



綠島 · 安通 溫泉 + 成功 旗魚 知本 · 瑞穗 美食

Green Island · Zhiben
Antong · Ruissui
**Hot Spring
+
Chenggong
Township**
Billfish Gourmet Foods

泡湯賞味趣

花東溫泉美食饌

Hot Springs and Gourmet Food of Eastern Taiwan



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東部海岸國家風景區管理處
East Coast National Scenic Area

泡湯賞味趣 花東溫泉美食饌

Hot Springs and Gourmet Food of Eastern Taiwan

交通部觀光局東部海岸國家風景區管理處



風呂名湯，味覺的饗宴，是山海的盛宴
心的旅行，感知的趣味，是舞動浪漫的幸福……

Hot springs and gourmet foods are the banquet of sea and mountain
A journey of the heart, the delight of the senses,
and the happiness of moving with the romance……



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Ministry Of Transportation And Communications Republic Of China
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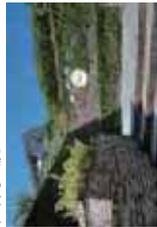


東管處遊客中心

Visitor Center of East Coast National Scenic Area Administration

1 花蓮遊客中心

Hualien Visitor Center
ADD：花蓮縣豐鄉鹽寮村大坑5號
Shoufeng Township,
Hualien County
TEL：(03) 867-1326



2 秀姑巒溪泛舟中心

Siouguluan River Rafting Center
ADD：花蓮縣瑞穗鄉中山路三段215號
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



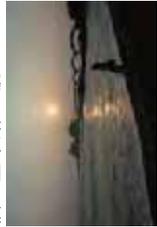
4 八仙洞遊客中心

Bashian Cave Visitor Center
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No.1-4, Shuimunding,
Sanjian Village, Changbin Township,
Taitung County
TEL：(089) 881-418



5 三仙台遊客中心

Sansantai Visitor Center
ADD：台東縣成功鎮三仙里基潭路74號
No.74, Jhului Rd,
Sansian Village,
Chengcong 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
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No.25, Xincun Rd,
Xinyi Village,
Chengcong 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

