

蘭陽山林社區步道群

Lanyang Community Trails

Lanyang Community Trails



103.11印製

行成風霞的百年老徑
走朝山起霧的朝聖之路
披掛老祖母的翡翠項鍊
一路尋覓清幽的溪流行旅
探尋松羅部落的生命之泉
品味歐頓的空中秘境
在原始的色彩國度
揭開水姑寮的新娘面紗
山脊之路·流連忘返

Walk into the grand old hundred-year path
Climb on a mountain pilgrimage
Put on an ancestral emerald necklace
A river singing her allegro all the way
Discovering Singluo village's fountain of life
Venture into the pocket paradise of ferns
In nature's green kingdom
Reveal the bride veil of the water spirit
By the mountains and the sea
Lingering and wondering



旅遊資訊

Travel Information

相關訊息請上：

台灣山林悠遊網
Taiwan Forest Recreation

網站：http://recreation.forest.gov.tw/

蘭陽山林步道分佈全覽圖 Lanyang Trails



全民共享的自然步道

遍佈蘭陽山林原野之步徑、古道、獵徑，曾為早期先民的交通、補給、巡邏、狩獵、生產路線，其間蘊涵著蘭陽地區發展的歷史，也紀錄了山岳的變化萬千；藉由步道系統之規劃，延伸林野景緻，展現族群風采，並串聯森林遊樂區、自然保護區、山林部落及景觀據點，發展出區域及帶狀的生態旅遊網絡，讓民眾在休閒之餘，對這塊土地的人文及自然有更深的體驗與認識。

Have a nice walk on natural trails

The hiking trails, old roads and hunters' paths scattered among the mountains of Lanyang were once used for communication, supplies, patrols, hunting and production by the early inhabitants. They recorded not only the history of the Lanyang region's development but also how the mountains have changed over the years. By creating a network of the trails, mountain tribal settlements and scenic locations can all be linked together, creating a regional eco-tourism network or corridor.

遵守步道規則 維護安全與生態

使用步道 12 條責任

- 1 衡量體力，瞭解步行時程。
- 2 遵循步道指示方向，勿抄捷徑。
- 3 自然步道屬生態區不設公廁，行前請先行方便。
- 4 自然生態區，若須處理生理問題，請遠離水源，事後覆土，回歸土壤養分。
- 5 自然步道不設垃圾桶，垃圾物品請自行攜回，避免野生動物誤食及污穢環境。
- 6 勿攜帶寵物及放生，避免病菌污染，干擾野生動物棲息及影響他人遊憩品質。
- 7 勿挖掘植物及攀折花木，讓自然生態，大家共享。
- 8 勿獵捕野生動物及魚類，因為它是自然界的原住民，尊重他們的生命。
- 9 勿進入瀑布及溪流，避免污染水源及自身安全。
- 10 勿露營、野炊、烤肉，任何野外引火行為都可能導致森林火災。
- 11 勿在解說牌、樹幹、岩石、設施上刻劃書寫，而影響視覺美感。
- 12 勿移動或破壞休憩設施，讓資源永在，分享無限。

享受自然
Enjoy Nature

輕裝

Travel Light

徐行

Eat Simply

簡食

Stay in Peace

寧靜

社區步道群

屬於社區步道群的自然步道目前共有11條，長度均在2公里左右，難度不高，老少咸宜。輕巧的裝備，可減輕重量和負擔；請大家慢慢的走，輕鬆的心情，將可發現大自然更多的驚奇與喜悅。

Regional natural trails

Regional natural trails have an average length of around 2km. They are not very demanding and suitable for visitors of all ages. Only carry the essentials with you to reduce your weight and load; walk slowly and you will discover more of nature's surprises.

