

山海之约

海的浪漫，山的依戀，風的輕撫，
如梭和帆影般的印記，
都刻在山海之間。

炫麗海岸—臺東轄區

炫彩繽紛的濱岸，閃耀著金色光芒；椰子樹、海漂植物，展現海岸林特有的熱帶風情。櫟比麟次、各具特色的休憩區，演繹精彩風光，也詮釋著人文的風貌。

綿延不絕的風景線

臺東轄區從東管處最南端的景點小野柳到花東兩縣交界，沿途景點絡繹不絕。不但有特殊的岩層和地景，還有沙灘、磯岸、珊瑚礁岩等不同類型的海岸風光。而沿線的城鄉聚落，是東海岸耀眼的珍珠。大海的子民與自然和諧共存的生活智慧依然延續；多元族群在此共同生活的軌跡，也持續豐富著東海岸的人文風景。

Endless Scenic Attractions

The Taitung District encompasses Xiaoyeliu from the southernmost point to the border of Hualien, with a wide array of scenic sights throughout. There are unique rock layers, geological formations, beaches, beach gravel, and coral reefs along the coast. People coexist peacefully with nature as they demonstrate their wisdom in life. The life memories of diverse ethnic groups also add to the wealth of culture found on the east coast.

Taitung District

Along this dazzling coast, coconut trees and coastal plants add to the tropical atmosphere. Beautiful scenic points along the coastline highlight its cultural background.

小野柳—都蘭

離臺東市不遠的小野柳，擁有極為特殊的上下顛倒岩層，以及維妙維肖、各異其趣的奇岩怪石。北端緊密相連的加路蘭遊憩區，美麗的觀點從原創的裝置藝術，跨越到大海另一端的都蘭灣。斐然有成的杉原富士護漁區，魚群在珊瑚礁快樂穿梭。都蘭山遶聚的雲霄換發神秘，呼應「水往上游」奇觀，也與人文匯聚的都蘭相得益彰。

From Xiaoyeliu to Doulan

Xiaoyeliu boasts unique rock layers and interesting rock formations. Look out onto Doulan Bay and driftwood art installations at Jialulan Recreation Area. Schools of fish swim happily between coral reefs at the Shanyuan-fushan fish recovery area. Mysterious colors paint the clouds above Doulan Mountain, seemingly reflecting the strange sight of Water Running Upward.



石雨傘 / Shiyusan



水往上游 / Water Running Upward

金樽—成功

金樽綿長的沙灘旁，是臺灣唯一正在形成的陸連島。東河與成功交界，跨越馬武意溪的東河新、舊兩座橋樑，訴說不同世代的風華。背山面海的東管處處本部園區，都歷遊客中心的多媒體展示、阿美族民俗中心的樂舞和體驗活動，領略自然與部落文化之美。農漁產業歷史久遠的成功鎮，麒麟遠播馳名，鯨旗魚的傳統也耐人追尋。

From Jinzun to Chenggong Township

Arriving in Jinzun after visiting Doulan, the only land-tied island formed in Taiwan can be found on the beach. Both the old and new Donghe Bridges tell tales of times past. Multimedia exhibitions from the Douli Visitor Center, traditional Amis music, dances and rituals at the Amis Folk Center allow visitors to learn more about the natural and indigenous beauty of the east coast at the headquarters of the East Coast National Scenic Area Administration.



金樽 / Jinzun



阿美族傳統祭屋 / Ritual House

From Sanxiantai to Jie Bridge

The rhythm of paw paw drums can be heard at the Pisirian Tribe, and one can almost see the silhouette of the little girl from Jimmy Liao's picture book. A stone umbrella is left behind on the headland at Shiyusan. The Yiwan church is a popular attraction. Jie Bridge is cloaked in fog and the legends of the Amis People. It is also an excellent location to observe sunrise and the moon.

烏石鼻—八仙洞

玉長公路通車後，往來更加便利。魅力漁港烏石鼻，除了船隻不靠岸停泊的特殊景象之外，更有全臺面積最廣的柱狀安山岩景觀。緊鄰玉長公路終點的寧埔橋，往來縱谷和東海岸的客旅在此交會。齒岸橋前方海天一色的「加走灣」是長濱鄉的舊稱，也是東海岸最大的米倉。隸屬新石器時代的「忠勇遺址」和八仙洞舊石器時代的「長濱文化」，則為東海岸留下了遠古的生活紀錄。

From Wushibi to Baxian Cave

It's more convenient after the establishment of the Yuchang Highway. Wushibi boasts Taiwan's largest andesite formation. Ningpu Bridge is located next to the end of the Yuchang Highway, where travelers from the east rift valley and the east coast meet. Changbin Township's beautiful bay lies in front of Chicaoqiao. Changbin Culture found at Baxian Cave, from the Paleolithic Age, leaves behind traces of ancient life.



