

茂興懷舊步道 Maosing Reminiscent Trail



赤腹松鼠
清晨與黃昏時常在樹林間可發現眼瞳大大、全身毛茸茸和肚子成栗紅色的赤腹松鼠，看他前肢捧著果實努力啃著的可愛模樣，令人不得不多看牠一眼。
Red-bellied tree squirrel
In the early morning and at dusk, you can see the lovable big-eyed and furry red-bellied tree squirrel in the trees, eating vigorously at nuts held in its front paws.



山葵 (Wasabi)
山葵主要生長在林下半遮蔭地區，且需有清潔乾淨的水源，仔細瞧瞧看它躲在那裡呢？
Japanese horseradish *Eutrema japonica*
The Japanese horseradish, or wasabi plant, grows mainly in semi-shaded areas where there is a source of clean water. Can you find some?



赤楊林
赤楊是天然的肥料木，根部非常發達，具有根瘤菌，可捉住空氣中的氮元素，改變土壤、增加肥力，是土壤不可或缺的好幫手。
Taiwan alder forest
These are natural fertilizer trees with well-developed root systems and root nodules that can take nitrogen from the atmosphere and fix it in the soil, making the land more fertile. It is a good helper for the earth.



苔蘚植物
多生長在蔭涼潮濕的環境中，以各種不同的型態披附在泥土、石頭表面及樹幹上，像是各式各樣的綠色外衣。
Moss and lichen
These grow mostly in cool, damp, shaded environments, attaching themselves to the surface of mud, rocks, and trees in a myriad of forms like green overcoats.



林間棧橋
站在林間棧橋上可俯瞰多種低矮的地被植物，可觀察眼前柳杉林樹幹的紋理，能更親近大自然的頂端，傾聽蟲鳴鳥叫及風劃過樹梢的聲音。
Wooden forest walkway
From the wooden walkway you can look down on a variety of low vegetation and observe the patterns on the bark of the Japanese cedar trees. Become intimate with nature as you listen to the chirping of insects, the singing of birds, and the whispering of wind in the trees.



蕨類植物
喜歡生長在陰濕的環境裡，又稱羊齒植物，是最古老的維管束植物，森林裡常見的有腎蕨、山蕨、葉蕨和瓦氏鱗毛蕨。
Ferns
Ferns like to grow in shaded and damp environments. They are the oldest of the vascular plants. Among the most common ferns seen in the forest here are the sword fern (*Nephrolepis auriculata*), bat's wing fern (*Histiopteris incis*), and varied wood fern (*Dryopteris varia*).



柳杉
幹型通直，樹姿俊秀，具生長快速的特質。因此引進台灣作為造林的樹種，不僅可以增加水土保持的效果，更可製成板材與家具。
Japanese cedar
These elegant, straight trees are characterized by rapid growth, and for this reason they were introduced to Taiwan for reforestation. They improve soil and water conservation, and can be used to make lumber and furniture as well.

芬多精
穿梭於喬木與紅檜林中，呼吸著瀟灑於自然中的芬多精 (Phytoncid)，對人體健康非常有益。
Phytoncid
As you walk among the cypresses, breathe deeply of the phytoncid-filled air and soak up its healthy-giving benefits.



白耳畫眉
聽見清脆而嘹亮的「回、回、回」叫聲沒？牠畫著一條長長的白色眼線，最喜歡盡情地跳躍在樹幹上。
White-eared Sibia (*Heterophasia auricularis*)
Can you hear the clear, crisp whistle of this bird? It sports a broad white streak from its beak through its eyes, and enjoys flitting about through the forest canopy.

休憩平台
走到步道終點，佇足於檜木林下，仰望由樹梢灑下的光線，想像坐擁陶淵明筆下之世外桃源，沈浸其中，讓自己盡情融入於此山中。
Relaxing Deck
Walk to the end of the trail and bring your footsteps to a halt under the cypress trees. Look at the rays of light shining through the forest canopy, and imagine yourself in an otherworldly scene from a Chinese painting. Let yourself blend with the mountains and the trees.

青背山雀
是太平山最常見的鳥類之一，青綠色的背與黃色的肚子，再加上笨拙的動作，真是可愛，由於頭部羽色像極了京劇中的臉譜，因此又稱為「戲班鳥」。
Green-backed Tit (*Parus monticolus*)
This is one of the most common birds at Taipingshan. It is a very cute bird, with its greenish back, yellow belly, and clumsy movements. It is known in Chinese as the "opera bird" because its face resembles the painted faces of Beijing opera.

舊蹦蹦車道探訪
沿自然步道可發現昔日運材軌道的遺跡，走在其中，每一個腳步都充滿著回憶與詩意，獨特的感受，等著您來體驗！
The old Bong Bong train railway track
Along the trail you can find traces of the old railway that was once used to transport logs. Walk along the old tracks, and every step will be filled with nostalgia. Come and experience this special feeling!

吊索橋
走慣了硬梆梆的水泥橋，來到山林裡嘗試一下不一樣的體驗吧！
Suspension bridge
Come into the mountains and have a bridge experience completely separate from the rigid concrete bridges you cross every day.

