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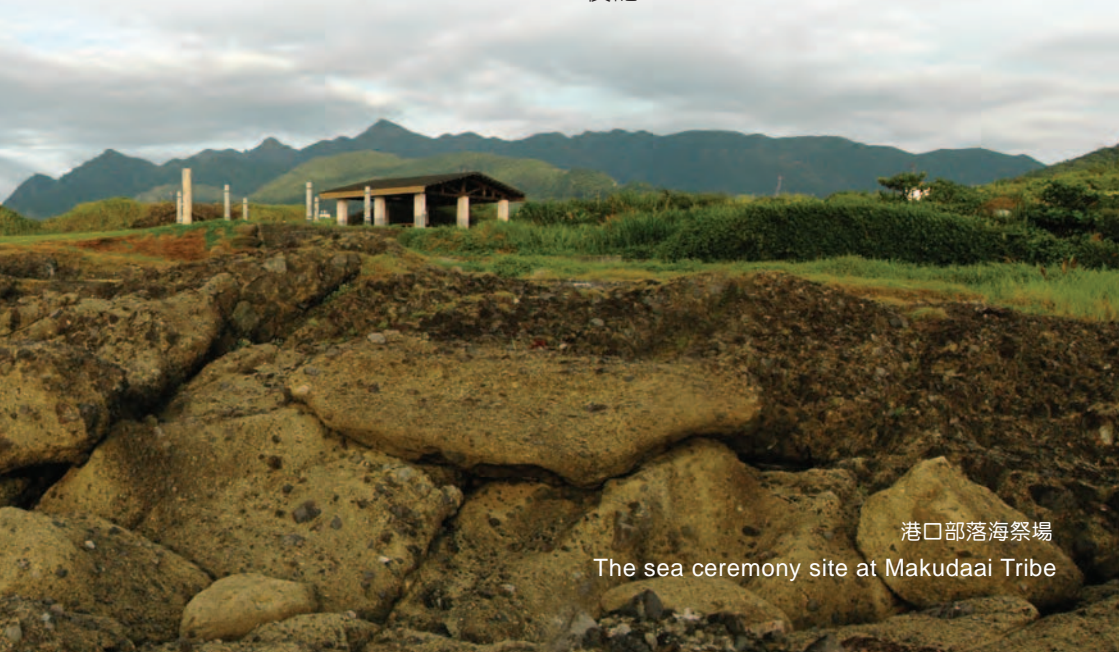
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港口部落海祭場

The sea ceremony site at Makudaai Tribe



處長序

## 讓慢走漫遊，成為畢生難忘的經驗

東海岸的美適合慢慢品味，若只滿足於景點之間的趕集，和沿途的過路風景，未免太過可惜。

2005年，「慢遊」的思潮在東海岸有了具體的行動。在一項以「慢」與「漫」為訴求的實驗性遊程當中，發現放慢腳步、心隨意轉的漫遊，更能在偶然的時空，體驗東海岸的生活和自然人文景觀。而這期間也產出具潛力，且願意付出時間、人力配合的6個社區部落（瑪洛阿瀧、都歷、馬格拉海、港口、奇美、水璉），成為東海岸社區生態旅遊的先驅。

2009年，「東海岸社區部落慢走漫遊」遊程推廣邁入第五年，雖然廣受歡迎，但現階段的服務及硬體設施，與商業性套裝遊程相比，仍有相當大的改善空間。於是，為進一步提升遊程的精緻度、持續推廣「慢走漫遊」的理念，本處特別邀請專家學者，針對解說技巧、餐飲製作、環境整理等，進行整體性的培訓及專業輔導，並透過《慢走漫遊—東海岸原鄉部落山海情》叢書的製作，介紹6個社區部落的起緣、傳統文化、特色遊程、創意部落風味餐等旅遊資訊。在我們共同努力下，部落所呈現最真、最美的風貌，等您親身前來感受。

此外，本書還特別增加以香蕉絲編織著稱的新社噶瑪蘭部落。希望您下一次來到東海岸，能放慢腳步體會東海岸豐富、多元的人文風貌，以及漫遊的真諦與美麗，並讓這一切成為您畢生難忘的經驗。

交通部觀光局東部海岸國家風景區管理處

處長

馬惠達

謹識

From the Director

## Take a Leisurely Tour for an Unforgettable Experience

The beauty of the East Coast is something to be savored at your leisure. A hurried trip does not do the area justice.

