

Taiwan
THE HEART OF ASIA

綠島輕呼

GREEN ISLAND TRAVEL
綠島低碳旅遊指南

Taiwan 交通部觀光局東部海岸國家風景區管理處
East Coast National Scenic Area Administration
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www.eastcoast-nsa.gov.tw

輕遊
TRANSPORT

環島新體驗

A new experience
of round-trip
in Green Island



自行車借用點 ● 綠島航空站

Bicycle Rental Station: Lyudao Airport

綠島航空站：憑當日機票即可免費借用自行車
Lyudao Airport: Use bring the airplane tickets for day use only, and you can rent a bike for free.



環島巴士停靠站 Tour Bus Station/Stop

停靠站點依現場實際公告為準 Bus stop are subject to on site notice.

1. 電話 | Number: (089) 672-510
2. 票價 NT \$100 當天不計上下車次數，隨招隨停

探索
DISCOVER

私房景點

Recommended
Tourist Spots



電動輔助自行車
租站：租減價
約1.5kg



電動機車
租站：租減價
約1.8kg



環島巴士
租站：租減價
約12.5kg



自行車
租站：租減價
約1.5kg



【綠島燈塔】綠島西北岸上的白色燈塔和旁邊的沙灘是遊客最愛的秘密景點。
【Lighthouse】Standing on the northwest cape of Green Island, the lighthouse and the beach are tourist's favorite spot.



【南寮南街】吹海風、賞海景、看夕陽、吃美食、體驗新鮮的遊山樂趣。
【Nanliao Street】Enjoy sea breeze, seascape, sunset glow and delicious food on Nanliao Street.



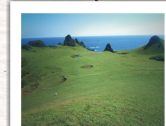
【石朗浮潛區】這裡有世界最大圈礁孔珊瑚「大香菇礁」，已有1200歲。
【Shilang Snorkeling Area】The biggest Porites Lobata in the world, "Big Mushroom", aged 1,200 years.



【紫坪】除海梅（水荖花）生態地景之外也是珍貴陸蟹出沒地點。
【Zipping】Zipping reserves precious Reef pomphus and hermit crabs.



【觀音洞】典型的石灰岩地形，是石灰岩地形精華的化石景觀。
【Guanyin Cave】A limestone landform formed by the erosion of underground rivers.



【牛頭山】平坦草原廣闊，遍佈熱帶奇觀植物，景觀樣貌多元且豐富。
【Niutou Hill】A great grassland scene, covered with various tropical plants.



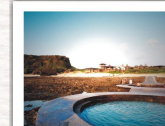
【白色恐怖綠島紀念遺蹟】保存歷史空間、人權文化、景觀及綠島人文記憶。
【Green Island White Terror Memorial Park】This park reserves the history, human rights culture, scenery and humanity of Green Island.



【過山古道】全程1.85公里，來回約100分鐘，沿途自然資源生物多樣豐富。
【Across Mountain Historic Trail】This trail is 1.85 kilometer long. A round-trip takes you 100 minutes and brings a variety of natural scenery to you.



【柚子湖】昔日聚落，如今僅留下樹頭咕呢石（珊瑚礁石）砌成的傳統特色民宅。
【Youzi lake】An ancient village, only few coral reef habitats still remain.



【朝日溫泉】世界少數海水溫泉之一。面東之地理位置，可泡湯迎接日出。
【Zhaori Hot Spring】Enjoy the sunrise at Zhaori Hot Spring. It's one of the few saltwater hot springs in the world.



【帆船鼻】海岸族群棲息地，常見山羊於此覓食，自然生態景觀多元。
【Fanchuanbi】Goats will forage in this variety of natural scenery and sea-shore vegetation areas.

自動體外電擊去顫器
AED
廁所
Room
步行
Trail
遊客中心
Visitor Center
景點
Tourist attraction

來去綠島 Transpotation



在地美食 Cuisine

Local Cuisine

吃的在地 • 玩的自然 • 住的環保

如何使用QRcode：

先於智慧型手機上安裝二維碼掃描程式，將程式開啟並將手機照相機對準QRcode，即可連至時刻查詢網頁。
Instruction: Install QR-code scanner on your smart phone, scan the QR-codes listed below, and you will be directed to the timetable information webpage for each transportation way.



Flight Information

航空交通 (台東航空站-綠島航空站)
<http://www.tta.gov.tw>



台東航空站 089-361111
服務時間：每日(AM7:00-末班機起飛)
Taitung Airport (089)361111 Service Time: 7:00 AM-last flight take off
綠島航空站 089-671194 服務時間：每日(AM7:00-末班機起飛)
Liydao Airport (089)671194 Service Time: 7:00 AM-last flight take off



Taiwan Railways

臺灣鐵路 (台北-台東/高雄-台東)
<http://www.railway.gov.tw>



臺鐵-北迴線/南迴線
(台北-台東 / 高雄-台東)



Taiwan Tourist Shuttle

台灣好行-東部海岸線
(台東火車站-富岡漁港)
<http://www.taiwantrip.com.tw/EastCoast/Main/>



東部海岸國家風景區管理處：089-841520
East Coast National Scenic Area Administration(089)841520
屏東客運海線諮詢專線：089-333443
Ding Dong Bus (089)333443



Ferry Schedule

海運交通 (船遊橋)
<http://www.ezboat.com.tw>



台東縣台東市富岡里富岡街二六八號一樓
電話:089-280011



炸飛魚 Fried Flying Fish

若要豪邁地享用飛魚，酥炸是最乾脆的方式。裹上薄粉油炸，連細刺也變得酥脆好入口。
Enjoy this simple dish, coated with a thin layer of flour and fried so that even the bones turn out crispy. Straightforward, yet delicious.

