

台灣山毛櫸 步道

Taiwan Beech Trail



行政院農業委員會林務局 羅東林區管理處



Colorful and Romantic Highland Garden

走入台灣山毛櫸國家步道，有如一幅偌大的圖畫如夢如幻的呈現眼前，隨著步伐，這大自然的畫家正揮動他們出神入化的彩筆，妝點出屬於這季節的極至美景。擦亮眼睛，好好記憶這一幅幅難得的美景，因為下一次它又將以不同的面貌呈現在您眼前！

A dreamy and surrealistic view like an enormous picture appears before your eyes when you walk on the National *Fagus hayatae* Pathway. As you stroll along, you can see how nature creates the remarkable scenes of the season with her magical color palette. Open up your eyes and remember these rare scenes because they may appear differently next time!

步道導覽簡介

About the Pathway Guide



1

展示大自然的驚人實力

Display of Nature's Astonishing Strength

地質千層派 Geological 'Puff Pastry'

佇立在在步道旁這片壯觀的岩壁，原來是海底沉積形成的頁岩，而後受高溫高壓作用變質形成板岩，這種岩石是構成中央山脈最主要的岩石種類，原住民常建造的石板屋就是以此為建材的呢！

The rock face along the pathway was initially sedimentary shale under the sea and later formed into slate due to metamorphism under high pressure and high temperature. Slate is the main kind of rock found on the Central Range. The slate houses frequently seen in aboriginal tribes are built with this material.



2

生意盎然的長壽家族

Thriving and Vigorous Family of Longevity

紅檜林 Taiwan Red Cypress Forests

特產於台灣的高山地區，主要分佈在海拔1500至2150公尺間，是高山主要的造林樹種。紅檜的樹皮有著淡紅褐色，且樹皮薄軟，所以俗稱薄皮仔。樹形相當高大粗壯而且長壽，紅檜材質均勻不易變形，紋路雅緻，透著淡淡清香，來到這裡深深吸一口檜木芬多精吧！

Taiwan Red Cypress is native of mountains in Taiwan and mainly distributed in areas between 1500 and 2150 meters of elevation. It is also a major forestry species.

It is colloquially called 'Thin Bark' for its thin and soft bark of light reddish brown. The tree is tall, thick and strong and has a long life span. Taiwan Red Cypress is characterized by an even texture that does not deform easily, fine stripes and the dispersion of a mild fragrance. Come here and take a deep breath of phytoncid from cypresses.



3

行駛歷史的時光隧道

Riding through the Time Tunnel of History

鐵道遺跡 Railway Remains

里程碑文史 History of Milestones

鐵道沿山腰興建，標示里程碑所用的木牌也通常就地取用上等檜材製成。屹立鐵道旁，彷彿紀念碑般看盡過往來人，細數著林業興衰。

The wooden plates for marking mileages were also made of the top logs from local cypresses. Standing along the railway like monuments, the plates have witnessed numerous passers by as well as the rise and fall of the local timber industry.



鐵道轉轍器

The Railway Switch system

當火車要改變行進路線至另一軌道時所藉重的工具便是轉轍器。在我們重回鐵軌拆除後的荒煙蔓草地，鏽蝕的轉轍器便成為歷史尋根的見證。

The tool that a train relies on for shifting the driving route into another track is the switch system. When we return to the desolate area covered with weeds from which the railway tracks have been removed, the rusted switch system is a monument to our past.



4

櫻花點點的花花世界

A Colorful World Dotted with Cherry Blossoms

太平山櫻花 Taiwan Cherry in Taiping Mountain

當冬天的腳步慢慢經過，春天的氣息即將悄悄來臨之時，太平山櫻花的綻放正告訴我們：春天將無聲無息的來臨！潔白純潔的花影，正靜靜的活躍山林，在青山藍天的襯托下，猶如天鵝湖畔，舞者曼妙的舞姿醉人心田！

When winter has slowly stepped out, the blossom on Taiwan cherries announces the quiet arrival of spring!