比西里岸部落 / Pisirian Tribe



卡片教堂 / The "card church" at Yiwan



八仙洞 / Baxian Cave

東部海岸國家風景區

East Coast National Scenic Area

奇幻山水—花蓮轄區

The northernmost tip of the coastal mountain range is where these dazzling landscapes begin. The further south one travels, the more brilliant the scenery and tales.

花蓮溪口—磯崎

東管處花蓮轄區北起花蓮溪口，南至北回歸線附近的花東兩縣交界，並上溯秀姑巒溪至瑞穗泛舟起點。鹽寮休憩區的石龍公園，有國際藝術相伴的海景。水璉、磯崎間，臺11線地勢最高的路段，也是撒奇萊雅族的新故鄉。水璉是多元族群的聚落；芭崎眺望臺，是觀賞磯崎灣和大石鼻山的最佳據點。山腳下的牛山換膚沙灘，遺世孤立在險崖之間。18號橋兩側對比明顯的地形及深不可測的蕃薯寮峽谷，感受阿美族跳躍河谷「造勇成林」的氣魄。

From the Mouth of Hualien River to Jiqi Beach

The Hualien District starts north at the mouth of the Hualien River, extending west until the Xiuguluan Visitor Center. The coastal mountain range is steep until Shitiping. The highway winds through the mountains between Shuilian and Jiqi, with views of Niushan Beach in the distance. The Fanshuliao River Gorge is deep and precarious. The Baqi Gazebo affords an unobstructed view of Jiqi Bay and Guihou Headland.



磯崎 / Jiqi Beach



牛山 / Niushan Beach



番薯寮 / Fanshuliao



親不知子斷崖 / Qinbuzhizi Cliff

海上明珠—綠島 Green Island

臺灣東南方的太平洋上，這座火山噴發而成的島嶼，是南島語族的Sanasai或Sanayasai、遷往臺灣的中途站。在大航海時代，位於國際航道的這座島，也已標示於荷蘭、義大利、法國等海權國家的航海地圖上。

漂浪島嶼

綠島舊稱「火燒島」、「雞心嶼」，民國38年改名「綠島」，離臺東市約18海哩(33.3公里)，面積約15平方公里。4000年前的「繩紋紅陶文化」顯示島上已有人類居住。達悟、阿美族的口傳歷史中也曾有在此生活的事蹟。19世紀初，始有小琉球漢人漁民前來，建立「公館」及中寮村落。19世紀中葉，又有東港漁民因颱風漂流至此，隨後率眾在柚子湖、溫泉開墾定居。近代的綠島，是臺灣人權歷史演進的重要場域，早期曾因禁梏政治犯管制出入，保留了更多天然風貌。潔淨的沙灘、礁岩上直立生長的水芹花、椰子蟹，繽紛美麗的珊瑚礁及海底景觀，都令人流連忘返。

Pearl of the Sea

Green Island is 18 nautical miles from Taitung City, with traces of prehistoric humans from 4,000 years ago. At the beginning of the 19th century, Han fishermen from Xiaoliuqiu and Donggang established villages on the island. In recent history, access to Green Island was restricted as it was used as a location to imprison political prisoners. However, this conserved much of its pristine beaches, exquisite flora and fauna, as well as its underwater sights.

綠島映像

純淨天然的綠島，擁有世界聞名的海底溫泉及柴口、石朗、大白沙3個潛水天堂，多種珊瑚礁和海洋生物構成豐富的海底生態。西北海岸高地上，流傳感恩故事的燈塔在岸邊招手。人權紀念公園外，穿戴鐵甲的將軍岩神韻豎裂，另一側牛頭山上，可眺望樓門岩壯闊的海蝕拱門。柚子湖的「咕咕石」民宅為早期的聚落遺跡，巨大的海蝕洞和岩岸蘊藏著重要的史前遺址。小長城海岬視野絕佳，可俯瞰海參坪月形海灣上的「仙人巖石」、「哈巴狗與睡美人」。過山古道，是早期南寮通往溫泉的路徑。空靈的紫坪潟湖，則是旅人最佳的心靈畫方。



