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巴拿马帕伦克岛生态旅游规划

Isla Palenque Eco-tourism Master Plan, The Republic of Panama

Design Workshop
设计事务所 / Design
Workshop, Inc.

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摘要 ……

位于巴拿马的帕伦克岛借助自然、人工以及文化力量，成为了一个中美洲地区地理保护型设计实践范例。该项目将85%的岛屿面积划定为自然保护区，针对场地规划决定的生物气候策略进行了考察，对农业旅游的方式进行了探索以减少进口，并开发了水与能源管理方案以减少对不可再生资源的依赖。该项目通过重新定义地域发展和保护的标准，对现有的政府性法规发起了挑战。

关键词 ……

生态旅游；生物气候设计策略；度假胜地；巴拿马；农业旅游；教育

Abstract ...

Isla Palenque, in Panama serves as a model for geo-responsible design practices throughout Central America, drawing upon natural, human-made and cultural patterns. The project preserve 85 percent of the island for a nature sanctuary, examines bioclimatic strategies for site-planning decisions, explores methods of agro-tourism to decrease imports and develops water and energy management plans that reduce dependency on nonrenewable resources. The project challenges existing governmental regulations, redefining regional development and conservation standards.

Key words ...

Eco-tourism; Bioclimate Design Strategies; Resort; Panama; Agrotourism; Education



项目地址：巴拿马奇里基湾
 项目面积：176hm²
 项目委托：Amble度假村
 景观设计：Design Workshop设计事务所
 首席设计师：Richard Shaw
 项目负责人：Michael Albert
 项目团队：Dori Johnson
 设计时间：2008-2011年
 建成时间：2011年（一期）
 所获奖项：2010年ASLA规划类荣誉奖

Location: Goldo de Chiriquí, Republic of Panama
 Area (size): 176 hm²
 Client: Amble Resorts
 Landscape Architecture: Design Workshop, Inc.
 Chief Designer: Richard Shaw
 Project Leader: Michael Albert
 Project Team: Dori Johnson
 Design Period: 2008 ~ 2011
 Completion Time: 2011 (Phase I)
 Award: 2010 ASLA Honor Award in Analysis and Planning

1. 帕伦克岛是一颗镶嵌在巴拿马国家海洋公园群岛中的生态“明珠”，拥有众多得天独厚的环境资源。
 2. 北眺帕伦克岛。从戴维市或博卡奇卡镇乘船是前来该岛的唯一方式。泛美高速公路和戴维国际机场近期的发展使得奇里基地区成为了国际旅游的热门目的地。
1. Isla Palenque is an ecological "jewel" nestled amidst an archipelago of national marine parks, and a home to a handful of distinct environmental systems.
 2. View North to Isla Palenque. The island is only accessible by boat, either from David or the fishing village of Boca Chica. Recent improvements to the notable Pan-American Highway and David International Airport made the Chiriquí region a highly-desired destination for international tourists.