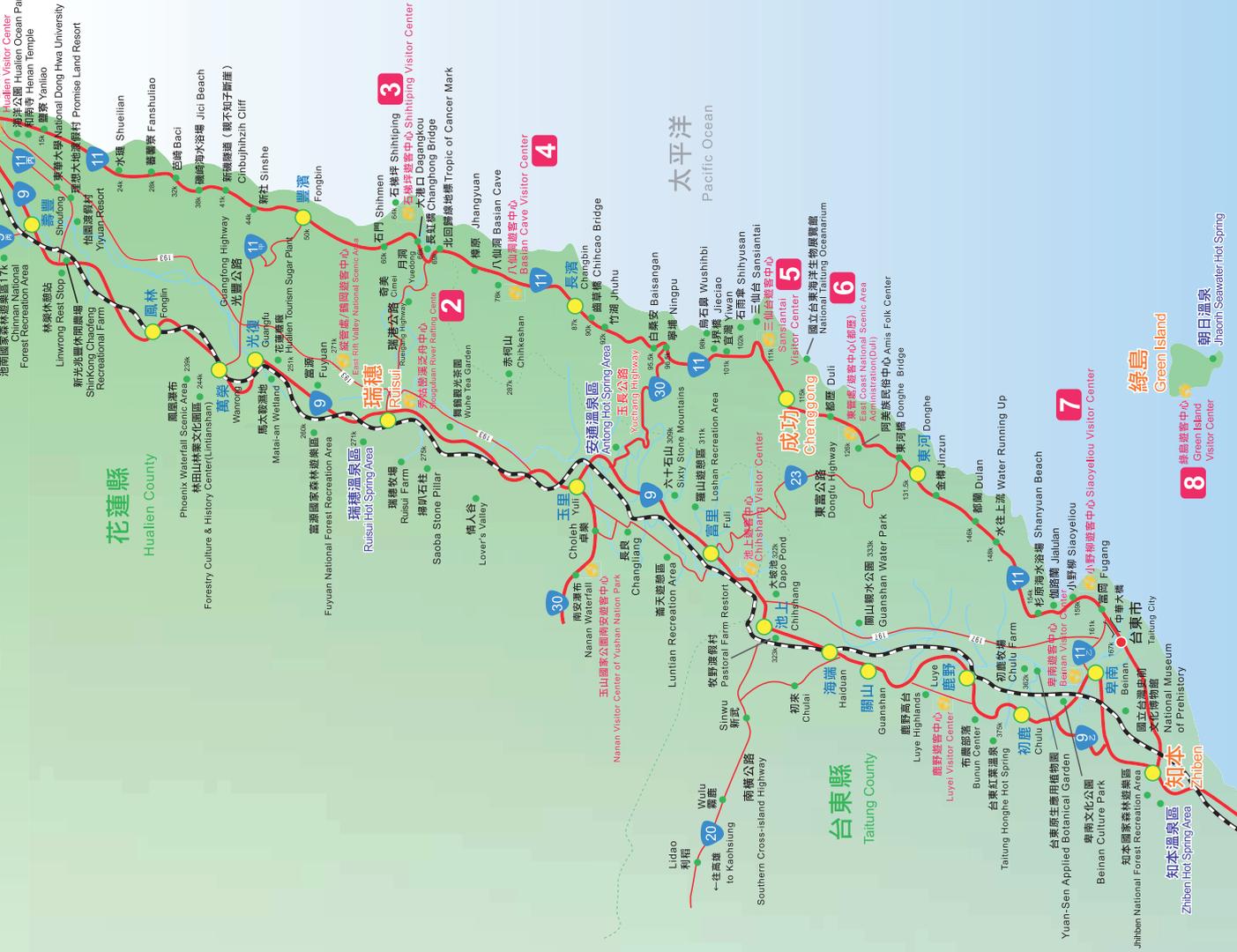


8 綠島遊客中心

Green Island Visitor Center
ADD：台東縣綠島鄉南寮298號
No.298, Nanliao Village,
Green Island Township,
Taitung County
TEL：(089) 672-026