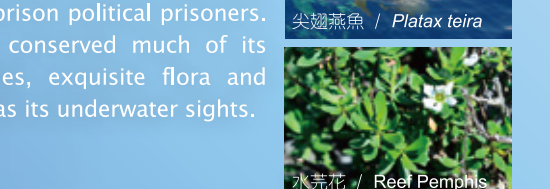
綠島地圖



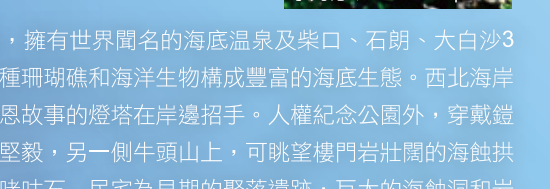
綠島燈塔 / Green Island Lighthouse



椰子蟹 / Coconut crab



尖鰭燕魚 / Platax teira



水芹花 / Real Pampas



石朗 / Shilang



樓門岩 / Loumen Rock



紫坪 / Zipping



朝日溫泉 / Zhaozi Hot Spring



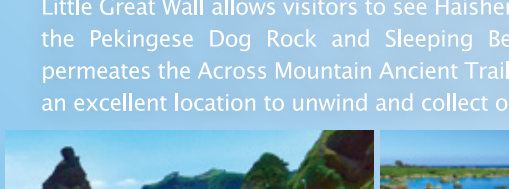
睡美人岩 / Sleeping Beauty Rock

Green Island Imagery

Green Island is a pristine destination with three snorkeling areas: Chaikou, Shilang, and Dabaisha, as well as a renowned ocean hot spring. A white lighthouse is located at a high point on the northwest coast, and the Jiangjun Rock stands steadfast in front of the Green Island Human Rights Memorial Park. Look out from atop Niutou Hill and see Loumen Rock. Ruins from early villages can still be seen at Youzihu. The excellent view from Little Great Wall allows visitors to see Haishenping Bay as well as the Pekingese Dog Rock and Sleeping Beauty Rock. Nature permeates the Across Mountain Ancient Trail, while the Zipping is an excellent location to unwind and collect oneself.



綠島地圖



綠島燈塔 / Green Island Lighthouse



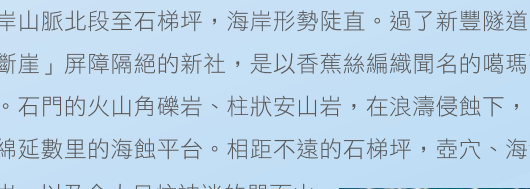
椰子蟹 / Coconut crab



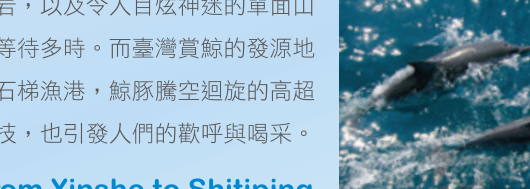
尖鰭燕魚 / Platax teira



水芹花 / Real Pampas



石朗 / Shilang



樓門岩 / Loumen Rock



紫坪 / Zipping



朝日溫泉 / Zhaozi Hot Spring



睡美人岩 / Sleeping Beauty Rock

新社—石梯坪

海岸山脈北段至石梯坪，海岸形勢陡直。過了新豐隧道，「親不知子斷崖」屏障隔絕的新社，是以香蕉絲編織聞名的噶瑪蘭族的新天地。石門的火山角礫岩、柱狀安山岩，在浪濤侵蝕下，留下海蝕洞及綿延數里的海蝕平台。相距不遠的石梯坪，壺穴、海蝕溝、珊瑚礁岩，以及令人目眩神迷的單面山已等待多時。而臺灣賞鯨的發源地一石梯漁港，鯨豚騰空迴旋的高超泳技，也引發人們的歡呼與喝采。

From Xinshe to Shitiping

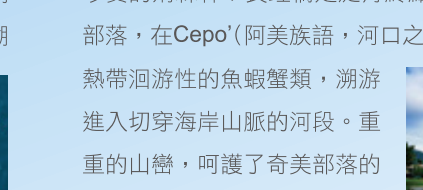
After the Xinfon Tunnel, the Xinshe Tribe is a new home for the Kavalan People. The sea-eroded floor at Shimen extends for several kilometers. Located nearby is Shitiping, with its geological sights such as patholes, sea-eroded produced trench, coral reef rocks, and cuesta. Whales and dolphins bring joy to visitors in the open sea outside Shiti Fishing Harbor.



