

觀霧

國家森林遊樂區

Guanwu
National Forest Recreation Area



1	全程 Distance	單程約需 Time (one way)	困難度 Difficulty
	4 公里 KM	2.5 小時 hrs	★★★★

檜山巨木群步道

步道蜿蜒在檜山北坡山腰，沿途可眺望五指山及鵝公髻山，步道中段由舊時運材台車道整建，巨木群的5棵紅檜，矗立於山林間。

This trail, built along the path of an old logging cart track, gently meanders on the northern hillside of Kuaishan, with spectacular views of Mt. Wuzhi and Mt. Ehongji. Five giant Taiwan Red Cypresses, stand tall and upright in the forest.



2	全程 Distance	來回約需 Time (round trip)	困難度 Difficulty
	1.5 公里 KM	1.5 小時 hrs	★★★★

觀霧瀑布步道

海拔落差 280 公尺，步道在高大的林蔭下穿梭，沿途針闊葉樹林茂密，以殼斗科喬木最多，終點是奔落谷間的觀霧瀑布。

The trail rises 280 meters into the lush broadleaf forests of beech and oak, reaching to the splendid Guanwu Waterfall.



3	全程 Distance	單程約需 Time (one way)	困難度 Difficulty
	4.13 公里 KM	4 小時 hrs	★★★★★

榛山步道

一路從海拔 1900 公尺登上海拔 2,350 公尺的榛山觀景台，雪山山脈以及綿延壯闊的聖稜線在眼前展開。

Spacious views, chirping birds, and flowers year round adorn this trail to the Jhenshan Observation Deck at an altitude of 2,350 meters, where the breath-taking Snow Mountain Ridge, Shei-pa Mountain peaks, and Holy Ridge Trail stretch before you.

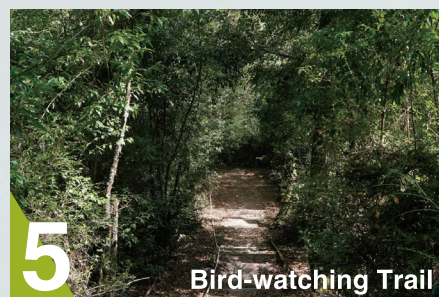


4	全程 Distance	單程約需 Time (one way)	困難度 Difficulty
	450 公尺 M	20 分鐘 mins	★

蜜月小徑

步道連接檜山巨木群步道與觀霧山莊，原始的路徑蜿蜒在茂密的樹林中，部分路段落差大，整條步道瀰漫著清新的芬多精與活氧，是條健康養生的健行步道。

The unspoiled Honeymoon Path winds up and down through lush woods, connecting the Kuaishan Giant Tree Trail to the Guanwu Cabins. For a breath of fresh air and a pleasant stroll, this trail is the best choice for you.



5	全程 Distance	單程約需 Time (one way)	困難度 Difficulty
	650 公尺 M	30 分鐘 mins	★★

賞鳥步道

步道綿延在針闊葉混合林中，豐富的花草樹木及多層次的森林結構，成為鳥類絕佳的棲息環境，整條步道鳥鳴聲環繞，也是聆聽大自然最悅耳交響樂章的極佳場域。

The trail stretches through coniferous and broad-leaved mixed forests where the flowers and ranks of trees provide excellent habitat for birds. Even if you don't see them, you can hear birds chirping all along the trail.



6	全程 Distance	單程約需 Time (one way)	困難度 Difficulty
	846 公尺 M	35 分鐘 mins	★

雲霧步道

可觀賞聖稜線、眺望群峰山景、體驗雲霧山嵐。架高木棧道可讓野生動物穿越，保留野生動植物生存活動的空間。

The Yulun Trail is the ideal trail for watching the Holy Ridge, mountain peaks, and beautiful clouds. This trail was built with plenty of room underneath for animals to pass through, preserving their natural habitats.



圖例 LEGEND

	遊客資訊中心 Visitor Information Center
	警察機關 Police Station
	停車場 Parking Lot
	廁所 Restrooms
	餐飲服務 Catering service
	一般住宿 Hotel and Lodge
	一般點註記 Landmarks
	公里數註記 Mileage Points
	瀑布 Waterfall
	瞭望台 Observation Deck
	管制站 Control point
	AED AED Defibrillator



相關單位 RELATED UNIT

觀霧國家森林遊樂區遊客中心 Guanwu National Forest Recreation Area Visitor Center	037-272917
觀霧山莊 Guanwu Cabins	037-268818 0910154818
觀霧派出所 Guanwu police station	037-273038
保七總隊第五大隊雪霸分隊觀霧小隊 Fifth Division, Seventh Special Police Corps, Shei-Pa Detachment, Guanwu Team	037-276200
雪霸國家公園管理處觀霧管理站 Guanwu Management Station, Shei-pa National Park Headquarters	037-276300
五峰鄉衛生所 Wufeng Township Health Center	03-5851005
臺北榮民總醫院新竹分院 Taipei Veterans General Hospital, Hsinchu Branch	03-5962134
臺灣大學醫學院附設醫院竹東分院 National Taiwan University Hospital, Hsinchu Branch	03-5943248

遊客傷害處理 INJURY CARE

觀霧國家森林遊樂區遊客中心設有基本急救箱及AED，可處理輕微傷。如有較嚴重傷勢需要協助，請撥打管理處電話037-272917尋求協助，或前往附近醫院或診所。

The Guanwu 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 037-272917 for assistance, or go to a nearby hospital or clinic.

遊客入園須知

NOTICE TO GUESTS

- 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.
- 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.
- 森林遊樂區內不歡迎流動攤販，也請您勿任意購買。
No itinerant vendors are allowed in the Forest Recreation Area. Please do not buy from them.
- 請用欣賞、體驗與觀察代替採集、破壞、刻字、污染與捕獵。
Please enjoy, experience, and observe the forest instead of collecting, destroying, leaving graffiti, polluting, or hunting.
- 進入園區內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，宜著與自然環境相調和的衣褲、寬緣帽、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.
- 園區開園時間為上午8點至下午5點。
閉園後需離開園區（觀霧山莊及露營區住宿者除外），禁止於園區內夜宿車上或在非許可範圍內紮營。
Hours : 8 AM to 5 PM.
You must leave the park by 5 PM, with the exception of Guanwu Cabins guests and campers.