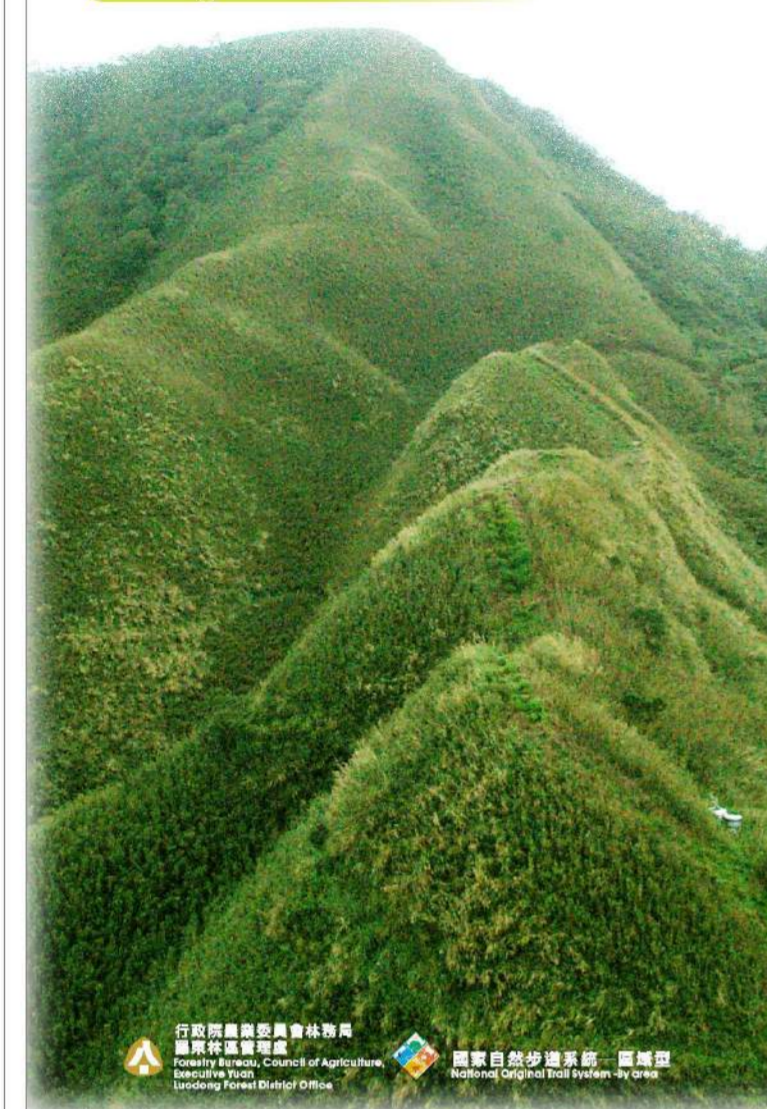


聖母登山步道 Marian Hiking Trail



行政院農林委員會林務局
國產林區管理處
Forestry Bureau, Council of Agriculture,
Executive Yuan
Luodong Forest District Office

國家自然步道系統 一圖一景
National Original Trail System-by-zone

聯外道路



滿溢的林鬱青蔥 以不同姿態
佔據溪谷山頭
茂密的樹冠 或開的花朵
從心坎到眼眸 舞動

激流漱石 鳥聲高鳴
譜一曲的寧靜
讓雲散了 風也輕

走過稜線 穿過箭竹林
眼前一片開闊
前眺 龜嶼浮影 後抱 聖母顯靈
左觀 萊山峻嶺 右攬 蘭陽美景

此刻 邂逅時空交錯
感動 停駐心頭

The lush and green vegetation of different gestures
Occupy the creek valleys and mountains,
Whereas the dense canopy and blossoming flowers
Dance in our heart and before our eyes.

The rushing water hits against the rocks while birds and bugs sing merrily
To compose a song of serenity.
Clouds are light, wind is light.

Walking along the ridge lines, getting past the Yushania nitakayamensis meadows,
A broad view ahead lies.