Map of the Eastern Taiwan Travel 花東旅遊線地圖





大地的獻禮—黃金溫泉帶

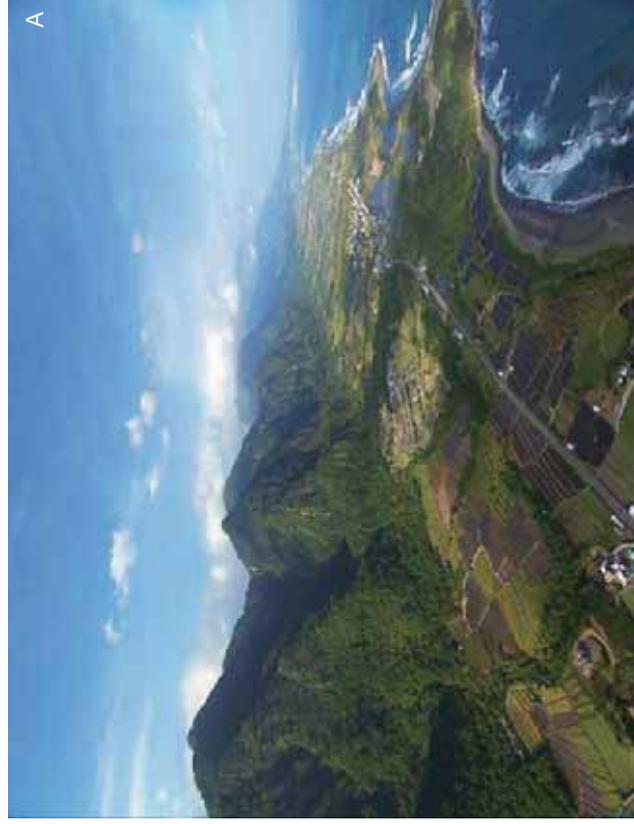
源自地殼深處的暖流

億萬年前，當歐亞大陸板塊上的「古台灣島」逐漸被拱起，東南方海面的火山島弧，也隨著菲律賓海海洋板塊緩緩而來。

終於，在200萬~20萬年前，兩大板塊激情相遇。東南方的火山島弧併入了台灣島，形成海岸山脈。不僅造就了東部海岸的地理格局，兩大板塊在造山運動時期，地火蔓延的餘溫也依然存在。

溫泉與花東山海交織的戀曲

這些源自地殼深處的熱情，在東台灣的綠島、知本、安通、瑞穗等處，藉由地下的水流釋放出來，也就是古今中外人士皆愛的溫泉。而在花東旅遊線的串連之下，這幾個富有盛名的溫泉勝地，也構成了一條黃金溫泉地帶。不論您循著台11線海岸公路而來，或由玉長公路、瑞港公路穿越海岸山脈，或航向前往綠島的金色航道，花東的山海，都有優質的溫泉，等著為您舒活筋骨，洗去俗世煩憂。



A | 海岸山脈、成功鎮都歷上空 | From the top of East Coast (林景川 / 攝 Photo by Lin, Jing-Chuan)
B | 綠島朝日溫泉 | Jhaorih Seawater Hot Spring



Gift from the Earth

Warm Flow from Deep within the Earth's Crust

Millions upon millions of years ago, when the "ancient Taiwan Island" on the Euro-Asia plates gradually cropped up, a volcanic island arch was formed as the Philippine sea plate slowly moved.

Finally, around 2 million to 200 thousand years ago, two main plates collided. The volcanic island arch to the south-east was merged into Taiwan island and formed the Coastal Mountain range. This movement did not just shape the geography. Off the East Coast, the high water temperatures seeping from the two tectonic plates intense crash is still there.

The Love Melody Woven by Hot Spring and the Eastern Mountains and the Ocean

The passion from deep within the earth's shell spreads in eastern Taiwan from Green Island, Zhiben, Antong, Ruisui, and is released by way of the underwater flow; here are hot springs loved by people around the world. Under the trail of the eastern Taiwan travel line, those famous hot spring spots form a golden hot spring belt. You may go by way of Provincial Highway 11, Yuchang Highway or Ruigang highway through the coastal mountain range to the sea, or go by way of a boat that sails to Green Island. The high quality hot springs of the East Coast is waiting to relax your body and wash away the annoying and worrisome world.



令人嚮往的溫泉

Hot Springs that Lures People

流傳的奧秘

溫泉吸引人的地方，除了舒暢筋骨，就屬坊間流傳的養生效果，像是改善皮膚、腸胃、慢性病、婦女病、外傷等。有溫泉區業者表示，曾聽聞早期原住民部落裡，若有人感覺身體不舒服，就到野溪溫泉搭簡易竹棚，在裡頭泡個幾天，往往獲得改善。

在早期醫療不發達的年代，溫泉或許治癒了某些疾病，但還是提醒您，選擇以溫泉做長期調養之前，也別忘了多聽聽醫生的建議喔！

The Mystery is the Circulation

Hot springs attract people in many ways, can relax our bodies; what is good for keeping fit is the most attractive, like improving skin condition, intestines and stomach, chronic disease, women's disease, external injuries and so on. The business people at the Antong hot springs indicate that they have heard the aboriginal people say that when their tribal people felt uncomfortable in early times, they would come to soak in the wild field hot springs for several days, then their health condition would be improved.

During an age when medical service was not popular, hot springs might cure some diseases. However, here we would like to remind you, before you choose a hot spring as a slow recovery method to convalesce from a health problem, please consult a doctor.

