



我 來到國家公園  
不願挾帶著難聞的廢氣及 CO<sub>2</sub>  
只想沈浸在熱情灑脫的汗水中  
用緩慢的腳步 細細感受台灣最純粹的美

Coming to the national parks,  
I loathe to bring the exhaust and CO<sub>2</sub>  
But get ready to break some enjoyable sweat  
While pedaling through the beauty of Taiwan.



建國100年單車系列活動

# 國家公園 騎步走

## Let's Ride in the National Parks

### Bicycling Events in Celebration of R.O.C.'s Centennial Anniversary

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**想**用愛護自然的方式去感受國家公園之美嗎？你不必起得比醫生早、也不用到處呼朋引伴問人是否有空，只要騎上單車，帶著愉快的心情，你就能夠享受「兩輪遊國家公園」的快樂！

台灣已經有8座風情各異、保育主題不同的國家公園，每座國家公園都針對單車主題做了路線規劃，配合營建署歡慶建國100年、推動6大系列活動，其中一項為提倡「環保減碳，健康上路」的理念，所推廣的「國家公園單車行」活動，即將在4月23日（世界地球日翌日）登場。屆時，8座國家公園管理處將同步舉辦，歡迎愛好騎乘單車的朋友一同參與這100年難得一見的優質活動。

**W**ant to feel the beauty of the national parks in a most eco-friendly way? You don't need to get up and set off early in the morning or call many friends for a group outing. Just get on your bicycle with a good mood—and you will enjoy touring national parks on wheels.

So far Taiwan has 8 national parks preserving diversified natural environments. This year in each park, an event titled "National Park Bicycle Tour" will be held on April 23rd (the day after the Earth Day) as part of CPAMI's six events celebrating R.O.C.'s centennial anniversary. This grand event of 8 different bike routes, which aims to promote carbon emission reduction and a healthy lifestyle, welcomes all bicyclists to participate.



可邊騎邊欣賞陽明山幽靜的田野風光 / 陽明山國家公園管理處提供  
While riding bikes, cyclists can also appreciate the peaceful field scenery of Yangmingshan. /Photo provided by YMSNP Headquarters

### 路線最長 陽明山國家公園

由陽明山國家公園管理處所舉辦的單車行活動，在8座國家公園裡，路線最長，全程約65.6公里，接受報名的人數也最多，名額高達1,500人，不過不是拼個你死我活的競賽，純粹是一項自我挑戰的長距離自行車活動。

路線的起、終點設於陽明山中山樓青邨停車場，從中山樓出發後，經由陽金公路來到海拔高度約800公尺的小油坑後，續往新北市金山區的方向騎去，抵達大鵬派出所時，就完成了一半的行程，可以好好休息一下；後半段的萬溪產業道路，則是台北市數一數二的單車路線，不少車友都在此聚集，其中的「大鵬—風槽口—楓林橋」路段，持續上坡路段18.8公里後，緊接著連續髮夾彎急速陡下6.6公里的挑戰，對於騎慣了河濱公園單車道、想嘗試山路挑戰的單車玩家來說，堪稱是進階的首選。

路線的最後，係經由菁山里、山仔后，接回仰德大道，路況已趨近平緩，可以邊看著紗帽山與七星山，邊悠閒地騎回中山樓，為此行畫下完美的句點。

### The Longest Route—Yangmingshan National Park (YMSNP)

YMSNP Headquarters has planned the longest (65.6km) bike route among 8 national parks with 1,500 bicyclists participating. It is meant to be a self-challenging long distance route rather than a competitive one.

The route begins at the Chington Parking Lot of Chung-san Hall. One will ride along the Yangjin Highway to Xiaoyoukeng (800m in elevation) and continue the trip to New Taipei City's Jinshan District. After arriving at Dapeng Police Station, one will already be arriving at the halfway point. The upcoming next half mile, "Wansi Forest Road" is one of the most popular bicycle routes in Taipei challenging bicyclists with an 18.8-km uphill climb followed by a 6.6-km downhill path. It is the best advanced route choice for those who are tired of riding along riverside bike routes.

The last and smooth part of the route passes through Jingshan Village, Shanzihou and returns to Yangde Boulevard. Bicyclists can enjoy views of Mt. Shamao and Mt. Qixing before concluding their trip back at Chung-San Hall Building.

