

# Jhihben

## National Forest Recreation Area



### Trails

Thousand-root Banyan Tree



Scenic Trail

#### ■ Brave Climber's Trail

With a 180-meter height difference along this short trail (827 meters long), this trail challenges your fitness and endurance. There are great resting spots under the shade of giant weeping figs on the ridge. Standing under the Thousand-root Banyan tree near the top of the trail will provide an open view overlooking the Jhihben Hot Spring area and the Pacific Ocean.



Brave Climber's Trail

#### ■ Forest Trail (including branching trails and paths)

It is an easy 90-minute walk on this 1.82-km trail. With a gentle slope and abundant vegetation, it is suitable for people of all ages. Relax as you immerse yourself in the woodland scenery. Big-leaf mahogany, Taiwan ash, Camphor trees are the main species along the trail. On your walk, you may get to enjoy the splendor of the forest's seasonal change in colors. You may hear various bird calls emanating from the forest as you stroll. Bring a pair of binoculars if you are an avid birdwatcher.



Forest Trail



#### ■ Jasmine Orange Tree Trail

This trail is just over 1 km long (1082 meters) and takes about 60 minutes to walk. This branch of the forest trail, known for its abundance of flowers and herbs, preserves nature and integrates environmental design using appropriate materials and methods. It was built with the spirit of nature and handcrafted design in mind. In addition to conforming to the natural terrain, the concept of energy conservation and carbon reduction was also adopted. Drainage and other facilities such as stone masonry steps, slope protection, water diversion channels, breathable wooden trellises, and water collection wells were made from local materials like stone blocks and fallen wood.

#### ■ Banyan Shaded Trail

It takes 1.5 hours to walk along this 2.03-km trail. The highest point of this trail, about 421 meters above sea level, overlooks the Jhihben Hot Spring Area from all angles. The mixed vegetation includes Camphor, Chinese soapberry, rough-leaf fig, tree ferns and other species. There are several large weeping figs along the trail to provide you with shade and rest spots.



Banyan Shaded Trail

#### ■ Creek Massage Footpath

Soak up nature. Enjoy a foot massage walking on the creek pebbles in the calming and cooling natural spring water.



Creek Massage Footpath



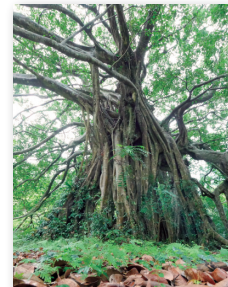
### Natural Resources

The Taitung Cycas

#### ■ Relict Plant - *Cycas taitungensis*

*Cycas taitungensis* is endemic to Taitung County and is only found in the mountainous areas of the Lu-Yeh Valley near Yenping Township and the western part of the Taitung Coastal Mountain Range. *Cycas taitungensis* is dioecious. Both male and female cycads produce cones. The female plants produce massive orange-red oval-shaped seed cones.

The Taitung Cycas (male)



White Banyan Tree

#### ■ *Ficus benamina* L. (Weeping Fig)

The weeping fig is only distributed throughout southern Taiwan including Hengchun, Taitung, Orchid Island, Green Island and Penghu County. It gains the Chinese common name of "white banyan tree" because of the gray-white color of its bark. Aerial roots drape down from large branches, forming thick, trunk-like roots that touch the ground. *Ficus benamina* trees are visible along the Brave Climber's and Banyan Shaded Trails. They are among the most unique features in this area.



Aphrodita Moth Orchid

see thousands of magnificent orchid blossoms between late autumn and early spring.

#### ■ Giant vine – Sour Creeper Vine

*Ecdysanthera rosea*

The evergreen and woody Sour Creeper vine produces a milky, poisonous sap. The taste of its leaves is sour. Sour creeper is light dependent and is often seen at the top of the forest canopy. It flowers in May and June with small pink blossoms. If lucky enough, you may see the magnificent scene of feather-like seeds floating on air currents after the seed capsules burst open.

#### ■ Mammals

Taiwan's wild boar, Formosan macaque, Reeves's mount jack, the crab-eating mongoose, Formosan ferret-badger, and sambar deer inhabit this area. On this trail, visitors may see groups of Formosan macaque climbing trees. If you see a shallow hole or plowed soil, it is likely from wild boars foraging for food. In the early morning and evening, you may see groups of crab-eating mongoose hunting along the Jhihben River.

