



张家界联合国教科文组织世界地质公园导游手册

Zhangjiajie UNESCO Global Geopark Tourist Guidebook



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导游手册

Tourist Guidebook



张家界世界地质公园管理处
Zhangjiajie UNESCO Global Geopark Management Office

武陵源区自然资源和林业局
Wulingyuan District Natural Resources and Forestry Bureau

中国·张家界·武陵源
Wulingyuan · Zhangjiajie · China

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Foreword 

世人皆赞张家界是“缩小的仙境，放大的盆景”，这八字赞誉，恰是这片天地最生动的注脚。张家界世界地质公园，以峰林为骨，镌刻万古地质造化；以溪涧为脉，流淌一方山水灵秀；以文化为魂，传承千年民族底蕴。这里不仅蕴藏着地球演化的密码，也饱含着人间烟火的温情，是自然馈赠的立体画卷，更是值得细细探寻的生态秘境。

这里的峰林，是大自然的鬼斧神工。三千奇峰拔地而起，如剑指苍穹，崖壁如削，层峦叠嶂，构成全球独有的“张家界地貌”。每一座山峰都镌刻着亿万年地壳抬升与流水侵蚀的印记，雄奇险峻，仪态万方。

这里的溶洞，藏着地下的奇幻秘境。黄龙洞深幽莫测，石钟乳千姿百态，石笋拔地而起，石幔轻纱垂挂，暗河蜿蜒曲折，将地下天地的奇幻与深邃，演绎得淋漓尽致，尽显自然造化的神奇瑰丽。

这里的流水，倒映着山川的绝美画卷。金鞭溪穿峰绕谷，潺潺流水映着峰影，清冽甘甜；宝峰湖如一块翡翠镶嵌山间，湖面平静如镜，峰林倒影入水，山水相依，尽显山湖清韵。

这里的生态，生机盎然藏珍奇。林间猕猴嬉戏跳跃，溪涧大鲵静卧潜游。在这片滋养万物的秘境中，植被繁茂，鸟兽共生，每一缕草木清香都诉说着人与自然的和谐共生。

这里的文化，古朴醇厚润人心。土家吊脚楼依山而建，摆手舞踏歌而行，西兰卡普织就千年匠心，哭嫁、土家年等民俗风情浓郁，将千年民族文化的韵味融入山水之间。

山水含情，草木知意。愿这本手册，伴你遍历峰林秀水，读懂地质传奇，感受民俗温情。诚邀八方宾客，赴张家界之约，赏天地奇观，品土家风情，共赴一场与自然与文化的深情邂逅。

Zhangjiajie is celebrated worldwide as "a miniature fairyland and an enlarged bonsai"—a fitting tribute that serves as a vivid footnote to this spectacular land. Zhangjiajie UNESCO Global Geopark, with its peak forests as the skeleton recording eons of geological evolution, its streams as the veins flowing with natural grace, and its culture as the soul carrying millennia of ethnic heritage, is not only a treasure trove of Earth's evolutionary secrets but also a place pulsing with the warmth of daily life. It is a three-dimensional masterpiece bestowed by nature and an ecological sanctuary awaiting discovery.

The peak forests here are masterpieces of nature's divine craftsmanship. Three thousand grotesque peaks rise abruptly like swords to the sky. With sheer cliffs and undulating ridges, they form the globally unique "Zhangjiajie Landform." Each peak bears the marks of hundreds of millions of years of crustal uplift and water erosion—majestic, imposing, and diverse in form.

The karst caves here conceal a fantastical underground world. Huanglong Cave is profound and mysterious, featuring stalactites of myriad shapes, rising stalagmites, and stone drapes hanging like delicate silk and its winding underground rivers showcase the full splendour and ingenuity of nature's subterranean artistry.

The flowing waters here reflect the breathtaking landscape. Golden Whip Stream meanders through peaks and valleys, its crystal-clear waters mirroring the summits. Baofeng Lake, an emerald set amidst the mountains, features a mirror-like surface where peak forests are reflected, perfectly capturing the serene harmony of mountain and water.

The ecosystem here is vibrant, harbouring rare and precious species. Rhesus monkeys frolic and leap through the canopy, while Chinese giant salamanders glide silently through the streams. In this nurturing sanctuary, lush vegetation thrives and wildlife coexists. Every scent of the forest tells a story of the harmonious coexistence between humanity and nature.

The culture here is ancient, authentic, and soul-enriching. Tujia stilted houses cling to the mountainsides, and the Hand Dance moves to a rhythmic beat. Xilankapu weaves together a millennium of craftsmanship, while vibrant customs like the Wedding Crying and Tujia New Year infuse the landscape with deep ethnic heritage.

The mountains and waters are filled with emotion; even the grasses and trees seem to understand. May this guidebook accompany you through the peak forests and waters as you uncover geological legends and experience the warmth of local traditions. We sincerely invite guests from near and far to visit Zhangjiajie—to witness nature's wonders, savour Tujia culture, and experience a profound encounter with both nature and culture.



公园概况

Geopark Overview 



公园简介

Introduction

张家界联合国教科文组织世界地质公园(以下简称:张家界世界地质公园)位于中国湖南省张家界市武陵源区,地处云贵高原东北部向湘西北中低山区过渡的武陵山脉腹地,面积398平方千米。公园以举世罕见的张家界石英砂岩峰林地貌景观为主,辅以类型丰富的岩溶地貌景观,兼具原始森林和土家风情等自然人文景观,是集旅游观光、科研科普、文化体验于一体的大型自然公园。

公园为全球石英砂岩峰林地貌的典型代表,是国际地貌学家协会认定的“张家界地貌”命名地与发源地。三千奇峰错落林立,形态万千,平台、方山、峰墙、峰林、残林等景观星罗棋布,完整诠释了张家界地貌演化的全过程,是全球石英砂岩地貌成因及演化机制研究的标准范例,也是探究区域地壳运动、岩相古地理及环境变迁的天然史书。园内岩溶地貌与之相得益彰,以黄龙洞“四层楼式”岩溶洞穴最为典型,洞内景观造型奇美,类型丰富,素有世界溶洞的“全能冠军”之美誉。

公园属中亚热带山原型季风湿润气候,生物多样性丰富,记录有维管束植物2018种、陆生脊椎动物368种,其中国家级重点保护野生植物40种,国家级重点保护野生动物54种,是野生动物的理想栖息乐园。

公园是以土家族为主的少数民族聚居地,民族风情浓郁独特,传统习俗源远流长,土家文化古朴深厚。独具特色的土家山寨、吊脚楼等传统建筑,与毛古斯舞、摆手舞、梯玛歌等民俗歌舞交相辉映、魅力独具,共同绘就了特色鲜明的民族文化长卷。

Zhangjiajie UNESCO Global Geopark (hereinafter referred to as the "Geopark") is located in Wulingyuan District, Zhangjiajie City, Hunan Province, China. It lies in the heart of the Wuling Mountains, where the northeastern part of the Yunnan-Guizhou Plateau transitions into the mid- and low-mountain areas of northwestern Hunan, covering an area of 398 square kilometres. The Geopark features the world's rare Zhangjiajie quartz sandstone peak forest landforms, complemented by a diverse variety of karst landforms. It also has primary forests, Tujia ethnic customs, and other natural and cultural landscape. It is a large natural park that integrates sightseeing, scientific research, science popularisation, and cultural experiences.

The Geopark is a typical representative of quartz sandstone peak forest landforms in the world and is the naming site and birthplace of the "Zhangjiajie Landform" recognised by the International Association of Geomorphologists. Three thousand grotesque peaks stand in a scattered array, taking on a wide variety of forms. Landscape features such as platforms, mesas, peak walls, peak forests, and remnant peak forests are spread throughout the area, fully illustrating the entire evolution process of the Zhangjiajie Landform. The Geopark serves as a standard example for research on the genesis and evolution mechanisms of quartz sandstone landforms worldwide, as well as a natural chronicle for exploring regional crustal movements, lithofacies paleogeography, and environmental changes. The quartz sandstone peak forest landforms and karst landforms within the Geopark complement each other perfectly. The "four-storey" karst cave of Huanglong Cave, the most representative, features uniquely beautiful formations and diverse types, earning it the reputation of being the "all-around champion" of the world's caves.

With a mid-subtropical, mountain-type monsoon humid climate, the Geopark is rich in biodiversity. It records 2,018 species of vascular plants and 368 species of terrestrial vertebrates, including 40 and 54 nationally protected wild plants and animals, respectively. It is an ideal habitat for wildlife.

The Geopark is a settlement area primarily inhabited by the Ethnic Tujia, known for its rich and distinctive ethnic customs, longstanding traditional practices, and profound, rustic Tujia culture. Traditional architectures such as the unique Tujia mountain villages and stilted houses harmonise with folk performances like the Maogusi Dance, Hand Dance, and Tima Chant, together creating a vivid and distinctive panorama of ethnic culture.



张家界世界地质公园范围图
Boundary Map of Zhangjiajie UNESCO Global Geopark



山川地貌

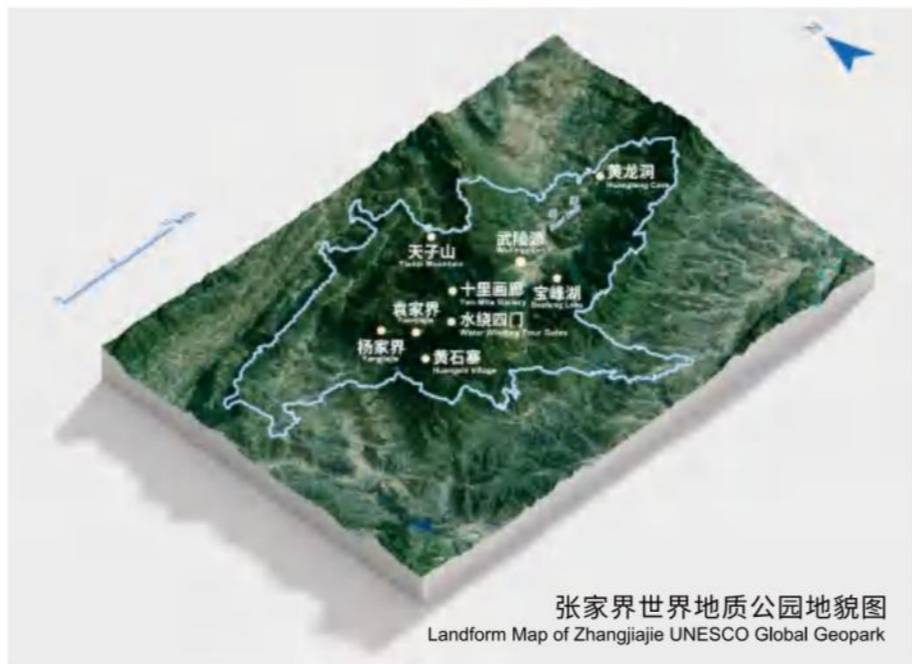
Landform

公园位于云贵高原东北部向湘西北中低山过渡的武陵山脉腹地，地形以中山、低山为主，整体地势西北高、东南低。公园最高点在北部天子山一带，海拔1264.5米；最低点在东部黄龙洞一带，海拔269米。地貌以张家界地貌与岩溶地貌为主体，间有侵蚀剥蚀构造地貌、河谷堆积地貌分布。

公园降水充沛，孕育了众多溪流、湖泊与瀑布等水体景观。全域水系以天子山为中心呈放射状展布，在朝天观至白虎堂一带形成扇状与平行状水系。索溪及其上游支流是公园最具代表性的水系，河道自西向东横贯全境，家喻户晓的金鞭溪便隶属于其中。宝峰湖、索溪湖、鸳鸯瀑、天悬百练、吊水岩等景观各具风姿，共同构成了公园独具魅力的水域风光。

The Geopark is located in the heart of the Wuling Mountains, where the northeastern part of the Yunnan-Guizhou Plateau transitions into the mid- and low-mountain areas of northwestern Hunan. The topography is dominated by middle and low mountains, with the terrain generally higher in the northwest and lower in the southeast. The highest point is in the Tianzi Mountain area in the north, at 1,264.5 metres above sea level; the lowest point is near Huanglong Cave in the east, at 269 metres above sea level. The landform is primarily composed of Zhangjiajie Landform and karst landform, interspersed with erosional-denudational structural landforms and valley accumulation landforms.

Abundant precipitation has nurtured a variety of water landscapes, including numerous streams, lakes, and waterfalls. The entire river system radiates from Tianzi Mountain, forming fan-shaped and parallel water patterns in the area from Chaotian Temple to Baihutang Gorge. The Suoxi River and its upstream tributaries constitute the most representative river system in the Geopark, traversing the region from west to east; the well-known Golden Whip Stream is one of its tributaries. Baofeng Lake, Suoxi Lake, Yuanyang Waterfall, Sky-Hanging Waterfall, and Diaoshuiyan each possess unique charms, collectively forming the Geopark's distinctive water scenery.





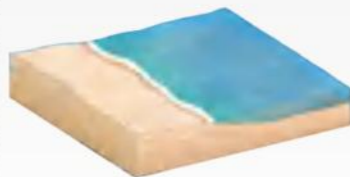
张家界地貌的地质演化史

Geological Evolution of Zhangjiajie Landform

01 张家界曾经也是滨海之地 Zhangjiajie, Once a Coastal Area

距今约3.8亿年前的泥盆纪中期,张家界地区还是滨海环境。在稳定的地质条件下,来自陆地的大量碎屑颗粒随流水裹挟至此,在海浪的长期淘洗和分选下,仅留下抗风化的纯净石英砂,经压实后形成了厚层的石英砂岩。

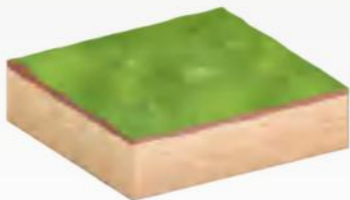
During the Middle Devonian Period, approximately 380 million years ago, the Zhangjiajie region was a littoral environment. Under stable geological conditions, abundant clastic sediments transported from the land by fluvial processes were deposited here. Subjected to prolonged wave action, winnowing, and sorting, only the weathering-resistant, pure quartz sand was retained. Subsequent compaction and lithification of these sediments formed the thick-bedded quartz sandstone.



02 石英砂岩戴上“红铁帽” Quartz Sandstone Dons a "Red Iron Cap"

距今约3.8-3.58亿年前的泥盆纪晚期,海洋环境变化,石英砂岩顶部形成了一层富含铁质的岩石。海西运动后,张家界地区地壳抬升,由海洋环境逐渐变为了陆地。这层含铁岩石在风化作用下形成了数十米厚的红色铁质风化壳——俗称“铁帽”。

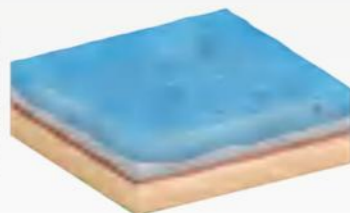
During the Late Devonian Period, around 380-358 million years ago, changes in the marine environment led to the formation of an iron-rich rock layer atop the quartz sandstone. Following the Hercynian movement, crustal uplift gradually transformed the Zhangjiajie region from a marine setting into a terrestrial one. Subjected to prolonged weathering, this iron-rich layer developed into a red ferruginous crust tens of metres thick—commonly referred to as an "Iron Cap".



03 海陆交互环境动荡 Turbulent Marine-Terrestrial Interaction Environment

距今约2.99-2.37亿年间,张家界地区处于一种动荡的海洋环境。浅海中海洋生物大量繁殖和死亡,在强烈的生物化学作用下,形成了厚层的碳酸盐岩。

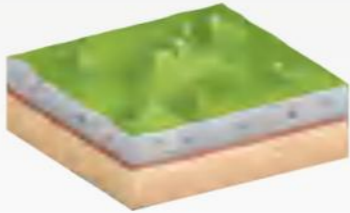
Approximately 299-237 million years ago, the Zhangjiajie region experienced a turbulent marine environment. In these shallow seas, marine organisms proliferated and perished in vast numbers. Through intense biogeochemical processes, their accumulated remains contributed to the formation of thick sequences of carbonate rocks.



04 转海为陆 Transition from Sea to Land

距今约2.37亿年,印支运动使中国大部分地区海水退去成为陆地,张家界地区也不例外。自此张家界地区结束了海洋历史。

Approximately 237 million years ago, the Indosinian orogeny caused the regression of seawater across vast expanses of what is now China, transforming marine basins into terrestrial landscapes. The Zhangjiajie region was no exception. From this point onward, the region's long marine sedimentary history came to a definitive close.



05 造山隆起 Orogenic Uplift

距今约1.45亿年,燕山运动使张家界地区整体隆升,成为高原山地,地层也发生褶皱挤压变形。云台观组巨厚层石英砂岩在强烈的挤压变形中,如强硬的中流砥柱,仅让岩层发生了极缓倾斜,为张家界地貌的屹立奠定基础。

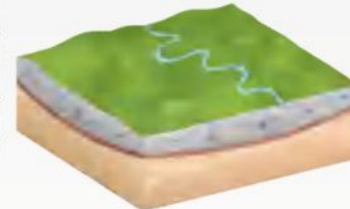
Approximately 145 million years ago, the Yenshanian orogeny triggered substantial regional uplift across the Zhangjiajie region, elevating it into a plateau and mountain land terrain characterised by extensive folding and compressional deformation of the strata. Under intense compression, the thick-bedded quartz sandstone of the Yuntaiguan Formation, acting like a resilient pillar, allowed only very gentle tilting of the rock strata, laying the foundation for the Zhangjiajie Landform.



06 剥蚀夷平 Denuded Planation

距今约0.66-0.34亿年,张家界地区地壳处于相对稳定阶段,高原山地经历了长期的剥蚀夷平作用后,削高填平,形成了低缓起伏的准平原状高原地貌,这时的高原面被称作湘西期夷平面。

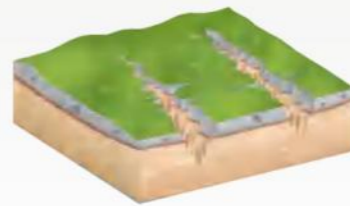
Approximately 66-34 million years ago, the Earth's crust in the Zhangjiajie region was relatively stable. After prolonged denuded planation, the plateaus and mountain land were eroded and levelled, forming a gently undulating peneplain-like plateau landform. This plateau surface is referred to as the Xiangxi Period Planation Surface.



07 夷平面的解体与切割 Disintegration and Incision of the Planation Surface

距今约3300-258万年,喜马拉雅运动使张家界地区地壳抬升,山地遭受河流多期次下切、拓宽作用,导致湘西期夷平面发生解体,暴露出了早期形成的石英砂岩,形成了深切峡谷、峡谷及张家界地貌的雏形。

About 33-2.58 million years ago, the Himalayan orogeny caused the Earth's crust in the Zhangjiajie region to uplift. The mountain land underwent multiple episodes of down-cuts and widening, which led to the disintegration of the Xiangxi Period Planation Surface and exposed the previously formed quartz sandstone. This process initiated the formation of narrow gorges, valleys, and the prototype of the Zhangjiajie Landform.



08 终成砂岩峰林 Formation of the Sandstone Peak Forest

距今约258万年以来,尤其在青藏高原强烈抬升影响下,张家界地区地壳再次快速抬升,石英砂岩被挤压力剪切形成“X”状剪节理。流水不断沿节理切割,逐渐形成棱柱状峰林。随着河流溯源侵蚀,峰林面积进一步扩展,历经数十万年,使张家界地貌从幼年期至老年期都完整保留。

Since about 2.58 million years ago, driven particularly by the intense uplift of the Qinghai-Tibet Plateau, the Earth's crust in the Zhangjiajie region has risen rapidly. This compressive force sheared the quartz sandstone, forming "X"-shaped shear joints. Flowing water continuously eroded along these joints, gradually shaping the prismatic peak forest. With headward erosion by rivers, the area of the peak forest further expanded. Over hundreds of thousands of years, the Zhangjiajie Landform has been preserved in its entirety, from childhood to the old stage.





