









Marongarong意指溪水湍急之貌,部落的祖先 遷徙到此地,聽聞溪水轟隆隆的聲響,於是以 Marongarong稱呼此地。

瑪洛阿瀧部落,依傍著馬武窟溪,前有出海口,背 倚海岸山脈,生活依循著自然資源,往山中採集, 往溪裡海中漁獵。多元物產,讓遷居至此的人們定 居下來,知足生活。

The word Marongarong means a river rapidly flowing. When the ancestors of the tribe first moved to this place, they heard the roaring sound of the river, and therefore named this place "Marongarong".

Marongarong, located on the riverbank of the Mawuku River, faces the Seashore Mountain Range sitting on its back. Life in Marongarong is led by the abundant resources provided by nature. People search for treasures in mountains and fish for food in rivers and sea. The great geographical location and the diversity of resources attracted the people to settle here and start their new life.





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# 來當一天阿美族人

阿美族人稱太平洋是他們的冰箱,取用資源,夠了就好。

舉凡食、衣、住、行、育、樂·都可以窺見尊崇自然、知足 生活的哲學價值觀。

瑪洛阿瀧的山間可以採集野菜,海裡可以漁獵生鮮,溪裡 也能抓捕漁獲,但不過度、不濫用,這些資源才能永續的 保存下來,因此可以從童年遊戲、經濟活動、山海景觀,體 驗了解阿美族文化精神。

到瑪洛阿瀧戶外體驗課堂,當一天阿美族人吧!

#### Experience the daily life of Amis

The Amis calls the Pacific Ocean their big refrigerator, they take what is necessary, and take just the amount they need.

From the aspects of food, clothing, housing, transportation, education, entertainment, we can see the life philosophy of respecting the nature and be content with life.

Gems can be found in the mountains of Marongarong, seafood can be gathered in the sea, and fish can be caught in the rivers. Not over using and not abusing are the two keys to preserve natural resources, forming the Amis outdoor experience class. From childhood games, economy activities, to landscape scenery, this experience allows you understand Amis lifestyle through children game, so experience the Marongarong outdoor experience, and be an Amis for a day!









傳統竹筏的製作,須先祭拜祖靈,向祖靈祈求工事 順利,在耆老的傳授下,青年們學習並傳承技藝。 竹筏不僅是古早生活的謀生工具,也飽含著文化 意義,因此部落的成年禮中,划竹筏穿越峭壁水 道,也是一項考驗。

如今,游客也可以乘上改良過的竹筏,體驗划竹 筏的樂趣, 感受身處馬武窟溪懷抱的感動。

#### Recreation, Marongarong

According to traditions, before a bamboo raft is made, people must pray to their ancestors and spirits for its successful completion. Taught by the elders, youngsters learn and pass on this technic. A bamboo raft is not only a tool to make a living in the early days, but also full of cultural significance. Therefore, during the rite of passage in the tribe, steering a bamboo raft through the rapid river was also listed as one of the tests.

Today, tourists can board an improved bamboo raft and enjoy the embrace of the Mawuku River.















馬武窟溪在部落的生活中,一直扮演著相 當重要的角色;以八卦網撒網捕魚,是傳統 技藝,更是一項生活技能。

就讓我們一起嘗試使用八卦網,撒開白花 花的漁網,期待有豐盛收穫吧!

# Fishing with nets, a fishing and hunting life style

The Mawuku River plays a very important role in the tribe's daily life. Using a cast net to fish is not only a traditional technique but also a daily living skill. Let us try together to cast this fishing net, and look forward to the rich harvest that comes our way!











餐桌上豐富的野菜,你認識多少? 讓我們一同踏進田野,親手採集野菜,重新 認識這些隱藏版食材寶藏;平時不起眼的 植物們,其實是美味滿分健康滿點的優秀 菜餚喔!

## Gathering wild vegetables, experience the farming life

how many do you know them? Let us walk into the field together, pick the vegetables with our hands, and cherish the chance to meet these hidden food treasures again. These plants might seem plain and normal, but they make delicious and healthy meals.