With beautiful Guishan Island in front and the epiphany of St. Mary behind,
Step mountains on the left and magnificent Lanyang on the right,
Now, in the interaction of time and space,
Feel, the love of your inner place.

10 觀景台 Scenic Platform

這裡可以俯瞰聖母山莊、眺望三角崙山、俯瞰通往烘爐地山的稜線，遙望龜山島，聆聽蘭陽平原的呼喚！
Here, you can see St. Mary Villa, Sanjiaolun Mountain, the ridge line leading to Hongludi Mountain, as well as Guishan Island, and listen to the call of Lanyang Plain!



9 聖母山莊 St. Mary Villa

此處為通行三角崙山中繼點，羅東林區管理處特於此地興建「避難小屋」以供山友休憩。傳說中，本步道終點曾經是天主教聖母顯靈之處呢！
As it is the middle point leading to Sanjiaolun Mountain, Luodong Forest District Office has built a "shelter" here for hikers to take a rest. It was legendarily said that St. Mary had shown her epiphany at the end of this trail!



8 草生地 Grasslands

映入眼簾的山頭，宛如長滿草的山，其實那些「草」也都是箭竹呢！
The mountains in sight look like they are covered with grass. In fact, the "grass" is Yushania nitakayamensis!



7 箭竹林 Yushania nitakayamensis meadows

走過風衝矮林，穿過箭竹林，快到達終點了！
The terminal point is in sight after getting past the windward dwarfed forests and Yushania nitakayamensis meadows!



6 風衝矮林 Windward dwarfed forests

紅楠、繸子櫟、金平氏冬青等植物都是風衝矮林的成員。
Machilus thunbergii, Cyclobalanopsis sessilifolia, Ilex maximowicziana, etc are members of windward dwarfed forests.



4 綠色的國度 Green country

低海拔闊葉林相資源很豐富，您看到光溜溜的樹幹是九芎的招牌，還可以看到路旁好大一棵大葉楠！這裡也是闊葉樓梯草和冷清草的過渡帶！
There is an abundance of resources in the low altitudinal broad-leaved forest. The smooth trunk is the distinctive characteristic of Subcostate crape myrtle (Lagerstroemia subcostata) and a very big Large-leaved Nannu (Machilus kusanoi) can be seen on the roadside! This is also the transitional zone of Elatostema platyphyloides and Elatostema lineolatum!



3 觀景平台 Scenery Platform

一起加入溪谷俱樂部吧！潮溼的溪谷環境是長梗紫麻、闊葉樓梯草、山蘇、台灣山香圓、水同木、蕨類等植物最愛的棲所呢！找找看，你發現了哪些動物？蜻蜓、青蛙、溪鳥...還有什麼呢？
Let's join the Creek Valley Clubhouse together! The humid creek valley is the favorite habitat of ferns such as Oreocnide pedunculata, Elatostema platyphyloides, Bird's-nest fern (Asplenium Nidus), Formosan turpinia (Turpinia formosana), Common Yellow Stem-fig (Ficus fistulosa), etc! Let's see what kinds of animals you have found. Dragonflies, frogs, river birds... what else?



1 通天橋 Tongtian Bridge

碎石道路終點，有休息涼棚，水源充足，休息整裝準備出發吧！
There is a resting pavilion at the end of the pebble road, where abundant water is supplied. Let's take a rest and get prepared for the road ahead!



5 休憩涼亭 Resting pavilion

一路上伴隨許多附生與爬藤類植物，這裡還是屬於低海拔林相。林相隨著海拔改變，慢慢接近中海拔，身旁開始出現墨點櫻桃、野牡丹、角桐草、長葉木薑子、三斗石櫟等植物。
There are many epiphytic plants and climbing plants along the road and the area is still a low altitudinal forest. Different woods are found as the altitudes change and Dark-dot cherry (Prunus phaenosticta), Common Melastoma (Melastoma candidum), Taiwan bicornuta (Hemiboea bicornuta), Nantou actinodaphne (Litsea acuminata), Pasania hancei, etc can be seen at the middle altitude.



