

太平山

國家森林遊樂區

TAIPINGSHAN
National Forest Recreation Area



101.12.50.000



TRAVEL GUIDE

FOCUS

旅遊導覽

聆聽大自然的心跳

您曉得嗎?看似靜悄悄的大帝
其實時時刻刻都在脈動著
哺乳動物們是深遠綠林的原住民
壯闊深遠的群山無怨無悔地鎮守
苔蘚質心的替替壁牆上厚薄不一的地毯
百花季季為山林換妝、紅葉也片片飄蕩著
昆蟲處處展現令人驚奇的外型
藏頭顯臉的線條流露著亙古風采
樹林以筆直的線條散發清冷孤傲的氣息
瀑布水花也激起點點驚濤的感動
好動的鳥兒在啁啾嬌滴滴的悅耳音符
湖井千變換化在四季各領風騷
大地之美
是我們夢裡嚮往的無上享受

Listen To The Heartbeat Of Nature

Did you know? The seemingly serenity of the earth is continuously throbbing with life; with a wide range of animals as the primary residents. The majestic mountain range watches protectively over everything. Moss meticulously covers the rocks, forming an uneven carpet. A profusion of flowers in a kaleidoscope color, and enchantingly beautiful red leaves. Insects of all shapes and sizes never seen before provide a surprising sight. A rich sense of history emanating through the tracks. A sense of solitude and aloofness emanates from amongst the red straight trees. The waterfall radiates sprays that stir the emotion. Lively birds chirping sweetly. The lake portrays a beauty that is unique in each season. This charming earth. Is the epitome of our dreams, an unprecedented enjoyment.

土場

Tuchang



「土場」是林業用語中的木材聚集地或卸材場地，也是過去太平山生產材卸材轉運地，旁邊停車場就是過去生產材卸材場。

“Tuchang” is a forestry term for a collection center for timber or a location for unloading timber. It used to be an unloading center for Taipingshan timber industry.

The tour of Taipingshan begins beyond the toll station.

山居風情畫

Picturesque mountain lodging



太平山莊

太平山區的主要餐飲住宿區，沿步道石階，不同季節有不同的花卉楓紅。特別是紫葉槭，使中央階梯一年中有九個月沉浸在紫紅色的花海中，即使冬天的白雪覆蓋枝椏也相當漂亮。夜曉有鸛鵒飛舞也可以多留意喔！

Taipingshan Villa
The primary lodging house in the Taiping-shan region, with its mid-level terraces painted in a kaleidoscope of red and orange for nine months of the year by the Atroriparum and enchantingly snow covered in the winter. Watch out for the moths flitting about in the night!

享受化外的灌頂清涼

Enjoy an out-of-this-world coolness



三疊瀑布步道

第一道瀑布有「魔鬼瀑布」之稱，氣勢磅礴；中間一道瀑布下方水潭廣闊，潭面鏡綠，清澈見底；第三道瀑布為雙連懸瀑，激起點點水花沁人心脾。相當壯觀！而水霧微杜產生的大量陰離子還可以養顏美容、淨化人體血液！

Sandie Falls Trail
The powerfully magnificent first waterfall is dubbed the “monster waterfall”. At mid-level, the waterfall opens up into a jade green lagoon with crystal clear waters. The third waterfall is a twin cascade, simply majestic! The voluminous mist developed from the myriads of minute water droplets are a great beauty aid!

林悠悠光芒

Shaded radiance



原始森林公園

走完496階梯，就來到原始森林公園，園內生態保持完整，幾乎沒經過人工破壞，就為了讓人可以接觸它最原始的面貌。走人的五分鐘可以看見一座小廟—鎮安宮，裡面供奉「鄭成功」是為了感念他深植台灣的民族精神。

Ancient Forest Park
These gardens are very well-preserved because no attempt has been made to manually change them. Five minutes into the walk and you will see a small temple Chen-An Temple where “Zheng Cheng Gong” is commemorated for his pioneering of the Taiwanese culture.