Out of the rich variety of vegetables on the table,







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騎著自行車,哼一曲單車快樂行,穿梭山林間,來 一趟泰源單車漫遊幽谷。

### 悠閒逐浪

赤足走在沙灘上, 追逐浪花享受大自然的清新, 金 樽瞭望台可以望見陸連島與沙灘的美景, 喝杯咖 啡,海風吹拂,悠閒的生活步調口説無憑,直接這 樣鍋吧! 生活。

#### Secluded valley, Bike rides

Humming a joyful tune, take a bike ride in the Taiyuan Valley. Climb the Xianqiao and meet the Formosan rock-monkeys.

#### Wave sounds, Baishawan

Walk on the beach with barefoot, chase the waves and enjoy the fresh nature. There is beautiful scenery of land-tied island and the beach from the Jinzun Pavilion. Enjoy a cup of coffee and feel the gentle sea breeze. The leisurely life style cannot be described by words. Just live this way!





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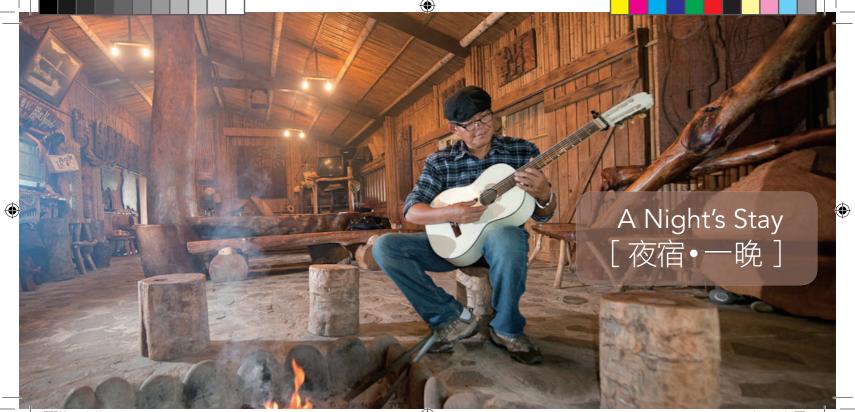


阿美族採集生活週遭的新鮮食材,運用自然原味的烹煮方式,將食材化身為令人食指大動的菜色。在瑪洛阿瀧部落屋裡,傳統家屋空間,加上別具風味的餐食,無論是原味香甜的糯米飯、或是永燙青蔬、悶炙山雞,更有海膽、榮螺,連水母都入菜,趕快呼朋引伴,一起來品嚐驚喜更加驚豔的獨特風味餐!

## Vegetables, Seafood, Natural Feast

The Amis has a variety of cuisines made with a natural cooking style, turning fresh foods found in daily life into delicious cuisines that you simply can't resist. Enjoying a special cuisine in a traditional home of Marongarong, whether glutinous rice with an original sweet taste or boiled vegetables, roasted chicken, sea urchins, marmoratu and jellyfish are all part of the feast. Bring your friends and let us enjoy this amazing and unique cuisine!





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秉持傳統丁法的建造方式, 竹編外牆、茅草屋頂, 瑪洛阿瀧部落屋從興建到完成,多次溝通部落共 識,動員部落的年齡階層一同營造。部落屋是部落 振興的希望象徵,也是部落的夢想起點。

夜晚在家屋烤火,是情感交流的表徵,在瑪洛阿瀧 部落屋裡,旅人們圍坐火堆前,彈起吉他、唱起歌、 娓娓道來生活故事。

### Return to the tribe, Tribe House

Constructed with traditional techniques, the walls are made of bamboo and the roof is made of couch grass. The Marongarong Tribe House are made together in the tribe through all the discuss between tribes and the support of every gemeration, therefore the Marongarong Tribe House is not only a hope for the tribe's properous future but the blueprint of the tirbe's dreams.

Sitting a fire in the tribe house at night represents the exchange of emotions. In the Marongarong Tribe House, travelers gather around the fire, playing guitar and singing songs, sharing their life stories.





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### 服務項目(4人成行,需預約)









竹筏 River Rafting

竹筏體驗 | 250元/人

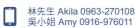
風味餐 | 4500元/桌

住宿(含早餐) 2500元/間(超過四人每人600元)

#### Service Items (reservation, minimum 4 people)

River Rafting | NT\$250 per person
Specialty Meal | NT\$4500 for each table
Lodging (including breakfast) | NT\$2500 per room (NT\$600 per person if more than four persons)















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