

拉拉山

國家森林遊樂區

Lalashan(R'ra)
National Forest Recreation Area



遊客傷害處理 INJURY CARE

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

The Lalashan (R'ra) 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 03-3912142, or go to a nearby hospital or clinic.

相關單位 RELATED UNIT

拉拉山國家森林遊樂區 Lalashan (R'ra) National Forest Recreation Area	03-3912142
林業保育署新竹分署 大溪工作站 Dasi Ranger Station	03-3882038
桃園市政府消防局 第四大隊巴陵分隊 Baling Fire Department	03-3912559
桃園市政府警察局巴陵派出所 Baling Police Station	03-3912180
華陵整合醫療站 Hualing Integrated Medical Station	03-3912297



臺灣山林悠遊網
Taiwan Forest Recreation



拉拉山國家森林遊樂區粉絲團專頁
Lalashan(R'ra) National Forest Recreation Area Facebook Page



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拉拉山國家森林遊樂區
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114年8月印製

園區歷史 HISTORY OF LALASHAN(R'ra)

園區面積81.59公頃，位於桃園市復興區巴陵一帶，巴陵泰雅族語「Balung」有「檜木」之意，也有「巨大的倒木」之說，據傳往昔此地洪水發生時，有許多漂流檜木，拾之築屋，為地名之起源。而「拉拉」為泰雅族語「R'ra」音譯，有「眺望」、「美麗的」、「讚嘆的」等意，一說係指本區為泰雅族人眺望獵物、防禦外敵之制高點，故此得名，亦有族人來到此地感到讚嘆、美好之意。從泰雅族命名由來就足以顯現出本區獨特豐富的檜木與生態資源。

This forest recreation area covers 81.59 hectares and is located in the Baling area of Taoyuan City's Fuxing District. The name Baling comes from *balung*, which in the indigenous Tayal language means cypress or fallen giant tree. Tradition tells us that long ago a great flood washed down fallen trees, especially cypress, which was used to construct homes. *Lala* is a transliteration of the Tayal *R'ra*, to survey from above, an overlook; it also means a beautiful view, a view that is praiseworthy. This magnificent view provided a lookout for Tayal hunters watching for invaders and searching for prey. These names remind us about the rich cypress and abundant ecological resources.

巨木群 Giant Tree Group

本區以紅檜與臺灣扁柏巨木林聞名。園區編號之巨木有紅檜23棵(部分倒伏)及臺灣扁柏1棵，樹高介於25至45公尺間，樹齡介於250年至1,500年之間，其中超過1,000年有1號、11號、14號、17號、18號、21號及24號巨木。

This area is famous for its Taiwan red cypress and Taiwan cypress forests. Its 23 red cypress trees (some fallen) and one Taiwan cypress tree are well known, each of them numbered. The height of the trees ranges from 25 to 45 meters, with ages from 250 to 1,500 years. Trees Number 1, 11, 14, 17, 18, 21, and 24 are all more than 1,000 years old.

霧林帶 Cloud Belt

本區海拔1,400至1,900公尺，水氣常易凝結成霧而形成濃厚的「霧林帶」，孕育種類多樣的生物資源，園區內針闊葉混合林、苔蘚、地衣及附生植物繁盛。

At elevations between 1,400 and 1,900 meters in this area, moisture condenses, forming low-lying mist and cloud forests. This nurtures great biodiversity, with broad-leaved and mixed coniferous and broad-leaved forests, mosses, lichens, and epiphytes.