翠峰湖

Cueifong Lake



瞬息萬變的視覺享受

A Visual Feast of rapidly changing scenes

翠峰湖環山步道
位於海拔1840公尺的高山湖泊，春風拂起，萬物生靈盎然；夏陽晴時，雲霧迎面飄來有如戲夢的幻妙；神祕女郎，轉眼間已身在其中；鳥鳴嘖嘖與嘖影顯現片在廊柱和樹木之間，順道拜訪花安奇跡的毛氈花、粉嫩滑的台灣杜鵑，邂逅高山最清新的容顏。Pingyuan Nature Trail
Looking far into the distance at the sunrise and sea of clouds, the rapidly evolving view is simply breathtaking. The sweet sounds of the birds and the dancing butterflies, intriguing beauty of the flowers of the foglows, selective fragrance of the Formosa rhododendron, fall in love with the crisp freshness of these magnificent mountains.

元氣指數百分百

100% revitalization



周之澤溫泉

於民國85年成立解說站，有太平山多媒體簡介，讓你搶先一步親覽太平山之美。因位於昔日仁澤索道起點與舊台之間，所以稱為中間。
Established in 1996 as information center. The center provides a multimedia introduction of Taipingshan, giving you a preview of the magnificence of Taipingshan. Located between the start point of the Renze Track and Lantai, it is named the Jhongshan.

The Jijouhize Hot Spring
The healing functions of the odorless carbonic hot springs are odor-free, providing relief for tired bones and skin problems. Stroll across the Jouse Bridge and listen to the sweetly singing birds, feel the warm welcome of the gently waving luscious leaves of the Broad-leaf Forest.

茂興

Maosing



原始風味-蹦蹦車站

採用原木建設的蹦蹦車站，相當貼近自然，每車站的空格，別忘了看看書架解說與圖片，或看看欣賞湖邊古味的長棧道延伸在山谷中的模樣，令人不禁讚嘆起前人開發的深遠智慧！
Primitive style Bong Bong train station
Built using the original timber from the historical Bong Bong train station. Inspect the informational boards and pictures as the train pulls into the station or marvel at the ancient rail tracks winding through the mountain gorges!

Maosing Reminiscent Trail
The railroad built of antique timber winds through this ecological miracle of green walkways, traveling through time, a testament to the simple ingenuity of our ancestors.

四季幻彩、各領風騷

Enchantments of the Changing Seasons



翠峰湖環山步道

位於海拔1840公尺的高山湖泊，春風拂起，萬物生靈盎然；夏陽晴時，雲霧迎面飄來有如戲夢的幻妙；神祕女郎，轉眼間已身在其中；鳥鳴嘖嘖與嘖影顯現片在廊柱和樹木之間，順道拜訪花安奇跡的毛氈花、粉嫩滑的台灣杜鵑，邂逅高山最清新的容顏。Pingyuan Nature Trail
Looking far into the distance at the sunrise and sea of clouds, the rapidly evolving view is simply breathtaking. The sweet sounds of the birds and the dancing butterflies, intriguing beauty of the flowers of the foglows, selective fragrance of the Formosa rhododendron, fall in love with the crisp freshness of these magnificent mountains.

Cueifong Lake Circle Trail
The gentle spring breeze announces the awakening of nature. The brilliant summer sun radiates through the clouds, creating a kaleidoscope of color on the lake. The crisp autumn breeze in the mist creates a sense of the sunset. A refuge in the winter snow, the ice-coated track by the lakeside is a picture of romance.

遊客中心

Visitor Center



於民國85年成立解說站，有太平山多媒體簡介，讓你搶先一步親覽太平山之美。因位於昔日仁澤索道起點與舊台之間，所以稱為中間。
Established in 1996 as information center. The center provides a multimedia introduction of Taipingshan, giving you a preview of the magnificence of Taipingshan. Located between the start point of the Renze Track and Lantai, it is named the Jhongshan.