气候特征 Climatic Characteristics

公园属中亚热带山原型季风湿润气候,夏无酷暑,冬无严寒,四季分明,日照充沛,且四季长短随海拔递增而变化。公园年均气温16.8°C;年均降水量1509.5mm,雨季多集中在2~7月,占年降雨量的70~80%;平均相对湿度为80%;全年主导风向为东风,平均风速为2.1m/s。

The Geopark features a mid-subtropical, mountain-type monsoon humid climate with cool summers, mild winters, and four distinct seasons. Sunshine is abundant, and the duration of each season varies with increasing elevation. The Geopark has an average annual temperature of 16.8°C and average annual precipitation of 1,509.5 mm. The rainy season (February to July) accounts for 70~80% of the annual rainfall. The average relative humidity is 80%, and the prevailing wind is easterly with an average speed of 2.1 m/s.



平均气温
16.8°C

Average temperature: 16.8°C



极端最高气温
40.7°C

Extreme maximum temperature: 40.7°C



极端最低气温为
-9.2°C

Extreme minimum temperature: -9.2°C



多年平均降雨量为
1509.5mm

Mean annual rainfall: 1,509.5 mm



历年最大年降雨量为
2220.0mm

Maximum annual rainfall on record: 2,220.0 mm



历年最小年降雨量为
978.6mm

Minimum annual rainfall on record: 978.6 mm

生物资源 Biological Resources

公园拥有众多濒危动植物,保存着原始状态的亚热带生态环境系统,是一座珍贵的生物基因库。

The Geopark harbours numerous rare and endangered plant and animal species and preserves a pristine subtropical ecosystem in its original state, rendering it a precious repository of biological genetic resources.

野生植物 Wild plants

根据最新调查,公园内分布有维管束植物188科828属2018种。其中,国家一级重点保护野生植物3种,包括红豆杉、南方红豆杉、珙桐;国家二级重点保护野生植物37种,包括中华猕猴桃、香果树、篦子三尖杉等。

According to the latest survey, the Geopark is home to 2,018 species of vascular plants belonging to 828 genera and 188 families. Of these, 3 species are under national first-class key protection, including Chinese Yew (*Taxus wallichiana* var. *Chinensis*), Southern Chinese Yew (*Taxus wallichiana* var. *Mairei*), and Dove Tree (*Davidia involucrata*). Another 37 species are under national second-class key protection, including Chinese kiwifruit (*Actinidia chinensis*), *Emmenopterys henryi* Oliv., and *Cephalotaxus oliveri* Mast.



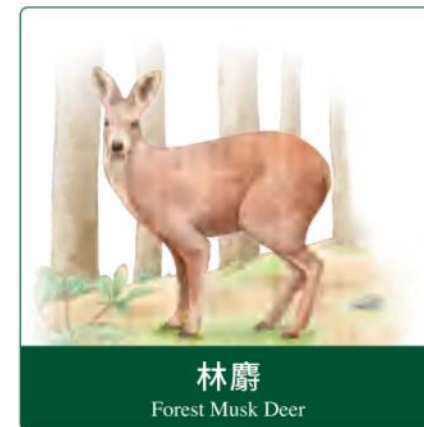
中华猕猴桃
Chinese Kiwifruit



篦子三尖杉
Cephalotaxus oliveri Mast.



香果树
Emmenopterys henryi Oliv.




石松类和蕨类植物
189种
Lycophytes and ferns: 189 species


裸子植物
12种
Gymnosperms: 12 species

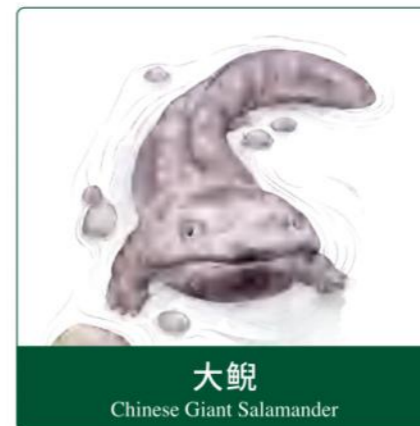
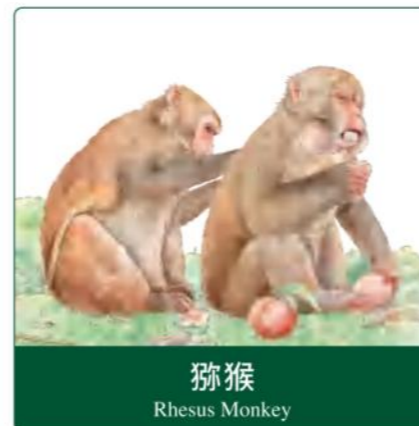

被子植物
1634种
Angiosperms: 1,634 species


引种栽培、外来入侵植物
183种
Introduced cultivated and invasive alien plants: 183 species

野生动物 Wild animals

公园内分布着陆生脊椎动物28目103科368种。其中,国家一级重点保护野生动物8种,包括白颈长尾雉、云豹、林麝等;国家二级重点保护野生动物46种,包括猕猴、大鲵、红腹角雉等。此外,还有267种野生动物被列入“三有动物”名录,125种野生动物被列为湖南省地方重点保护物种。

The Geopark is home to 368 species of terrestrial vertebrates belonging to 103 families and 28 orders. Among these, 8 species are under national first-class key protection, including Elliot's Pheasant (*Symaticus ellioti*), Clouded Leopard (*Neofelis nebulosa*), and Forest Musk Deer (*Moschus berezovskii*). There are 46 species under national second-class key protection, including Rhesus Monkey (*Macaca mulatta*), Chinese Giant Salamander (*Andrias davidianus*), and Temminck's Tragopan (*Tragopan temminckii*). Additionally, 267 species are included in the list of terrestrial wild animals of important ecological, scientific and social value, and 125 species are designated as key protected species at the provincial level in Hunan.




两栖类38种
Amphibians: 38 species


爬行类45种
Reptiles: 45 species


鸟类234种
Birds: 234 species


哺乳类51种
Mammals: 51 species



文化遗产 Cultural Heritage

公园文化遗迹丰富,除龙凤庵、贺龙墓两处省级文物保护单位外,古陵园、古建筑、古石刻等不胜枚举。

公园所在的武陵源自古以来就是多种民族的聚居地,少数民族占公园总人口约94%,其中以土家族、白族和苗族为主,各民族独具特色的建筑景观和民族风情,共同构成了公园珍贵的民族文化景观资源。其中土家织锦、毛古斯舞、土家梯玛歌等特色非物质文化遗产在此传承有序、生生不息,是独具魅力的民族文化景观。

The Geopark is richly endowed with cultural heritage sites. In addition to two provincially protected cultural relics—Longfeng Nunnery and He Long's Tomb—there exist numerous ancient burial grounds, historic buildings, and stone inscriptions.

Since ancient times, Wulingyuan, where the Geopark is located, has been a region inhabited by multiple ethnic groups. Ethnic minorities constitute approximately 94% of the Geopark's total population, with Tujia, Bai, and Miao peoples predominating. The distinctive architectural landscapes and unique ethnic customs of each group collectively form the Geopark's invaluable ethnic cultural landscape resources. Distinctive intangible cultural heritage items, such as Tujia brocade, Maogusi Dance, and Tujia Tima Chant, are well-preserved and continue to thrive here, forming a uniquely charming ethnic cultural landscape.



土家织锦
Tujia Brocade



土家摆手舞
Tujia Hand Dance



龙凤庵
Longfeng Nunnery



贺龙墓
He Long's Tomb



土家吊脚楼
Tujia Stilted Houses



毛古斯舞
Maogusi Dance



土家梯玛歌
Tujia Tima Chant



历史沿革 History

行政区划 Administrative division

公园所在的武陵源区历史悠久，远古时期便有人类活动，其行政建制历经变迁，社会发展漫长悠远。秦以前，公园所在地属黔中郡，从汉代起很长的历史时期，曾归武陵郡管辖。民国时期先属武陵道，后分属湖南省第二、第四、第八行政督察区。中华人民共和国成立后，分别隶属湘西自治州的大庸县、桑植县和常德地区的慈利县。

1988年5月18日，国务院批准大庸市升为地级市，将慈利、桑植两县划归大庸市管辖。市另辖两区：原县级大庸市改名为永定区，新设武陵源区。将原大庸市的协合、中湖两乡和国营张家界林场、慈利县索溪峪镇、桑植县天子山镇划为武陵源区行政区域。

1994年4月4日，国务院批准大庸市更名为张家界市，行政区不变，仍辖桑植、慈利两县和永定、武陵源两区。

Wulingyuan District, where the Geopark is located, has a long history, with human activity dating back to ancient times. Its administrative system has undergone many changes, and its social development has been lengthy and profound. Before the Qin Dynasty, the site of the Geopark belonged to Qianzhong Commandery. From the Han Dynasty onwards, it was under the jurisdiction of Wuling Commandery for a significant period of history. During the Republic of China period, it first belonged to Wuling Circuit and was later divided among the Second, Fourth, and Eighth Administrative Inspection Districts of Hunan Province. After the founding of the People's Republic of China, the area was under the jurisdiction of Dayong and Sangzhi counties in Xiangxi Tujia and Miao Autonomous Prefecture and Cili County in Changde Prefecture.

On May 18, 1988, the State Council approved the elevation of Dayong to a prefecture-level city, and the counties of Cili and Sangzhi were placed under its administration. The city also governed two districts: the former county-level Dayong City was renamed Yongding District, and Wulingyuan District was newly established. Xiehe and Zhonghu townships of the former Dayong City, the state-run Zhangjiajie Forest Farm, Suoxiyu Town of Cili County, and Tianzishan Town of Sangzhi County were designated as the administrative area of Wulingyuan District.

On April 4, 1994, the State Council approved the renaming of Dayong City to Zhangjiajie City; the administrative divisions remained unchanged, still governing Sangzhi and Cili counties and Yongding and Wulingyuan districts.

公园建设发展 Geopark construction and development

In 2007 **2007年**
公园成为首批国家AAAAA级旅游景区。
The Geopark became one of the first national 5A-level tourist attractions.

In 2001 **2001年**
原国土资源部批准建立张家界国家地质公园，并成立张家界地质公园管理局。
The former Ministry of Land and Resources approved the establishment of Zhangjiajie National Geopark and the founding of the Zhangjiajie Geopark Administration.

In 1988 **1988年**
公园被国务院批准建立国家级风景名胜區。
The Geopark was approved by the State Council as a national-level scenic area.

In 2010 **2010年**
国际地貌学家协会确立公园为“张家界地貌”的命名地与发源地。
The International Association of Geomorphologists designated the Geopark as the naming site and place of origin for the "Zhangjiajie Landform."

In 2004 **2004年**
公园联合中国的8处地质公园以及欧洲地质公园网络的17个成员，共同创建世界地质公园网络，成为全球首批世界地质公园。
The Geopark, along with 8 other geoparks in China and 17 members of the European Geoparks Network, jointly established the Global Geoparks Network, becoming one of the world's first Global Geoparks.

In 1992 **1992年**
公园被联合国教科文组织列入《世界遗产名录》，成为中国首批世界自然遗产。
The Geopark was inscribed on the UNESCO World Heritage List, becoming one of China's first World Natural Heritage sites.

In 1982 **1982年**
公园最早的资源保护和开发始于20世纪80年代。1982年中国第一个国家森林公园——张家界国家森林公园批准建立，从此开始了张家界旅游事业发展的步伐。
The protection and development of the Geopark's resources first began in the 1980s. In 1982, China's first national forest park, Zhangjiajie National Forest Park, was approved for establishment, initiating the development of Zhangjiajie's tourism industry.



必玩景区

Must-Visit Scenic Areas 

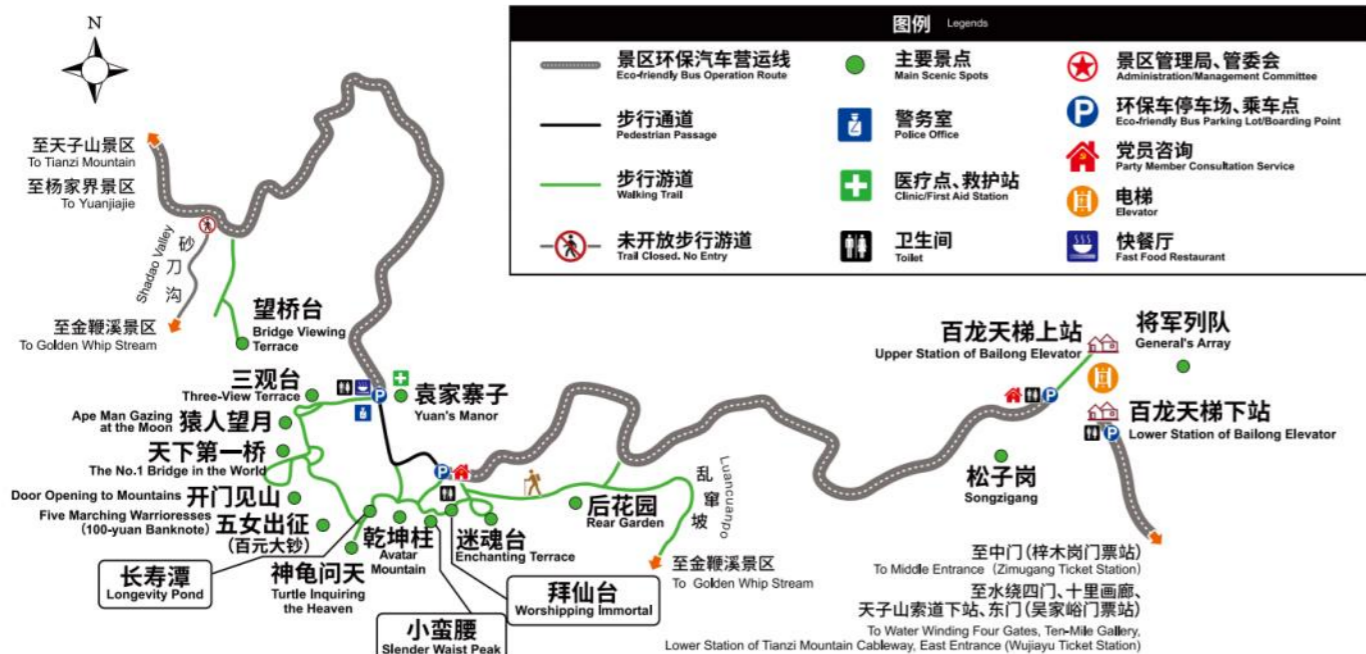


袁家界 — 悬浮仙山·阿凡达秘境

Yuanjiajie — Hallelujah Mountains · Avatar Wonderland

袁家界是张家界地貌最核心、最精华的区域，其南北狭窄如廊，东西绵长似带，素有“四十八里袁家界”之说。其与黄石寨、鹞子寨隔幽溪拱卫鼎立、遥相呼应，南北又与天子山、杨家界相连。游道沿绝壁顶端依山而建，将后花园、迷魂台、乾坤柱、天下第一桥等绝世奇观串联成线。云雾升腾之际，萦绕于千峰万壑之间，群峰若隐若现，宛若悬浮仙境，尽显张家界地貌的磅礴气势与灵秀奇幻之美。

Yuanjiajie is the most central and essential area of the Zhangjiajie Landform. It is narrow like a corridor from north to south and extends like a belt from east to west, hence the saying "Forty-eight-li Yuanjiajie." It stands guard in concert with Huangshi Village and Yaozi Village across the secluded stream, echoing each other from afar, and to the north and south it connects with Tianzi Mountain and Yangjiajie. The walkway is built along the top of steep cliffs, following the contours of the mountains, connecting world-renowned wonders such as the Rear Garden, Enchanting Terrace, Avatar Mountain, and The No.1 Bridge in the World. When clouds and mist rise, they swirl among the thousands of peaks and valleys, with the peaks appearing and disappearing, as if floating in a celestial realm. This fully showcases the grandeur and enchanting beauty of the Zhangjiajie Landform.





乾坤柱 Avatar Mountain

张家界“三千奇峰”中的一座，海拔高度1074米，垂直高差约150米，顶部植被郁郁葱葱，峰体造型奇特，垂直节理切割明显，仿若刀劈斧削般巍巍屹立，有顶天立地之势，故名“乾坤柱”。电影《阿凡达》曾在此取景，片中令人惊叹的“哈利路亚山”（悬浮山），其创作原型正是乾坤柱。如今，它已成为海内外游客争相探访的胜地。

One of the "Three Thousand Grotesque Peaks" in Zhangjiajie, this mountain sits at an altitude of 1,074 metres with a vertical drop of around 150 metres. Crowned with lush vegetation and featuring a distinctive shape marked by vertical joints, it rises sharply as if chiselled by an axe. Boasting an imposing stature that appears to prop up heaven and earth, the peak served as the inspiration for the floating Hallelujah Mountains in the film Avatar, hence the moniker "Avatar Mountain". Today, it has become a well-loved tourist attraction for visitors at home and abroad.



乾坤柱 (周建鑫/摄)
Avatar Mountain (Photo by Zhou Jianxin)

棱柱状砂岩峰林的成因

Formation of Prismatic Sandstone Peak Forests

峰林傲立挺拔，四壁如刀劈斧砍，这些平整的岩壁大多是节理面，或沿节理面发育而成。地壳运动使石英砂岩地层受到强烈的构造挤压，产生的水平应力，挤压出众多平行排列的垂直节理和破裂，流水沿垂直节理和破裂定向侵蚀，如同刻刀一般进行雕塑，奠定了张家界砂岩峰林地貌的核心骨架。

The peak forests stand tall and straight, their four sides appearing as if split by axes. These smooth rock faces are mostly joint planes or surfaces developed along joint planes. Crustal movements subjected the quartz sandstone strata to intense tectonic compression. The resulting horizontal stresses produced numerous vertical joints and fractures. These tectonic products laid the core framework for Zhangjiajie's sandstone peak forest landscape.



01 地壳运动挤压形成垂直节理。
Vertical joints formed by tectonic compression from crustal movements.



02 流水沿垂直节理侵蚀。
Erosion by flowing water along vertical joints.



03 形成棱柱状砂岩峰林。
Formation of prismatic sandstone peak forests.

天下第一桥 The No.1 Bridge in the World

两座山峰被一条悬空长廊所系，形成天然桥洞，平时吞云吐雾，气势壮观雄奇。桥面宽约2米，长20余米，垂直高差约350米。桥上苍松挺拔，桥边古藤垂挂，桥下深不可测。走在桥上，只见雾气蒸腾，松涛呼啸，石桥好像也颤颤悠悠，晃晃摇摇似的，令人惊心动魄。

The two peaks are linked by a suspended corridor, forming a natural arch. Often shrouded in swirling mists, it presents a magnificent and imposing spectacle. The bridge is about 2 metres wide and over 20 metres long, with a vertical height of 350 metres. Towering pines stand atop the bridge, ancient vines drape over the sides, and the abyss below is unfathomable. Walking on the bridge amidst rising mists and the wind whistling through the pines, people can feel as if the stone structure itself is trembling and swaying—a truly soul-stirring experience.



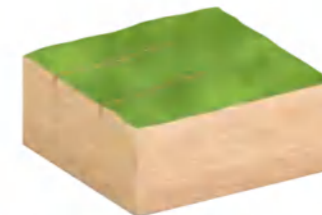
天下第一桥
The No.1 Bridge in the World

天下第一桥的成因

Formation of The No.1 Bridge in the World

石英砂岩发育密集的垂直节理，流水沿节理切割分离峰墙的过程中，“桥下”较软的岩石夹层经风化作用不断崩解垮塌，在两侧分别形成岩洞。随着侵蚀加剧，两侧岩洞逐渐贯通，随着洞口高度远超过洞顶厚度，天生桥雏形初现。而“桥面”因有致密坚硬的赤铁矿层加持，得以稳固留存，造就这一地质奇景。

Dense vertical joints developed in the quartz sandstone. As flowing water cut and separated peak walls along these joints, the softer rock interlayers "under the bridge" continuously disintegrated and collapsed due to weathering, forming caves on either side. As erosion intensified, the two caves gradually merged. When the height of the opening far exceeded the thickness of the bridge deck above, the initial form of a natural bridge appeared. The "bridge deck," reinforced by a dense and hard hematite layer, remained stable, resulting in this geological marvel.