2 溪谷常客 The regular patron of the creek valley

溪水邊有成片的闊葉樓梯草夾道相伴！
There is a large piece of Elatostema platyphyloides along the creek!



親愛的朋友：

歡迎來到「聖母山莊登山步道」，「羅東林區管理處」以尊重自然的生態工法重新規劃了這條多姿多采的健行步道，沿途設置了完善的解說設施讓您在健行之餘還能輕鬆體驗生態之美。
為了讓您獲得更多與大自然相處的樂趣，請您詳閱下列注意事項：

- 午後及冬季易起雲霧，雨季時步道易濕滑，健行時請小心。
- 夏秋兩季，毒蛇及毒蜂等活動頻繁，請您在野外活動時注意穿著，並勿隨意招惹、逗弄之，以免招致危險。

Dear friends:

Welcome to the "Marian hiking trail", Luodong Forest District Office has this wonderful hiking trail rebuilt by the nature-respecting Ecological Engineering Method. Many explanatory facilities are set up along the road for you to experience the beauty of ecology while going hiking. In order to let you enjoy more fun with nature, please read the following points:

- Please be careful during hiking because the trail is often covered by mist and clouds after lunch and in winter, and is wet and slippery in the rainy season.
- Poisonous snakes and bees, etc have frequent movement in summer and autumn. Please be careful in selecting your clothing for the outing and refrain from teasing the same to avoid danger.

步道全長1,630m，步行往返時間約3小時
This trail is 1,630m. Hiking time is approximately 3 hours for both ways

生態旅遊 請不要破壞生態 Eco-tourism No Ecocide

- 一、禁止攜帶寵物及放生。
- 二、禁止露營、野炊、烤肉、亂丟煙蒂。
- 三、禁止採取植物或刻劃樹幹。
- 四、請將垃圾自行攜回。
- 五、禁止進入溪流瀑布或游泳垂釣。

1. No Pets and No Setting Captured Animals Free
2. No Camping, Cooking, Barbecuing, and Littering Cigarette Butts
3. No Picking Plants and Engraving on the Bough
4. No Entering, Swimming or Fishing Within the Waterfall area
5. No Entering, Swimming or Fishing Within the Waterfall area

Scenic



綠繡眼
Zosterops japonica



白頭翁
Pycnonotus sinensis

熱鬧的山林溪谷 The Bustling Woods and Creek Valleys

聖母山莊沿線有繁茂的溪谷植群，它們大多是嗜濕耐陰的植物，林相具層次與特色，不但是觀察植物生態的天堂，也因為提供豐富的食物資源，吸引了許多鳥種前來棲息。岩壁著生了各種苔蘚、蕨類、草本植物，還有長梗紫麻、大葉楠、九芎、水同木、闊葉樓梯草等植群，與清澈的溪水相映成趣，來此一遊，飽覽溪谷風光吧！
The vegetation at the creek valleys grows prosperously along St. Mary Villa and most of them prefer a humid environment and are shade-resistant. As the woods are divided into layers and have their own characteristics, they are not only the best place to observe the ecology of plants, but also provide abundant food resources. Many birds are thus attracted to settle here. Different kinds of mosses, ferns and herbal plants are found on the precipices and there are also *Oreocnide pedunculata*, Large-leaved Nanmu (*Machilus kusanoi*), Subcostate crape myrtle (*Lagerstroemia subcostata*), Common Yellow Stem-fig (*Ficus fistulosa*), *Elatostema platyphylloides*, etc, which constitute an interesting scene with the clear creek water. Come here to enjoy the magnificent view of the creek valleys!