石梯坪 / Shitiping



石門 / Shimen



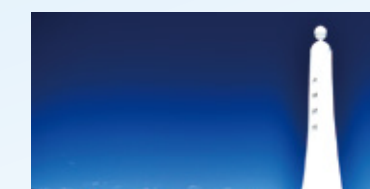
新社的稻田景觀，以及部落裡的香蕉絲絲織與獨木舟。 / Scenery of Xinshe Tribe, and the woven from banana stem fibers and canoe of Kavalan People.

Cepo' 在北回歸線旁

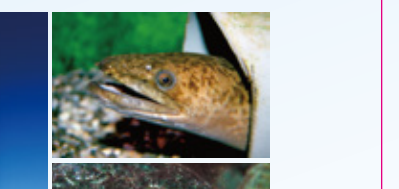
北回歸線地標是花蓮轄區最南的景點；巴拉畝巒溪是毛蟹的故鄉。秀姑巒溪出海口的奚卜蘭島像躺臥的睡美人，保存了珍貴的荊棘林；長虹橋是泛舟終點。水岸兩端的靜浦、港口部落，在Cepo' (阿美族語，河口之意)都有長遠的生活歷史。熱帶洄游性的魚蝦蟹類，溯游進入切穿海岸山脈的河段。重重的山巒，呵護了奇美部落的傳統，也保存了臺灣僅存最原始的熱帶雨林及特有種魚類。

Beside the Tropic of Cancer

The Tropic of Cancer Landmark is the southernmost tip of the Hualien District; the Pala-aluan River is home to the *Eriocheir formosa*. Xibulan Island, located at the mouth of Xiuguluan River, resembles a sleeping beauty; Changhong Bridge is often the final destination for kayakers. The Jingpu and Gangkou Tribes both have long histories of living at either end of the river mouth. The primitive tropical rainforest has conserved precious aquatic animals while also preserving traditions of the Kiyit Tribe.



北回歸線地標 / Tropic of Cancer Landmark



蝟鱗 / Anguilla marmorata 毛蟹 / Eriocheir formosa



Taiwan THE HEART OF ASIA

交通部觀光局東部海岸國家風景區管理處
East Coast National Scenic Area Administration



地理環境 Topography & Ecology

海蝕刻畫的地景，是千古難鑿的痕跡
北緯23.5度的北回歸線劃分熱帶與亞熱帶
擁有繽紛多樣的動、植物生態

地質地形 The Geology and Geography

東部海岸地區是菲律賓海板塊撞擊歐亞大陸板塊所產生，火成岩與沉積岩組成的地質結構，地形險峻中帶著靈氣。加上河、海的侵蝕作用，造就海岸山脈河川流域（如秀姑巒溪、馬武窟溪等溪流）的峽谷、曲流、河階等地形，以及花蓮溪到卑南溪之間多變的海岸景觀，包括：海階、海岬、磯崎和杉原的沙灘、水璫的磯灘、金樽離岸島，及小野柳、三仙台、石梯坪等地的珊瑚礁岸、海蝕平台、海蝕洞、海蝕溝等磅礴的地景。而板塊持續擠壓下，陸地隆升也相當發達，是地理學的天然教室。

During Taiwan's orogenic movements, the Philippine Sea Plate moved northwest with a volcanic island, impacting the border of the Eurasian Plate. This created the central mountain range. The volcanic island later became the coastal mountain range, and the East Rift Valley is where the tectonic plates met. Changes in geological layers, in addition to erosion from rivers and the ocean have formed a diverse landscape that includes meander, gorge, marine terrace, headlands, sea caves, sea-eroded floors and more.