In 2005, the "Leisure Tour" concept began to take shape on the East Coast. Through an experimental itinerary that emphasized a "leisurely pace", it was found that a slower paced and casual tour offered a more in-depth of the East Coast lifestyle, culture and scenery. Local tribal communities such as the Marongarong, Tulik, Makerahay, Makudaai, Kiwit and Shuilian became the pioneers of eco-tourism on the East Coast during this time.

2009 marks the 5th year of promoting the "Leisurely Tour" itinerary. Despite the popularity of the program, existing services and facilities still have a great deal of room for improvement. To improve the quality of the itinerary and continue promoting the "Leisurely Tour" concept, the East Coast National Scenic Area Administration provided local communities with comprehensive assistance on tour guide techniques, catering and landscaping. This book was also produced to introduce the origins, traditional culture, sights and creative cuisine at six communities. With everyone working together, we hope to offer visitors the most direct and most beautiful experience of the tribes.

A special feature added to this book was the Kavalan Tribe at Xinshe renowned for its banana stem fiber weaving. On your next visit to the East Coast, I hope you can slow down to experience the rich and diverse cultural landscape on the East Coast. When you discover the essence and beauty of a leisurely tour, it will become an experience you will never forget.

East Coast National Scenic Area Administration  
Tourism Bureau, MOTC

Director

Ma Whei Da



## 編者序 貼近自然，感受人文魅力

這是一趟體驗原味的感知之旅。沒有富麗堂皇的接待大廳，沒有豪華的套房，有的是融合山水的自然生活，以及截然不同的真情感受。

清晨，您可以跟著部落族人到山林裡採摘野菜；在退潮的重要時刻，去潮間帶採集魚蝦貝類或海藻。不但新鮮有趣，還能體會到山水叢林的生活智慧。而來自大自然的食材，豐盛而多樣，令人驚艷不已。部落款待的菜色，接待貴客的心意，非一般可相比擬。

在部落故事的圍繞下，東海岸的山海景觀，在心中浮現不同的面貌。那是長期被「都市化」的心靈，未曾看過、想像過的風景。但在部落，這一切卻是那樣地真實。人與人之間，從陌生到熟悉，從靦腆到熱絡，只要一個真誠的眼神交會，就能讓沉潛的心靈獲得釋放，而這一切也都是那樣地坦率和自然。難能可貴的真誠和美善，我們的專家學者群（見P-70後記），在培訓過程及實際的遊程參與當中，全都感受到了。

若說旅遊是體驗的延伸，那東海岸「慢走漫遊」絕對是您更深一層的體驗。不僅只是視覺的美景、味覺的饗宴，還有部落最真切、美好的記憶在內心留存。豐美自然的部落人文，等你親身前來感受。

東海岸社區部落整體培訓及旅遊地圖書製作

計畫主持人

和音

From the Editor

## Get Close to Nature, Experience the Culture

This is a journey into the Indigenous experience. There are no luxurious lobbies and suites, but plenty of natural living and honest hospitality set among the mountains and the rivers.

In the morning, you can go with the tribespeople to pick wild plants in the hills. At low tide, it's time to collect fish, shrimps, shellfish and seaweed. All are part of living in symbiosis with nature. You will be amazed by how bountiful Mother Nature can be. The tribes' hospitality for their guests will exceed your expectations as well.

With the traditional stories of the tribes as a backdrop, the mountains and the sea on the East Coast take on a whole new meaning. For "urbanized" souls, the scenery is something that they have never imagined before. When people look each other in the eyes, the meeting of souls is a liberating experience because everything becomes so simple and natural. The sincerity and goodness of the tribes is something that the expert group (see the Postscript on P.70) has experienced in full measure during the work-up and actual journey.

Traveling is a way to expand one's horizons and a "Leisurely Lour" of the East Coast will definitely broaden your mind. It's not just the visual beauty of the landscape or the feast for the taste buds, it's also beautiful and touching memories that the tribes leave in your heart.