The Green Carpet on the Mountains 山頭綠地毯

在臺灣會形成草原狀的竹子有三種，高海拔見的是玉山箭竹，低海拔則是臺灣矢竹與包籜矢竹。這裡見的是包籜矢竹，稈節上有一圈金褐色毛茸，葉籜外面也有毛；矢竹又稱箭竹，多半分布山脈稜線上，受東北季風強大風力、雨水以及地形限制的影響，連綿成片生長在受風面。如果從很遠的地方去看過去，感覺就像是山頭上鋪了一層綠地毯一樣。
There are three kinds of bamboo in Taiwan that will grow into plains - Yushan cane (*Yushania nitakayamensis*) at high altitudes, as well as Kunishi cane (*Sinobambusa kunishii*) and Usawa cane (*Pseudosasa usawai*) at low altitudes. Usawa cane (*Pseudosasa usawai*) is found here, which has a ring of golden brown hair on its trunk and hair on its leaves. Usawa cane (*Pseudosasa usawai*) is also known as *Jianjhu* (arrow bamboo) and it is mainly distributed on the ridge lines, which grows in large pieces on the windward side due to the restraints of the northeasterly monsoon, rain water and topography. If you see it from afar, it seems that green carpets have been laid on the mountains.

小彎嘴畫眉
Pomatorhinus ruficollis



灰喉山椒鳥
Yellow-throated Miniv



條紋松鼠
Taniops maritimus formosanus



盤谷蟾蜍
Bufo bankorensis

這條路線依照山徑狀況可分前、後兩段：前段由五峰旗瀑布風景區至通天橋，為緩坡爬升的產業道路，長約3.7公里，海拔爬升400公尺，行程約一小時，沿途大抵為次生林或人工造林。後段由通天橋開始至山稜上的聖母山莊，沿路都是陡升的登山小徑，海拔爬升270公尺，約需一個多小時。前段的產業道路可說是最佳的自然教室，其昆蟲相十分豐富，尤其在春夏季，群蝶飛舞，百蟲爭鳴，隨處駐足，都可觀察。後段的山徑穿梭林下，林相鬱閉，原始自然，不禁讓人讚嘆，鄰近城鎮，還能有這麼天然原始的森林！步道終點的觀景平台位於宜蘭、台北的分界，不僅是行政疆界，也是氣象分野；這裡的氣象變化萬千，山前山後溼潤分明，常叫人驚嘆不已。
The route can be divided into the first and the latter sections in accordance with the condition of the trail: The first section starts from Wufongqi Waterfall Scenic Area and leads to Tongtian Bridge, which is a gentle uphill slope measuring about 3.7km long and climbing up a height of 400m. It takes about one hour to finish and secondary forests or plantations are seen along the route. The latter section starts from Tongtian Bridge and leads to St. Mary Villa on the mountain, which is a steep uphill trail climbing up a height of 270m and takes about over one hour to finish. The first section can be said to be the best natural classroom because there is an abundance of insects. In spring and summer in particular, butterflies fly about and bugs chirp together and they can be seen wherever you stop. The latter trail penetrates into the dense, primitive and natural woods and one could not help appreciating such a beautiful scene. How can such natural and primitive forests be found in the nearby cities and towns? The scenery platform at the end of the trail is situated at the demarcation line of Yilan and Taipei, which is not only an administrative demarcation, but also a meteorological demarcation. The climate varies greatly on the two sides of the mountain which is really amazing.



鄰近城鎮的叢林綠野



Animal life

台灣最常見的溪流型豆娘 短腹幽蟴

短腹幽蟴是台灣特有種，身體帶著紅色、翅膀半黑半透明的牠，有時獨自飛舞，有時像連體嬰比翼雙飛，有時又彼此追逐，也常停在水中的石頭曬太陽。
Taiwan's Most Commonly Seen Damselfly and *Euphaea Formosa*
Euphaea Formosa is an endemic species of Taiwan. Their body is red and the wings are semi-black and semi-transparent. Sometimes they fly alone or in pairs and they may chase each other or rest on the rocks in the water for sunbathing.
同心雙飛 每年三月、十二月是短腹幽蟴的繁殖季，經常可見成雙成對在進行交配。
Flying in pairs *Euphaea formosa* reproduces every March and December and they are often seen in pairs mating.

