

太平山

國家森林遊樂區

得天獨厚的太平山，氣候涼爽宜人，除了豐富的生態資源外，還擁有溫泉、原始森林、高山湖泊等景觀。昔日與阿里山、八仙山並列台灣三大林場，遺留許多林業生產後的索道、台車、集材機、山地軌道等遺跡，使太平山國家森林遊樂區別具韻味。在這裡，您可以坐上蹦蹦車沿著軌道尋覓歷史的風味，置身於充滿芬多精的森林，先看看蕨類的千姿百態，再讓豐富的負離子替您洗滌身心塵埃；當薄霧輕拂臉龐、蟲鳴鳥叫不絕於耳的時候，別忽略了身旁多樣化的生態，它們正等待您去探索呢！您也可以透早起床，守候太陽從雲間蹦出那一瞬間的痛快感受，更別錯過了與層層疊疊的雲海一起迎接美好的一天喔！

Taipingshan National Forest Recreation Area

The spectacular Taipingshan region, with its cool climate is not only an ecological enchantment but also provides hot spring, primary forests, lakes and other scenic spots. Holding third place as one of Taiwan's three largest wooded areas after Alishan and Palsihsan, Taipingshan National Recreation Area conveys a different flavor with its relics of man-made tracks and timber equipment. Enjoy a ride on the Bong-Bong train down memory lane and relive the glory of days gone by, immerse yourself in the multi-faceted forest and let the mountains and water flush away the dust in your inner beings. When the mist gently brushes your face and the insects and birds concoct a moving symphony, do not ignore the invitation to explore the flora and fauna around you! Plan to wake up early in the morning to experience the joy of watching the sun pop out through the clouds in a split second and welcome the beginning of another glorious day with the multi-layered clouds!

交通資訊 Transportation

公車族

可搭乘國光客運，只有在週六日及國定假日行駛。
電話：宜蘭站 03-9384171、羅東站 03-9567505
網址：www.kingbus.com.tw

去程

搭乘從宜蘭及羅東開往太平山的班車

發車時間：宜蘭 08:30、羅東 08:45；抵達太平山 12:20

回程

搭乘從太平山開往宜蘭及羅東的班車

發車時間 15:30；抵達羅東 17:30、宜蘭 17:50

開車族

從台北

國道5號→宜蘭市→員山→大同→過家源橋後左轉即抵土場

從花蓮

蘇花公路→蘇澳→冬山→羅東→三星→大同→過家源橋後左轉即抵土場

從台中

梨山(中橫公路)→大同→於家源橋前，往土場方向直行即抵土場

從桃園

巴陵(北橫公路)→大同→過家源橋後左轉即抵土場

Public transport

Provided by Guoguang Bus Services, available only on Saturdays, Sundays and public holidays.
Phone: Yilan Station: 03-9384171; Luodong Station: 03-9567505
Website: www.kingbus.com.tw

To destination

Take the bus from Yilan or Luodong Station to Taipingshan

Departure times: Yilan: 08:30; Luodong: 08:45; Arrive at Taipingshan: 12:20

From destination

Take the bus from Taipingshan to Yilan or Luodong

Departure time: 15:30; Arrive at Luodong: 17:30; Yilan: 17:50

Private transport

From Taipei

National Freeway No.5 → Yilan → Yuanshan → Datong → turn left after the Jiayuan Bridge to get to the Tuchang

From Hualien

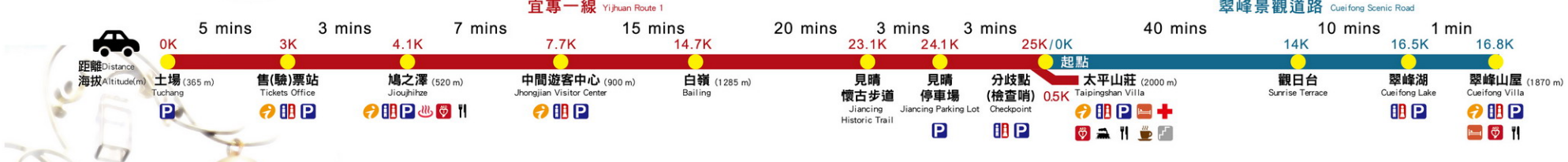
Suhua Highway → Suao → Dongshan → Luodong → Sansing → Datong → turn left after the Jiayuan Bridge to get to the Tuchang