不可不知的泉質特性

在溫泉泉質分析頗為深入的嘉南藥理科技大學台灣溫泉研究發展中心，也曾針對溫泉對身體的幫助進行資料蒐集，以下摘錄其中關於本書4大溫泉區常見的溫泉特性：

Something You Should Know About Hot Springs

Taiwan Hot Spring Research Center of Chia Nan University of Pharmacy & Science, an institute that did a complete analysis of local hot springs, has done research on how the hot springs improve one's health condition. Below is the summary regarding the common characteristics of the four main hot spring areas in this book:

綠島 Green Island	知本 Zhiben	安通 Antong	瑞穗 Ruisui
氯化物泉 Chloride Spring	碳酸氫鈉泉 Sodium Bicarbonate Spring	氯化物硫酸鹽泉 Chloride Spring Sulphates Spring	含鐵碳酸氫鈉泉 Sodium Bicarbonate Spring, contains iron
泉質特性與注意事項 The characteristics of spring classand points for attention			
氯化物泉 Chloride Spring	硫酸鹽泉 Sulphates Spring	碳酸氫鈉泉 Sodium Bicarbonate Spring	含鐵碳酸氫鈉泉 Sodium Bicarbonate Spring, contains iron
<p>分為鈉-氯化物泉、鈣-氯化物泉、鎂-氯化物泉，具有鹹味。其中，鈉-氯化物泉舊稱「食鹽泉」，殺菌力強，但高血壓及腎臟病患切勿隨意飲用。This kind of spring can be divided into Sodium Chloride Spring, Calcium Chloride Spring and Magnesium Chloride Spring, all with a salty taste.</p> <p>色微黃，含苦味，含明礬成份的不可飲用。With a light yellow color, bitter taste, this spring contains Potassium Alum; do not use for drinking.</p> <p>無色透明（含鐵泉，氧化後呈褐色），水涼得極快，有潤滑肌膚的效果。但高血壓及腎臟病患切勿隨意飲用。Crystal clear without any color (spring contains iron, after being oxidized, the color turns brown), its temperature drops rapidly, with moistening skin effect.</p>			

如何健康養生泡溫泉

1. 泡湯前，最好休息1小時再入溫泉池。
2. 用溫泉水做「暖身浴」。從腳淋起，慢慢往上，肩膀全身都要用溫泉水潤濕，最後用溫泉水澆淋頭部，可預防腦貧血的產生。
3. 緩緩入池浸泡，先浸到胸口（半身浴），等3~5分鐘，全身都暖和之後，再慢慢泡到肩膀高度（全身浴）。漸進式的入浴，可以避免腦充血。
4. 泡湯時，如果汗水流浹背或心跳加快，就要起身休息，確定身體無礙，再繼續泡湯。此外，溫泉水愈熱，浸泡時間、次數愈多，會加劇肌膚水分、油脂的流失喔！
5. 若心悸、頭暈，請緩緩起身步出浴池。安靜休息後，情況若無改善請停止泡湯。
6. 較年長或心臟較弱者，最好不要採坐姿浸泡。建議以浴槽邊緣為枕頭，以舒展四肢的漂浮方式入浴，避免心慌或胸悶的情況發生。
7. 避開溫度較高的溫泉出水口，以免燙傷。水溫最好保持38~42℃的適溫。
8. 入浴前後，請多補充水分；浴後請避免暴飲暴食。