Ensure Your Safety and Protect the Environment by Following the Trail Rules



The 12 Guidelines for Using the Trails

- 1 Know your limits and understand the trail's requirements.
- 2 Follow the indicated path and do not take shortcuts.
- 3 Natural trails are located in ecological areas and no public toilets are provided. Please attend to your biological needs before you begin.
- 4 If you should need to relieve yourself while in the natural ecological area, please stay away from water sources and cover the results with dirt so its nutrients can become part of the soil.
- 5 No garbage bins are provided along the trail. Please carry your litter away with you so wild animals don't accidentally eat it and the environment is not polluted.
- 6 Do not bring pets or liberate animals on the trail. This prevents the spread of harmful diseases, disruption to the habitat of wild animals and ensures the experience for other people is not affected.
- 7 Do not dig up or break off plants and flowers. Let nature be so everyone can enjoy its beauty.
- 8 Do not hunt wild animals or catch fish. They are the original inhabitants of the wilderness so please respect their right to life.
- 9 Do not enter the waterfalls or rivers as this may be dangerous or pollute the water sources.
- 10 Do not camp out, light cooking fires or set up a barbecue. The lighting of any fire in the wilderness may lead to forest fires.
- 11 Do not carve or write on any guide signs, tree trunks, rocks or facilities as this will affect the visual beauty of the trail.
- 12 Do not move or otherwise damage rest stop facilities. Leave the resources in place so everyone can share them.

森動館 | 展示蘭陽山林步道

Lanyang Trails Exhibition Hall
Unfold your way to Lanyang trails



這間以檜木為主要建材的日式建築興建於民國十年，在過去的九十年間作為職員宿舍使用。

隨著羅東林業文化園區的設置與發展，於民國一〇〇年五月整修為展示空間。「森動館」以介紹蘭陽山林之自然步道為主，提供民眾一個認識各步道特色、自然環境、人文歷史以及交通資訊的平台。

This beautiful Japanese style building was built by timber of Chinese cypress in 1921. In the past 90 years this building was used as staff dormitory. Following by the development of Luodong Forestry Culture Garden, this building was remodel to an exhibition space in May, 2011. This exhibition hall provides a place for public to know all the nature trails in Lanyang forest.



無痕山林約定守則

1. 事前充分的規劃與準備
2. 在可以承受的地點行走
3. 適當的維護環境、處理垃圾
4. 勿取走任何資源與物件
5. 減低用火對環境的衝擊
6. 保育自然環境與野生動植物
7. 尊重其他的山林使用者

Leave No Trace~ The Principles and Action Guidelines

1. Plan ahead and prepare
2. Travel on durable surfaces
3. Dispose of waste properly
4. Leave what you find
5. Minimize use and impact from fires
6. Respect wildlife
7. Be considerate of other visitors



蘇花古道 大南澳越嶺段

Suhua Historic Trail



蘇花古道，建造於清朝同治13年（西元1874年），是聯絡蘇澳與花蓮之間最早的一條古道。

大南澳越嶺段全長約4公里，北端入口位於烏石鼻戰備道路約3.2公里處，南口位於南澳朝陽社區的天后宫。

古道呈南北縱向，地勢北高南低，因此由北往南走，多為下坡路，路程較輕鬆，若由南往北走，則海拔落差幾達七百公尺，往返約5小時，路程頗具挑戰性。



The 4km-long Great Nan-ao Mountain Crossing of Suhua Historic Trail starts at the north end near the 3.2k point of the Wushihbi Military Road and ends on the south end at the Mazu (Goddess of the Sea) Temple in Chaoyang Borough, Nanao.

The trail descends from north down to south, so the downhill hike southward is much easier. A round trip takes about 5 hours.

南澳古道

Nan-Ao Historic Trail



南澳古道，又名舊武塔古道、比亞毫古道，全長27.5公里，是泰雅族人的歷史步道。以旋禮駐在所遺址為起點，步道長3公里，往返約2.5小時，沿途森林綠意盎然、生態豐富多元，也有吊橋遺址、警備道路基、泰雅舊耕地等歷史遺跡，引領您進入探索自然與歷史生態古道。