石門海蝕地形 / Sea-eroded floors

The Tropic of Cancer Divides the Tropics from the Subtropics on This Beautiful Sea-Eroded Landscape, With Diverse Natural Ecology

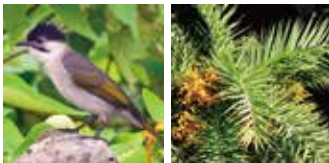
自然生態 Plants and Animals

熱帶與亞熱帶季風氣候下的東海岸，擁有繽紛多樣的自然生態。石梯坪、三仙台、小野柳的珊瑚礁植群，及崧卜蘭島獨特的荊棘林，保留了多種珍貴植物。秀姑巒溪兩岸保存完整的熱帶雨林及沿海地帶茂密的海岸林，吸引臺灣獼猴、小黃腹鼠等20多種哺乳類動物，及烏頭翁等近150種鳥類棲息。秀姑巒溪、馬武窟溪沿線，蘊藏數量、種類繁多的留鳥及候鳥。溪流裡，還有高身鯉魚、何氏棘魷、菊池氏細鯽等特有種魚類，及秀姑巒溪獨特的亞熱帶河川洄游生態奇觀。而潮間帶漲退潮環境中，演化出特異形態的海邊生物，也讓東海岸的生物多樣性更加精采。

Seeds drifted from the sea onto shore, taking root along the east coast. More than 20 mammals and nearly 150 bird species have made this tropical rainforest their home. Fish and migratory aquatic life endemic to Taiwan are preserved in its rivers, streams, and estuaries. The animals found in the intertidal zone also display their vitality amongst the waves.



臺灣獼猴是東海岸最具代表性的哺乳類動物，以東河麥寮遊客中心最易觀察到。 / Formosan rock monkey.



烏頭翁、臺灣海島分別是東海岸的鳥類和植物代表。 / Pycnonotus taivanus and Phoenix hanceana var. formosana.



人文采風 Culture

山海相銜、形勢孤立的世外桃源
保留了更多固有的語言和文化

Paradise between Mountain and Sea, Conservation of More Existing Languages and Cultures

多元族群 A Cornuopia of Cultural Diversity

綿延150公里的海岸山脈和海洋，看似寂寞孤單，卻也因地形的緩衝與阻隔，保存了更多族群文化。東海岸境內主要的原住民族包括：阿美族、噶瑪蘭族、撒奇萊雅族，以及少數西拉雅族和布農族也在此存續命脈。而近年以巨石文化遺址受到矚目的長濱鄉忠勇村，也居住著少數的平埔族和馬卡道族人。此外，榮民、閩、客及外地漁民、大陳島民、傳教士，也在此安身立命，展開新的生活。

With the coastal mountain range and ocean serving as natural barriers, a diverse set of cultures are preserved in this region. This is not only a home for indigenous groups like the Amis, Kavalan, Sakizaya and some Siraya and Bunun, but veterans, Hoklo, Hakka people, foreign fishermen, missionaries, and people from the Dachen Archipelago have also started new lives here.

阿美族 Amis Peoples

阿美族是臺灣原住民族人口最多的族群。以女性為家族重心的母系社會，公共事務由長老、頭目及男性族人組成的「年齡階級」執行。夏天的「豐年祭」為主要祭典，以歌舞、祭儀表達謝恩，也祈求平安豐收。奇美、港口，是保留傳統祭儀文化相當完整的部落。

The Amis tribe posits women as the household head, and public affairs are executed via a social structure composed of elders, chiefs, and male tribe members. The harvest festival is a main celebration for them, where they sing, dance and worship in prayers for a safe and plentiful harvest.



噶瑪蘭族 Kavalan Peoples

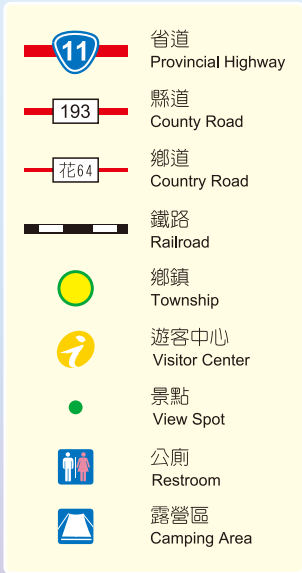
噶瑪蘭族人自蘭陽平原移居花蓮後，又因1878年的「加禮宛事件」遷移到東海岸，過著傳統農耕、漁獵生活，在遺世孤立的環境中，保留了語言、風俗及農業相關的祭儀。「香蕉絲」（香蕉莖部纖維）編織為一大特色，在主要的新社部落，重拾了這項工藝絕活。



撒奇萊雅族 Sakizaya Peoples

原分布在花蓮的撒奇萊雅族人，在「加禮宛事件」爆發後，為避禍隱遁在阿美族群中生活，直到2004年的正名運動，才正式恢復族名和往日固有的文化。水璫、磯崎，是東海岸撒奇萊雅族人數較多的地方，而磯崎是最完整保存撒奇萊雅本色的部落。

The Sakizaya People reside primarily in Shuilian and Jiqi along the east coast. After the Karewan Incident, they lived quietly amongst the Amis tribe, and did not restore their tribe name until 2004.