01 流水沿垂直节理侵蚀。
Erosion by flowing water along vertical joints.



02 局部崩塌，侵蚀继续加剧。
Local collapse with continuously intensified erosion.



03 崖壁两侧互相贯通形成穿洞。
Caves formed where the two sides of the cliff connect.



04 多余的岩石持续崩塌，形成天生桥。
Continuous rockfalls, eventually forming a natural bridge.



杨家界 — 峰墙雄阵·绝壁天险

Yangjiajie — Majestic Peak Wall · Natural Barrier

杨家界因相传北宋杨家将后裔在此繁衍生息、屯兵驻守而得名，是张家界石英砂岩峰墙地貌发育最为典型的区域，此处峰墙如屏、雄奇险峻，尽显天地造化之神奇。景区诸多景点与杨家将渊源深厚，当地至今仍聚居其后代，留存有《杨氏族谱》和明清杨家祖墓。穿林越壑，可尽览天然长城、天波府、乌龙寨等胜景，慨叹峰墙威压之势与磅礴气度，较之峰林更显雄阔不凡。

Yangjiajie is named after the legend that the descendants of the Yang family generals of the Northern Song Dynasty lived, multiplied, and stationed troops here. It is the most typical area of quartz sandstone peak wall landforms in Zhangjiajie. The peak walls here stand like screens, magnificent and steep, fully displaying the wonders of nature's creation. Many of the scenic spots in the area are closely connected with the Yang family generals. Their descendants still live here today, and the Yang Family Genealogy Book and ancestral tombs in the Ming and Qing dynasties have been preserved. Traversing through the forests and over the ravines, you can take in the stunning sights of Natural Great Wall, Tianbo Mansion, and Wulong Village. You will marvel at the imposing presence and magnificent grandeur of the peak walls, which stand out as even more majestic and extraordinary compared to the peak forests.



杨家界
Yangjiajie



杨家界导游图
Yangjiajie Guide Map



天然长城 Natural Great Wall

天然长城由多道平行排布的石英砂岩峰墙组成，宛若大地筑起的石质长城。峰墙高约百余米，绵延数百米，墙体陡峭直立，气势恢宏。其本质是流水沿石英砂岩平台的一组垂直节理持续侵蚀，形成的沿同一方向延伸的墙状山体。墙顶青松苍劲挺立，岩壁纹理层叠分明，尽显地质雕琢之美。驻足观景，连绵峰墙如巨龙横卧山间，壮阔景致令人心潮澎湃。

The Natural Great Wall consists of multiple parallel quartz sandstone peak walls, resembling a stone Great Wall built by nature. Rising over a hundred metres and extending for several hundred metres, these steep, vertical peak walls present a magnificent and imposing sight. Technically, these are wall-like mountain ridges extending in a single direction, formed by the continuous erosion of flowing water along a set of vertical joints in a quartz sandstone platform. Sturdy pines stand upright on the wall tops, and the layered textures of the rock walls are clearly defined, showcasing the beauty of nature's geological sculpting. Gazing at the continuous peak walls, which resemble giant dragons lying across the mountains, the magnificent scenery is truly awe-inspiring.



天然长城
Natural Great Wall

乌龙寨 Wulong Village

乌龙寨原名黑龙寨，四面悬崖，地势险要，曾为土匪盘踞之地，至今仍留存着“一夫当关，万夫莫开”的剽悍气场。通往寨顶，或侧身过绝壁或弯腰穿石缝或攀悬梯而上。寨后四面皆为断壁深崖，紧邻的天波府观景台可俯瞰数十座石英砂岩峰墙整齐排列，气势磅礴，是张家界绝佳观景点之一。

Wulong Village, originally named Heilong Village, is surrounded by sheer cliffs and strategically situated on precipitous terrain. Once a bandit stronghold, it still exudes a formidable atmosphere, evoking the proverb, "One man guarding the pass can fend off ten thousand." To reach the top, one must sidle along cliffs, bend through narrow rock crevices, or climb vertical ladders. The back of the village is surrounded by deep precipices. The adjacent Tianbo Mansion Viewing Platform offers a panoramic view of dozens of neatly arranged quartz sandstone peak walls—a magnificent sight and one of Zhangjiajie's premier viewpoints.



天波府
Tianbo Mansion

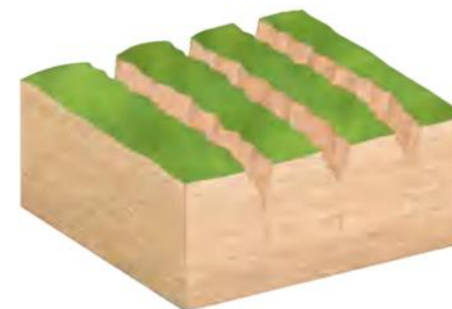
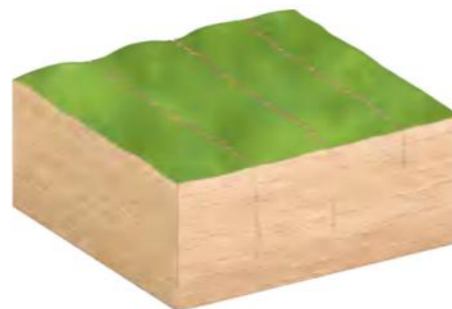


乌龙寨
Wulong Village

天然长城的成因 Formation of the Natural Great Wall

砂岩峰墙是流水沿石英砂岩平台或方山的一组垂直节理持续侵蚀，形成的沿同一方向延伸的墙状山体。峰墙两壁直立陡峻，侧看为峰，正看如墙，多组峰墙常平行延展，宛若“天然长城”。

Sandstone peak walls are wall-like mountain ridges extending in a single direction. They are formed by the continuous erosion of flowing water along a set of vertical joints in a quartz sandstone platform or mesa. With steep, upright cliffs on both sides, they appear as individual peaks from a side view but resemble a wall from the front. Multiple parallel peak wall sets often stretch side-by-side, much like a "Natural Great Wall."

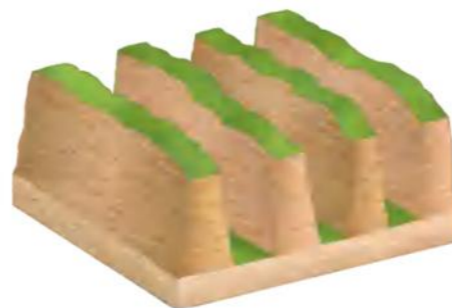


01 石英砂岩平台或方山在构造作用的影响下形成一组近乎平行的垂直节理。

The quartz sandstone platform or mesa, under the influence of tectonic activity, forms a set of nearly parallel vertical joints.

02 流水沿垂直节理持续侵蚀，形成沟壑。

Flowing water continuously erodes along these vertical joints, carving out gullies and ravines.



03 随着地壳抬升，流水侵蚀作用不断向深部“探索”，塑造出“高墙”。

As the crust uplifts, fluvial erosion persistently "explores" deeper, sculpting the "tall walls."

04 如果同时存在不同方向的多组节理，峰墙最终则会被切割成峰柱。

If multiple sets of joints exist in different directions, the peak walls are ultimately cut into peak pillars.



天子山 — 峰林之巅·云海御境

Tianzi Mountain — Monarch of the Peak Forest · Kingdom of Cloud Seas

天子山因相传土家族领袖向大坤在此揭竿起义，自号“向王天子”而得名，是张家界地貌的典型代表区域之一，此处峰林错落巍峨、层峦叠嶂，兼具雄奇灵秀之美。登顶远眺，御笔峰、仙女散花、西海峰林等标志性奇景一览无余。每逢云雾漫卷，峰林隐现于云海间，宛如水墨长卷，尽显张家界地貌的磅礴气势与空灵意境，素有“谁人识得天子面，归来不看天下山”的美誉。

Tianzi Mountain is named after the Tujia leader Xiang Dakun, who is said to have raised a rebellion here and proclaimed himself "King Xiang Tianzi." It is one of the most representative areas of the Zhangjiajie Landform, where the majestic peak forests rise in layers, creating the grandeur and ethereal beauty. Climbing to the summit and looking into the distance, you can take in all the iconic wonders such as Imperial Brush Peak, Fairy Scattering Flowers, and West Sea Peak Forest. Whenever clouds and mist roll in, the peak forests appear and disappear amid a sea of clouds, resembling a long scroll of ink wash painting. This fully displays the grandeur and ethereal beauty of the Zhangjiajie Landform, which has earned it the reputation: "Once you behold the face of the Tianzi Mountain, no other mountain under heaven will impress you again."



天子山
Tianzi Mountain



天子山导览图 Tianzi Mountain Guide Map



御笔峰 Imperial Brush Peak

御笔峰由多组并列耸立的石英砂岩峰柱构成，峰柱高约百余米，上细下粗、方正如削，垂直节理发育明显。岩壁肌理斑驳，峰顶苍松傲立，宛若笔毫舒展。相传此为向王天子挥毫所用御笔，云雾漫卷时峰林隐现，恰似神笔泼墨绘就天地长卷。此处地质奇观，不仅展示了石英砂岩峰林的极致形态，更在云遮雾绕间书写着独属于东方的山水神韵。

Imperial Brush Peak consists of multiple parallel quartz sandstone peak pillars. These pillars are over a hundred metres high, tapering slightly toward the top with sharp, square sides and developed vertical joints. The rock walls have mottled textures, and sturdy pines stand proudly on the summits, resembling the bristles of a writing brush. Legend has it that these were the writing brushes used by King Xiang Tianzi. When the mist swirls, the peak forest emerges and fades, as if a divine brush were painting a landscape scroll across heaven and earth. This geological wonder not only displays the ultimate form of the quartz sandstone peak forest but also captures the unique essence of Eastern landscape aesthetics amidst the clouds and mist.

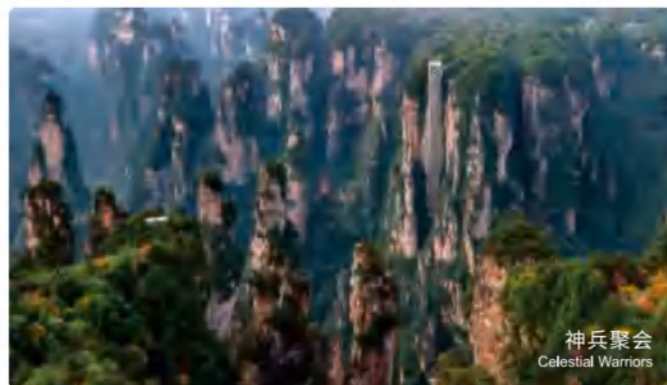


御笔峰
Imperial Brush Peak

神兵聚会 Celestial Warriors

几十座形态各异的峰柱如天神投掷的青铜长戟，以近乎垂直的陡峭姿态刺破云霄，组成地球上最密集的“峰柱方阵”，森然有序、雄伟壮观。传说其为向王天子四十八大将军、四十八小将军，在此聚会议事。从天子山看是神兵聚会，从百龙天梯看就是四十八将军岩，角度不同，景色各异。

Dozens of peak pillars of various shapes, like bronze halberds cast by celestial beings, pierce the sky almost vertically. They form the world's densest "peak pillar formation," orderly and awe-inspiring. Legend describes them as the 48 great and 48 small generals of King Xiang Tianzi gathering for a meeting. Viewed from Tianzi Mountain, it is the "Celestial Warriors"; from the Bailong Elevator, it appears as the "Forty-Eight General Rock." Different perspectives yield distinct vistas.



神兵聚会
Celestial Warriors



神兵聚会 (陈明明/摄)
Celestial Warriors (Photo by Chen Mingming)

张家界砂岩峰林地貌演化历程

Evolution of Zhangjiajie Sandstone Peak Forest Landform



01 幼年期 Youthful Stagenform

石英砂岩在构造应力作用下产生“X”状剪节理。在石英砂岩的节理裂隙等软弱面，流水不断渗透、冲刷，将裂隙加深、加宽，产生平台、初始方山及条状山脊。

Under tectonic stress, quartz sandstone develops X-shaped shear joints. Water permeates and scours these jointed weak planes, deepening and widening fractures to form plateaus, nascent mesas, and linear ridges.



02 青年期 Adolescent Stage

随着石英砂岩中的裂隙逐渐扩大，水流对岩石的侵蚀速度更快，崩塌作用也开始产生，形成最初的峰林。同时，流水沿石英砂岩的软弱夹层侵蚀塑形，张家界地貌从幼年期演化为青年期，进入可观赏阶段。地貌特征以峰丛、峰墙、天生桥、隘谷等为主。

As fractures in quartz sandstone progressively expand, intensified water erosion and incipient collapse sculpt the embryonic peak forests. Concurrently, fluvial undercutting along weak interbeds transitions the Zhangjiajie landscape from infancy to adolescence—a visually striking phase characterized by peak clusters, peak walls, natural bridges, and ravines.



03 壮年期 Mature Stage

随着地壳的快速抬升，河流下切和溯源侵蚀持续加剧。河谷及支谷得到充分发育，石英砂岩被进一步切割、分解，峰林面积进一步扩展。此时的砂岩峰林景观进入了最为壮丽的时期。地貌特征以峰林、嶂谷、峡谷为主。

With rapid crustal uplift, river incision and headward erosion intensify continuously. The valleys and tributaries become fully developed, while quartz sandstone is further dissected and weathered, expanding the peak forest area. At this stage, the sandstone peak forest landscape reaches its most spectacular phase, characterized by peak forests, narrow gorges, and gorges.



04 老年期 Old Stage

随着地壳进入相对稳定期，河流侧蚀拓宽作用占据主导地位，使得早期形成的砂岩峰林在重力作用下逐渐开始崩解、垮塌，张家界地貌由此进入老年期。此时地貌特征以残林、孤峰、宽谷等为主。

As the crust enters a relatively stable period, lateral river erosion and valley widening become dominant, causing the early-formed sandstone peak forests to gradually collapse under gravity. The Zhangjiajie landform thus reaches its old stage, characterized primarily by remnant peak forest, isolated peaks, and broad valleys.



黄石寨 — 凌空方山·全景奇寨

Huangshi Village — Elevated Mesa · Panoramic Wonder Village

黄石寨因相传汉代张良之师黄石公在此修道而得名，为巨型方山台地，是张家界石英砂岩峰林地貌的初始形成阶段，平均海拔约1100米，寨顶平坦开阔，面积约0.2平方千米。环寨而行，群峰簇拥，移步换景，雄伟壮丽。双门迎宾、摘星台、天桥遗墩等奇景错落有致，峰峦叠秀，气象万千。登临寨顶，万千峰林与翻涌云海尽收眼底，如入仙境，尽显张家界地貌的雄奇秀美，素有“不上黄石寨，枉到张家界”的盛誉。

Huangshi Village is named after Huang Shigong, the legendary mentor of Zhang Liang in the Han Dynasty, who is said to have practised Taoism here. It is a massive mesa, representing the initial formation stage of the quartz sandstone peak forest landform in Zhangjiajie, with an average elevation of about 1,100 metres. The top of the mesa is flat and open, covering an area of about 0.2 square kilometres. Travel around the village, and you will find that it is surrounded by clusters of peaks, and the scenery changes with every step, presenting a magnificent and majestic view. Double Welcome Gate, Star-picking Terrace, Remaining Piers of the Heavenly Bridge, and other wonders are scattered elegantly among the landscape, with overlapping peaks presenting endless magnificent scenery. Climbing to the top of the mesa, you can take in the countless peaks and the surging sea of clouds at a glance, as if entering a fairyland, fully displaying the majestic and picturesque Zhangjiajie Landform. There is a saying: "A trip to Zhangjiajie is not complete without visiting Huangshi Village."



黄石寨
Huangshi Village



黄石寨导览图

Huangshi Village Guide Map



黄石寨
Huangshi Village



黄石寨方山的演化历程

Evolution of the Huangshi Village Mesa



01 石英砂岩平台构造作用的影响下形成两组近乎平行的垂直节理。

The quartz sandstone platform, under the influence of tectonic activity, forms two sets of nearly parallel vertical joints.



02 流水沿垂直节理持续侵蚀，形成沟壑。

Flowing water continuously erodes along these vertical joints, carving out gullies and ravines.



03 流水沿垂直节理持续侵蚀，形成沟壑。

Flowing water continuously erodes along these vertical joints, carving out gullies and ravines.

摘星台 Star-picking Terrace

摘星台是黄石寨海拔最高的凌空观景台，由两层天然石英砂岩叠筑而成。基座岩石面积约20平方米、高5米左右；顶部岩石高约10米、直径约5米，一株古松傲立岩顶。此处下临幽谷，上顶云天。置身台上，头顶白云飘拂，脚下幽谷翠峰尽收眼底。雨天云雾弥漫时，周边峰林在云海里若隐若现、变幻莫测；皓月当空之际，满天星斗仿佛伸手可摘。1993年11月，国务委员张劲夫登台观景，为之命名。

Star-picking Terrace is the highest aerial viewing platform in Huangshi Village, formed by two naturally stacked layers of quartz sandstone. The base rock covers about 20 square metres and stands about 5 metres high; the upper rock is roughly 10 metres tall with a diameter of 5 metres, crowned by a solitary ancient pine. This spot overlooks a deep valley below and touches the vault of heaven above. Standing on the terrace, you find white clouds drifting overhead, while the verdant peaks and deep valleys spread out in a panoramic view below. When mist blankets the area on rainy days, the surrounding peak forest drifts in and out of the sea of clouds, ever-changing and mysterious. When the bright moon hangs in the sky, the stars appear close enough to be plucked by hand. In November 1993, State Councilor Zhang Jingfu visited the terrace and bestowed it with its name.



摘星台
Star-picking Terrace

天桥遗墩 Remaining Piers of the Heavenly Bridge

一组高达200多米峰柱群，呈椭圆柱形，一字排开，从峡谷中拔地而起，高大巍峨，气势非凡，酷似一组桥墩，浑然天成。这是流水沿石英砂岩的多组节理持续侵蚀、切割、雕琢而成。

A group of peak pillars over 200 metres high, shaped like elliptical columns, lined up in a row, rise steeply from the gorge. They are lofty and majestic, striking in appearance, and resemble a set of bridge piers formed by nature itself. This is the result of flowing water continuously eroding, cutting, and sculpting along multiple sets of quartz sandstone joints.