炒石枝 Stir-Fried Octopus

綠島人把當地捕獲的章魚稱為「石枝」，是婚宴必備佳餚。曬乾保存的石枝，帶有海島飄揚的風味，與辛香料同炒最夠味。
One of the delicacies for wedding banquets, octopus is known to locals as Shi Zhi. Drying under the sun helps preserve the scent of this sunny island and stir-frying with spices adds more flavor and brings out the taste.



花生豆腐 Peanut Tofu

花生豆腐淡淡的的土豆香，淡淡的鹹味，不含油脂、不含添加物，是最符合現代人飲食概念的健康食品。
With an aroma of peanuts and a slightly salty taste, but without the grease and additives, peanut tofu is perfect for a healthy diet.



海藻冰 Seaweed Shaved Ice

綠島盛產海藻遠近馳名，常見居民於珊瑚礁上採集海藻，再經過清洗、去砂等處理步驟後，便可加入冰品，其風味獨特美味。
Seaweed is abundant on Green Island. Locals often gather them from the reefs. After the cleaning process, they add seaweed to shaved ice dishes to give them a more distinct flavor.



芡粿 Qian Cake

用生花生加米研磨成粉狀，加些水成為漿，然後加上些蔥花或是九層塔及少許的鹽，再以花生油煎成薄餅狀。
Peanuts and rice are ground into a powder and mixed with water to form a paste, topped with chopped green onions, basil, and a little bit salt, and finally fried with peanut oil to make this tasty dish.

綠島自然生態 Green Island Natural Ecology

請勿捕捉島上以及海底生物
Do not Capture Any Wild Animal.



梅花鹿 (台灣亞種) Formosan sika deer

梅花鹿為台灣特有亞種，約於1969年，野生梅花鹿確實在台灣消失。而於1986年，綠島鄉公所將人工復育梅花鹿全部野放，經過三十年無約束的野外生活，已成功繁殖、生存，如今成為綠島夜間導覽主角之一。

Formosan sika deer is a subspecies of sika deer endemic form Taiwan. Since 1969, no wild Formosan sika deer was discovered. In 1986, the price for Formosan sika deer had dropped drastically because it was replaced by Sambhar deer since it yields better outputs and also tuberculosis started to spread amongst the specie All the Formosan sika deer was decide to be released by Green Island town hall. After thirty years of thriving in the mountains from Green Island, they have become one of the major attractions for the travel industry.



津田氏大頭竹節蟲 Megacrania tsudai

津田氏大頭竹節蟲是臺灣特有種，以林投葉為食。因有優秀保護色，故能隱身於林投葉中。受刺激時會射出費洛蒙做為化學武器，此蟲獸方式在學術界成名。如此特別的昆蟲成為了綠島夜遊的一大看點，可在過山古道發現。

Megacrania tsudai is an insect that can only be found on Green Island. Its color allows it to camouflage itself amongst tree leaves. Megacrania tsudai is also capable of releasing a pheromone for self-defense. This special ability has made them famous within the scientific community and is one of the not to be missed attractions for night tours. They can be found on the mountain trails.

低碳行程推薦「二日遊」 Green Travel 2 Days

- DAY1** 南寮漁港 >>> 搭乘環島巴士 >>> 白色恐怖綠島紀念園區 >>> 小長城 >>> 浮潛 >>> 南寮高街海堤觀夕陽 >>> 夜探梅花鹿
Nanliao Harbor >>> Tour Bus >>> Green Island White Terror Memorial Park >>> Little Great Wall >>> Diving Area >>> Sunset at the embankment on Nanliao Street >>> Observing Sika Deer at night
- DAY2** 過山古道慢走漫遊 >>> 大白沙踏浪 >>> 牛頭山大草原探秘
Across Mountain Ancient Trail >>> Dabaisha Diving Area >>> Niutou Hill



海底世界 Under the sea

綠島為典型的火山島，蘊含色彩璀璨的珊瑚礁再加上黑潮帶來豐沛的海洋生物種類，造就綠島擁有豐富多變的自然生態。另外綠島一年四季皆適合潛水，位於石朗有著全世界最大團塊微孔珊瑚「大香菇頭」已過1200歲，是潛水愛好者的朝聖之地！

This incredibly varied ecological community is the result of warm water temperatures and volcanic terrain, as well as both the Kuroshio and upwelling currents. Therefore, sea activities such as diving and snorkeling have become essential for the travel industry on Green Island. In order to maintain its beauty and minimize impact, please do not catch the aquatic animals or touch coral anywhere on the island.



奧式後相手蟹 Metasesarma aubryi

環島公路大湖聚落的尾湖和龜灣到石朗一帶，黃昏的時候常大量出現。每逢生殖季，陸蟹需橫越環島公路至海邊產卵。因行動緩慢常被車輛輾斃。為了其族群延續，請遊客減速慢行並在產卵季幫助母蟹過道進海。

During the mating season, all kinds of crabs will have to cross the roadway before laying eggs by the coast. Please be aware and slow down your vehicle to avoid them. On Green Island, they have become one of the major attractions for the travel industry.



白色恐怖綠島紀念園區
Green Island White Terror Memorial Park



牛頭山大草原
Niutou Hill