蜻蜓與豆娘 同樣是蜻蛉目家族的牠們，我們該如何分辨？

在靜止狀態時，蜻蜓的翅膀呈水平開展，豆娘則是合併豎立；蜻蜓的腹部比較粗壯扁平，豆娘則比較細圓；蜻蜓的複眼長在頭部前方，豆娘則長在頭部兩側。蜻蜓飛得很快，豆娘比較遲緩。
How to differentiate between dragonflies and damselflies, which both belong to the Odonata family?
When dragonflies do not move, their wings are spread horizontally, whereas those of the Damselfly are put together and stand upright. The abdomen of a dragonfly is wider and flatter but that of the Damselfly is smaller and rounder. The compound eyes of dragonflies are on the front of their head, whereas those of the Damselfly are on the two sides of their head. And dragonflies fly faster than Damselflies.

人類的好朋友 麗紋石龍子

俗稱「四腳蛇」的麗紋石龍子不但沒有毒，而且專門捕食有害的昆蟲！當暖和的陽光普照大地，牠喜歡享受日光浴，因為牠是冷血爬蟲動物，需要吸收陽光的熱能來提高體溫。若太靠近牠，牠會迅速敏捷的溜走，分散敵人注意力！
通常蜥蜴類的小動物遇到敵害時，會自動斷尾逃命，當牠留下一截尾巴在原地扭動時，敵人多半會嚇一跳，牠就可以趁機逃走。不久之後 牠又會長出一條新尾巴，這招「自割作用」還真管用！

The Best Friend of Human Beings *Eumeces elegans*

Five-striped blue-tailed skink (*Eumeces elegans*), commonly known as "four-legged snake (lizard)", is not only non-poisonous, it also catches and feeds on pests! It likes sun-bathing when the warm sunlight shines on the earth because it is a cold-blooded reptilian, which need solar energy to raise its body temperature. But it will get away quickly if you get too close to it! diverting the attention of the enemies!
When small animals like lizard meet their enemies, they will shed their tail to run for their lives. Seeing a part of their tail twisting at the scene, the enemies are usually frightened and so they can escape at this moment. A new tail will be grown later and so this "self-sacrifice" really works!

黑眶蟾蜍
Bufo melanostictus

Botany

山野的五百萬大傘

筆筒樹與台灣杉櫟是台灣本島常見的喬木狀蕨類，奇特優雅的樹型讓人忍不住多看一眼！筆筒樹喜愛陽光，老葉會完全脫落完全，而在幹上留下葉痕，若在森林中看到它，必長於破空處。台灣杉櫟比筆筒樹耐蔭，長在森林內，老葉下垂而不脫落，形成樹裙，經久折斷則在幹上留下一小截葉柄。



The 5 Million Umbrellas in the Wild

Common tree fern (*Sphaeropteris lepifera*) and Taiwan tree-fern (*Cyathea spinulosa*) are the tree-like ferns commonly seen in Taiwan. Their strange but elegant shapes have attracted people to give them one more glance! Common tree fern (*Sphaeropteris lepifera*) likes sunlight and its old leaves will shed from the trunk, leaving a mark behind. If you see it in the forest, you will find that it must be growing in the gaps of the forest. Taiwan tree-fern (*Cyathea spinulosa*) is relatively shade-resistant, which grows inside the forests. Its old leaves only droop from the trunk without shedding, forming a tree skirt. If the leaves break from the trunk after a long time, a small section of leaf stalk will be left behind.



滑溜溜的好皮膚-九芎 With smooth skin - *Lagerstroemia subcostata*

九芎也是溪谷森林的重要組成，一身好皮膚是它的註冊商標！九芎的老化樹皮不會緊密貼合，因此隨著每年樹木的加粗生長，老化的樹皮便會被撐破而脫落，以致樹皮永保光滑。九芎的每年脫皮現象，就有如節肢動物的脫皮生長一般。
Subcostate crape myrtle (*Lagerstroemia subcostata*) is an important member of the creek valleys and forests and it is distinguished by its smooth skin! Since the old bark of Subcostate crape myrtle (*Lagerstroemia subcostata*) does not grow tightly, as the tree grows thicker yearly, the old bark will break apart and peel off. Therefore, its bark is always smooth. The annual peeling of Subcostate crape myrtle (*Lagerstroemia subcostata*) is similar to the peeling of diplopods.