#### ■ Birds

There are about 40 bird species in this area, such as Maroon Oriole, Taiwan Barbet, Himalayan Black Bulbul, Spilornis Cheela, and the Crested Goshawk among others. The Maroon Oriole is a rare and valuable species whereas the Taiwan Bulbul is an endemic species and the designated bird of Taitung County. The months of September and October are an exciting time for birdwatchers here. Looking up in the sky you may see massive migrations of Chinese Goshawk and Gray-faced Eagles flying from Taiwan to the Philippines and Indonesia. The top of Leshan mountain is the best spot to observe this natural phenomena.

#### ■ Butterflies

Butterflies are the liveliest features in this area with about 100 species recorded. On the sides of trails and in open areas, you can see the Common Mormon, Common Rose, the Three-Spot Grass Yellow, and *Ypthima Multistriata* (Ringlet) butterflies. You will have a memorable experience observing the various species and appreciating each one's unique and distinct beauty. You may even see the vibrant Golden Birdwing butterfly, a rare and vulnerable species, near the Visitor Center.

#### ■ Amphibians and Reptiles

There are 4 families of 13 frog species in the area. Endemic and endangered species such as the Taiwan Orange Belly Treefrog, Moltrecht's Treefrog, and the Brown Treefrog can be seen. There are 8 families of 27 species of reptiles, including endemic species like the Sauter's Grass Lizard, the Formosan Grass Lizard, and Swinhoe's Japalura.

Five-striped Blue Tailed Skink



Golden Birdwing Butterfly



Common Rose



Maroon Oriole



Brown Treefrog

Collared Scops-Owl

#### ■ Souvenir stamps



#### Attention: Park Regulations and Rules

- Some of the trails in the park are steep and slippery. Please walk slowly and carefully. Do not climb trees. Observe all warning signs. Keep your distance from large or dead trees.
- Camping, picnics, fires and barbecues are prohibited in the park area. Other than in the designated areas, visitors are not allowed to enter or play in the water of ponds, streams, creeks or rivers. This is to avoid unnecessary danger to park wildlife and visitors.
- Be careful of unauthorized medicinal liquor or other peddlers to avoid being cheated.
- Respect nature. Please do not touch or disturb any of the animals or plants that inhabit the park. Please do not feed any of the park's wildlife.

Smoking is prohibited in all areas of the park.



#### Taitung Forest District Office, Forestry Bureau

No.297, Guangdong Rd., Taitung City, Taitung County 950, Taiwan  
TEL: +886-89-324121  
Website: <https://taitung.forest.gov.tw>



#### Jhihben National Forest Recreation Area

No.320, Longquan Rd., Wenquan Village, Beinan Township, Taitung County 95484, Taiwan  
TEL: +886-89-510961 Ext.10  
"Taiwan Forest Recreation" Website: <https://recreation.forest.gov.tw>

Formosan macaque

Formosan Reeve's muntjac







- 1 hour easy walk**  
 Ticket office → Visitor Center → Jhihben Herb Garden → Taitung Namesakes Area → Aboriginal Forest Area → Monsoon Forest Area → Creek Massage Footpath → Le-Lin Bridge (Happy Forest Bridge) (Exit)
- 2 hour 40 minute hike**  
 Ticket office → Visitor Center → Jhihben Herb Garden → Forest Trail (Including branching trails and paths) → Jasmine Orange Tree Trail → Brave Climber's Trail → Scenic Trail → Creek Massage Footpath → Forest Fun Area → Ecological Plant Area → Le-Lin Bridge (Happy Forest Bridge) (Exit)
- 4 hour 40 minute full hike**  
 Ticket office → Visitor Center → Jhihben Herb Garden → Forest Trail (Including branching trails and paths) → Jasmine Orange Tree Trail → Brave Climber's Trail → Intersection → Forest Trail → Creek Massage Footpath → Forest Fun Area → Ecological Plant Area → Le-Lin Bridge (Happy Forest Bridge) (Exit)



**Visitor Center**

The Visitor Center multimedia room provides an audio-visual introduction to the park at regular intervals during opening hours. The aboriginal woodcarving area displays the woodcarving works of local aboriginal artists. The souvenir shop and café (Zhi-Sen Wu-Yu) sells drinks, snacks, desserts, and light meals as well as souvenirs. In addition, there is a public rest area, a breastfeeding room, and restrooms. The help desk provides wheelchair rental, baby stroller rental, and guided tours of the park (Reservations must be made on weekdays. Reservations can be made in advance or on-site.).