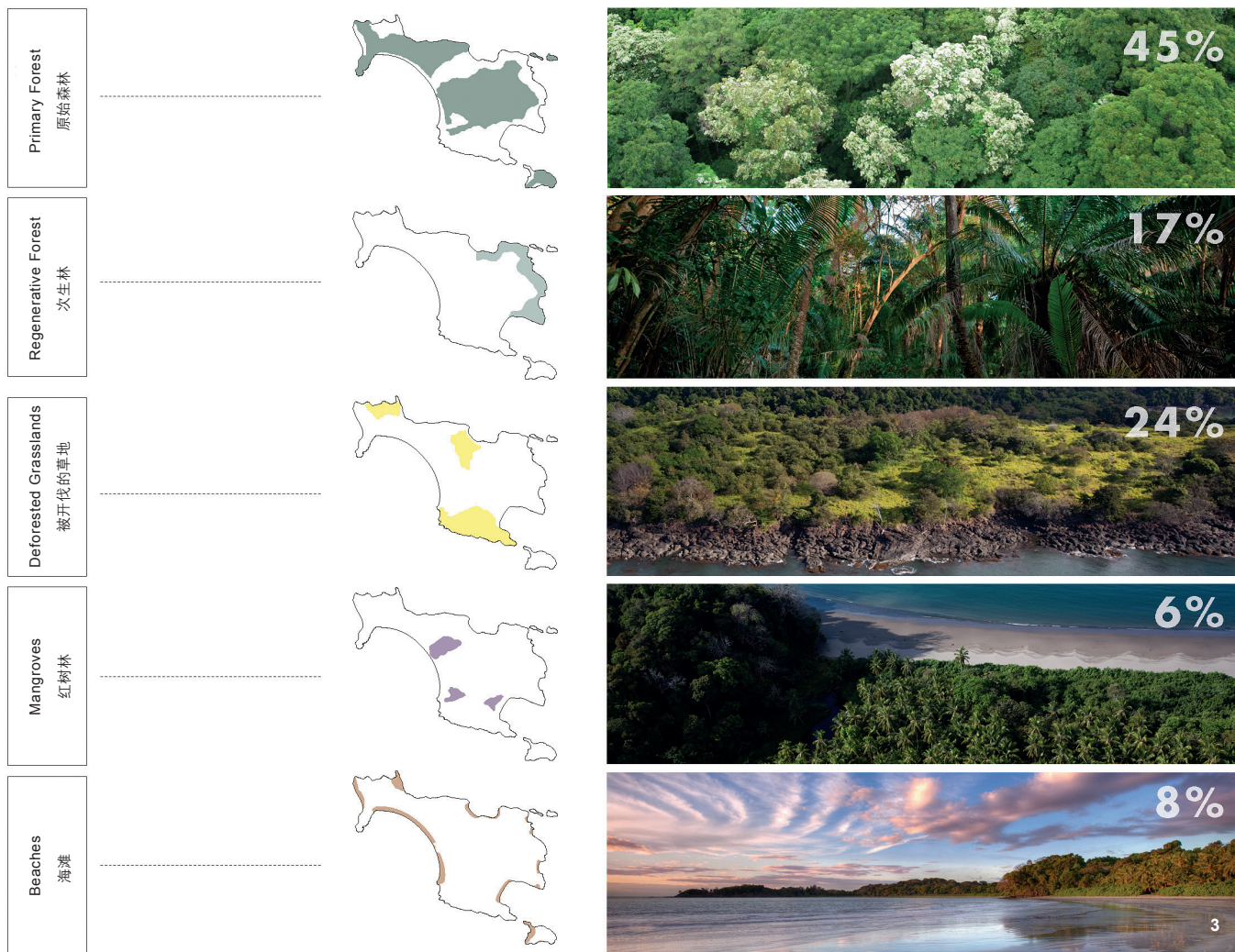
目标

在我们很多人的潜意识里，“岛屿”总是很特别，它是充满神秘、引人探索、与世隔绝、充满冒险——偶尔还有些危险——之地。通常，人们选择内陆而居，但生活在岛屿上却是很特别的。或许是岛屿的内在特质激发了该项目的客户，令他们朝着自己大学时代就拥有的梦想迈出了一大步。帕伦克岛成为了客户的首个地理旅游项目，旨在打造一个可持续性的、能够反映当地真正精神，或者说具有原汁原味的场地精神的岛屿规划典范。由于整个中美洲缺乏较为完善的开发法规，很多脆弱的原始场地逐渐沦为森林采伐、肆无忌惮的开发、传统人造休闲活动的牺牲品，所有这一切都对环境造成了严重影响。景观设计师旨在通过整合可持续性、生态旅游、能源节约、环境保护及教育等方面，从而帮助客户实现其愿景。

背景

帕伦克岛是一颗镶嵌在巴拿马国家海洋公园群岛中的生态“明珠”。场地毗邻奇里基湾国家海洋公园，该地区一直吸引着先锋自然爱好者前来。帕伦克岛拥有众多得天独厚的环境资源，其中包括珍稀濒