主題遊程 Themed Tours

魅力的山水、生活智慧底蘊的人文
兼具知性與感性、展現運動的活力

Mountains and Oceans Filled with Knowledge, Emotion and Vitality

自然風貌與人文共構的東海岸，可單車樂活，也可感受水的韻律，或體驗部落生活。此外，還有「成功小鎮漁村風情之旅」、「夜訪小野柳」、「綠島低碳生態遊程」，以及「無障礙旅遊」、「銀髮族旅遊」、「穆斯林旅遊」等各種建議遊程。

The staggering amount of activities you can do can be overwhelming, which is why we have sorted out several themed tours. Some major themes includes our Tribal Tourism, Cycling Stations, Water Sports, Low Carbon Footprint Tour to Green Island, Senior Tours, Muslim-friendly Tours, Disabled-friendly Tours and many more.

部落觀光 Tribe Experience

在東河、都歷、比西里岸、南竹湖、新社、靜洲、水璫、奇美等8個推動部落觀光產業的部落，體驗原民生活智慧及飲食文化。

Along the east coast, you can experience tribal culture in Donghe, Douli, Pisirian, Nazhuhu, Xinshe, Jingpu, Shuilian and Kiwit tribe.



泛舟、衝浪、潛水 Rafting, Surf & Scuba Dive

秀姑巒溪瑞穗、大港口間的峽谷流域，有20多處激流、險灘，是臺灣最負盛名的泛舟河段。而金樽、東河、基里、長濱、磯崎是有名的衝浪熱點。延伸50~60公尺的大陸棚、秋冬東北季風助長的浪勢，讓衝浪者趨之若鶩，帶動東海岸的衝浪運動及國際知名度。而綠島和杉原擁有世界級的海底景觀，是遊客來東海岸必訪的熱門潛點。

The Xiuguluan River in Ruisui is one of the famous attractions for rafting. Besides, Jinzun, Donghe, Jihui, Changbin, and Jiqi are all regarded as the popular surf spots in autumn and winter due to huge and challenging waves. Moreover, Green Island and Shanyuan are the best spots for skin diving.

單車之旅 Cycling Station

東河、美山、長濱單車驛站及台11線沿途派出所，免費提供水分補給、盥洗、導覽地圖、簡易維修與工具。

There are some bike depots and local policies along the Provincial Highway 11 provide some convenient and free services and resources for cyclists, such as water refill, restrooms, tourist maps and simple repairing tools for bike.



行動東海岸
By East Coast National Scenic Area Administration
View More by This Developer



史前文化 Prehistoric Culture

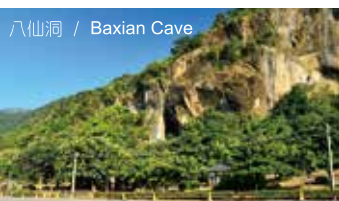
在同樣的東海岸，不同的時
間裡，產生不同文化的累積

Accumulation of Different Cultures at Different Times on the East Coast

東部海岸的史前遺址，目前已發現40~50處，大多分布在潮海階地。年代大約在5萬年前至200~300年前，涵蓋舊石器時代晚期、新石器時代及鐵器時代。依時代或文化性質，可分為「長濱文化」、「繩紋陶文化」、「麒麟文化」及「卑南文化」等。其中，1968年在八仙洞發現的「長濱文化」，是臺灣第一個舊石器時代遺址。而位於長濱鄉忠勇社區的巨石文化隸屬新石器時代，也是臺灣面積最大、軍石最多的史前文化遺址，它與臨近的八仙洞遺址連成一氣，為東海岸增添不少的神秘古老氣息。



Roughly 40 to 50 prehistoric sites were discovered along the east coast, mostly distributed amongst the coastal terraces, from both the Paleolithic Age and Neolithic Age. Changbin Culture, discovered within Baxian Cave in 1968, was Taiwan's first Paleolithic Age site. A Megalithic Culture discovered at Zhongyong Village, is Taiwan's largest Neolithic site.



山海之約

海的迴盪、山的依戀、風的縫隙
如炫彩瑰麗般的印記，刻劃在山海之間。

Take a Leisurely Tour and Romancing the Mountains and the Sea along the East Coast

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