## 遠眺聖稜 雪霸國家公園

比陽明山更具挑戰性的，是雪霸國家公園的單車路線。全程約35公里，從海拔高度223公尺，一路騎到海拔1870公尺，連續爬坡，難度不小，很適合玩家級的車手。

路線的第一個景點為大湖酒莊，過了中興檢查哨後便一路往上，來到這趟行程的重頭戲—司馬限林道。司馬限林道是著名的單車聖地，在這條林道上，不但可欣賞到大安溪谷及天狗、梅園部落，上到雪霸國家公園界碑時，此處更為眺望聖稜線的最佳場所。

司馬限林道上還有一處著名的景點—二本松。雪霸國家公園管理處在二本松設置有「丸田砲台文史紀念館」，並在屋頂闢有觀景平台。從司馬限林道通往二本松的聯絡道路兩旁，還可欣賞泰雅原住民雕刻家的黑熊、泰雅人物等木雕作品，車友可以在此小憩。路線的終點站是在雪見遊憩區前200公尺處，有意挑戰爬坡的車友，千萬別錯過雪霸國家公園精心規劃的單車路線，騎完車還有體力，不妨到雪見走走，遠眺美麗的聖稜線。

## Holy Ridge Trail in Sight—Shei-Pa National Park (SPNP)

With a 35-km route ranging in elevation from 223m to 1870m, SPNP's bicycle route is a more challenging one for advanced and professional bicyclists.

The first scenic spot in the route is Dahu Wine Village. After passing Chungxing Checkpoint, the ride is a series of uphill paths to Sihmasian Forest Path—a famous bicycling route featuring views of Da-an Valley, Tiangou Village and Meiyuan Village. Going further higher to the Park's boundary tablet, one can have the best view of the Holy Ridge Trail.

Located in Erbensong, Wantian Battery Museum is another scenic spot featuring an observation deck on the Sihmasian Forest Path. While taking a rest here, one can also appreciate wood carving artifacts of aboriginal sculptors from Taiya Tribe. The route ends at 200m past the Syuejian Recreational Area. For those who are interested in challenging uphill routes and breathtaking ridge views, this route is definitely a must try.



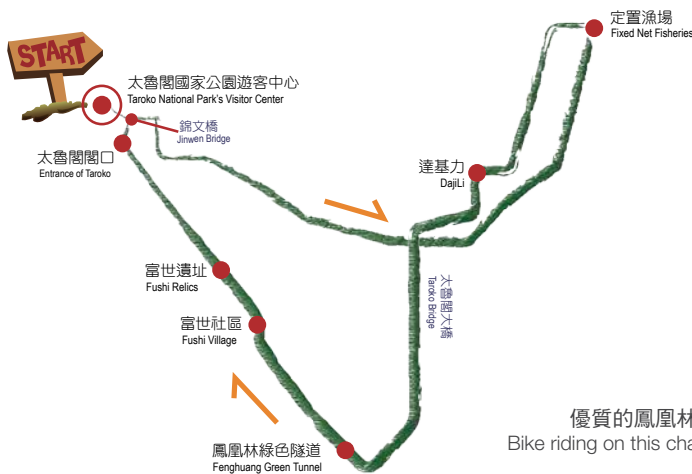
車友可從司馬限林道眺望大安溪谷，景色相當優美。/ 雪霸國家公園管理處提供，陳家鴻攝  
Bikers can overlook Da-an River Valley on Sihmasian Forest Road and the view is amazing. /Photo provided by SPNP Headquarters; taken by Jia-hong Chen





## 峽古幽情 太魯閣國家公園

太魯閣國家公園管理處舉辦的雲山煙水跨彩虹單車行活動，全長約16公里，起、終點位於太魯閣國家公園遊客中心，路線不長適合全家大小一同參加，且沿途壯麗景緻，車友除了能欣賞自然景觀，還可行經鳳凰林自行車專用道及太魯閣大橋。太管處結合了人文歷史及環境教育之旅，安排參訪文面工作室、富世部落客廳、歌勒文傳工作室、造訪六十多年的歷史姬望紀念教會、憑弔教會旁的富世遺址，還可參觀亞泥生態園區，近距離欣賞到35種以上的蝴蝶卵、幼蟲、蛹、成蝶；像是奪人眼目的黃裳鳳蝶、枯葉蝶，閃閃發亮的大白斑蝶蛹，以及擬態成青蛇的端紅蝶幼蟲等。兼顧自然與人文的行程，可千萬別錯過。