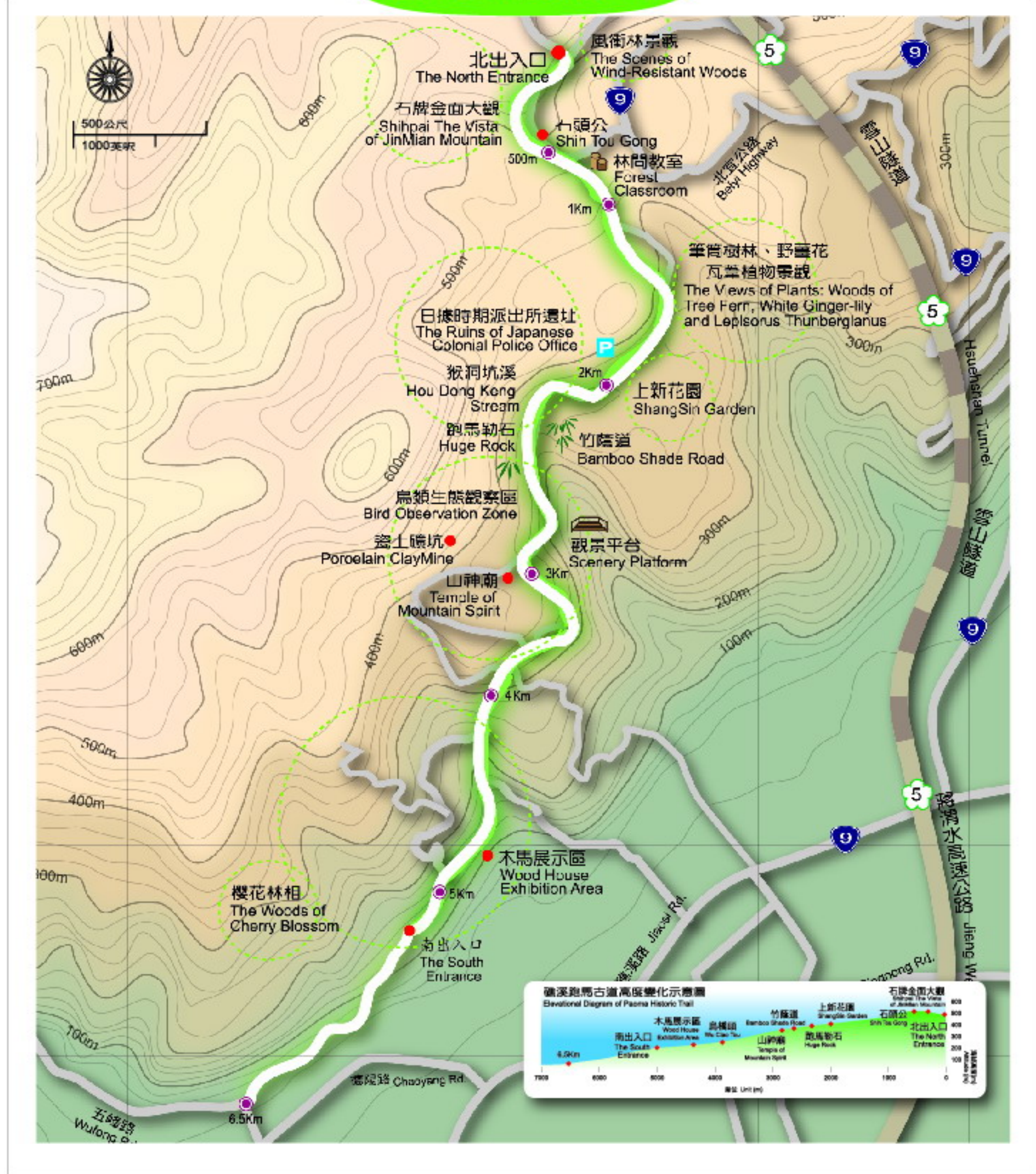
由台9線（蘇花公路）進入南澳鄉的金洋村後，沿宜57道路西行遇岔路取直行下坡，沿著南澳南溪右岸的產業道路，約11公里就可看見古道入口意象。

The 3km-long Nan-ao Historic Trail, also called Old Wuta or Biyahao Historic Trail, is an ancient passage closely related to the history of the Atayal people. Enter into Nan-ao Township via Taiwan Provincial Highway 9 (Suhua Highway). After Jinyang Village, follow Yi-Road No. 57 westward, downhill and straight ahead at the fork. You will spot the trail entry signage on right bank of South Nan-ao River.



礁溪跑馬古道

Paoma Historic Trail



1990年北宜公路開闢完成，「石牌」是九彎十八拐的最高點，記載著當時開路時的艱辛，也是兩條不同時期規劃步道的起點，左邊的「金面大觀」是礁溪跑馬古道的入口，全長約6.7公里，往返約需5-6小時，步道寬闊平緩，是老少咸宜的休閒林道。

