

滿月圓

國家森林遊樂區

Manyueyuan National Forest Recreation Area

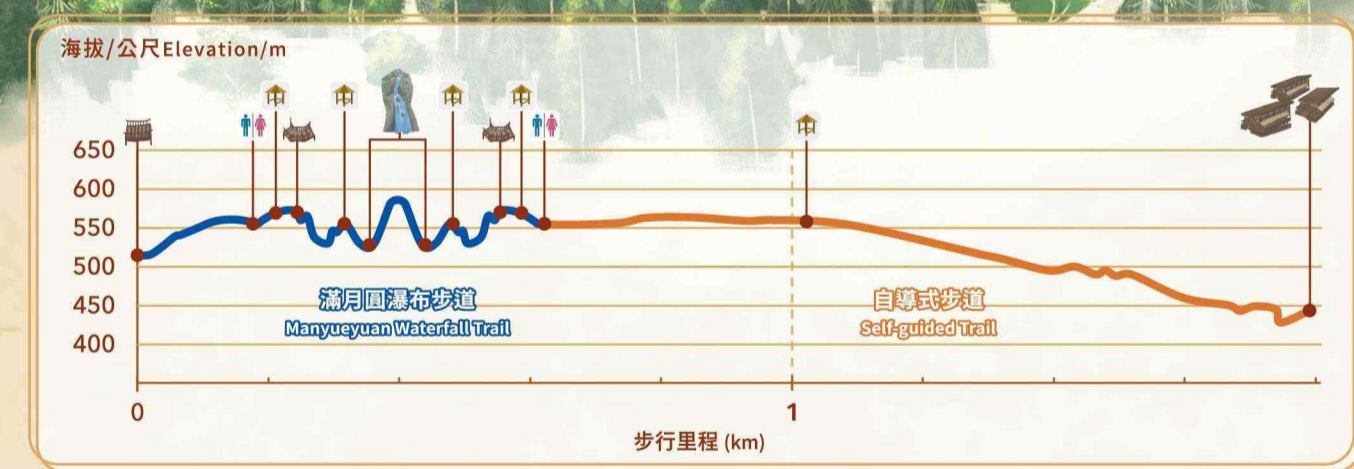
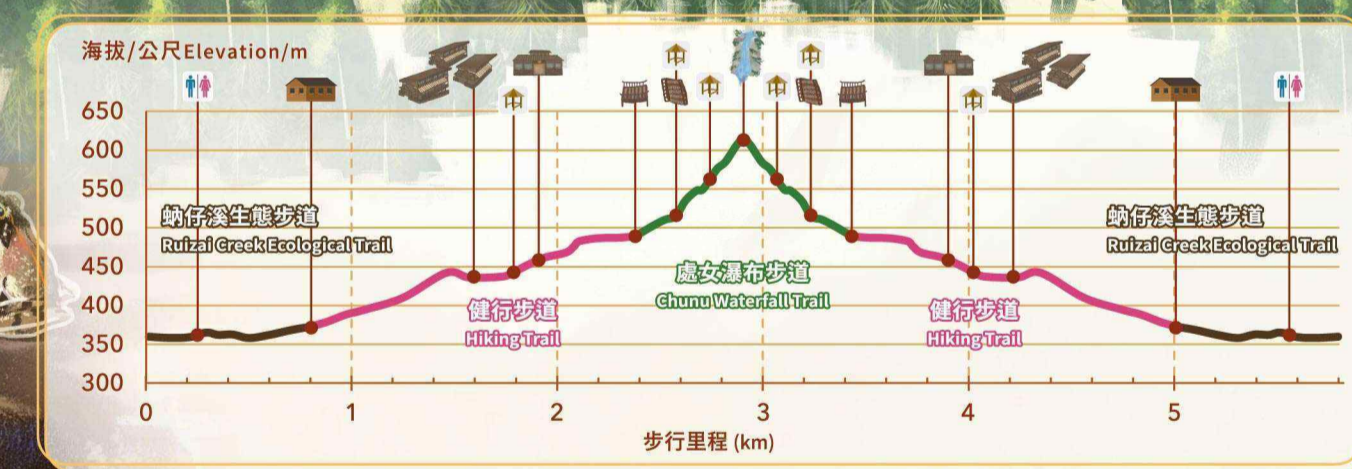
園區歷史

HISTORY OF MANYUEYUAN

園區成立於民國77年，位於新北市三峽區，訥仔溪流經園區，孕育出豐富的溪流生態特色，園區名稱來自區內的「滿月圓山」，海拔872公尺，山勢陡峭，山頂渾圓，早期山中的林業人員暱稱為滿月圓，以象徵月圓人團圓的含意來紓解思鄉之情。區內河谷地形陡峭，地勢落差大，形成許多瀑布景觀，素有「瀑布天堂」之稱。

The Manyueyuan National Forest Recreation Area, located in Sanxia District of New Taipei City, was established in 1988. Ruizai Creek flows through, giving birth to a rich stream ecology. The name of this recreation area comes from the Manyueyuan Mountain, located within its borders. Its summit is at 872 meters above sea level. This mountain appears steep and round at the top. In early days, forestry workers nicknamed it Manyueyuan, meaning "a reunion at the time of the full moon", to relieve their homesickness. The river valley terrain is steep with large drops, resulting in the formation of waterfall landscapes. Thus, this area is known as "waterfall paradise."