How to Utilize a Hot Spring for Keeping Fit

1. Before soaking in the hot spring, please take a rest around one hour.
2. Rinse off starting from the feet, then move slowly upwards to rinse the whole body. Finally, sprinkle hot spring water over your head which may prevent faintness.
3. Slowly immerse yourself in the hot spring pond. Have the spring up to the height of your chest around 3-5 minutes, then soak to the shoulders. This will prevent strokes.
4. While soaking in the hot spring, if you sweat a lot or your heart races, it means you should leave. Also, the hotter the spring, the longer or more frequently you soak in the spring, the more it will take water away from your skin and fat from your body!
5. If you feel dizzy or have heart palpitations, please leave the pond slowly and take a rest. If the condition does not improve, you should stop soaking in the hot spring.
6. We recommend that an older person or one with a weak heart do not take a sitting position to soak; instead, use the edge of the bath pond as a pillow, opening up your arms and legs to slip and float into the bath. This will prevent panicking or heart compression.
7. Please avoid the higher temperatures around the mouth of the spring to prevent burning. The best water temperature is 38-42℃.
8. Before and after the bath, please drink some water; also, please avoid over-eating after the bath.



泡溫泉之禁忌與注意事項

1. 入浴前應先徹底洗淨身體，患有傳染性疾病者禁止入浴。
2. 患有心臟病、肺病、高血壓、糖尿病及其他循環系統障礙等慢性疾病者，應依照醫師指示入浴。
3. 乾性及過敏性皮膚，應避免泡溫泉。
4. 女性生理期間禁止入浴。
5. 酒醉、空腹及飽食後，不宜入浴。
6. 禁止攜帶寵物入浴。
7. 浸泡時間，一次不宜超過15分鐘。
8. 溫泉浸泡高度不宜超過心臟。
9. 泡完溫泉不宜直接進入烤箱，以免造成眼角膜傷害。
10. 溫泉泉質雖有療效，但泡湯講究長期療養，勿以泡湯為主要治療方式。
11. 孕婦、行動不便老人及未滿3歲之幼兒，不宜入浴。
12. 年歲較高、健康欠佳者，應避免單獨入浴，以免發生意外。
13. 長途跋涉、疲勞過度、劇烈運動後，宜稍作休息再入浴，以免引發腦部貧血或休克現象。
14. 泡浴中若有任何不適，請立即離池並通知服務人員。

Warnings and Advisory Notes!

1. Before soaking in the hot spring pond, wash your body thoroughly; people with transmittable diseases are not allowed into the bath.
2. People with heart disease, lung disease, high blood pressure, diabetes, chronic circulatory diseases should follow their doctor's instruction before taking the hot spring bath.
3. People with dry or allergy-sensitive skin should avoid a hot spring bath.
4. Women during their period are not allowed to take a hot spring bath.
5. Being drunk, or having an empty or full stomach condition are not suitable for a hot spring bath.
6. Pets are not allowed to join the bath.
7. Each soaking time should last no more than 15 minutes.
8. The height of the hot spring should be no higher than the heart.
9. Do not go into the sauna booth directly to avoid damage to your corneas.
10. Although the hot spring may be curative, it takes a long time to see the effect. Do not use this as a main treatment.
11. Pregnant women, elderly who have difficulty with movement and kids younger than 3-years-old should avoid taking a hot spring bath.
12. Elderly people or those not in good health should avoid taking a hot spring bath alone to prevent an accident.
13. After a long journey, or if very tired or after strenuous exercise, please take a rest before taking a hot spring bath to prevent faintness or shock.
14. Should you have any discomfort when taking the soaking bath, please leave the pond immediately and inform the service staff.

泡湯禮儀小叮嚀

1. 寬衣後以毛巾輕遮身體，勿注視他人身體，保持紳士淑女氣質。
2. 輕緩出入泡湯池，以避免池水潑濺他人。
3. 勿在池內搓揉身體，妨礙公共衛生。
4. 可將毛巾置於頭頂，方便擦汗。但不要將毛巾泡入池中，以免污染水質。

Some Little Reminders

1. After taking off clothes, please use a towel to wrap your body, do not gaze at other people. Keep a polite manner.
2. Slowly and gently get into the soaking pond, to avoid splashing water on other people.
3. Do not rub your body in the soaking pond; this is not good for public health.
4. You may fold a towel and put it on the top of your head for wiping sweat, but do not take that towel and put it into the pond, which will pollute the water.