茂興月台
木構造的建築充滿思古幽情，是蹦蹦車的終點站，亦是茂興步道入口。車站下方是蕨類原生園及前往三疊瀑布的步道入口。
Maosing platform
This wooden platform, which so fills visitors with nostalgic feelings, is the terminus of the Bong Bong train railway and the beginning of Maosing Trail. Below the platform is a native fern garden and the entrance to the Sandie Falls Trail.

交通指南 Transportation

如何去茂興懷舊步道？
自行開車：
1. 台北 75km 宜蘭 44km 土場 26km 太平山
2. 花蓮 130km 羅東 44km 土場 26km 太平山
註：搭蹦蹦車至「茂興車站」即可抵達步道入口，步道全長1.5km
服務專線：(03) 9545114 (03) 9544052
訂房專線：(03) 9546055

Getting to Maosing Reminiscent Trail
Self Drive:
1. Taipei - Yilan - Tuchang - Taipingshan
2. Hualien - Luodong - Tuchang - Taipingshan
Note: Take the Bong Bong train railway to Maosing station. The trail is 1.5 kilometers long.
Information hotline: (03) 954-5114, (03) 954-4052
Room reservations: (03) 954-6055

蹦蹦車時間表 Bong Bong Train Schedule

在寧靜山谷中探尋太平雲海，猶如走入林中仙境！
聽！在蹦蹦車月台上，鈴聲雙正呼喚著...

(太平山莊) 起程開車時刻 (From Taipingshan Villa)	(茂興站) 返程開車時刻 (From Maosing Station)
07:30	09:00
08:30	10:00
09:30	11:00
10:30	12:00
11:30	13:00
12:30	14:00
13:30	15:00
14:30	16:00



生態旅遊請不要破壞生態

EcoTour, No Ecoicide!

1. 尊重—勿破壞與干擾生態環境。
2. 防火—禁止露餐烤肉野炊及亂丟煙蒂。
3. 保育—禁止攜帶寵物、放生動植物。
4. 維護—禁止攀折挖掘花木及樹枝。
5. 環保—請將垃圾自行帶回，或攜帶至設施區之垃圾桶丟棄。
6. 珍愛—請使用可重複清洗之用具。
7. 珍惜—請將閱讀過的摺頁投擲至各據點回收箱。

1. Respect the environment; do it no harm.
2. Camping, barbecuing, cooking in the wild, disposal of cigarette ends are prohibited.
3. No pets allowed, no releasing of captured animals.
4. Snapping of flowers, leaves, or twigs, breaking off branches, unearthing plants are prohibited.
5. Stash your trash. Remember to put your garbage in trash cans and your recyclable items in the special recycling bins.
6. Protect the environment, use dining utensils and tableware that are reusable.
7. Please return your read folded flyers, booklets to the recycling bins.



歷史與現實的接軌

Linking history with the present

順著這條軌道的痕跡，追尋著烙印在伐木工人心中深深的回憶，今日您將與它接軌。

茂興線與蹦蹦車

茂興線山地運輸軌道自分歧點至獨立山索道全長6公里，宛如大地綠色的血管，深入雲霧飄渺的原始林，沿線經過多座橋樑，橋墩全由檜木建造，依傍山崖鋪設的軌道遺跡為先人辛苦努力的結晶。

蹦蹦車在山谷中忙碌地穿梭，蹦蹦！蹦蹦！的震響，與汽笛響像是寧靜山谷裡永恒的心跳，讓整條太平山震動得亢奮起來，而這也是「蹦蹦車」稱呼的由來。

Follow the track of the old railroad and share the nostalgic feelings of those old-time loggers, and you will find yourself walking with them.

Maosing Line and the Bong Bong Train

The track of the Maosing Line forestry railroad stretched six kilometers from its fork to the Mt. Duli cableway, winding like a green artery into the fog-filled primeval forest and passing over numerous bridges and trestles made of cypress wood. The traces of the old railroad that remain along the mountain slopes are traces of the labor of earlier generations.

As the engine shuttles back and forth busily in the valley, the bongong of the cars and the sound of the whistle are like the eternal heartbeats of the tranquil mountains.

春光乍現

Capture a memory of spring

捕捉春天的記憶

盛開如喇叭般的花朵是春天美麗的衣裳，毛地黄、台灣杜鵑、台灣胡蝶蘭是春天季節的主角，新生翠綠的葉滿足了一顆顆充滿好奇的心。

嘘...，你聽

「吐米啣」、「急」啾兒...等響亮的聲音在林間迴盪，放緩您的腳步聆聽這群森林樂手演奏的大自然交響樂。

一場森林Spa

林間瀟瀟暮暮木芬多精，置身於翠翠的林間，有山鳥作伴，是享受森林Spa的好地方。

靜靜地傾聽她的呼吸

細細感受她的氛圍

深深吸一口她散發的芬多精。

The flowers that blossom forth luxuriantly are like the vestments of spring. Foxgloves (*Digitale purpurea*), Formosan rhododendrons (*Rhododendron formosanum*), and *hehniopsis umbellata* are the main actors in this springtime extravaganza.