From Taichung

Lishan (Zhongheng Highway) → Datong → proceed straight ahead from the Jiayuan Bridge to get to the Tuchang

From Taoyuan

Baling(Belheng Highway) → Datong → turn left after the Jiayuan Bridge to get to the Tuchang



享譽國際的桃色之夢 寬尾鳳蝶

寬尾鳳蝶是1932年日本學者於太平山發現命名，寬尾鳳蝶為台灣國蝶，僅以台灣檫樹為食草，現在於鳩之澤溫泉是目前最容易發現的地點。
The world-wide famous dream creature, the Board-Tailed Swallowtail Butterfly (*Aeghana maraho*)
The Broad-Tailed Swallowtail Butterfly (*Aeghana maraho*) was first discovered in Taipingshan and named by Japanese entomologists in 1934. It is the national butterfly of Taiwan. This butterfly feeds only on Taiwan Sassafra and now is most possible to be spotted in Jioujihze Hot Spring area.

太平山暗夜守護神 灰林鴉

台灣有12種貓頭鷹，而太平山記錄就高達8種，其中灰林鴉出現頻度最高，代表太平山環境穩定性佳及棲地保存完整，可作為太平山夜行性猛禽的指標物種，尤其在翠峰林道上最為常見。
The guardian angel of Taipingshan night, the Tawny Owl (*Strix aluco*)
There are twelve species of owls in Taiwan and the Taipingshan area has eight out of them. The Tawny Owl is the most frequently seen one in Taipingshan and represents the environmental stability and habitat quality. The Tawny Owl is the representative of the Taipingshan owls and can be observed on the Cueifong Scenic Road.

隱藏百年身世 太田樹蛙

太田樹蛙於2017年由台灣師範大學研究團隊正式發表，屬陽溪以南為其分布地，和日本樹蛙極為類似，但分析蛙聲發現實為不同種，也為台灣兩生類新添成員。
The hidden figure of hundred years, Ota's Treefrog (*Buergeria ota*)
The Ota's treefrog (*Buergeria ota*) is identified by the research team from National Taiwan Normal University. It distributed to the south from LanYang River in Yilan. It is similar to Japanese Buerger's frog, however the calling analysis revealed them to be different species. It is now the latest member of the Taiwanese amphibian.

獨步全球的森林生態 檜木林

檜木為台灣著名之神木，世界上檜木屬植物僅分布於台灣、日本、北美3處，台灣產台灣扁柏及紅檜木材最為優良，在太平山檜木原始林步進即可看見這兩種珍貴樹種。
The extraordinary forest ecosystem, the Taiwan Cypress Forest
Taiwan Cypress is seen as the sacred tree in Taiwan. The cypress plants distributed exclusively in Taiwan, Japan and North America. Among these areas, the Taiwan yellow cypress (*Chamaecyparis taiwanensis*) and Taiwan red cypress (*Chamaecyparis formosensis*) are two timber woods with the highest quality in the world. You can see these two precious cypress plants on the Taipingshan Cypress Forest Trail.

冰河子遺夏綠林 台灣山毛櫸

台灣山毛櫸為文化資產保存法所公告的稀有植物之一，亦是夏綠林生態系的代表，全臺最大族群即在太平山，尤其以每年10-11月份於落葉前轉變成金黃森林聞名。
The relict summer-green forest, Taiwan Beech (*Fagus hayatae*)
Taiwan Beech (*Fagus hayatae*) is one of the rare and valuable plants protected by Cultural Heritage Preservation Act. It is also the symbol of the summer-green forest ecosystem. The largest population of Taiwan Beech locates right at Taipingshan. It is particularly famous for its gold outfit in every October to November before all the leaves falling off.

不怕冷的嬌娃 玉山杜鵑

位於高山峰頂的杜鵑，盛開的花朵依偎在山林的懷抱裡，傾訴著生命的真諦。
Blooming despite the cold - Yushan Rhododendron
Growing high on the mountain ranges, the rhododendrons are short plants with disproportionately large flowers, attesting to the strong survival instincts.