Overlooking Jiansheng
After a long slower, savor the mystic beauty of the left bank of the Lanyang stream and the grass plains of Lanyang. Look into the distance and see the snow-capped mountains flanked by dense clouds. That is how it place got its name “Jiansheng”.

鐵道串聯兩道風情

The winding tale of the historical railroad



茂興蘇洞原生園

昔日的運材軌道靜靜地匍匐在山腰間，幸運的我們現在可以坐上蹦蹦車，穿梭時光隧道，在充滿綠色能量的步道上，處處令人驚奇的生態，與前人智慧的懷實深深正在對話著。
Maosing Native Fern Garden
Surrendered by Cypress and Hemlock, this garden emanates the freshness of a lush forest. Do not forget to admire the lush green ferns that have lived here since time began, all 78 species of them!

Maosing Native Fern Garden
Surrendered by Cypress and Hemlock, this garden emanates the freshness of a lush forest. Do not forget to admire the lush green ferns that have lived here since time began, all 78 species of them!

繽紛浪漫的高地花園

The colorful and romantic highland gardens



台灣山毛櫸步道

台灣山毛櫸林造型優美，隨四季變化呈現不同面貌：春天滿樹新綠，小巧玲瓏的花同時開放，旋即盛開；十月後是最美的時節，山間色彩映上秋天的金黃；而落葉與枝幹與枝葉，顯露個性之美。
Taiwan Bough Trail
The Formosan bough, with beautifully structured branches and leaves, fills the sky with tender green new leaves in the spring and petite flowers that spiral to the ground. The most beautiful sight is in October when the mountains take on the warm golden hue of autumn. After the fall, the branches take on a different personality, exuding strength and a characteristic beauty.

施映不住的好風景 見晴

Insupressible scenery Jiansheng



見晴眺望

在久雨初晴之際，在觀景台上可以俯瞰到蘭陽溪左岸與蘭陽平原的美景，放眼所及雪山山系綿延疊疊，運氣夠好的話，還能見到令人嘆為觀止、迴響聚散的雲海，「見晴」這個美麗的名字因此而來。
Overlooking Jiansheng
After a long slower, savor the mystic beauty of the left bank of the Lanyang stream and the grass plains of Lanyang. Look into the distance and see the snow-capped mountains flanked by dense clouds. That is how it place got its name “Jiansheng”.

Overlooking Jiansheng
After a long slower, savor the mystic beauty of the left bank of the Lanyang stream and the grass plains of Lanyang. Look into the distance and see the snow-capped mountains flanked by dense clouds. That is how it place got its name “Jiansheng”.

沁人心脾的古古綠意

Enchanting green relics of the past



茂興蘇洞原生園

昔日的運材軌道靜靜地匍匐在山腰間，幸運的我們現在可以坐上蹦蹦車，穿梭時光隧道，在充滿綠色能量的步道上，處處令人驚奇的生態，與前人智慧的懷實深深正在對話著。
Maosing Native Fern Garden
Surrendered by Cypress and Hemlock, this garden emanates the freshness of a lush forest. Do not forget to admire the lush green ferns that have lived here since time began, all 78 species of them!

Maosing Native Fern Garden
Surrendered by Cypress and Hemlock, this garden emanates the freshness of a lush forest. Do not forget to admire the lush green ferns that have lived here since time began, all 78 species of them!

高山公路的四季風情

Scenes of the changing seasons on the Mo untain Road



宜專一線

寬闊的專道為柏油路面，沿途景緻隨著四季變化多端，值得停車一瞧。從海拔500公尺至2000公尺的太平山專道兩旁，從低海拔的山麻黃、羅氏鹽膚木，隨海拔升高而有台灣赤楊等。
Yijhuan Route I
At 500 to 2000 feet above sea level, on both sides of the Taipingshan, one can experience the unique features of each season. These scenes include the Trema orientalis and Rhus semialata ssp. Roxburghiana from the lower to middle levels and the Alnus formosensis etc as we climb to higher altitudes.