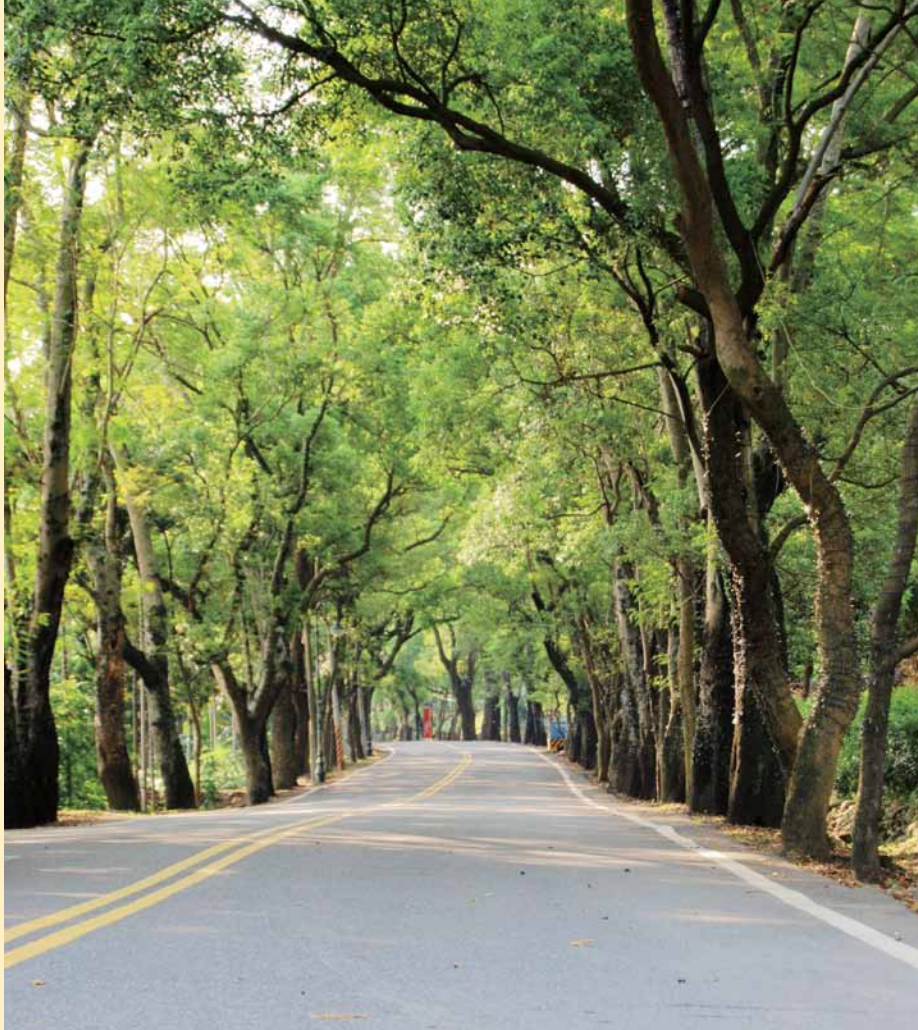
優質的鳳凰林自行車專用道等待車友們來體驗。/ 太魯閣國家公園管理處提供  
Bike riding on this charming Fenghuang Forest Bicycle Trail certainly won't let bikers down.  
/ Photo provided by TNP Headquarters

## Historic Valleys—Taroko National Park (TNP)

A total 16-km loop route planned by TNP Headquarters begins and ends at the park's Visitor Center. This route is best for families to ride together. The route passes through Fenghuang Forest Bicycle Trail and Taroko Bridge, and bicyclists can enjoy the magnificent views along the way. The trip features visits to the Face-Tattoo Workshop, the living room at Fushi Village, Gerler Culture Workshop, the 60-year-old Chiwang Memorial Church, and Asia Cement Ecological Park—where you can closely observe over 35 species of butterflies or their eggs, larvae, and cocoons, including *Troides aeacus kaguya*, *Kallima inachis formosana*, *Idea leuconoe clara*, and *Hebomoia glaucippe formosana*. Be sure not to miss this bicycle route combining nature and historical culture.







