

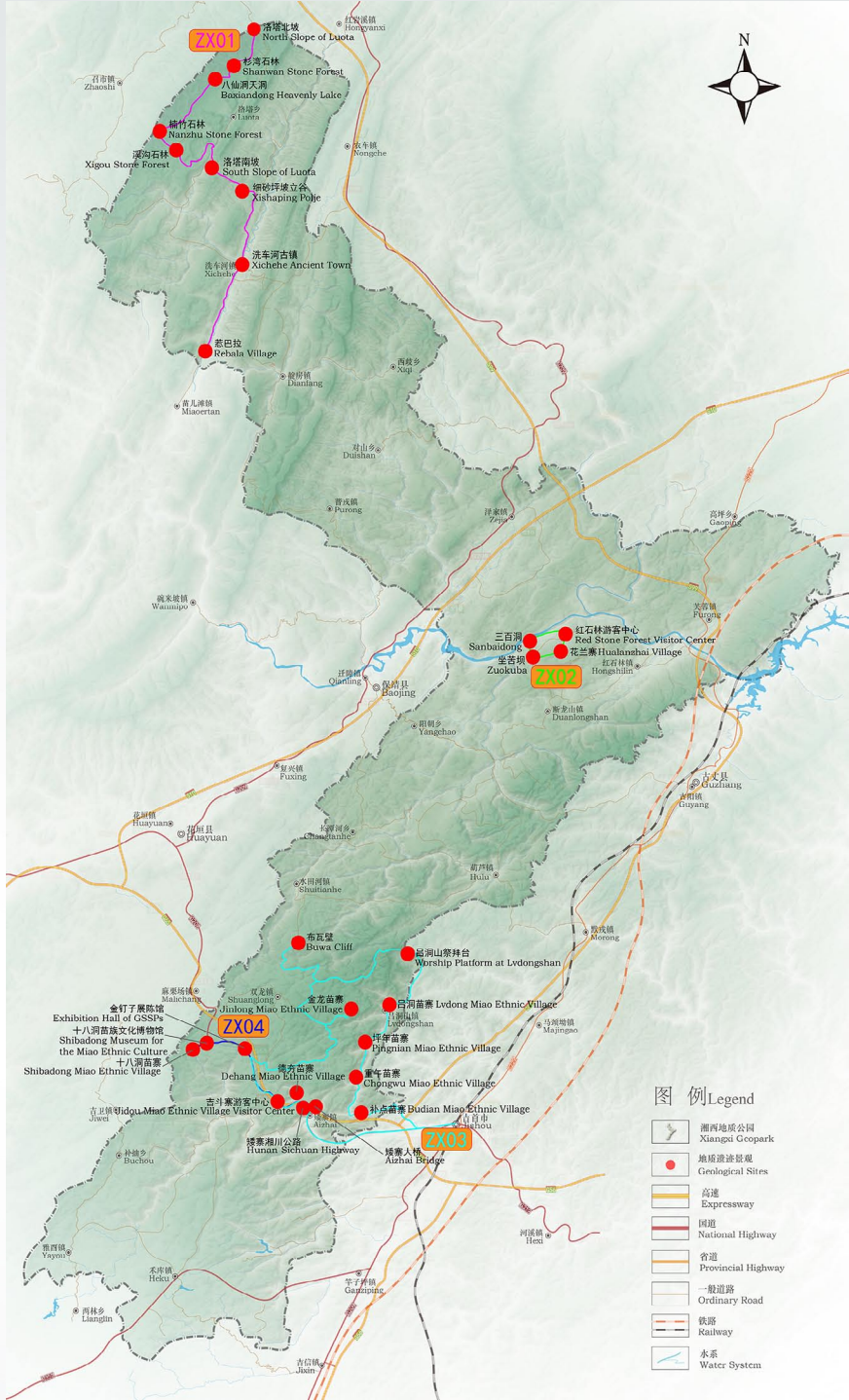
## 户外徒步游线路推介

Recommended Routes for Outdoors Hiking

由于公园内部地形复杂，许多地方较为原生态，徒步线路一般会与自驾游线路结合进行。主要有以下一些地段及景区可以徒步探险。由于园区内一些偏远地带通信信号弱，非专业户外运动者，尽量避免长时间、长距离的陌生路段徒步。

Considering the complicated landform in the geopark and that a lot of places are still primitive, the hiking routes are generally designed with reference to the routes for self-driving tour. Following areas and attractions are recommended for hiking. The GPS signals can be very weak in some remote areas of the geopark, it is thus suggested that ordinary travelers other than outdoor sports professionals should avoid long-time or long-distance hiking along unfamiliar routes.