拉拉山特色 FEATURES OF LALASHAN(R'ra)

植物 VEGETATION	動物 ANIMAL	
1 紅檜 <i>Chamaecyparis formosensis</i> (Taiwan Red Cypress)	7 黃嘴角鴞 <i>Otus spilocephalus</i> (Mountain Scops-owl)	13 藍腹鵲 <i>Lophura swinhoii</i> (Swinhoe's Pheasant)
2 昆蘭樹 <i>Trochodendron aralioides</i> (Weelstamen Tree)	8 冠羽畫眉 <i>Yuhina brunneiceps</i> (Taiwan Yuhina)	14 黃胸薺眉 <i>Liocichla steerii</i> (Steere's Liocichla)
3 假長葉楠(日本槭楠) <i>Machilus pseudolongifolia</i> (Narrow-leaved Machilus)	9 青背山雀 <i>Parus monticolus</i> (Green-backed Tit)	15 拉拉山鑽灰蝶 <i>Horaga rarasana</i> (Formosan Onyx)
4 水晶蘭 <i>Monotropastrum humile</i> (Indian Pipe)	10 大赤啄木 <i>Dendrocopos leucotos</i> (White-backed Woodpecker)	16 觀霧山椒魚 <i>Hynobius fucus</i> (Gaurwu Salamander)
5 肉穗野牡丹 <i>Sarcopyramis napalensis</i> (Nepal Fleshspike)	11 白面鼯鼠 <i>Petaurista alborufus</i> (White-faced Flying Squirrel)	
6 錐果櫟 <i>Quercus longinux</i> (Long Glans Oak)	12 大赤鼯鼠 <i>Petaurista philippensis</i> (Formosan Giant Flying Squirrel)	

遊客入園須知 NOTICE TO GUESTS

開園時間上午6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。
Area hours are 6:00 am to 5:00 pm. 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.

往福巴越嶺國家步道將進入插天山自然保留區範圍，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 Fuba Yueling Historic Trail passes through the Chatsianshan Nature Reserve. Before entering this reserve, you are required to go to the Nature Conservation website at <https://pa.forest.gov.tw> and apply for a permit. Those who enter without a proper permit may be fined NTS30,000 to NTS150,000 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.

泰雅文化 Tayal Culture

福巴越嶺國家步道從烏來福山到巴陵拉拉山，原為早年泰雅族人狩獵、通婚、訪親的社路，被稱為泰雅族人的姻親道，這條步道承載著泰雅族人遷徙的足跡，見證著過往的歷史！

The Fuba Yueling Historic Trail connects Fushan in Wulai with Lalashan in Baling. It was once used by the Tayal for hunting, marriage, and visiting relatives, so it is also called the "in-laws trail." It has borne witness to the Tayal tribe's migration and history.





巨木群 GIANT TREE GROUP

1 2 3 4 5
6 7 8 9 10 11
12 13 14 15 16 17
18 19 20 21 22

紅 檜 Taiwan red cypress

9 扁 柏 Taiwan cypress

15 22 23 已傾倒 Fallen

漫步有氣之旅 Easy Walking Route

沿著1號巨木至4號巨木，抵達休憩平台，整體坡度平緩，為適合親子同樂的步道路線。
After viewing giant trees 1 to 4, you will arrive at the rest area. This route is great for young and old.

步道順序 Trail order (請參考地圖步道色彩) Please look at the trail colors on the map.

距離 Distance 2,000 公尺 m
時間(來回) Time (round trip) 1 小時 hrs
困難度 Difficulty 易 Easy

迷霧森林之旅 Misty Forest Route

沿著1號巨木至11號巨木，適合時間較充裕的遊客。
If you have time to explore, try the route between giant trees 1 to 11.

步道順序 Trail order (請參考地圖步道色彩) Please look at the trail colors on the map.

距離 Distance 2,500 公尺 m
時間(來回) Time (round trip) 1 小時 hrs
40 分鐘 mins
困難度 Difficulty 中 Medium

越野山林之旅 Forest Exploration Route

沿著1號巨木至12號巨木與20號巨木至22號巨木。
Along this route, view giant trees 1 to 12 and 20 to 22.

步道順序 Trail order (請參考地圖步道色彩) Please look at the trail colors on the map.

距離 Distance 2,700 公尺 m
時間(來回) Time (round trip) 2 小時 hrs
困難度 Difficulty 中 Medium

飽覽巨木之旅 Giant Tree Route

沿著1號至24號能飽覽全區巨木，有些許階梯，為適合登山愛好者的步道路線。
View all the giant trees, 1 to 24, along this route. There are a lot of stairs to climb, so be ready for a good hike.