East Coast Tribes Development and Travel Guide Production

Project Leader

Tony

## 遊客須知

「慢走漫遊」是以「慢」為實踐的新型態旅遊，請盡情放鬆、享受緩慢的時光。不過，在前往部落體驗之前，仍有些注意事項，需要您的配合，以維護部落的傳統文化與自然人文環境。

1. 為避免同一時段過多遊客湧入，影響到體驗遊程，請先透過各部落單一窗口預約（詳見本書各部落篇章）。
2. 請遵從導覽解說員的講解與指示，嚴守部落禁忌與安全規範。
3. 傳統祭典進行期間，因為忙碌無法接待遊客。若遊客自行前來參加祭典，請嚴格遵守部落的禁忌與各項相關規定。
4. 請務必注意安全，切勿擅自進行冒險活動（例如：攀爬瞭望台、自行涉水、游泳，以及設備不足的夜遊活動等）。
5. 請維護居家安寧，勿擅闖田園民宅，或在村落中喧嘩。除非解說員安排的採集、收穫活動，其餘農作物請勿任意摘採。
6. 敬老尊賢，尊重部落耆老的傳統智慧。
7. 愛惜生態，保護大自然資源。
8. 請維護部落的各項設施。不隨意攀折花草樹木，不隨意丟棄垃圾，維護環境整潔。
9. 謝謝您仔細地閱讀完以上注意事項，敬請支持與遵守，並帶著一顆交朋友的心前來，部落也將同樣以交朋友的心，竭誠歡迎您的到訪！

## Travelers' Rules

"Leisurely Tour" is a new type of tourism that emphasizes a "Slow" approach. Please relax and just enjoy. There are however a few rules that you should know before visiting the tribes.

1. Please book in advance with the local tribal contact person to avoid having too many tourists in one area.
2. Please follow your guide's instructions. Respect the tribal taboos and obey the safety rules.
3. The tribes are busy during the traditional festivals and may not be able to accommodate visitors. Tourists visiting the tribes on their own are asked to respect their taboos and rules relating to tribal festivals.
4. Please pay attention to safety and do not engage in dangerous activities unattended (e.g. climbing the watch towers, river walking, swimming, or night tours without adequate equipment).
5. Please do not trespass into local homes and farms. Do not pick crops except as part of gathering activities organized by the guide.
6. Please respect the elderly and wise; they represent the traditional wisdom of the tribes.
7. Respect the local ecology and protect nature's resources.
8. Please take good care of the facilities at the tribes. Do not pick the flowers, climb the trees or litter. Keep the environment neat and tidy.
9. Thank you for reading through these rules. Your support and cooperation is appreciated. When you visit the tribes as a friend, the tribes will welcome you as a friend as well!







## 東管處遊客中心

Visitor Center of East Coast  
National Scenic Area Administration

### 1 花蓮遊客中心

Hualien Visitor Center

ADD：花蓮縣壽豐鄉鹽寮村大坑5號  
No.5,Daken,Yanliao Village,  
Shoufeng Township,  
Hualien County  
TEL：(03) 867-1326



### 2 秀姑巒溪泛舟中心

Xiuguluan River Rafting Center

ADD：花蓮縣瑞穗鄉中山路三段215號  
No. 215,Zhongshan Rd.  
Sec.3,Ruisui Township,  
Hualien County  
TEL：(03) 887-5400



### 3 石梯坪遊客中心

Shihtiping Visitor Center

ADD：花蓮縣豐濱鄉港口村石梯坪52號

No.52,Shihtiping,  
Gangkou Village,  
Fengbin Township,  
Hualien County  
TEL：(03) 878-1452



### 4 八仙洞遊客中心

Bashian Cave Visitor Center

ADD：台東縣長濱鄉三間村  
水母丁1-4號

No.1-4,Shuimuding,  
Sanjian Village,Changbin Township,  
Taitung County  
TEL：(089) 881-418



### 5 三仙台遊客中心

Sansiantai Visitor Center

ADD：台東縣成功鎮三仙里基輦路74號  
No.74,Jihui Rd,  
Sansian Village,  
Chenggong Township,  
Taitung County  
TEL：(089) 850-785



### 6 處本部・都歷遊客中心

East Coast National  
Scenic Area Administration  
Duli Visitor Center

ADD：台東縣成功鎮  
信義里新村路25號

No.25,Xincun Rd,  
Xinyi Village,  
Chenggong Township,  
Taitung County  
TEL：(089) 841-520



### 7 小野柳遊客中心

Siaoyeliou  
Visitor Center

ADD：台東市松江路一段500號  
No.500,Songjiang Rd.Sec.1,  
Taitung City  
TEL：(089) 281-136



### 8 綠島遊客中心

Green Island Visitor Center

ADD：台東縣綠島鄉南寮村298號

No.298,Nanliao Village,  
Green Island Township,  
Taitung County  
TEL：(089) 672-026



## Map of the Indigenous Tribes on the East Coast

## 東海岸慢走漫遊旅遊地圖





## 瑪洛阿瀧部落 Marongarong Tribe

The magnificent river mouth defines the boundary between the sky and the sea. A wind that lifts the spirits wanders through the river gorge. The urge to explore has set my senses tingling. At the Marongarong, I found complete release.