The pure white flowers silently thrive in the mountain forests and look intoxicating in contrast with the green mountains and blue sky like the elegant steps of ballerinas by the Swan Lake.



5

飲水思源

Think of Its Source When Drinking Water

南澳北溪發源地 The Origin of the Nan-ao North River

在這裡我們見證到南澳北溪的形成！就是在源頭位置水不斷的流出，上方的岩石就經常崩落，而造成河流加長的現象稱為「向源侵蝕」。



Here, we witness how the Nan a North River came into existence! Water ceaselessly flows from the origin. The frequent collapses of rocks above the river has resulted in a phenomenon of river extension called "headward erosion".

6

古道上的百年烽煙

Century-old Mountain Mist Surrounding the Ancient Pathway

望洋山古魯林道 Gulu Forest Path in Mt. Wangyang

在翠峰湖東側望洋山連結維音山、銅山之三叉路脊（在南澳南、北溪之間），曾有舊原住民古道，是昔日南澳、金洋泰雅族原住民溝通大元山、寒溪的要道。古魯林道如今已呈荒廢狀態，放眼望去，這條滿是足跡歷史古道，還真有著遺世獨立的荒涼感呢！

On the east side of Cuicong Lake, the path links Mt. Wangyang with Yaying and Mt. Tong to form a three-way forked ridge (between the Nan-ao South and Nan-ao North River). It is an ancient pathway that used to connect the Taiya aboriginal people in Nan-ao and Jinyang with Mt. Dayuan and the Hansi. Now deserted, the historic path that had been treaded by countless passers by appears secluded and desolate.



7

陵線上的珍貴禮物

A Precious Gift on the Mountain Edge

山毛櫸原始林 Primitive Forests of *Fagus hayatae*

台灣山毛櫸是冰河時期殘留台灣的孑遺植物，而這裡的台灣山毛櫸原始林，靠近南澳南溪，冬季季風強盛、雨水豐沛，造就了這一大片面積達九百公頃的珍貴森林；春天滿樹新綠極為迷人；秋季綠葉轉金黃，落葉後枝幹挺拔，又是另一風情，是極具學術與觀賞價值的珍貴樹種。

Taiwan beech is a sole survivor plant that has remained in Taiwan since the Ice Age. A wide range of precious primitive forest, nearly 900 hectares in size, was created because of their vicinity to the Nan-ao South River, strong winter monsoons, and abundant precipitation. It is a pleasant scene to see the forests covered with newly sprouted leaves in spring. In fall, it is another delight to see the leaves turn golden and the branches and trunks remain unyielding after the leaves have fallen. All in all, Taiwan beech is a precious tree species of significant academic and decorative values.





台灣山毛櫸枝葉造型優美，隨著四季的變化呈現不同的風貌；造形優美，春天生長旺期時滿樹新綠極為迷人，小巧玲瓏的花同時開放，旋即脫落；十月後的台灣山毛櫸步道是全年最美的時節，山間色彩一天天的變了樣，台灣山毛櫸換上了秋天的衣裳，綠葉轉金黃，漂亮又詩意；落葉後枝幹挺拔，迎風搖曳，在蒼勁中顯露的個性美，又是另一風情。冬季的步道，冰霜以這片山林為畫布，繪出風的足跡，時間空間恍若停滯，凝結成一片清新優雅的銀色世界。

The branches and leaves of Taiwan beeches are shaped gracefully and their looks vary according to seasonal changes. During the vigorous growth phase in spring, it is a pleasant view to see that the trees are covered with newly sprouted leaves while lovely tiny flowers blossom before they fall out shortly. The beech pathway is at its prime time throughout the year after October. The color of the mountains seems to vary day by day. The beeches have changed into their fall clothes the green leaves turn golden, looking beautiful and poetic. The branches and trunks remain unyielding after the leaves have fallen and sway in the wind, revealing their tough character. For the winter scene along the pathway, frost and ice use the mountain forests as their canvas to depict the trace of wind. Time and space seem to stand still. A refreshing and elegant world of silver has thus leapt into life.