危的动植物物种。然而，促进旅游型法律和税收刺激机制为那些来巴拿马投资的人们敞开了大门。自2004年起，当地旅游人口增加了不止一倍，旅游业收入也随之增加了两倍。

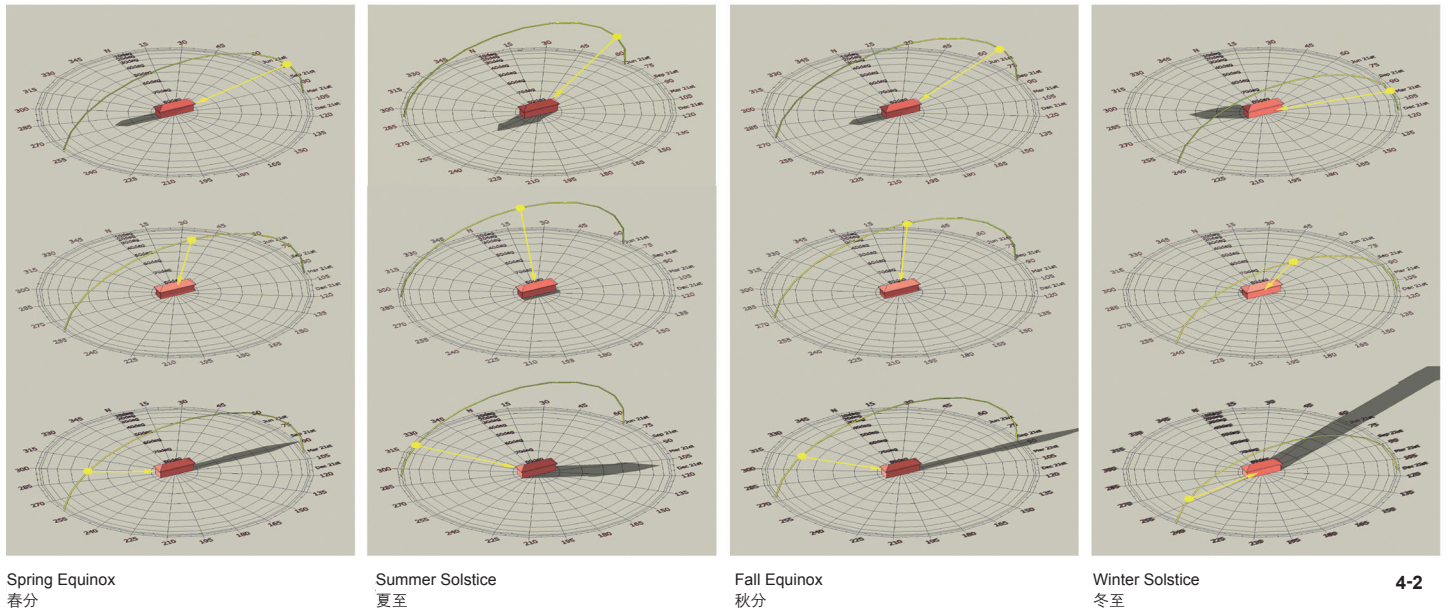
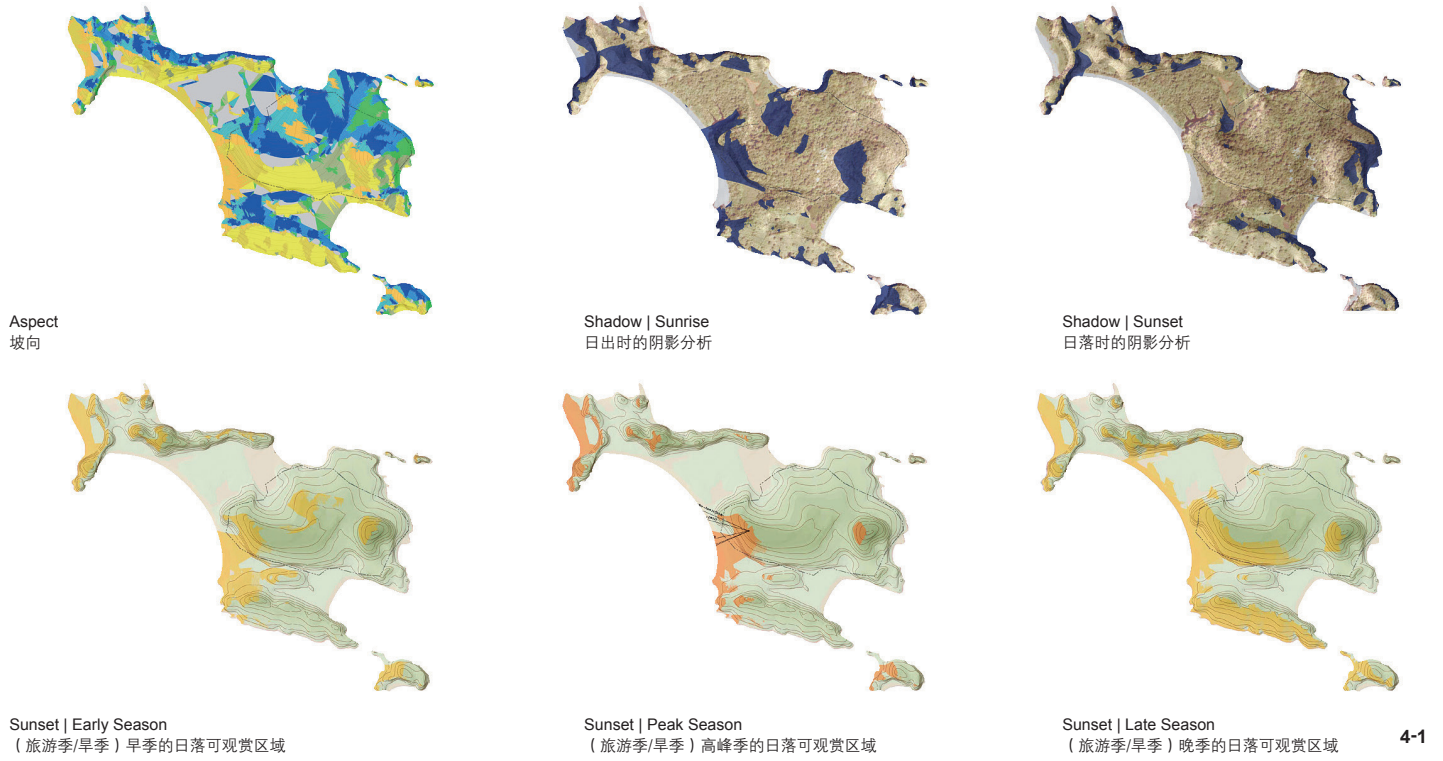
过程

经由地理信息系统制定出了一项生态分区规划，其中对环境、社会和经济条件进行了逐层分析。然而，当地环境专家参与的多次场地调研为考察帕伦克岛的场地精神提供了机会。每一次调研都会对岛上的一些新领域进行探索，这为设计团队提供了一个全新的视角。通过与当地布格列印第安部落的交流，设计团队加深了对于当地文化传统的理解，包括他们艺术与手

工制品的图案——项目的建筑设计也受之影响。设计团队基于他们的观察，提出了一系列规划蓝图，涉及沿海通路、能源、交通、开发、开放空间与环境保护等多个方面。山脊线得到了保留，建筑与景观融为一体，以降低视觉影响。开发集中于滨海沿岸先前的空旷场地，并有利于被动式通风。一个位于中心地带的服务区——位于一块平坦的地块，场地植被相对贫瘠——也几乎完全地隐于景致之中。岛上易受破坏的森林、泻湖与红树林——约占该岛面积的85%——都被保留了下来，成为了对公共开放的自然保护区。

帕伦克岛也是首个经巴拿马住房部批准，对路面宽度有所缩减的项目。该岛较小的尺度与多变的地形条件为设计团队关

3. 该岛由5个不同的生态系统构成，为包括吼猴、鬣蜥和红尾蚺在内的众多濒危物种提供了栖息地。帕伦克岛近1/4的土地遭受了森林采伐的毁灭性影响。伐木业严重破坏了巴拿马的生态系统。我们制定的总体规划将重建岛屿的生态完整性，恢复被破坏的景观以供后人享用。
4. 我们首先通过对当地的环境、社会、经济状况进行深入分析，从而制定出一套生态分区方案。理解场地的太阳朝向对于团队依据观景视线和采光进行建筑布局而言尤为重要。
3. The island is comprised of five distinct ecosystems, each containing numerous species of endangered species, including howler monkeys, iguanas and boa constrictors. Nearly one-quarter of Isla Palenque has witnessed the devastating effects of deforestation, an industry which has significantly harmed Panama's ecosystems. The master plan reestablishes the island's environmental integrity, rehabilitating damaged landscapes for future generations to enjoy.
4. The process began with an in-depth analysis of environmental, social and economic conditions to create an eco-zoning plan. In particular, understanding the site's solar-orientation patterns enabled the team to site architectural elements based on notable views and daylighting opportunities.