出海口的壯闊，打破海天一色的調性；心曠神怡的風在溪谷遊蕩。探秘的奇想、知覺的感官在心中醞釀。我在瑪洛阿瀧得到完全的釋放。

### 部落巡禮 Overview

「瑪洛阿瀧」Marongarong是“Ma”和“Rongarong”的組合。Rongarong乃溪水湍急之意，冠以加重語氣的“Ma”（很），在意念上強化了溪水的聲勢。早期，部落的祖先初來乍到，看見湍急的溪水瀧瀧作響，於是就以Marongarong稱呼這裡。

在瑪洛阿瀧部落，您可以前往東河橋下的馬武窟溪划竹筏、體驗撒網樂趣，也可以在蔥翠的山林尋寶、拜訪獼猴，隨後再路過淳樸的部落街坊，到金樽白沙灣散步，享受悠閒浪漫的午後時光。

"Marongarong" is made up of two words: "Ma" and "Rongarong". Rongarong means river rapids, and Ma is a prefix meaning very, emphasizing the strength of the river currents. When the tribe's ancestors first arrived in the area, they saw the roaring river rapids so called the place Marongarong.

From the Marongarong Tribe, you can head over to the Donghe Bridge to try your hand at bamboo rafting and casting fishing nets on the Mawuku River. After exploring the forests and visiting the macaques, you can take a stroll through the rustic street to enjoy a romantic afternoon on Jinzun's Baishawan.



A | 馬武窟溪是海岸山脈最長的溪流、部落文化的重要根據地，Marongarong就是部落對馬武窟溪的稱呼 | The Mawuku River is the longest river in the Coastal Range and a key bastion of tribal culture.

B、C | 東河橋是瑪洛阿瀧部落最顯著的地標 | Donghe Bridge is the most visible landmark of the Marongarong Tribe.



## 馬武窟溪撒網捕魚

### ◆◆ Fishing on the Mawuku River

馬武窟溪出海口水產豐富，長久以來是族人撒網捕魚的重要場域。族人帶領我們來到東河橋下的水岸邊，並向我們示範如何使用八卦網。我們的嚮導林榮章（Akila）表示，這是攸關生存的技藝，年齡階層的「公差組」進階到青年階級的年輕人，都得學會如何撒網捕魚。

The mouth of the Mawuku River is where the tribe casts its fishing nets. The tribespeople led us down to the river shore under the Donghe Bridge and showed us how to cast the fishing nets. Our guide Akila said this was a skill on which survival depended. All the young men in the tribe must learn how to catch fish with the fishing nets.



## 環繞帝王石的竹筏體驗

### ◆◆ Rafting Around the Emperor's Stone

我們划著竹筏往上游溯去，穿過舊東河橋下美麗的弧拱，皎潔的帝王石有如白色群島。Akila說，部落成年禮的考驗之一，就是划竹筏繞行其中最大的帝王石一圈，以及穿越巨岩與峭壁間的狹窄水道。

We rowed our way upstream on a bamboo raft. After passing under the beautiful arch of the old Donghe Bridge, we come to the Emperor's Stone - a collection of pristine white boulders. Akila said that a part of the tribe's coming of age rites is to row a bamboo raft around the largest Emperor's Stone and pass through the narrow channel between the giant boulder and the sheer cliff.



### 金樽白沙灣 ◆◆ Jinzun Baishawan

從台11線公路旁的金樽瞭望台往下望，即可見到錨狀的陸連島和綿長的沙灘。Akila表示，日據時代，族人常把錢存在杯狀木桶，日本人便稱這裡

為「金樽」。我們在此散步、聽濤，度過了悠閒浪漫的時光。

The Jinzun observation platform next to the highway looks out over the anchor-shaped land-tied island and extensive white sand beach. Here we indulged in a relaxing stroll and listening to the sound of the waves.