草地上的銅鈴 毛地黃

春夏花季時候的太平山、翠峰湖，開滿了毛地黃，像在心軸上掛成串的銅鈴，粉嫩漂亮。全株有毒，在醫療上可製成強心利尿劑，所以又有「蛇蝎美人」的封號！
Strings of bells - foxgloves
In the flowering seasons of spring and summer, the Taipingshan and Cueifong lake regions are sprayed with a profusion of foxgloves that appear like strings of bells swinging from a flower axle, a very pretty sight. They are called "snake beauties" because they are poisonous!

綻放淨白感動 太平山櫻花

以清新亮麗的姿態佔據了太平山2,000公尺左右的山區。特產於這兒的太平山櫻花十分珍貴，在陽光映照下更顯精神抖擻！
Spotlessly white, exuding a sense of purity Taipingshan cherry
Adorning Taping Mountain at 2000 feet above sea level, these pristine white blossoms are in full bloom in late winter / early spring and exude a sense of strength and radiance under the bright sunshine!

穿著粉色芭蕾舞衣 台灣杜鵑

杜鵑花苞帶點粉紅，當粉紅花瓣綻放時像极了舞衣，隨著花期推移，粉紅色會逐漸褪去，花瓣轉為純白，這時就像是紙棉花，惹人憐愛。
Adorned with pink tutus-Formosa rhododendron
In full bloom, the buds will lose their pink hue and open up into pristine white flowers with large petals. The buds present an appealing picture in their pink 'dancing' clothes!

步道資訊 Trail Information

步道名稱 Trail name	長度(公里) km	時間 Time
鳩之澤自然步道 Jiouchihze Nature Trail	1.1	步行往返1小時 1 hr walk (Round Trip)
見晴懷古步道 Jiancing Historic Trail	0.9	步行往返1小時 1hr walk (Round Trip)
檜木原始林步道 Cypress Forest Trail	0.6	步行往返30分鐘 30min walk (Round Trip)
鐵杉林自然步道 Taiwan Hemlock Forest Nature Trail	1.3	步行往返2.5小時 2.5hr walk (Round Trip)
茂興懷舊步道 Maosing Reminiscent Trail	0.9	步行往返1小時 1hr walk (Round Trip)
三疊瀑布步道 Sandie Falls Trail	2.7	步行往返3小時 3hr walk (Round Trip)
翠峰湖環山步道 Cueifong Lake Circular Trail	3.9	步行2.5小時 2.5hr walk (One Way)
望洋山步道 Wangyangshan Trail	1.2	步行往返2小時 2hr walk (Round Trip)
台灣山毛櫸步道 Taiwan Beech Trail	3.8	步行往返4小時 4hr walk (Round Trip)

遊程建議 Tour Planning

一日遊

出發→中間遊客中心(太平山影片欣賞)→太平山莊(午餐)→自然步道漫步(檜木原始林步道或見晴懷古步道)→鳩之澤溫泉→返程

二日遊

第一日
出發→鳩之澤溫泉→中間遊客中心(太平山影片欣賞)→自然步道漫步(檜木原始林步道或見晴懷古步道)→夜宿太平山莊

第二日
出發→翠峰湖(翠峰湖環山步道或台灣山毛櫸步道)→翠峰山屋(午餐)→羅東林業文化區→返程

ONE-DAY TOUR

Set Off → Jhongjian Visitor Center (Watch VCR of Taipingshan) → Taipingshan Villa (Lunch) → Natural Trail (Cypress Forest Trail or Jiancing Historic Trail) → Jiouchihze Hot Spring → Home

TWO-DAY TOUR

DAY1
Set off → Jiouchihze Hot Spring → Jhongjian Visitor Center (Wath VCR of Taipingshan) → Natural Trail (Cypress Forest Trail or Jiancing Historic Trail) → Lodging in Taipingshan Villa

DAY2
Wake up in a beautiful morning → Cueifong Lake (Circle Trail or Taiwan Beech Trail) → Cueifong Villa (Lunch) → Luodong Forestry Culture Garden → Home