



步道篇
The Trails

體驗林道認養的實踐精神
The Essence of Adopting a Forest Trail

走入林美石磐步道

A Walk along the Shipan Trail of Linmei Village

位在宜蘭礁溪鄉的林美社區，在歷經數年的社區營造下，被視為是烏托邦美好世界的實踐地。此次雖未入選為「保護區生態旅遊輔導團」計畫中，但其近年來因結合林美石磐步道的整治與開放，成功串聯起社區居民、生態與產業的發展，已打響「林美環保生態村」的美譽。

Located at Jiaosi Township of Yilan County, Linmei Village is regarded as a real life Utopia after years of community development. Although it is not included in the project of Promotion Team. The construction of its Shipan Trail has successfully connects the villagers, ecosystem and the industry, and helped it earn the fame as “Linmei Eco-Village.”





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- 1 經造山運動形成的林美石磬。(盧大中 攝)
The Linmei Shipan Trail is formed through orogeny.
(by Ta-chung Lu)
- 2 林道沿途皆為林蔭小徑，非常涼爽。(盧大中 攝)
Along the forest trail is shadowed with trees and is very cool. (by Ta-chung Lu)

總面積約有825公頃的林美村，鄰近熱鬧的礁溪溫泉區旁，境內光是山地就占了86%，因此當地有許多諸如茶葉、金棗等產業，都是隨著山林地勢而生。早期被稱為「林尾」的林美村，其實指的就是此處屬於礁溪鄉最後開墾的山林部落，擁有蒼鬱翠綠的森林，與未被過度開發的林地。

兼顧地理條件與自然生態等要件，讓林美社區成為典型「城鎮鄉村型」的代表。而為求能讓社區穩定發展，早年依附在礁溪三民社區的林美村，於2001年開始成立林美社區發展協會，帶領全村16鄰的居民，跟著政府積極推廣「一鄉一特色」的政策，轉型發展專屬於林美的總體營造與規劃。

Of the 825 hectares of Linmei Village popular scenic spot Jiaosi Hot Spring area, over 86% are mountains. Many spts of local industries such as tea and citrangequat are developed along the slope. Previously named “Linwei” which implies that it is the latest developed hill village in Jiaosi, the place has plenty of green forests and lowly-developed woodland.

With both geography and natural ecology being taken care of, Linmei Village becomes a model “town village”. Originally dependent on Sanmin Community of Jiaosi, Linmei founded its own community development association in 2001 to follow the policy of “Eacg Town Has Its Own Unique Characteristic”, and focus on its own community infrastructure establishment.



游棠海 Teng-hai Yu

曾任林美村村長，現任宜蘭縣礁溪鄉林美社區發展協會理事長、宜蘭縣社造永續協進會常務監事

Former village head and now director of Yilan County, Jiaosi Township, Linmei Community Development Association and Supervisor of Community Development Sustainability Association, Yilan County.

資源回收做環保

一手推動林美社區發展協會的現任理事長游棠海，曾經擔任林美村的村長達16年之久。游棠海說，成立協會的目的很單純，一開始只是因為反對礁溪鄉將垃圾全集中在林美村，在為掩埋垃圾而挖空地基的情況下，造成污水染指林美溪內的河蝦，破壞了居民記憶中的美麗山河。

為了解決環保問題，游棠海在村長尚未卸任前，就致力於籌設發展協會，搭乘政府社區總體營造的順風車，進行社區綠化與資源回收等任務，達成環保生態村的目標。目前協會還分設有守望相助隊、資源回收隊、環保義工隊、步道巡山隊、社區關懷服務志工隊、解說員班、風味美食班與常樂俱樂部等組織，但其實成立初期，是以守望相助隊與資源回收隊為起始，更在資源回收隊的努力下，形塑出林美村的風格特色。

現任資源回收隊隊長的李秀玉說，隊裡成員目前約莫40位，年紀最大的一位有82歲高齡，但仍然維持每天清晨5點多就開始沿路撿拾，或挨家挨戶的收取寶特瓶罐等可回收的物品，每星期一再進行分類出售。從2002年至今，回收隊基金已將近220萬元。將回收資金回饋給社區居民，進行社區子女獎助學金、社區老人用餐補助金等，游棠海強調，這就是資源變黃金的最佳寫照。

Resource Recycling

Chairman Teng-hai Yu, who founded Linmei Community Development Association had been village head for 16 years. He recalled that at first the purpose found the association was simply to oppose Jiaosi Township's attempt to dump the garbage in Linmei. When the ground had to be dug up to bury the garbage, the land and river might get polluted and villagers' good memory of beautiful landscape would be damaged.