圖例 LEGEND		
遊客中心 Visitor Center	AED 心臟電擊器 AED Defibrillator	停車場 Parking Lot
救護站 First Aid Station	廁所 Restrooms	無障礙廁所 Accessible Restroom
餐飲服務 Lunchroom	休憩區 Rest Area	觀景台 Observation Deck



遊客傷害處理 INJURY CARE

滿月圓國家森林遊樂區遊客中心備有簡易急救藥品及AED，遊客在區內發生意外事件受傷時，請通知本中心處理。

The Manyueyuan National Forest Recreation Area Visitor Center has a basic first aid kit and AED for minor injuries. In case of more serious injuries that require assistance, please phone the Administration at 02-26720004 for assistance, or go to a nearby hospital or clinic.

相關單位 RELATED UNIT

- 滿月圓國家森林遊樂區
Manyueyuan National Forest Recreation Area 02-26720004
- 滿月圓國家森林遊樂區 遊客中心
Manyueyuan National Forest Recreation Area Visitor Center 02-26720542
- 林業保育署新竹分署 三峽工作站
Sansia Ranger Station 02-26711008
- 新北市政府消防局 第五大隊三峽消防分隊
Sanxia Fire Department 02-26711119
- 新北市恩主公醫院
En Chu Kong Hospital 02-26723456

訥仔溪生態步道 Ruizai Creek Ecological Trail

距離 Distance	800	公尺 m
時間(單程) Time (one way)	30	分鐘 mins
困難度 Difficulty	易	Easy

沿著訥仔溪畔設置，平緩好走，身心障礙人士及銀髮族能夠更加容易親近森林自然環境，可近距離觀賞溪流景色。

This flat and easy-to-walk trail follows the banks of Ruizai Creek. Here, people with disabilities and senior citizens can access natural forest and enjoy being close to the creek.

健行步道 Hiking Trail

距離 Distance	1,600	公尺 m
時間(單程) Time (one way)	40	分鐘 mins
困難度 Difficulty	易	Easy

從售票亭進入至森林小舖，沿線林相多屬柳杉人工林及天然闊葉林，可漫步享受森林氣息，柏油路面，適合銀髮族及親子家庭輪具使用，平緩易行。

Along the way from the ticket booth, head to the refreshment station, is natural broad-leaved forest and Japanese cedar plantation. Enjoy a stroll amid this forest atmosphere. The flat paved road makes it easy to access even for senior citizens and families that require the use of wheelchairs or strollers.

自導式步道 Self-guided Trail

距離 Distance	1,200	公尺 m
時間(單程) Time (one way)	30	分鐘 mins
困難度 Difficulty	中	Medium

從遊客中心旁拾級而上，兩旁林相多屬柳杉人工林及天然闊葉林，適合觀察動植物，鋪面多以石階為主、部分土面，坡度起伏，留意腳步緩行。

The trail steps upwards from the visitor center. On both sides are cedar plantation and natural broad-leaved forest, where various animals and plants can be observed. This trail is mostly made up of stone steps with some sections of dirt path. Please pay attention and walk slowly.

處女瀑布步道 Chunu Waterfall Trail

距離 Distance	500	公尺 m
時間(單程) Time (one way)	25	分鐘 mins
困難度 Difficulty	中	Medium

由森林小舖後的跨橋起行，步道前段坡度大，尤以過滿足小橋後較為陡峭，中後段起伏不大，惟因臨近瀑布，濕度高，步道後段較濕滑。

Behind the refreshment station, cross the bridge. The beginning section of this trail is steep, especially after Manzu Bridge. Due to its proximity to a waterfall, the humidity is high along the final section, which is relatively slippery.

滿月圓瀑布步道 Manyueyuan Waterfall Trail

距離 Distance	400	公尺 m
時間(單程) Time (one way)	20	分鐘 mins
困難度 Difficulty	易	Easy

由森林小舖後的跨橋起行，步道整段起伏較大，中途可通往處女瀑布、東滿步道及自導式步道。

Starting from the bridge behind the refreshment station, the trail has large undulations. From it, you can reach the Chunu Waterfall, Dongman Trail, and Self-guiding Trail.