在綠色隧道裡一邊騎車一邊享受自然風與綠葉的清香。/ 賴宛靖攝  
While riding in the Green Tunnel, bikers can enjoy the breeze and the fresh smell of spring leaves. / by Wan-ching Lai



## 戀戀山河 玉山國家公園

玉山國家公園管理處舉辦的單車行活動，全程約35公里，以水里遊客中心為起迄點，沿途行經集集鎮著名景點，包含有集鹿大橋、綠色隧道、特生中心及集集火車站等。集鹿大橋是一座橫跨集集鎮和鹿谷鄉兩地的大橋，此橋為單臂懸吊式結構，高約58公尺，因擁有優美的外型，是集集觀光的著名景點之一。

綠色隧道是來集集遊玩時的必經之地，因為這裡是台灣唯一的樟樹綠色隧道。時而蜿蜒，時而筆直的綠色隧道，相信能給予每位來到此的車友一種極舒適的感受；集集老車站為一座以檜木打造而成的車站，過去曾有過一段載運貨品的繁榮歲月，是知名的懷舊景點，車站旁還有以台鐵舊倉庫所改建的鐵道文物展示館，以及擺設 SL22 型號的燃煤蒸汽火車頭，皆值得一遊。

## Love of Mountains—Yushan National Park (YSNP)

On a 35-km bicycle route starting from Shueili Visitor Center, bicyclists will pass scenic spots such as Jilu Bridge, the Green Tunnel, Endemic Species Research Institute and Jiji Railway Station. Among them, the beautiful Jilu Bridge is a 58-meter high cable-stayed bridge that attracts many visitors.

The Green Tunnel is also one of the must-see spots in Jiji Township. It is the only avenue featuring camphor trees that shade the way. Bicyclists will surely feel comfortable riding under the shades. Built with cypress and cedar and now a popular nostalgic scenic spot, Jiji Railway Station was once an important freight station. Beside the station is a railway museum reformed from Taiwan Railroad Company's old warehouse along with a SL22 locomotive. It is worth visiting.

體驗組

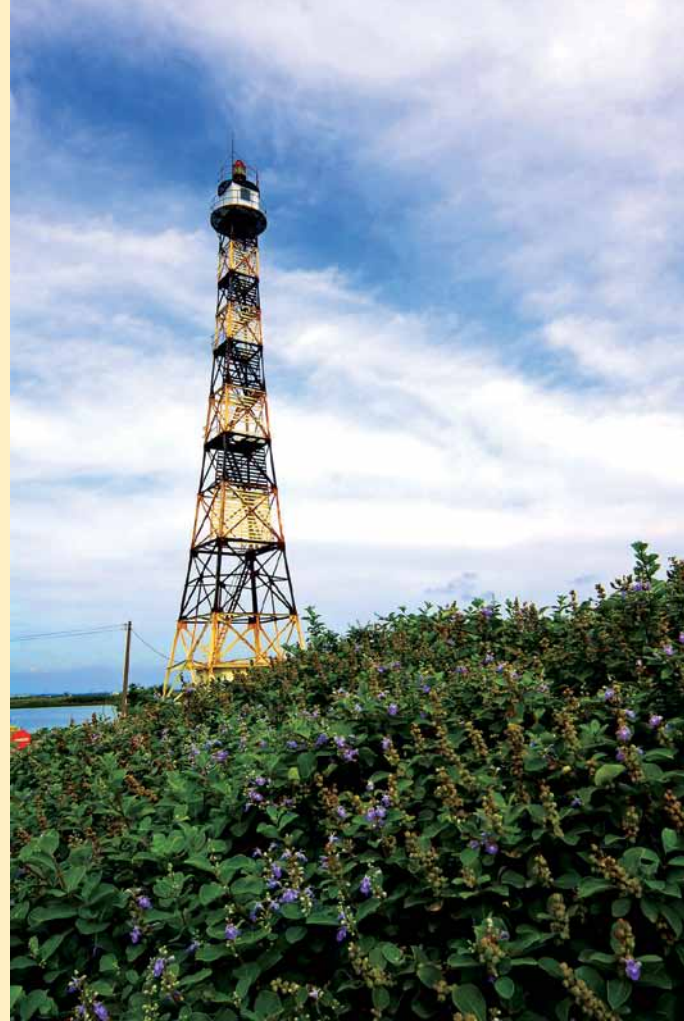


挑戰組



在台灣極西點的七股國聖燈塔，想感受它的美只有在台江。/ 台江國家公園管理處提供，陳正竹攝

Guosheng Lighthouse is the most western point of Taiwan; its beauty can only be fully experienced when biker sees it in person in Taijiang. / Photo provided by TJNP Headquarters