Even before retiring from village head, Yu had devoted himself to the founding of the association to resolve the environment issue. Yu wishes to encourage villagers to improve the environment and resource recycle, and with the support of governmental policy of community infrastructure establishment, the village may be transformed into an eco-village. Now the association has village guards, a resource recycling volunteer team, trail patrol, community caring volunteers, a tour guides training program, and cooking classes, etc.. All these start with village guards and the resource recycling team, with the latter especially contributing a lot to the beautification of Linmei.

The leader of resource recycling team, Shiou-yu Li says there are around 40 team members. The oldest is 82 years old and still begins to work at 5 in the morning. The team collects recycled items and sells them after sorting every Monday. From 2002 on, the recycling fund has totaled almost NT\$2.2 million. The fund is used as feedback to villagers for scholarship and the elders' meal subsidy. Yu stresses that it is the best example of turning resources into gold.

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1 DIY活動，將枯木做成造景用擺飾。(盧大中攝)

In the DIY activity, tourists use deadwood to make decorations. (by Ta-chung Lu)

2 攀登101階的步道後，就抵達石磬步道的出口處。(盧大中攝)

The exit of Shipan Trail is at the top of the 101-step-long stair. (by Ta-chung Lu)

3 步道入口處設有明顯路標。(盧大中攝)

At the entrance to the trail there is a clear road sign. (by Ta-chung Lu)

4 步道內滿是蕨類的濕地景觀。(盧大中攝)

Ferns grow in the wetland by the trail. (by Ta-chung Lu)





認養區域步道

資源回收等福利社區化是林美社區推動環保生態村的第一步，此外，社區還培訓生態解說員進行社區生態的解說服務，為生態旅遊的發展做好萬全準備，尤其是近幾年備受注目的林美石磐步道，更是著墨的重點。

2001年林務局推動林業走入社區活動，腦筋動得快的游棠海便想到從小走到大的林美石磐步道。「那條通往林美山的路，其實是很多人的夢魘。因為林美村平地少，早年大家都必須走上好幾個鐘頭，上山栽種水果、茶葉。」游棠海說，協會發展第一年，他便結合林務局的活動，提出修整入山前的產業道路，讓路旁靜默的草湳湖也能再展風華。

林美社區因而連續3年被視為模範社區，並獲頒獎勵金，使得當地居民更加確定林美石磐步道有開展的必要。2005年5月，林美石磐步道在林務局的協助下，宣告正式啟用，過往供農民使用的舊水圳遺跡，以及沿著得子口溪開發而成的林蔭步道，從此脫去神秘的面紗。

沿途布滿著蕨類、筆筒樹、大葉楠等植物生態；河道上駐足著小卷尾、鉛色水鷓等成群溪鳥，加上氣勢磅礴的石磐瀑布、由四稜砂岩經造山運動成形的大石磐，每一處都是自然界裡，所能帶給人類的真切感動，更以其質樸原始的自然風貌吸引遊客的青睞，成為發展生態旅遊的最佳標的。

任職於林美社區發展協會解說員的林淑卿說，因為感念林美石磐的恩澤，從早期可做為提供農事後的歇腳處，到現今成為推展觀光的重要場景，讓居民得以透過解說帶領賺取收益，於是林美社區居民們毫無異議的一致同意參與林務局的林道認養活動，負責林美石磐步道的清潔工作。

The Adoption of Shipan Trail

Recycling is the first step toward eco-village. The village starts to prepare itself for the development of ecotourism by offering guide training to volunteers. The Linmei Shipan (Rock Platform) Trail that has attracted public attention in recent years is also one of their focus.