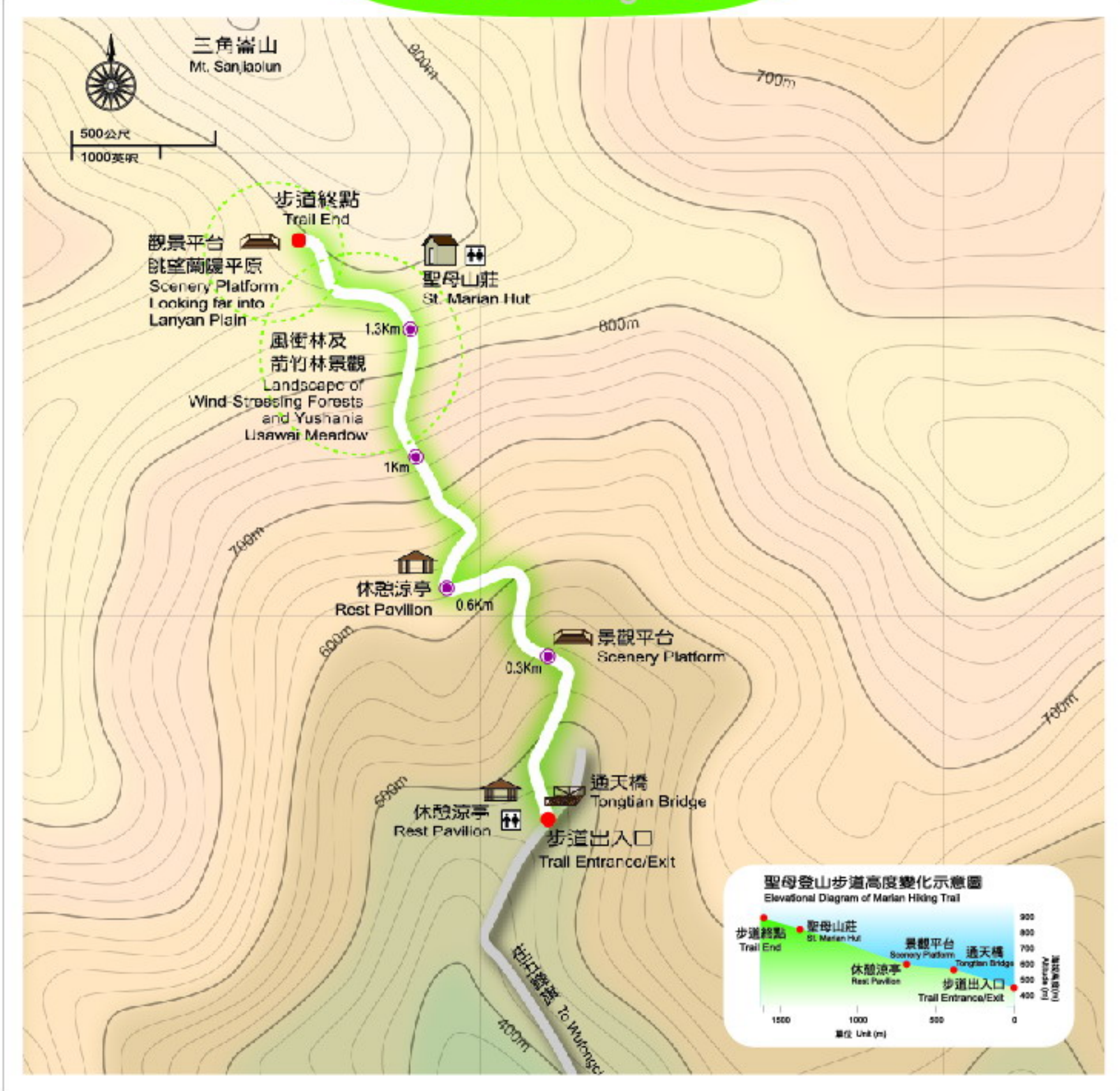
When Beiji Highway was completed in 1990, Shipai indicated the summit of its meandering course.

The left stone tablet "Panorama of JinMian Mountain" is the trailhead of Paoma Historic Trail which is a 6.7km-length hiking trail. The right gate is the trailhead of Shidu Nursery Spur Trail. This 1.4km-length trail takes 100 minutes for a roundtrip easy walk.



聖母登山步道

Marian Hiking Trail



聖母登山步道位於宜蘭縣礁溪鄉五峰旗瀑布風景區上方，必經一段3.7公里的緩坡產業道路。

聖母登山步道是條陡升的登山步徑，長1.63公里，海拔400至950公尺，往返約需3小時；途經溪谷疊瀑、闊葉林、風衝矮林、箭竹林終點是稜脊上的觀景平台，過去因崎嶇陡峭、泥濘難行，而有「苦路」之稱。

冬季因東北季風潮濕多雨，夏日午后易刮風起霧，常見東山飄雨西山晴變幻無常之自然奇蹟，與聖母奇蹟相輝映。

Marian Hiking Trail is located above the Wufongchi Waterfalls Scenic Area in Jiaosi Township, Yilan County. To reach the trail visitors must pass through a gently sloping 3.7km industrial road. The Trail is a steep mountain climbing trail 1.63km in length set 400~950m above sea level that comprises a 3 hours roundtrip.