編織柔軟的綠色森林 Weaving Soft Green Forests

苔蘚植物 Bryophytes (Moss plants)

苔蘚植物對許多人而言，可能是一群相當陌生的植物。在他們的印象中，苔蘚只不過是長在庭院牆角或水溝邊密集叢生的小植物，或只是垂掛於樹幹枝椏間隨風搖曳的柔纖綠苔而已。乍看之下，它總令人覺得千篇一律，沒什麼不同，但只要定睛瞧瞧，你一定會發現它們的種類可多得很呢！不但如此，在大自然中，它們也是小兵立大功嘍！

- 有助於形成土壤
苔蘚能分泌酸性物質溶解岩石表面，亦能積聚空氣中的物質與水份，使岩石表面逐漸形成土壤。
- 防止水土流失
苔蘚植物一般生長緊密，能抓緊泥土，也有特強吸水力，因此，有助保持水土。
- 提供雀鳥及哺乳類動物食物
- 作為空氣污染的指示植物
由於苔蘚植物的葉為單層細胞結構，容易吸入空氣中的污染物，所以污染物敏感。

For many people, moss plants may sound unfamiliar. In their impression, moss is an insignificant plant that clusters in garden corners or gutters and sways in the wind hanging among tree trunks or branches. They may all look the same at first glance. But with a closer look, you will find that there are many varieties of them! Moreover, they have contributed a lot to nature despite their tiny existence.

- Assisting Soil Formation
Moss plants can secrete an acidic substance that can dissolve rock surfaces. They can also accumulate substances and moisture in the air. These allow soil to gradually form on the rock surfaces.
- Preventing Water and Soil Loss
Moss plants tend to grow in high density. They can tightly grip soil and have strong water absorbability. Hence, they can help water and soil preservation.
- Providing Food for Birds and Mammals
- Acting as a Pollution Indicating Plant
Since their leaves are of cellular monolayer structure, moss plants can easily absorb pollutants in the air and are therefore sensitive to such pollutants.

生態旅遊 請不要破壞生態

Eco Tour, No Ecocide!

- 一、禁止攜帶寵物及放生。
- 二、禁止露營、烤肉、野炊及亂丟煙蒂。
- 三、禁止攀折、挖掘花木及樹枝。
- 四、請將垃圾自行帶回，或投入設施區之分類垃圾箱。
- 五、請使用可重複清洗之餐具。
- 六、請將閱讀過的摺頁投擲回收箱。

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

除了腳印什麼都不留 除了照片什麼都不帶走
Leave nothing but footprints; take nothing but photographs.

台灣山毛櫸國家步道的地理環境 Geographical Environment of Taiwan Beech Trail



當我們走在步道最後這一段你可發現地形是起起伏伏的，如果你是午後來到此地，你經常會身處雲霧飄渺中！是甚麼因素造成這樣的情形？這裏是東北部海拔約一千八百公尺的山區，屬於霧林帶的範圍，再加上東北季風帶來豐沛的水氣使得年雨量高達四千公釐以上，雨水落下後形成衆多的河流，侵蝕作用十分的發達而造成地形起起伏伏。台灣山毛櫸也因此有機會在此地區形成純林

When you walk to this final section of the trail, you may notice that the ground fluctuates. If you come here in the afternoon, you will find yourself surrounded by cloud and mist! How does this happen? It is a mountain zone with an elevation of about 1,800 meters in northeastern Taiwan and is part of what is categorized as a fog forest zone. In addition, the abundant moisture brought by the northeast monsoon results in an annual precipitation of over 4,000mm. The heavy rainfalls throughout the years also caused the formation of many rivers, which in turn contributed to the irregular terrains because of their powerful corrosive effect. The beeches thus had an opportunity to form pure forests in this area.