Principles of Resource Protection 资源保护设计准则

- 01 Protect the island's edge by placing development 8 meters above the Mean Low Level Water on the Pacific side.
为了保护岛缘，开发位置比沿太平洋一侧的平均最低海平面高出8m。
- 02 Preserve the island's visual integrity by creating a 10-meter vegetated buffer along the entire perimeter edge to make development invisible from off-site.
为了保护岛屿的视觉完整性，沿整个岛屿的岸缘建造一条10m宽的植被缓冲带，将人为开发遮蔽起来。
- 03 Protect mangroves, beaches and internal bodies of water with a 25-meter buffer from development.
设置一条25m宽的缓冲带以保护红树林沼泽、海滩和岛内水体。
- 04 Limit coastline impacts by locating landings only in the two locations identified in the coastal assessment report. Reduce marina size and dredging activities through thoughtful mooring system design.
为了减少对岸线的影响，设计团队依据《岸线评估报告》仅设置了两个登陆点；并通过周密的设计系统以减少泊船区规模和疏浚活动。

Principles of Responsible Land Choices 谨慎用地设计准则

- 01 Reduce disturbance to primary forestland by limiting development to previously deforested grasslands and secondary vegetation. Cluster development and follow a phased approach to further minimize impacts. Through development in cleared grasslands and secondary vegetation, reduce disturbance to primary forestland; and through clustered development and phased approach, further reduce impacts on primary forestland.
- 02 Adapting and utilizing the region's notable tradewinds allows for natural ventilation, reducing the need for conditioned space.
顺应并利用当地显著的信风资源，可加强自然通风，并减少对室内空气调节的需求。
- 03 Minimize the amount of site grading and protect steep slopes and secondary vegetation canopies.
尽量避免场地坡度平整，并对陡坡和次生林冠进行保护。
- 04 Reduce travel on the island by locating development within close proximity of activity focus points. Locate the primary lodge adjacent to the landing area in order to reduce vehicular usage.
减少岛内交通，将开发集中于主要活动点附近；接待大厅邻近登岸区以减少机动车的使用。

于替代性交通方案的设想提供了可能。相较于需要大量平整土地的传统交通工具，设计团队为岛内选择了以小巧的电车为主的替代性交通工具。普通道路的路面宽度缩减了50%，从而降低了对于场地的干扰，减少了污染气体排放，节约了建造成本，并缓解了基础设施需求。

生物气候设计策略

“被动”或“生物气候设计”的方法使得人们能够世代代在这种热带气候条件下惬意地生活。通过紧密的协作，景观设计师和建筑师对这种久经检验的策略进行了借鉴与实践，试图利用岛上的气候条件减少能源需求，并为游客提供一种难忘的美好体验。这些策略涉及空气流动、隔热、阻热、蒸发式降温等方面。

建筑朝向调整为与旱季及雨季盛行风相垂直的方向。当地的自然景观促进风



Principles of Conservation and Parks 保护区和公园设计准则

- 01** Designate interior forests as public parks and open space lands for preservation. Protect the integrity of the natural environment by restricting recreation activities and managing lands for resource enhancement. Design a network of trail connections from all beaches, parks and open space lands to the residences, lodges and amenities, avoiding the creation of ad hoc footpaths in sensitive areas.

将岛内林区划定为公共公园和开放空间加以保护。通过限制娱乐活动和以提升资源为目标的土地管理，来保持自然环境的完整性。场地中设计了一个步道网络，将所有海滩、公园、开放空间与居住区、接待大厅和配套设施连接了起来；步道的设计还避免了在环境敏感区域出现临时步道。
- 02** Provide habitat connectivity from the interior forestlands to the perimeter greenbelt by preserving green "spines" spaced no more than 500 feet apart.

通过每隔150m之内设置一个绿色“脊柱”，连接了内部林区与边缘绿带的生物栖息地。
- 03** Create conservation easements that are natural vegetated buffers between residential lots through the establishment of stringent building envelopes, limiting the area of disturbance.

建立保护地役权，通过在严格划分的住宅地块间设置植被缓冲带，减少了对该区域的人为干扰。

Principles of Agrotourism and Education 农业旅游和教育设计准则

- 01** Avoid forest disturbance by concentrating the agricultural crop production and organic farms to already-deforested areas.

避免对林区生态的干扰，在已开伐区域集中进行农作物生产并建立有机农场。
- 02** Develop a "Food Forest" or "Edible Forest Garden" along all trails.

沿岛内路径建立“食物森林”或“种植可食用植物的花园”。
- 03** Stabilize slopes currently prone to erosion by planting fruit trees along the southern hammerhead, a large area which receives a great amount of solar exposure.

沿南部岬角种植果树——那里有光照充足的大片区域——以稳固近期被侵蚀的斜坡。
- 04** Educate guests to the island's history, flora and fauna. Create a small lodge for island research and discovery in close proximity to the interior forest and a significant archeological site.