林美石磬步道

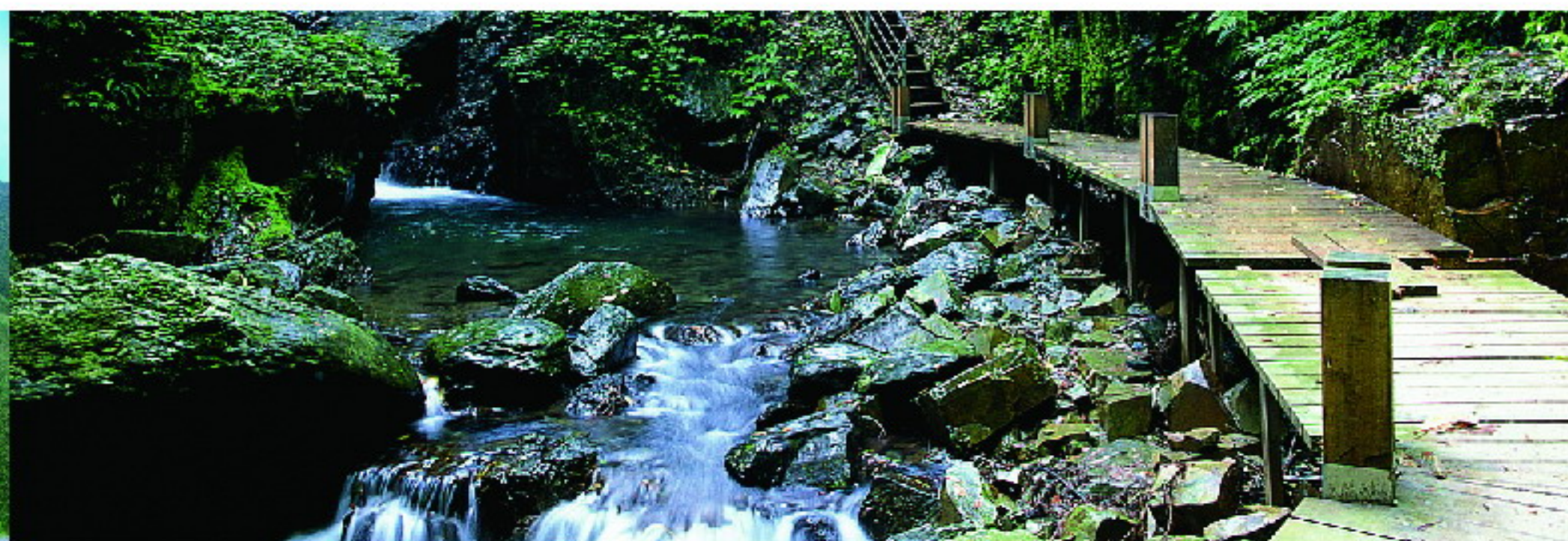
Linmei Shihpan Trail



林美石磬步道的名稱結合自所在地「林美」村以及「石磬」瀑布而來。

步道位於宜蘭礁溪林美村，位處低海拔亞熱帶溪谷，全長1.7公里，全程約90分鐘，是早期民眾農作與民生用水的重要渠水道，沿途尚留有水圳及渠道巖洞遺跡。全程寬敞平緩，林木蒼鬱成蔭，沿途為溪流瀑布與峽谷地形，舒適安全好行走，非常適合親子同行。

Linmei Shihpan Trail is situated in the subtropical valley of Linmei Village of Jiaosi Township, Yilan County. The Trail is wide and even and passes through a lushly wooded terrain with rivers and waterfalls. This 1.7km-long trail originally transverses slippery riverbeds and cliff-side sections, but it has been redeveloped to a totally safe and comfortable path suitable for walkers of all ages. A round trip takes about 90 minutes.