天桥遗墩
Remaining Piers of the Heavenly Bridge



金鞭溪 — 幽谷翠溪·山水画廊

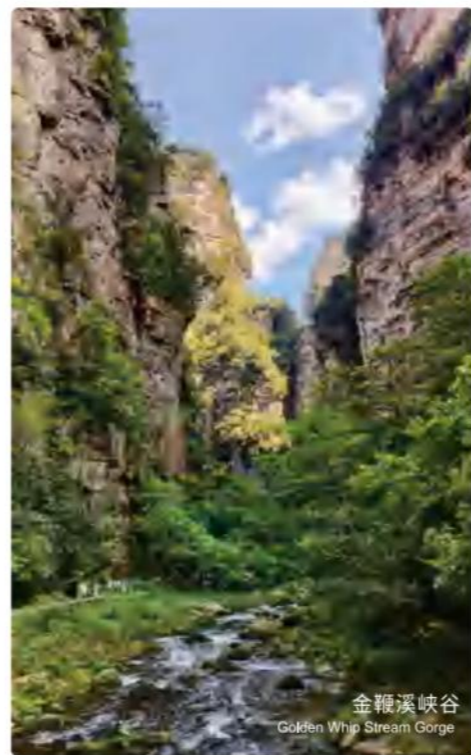
Golden Whip Stream — Emerald Stream · Landscape Gallery

金鞭溪因流经金鞭岩而得名，地处索溪上游，全长约7.5千米，是张家界难得的溯溪亲水胜地。两岸奇峰林立、崖壁对峙，溪涧激流深潭相接、澄澈明丽。所在峡谷素有“世界最美峡谷”之誉。沿溪漫步，可赏金鞭岩、西天取经等20余处胜景，移步皆景，清幽灵动，尽显张家界地貌的灵秀与神韵。

The Golden Whip Stream is named after the Golden Whip Rock it flows past. Located in the upper reaches of the Suoxi River, it stretches about 7.5 kilometres and is a rare spot in Zhangjiajie where visitors can get close to the water and trace the stream upstream. On both sides, grotesque peaks stand in forest-like clusters and cliffs face each other; streams and torrents connect deep pools, clear and bright. The gorge is renowned as "the most beautiful gorge in the world." Strolling along the stream, you can enjoy more than 20 scenic wonders such as Golden Whip Rock and Going to the West Heaven for Buddhist Scriptures. With every step, there is a new view. The surroundings are tranquil and lively, fully showcasing the grace and charm of the Zhangjiajie Landform.



金鞭溪 (徐平/摄)
Golden Whip Stream (Photo by Xu Ping)



金鞭溪峡谷
Golden Whip Stream Gorge

金鞭溪导览图

Golden Whip Stream Guide Map





闺门迎宾 Boudoir Gate

闺门迎宾由十余座石英砂岩峰柱组成。其中一峰似巨人，五官俱全，两手扣胸，笑口微开，称迎宾岩。其右，一峭壁横列天际，壁顶绿丛覆盖，壁面灌木倒悬，似一道屏风，称闺门岩。两“岩”相衬，形似一门，谓之闺门初开，意为“养在深闺”的佳丽已打开闺门迎候嘉宾。

Boudoir Gate is composed of more than ten quartz sandstone peak pillars. One peak resembles a giant with distinct facial features, hands clasped over its chest and a subtle smile—it is known as the Welcome Rock. To its right, a sheer cliff stretches across the horizon, its summit blanketed in greenery and its face adorned with hanging shrubs. Resembling a screen, it is called the Boudoir Gate. The two rocks complement each other to resemble a gate, a scene known as the First Opening of the Boudoir, symbolising a beauty raised in seclusion opening her door to welcome esteemed guests.



闺门迎宾
Boudoir Gate

金鞭岩 Golden Whip Rock

金鞭岩石柱高耸入云，相对高差350余米，上细下粗、方正峻峭，宛如一柄长鞭直插大地。构成“长鞭”的石英砂岩，经日光映照，熠熠生辉，故名“金鞭岩”。金鞭岩左侧，一峰与之齐平，形似一只山鹰，其双翅半展，利喙微张，试振双翅，作俯冲之势，紧紧守护着金鞭，似欲与来犯金鞭者搏击，形态逼真、气势凛然，故名“神鹰护鞭”。

The Golden Whip Rock column towers into the clouds with a relative height of over 350 metres. Square-edged and precipitous, tapering from a thick base to a slender top, it resembles a long whip driving straight into the earth. The quartz sandstone that makes up this "long whip" glistens under the sunlight, earning it the name "Golden Whip Rock". To the left of Golden Whip Rock rises a peak of equal height, shaped like a mountain eagle. With wings half-spread and a sharp beak slightly open, it appears poised to swoop down, fiercely guarding the golden whip as if battling an intruder. Its lifelike form and imposing aura have earned it the name "Eagle Guarding Golden Whip".



金鞭岩
Golden Whip Rock

千里相会 Couple's Reunion from Afar



千里相会
Couple's Reunion from Afar

千里相会由两座下端相连、上端分立的石英砂岩峰柱构成。其恰如久别重逢的夫妻，含情脉脉地相互凝视对方。丈夫身材魁伟，戴盔披甲，似远地归来，腰略躬，头微俯，似在慰藉妻子；妻子身段匀称，体态丰盈，蓄短发，富风韵，左手挽丈夫腰，面微仰，似窃窃私语，倾诉离情。这处绝妙的象形石峰景观，不仅展示了大自然鬼斧神工的造化之力，更在亿万年的静默伫立中，将山川的冷峻与人间至情完美交融。

Couple's Reunion from Afar consists of two quartz sandstone peak pillars that are joined at the base but separate at the top. They resemble a long-separated couple gazing affectionately into each other's eyes upon their reunion. The husband is tall and imposing, clad in a helmet and armour as if returning from a distant land; he bows his head slightly to comfort his wife. The wife is graceful and well-proportioned with short hair and an elegant air; she rests her left hand on her husband's waist and tilts her face upward, as if whispering tenderly of the long separation. This exquisite pictographic stone peak landscape not only demonstrates the uncanny craftsmanship of nature but also, through its silent stance over eons, perfectly blends the ruggedness of the mountains with the profoundest of human emotions.



黄龙洞 — 地下龙宫·溶洞奇观

Huanglong Cave — Underground Dragon Palace · Karst Cave Marvel

黄龙洞因相传古有黄龙藏身而得名，是张家界极具代表性的岩溶洞穴奇观。溶洞自上而下共分四层，含两层旱洞、两层水洞。洞内有1库、2河、3潭、4瀑、13厅、98廊，总长约7.5千米，面积20多万平方米，垂直高差140米。洞内石钟乳、石笋、石柱、石瀑、石幔、石帘和石花等岩溶景观一应俱全，移步换景。其中最负盛名的石笋景观——“定海神针”，高约19.2米，直径约0.6米，纤细挺拔，巍然挺立，堪称举世罕见。

Huanglong Cave, named after a legend that a yellow long once hid here, is one of the most representative karst cave wonders in Zhangjiajie. The cave is divided from top to bottom into four levels, consisting of two dry ones and two water ones. The cave features one reservoir, two rivers, three pools, four waterfalls, 13 halls, and 98 corridors. It stretches approximately 7.5 kilometres in total length, covers an area of over 200,000 square metres, and has a vertical height difference of 140 metres. The cave contains a complete array of karst formations, including stalactites, stalagmites, stone columns, rocky waterfalls, stone drapes, stone curtains, and cave corals, with new sights appearing at every turn. The most renowned stalagmite landscape, the Sea-stabilising Rod, stands about 19.2 metres tall and has a diameter of approximately 0.6 metres. Slender and upright, it towers impressively and is truly a rare sight in the world.



黄龙洞导览图

Huanglong Cave Guide Map



黄龙洞
Huanglong Cave



黄龙洞外围
Huanglong Cave Exterior



黄龙洞-龙王宝座
Huanglong Cave—Dragon King's Throne



定海神针 Sea-stabilising Rod

定海神针最上层龙宫大厅，为一根两端粗中间细的石笋，是黄龙洞“镇洞之宝”。高约19.2米，直径约0.6米，直径与高度比约3%，形态独特且高径比罕见。石笋通体晶莹，立于崩塌斜坡，似金箍棒直刺穹顶，纹理如岁月刻痕，微光下泛幽蓝光泽。仰望间，滴水叮咚如时光絮语。它是流水滴石造就的绝世景致，更是深藏溶洞之中的自然神作。

Sea-stabilising Rod, located in the uppermost Dragon Palace Hall, is a stalagmite that is thick at both ends and slender in the middle. It is the "Signature Treasure" of Huanglong Cave. Standing approximately 19.2 metres high with a diameter of about 0.6 metres, its diameter-to-height ratio is roughly 3%. This unique form boasts an exceptionally rare height-to-diameter ratio. The translucent stalagmite stands on a collapsed slope, resembling the Golden Cudgel piercing the cave's ceiling. Its textures are like the carvings of time, emitting a faint blue lustre under the dim light. Looking up, the rhythmic dripping of water sounds like the gentle whispers of time. It is a peerless landscape formed by centuries of dripping water—a natural masterpiece hidden deep within the karst cave.



定海神针
Sea-stabilising Rod

定海神针
Sea-stabilising Rod

黄龙洞的四层“楼”是如何“修建”成的

How was Huanglong Cave's four-storey "building" constructed

当你沿着黄龙洞的溶蚀巷道一路前行，道路时而攀升、时而陡降，时而入宽厅、时而穿窄道。如果你细心探索，就会发现黄龙洞自上而下大致分为四层，那你知道这“四层高楼”是如何“修建”而成的吗？

As you traverse the karst tunnel of Huanglong Cave, the path ascends and descends steeply, leading through spacious halls and narrow passageways. If you explore carefully, you will discover that Huanglong Cave is vertically divided into four distinct storeys. Do you know how this "four-storey building" was constructed?



01 约2.5亿年前，张家界地区还处于海洋环境，在生物作用和化学作用的共同影响下，形成了大量以碳酸钙为主要成分的石灰岩，构成了溶洞形成的物质基础。

Over 250 million years ago, the Zhangjiajie region was still a marine environment. Through biological and chemical processes, large amounts of limestone, mainly composed of calcium carbonate, were deposited, providing the material basis for later cave formation.



02 经过漫长的地质年代，曾经深埋地下的石灰岩暴露于地表。地表水开始溶蚀石灰岩，在地面形成溶沟、石芽、落水洞等地貌。

Over vast geological time, the once deeply buried limestone was uplifted and exposed. Surface water began dissolving the limestone, forming features such as karren, clints, and sinkholes.



03 随着地壳抬升，流水沿灰岩地层层面及节理裂隙不断向下溶蚀，形成地下水系和地下溶洞系统。在地壳平稳期，溶蚀与重力崩塌作用配合，不断向四周扩展，形成宽阔的大厅和溶蚀巷道。

As the crust uplifted, flowing water dissolved downward along bedding planes, joints and fissures in the limestone, forming underground river systems and cave systems. During periods of tectonic stability, dissolution combined with gravitational collapse to expand laterally and form wide halls and karst tunnels.



04 此后，地壳又经历了多次抬升。每次抬升后，地下水就向深部开始新的“探索”，再次构建更深层次的地下水系和地下洞穴系统，如此周而复始，最终形成现在“四层”结构的洞穴地貌景观，同时也称为地壳抬升无言的“证人”。

Subsequently the crust experienced multiple phases of uplift. After each uplift, groundwater began a new phase of downward dissolution, constructing deeper groundwater and cave systems. This cycle repeated, ultimately forming the present four-level cave landscape, a silent witness to crustal uplift.



宝峰湖 — 高峡平湖·山水明珠

Baofeng Lake — High-Gorge Lake · Pearl of Mountains and Waters

宝峰湖因毗邻宝峰山而得名，是张家界砂岩峰林间独具特色的高峡平湖，由流水沿三组节理侵蚀形成的洼地积水而成。湖泊依山呈不规则狭长形，面积274公顷、平均水深72米。湖畔奇峰林立、峰峦叠嶂，湖水澄澈如镜，青山群峰倒映其间，水映山影、山衬水色，湖光山色相映成趣，处处充满诗情画意。著名诗人汪曾祺游览后感慨：“一鉴深藏锁翠微，移来三峡四周围；游船驶入青山影，惊起鸳鸯对对飞。”

Baofeng Lake is named after its proximity to the Baofeng Mountain. It is a uniquely characteristic high-gorge lake among the sandstone peak forests of Zhangjiajie, formed by water accumulating in a depression created by the erosion of streams along three sets of joints. The lake is irregularly narrow and long along the mountains, with an area of 274 hectares and an average water depth of 72 metres. The lakeside is lined with towering grotesque peaks and overlapping mountain ranges. The lake water is as clear as a mirror, reflecting the lush mountains and numerous peaks. The scenery of the lake and mountains enhances each other, making every corner full of poetic beauty. The famous poet Wang Zengqi, after his visit, expressed his feelings: "A mirror is hidden deep amidst emerald hills, surrounded by scenery as if the Three Gorges were transplanted here. As the boat sails into the reflection of green mountains, mandarin ducks, startled, take flight in pairs."



宝峰湖
Baofeng Lake

宝峰湖导览图
Baofeng Lake Guide Map



图例 Legends	
	景区环保汽车营运线 Eco-friendly Bus Operation Route
	步行游道 Walking Trail
	环保车停车场、乘车点 Eco-friendly Bus Parking Lot/Boarding Point
	河流、湖泊 River/Lake
	游船码头 Tour Boat Landing
	主要景点 Main Scenic Spots
	医疗点、救护站 Clinic/First Aid Station
	卫生间 Toilet
	门票站 Ticket Station
	游客中心 Tourist Centre

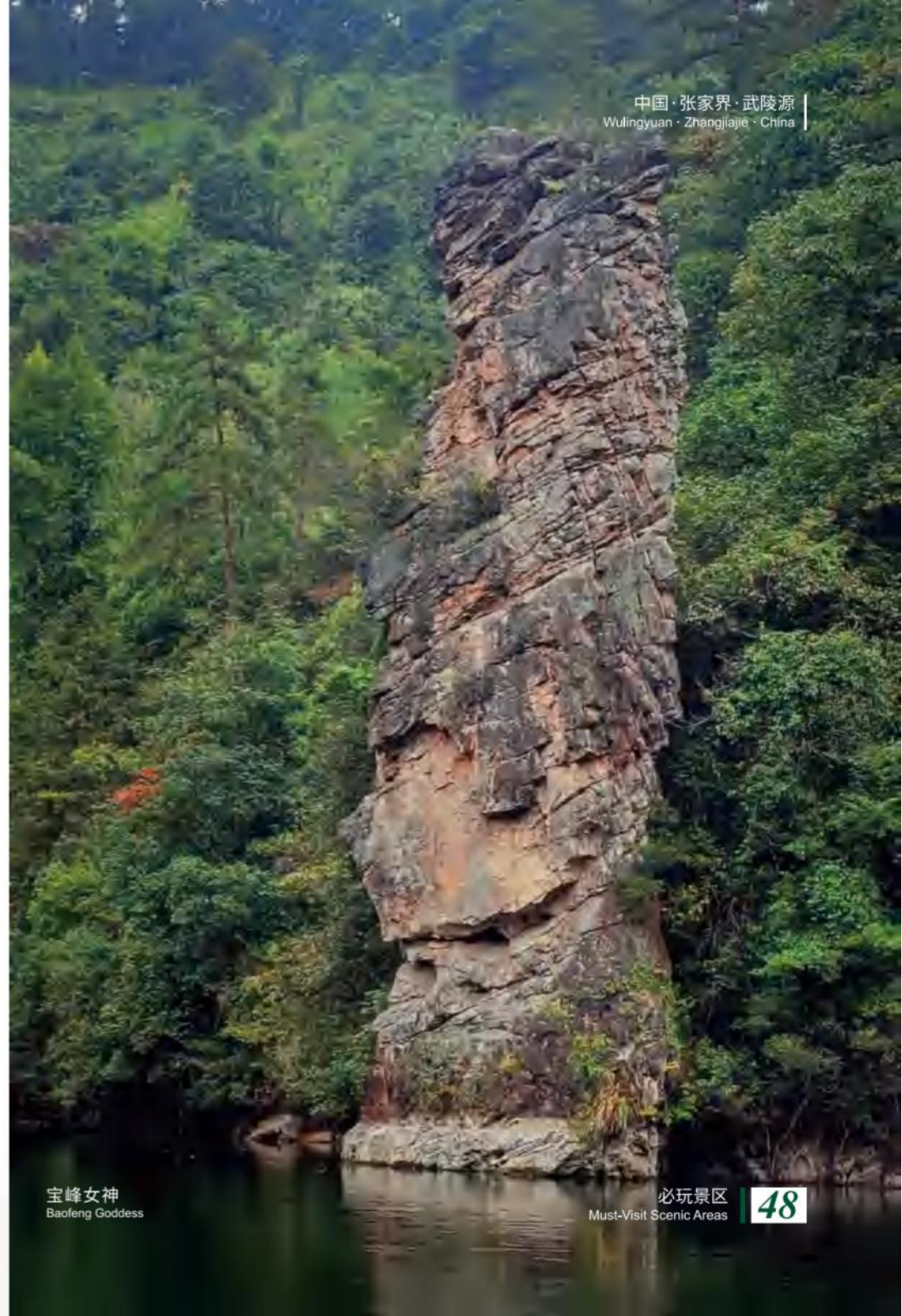




宝峰女神 Baofeng Goddess

宝峰女神位于宝峰湖畔，由一座独立石英砂岩峰柱构成，又称“仙女照镜”。峰高约10米，与湖面倒影相映成趣。峰体如亭亭玉立的少女，发髻高绾，面容清秀，衣袖微垂，正低头凝视湖面梳妆。泛舟凝望，碧水如镜映佳人，微风拂过似闻浅笑，心神沉醉。

The Baofeng Goddess, also known as "Fairy Gazing into a Mirror," is located on the shore of Baofeng Lake and is formed by a solitary quartz sandstone peak pillar, standing approximately 10 metres high and creating a delightful scene with its reflection in the lake. The peak resembles a graceful young girl with a high bun, delicate features, and flowing sleeves, looking down at the lake surface as if grooming herself. Gazing from a boat, the mirror-like water reflects her beauty. As a gentle breeze brushes by, it seems to hear her soft laughter, leaving the soul enchanted.





推荐游线

Recommended Tourist Routes





休闲徒步线 Casual Hiking Route

袁家界-杨家界-天子山(山上大环线) Yuanjiajie-Yangjiajie-Tianzi Mountain (Mountaintop Grand Loop)

- 游览时间建议: 一日
Recommended duration: one day
- 住宿建议: 武陵源城区
Recommended accommodation: Wulingyuan urban area
- 午餐地点建议: 杨家界、天下第一桥站
Recommended lunch venue: Yangjiajie or The No.1 Bridge in the World Station

此线路是张家界世界地质公园经典游览路线之一,串联袁家界、杨家界、天子山三大核心区域,形成一条完整的山顶观景环线。沿线可尽览袁家界乾坤柱、天下第一桥等标志性景观,欣赏杨家界天然长城峰墙雄姿,饱览天子山御笔峰、西海峰林壮阔全景。步道与绝壁栈道交错,云海变幻,移步换景,清晰展现张家界地貌“平台—峰墙—峰林”的演化序列。游客还可搭乘百龙天梯凌空攀升,直抵峰巅,乘坐天子山索道穿云而行,纵览千峰竞秀的开阔视野,兼具观光体验与地质科普价值。

This route is one of the classic tour routes in Zhangjiajie UNESCO Global Geopark, connecting the three core areas of Yuanjiajie, Yangjiajie, and Tianzi Mountain into a complete mountaintop sightseeing loop. Along the way, you can enjoy iconic landscapes such as the Avatar Mountain and The No.1 Bridge in the World in Yuanjiajie, admire the majestic Natural Great Wall in Yangjiajie, and take in the panoramic views of the Imperial Brush Peak and West Sea Peak Forest in Tianzi Mountain. Trails interweave with cliffside plank roads where ever-changing clouds create new vistas at every step, clearly revealing the evolutionary sequence of Zhangjiajie Landform: "platform-peak wall-peak forest." Tourists can also take the Bailong Elevator to soar to the summit, and ride the Tianzi Mountain Cableway through the clouds for expansive views of thousands of peaks—a perfect blend of sightseeing and geological science popularisation.