向游客普及本岛的历史和动植物知识。在内部林区和重要考古点附近建立小型屋舍，以供研究及探索使用。

吹进那些从地面抬升的建筑中，从而实现对流通风。在热带环境下，东向和西向在太阳高度角最低时接受到的日照最强。因此，设计团队只将建筑物较矮的一面安置在东西方向，以使自然景观为建筑提供更多的荫蔽。种植了植物的台地取代了铺装区域，以降低地表温度。水体都被设置在

- 5. 经由分析，设计团队在多个方面提炼出了设计准则，其指导了后续的总体规划工作。设计将保护岛屿环境的完整性视为第一要位，并将开发范围限定为总面积的15%。
- 6. 根据巴拿马法律，在占地面积26.7hm²的已开发区域中，15%的土地（约4hm²）必须用作公共开闢地。我们的规划标准是政府规定要求的两倍，且另外预留了136hm²的自然保护用地。
- 5. From the analysis, the team extracted principle conclusions for multiple categories that were later incorporated into the master plan. Preserving the island's environmental integrity took on the highest priority, limiting development to only 15% of the island's coverage.
- 6. Under current Panamanian law, 15% of the 66 developed acres (which equates to 16 acres) must be reserved for public parkland. The master plan doubles this requirement and goes beyond to preserve 336 additional acres in conservation.



户外开阔空地上，以对流入房屋的空气进行预先降温。建筑以及随后的景观设计中融入了包括蓄水池和水塔在内的雨水收集技术/设施。

巴拿马的建筑传统特色在场地的居住度假住宅区规划中体现得淋漓尽致——通过效仿附近村庄的形式，被设计为由小型房屋组成的建筑群。这些由模块组件构成的房舍可能被反复拆装、排布，以保护那些珍稀的树木。村落式布局的设计使得建筑可以依照地势而排布，并且所有的房间都与庭院相连。较陡的斜坡和高耸参天的丛林需要一种不同以往的居住模式设计，“丛林小屋”也应运而生。其由一系列架设在林间的栈道所连接，可以保护场地原有的地势与植被。反转的屋顶能够收集雨水，并将其导流至蓄水池。

农业旅游

设计团队意识到，岛内进口食物和建筑材料将会带来局限性，其成本也较高。于是便开发了一项农业旅游计划，并提出了三项缓解措施：一座有机果园、一个种植可食用植物的森林花园，并栽植大量果树。在当地农民的指导下，这一农业旅游计划适应了当地的环境。居民将在社区花园中广泛种植他们自己的农产品。采伐林地被用于种植建筑材料，包括用来建造茅屋顶的棕榈，和制造家具的竹子。被种植在适宜小气候中的果园和凤梨植物特产园吸引了大众前来观赏。

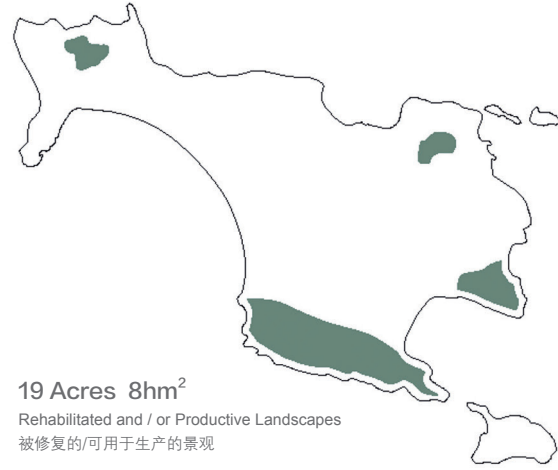
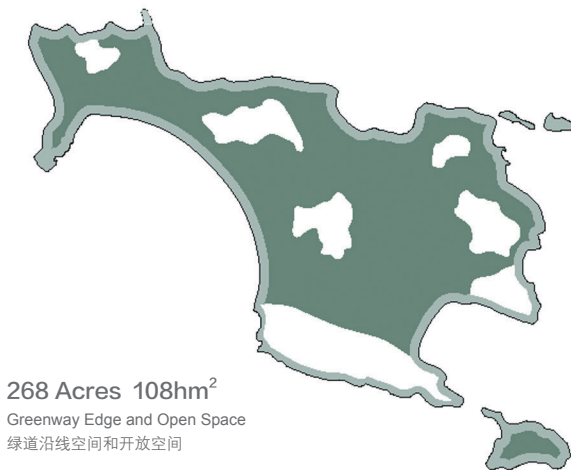
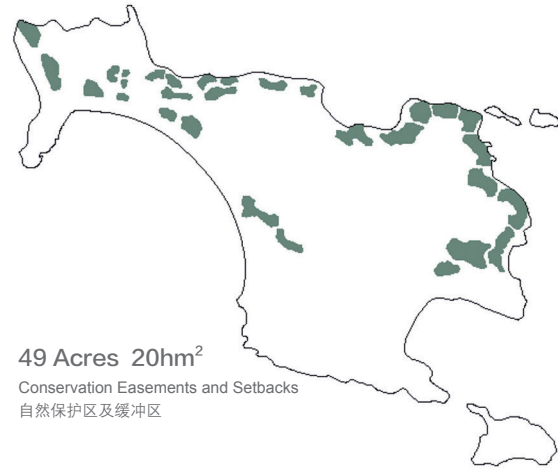
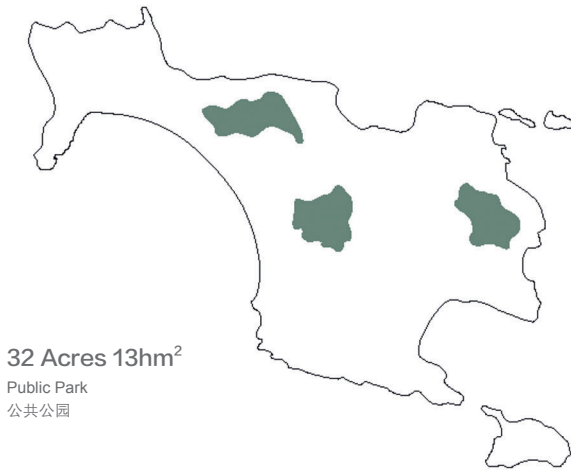
环境敏感性与可持续性