- TB01:** 杉湾石林游线，游览时长约 0.5 小时  
Shawan Stone Forest route, time required: Approximately 0.5h;
- TB02:** 八仙洞天池游线，游览时长约 0.5 小时  
Baxiandong Heavenly Lake route, time required: Approximately 0.5h;
- TB03:** 楠竹石林 (含灵洞天窗群) 游线，游览时长约 1 小时  
Nanzhu Stone Forest route(Lingdong Karst Window Group included), time required: Approximately 1h;
- TB04:** 溪沟石林 (含长天坑) 游线，游览时长约 2 小时  
Xigou Stone Forest route(Changtiankeng included), time required: Approximately 2h;
- TB05:** 九瀑溪峡谷游线，游览时长约 1.5 小时  
Jiupuxi Canyon route, time required: Approximately 1.5h;
- TB06:** 古丈红石林 (含坐苦坝红石林) 游线，游览时长约 3 小时  
Guzhang Red Stone Forest(Zuokuba Red Stone Forest included) route, time required: Approximately 3h;
- TB07:** 坐龙峡游线，游览时长约 1.5 小时  
Zuolong Valley route, time required: Approximately 1.5h;
- TB08:** 绿绿河峡谷游线，游览时长约 1 小时  
Lvlvhe Canyon route, time required: Approximately 1h;
- TB09:** 大峰冲峡谷游线，游览时长约 1 小时  
Dafengchong Canyon route, time required: Approximately 1h;
- TB10:** 恰比河谷 (补点苗寨－重午苗寨－坪年苗寨) 游线，游览时长约 3 小时  
Qiabi River Canyon(Budian Miao Ethnic Village – Chongwu Miao Ethnic Village– Pingnian Miao Ethnic Village) route, time required: Approximately 3h;
- TB11:** 德夯峡谷游线，游览时长约 4 小时  
Dehang Canyon route, time required: Approximately 4h;
- TB12:** 十八洞峡谷游线，游览时长约 2 小时  
Shibadong Canyon route, time required: Approximately 2h;
- TB13:** 雅西红色溶丘游线，游览时长约 2 小时  
Yayou Red Karst Hill route, time required: Approximately 2h;
- TB14:** 天星山－猫岩河游线，游览时长约 2 小时  
Tianxingshan – Maoyan River route, time required: Approximately 2h;



## 自行车骑行游线路推介

Recommended Routes for Traveling by Bike

湘西地质公园内森林密布、森林内负氧离子含量高、气候温暖湿润，生态环境良好，非常适合采用自行车骑行游览。

Xiangxi Geopark has rich distribution of forests where the content of negative oxygen ions is high, the climate is warm and humid, and the eco-environment is good, making it very good for traveling by bike.

**ZX01:** 龙山县——洛塔北坡——杉湾石林——八仙洞天池——楠竹石林——溪沟石林——洛塔南坡——细砂坪坡立谷——洗车河古镇——惹巴拉，此条路线为越野线，需要一天行程。  
Longshan—North Slope of Luota —Shawan Stone Forest — Baxiandong Heavenly Lake— Nanzhu Stone Forest — Xigou Stone Forest —South Slope of Luota— Xishaping Polje — Xichehe Ancient Town — Rebala Village; this is a cross-ountry route and requires one day to go through.

**ZX02:** 红石林游客中心——三百洞——坐苦坝——花兰寨——红石林游客中心，此条路线为短途休闲环线，需要约半天行程。  
Red Stone Forest Visitor Center —Sanbaidong—Zuokuba—Hualanzhai Village —Red Stone Forest Visitor Center; this is a short-distance relaxation ring route and requires nearly half a day to go through.

**ZX03:** 吉首市——补点苗寨——重午苗寨——坪年苗寨——吕洞苗寨——吕洞山祭拜台——布瓦壁——金龙苗寨——矮寨湘川公路——吉首市，此条路线为越野线，需要两天行程。  
Jishou– Budian Miao Ethnic Village—Chongwu Miao Ethnic Village— Pingnian Miao Ethnic Village—Lvdong Miao Ethnic Village—Worship Platform at Lvdongshan—Buwa Cliff—Jinlong Miao Ethnic Village—Hunan-Sichuan Highway—Jishou; this is a cross-country route and requires nearly two days to go through.

**ZX04:** 德夯苗寨——矮寨湘川公路——矮寨大桥——吉斗寨游客中心——金钉子展陈馆——十八洞苗族文化博物馆——十八洞苗寨，此条路线为越野线，需要一天行程。  
Dehang Miao Ethnic Village—Hunan-Sichuan Highway—Aizhai Bridge —Jidou Miao Ethnic Village Visitor Center—Exhibition Hall of GSSPs— Shibadong Museum for the Miao Ethnic Culture—Shibadong Miao Ethnic Village. This is a cross-country route and requires one day to go through.