見晴懷古步道

Jiansheng Historic Trail



在群山環抱中，隱藏了片片火紅台灣紅檫木，尖道蒼鬱的杉杉與檜木守護著山林，每當雲霧襲來，隱現於茫茫雲海中的雪頂群峰，氣勢雄偉卻不失仙山瓊樓般的飄渺，迴響聚散的雲海更是一望無際！
The mountains, embellished with fiery red Acer morisoneense Hayata, surrounded by china cedar and cypress trees, appears majestic and yet mythical. exuding snow capped peaks through the veil of fog!

The mountains, embellished with fiery red Acer morisoneense Hayata, surrounded by china cedar and cypress trees, appears majestic and yet mythical. exuding snow capped peaks through the veil of fog!

覆雲觀霧

Catching a glimpse of the mist through the veil of clouds



鐵杉林自然步道

百年以上的鐵杉林、檜木林鑲山野，不僅生長的鳥類昆蟲，各種各樣奇形怪狀的枝葉，都不忘聚集山林展現現跡熱情與活力，隨著雲霧與純淨空氣迎面而來，這是一個天然的芬多精王國。
Chinese Hemlock Nature Trail
The mountains are shaded by Hemlock of more than a hundred years old and Cypress trees exuding sweet fragrance. Birds and insects, oblivious to the intrusion of strangers into their habitat, and a wide variety of trees with different forms and foliage give the mountainous woods an air of color, warmth and energy.

Chinese Hemlock Nature Trail
The mountains are shaded by Hemlock of more than a hundred years old and Cypress trees exuding sweet fragrance. Birds and insects, oblivious to the intrusion of strangers into their habitat, and a wide variety of trees with different forms and foliage give the mountainous woods an air of color, warmth and energy.

生態旅遊 請不要破壞生態

Eco Tour, No Ecocide!

- 一、禁止攜帶寵物及放生。
- 二、禁止露營、烤肉、野炊及亂丟煙蒂。
- 三、禁止攀折、挖掘花木及樹枝。
- 四、請將垃圾自行帶回，或投入設施區之分類垃圾箱。
- 五、請使用可重複清洗之餐具。
- 六、請將開通過的積頁投擲回收箱。
- 七、多望風等水域禁止進入及游泳牽釣。
- 八、禁止踐踏及採取各種植物。
- 九、請將垃圾自行帶回，隨手撿拾垃圾植功德。
- 十、請勿脫離步道範圍。

- 1.No pets allowed, no releasing of captured animals.
- 2.Camping, barbecuing, cooking in the wild, disposal of cigarette ends are prohibited.
- 3.Stepping of flowers, leaves, or twigs, breaking off branches, unearthing plants are prohibited.
- 4.Stash your trash. Remember to put your garbage in trash cans and your recyclable items in the special recycling bins.
- 5.Protect the environment, no doing stunts and tobacco that are reusable.
- 6.Please return your road folded flyers, booklets to the recycling bin.
- 7.No entering, swimming in or fishing in Duwang River or other water bodies.
- 8.No stepping on or collecting moss and lichens.
- 9.Stash your trash, do not litter, help collecting trash and litter when you can.
- 10.Keep to the trail!

遊樂區行前注意事項

Essentials before Going To The Recreation Area

收費站於每日晚間九點關閉通路，請預定當天來回之遊覽時間及行車安全。
For Taipingshan national forest recreation area. At 9:00pm evening, the road will be closed at the toll station tourist who has scheduled to come and go on the same day should pay attention to the time and driving safety.

緊急救援 EMERGENCY RESCUE

- 太平山莊服務站 Taipingshan Villa Service Station
03-9809806-08
- 太平山工作站 Taipingshan Station
03-9809611
- 太平山派出所 Taipingshan Police Station
03-9809802
- 羅東聖母醫院 Mt. Mary's Hospital, Luodong
03-9544101
- 羅東博愛醫院 Boai Hospital
03-9543131、1131、1131
- 國立陽明大學附設醫院 National Yang-Ming University Hospital
03-9356449、03-9325192-1101-1104