帕伦克岛通过实施一整套可持续性措施，将成为生态负责任设计与实践的典

范。岛上拥有一条超过9km的自然游径，这条通向岛屿内部的游径并没有任何传统意义上的城市娱乐设施，而是设有用岛上的天然材料制成的观鸟塔、解说步道和游乐区域。设计通过综合发挥岛上各项环境特色，营造了一个不同凡响的娱乐项目。

将公共设施设置在道路路面下方可以减少对于地面植物的破坏。那些从采伐林地中开采出的火山岩，经由碾碎后，被铺筑成道路。乡土植物的运用可减少植被对灌溉的依赖性，场地上经由治污处理后的水体和蓄水池中的水可为其提供旱季灌溉供给。食物残渣会被转化为堆肥，之后可作为农场肥料。LAF





368 Total Acres of Protected Landscapes
受保护总面积: 149hm²

Goals

Islands hold a special place in our collective unconscious — places of mystery, discovery, isolation, adventure and, occasionally, danger. The mainland is where ordinary life occurs, but islands are special. Perhaps it was these inherent qualities that spurred the client to take a big step toward a dream he first hatched in college. Isla Palenque serves as the client's first geo-tourism project, whose vision was to develop a model for sustainable island planning that expressed the place's true spirit, or *genius loci*. With loose development regulations throughout Central America, the vulnerability of many pristine sites has fallen

to deforestation, out-of-scale development and traditional man-made recreational activities, all causing environmental repercussions. The landscape architect was instrumental in helping the client achieve his vision by synthesizing aspects of sustainability, ecotourism, energy-saving, conservation and education.

Context

Isla Palenque is an ecological "jewel" nestled amidst an archipelago of national marine parks. Adjacent to the Parque Nacional Marino Golfo de Chiriquí, the region has coaxed trailblazing nature lovers

to the area for years. Isla Palenque is home to a handful of distinct environmental systems, including endangered species of flora and fauna. However, tourism-friendly laws and tax incentives have opened the floodgates for investment in Panama. Since 2004, tourism

7. 通过整合当地的自然、人工、历史与文化特色，帕伦克岛将成为中美洲地理保护开发的范本。
8. 我们的总体规划比巴拿马法定要求多预留了2300%的开阔地和开放空间，创造了保护性开发的新高度。
7. Isla Palenque will serve as a model for geo-responsible design and practices throughout Central America by drawing upon the natural, human-made, historical and cultural patterns of the region.
8. The master plan exceeds Panama's requirement for public parkland and open space by 2300%, establishing a new precedence for conservation-based development.

Existing Conditions

现状

The site consists of grassland and specimen trees. Notable eroded areas contribute to undesirable runoff to the ocean.

场地上现有草地和园景树。排向海洋的径流对土地造成了严重的侵蚀。

0 ~ 2 Years

0~2年

The plan proposes fruit tree plantings that provide source of food for guests and helps to stabilize currently-eroded areas.

项目提出了果树种植方案，这既为游客提供了果品，也利于稳固被侵蚀区域。

2 ~ 4 Years

2~4年

In later development phases, the plantings have become established by the time the first residential uses are constructed.