Shh... Listen!

Slow down, keep silent, and listen to the musicians of the forest as they perform a delightful natural symphony.

A forest spa

The forest is filled with phytoncids from the cypress trees. Lose yourself in this emerald vastness with the mountain birds as your companions, and enjoy a perfect forest spa.

Quietly bend your ear to her call

Immerse yourself in her atmosphere

Breathe deeply of the phytoncids she exudes



沁涼一夏

Clean the world away

神奇的濾網

走進山林，就像是穿過一層濾網，把身心的塵埃都過濾了。

秘密生態花園

你正朝著通往生態天堂與人文薈萃的方向，前進一處被遺忘而遭世間廢棄的秘密生態花園。

Mysterious filter

Walk into the forest and it feels like you have passed through a filter that cleans away the dust of the world.

Secret ecological garden

You are on your way to an ecological paradise and a treasure trove of nature, a secret flower garden that has been forgotten by the world and that has forgotten the world.



秋海楓林

A sea of autumn maples

彩繪秋景

金黃色的秋是大地的燦爛，也是黃鶯、台灣紅榨槭的季節，棲鳥將松羅置於枯樹縫隙間的畫面正在上演，這畫面或許可以用電腦再造，但她最美的時刻只此一季，別忘了儲存於您的記憶裡。

處處皆有生態與人文的對話

昔日的運材軌道靜靜地匍匐著，如同一部森林開發史等待您去探索，軌道邊的岩壁已被綠色的苔蘚佔領，細密且厚實，成了山鳥築巢的好場所。茂興步道不僅擁有豐富多樣的生態，提供鳥類、哺乳類與兩棲類棲息覓食，更有林業文化發展的軌跡。在步道整建後，可讓這個寶貴的生態自然環境，成為高品質的戶外休憩與教育場所。

A painted autumn scene

The scene of a golden autumn happens in the season of the *hehniopsis umbellata* and the summer snow maple, when the jay (*Garrulus glandarius*) hides pine cones away in the holes and cracks of dead trees. Perhaps you could re-create such a picture with your computer, but it is at its most beautiful at this time. Don't forget to secrete it in your memory.

Dialogues between nature and man

The remnants of the railroad that transported timber in early times lie silent, waiting for you to discover the history of forestry here. The stone face beside the track is covered by dense, thick layers of moss and lichen, providing a good habitat for nesting birds. Maosing Trail offers not only a rich and varied ecology for birds, mammals, and amphibians, but also teaches the history of the forestry culture. With the rebuilding of the trail, this precious natural environment has become an outdoor recreation and education facility of the highest quality.



冬之饗宴

A winter's feast

邂逅

處於亞熱帶的台灣，與白色世界相遇只能算是一場邂逅，夢幻且浪漫。當雪花緩緩飄落，化在您溫暖的手心時，所有的煩惱也一併消失在這片白色世界中。

深山的滋味

在這片土地上，經歷繁華與孤寂，似乎成了被遺忘的味道。

這是一種清冽的滋味，是昔日伐木工人追尋感官刺激最簡單的方式。其實今日山葵族群長得欣欣向榮亦無非是人煙散去、人去樓空的功勞。

太平山櫻花

太平山地區才有的太平山櫻花，為冬季的山林添了幾分色彩，當一朵朵白色的花瓣，從樹梢緩緩的飄落，緩緩的在空中曼妙的飛舞，輕盈且優雅，像極了片片雪花，同時也預告了春天即將來臨。

Chance encounter

On subtropical Taiwan, any experience of the white world of snow can only be considered a chance encounter. When the snowflakes float gently down and melt in the warm palm of your hand, all of your troubles will melt away with them.

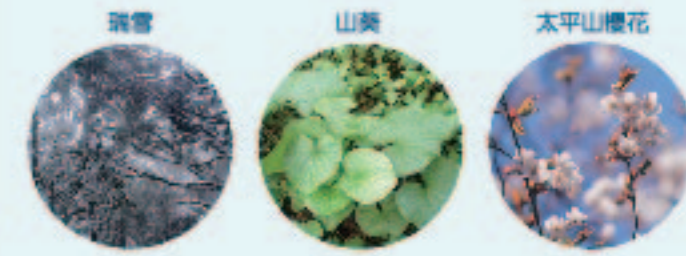
Deep mountain flavors

This patch of land, which has been transformed from bustling prosperity to solitary tranquility, seems to have been forgotten.

This is a kind of bitter hot flavor, and it was the simplest way those old loggers had of exciting their senses. Today the Japanese horseradish, or wasabi plant, grows luxuriantly, the result of having been left alone since the loggers departed.

Taipingshan cherries

The Taipingshan cherry, which is found only in this area, adds epishes of color to the winter mountains. When the blossoms open and the white petals drift softly down from the trees, dancing in the air, they closely resemble falling snowflakes. At the same time, they herald the arrival of spring.



小白頭菜

山葵

太平山櫻花

瑞雪



蛾類

冠羽畫眉

台灣杜鵑

台灣獼猴



山羌



黃鼠狼