天子山
Tianzi Mountain



天子山
Tianzi Mountain

路线指南 Route guide



东门(吴家峪门票站)B线 → 百龙天梯下站 → 百龙天梯上站 → 迷魂台站 → 游览袁家界 → 天下第一桥站 → 杨家界索道站 → 游览杨家界 → 杨家界索道站 → 天子山站 → 游览贺龙公园 → 贺龙公园站 → 天子山索道上站 → 天子山索道下站 → 东门(吴家峪门票站)

East Gate (Wujiayu Ticket Station) Route B → Lower Station of Bailong Elevator → Upper Station of Bailong Elevator → Enchanting Terrace Station → Yuanjiajie Tour → The No.1 Bridge in the World Station → Yangjiajie Cableway Station → Yangjiajie Tour → Yangjiajie Cableway Station → Tianzi Mountain Station → Helong Park Tour → Helong Park Station → Upper Station of Tianzi Mountain Cableway → Lower Station of Tianzi Mountain Cableway → East Gate (Wujiayu Ticket Station)

备注: 可以选择公园东门(A线)进入, 反向游览。

Note: You may also enter via the Geopark's East Gate (Route A) and follow the route in reverse.



天子山峰林
Tianzi Mountain Peak Forest



百龙天梯
Bailong Elevator



袁家界峰林
Yuanjiajie Peak Forest



天子山索道
Tianzi Mountain Cableway



黄石寨 - 金鞭溪 - 十里画廊

Huangshi Village - Golden Whip Stream - Ten-Mile Gallery



· 游览时间建议：一日

Recommended duration: one day



· 住宿建议：南门(森林公园门票站)/武陵源城区

Recommended accommodation: South Gate (Forest Park Ticket Station) / Wulingyuan urban area



· 午餐地点建议：大氧吧广场

Recommended lunch venue: Oxygen Bar Plaza

此线路串联黄石寨、金鞭溪与十里画廊，形成一条完整的方山-峡谷观景路线。沿途打卡黄石寨六奇阁、摘星台，金鞭溪神鹰护鞭、劈山救母等标志性景观，感受原始森林与奇峰倒映的灵动画卷。步道与峡谷栈道交织，云雾流转于峰林之间，尽显张家界方山、峰林峡谷独具一格的地貌神韵。您既能乘黄石寨索道直抵峰巅，也能沿金鞭溪悠然漫步，还能乘十里画廊观光小火车沿途赏景，沉浸式感受山水相融的清幽意境。

This route connects Huangshi Village, Golden Whip Stream, and Ten-Mile Gallery, forming a complete mesa-to-valley sightseeing route. Along the way, visit iconic landscapes such as Six Wonders Pavilion and Star-picking Terrace in Huangshi Village, and Eagle Guarding Golden Whip and Splitting the Mountain to Save Mother along Golden Whip Stream, experiencing a vivid scroll of primeval forests and mirrored peaks. Trails interweave with valley plank roads where clouds drift among the peaks, fully displaying the unique geomorphological charm of Zhangjiajie's mesas, peak forests and gorges. You can take the Huangshi Village Cableway to the summit, stroll leisurely along Golden Whip Stream, or ride the sightseeing train through the Ten-Mile Gallery, immersing yourself in the serene beauty of the mountains and waters.



路线指南 Route guide



南门(森林公园门票站) → 老磨湾站 → 黄石寨索道下站 → 黄石寨索道上站 → 游览黄石寨大环线 → 黄石寨索道上站 → 黄石寨索道下站 → 大氧吧广场(老磨湾站) → 游览金鞭溪 → 水绕四门站 → 乘坐小火车游览十里画廊 → 十里画廊站 → 东门(吴家峪门票站)

South Gate (Forest Park Ticket Station) → Laomowan Station → Lower Station of Huangshi Village Cableway → Upper Station of Huangshi Village Cableway → Huangshi Village Grand Loop Tour → Upper Station of Huangshi Village Cableway → Lower Station of Huangshi Village Cableway → Oxygen Bar Plaza (Laomowan Station) → Golden Whip Stream Tour → Water Winding Four Gates Station → Sightseeing train through Ten-Mile Gallery → Ten-Mile Gallery Station → East Gate (Wujiayu Ticket Station)

备注：可以选择公园东门(B线)进入，反向游览。

Note: You may also enter via the Geopark's East Gate (Route B) and follow the route in reverse.



十里画廊观光小火车
Ten-Mile Gallery Sightseeing Train



金鞭溪 (宋春福/摄)
Golden Whip Stream (Photo by Song Chunfu)



黄石寨-飞云洞
Huangshi Village-Cloud-Flying Cave



宝峰湖 - 黄龙洞 Baofeng Lake - Huanglong Cave



· 游览时间建议：一日
Recommended duration: one day



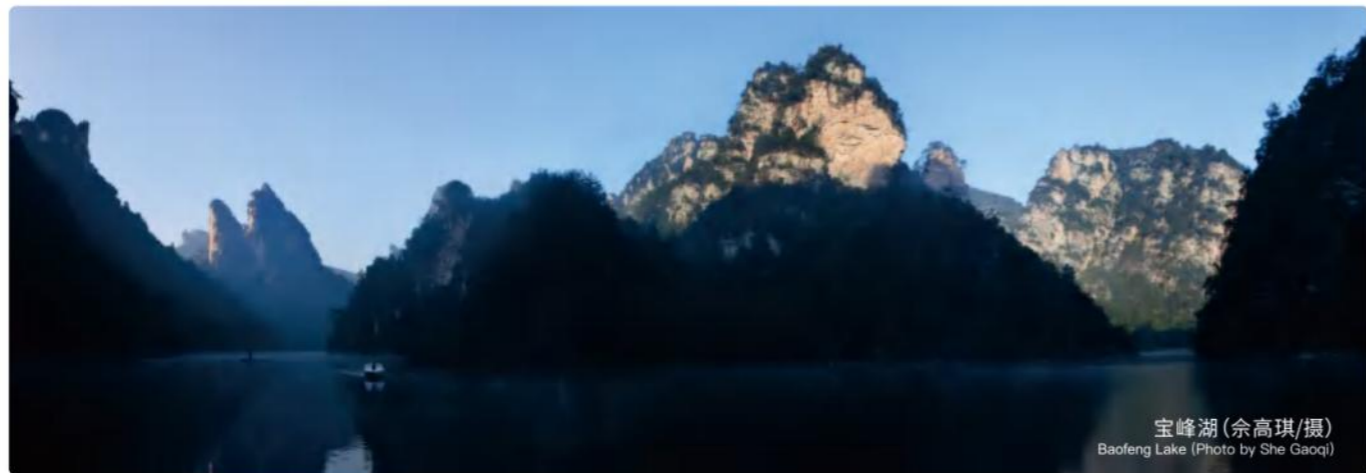
· 住宿建议：武陵源城区
Recommended accommodation: Wulingyuan urban area



· 午餐地点建议：武陵源城区
Recommended lunch venue: Wulingyuan urban area

此线路是张家界世界地质公园特色游览路线之一，串联宝峰湖、黄龙洞两大景区，形成一条完整的“水上张家界”与“地底秘境”观景路线。沿线可尽览宝峰湖高峡平湖的碧波倒影、宝峰飞瀑的灵动身姿；欣赏黄龙洞龙宫大厅的宏大空间、定海神针的亿万年沉淀奇观。沉浸式感受高山湖泊的温婉灵秀，漫步溶洞廊道探秘地底秘境，观赏千姿百态的钟乳石群。您可搭乘画舫轻舟枕风而行、穿行于峰林之间；乘坐游船深入岩溶通道，聆听洞穴密语与远古水声的交响，纵览山水相依的柔美画卷。

As one of the featured sightseeing routes of Zhangjiajie UNESCO Global Geopark, this route connects Baofeng Lake and Huanglong Cave, creating a comprehensive journey through "Zhangjiajie on Water" and an "Underground Wonderland." Along the way, you can enjoy the emerald reflections of the Baofeng Lake amidst high gorges and the dynamic Baofeng Waterfall; then, admire the vast Dragon Palace Hall in Huanglong Cave and the Sea-stabilising Rod, a stalagmite formed over hundreds of millions of years. You can immerse yourself in the serene beauty of the alpine lake, explore the mysterious underground realm along winding galleries, and appreciate a myriad of stalactite formations. You also can board a traditional painted boat to glide through the peak forest, or take a boat deep into the karst tunnels to listen to the symphony of cave whispers and ancient water sounds, taking in the picturesque landscape where mountains and water blend harmoniously.



路线指南 Route guide

宝峰湖门票站 → 湖尾乘车点 → 乘船游览宝峰湖 → 湖尾乘车点 → 宝峰湖出口 → 黄龙洞门票站 → 游览黄龙洞

Baofeng Lake Ticket Station → Southern End Shuttle Stop → Baofeng Lake Boat Tour → Southern End Shuttle Stop → Baofeng Lake Exit → Huanglong Ticket Station → Huanglong Cave Tour



备注：可以先游览黄龙洞再游览宝峰湖。
Note: You may visit Huanglong Cave first and then Baofeng Lake.



宝峰飞瀑
Baofeng Waterfall



宝峰湖游船
Baofeng Lake Boat Tour



黄龙洞
Huanglong Cave



宝峰湖游船
Baofeng Lake Boat Tour



徒步登山线

Mountaineering Route

黄石寨徒步路线

Huangshi Village Hiking Route



· 游览时间建议: 一日
Recommended duration: one day



· 难度: ☆☆☆
Difficulty: ☆☆☆



· 住宿建议: 南门(森林公园门票站)附近
Recommended accommodation: Near South Gate (Forest Park Ticket Station)



· 午餐地点建议: 黄石寨
Recommended lunch venue: Huangshi Village

此线路是公园的经典登山观景路线, 围绕黄石寨展开, 形成一条360°无死角的悬崖环线。沿线可登临六奇阁揽尽峰林全景, 驻足摘星台遥望峰林雄姿, 探秘天桥遗墩、雾海金龟等奇石大观。

As a classic mountaineering and sightseeing route, it circles Huangshi Village, forming a 360° cliffside loop with panoramic views. Along the way, you can ascend Six Wonders Pavilion for a panoramic view of the peak forest, pause at the Star-picking Terrace to admire the majestic peaks, and explore geological wonders such as the Remaining Piers of the Heavenly Bridge and the Golden Turtle in Misty Sea.



黄石寨-天桥遗墩
Huangshi Village-Remaining Piers of the Heavenly Bridge



雾海金龟
Golden Turtle in Misty Sea

路线指南 Route guide



南门(森林公园门票站) → 黄石寨前山步道 → 游览黄石寨大环线 → 黄石寨后山步道 → 南门(森林公园门票站)

South Gate (Forest Park Ticket Station) → Huangshi Village Front Mountain Trail → Huangshi Village Grand Loop Tour → Huangshi Village Back Mountain Trail → South Gate (Forest Park Ticket Station)



鸽子寨-金鞭溪徒步路线

Yaozi Village-Golden Whip Stream Hiking Route



· 游览时间建议：一日
Recommended duration: one day



· 难度：☆☆☆☆☆
Difficulty: ☆☆☆☆☆



· 住宿建议：南门(森林公园门票站)附近
Recommended accommodation: Near South Gate (Forest Park Ticket Station)



· 午餐地点建议：自带
Recommended lunch venue: Bring your own food

此线路是公园的小众探幽路线，串联险峻崖壁寨顶与清幽河谷溪流，形成一条“上观绝壁峰林、下探溪谷秘境”的高低双层观景走廊。沿线可观看利剑冲霄的奇特大观，凌空惊悚的险峻绝壁，跳鱼潭的清幽静谧。此路线兼具险峻徒步感与原生态清幽感，是游客少、风光原始、地质观赏性极强的小众精品游线。

This niche route links the precipitous cliff tops of Yaozi Village with serene valley streams, creating a two-level scenic corridor for viewing sheer cliffs and peak forests from above while exploring hidden valley streams below. Along the way, you can see the spectacular "Sword to the Sky," the thrilling height of the Suspended Thrill, and the tranquil serenity of the Leaping Fish Pool. This route offers both rugged trekking and primitive tranquillity—a boutique route with few tourists, pristine scenery, and high geological value.

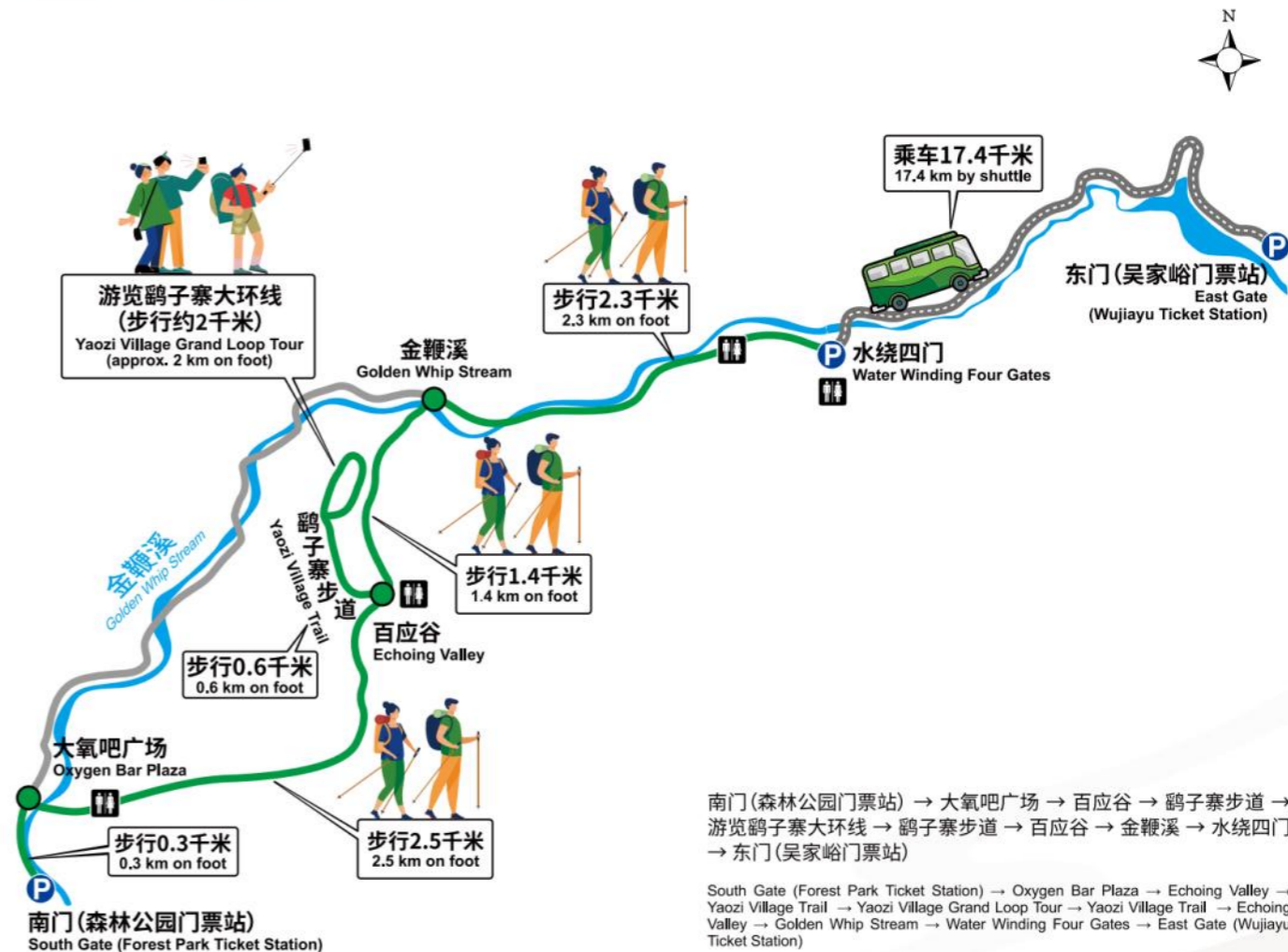


鸽子寨
Yaozi Village



鸽子寨
Yaozi Village

路线指南 Route guide





十里画廊-天子山徒步路线 Ten-Mile Gallery-Tianzi Mountain Hiking Route



· 游览时间建议：一日
Recommended duration: one day



· 难度：☆☆☆☆
Difficulty: ☆☆☆☆



· 住宿建议：东门
Recommended accommodation: East Gate



· 午餐地点建议：贺龙公园
Recommended lunch venue: Helong Park

此线路是从幽深峡谷直抵云端峰林的立体穿越路线，沿十里画廊蜿蜒而上，最终登顶天子山，形成一条从谷底仰视到绝顶俯瞰的绝美景观长廊。沿线可观赏采药老人的惟妙惟肖；穿越卧龙岭原始次生林，体验从幽深峡谷直升绝壁之巅的凌空之感；登顶后驻足贺龙公园，俯瞰御笔峰的峰林阵列，守望仙女散花的灵动神韵，最终经天然石拱南天门缓缓而下。此路线兼具平缓漫游闲适感与登高望远壮阔感，景致层次丰富、视野开阔。

This route offers a vertical traverse from deep valleys to cloud-shrouded peaks. Winding up along the Ten-Mile Gallery to the summit of Tianzi Mountain, it forms a stunning scenic corridor providing views ranging from valley-floor looking up to mountain-top looking down. Along the way, you can admire the lifelike "Old Herbalist" rock formation; trek through the secondary forest of Lying Loong Ridge to experience the sensation of rising from a deep valley to the heights of sheer cliffs; upon reaching the top, visit Helong Park to overlook the Imperial Brush Peak and the graceful Fairy Scattering Flowers, before descending through the natural stone arch of the South Heavenly Gate. This route combines the leisure of gentle walking with the exhilaration of elevated vistas, offering rich layers of scenery and wide-open views.