步道順序 Trail order (請參考地圖步道色彩) Please look at the trail colors on the map.

距離 Distance 4,000 公尺 m
時間(來回) Time (round trip) 3 小時 hrs
困難度 Difficulty 難 Hard

(()) 拉拉山之聲 SOUND OF LALASHAN(R'ra)

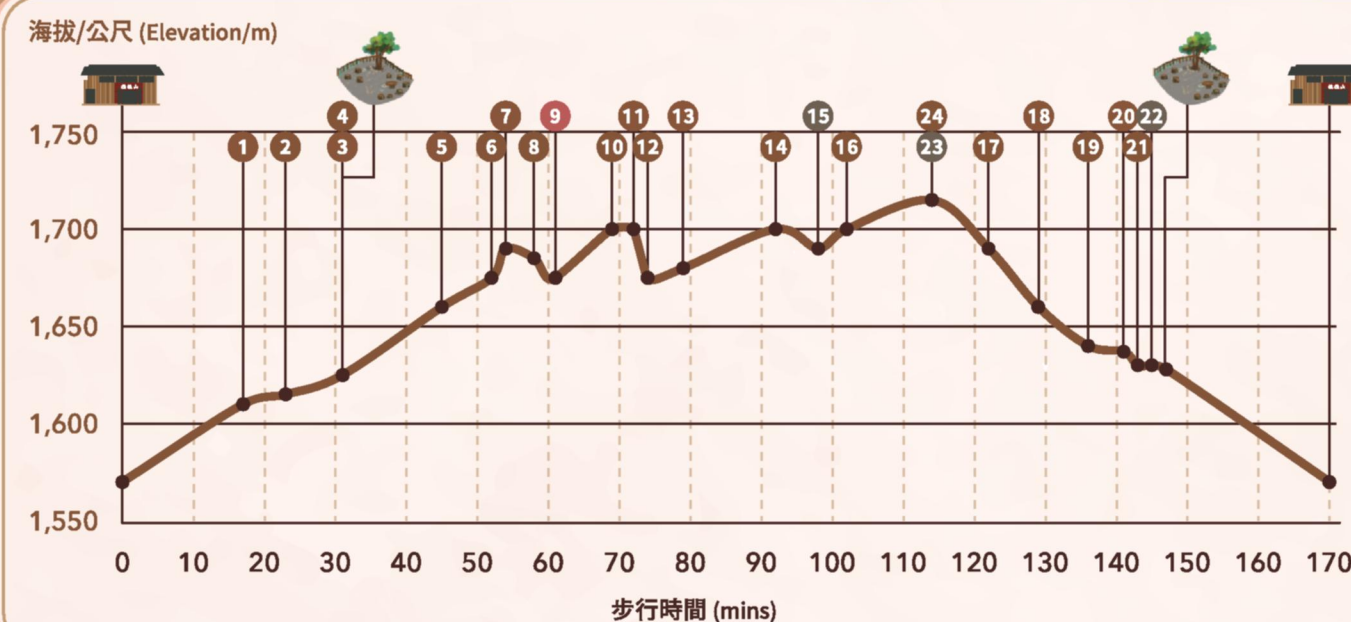
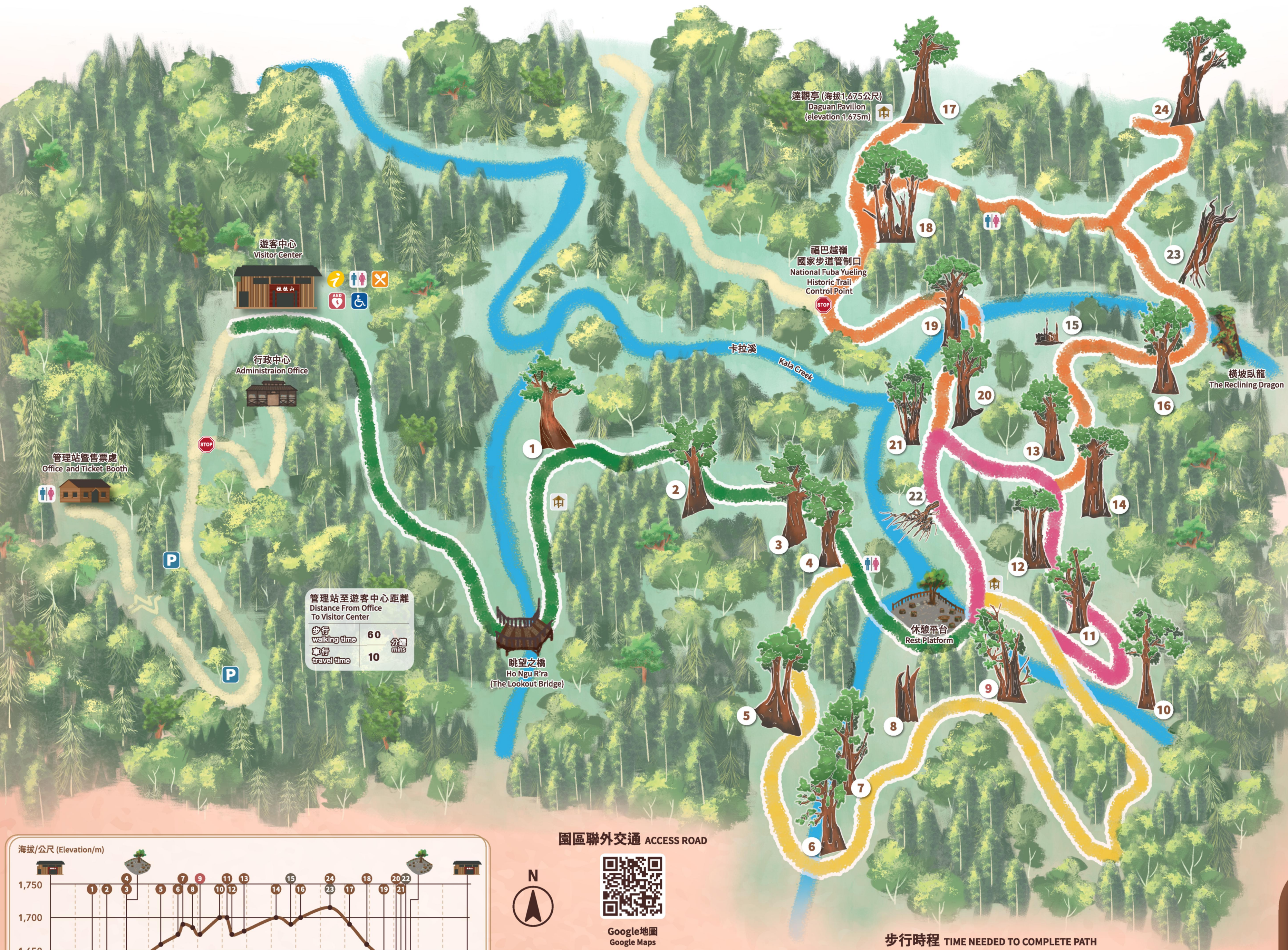
雲霧帶的水氣繚繞著巨木群，潺潺溪水聲帶來山林的暢快。

Cloud and mist wrap around giant trees, and there is the carefree sound of a gurgling forest stream.



鳥兒於林間傳遞訊息，宏亮的聲音不絕於耳。

Birds sing their messages across the mountains, via loud clear calls.



園區聯外交通 ACCESS ROAD



Google地圖
Google Maps

圖例 LEGEND

遊客中心 Visitor Center	AED 心臟電擊器 AED Defibrillator	管制口 Control Point
廁所 Restrooms	無障礙廁所 Accessible Restroom	餐飲服務 Lunchroom
停車場 Parking Lot	休憩區 Rest Area	巨木編號 Giant Tree

步行時程 TIME NEEDED TO COMPLETE PATH



巨木群步道全程累計3.3公里(來回步行約3小時)
Giant Trees Trail, 3.3 kilometers, about 3 hours