

白露节气的户外与民俗活动指南

白露节气标志着秋意渐浓，是进行户外活动和体验民俗文化的最佳时机。各地有丰富的节日活动，包括采茶、赏菊、登高、祭祖、体验传统手工艺等。

采茶活动可以安排在清晨或上午，避开烈日，同时享受晨露带来的清新。参加者可穿舒适服装，携带茶篓，跟随茶农学习采茶技巧。活动结束后，还可参与茶艺展示或品茶体验，增加节日趣味。

赏菊是北方地区白露的重要民俗，菊花在节气中盛开，寓意吉祥长寿。许多公园和乡村会举办菊花展或手工花艺活动，家庭可带孩子一起欣赏花卉，了解植物文化，体验自然美学。

登高活动同样在白露时节流行。登高既能锻炼身体，又有驱邪保健的寓意。建议选择安全路线，备好水和轻便食品。登高过程中可进行摄影、写生或野餐，让户外活动充满乐趣。

此外，民俗体验如制作传统手工艺、参与祭祖仪式、品尝节令美食，也能让参与者深入感受白露文化。活动安排应合理规划时间，注意防寒、防滑，同时尊重当地习俗和礼仪。

白露节气的户外与民俗活动，不仅让人们亲近自然，享受运动乐趣，更能在日常生活中体验传统文化，增进家人和朋友间的交流。通过这些丰富的活动，白露节气的魅力得以充分展现。

Outdoor and Folk Activities Guide for White Dew Festival

The White Dew solar term signifies the deepening of autumn, making it an ideal time for outdoor activities and experiencing folk culture. Various festival events include tea picking, chrysanthemum viewing, mountain climbing, ancestral worship, and traditional crafts.

Tea picking activities are best scheduled in the morning to avoid strong sunlight and enjoy the freshness of morning dew. Participants can wear comfortable clothing, bring baskets, and learn tea-picking techniques from farmers. Afterward, they may join tea art demonstrations or tasting sessions to enhance the festive experience.

Chrysanthemum viewing is an important custom in northern regions during White Dew. The flowers bloom during this period, symbolizing good fortune and longevity. Parks and rural areas often hold chrysanthemum exhibitions or flower craft activities. Families can bring children to appreciate flowers, learn about plants, and experience the beauty of nature.

Mountain climbing is also popular during White Dew. Climbing not only exercises the body but also has a traditional meaning of warding off evil and promoting health. It is recommended to choose safe routes and bring water and light snacks. Activities such as photography, sketching, or picnicking can make outdoor experiences more enjoyable.

In addition, folk experiences such as traditional handicrafts, participating in ancestral rituals, and tasting seasonal foods allow participants to immerse themselves in White Dew culture. Planning the schedule carefully, dressing warmly, and respecting local customs are important for a successful experience.

White Dew outdoor and folk activities allow people to connect with nature, enjoy physical activity, and experience traditional culture. Through these diverse activities, the charm of the White Dew solar term is fully revealed, fostering family and community connections.