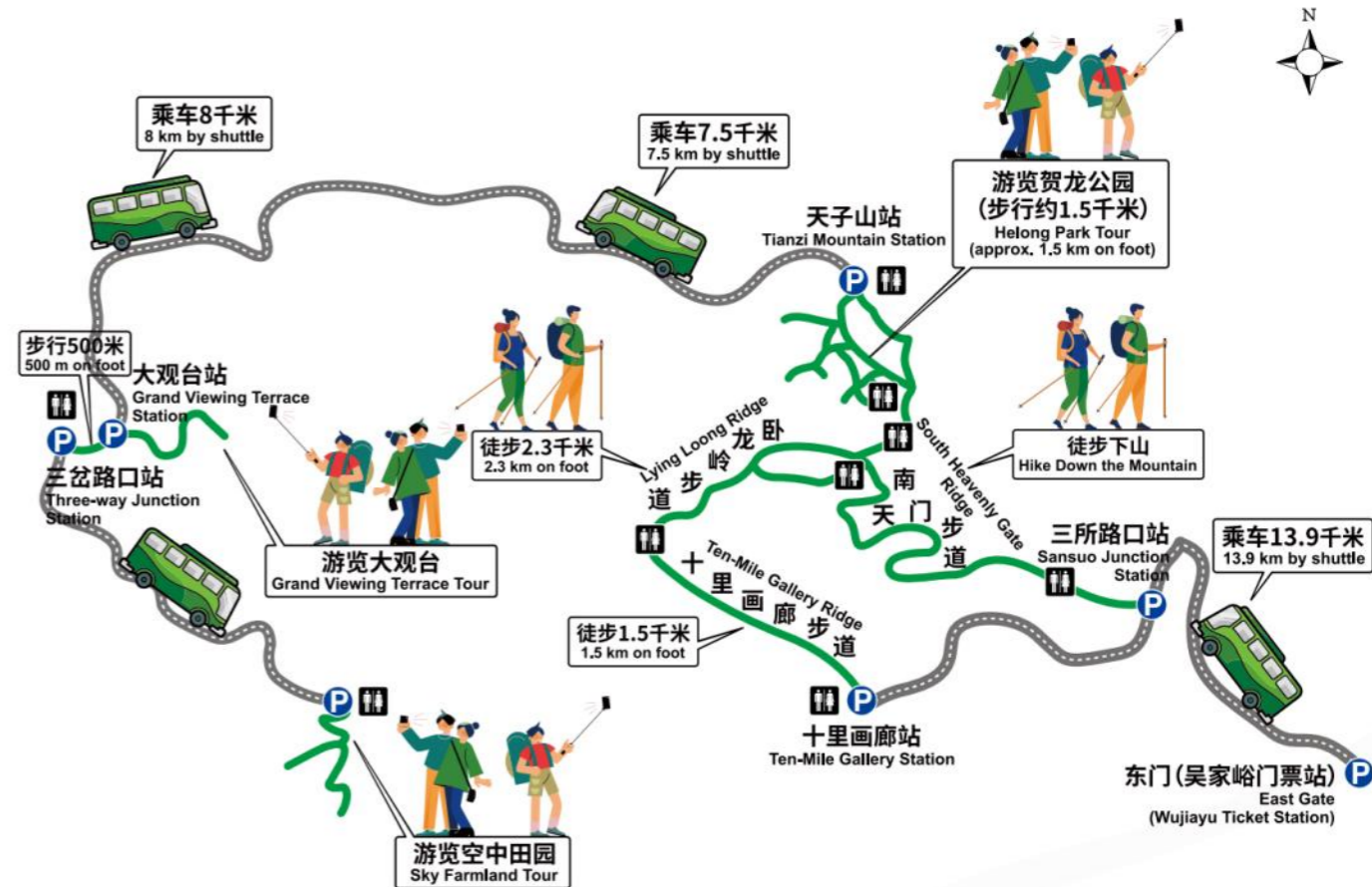


采药老人
Old Herbalist



仙女散花
Fairy Scattering Flowers

路线指南 Route guide



东门(吴家峪门票站) → 十里画廊站 → 卧龙岭 → 游览贺龙公园 → 天子山站 → 大观台站 → 游览大观台 → 三岔路口站 → 游览空中田园 → 三岔路口站 → 天子山站 → 南天门 → 三所路口站 → 东门(吴家峪门票站)

Gate (Wujiayu Ticket Station) → Ten-Mile Gallery Station → Lying Loong Ridge → Helong Park Tour → Tianzi Mountain Station → Grand Viewing Terrace Station → Grand Viewing Terrace Tour → Three-way Junction Station → Sky Farmland Tour → Three-way Junction Station → Tianzi Mountain Station → South Heavenly Gate Hiking → Sansuo Junction Station → East Gate (Wujiayu Ticket Station)



杨家界-袁家界-金鞭溪徒步路线

Yangjiajie-Yuanjiajie-Golden Whip Stream Hiking Route



· 游览时间建议：一日
Recommended duration: one day



· 难度：☆☆☆☆
Difficulty: ☆☆☆☆



· 住宿建议：此路线起点与终点距离较远，需合理规划住宿点
Recommended accommodation: The start and end points of this route are far apart; please plan your accommodation accordingly



· 午餐地点建议：袁家界
Recommended lunch venue: Yuanjiajie

此线路是公园内极具挑战与野趣的硬核徒步穿越路线，串联起杨家界、袁家界与金鞭溪三大核心区域，形成一条从山巅绝壁深入谷底幽溪的立体景观长廊。沿线可徒步征服空中走廊，一步登天感受绝壁险峰的雄奇，打卡《阿凡达》悬浮山原型乾坤柱与天下第一桥的鬼斧神工，最终经乱窜坡徒步下山，漫步金鞭溪畔，尽享峡谷清溪与原始森林的静谧与清凉。

This is a challenging and adventurous hiking route that connects Yangjiajie, Yuanjiajie, and Golden Whip Stream, creating a vertical landscape corridor that stretches from mountaintop cliffs down to the serene valley stream. Along the way, you can conquer the Skywalk and experience the majesty of the sheer cliffs at One Step to Heaven, visit the Avatar Mountain (the prototype for the Hallelujah Mountains in Avatar) and the natural wonder of The No.1 Bridge in the World, and finally, descend via Luancuanpo and stroll along Golden Whip Stream to enjoy the serenity and coolness of the valley streams and primeval forests.



一步登天 - 棒槌峰
One Step to Heaven - Club Peak



空中走廊
Skywalk

路线指南 Route guide



西门(杨家界门票站) → 杨家界索道下站 → 杨家界徒步 → 游览杨家界 → 杨家界站 → 天下第一桥站 → 游览袁家界 → 乱窜坡 → 金鞭溪游览 → 水绕四门站 → 东门(吴家峪门票站)

West Gate (Yangjiajie Ticket Station) → Lower Station of Yangjiajie Cableway → Yangjiajie Hiking → Yangjiajie Tour → Yangjiajie Station → The No.1 Bridge in the World Station → Yuanjiajie Tour → Luancuanpo → Golden Whip Stream Tour → Water Winding Four Gates Station → East Gate (Wujiayu Ticket Station)

备注：乱窜坡到金鞭溪后，可以选择向南门步行4千米从森林公园南门出。

Note: After reaching Golden Whip Stream via Luancuanpo, you may choose to walk 4 km toward the South Gate to exit the Forest Park.



鹰窝寨徒步路线

Eagle's Nest Fortress Hiking Route



· 游览时间建议: 半日
Recommended duration: half day



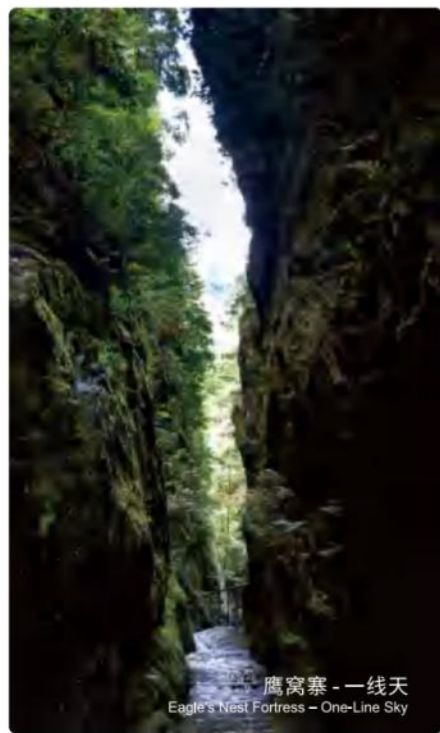
· 难度: ☆☆☆
Difficulty: ☆☆☆



· 住宿建议: 武陵源城区
Recommended accommodation: Wulingyuan urban area

此路线是公园内险峻探险登山路线, 依托绝壁山寨修建, 形成一条壁立千仞的崖壁险途。沿线可穿行一线天仰望狭缝天光, 远眺层叠错落的南海峰林, 探访古朴清幽的观音古庙。

This is a rugged adventure route in the Geopark, built along a cliffside fortress, creating a precipitous path on sheer rock faces. Along the way, you can pass through the One-Line Sky to look up at a sliver of light, gaze at the sprawling South Sea Peak Forest from afar, and visit the serene and ancient Guanyin Temple.



鹰窝寨 - 一线天
Eagle's Nest Fortress - One-Line Sky



鹰窝寨 - 南海峰林
Eagle's Nest Fortress - South Sea Peak Forest

路线指南 Route guide





行车骑行线 Cycling Route

武陵源城区-森林公园南门 Wulingyuan urban area-South Gate of the Forest Park



· 游览时间建议: 半日
Recommended duration: half day



· 难度: ☆☆☆☆
Difficulty: ☆☆☆☆



· 住宿建议: 武陵源城区
Recommended accommodation: Wulingyuan urban area

该路线是公园内景色绝佳的自行车骑行路线, 不仅穿越百丈峡, 还途经梓木岗五彩骑行路。路段设有5处观景台、6处打卡点, 以及“雄关百丈”等4处骑行驿站; 行至龙尾巴社区时, 可远眺峰林盛景, 最后经蜿蜒曲折的十八盘抵达森林公园南门。

This cycling route offers exceptional scenery within the Geopark, passing not only through Thousand-Foot Gorge but also along the Zimugang Colourful Cycling Path. The route features five viewing platforms, six photo spots, and four cycling stations including "Xiongguan Baizhang." Upon reaching Longweiba Community, you can overlook a magnificent peak forest panorama before finally arriving at the South Gate of the Forest Park via the winding Eighteen Mountain Bends.



百丈峡 (王晋新/摄)
Thousand-Foot Gorge (Photo by Wang Jingxin)



龙尾巴社区
Longweiba Community

路线指南 Route guide

武陵源城区 → 武陵山大道 → 插旗峪村 → 抗金岩 → 龙尾巴社区 → 南门(森林公园门票站)
Wulingyuan urban area → Wulingshan Avenue → Chaqiyu Village → Kangjin Rock → Longweiba Community → South Gate (Forest Park Ticket Station)



备注: 插旗峪村至龙尾巴社区沿线为约5公里的上山道路, 爬升高度360米, 请合理分配好体力。

Note: The section from Chaqiyu Village to Longweiba Community consists of approximately 5 kilometres of uphill road with an elevation gain of 360 metres. Please manage your physical exertion accordingly.



自然教育考察线

Nature Education Route

金鞭溪自然教育考察路线

Golden Whip Stream Nature Education Route



· 游览时间建议: 半日

Recommended duration: half day



· 住宿建议: 武陵源城区

Recommended accommodation: Wulingyuan urban area

此路线是深入探索张家界地质奥秘和生物多样性的必游之选。游览路线将穿越亿万年的时光,通过解读节理、层理、心滩等地质密码,沉浸式体验张家界地貌的沧桑巨变与演化传奇。通过探寻鸟兽踪迹、辨识山野草木等自然密码,感悟公园千姿百态的生物多样风貌。

This route is a must-visit for a deep exploration of Zhangjiajie's geological mysteries and biodiversity. This route takes you on a journey back hundreds of millions of years, decoding geological secrets such as joints, bedding, and channel bars, and offering an immersive experience of the dramatic transformations and evolutionary legend of the Zhangjiajie Landform. By tracing animal tracks, identifying wild flora, and unlocking natural codes, you will appreciate the vibrant biodiversity of the Geopark.

路线指南 Route guide

地质公园博物馆 → 金鞭溪 → 大氧吧广场

Zhangjiajie UNESCO Global Geopark Museum → Golden Whip Stream → Oxygen Bar Plaza



01 张家界世界地质公园博物馆

Zhangjiajie UNESCO Global Geopark Museum

走进张家界世界地质公园博物馆,系统了解张家界地貌漫长的演化历程。

Visit the Zhangjiajie UNESCO Global Geopark Museum for a systematic understanding of the long evolutionary history of Zhangjiajie Landform.



02 金鞭溪

Golden Whip Stream

漫步金鞭溪,直观感受流水雕琢地貌的神奇作用。

Stroll along Golden Whip Stream to directly experience the miraculous role of flowing water in carving the landform.



03 崩塌岩块

Collapsed Rock Block

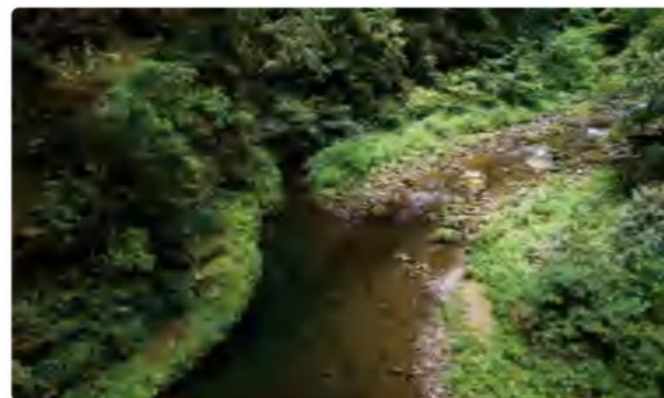
观赏崩塌岩块景观,知晓重力崩塌是塑造张家界地貌的重要外动力。观赏崩塌岩块景观,知晓重力崩塌是塑造张家界地貌的重要外动力。Observe collapsed rock blocks and learn that gravitational collapse is a key external force in shaping Zhangjiajie Landform.



04 垂直节理

Vertical Joint

沿途可见发育完整的垂直节理,正是峰林地貌得以形成的关键基础。沿途可见发育完整的垂直节理,正是峰林地貌得以形成的关键基础。View the well-developed vertical joints along the way, which are the fundamental structural basis for the formation of peak forest landforms.



05 河心滩

Mid-channel Bar

河心滩证明了河流不仅有侵蚀岩层的力量,也是河流堆积地貌主要推动力。

Mid-channel bars prove that rivers not only erode rock strata but are also the primary drivers of fluvial depositional landforms.



06 交错层理

Cross-bedding

交错层理留存着远古流水印记,是亿万年前地质变迁的天然石刻。

Cross-bedding preserves imprints of ancient currents, serving as natural stone inscriptions of geological changes from hundreds of millions of years ago.



旅游资讯

Travel Information 



公园交通 Transportation

公园外部交通 External transportation



· 机场: 张家界荷花国际机场

Airport: Zhangjiajie Hehua International Airport

张家界荷花国际机场累计通航城市92个, 其中国内65个, 国际和地区航点27个。国内航点覆盖上海、济南、西安等80%以上的省会城市, 国际通达中国香港、韩国首尔、大邱、釜山、清州, 越南胡志明市、河内, 新加坡、马来西亚槟城、泰国曼谷等多个东亚、南亚、东南亚国家及地区。

Zhangjiajie Hehua International Airport serves 92 destinations in total, including 65 domestic cities and 27 international and regional points. Domestic flights cover over 80% of China's provincial capitals, including Shanghai, Jinan, and Xi'an. International flights connect to Hong Kong (China), Seoul, Daegu, Busan, and Cheongju (South Korea), Ho Chi Minh City and Hanoi (Vietnam), Singapore, Penang (Malaysia), Bangkok (Thailand), and other destinations across East, South, and Southeast Asia.



张家界荷花国际机场
Zhangjiajie Hehua International Airport

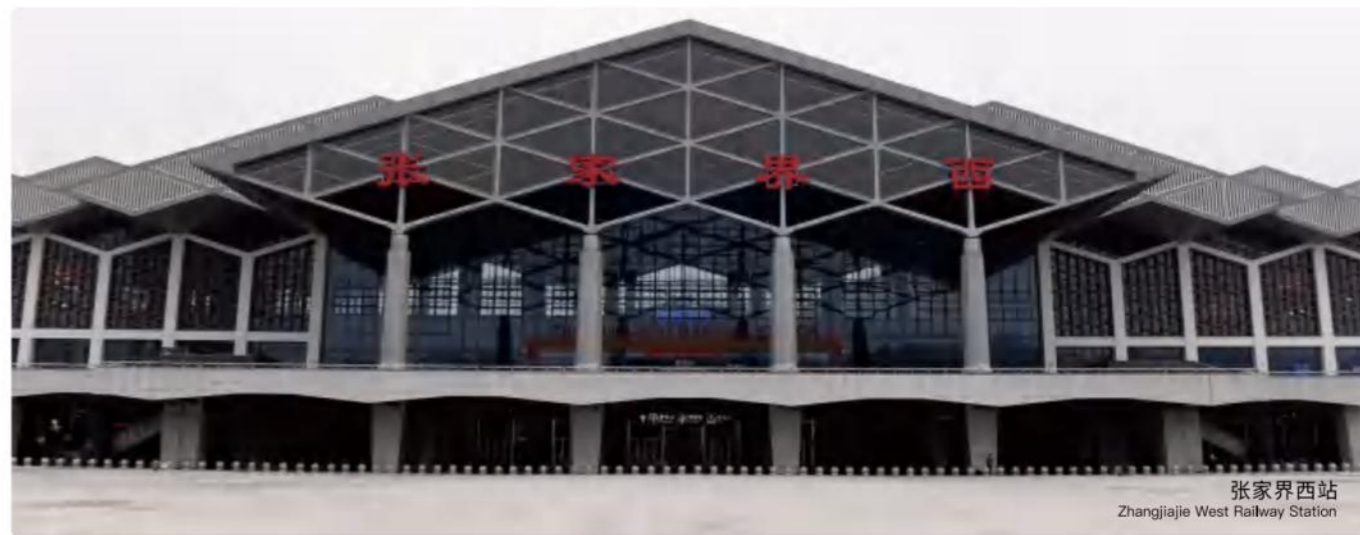


· 铁路: 张家界西站

Railway: Zhangjiajie West Railway Station

张家界西站是连接黔常铁路与张吉怀高速铁路的重要枢纽车站, 也是集铁路、汽运、公交等多种交通方式于一体的综合交通枢纽。其常态化开行直达长沙、重庆、成都、广州、深圳、北京、上海、香港等主要城市。

Zhangjiajie West Railway Station is a key hub connecting the Qianjiang-Changde Railway and the Zhangjiajie-Jishou-Huaihua High-Speed Railway. It is also an integrated transport hub combining railway, coach, and city transit services. It offers regular direct services to major cities such as Changsha, Chongqing, Chengdu, Guangzhou, Shenzhen, Beijing, Shanghai, and Hong Kong.



张家界西站
Zhangjiajie West Railway Station



· 城景客运

City-to-scenic area bus services

代号 Code	起点 Origin	终点 Destination	等待时间 Frequency	价格 Price
A线 Route A	市中心汽车站 Central Bus Station	森林公园(南门) Forest Park (South Gate)	20-30分钟 20-30 Min	12元/人 12/RMB/Person
B线 Route B	市中心汽车站 Central Bus Station	武陵源城区 Wulingyuan urban area	5-15分钟 5-15 Min	13元/人 13/RMB/Person



A线 | Route A

- 森林公园, 南门
Forest Park (South Gate)
- 琵琶溪
Pipa Stream
- 峪园洞口
Yuyuan Tunnel Entrance
- 老木峪隧洞
Laomuyu Tunnel
- 碧桂园
Country Garden
- 旅游商品产业园
Tourism Commodity Industrial Park
- 吴家边, 古庸城
Wujiabian (Guyongcheng)
- 市人民医院沙堤分院
Shadi Branch of Zhangjiajie People's Hospital
- 高桥安置区
Gaoqiao Resettlement Area
- 七十二奇楼, 航院, 张家界学院
72 Wonder Towers
(Zhangjiajie Institute of Aeronautical Engineering, Zhangjiajie College)
- 大庸桥小学
Dayongqiao Primary School
- 市博物馆
Zhangjiajie Museum
- 高盛漕园
Gaosheng Liyuan
- 土家风情园
Tujia Folk Customs Park
- 消防支队
Fire Detachment
- 宏天绿城小区
Hongtian Lucheng Community
- 大成山水酒店
Dacheng Shanshui Hotel
- 武陵山珍馆, 天门山索道
Wuling Natural Specialties Tourism Shop (Tianmen Mountain Cableway)
- 官黎坪医院
Guanliping Hospital
- 火车南站
South Railway Station
- 张家界市中心汽车站
Zhangjiajie Central Bus Station

张家界市中心汽车站→森林公园南门

Zhangjiajie Central Bus Station → Forest Park South Gate

首班时间: 6:10 (夏)、6:30 (冬)

First bus: 6:10 (summer), 6:30 (winter)

末班时间: 17:30 (夏)、17:00 (冬)

Last bus: 17:30 (summer), 17:00 (winter)

森林公园南门→张家界市中心汽车站

Forest Park South Gate → Zhangjiajie Central Bus Station

首班时间: 7:00 (夏)、7:20 (冬)

First bus: 7:00 (summer), 7:20 (winter)

末班时间: 19:00 (夏)、18:30 (冬)

Last bus: 19:00 (summer), 18:30 (winter)

B线 | Route B

- 武陵源汽车站
Wulingyuan Bus Station (Terminal)
- 魅力湘西
Charming Xiangxi
- 插旗峪
Chaqiayu
- 碧桂园
Country Garden
- 旅游商品产业园
Tourism Commodity Industrial Park
- 吴家边, 古庸城
Wujiabian (Guyongcheng)
- 市人民医院沙堤分院
Shadi Branch of Zhangjiajie People's Hospital
- 高桥安置区
Gaoqiao Resettlement Area
- 七十二奇楼, 航院, 张家界学院
72 Wonder Towers
(Zhangjiajie Institute of Aeronautical Engineering, Zhangjiajie College)
- 大庸桥小学
Dayongqiao Primary School
- 市博物馆
Zhangjiajie Museum
- 高盛漕园
Gaosheng Liyuan
- 土家风情园
Tujia Folk Customs Park
- 消防支队
Fire Detachment
- 宏天绿城小区
Hongtian Lucheng Community
- 大成山水酒店
Dacheng Shanshui Hotel
- 武陵山珍馆, 天门山索道
Wuling Natural Specialties Tourism Shop (Tianmen Mountain Cableway)
- 官黎坪医院
Guanliping Hospital
- 火车南站
South Railway Station
- 张家界市中心汽车站
Zhangjiajie Central Bus Station

张家界市中心汽车站→武陵源城区

Zhangjiajie Central Bus Station → Wulingyuan Urban Area

首班时间: 5:40 (夏)、6:00 (冬)

First bus: 5:40 (summer), 6:00 (winter)

末班时间: 19:00 (夏)、18:00 (冬)

Last bus: 19:00 (summer), 18:00 (winter)

武陵源城区→张家界市中心汽车站

Wulingyuan Urban Area → Zhangjiajie Central Bus Station

首班时间: 6:30 (夏)、6:50 (冬)

First bus: 6:30 (summer), 6:50 (winter)

末班时间: 20:00 (夏)、19:30 (冬)

Last bus: 20:00 (summer), 19:30 (winter)

备注: 城区公交车时有变化, 路线信息仅供参考。

Note: Urban bus services are subject to change; route information is for reference only.