王麗娟/攝 | Photo by Wang, Li-Juan



## 走！後山尋寶去

### Back Hill Treasure Hunt

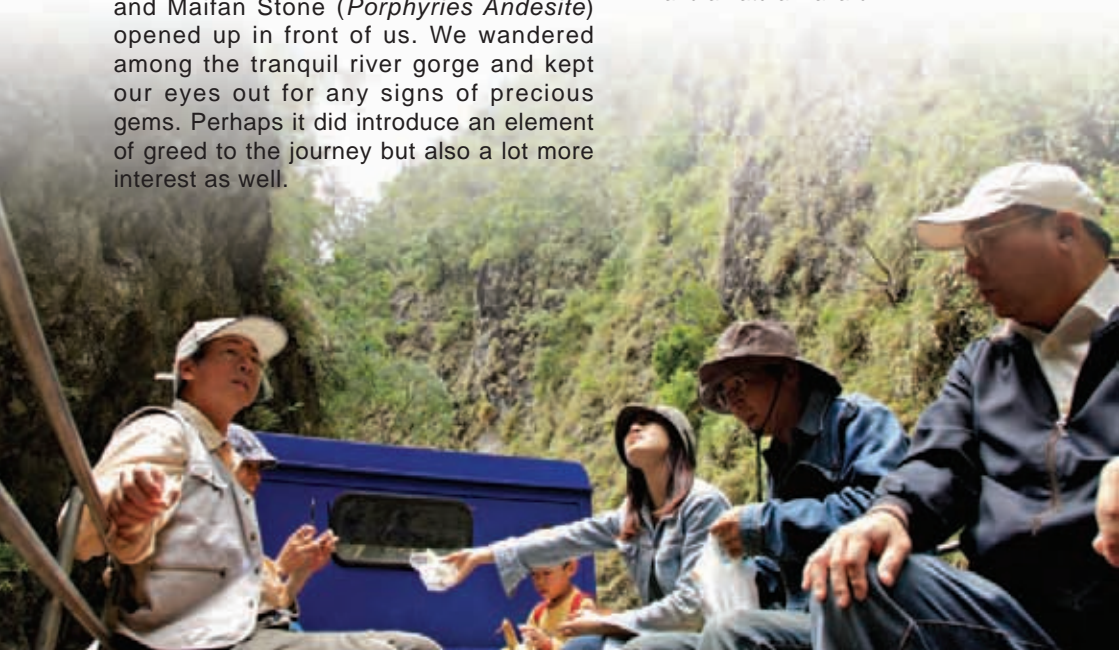
據說，後山藏著不少珍寶美玉。我們快速穿過峭壁間的狹窄廊道，佈滿火山集塊岩和斑狀安山岩（俗稱：麥飯石）的豁谷豁然開朗。我們在幽靜山谷徜徉，期待發現藍寶石、白玉髓的蹤跡。也許加諸一夕致富的妄念，但不也因為如此，讓這趟尋寶之行增添更多樂趣。

The Back Hills are rumored to contain precious gems. We quickly made our way through the cliffs and a river gorge scattered with volcanic agglomerates and Maifan Stone (*Porphyries Andesite*) opened up in front of us. We wandered among the tranquil river gorge and kept our eyes out for any signs of precious gems. Perhaps it did introduce an element of greed to the journey but also a lot more interest as well.



↑ | 含有玉髓的礦石 | Jade ore

↓ | 在大山睥睨的眼神之下，我們謙卑地進入峽谷，因為聳立的峭壁是絕美也是天險，需要步步為營 | We approached the canyon with humility because the sheer cliffs were both an impressive sight and a natural hazard.



#### 注意事項 Attention

進入山區最好不要貼近山壁而行，儘量快速通過以嚴防落石。前往「的成溪」豁谷，最好由部落熟悉地形的族人帶領前往。

Stay clear of the cliffs when entering the hilly areas. Pass through as quickly as possible to avoid any falling rocks. A local tribesperson familiar with the terrain is recommended if you wish to visit the river gorge.