### 飛羽相隨 台江國家公園

擁有珍貴濕地生態系的台江國家公園，是黑面琵鷺等珍稀鳥類的重要棲息地，而園區內的環狀自行車道，讓車友們更能輕鬆自在地悠遊台江國家公園，此次的單車行活動，台江國家公園管理處廣邀喜愛自然生態與戶外活動的民眾一起參加。

路線沿途景點多元豐富，由六孔管理站出發，騎經國聖燈塔、南灣碼頭、賞鳥亭及黑面琵鷺生態展示館心等都一網打盡，全程總計約 17 公里。第一站的國聖燈塔，是海岸倒退史的最佳見證，因為海流作用，濱外沙洲西側海岸每年向後侵蝕逐漸縮小，有向北或南移動的趨勢，來到燈塔這裡，可以看到地形的歷史演變，以及國聖港的消失。值得附帶一提的是，燈塔所在的位置，是台灣的極西點！

位於路線最後一站的黑面琵鷺生態展示館，其建築物位於水上，造型相當特殊，內部的展示室空間主題以黑面琵鷺為主，介紹黑面琵鷺生態特性、遷徙行為等<sup>1</sup>。

這一條串連園區內自然生態及人文景觀的路線，正在靜靜等候車友們的大駕光臨，一邊騎著腳踏車，一邊充份感受台江之美。

### Ride along with Birds—Taijiang National Park (TJNP)

With valuable wetland ecology, TJNP is an important residence for precious endemic birds such as the Black-faced Spoonbill. The loop-line bicycle route in the park gives bicyclists a chance to leisurely enjoy their ride. If you love nature and outdoor activities, come and join the ride.

The route starts from Liukong Station and continues on to Guosheng Lighthouse, Nanwan Wharf, the bird-watching observation deck, and Black-faced Spoonbill Ecology Exhibition Hall, a 17-km journey. The first stop Guosheng Lighthouse is the most western point of Taiwan and proof of the receding coastline. One can see the changing geography and the decline of Guosheng harbor.

Built upon the water with its unique design, the last stop, Black-faced Spoonbill Ecology Exhibition Hall introduces the specific ecology and migratory behavior of Black-faced Spoonbills.

Riders are welcome to enjoy the beauty of Taijiang National Park on a route that combines natural ecology and cultural history.

1. 另有挑戰組路線，同樣由六孔管理站出發，經南灣碼頭、國聖燈塔、再沿七股海堤、十份社區、龍山社區最後返回六孔管理站，全程總計約 40 公里。

1. An alternative 40-km route for advance riders is available. Starting from Liukong Station, the route continues on Nanwan Wharf, Guosheng Lighthouse and then onto Cigu Embankment, Shihfen Community, Longshan Community and returns to Liukong Station.



## 白沙風情 墾丁國家公園

想感受豔陽、沙灘和大海的魅力，那就不能錯過位於島國南端的墾丁。由墾丁國家公園管理處精心規劃的單車行活動，全程約40公里，是領略恆春半島西海岸迄邁裙礁及淳樸漁村風光的美麗路段——起點從水鳥天堂龍鑾潭停車場出發，中途可參觀白砂海灘、山海漁港、後灣漁村及龜山附近景觀。

躲在一片防風林後面的白砂灣海灘，平時較少遊客到訪，保留了原始之美，遼闊的海岸線風情也近在眼前；需穿過窄巷小路才能到達的山海漁港，因為電影《海角七號》的熱潮，使此處更具知名度。珊瑚礁地形使潮間帶生態豐富，水質清澈見底，為恆春地區最原始的漁港。