定制交通与租车服务

Customised transportation and car rental services

通过“湘悦行”平台, 下单填写出行人数和目的地, 可提供商务接送的个性化服务与租车服务, 也可查询城景交通专线班次及购买车票。

Through the "Xiang Yue Xing" platform, you can book personalised business transfers and car rentals by specifying the number of passengers and destination. You can also check schedules and purchase tickets for city-to-scenic area bus lines.

公园内部交通

Internal transportation



公交车 Bus

1路车 | Bus Route 1



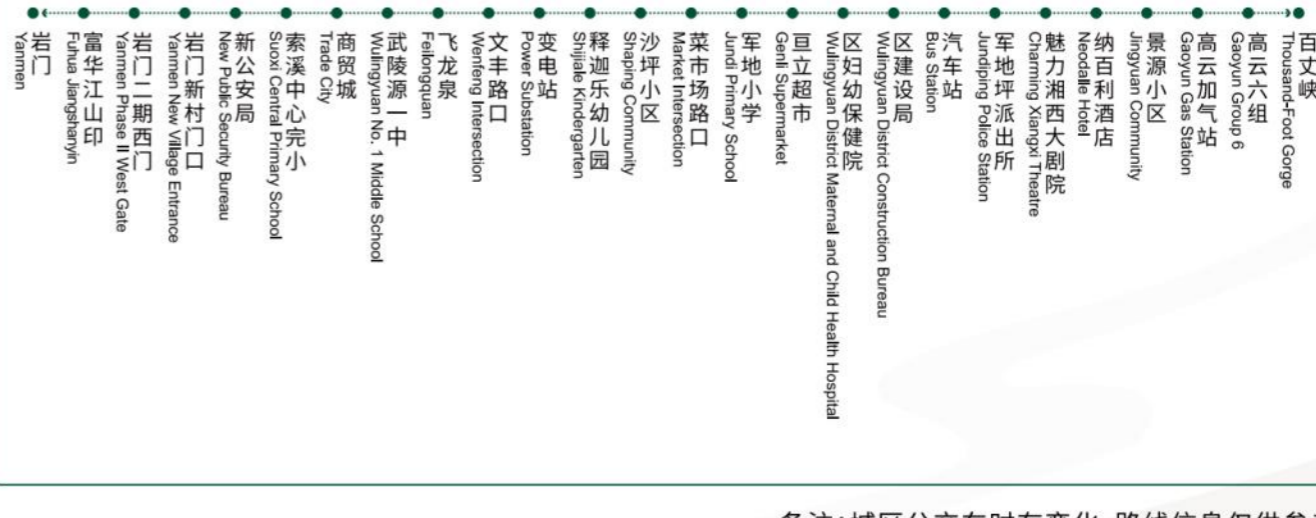
公交车 Bus

2路车 | Bus Route 2



公交车 Bus

3路车 | Bus Route 3



备注: 城区公交车时有变化, 路线信息仅供参考。
Note: Urban bus services are subject to change; route information is for reference only.



·城景专线

City-to-scenic area shuttle

武陵源汽车站(东门) ↔ 森林公园(南门)

Wulingyuan Bus Station (East Gate) ↔ Forest Park (South Gate)

该路线是连接森林公园东门与南门的主要交通方式

票价8元/人 25-30分钟一班 首班时间:7:40 末班时间:19:00

This route is the main connection between the East Gate and South Gate of the Forest Park
Fare: RMB 8/person Frequency: every 25-30 minutes First bus: 7:40 Last bus: 19:00

备注:城景专线时有变化,路线信息仅供参考。

Note: City-to-scenic area shuttle services are subject to change; route information is for reference only.



·景区环保车

Scenic area eco-friendly bus

景区环保车是森林公园内主要交通方式,其票价包含在森林公园套票内。根据去往的景点不同,可选择乘坐不同方向的景区环保车。

Eco-friendly buses are the primary means of transport within the Forest Park, and the fare is included in the Forest Park combo ticket. You can choose different eco-friendly bus routes depending on the scenic spots you wish to visit.



景区环保车路线图
Eco-friendly Bus Route Map



Ticketing

公园外部交通

External transportation

· 森林公园门票与环保车价格表

Forest Park Ticket and Eco-friendly Bus Price List

单位:元/人 Unit: RMB/person

类型 Type	全价票(不含保险) Full Price Ticket (Insurance Excluded)	优惠票(不含保险) Discount Ticket (Insurance Excluded)	备注 Remarks	文件依据 Regulatory Basis
景车联票 Scenic Area & Eco-friendly Bus Combo Ticket	236	119	连续四日有效 Valid for four consecutive days	湘发改价费 [2024] 977号 XFGJF [2024] No. 977
景区门票 Scenic Area Admission Ticket	165	83		张发改价费 [2025] 33号 ZFGJF [2025] No. 33
环保车票 Eco-friendly Bus Ticket	72	36		张发改价费 [2024] 24号 ZFGJF [2024] No. 24
年票 Annual Pass	310		一年内可无限次进入景区(含车票) Unlimited admission to the Scenic Area for one year (bus tickets included)	湘发改价费规 [2024] 165号 XFGJFG [2024] No. 165
				张退役军人发 [2023] 43号 ZTYJRF [2023] No. 43

景区门票 优惠政策 Scenic Area Admission Ticket Discount Policy	<p>1.免票:14周岁(不含14周岁)以下的儿童,65周岁(含65周岁)以上老年人、残疾人、现役军人(凭军(警)官证、士官证、义务兵证、学员证)、现役军人家属(凭部队制发的相关证件)、“三属”(烈士遗属、因公牺牲军人遗属、病故军人遗属,凭部队制发优待证)、残疾军人、军队离退干部、退役军人(凭退役军人优待证)、1-2级重度残疾人陪护人员(免1名),凭有效证件实行门票免票。</p> <p>Free Admission: Available to children under 14, seniors aged 65 and above, persons with disabilities, active duty military personnel (with officer, NCO, conscript, or cadet lds), family members of active duty military personnel (with relevant official documentation), "Three Categories of Dependents" (surviving family members of martyrs, military personnel who died in the line of duty, and military personnel who died of illness, holding preferential treatment cards), disabled military personnel, retired military cadres, veterans (with Veteran Preferential Treatment Cards), and one accompanying carer for persons with Level 1-2 severe disabilities. Valid identification is required.</p> <p>2.优惠票:对14周岁(含14周岁)~18周岁(不含18周岁)未成年人、60周岁(含60周岁)~65周岁(不含65周岁)的老年人,全日制大学本科及以下学历在校学生凭有效证件实行门票优惠。</p> <p>Discount Tickets: Available to minors aged 14 to under 18, seniors aged 60 to under 65, and full-time students (undergraduate and below) with valid identification.</p>
环保车票 优惠政策 Eco-friendly Bus Ticket Discount Policy	<p>1.免票:14周岁(不含14周岁)以下的儿童实行免票。</p> <p>Free Admission: Available to Children under the age of 14.</p> <p>2.优惠票:14周岁(含14周岁)~18周岁(不含18周岁)未成年人、60周岁(含60周岁)以上老年人、残疾人、现役军人、现役军人家属、“三属”(烈士、因公牺牲军人、病故军人的遗属)、残疾军人、军队离退干部、全日制大学本科及以下学历在校学生凭有效证件实行车票优惠。</p> <p>Discount Tickets: Available to minors aged 14 to under 18, seniors aged 60 and above, persons with disabilities, active duty military personnel and their family members, "Three Categories of Dependents" (surviving family members of martyrs, military personnel who died in the line of duty, and military personnel who died of illness), disabled military personnel, retired military officers, and full-time students (undergraduate and below). Valid identification is required.</p>



· 森林公园三索一梯价格表

Price List for Three Cableways and One Elevator in the Forest Park

单位:元/人 Unit: RMB/person

项目 Item	全价票 Full Price Ticket	优惠票 Discount Ticket	文件依据 Regulatory Basis
天子山索道 Tianzi Mountain Cableway	72	36	张发改价费(2025)71号 ZFGJF [2025] No. 71 张发改价费(2025)11号 ZFGJF [2025] No. 11 张发改价费(2024)24号 ZFGJF [2024] No. 24 湘发改价费(2024)165号 XFGJF [2024] No. 165 张发改价服(2019)152号 ZFGJF [2019] No. 152 张发改价服(2019)48号 ZFGJF [2019] No. 48
杨家界索道 Yangjiajie Cableway	76	38	
黄石寨索道 Huangshi Village Cableway	65	33	
百龙天梯 Bailong Elevator	65	33	

联票 Combo Ticket	全价票 Full Price Ticket	优惠票 Discount Ticket	备注 Remarks	文件依据 Regulatory Basis
三索一梯 四程联票 Four-ride Combo Ticket for Three Cableways and One Elevator	238	128	连续四日有效期内限乘四次单程,可任意乘坐天子山索道、杨家界索道、黄石寨索道、百龙天梯单程共四次(最多四次,少乘不退)。 Valid for four consecutive days. Entitles the holder to four one-way trips in total across Tianzi Mountain Cableway, Yangjiajie Cableway, Huangshi Village Cableway, and Bailong Elevator (maximum of four trips; no refunds for unused trips).	张发改函(2024)2号 ZFGH [2024] No. 2

三索一梯 多程联票 Multi-ride Combo Ticket for Three Cableways and One Elevator	298	158	连续四日有效期内可不限次乘坐天子山索道、杨家界索道、黄石寨索道、百龙天梯。 Valid for four consecutive days. Entitles the holder to unlimited rides on the Tianzi Mountain Cableway, Yangjiajie Cableway, Huangshi Village Cableway, and the Bailong Elevator.	张发改函(2024)2号 ZFGH [2024] No. 2
景区三索 一梯通票 Scenic Area Pass: Three Cableways and One Elevator	530	277	连续四日有效期内可不限次进入景区,不限次乘坐天子山索道、杨家界索道、黄石寨索道、百龙天梯及景区环保车。 Valid for four consecutive days. Entitles the holder to unlimited entry to the scenic area and unlimited rides on the Tianzi Mountain Cableway, Yangjiajie Cableway, Huangshi Village Cableway, the Bailong Elevator, and the scenic area eco-friendly bus.	
天子山索道 杨家界索道 黄石寨索道 百龙天梯 优惠政策 Discount Policies for Tianzi Mountain Cableway Yangjiajie Cableway, Huangshi Village Cableway and Bailong Elevator	<p>1.免票:14周岁(不含14周岁)以下的儿童实行免票。 Free Admission: Available to Children under the age of 14.</p> <p>2.优惠票:14周岁(含14周岁)~18周岁(不含18周岁)未成年人、60周岁(含60周岁)以上老年人、残疾人、现役军人、现役军人家属、“三属”(烈士、因公牺牲军人、病故军人的遗属)、残疾人、军队离退休干部、全日制大学本科及以下学历在校学生,凭有效证件实行优惠票。 Discount Tickets: Available to minors aged 14 to under 18, seniors aged 60 and above, persons with disabilities, active duty military personnel and their family members, "Three Categories of Dependents" (surviving family members of martyrs, military personnel who died in the line of duty, and military personnel who died of illness), disabled military personnel, retired military officers, and full-time students (undergraduate and below). Valid identification is required.</p>			



扫码购票
Scan QR Code for Tickets



· 黄龙洞门票、游船价格表

Huanglong Cave Ticket and Boat Price List

单位:元/人 Unit: RMB/person

类型 Type	全价票(不含保险) Full Price Ticket (Insurance Excluded)	优惠票(不含保险) Discount Ticket (Insurance Excluded)	文件依据 Regulatory Basis
景区门票 Scenic Area Admission Ticket	60	30	湘发改价费规〔2024〕165号 XFGJFG [2024] No. 165
游船 Sightseeing boat	36	18	
<p>1.对14周岁(不含14周岁)以下的儿童、65周岁(含65周岁)以上老年人、残疾人、现役军人、现役军人家属、“三属”(烈士、因公牺牲军人、病故军人的遗属)、残疾军人、军队离退干部凭有效证件,享受黄龙洞门票免票优惠。 Free admission to Huanglong Cave is granted to the following groups with valid identification: children under 14, seniors aged 65 and above, persons with disabilities, active duty military personnel and their family members, "Three Categories of Dependents" (surviving family members of martyrs, military personnel who died in the line of duty, and military personnel who died of illness), disabled veterans, and retired military cadres.</p> <p>2.对14周岁(含14周岁)~18周岁(不含18周岁)未成年人、60周岁(含60周岁)~65周岁(不含65周岁)的老年人、全日制大学本科及以下学历在校学生凭有效证件实行黄龙洞门票半价优惠。 Half-price tickets to Huanglong Cave are available for minors aged 14 to under 18, seniors aged 60 to under 65, and full-time students (undergraduate and below) with valid identification.</p> <p>3.景区内游船运输服务价格对上述黄龙洞门票优、免对象实行半价优惠,对14周岁以下的儿童实行免票优惠。 Cruise services within the scenic area are half-price for visitors eligible for the aforementioned ticket discounts or exemptions, and free for children under 14.</p>			

· 宝峰湖门票、环保车、游船价格表

Baofeng Lake Ticket, Eco-friendly Bus and Boat Price List

单位:元/人 Unit: RMB/person

类型 Type	全价票(不含保险) Full Price Ticket (Insurance Excluded)	优惠票(不含保险) Discount Ticket (Insurance Excluded)	文件依据 Regulatory Basis
景区门票 Scenic Area Admission Ticket	30	15	张武发改价字〔2019〕8号 ZWFJGJZ [2019] No. 8
景区环保车 Eco-friendly Bus	20	10	
游船 Sightseeing boat	60	30	
<p>1.对14周岁(不含14周岁)以下的儿童,年满65周岁(含65周岁)以上老年人、残疾人,现役军人及其家属、“三属”(烈士遗属、因公牺牲军人遗属、病故军人遗属)、残疾军人、军队离退干部、退役军人凭相关有效证件实行免门票优惠;1、2级重度残疾人免1名陪护人员门票。 Free admission is granted to the following groups with valid identification: children under 14; seniors aged 65 and above; persons with disabilities; active duty military personnel and their families; "Three Categories of Dependents" (surviving family members of martyrs, military personnel who died in the line of duty, and military personnel who died of illness); disabled military personnel; retired military cadres; and veterans. One caregiver accompanying a person with a Level 1 or 2 severe disability is admitted free of charge.</p> <p>2.对14周岁-18周岁(不含18周岁)未成年人,60周岁-65周岁(不含65周岁)的老年人,全日制大学本科及以下学历在校生实行门票半价优惠。 Half-price tickets are available for minors aged 14 to under 18, seniors aged 60 to under 65, and full-time students (undergraduate or below).</p> <p>3.对14周岁(不含14周岁)以下的儿童环保车票、游船票实行免票。 Children under 14 are exempt from eco-friendly bus and boat fares.</p> <p>4.景区环保车票不与门票捆绑销售,游客自愿购买。 Eco-friendly bus tickets are not bundled with admission tickets and can be purchased voluntarily.</p>			



公园美食 Food

土家三下锅 Tujia Mixed Dish

相传明代嘉靖年间，朝廷征调湘鄂西土司兵上前线抗倭，恰好赶上年关，为不误军机，土司王下令提前一天过年，于是腊肉、豆腐、萝卜一锅煮，叫吃“合菜”，以后演变成“三下锅”。有时还会加入肥肠、猪肚、牛肚、羊肚、猪蹄或猪头肉等其中几种食材。

Legend has it that during the Jiajing reign of the Ming Dynasty, the imperial court conscripted Tusi troops from western Hunan and Hubei for the frontline against Japanese pirates. To ensure military deadlines were met as the Lunar New Year approached, the Tusi ordered the New Year to be celebrated a day early. This led to a mixed dish—a one-pot meal of cured meat, tofu, and radish—which eventually evolved into the famous Tujia Mixed Dish. Other ingredients such as pork intestines, pork tripe, beef tripe, lamb tripe, pig trotters, or pig head meat are also sometimes added.



土家腊肉 Tujia Cured Meat

腊肉是张家界美食一绝，熏腊肉在土家语中叫做“卡梯克”。冬天人们开始制作各种腊肉以备过冬，先将鲜猪肉抹盐取出晾干，以锯末、柚皮等燃烟熏烤，色泽金红，肉质紧实，味道香美。

Cured meat is a hallmark of Zhangjiajie cuisine; smoked cured meat is known as "Katike" in the Tujia language. In winter, locals prepare various cured meats for the season. Fresh pork is rubbed with salt, air-dried, and then smoked over smouldering sawdust and pomelo peels. The resulting meat is golden-red, firm in texture, and richly flavourful.



岩耳炖土鸡 Stewed Free-range Chicken with Rock Tripe

岩耳产于公园万丈绝壁之上，采岩耳的人腰系绳索如同空中飞人。采摘的岩耳含有丰富的微量元素与氨基酸，与土鸡合炖，香味醇厚馥郁，既有山珍的精华，又是滋补的首选。

Rock tripe grows on the sheer, towering cliffs of the Geopark. Harvesters descend on ropes like aerial acrobats. Rich in trace elements and amino acids, rock tripe is stewed with free-range chicken to create a deep, aromatic broth. It captures the essence of mountain delicacies and is a premier choice for nourishment.



泥鳅钻豆腐 Loach with Tofu

其做法较为复杂独特，先将泥鳅放养于清水中数日，待其肚中泥沙吐尽，再取猪油若干，鸡蛋数个，趁泥鳅饥饿之时投入，让其将猪油鸡蛋吃完，再取嫩豆腐数块，将泥鳅拌清水置入锅内加盖，慢慢加热。待泥鳅钻入豆腐内，逐旺火让泥鳅肚内的猪油冒出来，再拌紫苏叶等佐料上火锅，其味妙不可言。

The preparation is complex and unique. Loaches are kept in fresh water for several days to purge all silt. Then, they are fed lard and eggs while hungry. Fresh soft tofu is then added to a pot with the loaches and water, covered, and heated slowly. As the loaches burrow into the tofu to escape the heat, the flame is increased, causing the lard inside them to seep out. Seasoned with perilla leaves and other spices and served in a hot pot, the flavour is sublime.

枞菌炖腊肉 Stewed Cured Meat with Saffron Milk Cap

枞菌与腊肉合炖，在小火中慢慢煨炖，腊肉的咸香与枞菌的浓香相互交融，其鲜美让人久久无法忘却。

Saffron milk caps and cured meat are slowly simmered over a low flame. The savoury saltiness of the meat and the earthy aroma of the saffron milk caps meld into an unforgettably delicious taste.