東滿步道 Dongman Trail

距離 Distance	7,360	公尺 m
時間(單程) Time (one way)	4 小時 30 分鐘	
困難度 Difficulty	難	Hard

往來於東眼山與滿月圓兩處國家森林遊樂區之間的健行路徑，中途可通往插天山自然保留區，是北臺灣四季宜人的健行步道。

From the hiking trails between Dongyanshan and Manyueyuan national forest recreation areas, it is also able to reach the Chatsianshan Nature Reserve (Permit required). These trails are suited to walking and hiking year-round.

遊客入園須知 NOTICE TO GUESTS

園區開園時間平日上午8時至下午5時；假日上午7時至下午5時。閉園後須離開園區，並禁止於停車場夜宿或露營。
Hours are 8:00 am to 5:00 pm on weekdays and 7:00 am to 5:00 pm on weekends. All visitors must leave before closing time. Staying overnight and camping in the parking lot are prohibited.

請珍惜自然資源，隨手做環保、垃圾減量及分類，回收資源，留給園區清爽的環境。
Treasure our natural resources. Protect the natural environment by reducing and classifying waste, recycling resources, and leaving the recreation area clean.

徒步健行旅行最有益健康，亦可充分享受大自然。
Walking and bicycling are the healthiest ways to travel, and they allow the greatest enjoyment of nature as well.

順著步道前行，避免破壞污染環境。
Stay on the trail. Do not damage or pollute.

請欣賞、體驗與觀察代替採集、破壞、刻字、污染及捕獵。
Please enjoy, experience, and observe the forest instead of collecting, destroying, leaving graffiti, polluting, or hunting.

進入園區請儘量使用環保餐具，或攜帶可重複使用的容器。
Please use environmentally friendly dining implements and reusable containers in the recreation area.

在自然的環境中，宜穿著與自然環境相調和的衣褲、寬帽檐、運動鞋或登山鞋，並隨時預防蛇、蜂與蚊蟲叮咬。
Wear clothing suited to the environment, wide-brimmed hats, and sports shoes or mountain boots. Watch out for snakes, bees, and mosquitoes.

在大自然環境中，攜帶或引入外來的動植物，將帶來生態的干擾與破壞。
Bringing alien plants or animals into the natural environment will cause ecological disturbance and destruction.

謹慎安靜的旅行，避免干擾野生動物的生息。
Take care and keep quiet. Do not disturb the wildlife.

請學習並尊重社區的生活與文化。
Respect and learn from the life and culture of the local community.

除了攝影，什麼也不取；除了回憶，什麼也不留。
Take nothing but photographs, leave nothing but memories.

東滿步道會經過插天山自然保留區入口，如欲進入請依「申請進入自然保留區許可辦法」至「自然保育網」線上辦理申請許可。未經主管機關許可進入，依「文化資產保存法」處新臺幣3萬元以上15萬元以下罰鍰。

The Dongman Trail passes the entrance to the Chatsianshan Nature Reserve. If you would like to visit this nature reserve, please go to the Nature Conservation website to apply for an entry permit. Those who enter without the proper permit issued by the competent authority are subject to a fine of NT\$30,000 to NT\$150,000 according to the Cultural Heritage Preservation Act.

請帶著尊重自然的心，來鑑賞園區內動物、植物、地質、地形與氣象等自然生態之美。
Please respect nature as you enjoy the area's animals, plants, geology, topography, climate, and other ecological beauties.

園區聯外交通 ACCESS ROAD

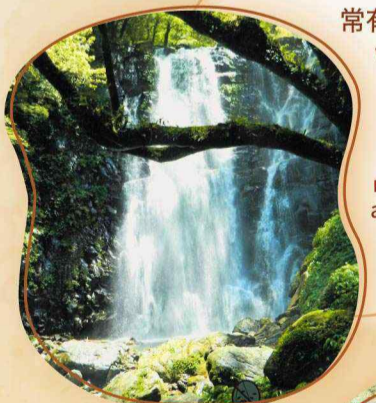


Google地圖
Google Maps

處女瀑布 Chunu Waterfall

落差約25公尺，水流傾瀉而下十分壯觀，因水流飛瀉如紗，常有可見彩虹映於其上。

With a drop of around 25 meters, the fall creates a magnificent sight. It resembles a white veil, often with rainbows across it.



滿月圓瀑布 Manyueyuan Waterfall

滿月圓瀑布落差約20公尺的水鍊直沖而下，狀如白色絲綢。
With a drop of around 20 meters, water cascades down. It resembles fine white silk.