台灣山毛櫸林的原住民族群 Indigenous Inhabitants in Taiwan Beech Forests



隱身高山的精靈 夸父綠小灰蝶

Fairy Hidden in Mountains *Sibatanozephyrus kuafui* Hsu & Lin

謎樣的蝴蝶總在雲霧中，太陽剛露臉的剎那間才會大量出現，快速地穿梭在台灣山毛櫸樹梢間，這是台灣最晚發現的蝴蝶。體型約只有10元硬幣大小的蝴蝶，因其特殊的習性令當時的研究學者感嘆追尋之不易，有如神話中之「夸父追日」般，故名為夸父綠小灰蝶。

The riddle-like butterflies always appear in a large number in the mist at the very moment when the sun hits its face. They then rapidly roam among the tips of Taiwan beeches. They are the last butterfly species discovered in Taiwan and are only the size of a NTS10 coin. They were named "Kuafu's greenish gray butterfly" in Chinese because researchers found them difficult to trace owing to their unique habitat and the difficulty was like the legend of Kuafu, the sun chaser.

編織綠色絨布毯的專家 玉山箭竹

The Expert of Weaving Green Flannel Blankets *Yushan Canes*

密蔽的林蔭中，地被層由玉山箭竹所盤據，它是早期原住民拿來做箭的材料，所以稱為箭竹。可別小看這片亂亂的碧綠叢林，它可是野生動物們的棲身之所呢！試試看，撥開碧綠，可以發現動人的生物新世界！

In the shade of densely grown woods, Yushan canes occupy the surface layer of the ground. They are called "arrow bamboo" in Chinese because aboriginal people used them to make arrows in early days. Do not underestimate this chaotic looking emerald jungle. It is the habitat of wildlife! Try to push aside the green canes and you may find a curious new world!



悠遊林間的高山隱士 Mountain Hermits Roaming in the Woods

膽小害羞的短跑冠軍 山羌

Timid and Shy Sprint Champion *Formosan Reeves' muntjac*

台灣鹿科動物中最小的一種，個性羞怯，多棲息枝葉遮天的森林中，雄羌會發出似犬吠叫的聲音。步道兩旁草叢中有許多動物出沒的獸徑，大多是山羌的高速公路，仔細觀察四周，說不定可以看見山羌輕巧躍過林間。山羌是非常害羞的動物，只要不要高聲喧嘩，看見山羌的機率並不高！

As the smallest species in cervidae, Formosan Reeves' Muntjacs are shy by nature and mostly inhabit forests with sky-blocking branches and leaves. The males make sounds like dog barking. There are many paths through which animals emerge and disappear in the bushes along the pathway. Most of them are the "freeways" for Formosan Reeves' Muntjacs. With closer observation, you may have the chance to witness a Formosan Reeves' Muntjac lightly hopping through the woods. Formosan Reeves' Muntjacs are extremely shy animals and you have a good chance to witness one of them as long as you keep your voice down!



風範翩翩的王者 帝雉

A Graceful King *Mikado Pheasant*

具有高雅的色澤、舉手投足優雅，猶如古代帝王一般，因而得名。公鳥臉頰紅色、尾羽甚長、黑白相間，所以又有「黑長尾雉」之稱。母鳥全身土褐色，黑白斑相間。喜歡在晨昏或山上霧氣瀰漫的時分，漫步在林徑上覓食；繁殖季時，還會攜家帶眷一起出遊呢！



聲聲動聽的林間歌手 Green Carpet Weavers

小心翼翼的藪鳥 Cautious and Alert

Liocichla steeri Swinhoi (Steere's *Liocichla*)

背部橄欖綠色，眼下方有一橙黃斑。常在樹林底層穿梭，並發出嘹亮的「念——救兒」聲。穿越林道時，會小心列隊觀察動靜，確定安全後，才快速飛躍。因體色較暗，常被誤認是老鼠。



Steere's Liocichlas feature olive back and yellowish orange spots under the eyes. They frequent the lower layer of forests and make sharp chirping sounds like "Ji—juer". They often observe the situations closely before they fly across forest paths, and will only fly across when they are certain of safety. Because of their dark body color, they are often mistaken for rats.