合渣 Hezha

以黄豆磨酱(或春粉),拌以小菜合煮(韭菜、南瓜叶、白菜、油菜等小菜均可),外观一般,第一眼看上去似豆腐渣,其实由于其未过滤,粗细搭配且营养丰富,味道独特。

This dish is made by grinding soybeans into a paste (or using soybean powder) and boiling it with vegetables (such as leeks, pumpkin leaves, cabbage, or rape). While it may resemble soybean dregs at first glance, its unfiltered, rustic texture is highly nutritious and offers a unique flavour.



杀猪菜 Pork Stew

土家杀猪菜,本为土家人冬天杀年猪时的一道菜。将新鲜猪肉、猪肚、猪肺、猪肠、猪心、猪血旺等,加上各种调料一起炖煮,酸、热、辣、鲜、香融于一体,营造出一种无法描述的酣畅淋漓。

Tujia Pork Stew was originally a dish prepared when Tujia families slaughtered pigs in winter for the New Year. Fresh pork, tripe, lungs, intestines, heart, and blood are stewed together with various seasonings. The combination of sour, hot, spicy, fresh, and savoury flavours creates an indescribably hearty and satisfying experience.

肚米 Stir-fried Minced Pork Tripe

取新鲜猪肚,洗净。刹成米粒大小,焯水,辅以花椒、辣椒,生姜、大蒜等炒制而成。

Fresh pork tripe is cleaned thoroughly, then finely chopped into rice-grain-sized pieces, blanched, and stir-fried with prickly ash, chillies, ginger, and garlic.



土家血豆腐 Tujia Blood Tofu

土家族传统腊味,将豆腐、猪血、猪肉,加花椒、辣椒拌匀塑形,竹筛烟熏至腊黄。质地紧实耐嚼,咸香带辣,烟熏风味浓郁,是佐酒佳品,也可切片蒸食、炒菜,充满湘西烟火气。

It is a traditional Tujia cured specialty, made by mixing tofu, pig blood, and pork with prickly ash and chillies. The mixture is shaped and smoked on bamboo sieves until it turns a cured golden-yellow. With a firm, chewy texture and a savoury, spicy, smoky profile, it is an excellent accompaniment to drinks. It can also be sliced for steaming or stir-frying, capturing the authentic "smoke and fire" spirit of western Hunan.

葛根 Kudzu Root Powder

武陵源天然养生饮品,采深山葛根磨粉,温水冲泡成糊。质地清润细腻,葛香纯正无添加,入口微甜顺滑,营养丰富,可作早餐或解辣饮品,是山里人钟爱的滋养品。

It is a natural health preservation drink from Wulingyuan. Kudzu roots harvested from deep mountains are ground into powder and mixed with warm water to form a smooth paste. It has a light, delicate texture and a pure kudzu aroma with no additives. Silky and subtly sweet, it is highly nutritious and often served for breakfast or to balance spicy food—a beloved tonic for mountain dwellers.





公园住宿 Accommodation

河畔风光 Riverside scenery

武陵源城区是绝大多数游客休憩的首选地。在这里住下，推窗即见索溪的潺潺碧波，瞬间摆脱了翻山越岭的疲惫，感受到山水之间的松弛。城区内以临河客栈和星级酒店居多，大多是依山傍水的现代建筑，或是由土家吊脚楼风格建筑改建而成，推窗见山，出门临水。如果说武陵源城区是繁华与自然的共生，那么索溪河畔的民宿就是坚守着这份山水清欢。在这里，你能感受到更为纯粹的度假感，体验“水在城中，城在画中”的意境，没有了闹市的车水马龙，更多的是弥漫在空气中湿润的水汽与负氧离子。

Wulingyuan urban area is the preferred choice for most tourists to stay and rest. Staying here, you can open your window to the rippling green waves of the Suoxi River, instantly washing away the fatigue of your trek and immersing you in the tranquility of nature. The urban area is dotted with riverside inns and star-rated hotels, mostly modern buildings nestled against the mountains or converted from traditional Tujia stilted houses, offering mountain views from the window and water just steps away. If Wulingyuan urban area represents the symbiosis of prosperity and nature, the homestays along the Suoxi River preserve a sense of serene joy. Here, you can experience a purer sense of vacation, immersed in a scene where "water flows through the city, and the city rests within a painting." Away from the city's hustle and bustle, the air is rich with moisture and negative oxygen ions.



邓道理/摄
Photo by Deng Daoli



邓道理/摄
Photo by Deng Daoli

依山而居 Hillside dwelling

龙尾巴社区隐匿山野之间，宛若清幽隐逸的山居秘境。这片依山体地势铺展的土家族村落，静卧于武陵源群山之间。在这里住下，抬眸便见连绵峰林错落排布，顷刻间褪去旅途奔波的浮躁，沉浸式感受山野静谧带来的悠然松弛。社区内多是依山而建的山居民宿与乡土院落，大多保留土家族本土民居肌理，或是融合现代简约设计的山野建筑，靠山而居，凭窗观峰。如果说武陵源城区是繁华烟火与自然山水的温柔共生，那么龙尾巴社区便是独守峰林秘境的山野归处。在这里，你能邂逅最原生态的山居度假感，体会“人居山腰间，窗含千峰画”的诗意境界，没有人潮喧嚣，萦绕身旁的只有山间清冽的晚风和漫散的草木清香。

Longweiba Community is nestled among the hills, appearing like a secluded and tranquil mountain sanctuary. This Tujia village, sprawling across the mountain slopes, lies quietly among the peaks of Wulingyuan. Staying here, you can look up to see the rolling, interlaced peak forest, instantly shedding the restlessness of travel and immersing yourself in the leisurely relaxation brought by mountain serenity. The community consists mainly of hillside homestays and rustic courtyards, most of which retain the architectural style of local Tujia dwellings or feature mountain buildings with modern minimalist designs—living against the mountain, with peaks framed by the window. If Wulingyuan urban area is a gentle coexistence of bustling life and natural beauty, the Longweiba Community is a mountain sanctuary that guards the secrets of the peak forest. Here, you can encounter the most pristine mountain retreat experience, appreciating the poetic realm of "living halfway up the mountain, with a thousand peaks framed in the window." Without the noise of crowds, you are accompanied only by the cool mountain breeze and the light fragrance of plants.





公园购物 Shopping

土家织锦 Tujia brocade

土家织锦历史悠久,已有一千五百多年历史,主要有打花铺盖(土家语:西兰卡普)和花带两大品种,其中西兰卡普最具代表性和典型性。它采用“通经断纬”的挖花技术,使用古老的纯木质腰式斜织机织造,经过12道工序,以“反织法”挑织成四百余种图案花纹,充分展示了土家人的创造力。

Tujia brocade has a history spanning over 1,500 years. Its main products are two types: patterned quilt covers (Xilankapu in the Tujia language) and decorative ribbons. Xilankapu is the most representative. It uses the "continuous warp, discontinuous weft" technique and is woven on an ancient, simple, wooden waist-operated loom. Through 12 steps, using the "reverse weaving method," over 400 patterns are created, fully showcasing the creativity of the Tujia people.



岩耳 Rock tripe

岩耳是生长在峰林绝壁上的一种特有菌类植物,因其不可人工培植,采摘困难,且营养价值高,故而倍显珍贵。古时岩耳作为贡品,也是佛家的珍品,亦是国宴的佳肴,更是一种珍稀药材。

Rock tripe is a unique fungus that grows on sheer peak forest cliffs. Because it cannot be artificially cultivated, is difficult to harvest, and has high nutritional value, it is particularly precious. In ancient times, rock tripe was a tribute item, a treasure of Buddhist cuisine, a delicacy at state banquets, and a rare medicinal ingredient.

葛根粉 Kudzu root powder

葛根粉是张家界的著名特产,被誉为张家界三宝之一。它是由藤本植物葛根提取的纯天然营养佳品,含有丰富的葛根素、大豆黄酮、异黄酮、氨基酸、维生素和矿物质。这种粉具有清热解毒、生津止渴、补肾健脾、益胃安神、清心明目、润肠通便及醒酒等多种功能。在公园的高山上,野生葛根众多,经过多道工序才能制成洁白如雪的葛根粉,热水冲开后浓稠香嫩滑爽,十分美味。

Kudzu root powder is a famous specialty of Zhangjiajie, known as one of the "Three Treasures of Zhangjiajie." It is a pure natural nutritious product extracted from the kudzu vine, rich in puerarin, daidzein, isoflavones, amino acids, vitamins, and minerals. This powder is known for clearing heat and detoxifying, promoting fluid production to quench thirst, tonifying the kidneys and spleen, soothing the stomach and calming the nerves, improving eyesight, aiding digestion, and relieving hangovers. In the Geopark's high mountains, wild kudzu roots are abundant. They undergo many processes to produce snow-white powder. When mixed with hot water, it becomes thick, fragrant, and smooth—a true delicacy.



枞菌 Saffron milk cap

枞菌原本生长在张家界的原始森林中,它依赖于特定的生态环境,因此数量相对稀少。这种真菌与松树共生,吸取松树的养分,经过长时间的生长,才能形成一颗颗饱满、肥厚的枞菌。枞菌的口感鲜美,营养价值极高,被誉为“森林黄金”。

Saffron milk caps originally grow in the primeval forests of Zhangjiajie. They depend on specific ecological environments and are therefore relatively rare. This fungus lives in symbiosis with pine trees, absorbing their nutrients. After a long growth period, it forms plump, fleshy mushrooms. Saffron milk caps have a delicious taste and extremely high nutritional value, earning the title "forest gold."



土家腊制品 Tujia cured products

土家腊肉、腊香肠、腊猪脚等腊制品,以其独特的制作工艺和口感深受人们喜爱。这种腊制品选用山上的散养土猪,经过特殊的熏制工艺,加入橘子皮、松柏枝等香料,使其成品细腻嫩滑、香味浓郁。

Tujia cured products, such as cured meat, sausage, and pig trotters, are beloved for their unique processing techniques and flavours. These products are made from free-range native pigs raised in the mountains. Through a special smoking process using orange peel, cypress branches, and other spices, the finished products are tender, smooth, and richly fragrant.



杜仲 Eucommia

杜仲被称为“植物活化石”,公园内土壤天然富硒,杜仲雄花的有机硒含量达到85%以上。杜仲雄花茶秉承非物质文化遗产传承工艺、历经18道工序、独创锁粉技术精制而成。

Eucommia is known as a "living plant fossil." The soil within the Geopark is naturally rich in selenium, and the organic selenium content in Eucommia male flowers reaches over 85%. Eucommia male flower tea is produced using intangible cultural heritage techniques, involving 18 distinct processes and a proprietary powder-locking technology.



张家界莓茶 Zhangjiajie vine tea

张家界莓茶取材于珍稀藤本植物,是难得的天然养生茶品。莓茶富含17种氨基酸和14种微量元素。其中,被称为“血管清道夫”的黄酮物质,在其原料植株中含量远超其他植物,故被誉为“黄酮之王”。张家界莓茶选用莓茶树嫩芽精制而成,其形臻白素雅,其味入口微苦,回甘悠长。

Zhangjiajie vine tea is made from a rare vine plant and is a rare natural health tea. It is rich in 17 amino acids and 14 trace elements. Among them, flavonoids—known as "vascular scavengers"—are found in the source plant in concentrations far exceeding those in other plants, earning it the title "King of Flavonoids". Zhangjiajie vine tea is meticulously crafted from the tender buds of Ampelopsis grossedentata var. microphylla. It is pure white and elegant in appearance, with a slightly bitter taste that gives way to a long-lasting, sweet aftertaste.



鱼泉贡米 Yuquan tribute rice

鱼泉贡米是公园的知名优质农特产,凭借优越生长环境与纯正米质广受大众青睐。这款稻米产自山泉滋养的沃土良田,依托山间清冽活水自然灌溉,吸纳山林雨露灵气,遵循传统农耕方式悉心栽种。米粒饱满匀净、色泽莹润透亮,蒸煮后软糯绵密、清香四溢,入口回甘醇厚,口感软糯适中,是天然地道的生态好米。

Yuquan tribute rice is a well-known premium agricultural specialty of the Geopark, widely favoured for its superior growing environment and pure quality. Grown in fertile fields nourished by mountain springs and irrigated by clear mountain water, this rice absorbs the natural essence of the mountain environment and follows traditional farming methods. The grains are plump, uniform, and lustrous. When being cooked, the rice is soft, glutinous, and aromatic, with a mellow, sweet aftertaste and a pleasant texture—a truly authentic, ecological rice.



公园娱乐 Entertainment

魅力湘西 Charming Xiangxi

魅力湘西是公园内的大型民俗文化演艺。自2000年创办以来，它已成为公园的“金色名片”，并荣获“国家文化产业示范基地”和“中国驰名商标”等多项殊荣。演出分为浪漫、神秘、激情、快乐四大篇章，巧妙融合了土家族、苗族等少数民族的文化精髓。观众不仅能欣赏到曾登上央视春晚的“追爱”、展现原始祭祀文化的“毛古斯舞”，还能在极具视觉冲击力的“湘西赶尸”与感人至深的“土家哭嫁”中，感受古老而神秘的湘西风情。近年来，剧目还融入了全息纱幕、裸眼3D等前沿科技，带来震撼的沉浸式体验。来张家界旅游，白天赏奇峰异石，夜晚看一场“魅力湘西”，是深入了解湘西人文底蕴的绝佳选择。

Charming Xiangxi is a large-scale folk culture performance within the Geopark. Since its inception in 2000, it has become a "golden business card" of the Geopark and received numerous honours, including "National Cultural Industry Demonstration Base" and "China Well-known Trademark." The performance is divided into four chapters: Romance, Mystery, Passion, and Joy, skillfully blending the cultural essence of ethnic minorities such as the Tujia and Miao. Audiences can not only enjoy "Chasing Love" (which was performed at the CCTV Spring Festival Gala) and the "Maogusi Dance" (showcasing primitive sacrificial culture), but also experience the ancient and mysterious charm of western Hunan through the visually striking "Xiangxi Corpse Driving" and the moving "Tujia Wedding Crying." In recent years, the show has incorporated cutting-edge technologies like holographic gauze screens and glasses-free 3D to deliver a stunning immersive experience. Visiting Zhangjiajie to admire the grotesque peaks and rocks by day and watch "Charming Xiangxi" by night is an excellent way to deeply explore the cultural heritage of western Hunan.





张家界千古情

Zhangjiajie Eternal Love

张家界千古情主打“给我一天，还你千年”的沉浸式体验，是深入了解大庸古国历史渊源与民俗风情的绝佳去处。演出分为沧海桑田、天子山传说、马桑树等篇章，运用世界前沿的高科技声光电技术，在短短60分钟内，震撼再现了张家界亿万年的地质变迁、向王天子的英雄史诗以及湘西儿女的热血革命，带来上天入地般的视觉盛宴。

除了文化演艺外，这里还设有大庸古街、桃源秘境、情人海和烂苹果亲子乐园四大主题区。您不仅能近距离体验非遗手工作坊的魅力，还能参与高科技互动项目，享受亲子时光。可谓老少同乐，晴雨皆宜，是一场不容错过的文化穿越之旅。

Featuring the theme "Give me one day, and I will give you a thousand years," Zhangjiajie Eternal Love offers an immersive experience and is an ideal place to learn about the historical origins and folk customs of the ancient Yong State. The performance is divided into chapters such as "Vicissitudes of Time," "Legend of Tianzi Mountain," and "Masang Tree." Using world-class high-tech audiovisual effects, it recreates Zhangjiajie's geological evolution over hundreds of millions of years, the heroic epic of King Xiang Tianzi, and the revolutionary spirit of the western Hunan people in just 60 minutes, delivering a spectacular visual feast.

In addition to the performance, the venue features four themed areas: Dayong Ancient Street, Taoyuan Secret Land, Lover Sea, and Crazy Apple Land. You can experience the charm of intangible cultural heritage workshops up close, participate in high-tech interactive projects, and enjoy family time. It is suitable for all ages and all weather conditions—a cultural journey not to be missed.





梦幻张家界

Dream Zhangjiajie

“梦幻张家界”是公园内经典的民俗大戏，始创于2004年。演出秉持“民族的才是世界的”核心理念，集中展现了大湘西地区珍贵的非物质文化遗产，包含桑植民歌、土家打溜子、梯玛歌等国家级非遗项目，是了解湘西人文底蕴的绝佳窗口。

整场演出通过苗鼓欢歌、土家族苗族歌舞等群歌群舞，将您带入原汁原味的少数民族生活现场。节目中穿插了极具视觉冲击力的书法表演，以及生动有趣的土家婚俗互动环节，让观众在欢笑与掌声中感受当地风情。室内演艺结束后，观众还可移步至“彭府赶年”院落，观看充满神秘色彩的巫傩文化室外祭祀表演，近距离领略濒临消失的巫傩绝技。

"Dream Zhangjiajie" is a classic folk performance in the Geopark, established in 2004. Adhering to the philosophy that "what is national is global," the show showcases the precious intangible cultural heritage of western Hunan, including national-level items like Sangzhi Folk Song, Tujia Liuzi Performance (Tujia Percussion Ensemble), and Tima Chant. It is an excellent window into the cultural heritage of western Hunan.

Through group singing and dancing, such as Miao drum dances, the show transports you into authentic scenes of ethnic minority life. The program features visually striking calligraphy performances and engaging interactive segments on Tujia wedding customs, allowing the audience to experience local culture amidst laughter and applause. After the indoor show, the audience can head to the "Pengfu Gannian" courtyard to watch a mysterious outdoor sacrificial performance of Nuo culture and witness nearly extinct Nuo skills.





十里画廊观光小火车

Ten-Mile Gallery Sightseeing Train

十里画廊观光小火车是公园极具特色的游览代步设施,以舒适的乘坐体验和绝佳的观景视野深受游客喜爱。观光小火车穿行于清幽峡谷之间,沿途依偎奇峰秀水,一路饱览两岸奇石峰林、峡谷风光,乘车游览轻松惬意、视野开阔,让人沉浸式尽享十里画廊秀美山水景致。

The Ten-Mile Gallery Sightseeing Train is a unique transport facility in the Geopark, favoured by tourists for its comfort and excellent views. The train winds through the tranquil valley, past grotesque peaks and beautiful waters. Passengers can enjoy a relaxed journey with panoramic views of the Grotesque Stone Peak Forest and valley scenery, fully immersing themselves in the beauty of the Ten-Mile Gallery.



宝峰湖游船

Baofeng Lake Boat Tour

宝峰湖游船以惬意的泛舟体验与绝美的峰林风光深受游客好评。游船穿行于青山碧水之间,不仅可以领略高峡平湖两岸奇峰林立,湖面碧波荡漾的秀美风光,更能聆听悠扬的土家山歌,体验特色民俗互动。行船悠然闲适、景致清幽秀美,让人沉醉于山水诗意之中。

The Baofeng Lake boat tour is highly rated for its relaxing experience and stunning scenery of the peak forest. As the boat glides through the clear waters, tourists can admire the towering peaks surrounding the serene lake and enjoy melodious Tujia folk songs and unique folk interactions. The leisurely boat ride and peaceful scenery allow tourists to lose themselves in the poetic beauty of the mountains and water.



宝峰湖游船 (李东群/摄)
Baofeng Lake Boat Tour (Photo by LI Dongqun)



白虎堂野玩溪谷

Baihutang Wild Fun Valley

白虎堂是公园内一处保留原始生态的峡谷秘境。溪涧蜿蜒流淌，奇峰错落分布，远离人工雕琢与市井喧嚣，唯有清风流水作伴。泛舟、探险、戏水、野营，赴一场山野之约，感受不一样的野性张家界。

Baihutang is a hidden valley in the Geopark that preserves its original ecological state. With winding streams and scattered grotesque peaks, it is far from artificial development and urban noise—a place where only the breeze and flowing water keep you company. Boating, adventure, water activities, and camping—join this mountain retreat to experience a different, wilder side of Zhangjiajie.