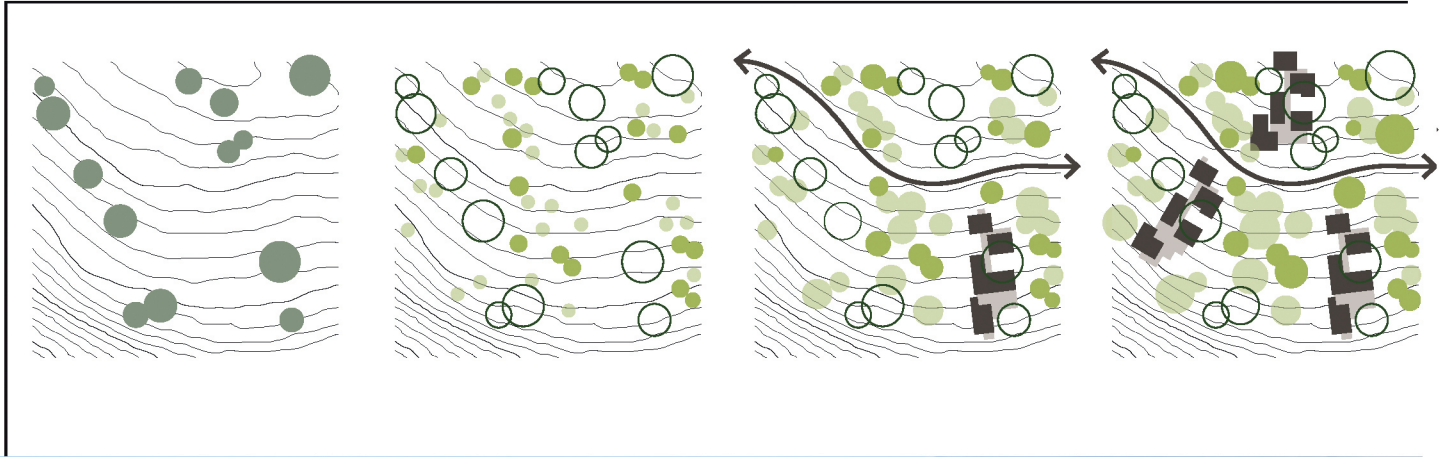
在后续的发展中，随着第一批住宅的建成，果树林也逐渐形成规模。

4 ~ 6 Years

4~6年

The growth of the initially-planted fruit trees provide a visual buffer for guests, exposing them to a "living and productive landscape".

第一批种植的果树逐渐成熟，它们为游客带来了美好的视觉享受，并营造出了生机勃勃、丰产的景观。



arrivals have more than doubled, while tourism-based revenue has more than tripled.

Process

Developed in GIS, an eco-zoning plan analyzes layers of environmental, social and economic conditions. However, it was multiple site visits with local environmental experts that provided the opportunity to investigate the island's spiritual quality. Each visit explored new parts of the island, offering

the design team a fresh aspect. Interaction with the region's Ngobe-Bugle Indian tribe offered the team insight to cultural traditions, including patterns from their arts and crafts that influenced the project's architectural design. The design team drew upon these observations in order to develop a series of master plan conclusions related to coastal access, energy, transportation, development, open space and conservation. Ridgelines are preserved and structures are nestled

9. 散植果树方案。岛内历来作为开伐区的场地被改造为生产性农场，并将根据不同的气候环境栽种不同的植物。光照方位、坡度、盐碱度和基岩深度等因素将对农场的选址产生重要影响。
9. Prototype for scattered fruit tree planting. Farm production established in areas of historically-deforested areas is adapted to the various microclimates. Solar aspect, slope, salt exposure and bedrock depth were strong factors for consideration of production farm locations.

into the landscape to reduce visual impact. Development is concentrated on previously cleared areas along coastlines and facilitates passive ventilation. A centrally located service area, located on a flat area where the forest floor is relatively bare, is adequately screened. The island's fragile forests, lagoons and mangroves — approximately 85 percent of the island — are preserved as a nature sanctuary for the public.

Isla Palenque also represents the first known project to gain approval for roadway-width reduction by Panama's Ministry of Housing. The island's intimate scale and varying topographic conditions supported the design team's vision for alternative transportation. In lieu of traditional vehicles — which would result in extensive grading — a fleet of smaller, electric cars would serve as the island's primary mode of transportation.

10. 我们意识到，岛内进口建筑材料和食品将会带来局限性，其成本也较高。因此在农业旅游计划中，我们设计了种植可食用植物的森林花园。这些花园亦担负着向奇里基的居民、来岛游客，以及国际永续农业的相关人士进行宣传与科普的职能。
10. Recognizing the constraint and expense of importing building material and food, an extensive agrotourism program identifies opportunities for edible forest gardens. Gardens aim to foster educational development to three user groups: local Chiriqui citizens, island guests and international permaculture programs.


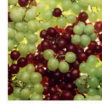

Zone IV | Overstory 第四层 | 林冠层

Avocado 鳄梨	Rose Apple 蒲桃			
Mango 芒果	Jackfruit 菠萝蜜			
Lychee 荔枝	Longan 龙眼			
Mamey 曼密苹果	Coconut 椰子			

Zone III | Mid-Story 第三层 | 林中层

Banana 香蕉	Citrus 柑橘类植物			
Guava 番石榴	Starfruit 杨桃			
Papaya 番木瓜	Tea 茶树			

Zone II | Vines and Hanging Plants 第二层 | 藤本和垂挂植物

Passion Fruit 西番莲	Airplant 空气凤梨			
Kiwi 猕猴桃	Orchids 兰花			
Grape 葡萄	Bougainvillea 叶子花			

Zone I | Understory 第一层 | 林下层

Herbs 草本植物	Groundcover 地被植物			
Vegetables 蔬菜	Pineapple 菠萝			
Berries 浆果	Cactus 仙人掌			

Forest Floor 枯枝落叶层



Typical roadway widths are reduced by 50 percent, decreasing site disturbance, emissions, construction cost and infrastructure needs.

Bioclimate Design Strategies

The methods of “passive” or “bioclimatic design” have allowed people to live comfortable in tropical climates for thousands of years. Working in close collaboration, the landscape architect and architect referenced and implemented such time-tested strategies that utilize the island’s climate to reduce potential energy needs while still providing a superior experience for visitors. Strategies revolve around air movement, insulation, solar gain rejection and evaporative cooling.

Building orientations are balanced perpendicular to the prevailing winds of dry and wet seasons. Landscape enhances channel breezes into buildings elevated off the ground, allowing cross ventilation. In tropical environments, the east and west aspects receive the strongest sun at the lowest angle. Therefore, the design team orientated the short sides of buildings in these directions, positioning landscape to further shade. Exterior planted terraces replace paving to

reduce ground temperatures. Bodies of water are placed immediately outside openings to pre-cool air entering the house. Rainwater harvesting techniques / facilities, including collection cisterns and towers, are celebrated and incorporated into the architecture and later reused in the landscape.

