



在澧水河上，有这样一支流动的环卫队。他们架着小船，来回打捞河上的垃圾，用行动守护着这条母亲河。 彭云湘 摄

On the Lishui River, there is such a mobile sanitation team. They drive small boats to salvage the garbage on the river back and forth, guarding the mother river with actions.

Photo by Peng Yunxiang



空中俯拍核心景区武陵源天子山，山脉和云海相依，雪后的防火带宛若一条天然长城。 周建鑫 摄

The high angle shot of Tianzi Mountain, the core scenic spot of Wulingyuan, is surrounded by mountains and the sea of clouds. The fire belt after snow is like a natural Great Wall.

Photo by Zhou Jianxin



今时明月照古塔。历经200多年光阴的崇文塔，是张家界地区最古老的塔，宝塔岗的地名正由此而来。 柳青 摄

Now the bright moon shines on the ancient pagoda. Chongwen Pagoda, which has been in existence for more than 200 years, is the oldest pagoda in Zhangjiajie area, and the place name of Baotagang comes from this.

Photo by Liu Qing

尖叫

Scream
heartbeat!

生活中，总有一些喜欢冒险的人，他们喜欢勇敢者的游戏，蹦极就是其中之一。对他们来说，玩的就是心跳。

世界上有很多可以蹦极的地方，位于张家界大峡谷的蹦极台是目前世界上垂直落差最大的商业蹦极。其蹦极台设在玻璃桥中部，可同时容纳30人，设有4个跳点。从这里起跳，体验者能够在300米的高山峡谷间自由落体，反复多次地弹起又落下，体验让人尖叫心跳的惊险与刺激。

据了解，张家界大峡谷玻璃桥于2016年正式对外开放，以世界最高、最长及首座斜拉式高山峡谷玻璃桥等多项 世界之最 成为国内高空体验旅游的首选。自开放以来，玻璃桥累计接待中外游客超过一千万人。随玻璃桥应运而生的高空蹦极在2020年12月15日正式对外开放，备受蹦极爱好者的关注。

哥特 摄

In life, there are always some adventurous people who like games of the brave, and bungee jumping is one of them. For them, it's heartbeat.

There are many places where bungee jumping is possible in the world. The bungee jumping platform in Zhangjiajie Grand Canyon is currently the commercial bungee jumping with the largest vertical drop in the world. The bungee jumping platform is located in the middle of the glass bridge, which can accommodate 30 people at the same time and has 4 jumping points. Starting from here, the experimenter can freely fall in the 300m-height mountain and valley, bounce and fall repeatedly, and experience the thrill and excitement of screaming heartbeat.

It is understood that the Zhangjiajie Grand Canyon Glass Bridge was officially opened to the public in 2016. With the world's tallest, longest and first cable-stayed alpine canyon glass bridge and many other "world's best" as the first choice for domestic high-altitude experience tourism. Since its opening, the glass bridge has received more than 10 million Chinese and foreign tourists. The high-altitude bungee jumping that came into being with the glass bridge was officially opened to the public on December 15, 2020, and has attracted the attention of bungee jumping enthusiasts.

Photo by Ge Te