九寮溪自然步道

Juliao River Natural Trail



九寮溪自然步道座落於大同鄉崙埤村，位於蘭陽平原頂端。由省道台七線與泰雅大橋路口之加油站旁產業道路進入約0.5公里，到達九寮溪自然生態教育園區入口，再步行約2.2公里可至九寮溪自然步道入口。此步道沿溪流行走至步道終點九寮溪瀑布（玉蘭瀑布）全程約1.8公里，往返約2小時。沿途林蔭茂密、溪水潺潺、鬱鬱蒼木，蕨類與藤蔓等攀附在樹梢山壁，有如空中花園般。

Juliao River Nature Trail is located near the top of Lanyang Plains in Lunpi Village, Datong Township. It can be accessed from the intersection of Atayal Bridge and Provincial Highway No.7 next to CPC gas station, and 0.5km to arrive Juliao River Ecological Park. Walking 2.2km above the park is a wooden bridge that marks the trailhead. The trail terminates at Juliiaosi Falls (Tulan Falls) and measures roughly 1.8km. A round easy walk is about 2 hours.

松羅步道

Sungluo Trail



松羅步道座落於宜蘭縣大同鄉境內的松羅部落，有一充滿泰雅精神的地標，雕塑著泰雅勇士與織布婦女；由此前行二、三百公尺，循標示續行約1.4公里即抵步道管制站與停車場，再行1.5公里之可達步道入口，松羅步道全長約2公里，往返約2小時，海拔介於280至400公尺，沿途平緩好走，林蔭蒼蒼，溪水淙淙，蘊著著豐富的哺乳類、鳥類、兩棲類、昆蟲、魚蝦等動物，是個精彩的生態教室。

Sungluo Trail is located at the Atayal tribe's Sungluo Village, Datong, Yilan. It is 2km long and a return trip takes about 2 hours. The Trail located between 280 and 400m above sea level. An even and undemanding trail, it passes by forests and streams that harbor diversity of animal life and creates an eco-classroom for everyone.

拳頭姆自然步道

Cyuantoumu Trail



海拔三百多公尺的拳頭姆山，位於宜蘭縣三星鄉境內天送埤地區，步道入口位於台七丙線9.5公里處，拳頭形狀木雕入口意象即為步道入口，全長1.3公里，往返約需2小時，步道坡度平緩適中，以原木及碎木屑鋪設，是老少咸宜的健身步道。

因巧妙的地理位置，能輕鬆的俯瞰蘭陽溪及蘭陽平原，遙望中央山脈與雪山山脈。步道環境為烏心石造林地，豐富的蕨類與各式植物，隨著時序變化展現精緻風情。

With over 300 meters above the sea level in height The Mt. Cyuantoumu is located in Tiensongpi district, Sansing, Yilan. The trail entrance can be found at the 9.5km mark of Provincial Highway 7C and is marked by a fist-shaped wood sculpture. The trail has a total length of 1.3km and a round trip takes approximately 2 hours.

新寮瀑布步道

Sinliao Waterfall Trail



新寮瀑布步道位於宜蘭冬山中山村，沿著新寮溪溪谷溯源而上，直至新寮瀑布。新寮溪發源於海拔980公尺的新寮山，因斷層地形發達，沿途形成10座瀑布，新寮瀑布為最下層的一座；湍急的新寮溪與涓細的舊寮溪匯流後形成宜蘭人的希望之河—冬山河。

步道全程往返約1.6公里，可於1.5小時內輕鬆完成。

Sinliao Waterfall Trail is located at Jhongshan Village in Dongshan, Yilan. The Sinliao River's source lies in the 980m high Mt. Sinliao, it flows down to join with the Jiouliao River before becoming Dongshan River. This trail has a complete length of 1.6km, so a round trip can be completed within 1.5 hours.

朝陽步道

Jhaoyang Trail



朝陽步道位於宜蘭縣南澳地區的龜山山丘；步道上可眺望由南澳北溪沖積而成的平原。

朝陽步道有三處出入口，入口意象設於南澳漁港旁，一路爬升至龜山最高點，此後步道一分为二分，主線2.2公里，需時約90分鐘；支線則較短。沿途多變的山海景色與田園風光、兩旁有茂密的闊葉林、原生植物以及鳥類、蛙類等視覺豐富目不暇給，登龜山賞日出、聽濤聲則是最愜意的享受。

Jhaoyang Trail is located on Gueishan in Nan-ao, Yulan. Up to the Trail one can enjoy the great view of Nan-ao alluvial plain. There are 3 access points with trail logo next to Nan-ao Harbor. The main route is 2.2km in length and requires 90 minutes while the side route is shorter and takes 10 minutes less.