The architectural heritage of Panama is highlighted through the site planning of residential casitas, designed as a cluster of small buildings, imitating the form of nearby villages. Casitas, consisting of modular kit of parts, have the ability to be rearranged to preserve notable trees. The village-like design enables the architecture to follow grade, with all rooms opening onto courtyards. Steep slopes and high canopy forests required the development of an alternative residential product design. Elevated canopy homes, connected by a series of raised boardwalks, preserve existing grade and vegetation. Inverted roofs collect and divert water to cisterns.

Agrotourism

The team recognized the constraint and expenses of importing food and building materials to the island and developed an

agrotourism program that proposes three mitigating actions: an organic production orchard, an edible forest garden and the scattered plantings of fruit trees. The program was adapted to the local environment under the guidance of local farmers. Residents will grow much of their own produce in community gardens. Deforested lands are utilized for the growth of building materials, including palm leaves for thatch and bamboo for furnishings. Orchid and bromeliad specialty gardens offer public interest, planned in appropriate microclimates.

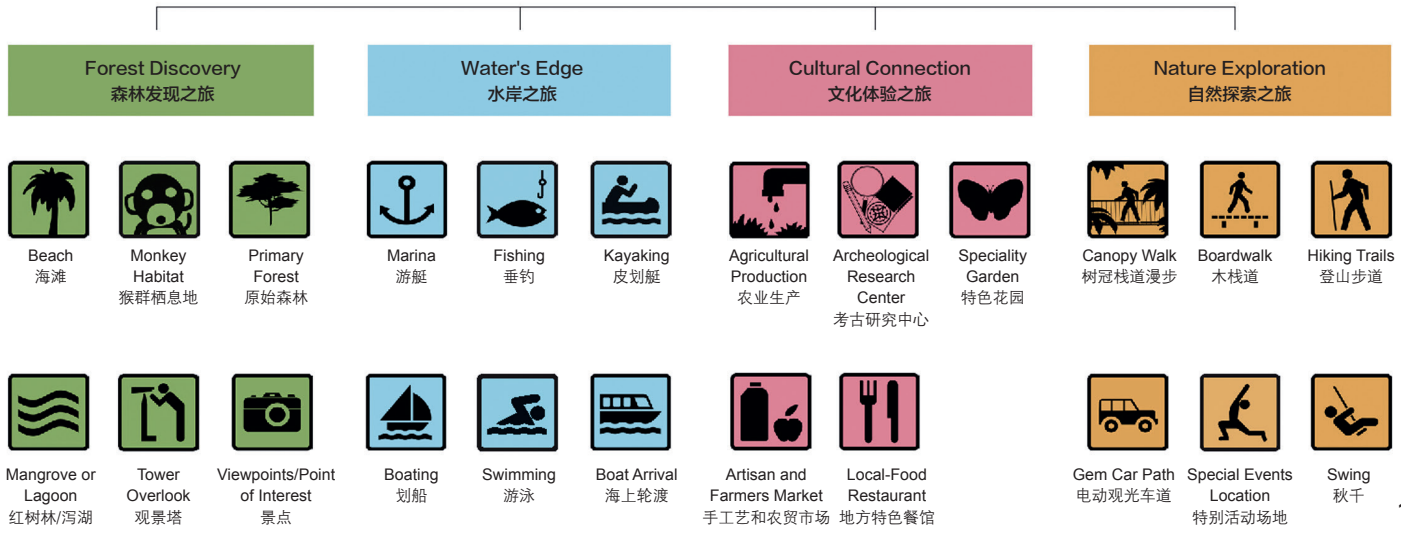
Environmental Sensitivity and Sustainability

Isla Palenque will serve as a model for eco-responsible design and practices by taking a holistic approach to sustainability. Over six miles of nature trails extend into the island’s interior, where bird-watching towers, interpretative trails and play areas created from natural materials found on the island replace any notion of traditional urban play structures. The synthesis of the island’s environmental features creates an unparalleled recreational program.

Utilities, laid under roadways, reduce the need to remove vegetation. Roadways consist of crushed volcanic rock, extracted from already deforested areas. Native plants will reduce dependency on irrigation during the wet season while on-site wastewater treatment and cisterns provide irrigation during the dry season. Food waste is converted into compost, used later at the farm. **LAF**



11. 相较于封闭、隔离的传统度假区环境，该设计与项目规划提升了岛内的社群感。游客可以在位于场地中心区的开放空间，以及巴拿马风格的屋舍中与技艺高超的手工艺人交流，并享用当地的土产美食。
11. Rather than the traditional resort environment where guests have an isolated experience, the design and program facilitates a sense of community by providing centrally-located open spaces and a Panamanian-inspired lodge where guests interact with skilled artisans and enjoy island-grown foods.



12. 美国国家地理协会将地理旅游定义为“能够保持或提升当地地理特征（包括其环境、文化、审美、遗产和居民康乐）的旅游业”。作为一个“地质旅游”目的地，帕伦克岛将在历史、考古、建筑、自然和文化等方面为游客带来丰富多彩的体验。设计师将帕伦克岛视为一个整体，旨在

使来岛游客拥有一种完整的、全方位的体验。
12. The National Geographic Society defines geotourism as "tourism that sustains or enhances the geographical character of a place — its environment, culture, aesthetics, heritage and the well-being of its residents".

Envisioned as a "geotourism" destination, Isla Palenque will engage travelers in historical, archeological, architectural, natural and cultural experiences. Designers aimed to create a holistic experience that focuses on the "place as a whole."