從天而降的小小螺旋槳-台灣黃杞

它的果實成串排列，每一個果實具有三叉狀的翅膀，熟時，翅膀乾燥呈膜質狀而有助減輕重量，每一果實單獨掉落，飄旋傳播。您可以在十月天到這裡來檢拾它的落果，體驗一下三叉螺旋槳的魅力。
Small Propellers Falling from Sky - *Engelhardtia formosana*
Its fruit are arranged in a chain and each one has three-pronged wings. When they ripen, the wings become dry and membrane-like and their weight is reduced. The fruit then falls on its own in spirals and spread around. You can come here in October to pick its fallen fruit and experience the charm of the three-pronged propellers.



小巧的拇指花-角桐草

喜歡陰暗潮濕的角桐草，是台灣特產植物，九月下旬，地被開出許多白色筒狀花，內面具有桃紅斑紋，大約拇指大小，非常漂亮。結果呈彎翅角狀。
The Small Thumb-sized Flowers - *Hemiboea bicornuta*
Hemiboea bicornuta (Hemiboea bicornuta), which loves to grow in a dark and humid environment, is endemic to Taiwan. Many thumb-sized beautiful white flowers in the shape of cylinders are grown from its cover in late September, in which pink stripes can be found. And the tips of its fruit curl upwards.



散發杏仁香氣-墨點櫻桃

搓揉它的葉片，會散發出強烈的杏仁香氣呢！薔薇科植物，與桃、李、梅、杏都是同一屬的兄弟，但花果都小人家一號。葉片長橢圓形，先端尾狀漸尖，最大特點在於葉下表面具有黑色斑點。果實球形，熟時紅色。在這步道的上坡段，數量堪稱豐富。
The Fragrance of Almond - *Prunus phaeosticta*
A strong fragrance of almond is produced after its leaves are rubbed! Even though it belongs to the same Rosaceae family as peaches, plums, and apricots, it has smaller flowers and fruit. The long oval-shaped leaves have sharper points at their apex and its most distinctive feature is the black spots on the back of its leaves. The spherical fruit are in red when they become ripened and a great number of the fruit can be found in the uphill section of this trail.



專踏潮濕地的水鴨腳秋海棠

水鴨腳秋海棠，是台灣北部最常見的秋海棠了。它喜愛潮濕的地方，總是成片地覆蓋在路旁的山壁上。它葉子外觀與鴨腳很像，名字也是因此而來；葉柄含有豐沛的水份，是可以解渴救荒的野生植物。在七、八月，粉紅色的花朵盛開著，替山野妝點一夏的繽紛！
Begonia formosana that Grows in Wetlands
Begonia formosana is the most commonly seen begonia in northern Taiwan, which loves to grow in a wet environment and in large pieces on the precipices of the roadside. It is so named because its leaves look like the foot of ducks (*Begonia formosana* is called "Shueiyajiao Ciouhaitang" in Chinese, with "Shueiyajiao" meaning the foot of ducks). As there is plenty water in the leaf stalks, it is a wild plant that helps to ease one's thirst. And the fields are colorfully decorated when the pink flowers blossom in July and August!

潮濕環境我最愛-著生植物

著生植物無法自地面下取得水分，因此著生植物愈多，也相對反映出環境愈潮濕；再者，森林愈成熟，生態棲位愈豐富，組成物種也就愈龐雜。山蘇花就是常見的著生植物之一。

I Love Humid Environment Epiphytes

As epiphytes cannot absorb underground water, the greater number of epiphytes, the wetter the environment. And as a forest becomes more mature, there will be more ecological life and so the composition of a forest will become more and more complicated. *Asplenium antiquum* Makino is one of the commonly seen epiphytes.