**Thousand- Root Banyan Exhibition Room**

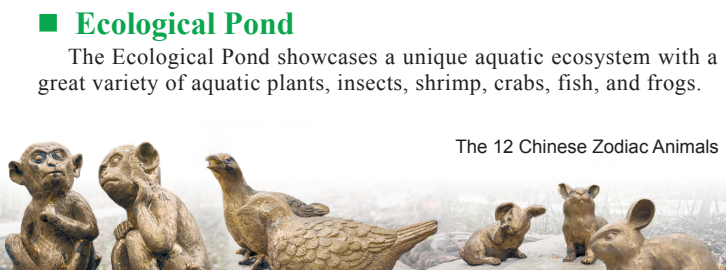
Located on the second level of the Visitor Center is an exhibition room introducing the five interactive themes of “the Jhihben Forest”, “Myth and Legend”, “the Jhihben River”, “A Seasonal Poem” and “Jhihben under a starry sky” to help you explore this area.

**Jhihben Herb Garden**

Jhihben Herb Garden is divided into 3 parts, including the “Aromatic Herb Plaza”, “Traditional Herbal Tea Plant Area”, and “Medicinal Herb Area”. There are over 50 aromatic and riverside plants in the garden. The viewing platform provides visitors with a chance to admire the beauty of the Jhihben River. After a rain, you might even see a waterfall come to life on the opposite side of the river.

**Ecological Pond**

The Ecological Pond showcases a unique aquatic ecosystem with a great variety of aquatic plants, insects, shrimp, crabs, fish, and frogs.



**Taitung Namesakes Area**

Along this path visitors can see plants named after "Taitung" such as the Taitung Longan, Taitung Firethorn, etc. Ferns and nectar plants form diverse habitats and host vivid wildlife. You may even notice certain resemblances to the 12 Chinese zodiac animals.

**Aboriginal Forest Area**

This area hosts ethnobotanical plants traditionally used by the Puyuma, Rukai and Paiwan tribes. The layout means “forest” in Chinese, whereas the colors represent indigenous weaving patterns: blue for Puyuma, green for Rukai, and red for Paiwan. Also, treat yourself to a foot soak at the Hot Spring Rest Pavilion.

**Monsoon Forest Area**

In this area, relax and hear the sound of the wind. Sense the rustling of the leaves. Listen to the majestic sounds of wind chimes and wind pipes. Experience the different sensations as the wind passes through the forest.

**Forest Fun Area**

An aerial trestle resembling leaf veins leads you close to the tree tops for a canopy walk. A network of suspended bridges and raised platforms allows for an exciting way to observe the ecology of the forest canopy.

**Application for Interpreter Services**

I. Applications in advance: Applications are required 15 days in advance for groups of 20 to 120 people. Appointments can be made by calling +886-89-510961 or online using our website (https://recreation.forest.gov.tw).

II. On-site application: Available on weekends only. Applications can apply for the service at the Information Desk and will be accepted from: 8 am-12 am, 1 pm-4 pm (Saturdays, Sundays).

**Opening Hours**  
 7:30 am to 5 pm daily (Open until 6 pm in July and August)

**Getting Here**

By car: Taitung → Highway 11 → Jhihben(Zhiben)→ Road 194 → Follow the sign to "Jhihben(Zhiben) Hot Spring" or "Jhihben National Forest Recreation Area".

By bus: Take the Mountain Line (Bus Number 8129) from Taitung and get off at the “Inner Hot Spring” stop. Walk for another 300 meters to the Jhihben National Forest Recreation Area. ( The bus service makes 15 outbound and return trips from Taitung daily).

Dingdong Bus Service Line:  
 +886-89-328269  
 Website:http://ett333023.com.tw/page3\_14.htm

Remarks: Visitors can also take the train, get off at Jhihben(Zhiben) train station, rent a scooter, and then drive to the Jhihben National Forest Recreation Area. (Driving takes about 15 minutes from the Jhihben(Zhiben) train station).

**Admission**  
 NT\$ 100 Adult (Aged 13 – 65)  
 NT\$ 80 per person (Groups of 20 or more people, weekdays only)  
 NT\$ 50 (Military personnel & police officers, children aged 7 – 12, students)  
 NT\$ 10 (Seniors aged 66 years and older, children aged 3 – 6)  
 FREE (Volunteer Service Card Holders, the handicapped, disability card holders and their support worker or companion (limited to one person), children aged 0 - 2)

\*\*We reserve the right to verify your status. Please be able to provide the appropriate ID to certify your condition or status.

\* The Jhihben National Forest Recreation Area was certified as being managed to the standards specified by ISO 9001 (Quality Management System) in June 2004.  
 On November 5, 2018, it passed the ISO9001: 2015 revision audit and on September 23, 2021, it passed the re-certification audit.