後灣是位於海生館南邊的小漁村，有天然的海灣，近年來是相當熱門的場景拍攝地點；路線的最後一站龜山，位於海生館的北邊500公尺處，是鄰近海邊的獨立山丘，也是較不為人知的私房景點，沿著步道只需要十幾分鐘就可以登頂，登頂後可以眺望四重溪與保力溪的出海口，視野極佳。

墾丁的碧海藍天總是熱情的招呼每一位客人，不畏驕陽、備妥防曬油的車友們，一起投入國境之南的懷抱吧！

## Whitesand Landscapes—Kenting National Park (KTNP)

If you want to feel the charm of the sun, the beach and the sea, you cannot miss Kenting, which is located in the southern tip of Taiwan. KTNP Headquarters has prepared a 40-km bicycle route touring the beautiful west coast of Hengchun Peninsula. Starting from where wading birds reside, Lungluan Lake Parking Lot, riders can enjoy the view of fringing reefs and fishing villages along Baisha Beach, Shanhai Fishing Port, Back Bay Fishing Village and Mt. Gui.

Hidden behind a windbreak forest, Baisha Beach keeps its original beauty with a broad seacoast view for visitors. The movie *Cape No.7* has brought the fame to the most primitive Shanhai Fishing Port, which features coral reef seashores and clear waters that are hidden behind narrow alleys.

Back Bay is another fishing village popular for filmmaking located to the south of National Museum of Marine Biology and Aquarium (NMMBA), 500m away to the north of which is located the last stop, Mt. Gui, with a view of the estuaries of Sichong River and Baoli River on the top of the cliff.

Be prepared with your suntan lotion. The blue sky and the sea of Kenting always welcome riders.



在白砂海灘欣賞湛藍的天空和清澈的海水，行囊彷彿也裝滿了太陽的熱情。/ 感謝部落客 Via 提供，Via's 旅行札記 <http://viablog.okmall.tw>

Come to Baisha Beach! Enjoy the blue sky and clear seawater here and bask in the warm sunshine. / Photo provided by blogger Via, her blog:<http://viablog.okmall.tw>



## 親海近水 海洋國家公園

海洋國家公園管理處規劃了適合親子同遊的「親海近水」樂活單車活動，即使在繁忙的都市裡，車友們也能以緩慢的「兩輪」步調感受樂活風情，既環保又能親近自然。

由高雄都會公園大草原為起點，沿途經過金雞日晷、蛇型花園等景點，穿過翠屏橋後，便來到後勁溪自行車道。後勁溪的緩坡河道和堤岸的綠美化，為鄰近的民眾帶來健康、完善的親水休閒，同時也成為車友長征北高雄必經的路段之一。下一站來到熱鬧的橋頭糖廠。廠區內蘊含有許多日治時代的建築，例如：巨大的雨豆樹、和風宿舍、庭園景觀、防空洞、富裝置藝術的「藝術村」等，肯定能讓車友回味無窮。

接著穿過興糖國小旁的興糖路，沿創新路接上德民路，旅程也進入尾聲，朝最後一站海管處前進。想要在都市叢林裡喘口氣，全家大小一起輕鬆騎車，海管處舉辦的單車活動必定能讓親子同樂，自在漫遊北高雄。



## Close to the Ocean—Marine National Park (MNP)

Marine National Park has planned a bicycle route that welcomes family to enjoy together. Even in the fast-paced city site, riders can still enjoy a LOHAS lifestyle on two wheels.

Starting from the vast prairie of Kaohsiung Metropolitan Park, the bicycle route continues through scenic spots such as Golden Cock Sundial and Snake-shaped Garden. After passing through Cueiping Bridge, the route connects to Houjing River Bicycle Path—a must-go green path for bicyclists. The next stop Ciaotou Sugar Refinery features architecture built during the Japanese occupation, such as Japanese dormitories, gardens, and air-raid shelters as well as an “art village.”

The route continues on Xingtang Rd., Chuangxin Rd. and Demin Rd., and then enters its epilogue—Marine National Park Headquarters. For those who want to take their time and enjoy the ride with their family in northern Kaohsiung City, this is the choice.