聰明機靈的台灣土著 台灣獼猴

Smart and Witty Native Habitants of Taiwan *Formosan macaques*

台灣獼猴就像一群叢林裡的孩子王，活潑又好動！牠披著一身灰褐色的濃密外衣，腹面則偏白色，臉部呈肉色或桃紅色，有一條長而有力的尾巴，臀部上有兩塊大肉墊，是厚厚的角質化皮膚，不管是坐在銳利的岩石上或是粗糙的樹枝上，都不怕被磨破皮，還能兼當坐墊般穩穩舒服的坐著。牠們常在地面行走活動，所以在野外的泥地裡，有時會留下清晰可見的大小足印，這是尋找臺灣獼猴蹤跡時很好的依據。

Smart and Witty Native Habitants of Taiwan Roaming among Mountain Forests Formosan macaques Formosan macaques are energetic and active like a group of opinion leaders among kids in the jungle! Thick and dense grayish brown fur, a whitish belly, a skin-colored or peach-colored complexion and a long and powerful tail characterize them. They have two big lumps of flesh on the buttocks called "calluses", which are thick keratinized skin. The calluses serve as cushions that allow them to sit steadily and comfortably whether on sharp rocks or rough barks without worrying about torn skin. They often roam on the ground and sometimes leave clearly visible footprints on the muddy lands in the wild. These footprints serve as great clues for tracing them.



我是山頭小霸王 山豬

I Am the Little Tyrant of Mountains *Formosan wild boar*

提到豬，我們可能會聯想到懶惰、肥胖、骯髒等不好的形容詞，這對同是豬族成員的山豬來說，可是很不公平的唷！山豬的體格壯碩，全身佈滿黑褐色的短毛；口吻較長，一對外露的獠牙是牠和家豬最不一樣的地方。野生的山豬十分兇猛，遇到攻擊時，會用獠牙全力衝撞敵人。在食物方面，牠們從不挑嘴，不管是植物的根、莖葉、花、果實，只要咬得動的，通通都會變成山豬的腹中物。所以山豬是勤勞、聰明而勇敢的。如果你生肖屬豬，你應該以有這麼一位勇敢的豬族成員而感到驕傲哩！

We often associate some negative adjectives with pigs, such as lazy, fat and dirty. This is highly unfair for wild boars, which belong to the same family Suidae! Wild boars have a sturdy build and the entire body is covered with dark brown short hair. Their snouts are bigger and a pair of tusks is the greatest difference between boars and pigs. Wild boars are very fierce and will hit their enemy in full force with their tusks when they are under attack. They never pick food and eat anything they can bite, including the roots, stems, leaves, flowers and fruits of plants. Therefore, wild boars are hardworking, clever and brave. If you were born in the year of pig, you should be proud of having brave fellow members like wild boars!



披著金黃色的羽翼 金翼白眉

Covered with Golden Feathers *Garrulax morrisonianus* (Ogilvie-Grant)

屬於高海拔畫眉，為什麼牠能在食物稀少的高山環境生存呢？因為會在人類活動區域搜尋地上食物碎屑，不太怕人，所以是有名的迎賓鳥。披著金黃色的雙翼和畫上濃濃的白眉是牠最顯著的特色。常發出圓潤又宏亮的哨音。



Ogilvie-Grant is one species of high-elevation thrushes. How can they survive in the high-elevation environment where food is scarce? It is because they are not afraid of people and look for bits of food in areas that people frequent. So, they are a type of famous scavenging birds. Their most distinct features are wings covered with golden feathers and two thick white "eyebrows". They often make smooth and loud whistles.