## 小馬隧道—穿梭時空的部落漫遊

### Xiaoma Tunnel - Through Space and Time

從小馬通往泰源的途中，有一座以人工開鑿的「小馬隧道」。Akila表示，這座隧道原本是「小馬圳」貫通馬沙林尼山的暗渠，後來日本人強徵阿美族人義務出役，將暗渠敲鑿為可通行汽車的隧道。二次大戰期間，隧道還成為附近居民的空襲避難所。

This is a tunnel excavated by manual labor. According to Akila, the tunnel was originally the "Xiaoma Channel", an underground waterway that passed through Mt. Masalining. During the Japanese Colonial Period, the Japanese forced the tribespeople to provide free labor in order to expand the channel into a tunnel big enough for trucks to pass through. During World War 2 local residents also used the tunnel as an air-raid shelter.



A | 小馬隧道除了兩端入口以鋼筋混凝土構築之外，其餘皆為人工開鑿的痕跡 | The Xiaoma Tunnel's entrance has been upgraded with steel reinforced concrete while the traces of hand tools have been retained in the rest of the tunnel.

## 登仙橋與猴相遇

### Visiting the Macaques at Dengxian Bridge

跟其他地方的猴子比起來，這兒的猴子又多了一項求生之道。不知從何時開始，這裡的猴子已懂得從遊客身上獲得食物；而遊客也樂得滿足這些嘴饞的傢伙。食髓知味之下，不僅成年的公猴趨之若鶩，母猴也帶著小猴一起來。

The monkeys here somehow learnt that the tourists were a good source of food. Tourists were also more than happy to oblige these eager creatures. Now you not only find adult males but also female monkeys with their young as well.



B | 人猴之間，就在簡單的施與受當中，進行有趣的互動 | The give and take between human and Macaque offers an interesting interaction.

C | 登仙橋原本為昭和4年（1929年）架設的吊橋，民國42年改建為水泥橋 | Dengxian Bridge was originally a suspension bridge constructed in 1929 and was changed to a concrete bridge in 1953.





## 部落屋 Tribal House

以竹子為外牆的茅屋，在椰子樹的襯托下，流露熱帶南洋風情。寬敞的空間，不但滿足聚會、用餐的需求，還保有傳統家屋燒材烤火的功能。而另一幢茅屋內，是2間附有小閣樓的大套房。Akila表示，為了讓遊客住得舒服，屋內陳設花了不少心思，且還是部落年齡階級（註）的年輕人發揮各自專長營造起來的喔！

The traditional thatched house with bamboo walls set among the coconut trees offers a strong South Pacific ambiance. The spacious interior is not only used for gatherings and meals but also comes with two loft suites. Akila, who was responsible for looking after us, said that much effort was put into the interior furnishings to ensure a comfortable stay for tourists. These were built by youths of tribal "Kaput" (age ranks) each contributing their own expertise.

註：年齡階級（Kaput）以年齡3-4歲劃分一個階級，每個階級各司其職，是凝聚、整合部落的重要力量。

Note: Each rank consists of those in a certain age range (3~4 years). Each rank has its own responsibilities and this is what binds the tribe together.



A、B | 部落屋的形式、外觀都比照傳統，建造時還特別請耆老前來坐鎮監督 | The tribal house's layout and appearance was built in the traditional manner under the supervision of the elders.



C | 舒適的內裝、床墊，不輸一般旅館 | The comfortable suite rivals what the average hotel can offer.

D、E | 樸拙的圖騰雕刻、室內空間，流露出濃郁的部落風情 | The simple totemic carvings and interior space radiate a strong tribal ambiance.



## 創意部落料理

### Creative Tribal Cuisine



A | 椰子鮑仔魚羹（示範、指導：黃池生） | Fish Fry Stew with Coconut Juice. (Demonstration & Instruction: Johnson Huang)



B | 新鮮飛魚排佐番茄醬汁（示範、指導：黃池生） | Fresh Flying Fish in Tomato Sauce. (Demonstration & Instruction: Johnson Huang)



C | 情深純純凍 | 「情人的眼淚」以紅棗、桂圓入味，讓情人歡喜不再流淚（指導：黃池生） | "Lovers' Tears" - made with red dates and dried longan, it is guaranteed to delight the lover and end the tears. (Instruction: Johnson Huang)



D | 釀製糯米酒，是部落婦女必備的傳統手藝。香甜的糯米酒，是部落宴客的聖品 | Fermented Glutinous Rice Wine is something that every tribal woman must know how to make. The sweet glutinous rice wine is a must for tribal feasts.

提醒您——開車不喝酒。飲酒過量，有礙健康。