臺灣山林悠遊網
Taiwan Forest Recreation



滿月圓國家森林遊樂區
粉絲專頁
Manyueyuan National Forest Recreation Area Facebook Page

農業部 林業及自然保育署 新竹分署
Ministry of Agriculture, Forestry and Fishery Administration, Hsinchu Branch
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No. 2, Zhongshan Rd., Naito Dist., Hsinchu City, 300191, Taiwan (R.O.C.)

滿月圓國家森林遊樂區
Manyueyuan National Forest Recreation Area
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No. 174-1, Youmu, Sanxia Dist., New Taipei City 237115, Taiwan (R.O.C.)



滿月圓生態之美

NATURE BEAUTY OF MANYUEYUAN

園區面積1,438.66公頃，海拔高度介於300-1,700公尺間，園區後倚北插天山，並有蚋仔溪貫穿，地形變化由西北向東南逐漸升高。因河川侵蝕及搬運作用旺盛，谷地落差大，超過1,000公尺以上，造就滿月圓的地形與水文景觀，可觀賞深潭、淺灘、緩流、瀑布等溪流特色。

園區動物種類豐富，溪鳥種類眾多，運氣好可見稀有的朱鷄、藍腹鷓；溪畔夜間食蟹獾出沒；梭德氏赤蛙、斯文豪氏赤蛙也多出現在溪流旁；爬行動物常見黃口攀蜥；蝴蝶是重要的昆蟲，已紀錄百種以上。

This recreational area covers 1,438.66 hectares ranging in elevation between 300 and 1,700 meters. The North Chaianshan Mountain backs it up, with Ruizai Creek running through. The terrain changes, gradually sloping upward from northwest to southeast. Due to the strong erosive and fluvial effects of the creek, the valley has large drops of more than 1,000 meters, creating Manyueyuan's unique terrain and hydrologic landscapes. Here, you can observe deep pools, riffles, slow flowing water, and waterfalls.

The Manyueyuan National Forest Recreation Area is abundant in natural resources. Bird species include Maroon Oriole and Swinhoe's Pheasant. Crab-eating Mongoose, Sauter's Frog and Swinhoe's Frog are residents in streams. Reptile species include the Yellow-mouthed Japalura. More than 100 species of butterflies have been recorded.

滿月圓特色 FEATURES OF MANYUEYUAN

植物 Vegetation

- 1 青楓 *Acer serrulatum* (Green Maple)
- 2 大葉楠 *Machilus japonica* (Kusano Machilus)
- 3 柳杉 *Cryptomeria japonica* (Japanese Cedar)
- 4 筆筒樹 *Sphaeropteris lepifera* (Common Free Fern)
- 5 臺灣山蘇花 *Asplenium nidus* (Bird's-nest Fern)
- 6 闊葉樓梯草 *Elatostema platyphyllum* (Broadleaf Elatostema)
- 7 水鴨腳秋海棠 *Begonia formosana* (Formosana Begonia)

動物 Animal

- 8 大鳳蝶 *Papilio memnon* (Great Mormon)
- 9 朱鷄 *Oriolus trailii* (Maroon Oriole)
- 10 寬帶青鳳蝶 *Graphium cloanthus* (Glassy Blue-bootle)
- 11 臺灣藍鵲 *Urocissa caerulea* (Taiwan Blue Magpie)
- 12 灰鶺鴒 *Motacilla cinerea* (Gray Wagtail)
- 13 臺灣紫嘯鶇 *Myophonus insularis* (Taiwan Whistling-Thrush)
- 14 食蟹獾 *Herpestes urva* (Crab-eating Mongoose)
- 15 翠鳥 *Alcedo atthis* (Common Kingfisher)
- 16 網絲蛺蝶 *Cyrestis thyodamas* (Common Mapwing)
- 17 琉璃蛺蝶 *Kaniska canace* (Blue Admiral)
- 18 梭德氏赤蛙 *Rana sauteri* (Sauter's Frog)
- 19 斯文豪氏赤蛙 *Odorrana swinhoana* (Swinhoe's Frog)
- 20 橙端粉蝶(端紅蝶) *Hebomoia glaucippe* (Orange-edged Whites)
- 21 藍腹鷓 *Lophura swinhoei* (Swinhoe's Pheasant)
- 22 竹雞 *Bambusicola sonorivox* (Taiwan Bamboo-partridge)

滿月圓之聲 SOUND OF MANYUEYUAN

陣陣清脆的鳥鳴聲
穿梭在轉紅楓葉中
Bird chirping wind their way among the maple leaves as they turn red.



處女瀑布一瀉而下
彩虹光映入眼簾
Across the cascading Chunu Waterfall rainbows are the feast to the eyes of visitors.