In 2001, when Forestry Bureau began to promote forestry in community activities, the inspired Yu thought of the Linmei Shipan Trail that he had walked along since childhood. Yu recalled that the Trail used to be villagers' nightmare because it took a few hours' walk on it to their fruit and tea gardens on the hills. In the first year after the association founded, he proposed to Forestry Bureau to renovate the industry road so the beauty of the roadside Tsaoan Lake can be appreciated by everyone.

Linmei Village has been reviewed as the model community for 3 successive years and awarded with grants, which leads villagers to realize the importance of developing Shipan Trail. In May 2005, with the support from Forestry Bureau, the Trail was officially announced to open for public. The old irrigating canal and the shaded trail by Dezi Creek finally come out of their mystic past.

Along the Trail grow all kinds of ferns, including *Sphaeropteris lepifera*, and *Persea japonica Sieb* by the riverside. *Dicrurus aeneus*, *Rhyacornis fuliginosus* and other birds perch along the creek. The spectacular Shipan Waterfall, the huge rock platform, the plants and birds all impress the tourists with their natural beauty as excellent attractions of an ecotour.

According to Shu-chin Lin, the guide of Linmei Development Association, all villagers are grateful for the blessing of Shipan that serves as a resting place after farm work and a major profitable site of tourism. They are unanimously willing to participate in the forest trail adoption movement promoted by the Bureau of Forestry and take charge of the cleaning of Linmei Shipan Trail.



林美石磐步道已被林務局列為區域步道，歸羅東林區管理處礁溪工作站管轄，同時開放步道旁的社區進行步道認養工作，以順利推動林業。而林美村在認養步道後，居民都自發性的上山除草、刷洗石磐，同時還維持隨手撿拾垃圾、注意生態保育的良好習性。

串聯社區資源

石磐步道成為林美村拓展知名度的開端，除了解說服務可增加當地居民的就業機會外，從各地湧入的眾多人群所可能帶來的無限商機，也極受林美社區的重視。但游業海強調，為求永續經營，林美石磐從今年3月1日起，開始嚴格執行承載量的掌控，以協會義工在入口處發放號碼牌的方式，控管進入人數僅限350人。

為了發展生態旅遊，林美社區將資源回收基金的一部分，用來替進入石磐步道的所有遊客投保200萬元的公共意外險。社區更自願認養石磐步道，隨時進行棲地環境的維護，永保生物多樣性。

對生態旅遊很有概念的林美社區，不僅深知取之於環境、用之於環境的真理，還試圖重振社區地方產業，結合自然、人文等資源，串聯成生態旅遊的路線，引領林美社區朝向旅遊新紀元。目前社區除了設有旅遊諮詢服務站外，還將地方特產金棗，融入旅遊路線的規劃，讓遊客可體驗採集DIY的樂趣，同時還由協會的風味美食班成員，研發製作金棗酥、金棗冰與蜜餞等副產品提供販售。

Linmei Shipan Trail has been selected by the Bureau of Forestry as one of the regional trails open for community adoption under the supervision of Jiaoshi Station of Luodong Forest District Office. Self-motivated villagers would regularly go weeding, cleaning the rock platform, collecting garbage, and pay attention to eco-conservation.

Integrating Community Resource

With the growing popularity of Shipan Trail, increasing job opportunities for guide service are offered to villagers while visitors would generate more potential business. Nevertheless, Yu emphasizes that for the purpose of sustainability, a carrying capacity policy on Shipan is initiated since March 1, 2007. A maximum of 350 visitors per day is allowed by issuing number tags at the entrance.

In order to develop ecotourism, Linmei Village uses part of the resources recycling fund for the liability insurance of NT\$2 million for all visitors to Shipan Trail. The villagers also adopt the Trail for maintenance and ensuring the preservation of biodiversity.