在後勁溪自行車道上漫遊，讓人暫時逃離繁忙的大都市。/ 海洋國家公園管理處提供  
Wandering on wheels on Houjing River Bicycle Path is truly an escape from the hustle and bustle of the cities. / Photo provided by MNP Headquarters







金管處規劃的自行車道充滿古意。圖為瓊林蔡氏宗祠。/ 金門國家公園管理處提供  
The bike path planned by KMNP Headquarters is filled with antique beauty. The picture shows the Ancestral Shrine in Qionglin. / Photo provided by KMNP Headquarters

## 戰地之美 金門國家公園

金門國家公園是首座結合人文、戰役史蹟及自然生態保育資源的國家公園，園內原本就有多條各具特色的自行車道，向來是單車愛好者的熱門首選。金管處為了百年活動，特別規劃一條穿梭聚落、尋訪風獅爺以及參觀雙鯉濕地自然中心的路線，讓車友們能細細品味金門的自然生態與歷史、人文風情。

由中山林遊客中心出發，沿途經過瓊林聚落、安岐風獅爺、北山古洋樓、雙鯉濕地自然中心、水頭聚落、珠山聚落、歐厝聚落等，全程約33公里。瓊林聚落位於金門島中央，該聚落保留大量燕尾馬背的傳統閩南建築，樸實典雅，韻味天成，為金門傳統聚落代表之一；安岐風獅爺身高358公分，是金門最高的風獅爺；北山古洋樓曾是古寧頭戰爭國共激戰的戰場，彈孔和炮痕依稀可見；雙鯉溼地自然中心位於雙鯉湖畔，是金門最佳的賞鳥地點；水頭聚落位於金門西南隅，該聚落有各式各樣的古厝、洋樓，其中得月樓、金水國小、黃氏西堂別業等深具時代背景，值得欣賞；珠山聚落整體形勢如覆鉢，四周丘陵環繞，後有靠山（雞庵山），中有水塘（大潭），整個聚落的房屋排列幾乎都共同面向中央大潭，是此聚落一大特點。途經的每個景點各自述說著不同的風光特色和在地故事，車友們可別錯過這個好好探究賞遊的機會。

金門路面大多平坦，道路頗為筆直，騎乘起來相當舒適，金管處歡迎車友們一邊踏著輕盈的腳步前進，一邊探尋古厝，來金門體驗一趟有深度的單車旅騎。

以騎單車的方式徜徉在國家公園的美景裡，不但能促進所有車友的身心健康，也能為這塊土地盡一份心力，達到節能減碳的目的，降低暖化對環境的衝擊。

中華民國一百歲了，在車友們用「腳」體驗國家公園之美的時候，所踏出的每一步都能讓這塊土地朝著永續發展更進一步，邁向下一個百歲，千歲，萬歲。

8座國家公園和所有國人一「騎」努力！

## Battlefield—Kinmen National Park (KMNP)

KMNP is the first national park to combine culture and battle history with ecological conservation. The park is popular amongst bicyclists for its diverse bicycle paths. To celebrate the centenary, the park headquarters has planned a special route that passes through villages, Wind Lion God statues and Shuangli Wetlands Nature Center for riders to appreciate the nature, history and culture of Kinmen.

A complete 33-km route starts from Zhongshanlin Visitor Center. The route continues on Qionglin Community, Anqi Wind Lion God, Beishan Old Western Style House, Shuangli Wetlands Nature Center, and communities of Shuitou, Zhushan and Oucuo. Qionglin Community is located in the center of Kinmen, and it is a traditional southern Fujian style village with classical houses. At 358cm in height, Anqi Wind Lion God is the tallest among its type. One can still see bullet holes at Beishan Old Western Style House. Shuangli Wetlands Nature Center is the best spot for bird-watching. Shuitou Community features various classical buildings such as the Deyue Tower and Jinshui Elementary School while houses in Zhushan Community, surrounded by hills, all face a central lake. Every scenic spot in Kinmen tells a different story that awaits riders to explore.

Kinmen National Park Headquarters welcomes bicyclists to enjoy an in-depth ride through the old houses along the flat and straight roads of Kinmen.

Bicycling is the best way to leisurely enjoy the beauty of national parks as well as a way to improve the health of one's body and mind while lightening one's carbon footprint and the impact of global warming.

Every mile bicyclists pedal through will symbolize a step forward to R.O.C.'s next centennial anniversary and then the next. Let's all ride in and with Taiwan's eight national parks, and keep the wheel of life going on and on.