, which features a long history, rich culture and beautiful scenery. Along the river are built many vernacular dwellings with Tujia characteristics, as well as gallery bridges, hand-waving halls and towering buildings. This is an area where original Tujia culture is most completely preserved in Wuling Mountain Region, known as a Natural Museum of Tujia Original Culture for its folk culture, such as Maogusi Dance, Hand-waving Dance, Tima Sacrificial Ceremony, etc.



洛塔精神陈列馆则记录了本世纪七十年代以来，洛塔人克服万难，运用人类智慧的一段艰辛而伟大的历程，洛塔人采用“下天坑、堵阴河、凿山为渠，引水造田”的方式，妥善解决了饮水与口粮问题，铸就一段自然人文佳话。

Luota Spirit Exhibition Hall records the difficult yet great process of Luota people, who have overcome all the difficulties to solve the problems of drinking water and food by digging through the hills to build irrigation canals and by diverting water to build fields since 1970s.

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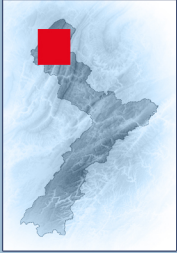
Welcome to Xiangxi Geopark!



地质公园
Xiangxi Geopark

台地胜景汇洛塔
Luota Karst Platform

湘西州地质公园管理处
Geopark Administration of Xiangxi Autonomous Prefecture



在湘西地质公园的位置
Location in Xiangxi Geopark



洛塔位于湘西地质公园北部，其中洛塔台地、惹巴拉土家村寨是核心景点。洛塔台地拥有多种岩溶地貌类型，石林、峰林、峰丛、岩溶洼地、峡谷、瀑布、岩溶台地、溶洞等地质遗迹景观丰富，为我国南方切割高原型岩溶台地的典型代表，极具观光、科研价值。惹巴拉土家村寨则是体验土家民俗风情的必去之处。

Luota is located in the north of Xiangxi Geopark, mainly including Luota Platform and Rebala Tujia Ethnic Village. Luota Platform consists of various types of karst landforms, such as stone forest, peak forest, peak cluster, karst depression, valley, waterfall, karst platform and karst cave. It has significant values in sight-seeing and scientific research, representing the incision-typed, plateau karst platforms in south China. Rebala Tujia Ethnic Village is a must-see place for tourists to experience the folk customs of Tujia people.



洛塔游线的地质人文故事

Geological and cultural stories along Luota Tourist Route

洛塔地区很早就有人类居住了，这里也是土家人生息之地。受峡谷、洞穴、地下河和植被的影响，这里形成的小气候冬季干旱，夏季湿润而温度适中，现在这里夏可避暑，冬可御寒，是疗养和休闲的理想佳地。由于洛塔区多为碳酸盐岩地貌，地下河道纵横，但水土保持困难，农作物生长不易，千百年来，人们一直运用各种智慧改造自然环境，创造适宜人类的生存空间，现在通过适宜的水利、水电建设，人们的生活环境得到极大改善。值得一提的是，洛塔所在的龙山县境内，土壤富含矿物质营养元素，为优质百合的生长提供了土壤环境，百合也成为了这里的特色农产品，不论产量还是品质都居全国同类前列。

Luota area has long been inhabited by human beings, in particular Tujia people. Due to the impact of valleys, caves, subterranean streams and vegetation, the area is characterized by dry winter, warm and humid summer and moderate temperature all the year round. Visitors can spend their holidays here in summer and winter. As most of Luota area features landform of carbonate rocks, and criss-crossed underground river channels, it is difficult to retain the water and soil and grow crops. Over millennium, the local people have used various means to transform the natural environment and create spaces suitable for the living of human beings. The local people's living conditions have been greatly improved thanks to the construction of water conservancy and hydropower projects. Of particular note is that the soil in Longshan County, where Luota is located, is rich in mineral nutrients, which provide an ideal environment for the growth of quality lily. As a result, lily has become a special agricultural product in the area, ranking among the best in terms of production and quality.



台地之上的胜景

Spectacular Scenery on Luota Platform

台地胜景——杉湾石林——八仙洞——楠竹石林——灵洞天窗群——吊水坎瀑布——九瀑溪

Spectacular Scenery on Luota Platform—Shawan Stone Forest—Baxiandong Cave—Nanzhu Stone Forest—Lingdong Cave Karst Window Group—Diaoshuikan Waterfall——Jiupuxi Valley

杉湾石林：位于洛塔台地东北端，沿沟谷较密集，属典型斜坡沟谷型石林。石林高大密集，单体最高可达20m以上，一般10m以上，直径1m以上，是亚热带剑状石林的典型代表。杉湾石林中还小巧的石芽、溶蚀洞穴等。



Shawan Stone Forest: Located in the northeast end of Luota Karst Platform, Shawan Stone Forest is densely distributed along the ravines, belonging to a typical stone forest on slope valley. The stone forests are generally more than 10m tall, which can reach more than 20m. With a diameter of over 1m, the stone forest represents the sword-shaped stone forests in subtropical areas. Some small stone teeth and dissolution caves, etc., can be also found in Shawan Stone Forest.

洛塔台地属于残留的古夷平面的一部分，其上有残留的岩溶台地、多级夷平面和高海拔地下河洞穴系统，完整记录了新生代地壳间歇性抬升的地质历史。台地面积约82km²，海拔1000～1437m，状如巨大方舟。台地上溶丘洼地、漏斗与洞穴强烈发育，峰丛、石林、伏流—盲谷、天窗、峡谷、瀑布等组合地貌类型多样。

As part of the remaining ancient planation surface, Luota Karst Platform is covered with remaining karst platform, multi-stage planation surfaces and underground river systems at high altitude, which completely records the geological history of intermittent uplift of the earth's crust in the Cenozoic era. Covering a total area of 82km², the platform is shaped like a huge ark, with an altitude ranging from 1000 to 1437m. Karst depressions, dolines and caves are strongly developed on the platform, which also features various landform combinations, such as peak cluster, stone forest, swallet stream-blind valley, karst window, valley and waterfall.



八仙洞：体现着人类行为与自然的相得益彰。八仙洞属于溶蚀洼地，周围发育有多个溶洞，二十世纪六七十年代，洛塔人利用天然地质环境，将附近溶洞的地下水串联起来，汇流成湖，形成如今的美景。成为我国溶洼堵洞建库的杰作。

Baxiandong Cave: Demonstrating the harmonious co-existence between human beings and nature, Baxiandong Cave belongs to karst depression, where many karst caves are developed in the surrounding areas. In 1960s, the local people used natural geological environment to connect the ground water in the karst caves and form a beautiful lake, which has become a masterpiece of building reservoir/lake by blocking up caves.