With ample understanding about ecotourism, Linmei Villagers truly understand the importance of having a feedback relationship with the environment. They even try to revive local industry through integration of natural and humanity resources for a well-planned ecotour. In addition to a tourist information station, citrangequat, and one of the local special products, are included in the DIY activity program of the tour. Visitors can enjoy the fun of collecting farm productions, and attend tge cooking class to learn how to make citrangequat cake or preserved fruit.

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1 解說員於步道入口告示牌前的解說服務。(盧大中 攝)
A tour guide provides guiding service at the entrance. (by Ta-chung Lu)

2 經由入園證的發給，控管每日入園人數。(盧大中 攝)
The issuance of admission tags can control the number of visitors. (by Ta-chung Lu)

3 金棗副產品「金棗冰」。(盧大中 攝)
The side product of citrangequat "citrangequat ice". (by Ta-chung Lu)

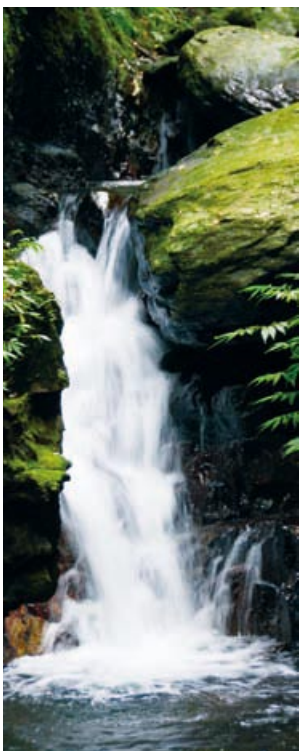
4 林務局於步道內設有各項解說告示牌。(盧大中 攝)
Bureau of Forestry sets up all kinds of explanation boards along the trail. (by Ta-chung Lu)

5 李寶興圳內有豐富的生態資源。(盧大中 攝)
Libaosong Canal has great ecological resource. (by Ta-chung Lu)



在林美民眾活動中心內的協會辦公室牆上，有著拼貼而成的剪報活動與照片，勾勒著林美社區未來的美麗願景。游棠海說，今年底之前，林美社區會再闢建長約5公里的自行車車道，未來遊客在深入石磐步道體驗森林浴之後，還可以騎乘自行車，迎著微風到鄰近的澗潮社區賞海鳥，前往穿越社區邊界的李寶興圳，一探3公里長的生態溝景致，或者在老樹下泡茶談天，重回鄉村生活的懷抱。

News clippings and event photos on the wall of the development association at Linmei Civic Center depict the beautiful vision of the village. Yu says that by the end of 2007, a 5 km long bicycle lane will be completed. After walking through the forest on the Trail, visitors can ride bicycles to the nearby Shihchao Village for seabird watching, exploring the ecosystem along the 3-km-long Libaosong Canal, or chatting on a cup of tea and enjoying the country life.



林美石磐步道 The Shipan Trail of Linmei

林美石磐步道為長約1,700公尺的環狀形步道，而石磐剛巧位處步道中心點。現屬自導式步道，不用門票，在沿途設有告示解說牌。以下是行進於石磐步道時，須注意事項：

- 1、因步道狹小，部分路段僅容許一人通行，請發揮禮讓精神。
- 2、禁止寵物跟隨，避免因突如其來的叫聲，讓其他遊客受到驚嚇。
- 3、林蔭密布的步道，地面濕滑，請著防滑鞋入山。
- 4、勿因一時私欲，隨意砍奪、竊取林木資源。
- 5、禁止溯溪、戲水及捕捉魚蝦。

The circular trail is a 1,700m long with the rock in the center. It is a trail for self-guided tour with information boards established along the way, and no admission charge is required. The following are details for caution:

- 1.As parts of the trail are too narrow for more than one person to pass, tourists are requested to yield the way out of courtesy.
- 2.No pets are allowed lest their noises should disturb and frighten other visitors.
- 3.The shaded trail is slippery, and it is suggested that tourists wear skid-proof shoes.
- 4.No forest resources burglary is allowed.
- 5.No stream tracing, water activities and fishing are allowed.