溫泉美食饗宴

Hot Springs and Gourmet Food

曙光——綠島 Green Island

燈塔、白沙灘、珊瑚礁所構成的海景，是綠島的意象；曙光、海底溫泉、蘊藏海洋豐富的黑潮，是綠島的內涵。The image of Green Island is one of white sandy beaches, lighthouse, coral reefs and endless ocean scenery. The soft dawn light, seabed hot springs and the Kuroshio(the Japan Current) are some of the inner beauties of the island.

綠島舊稱「火燒島」、「雞心嶼」、Sanasai (原住民語)，位於台灣東南方的太平洋上，距離台東市約18海哩（33公里），面積約16平方公里。民國38年改名「綠島」。

過去，綠島曾因禁梏要犯管制而入，卻因此保有更多天然景觀。潔淨的海灘、繽紛的珊瑚礁、綺麗的地景和山巒，構成絕美的島嶼風情畫。民國70年代，國民遊憩風氣日盛，逐漸退去綠島的神秘面紗。民國79年納入東部海岸國家風景區經營管理範圍，目前設有管理站及遊客中心，提供旅遊諮詢服務。

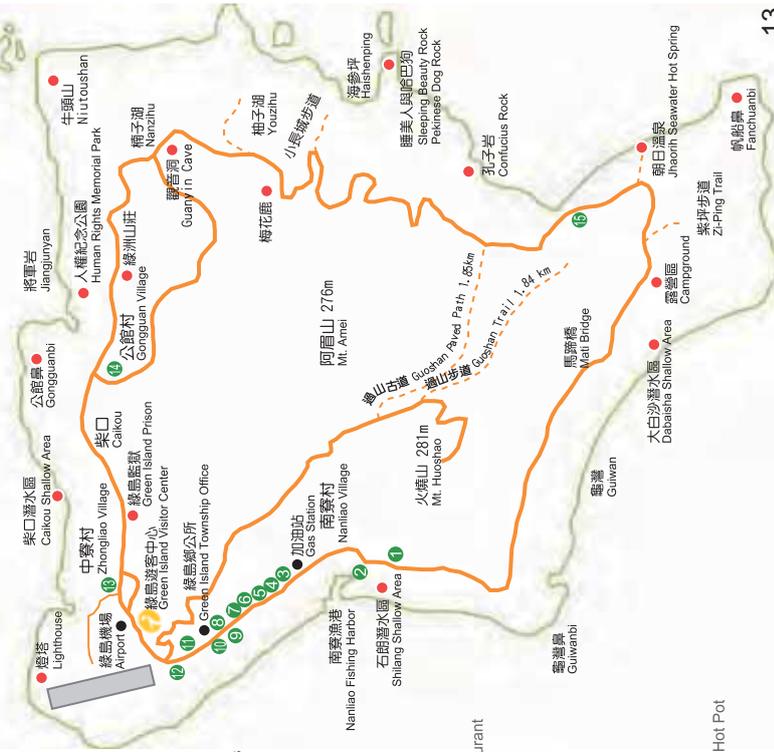
Green Island, once called Sanasai, lies in the Pacific to the South East of Taiwan and is just

18 nautical miles from Taitung city. This 16 sq km island was once used as a penal colony for hard criminals and it was not possible for people to come and go freely.

This fact resulted in the preservation of the environment and Green Island remained largely undisturbed. The beaches, the coral reef and the mountain chains merge into beautiful tropical island scenery. In 1990 Green Island was included in the East Coast National Scenic Area and a Visitor center has been established on the island.

1. 戀戀火燒島 Sanasai B & B
2. 飛天魚餐廳 Flying Fish
3. 甘泉小站 Ganquan Little Shop
4. 文鳳小吃 Wenfeng Refreshment House
5. 海草肉圓 Seaweed Taiwanese Meatballs
6. 海洋之家 Green Island Ocean Resort
7. 小阿媽早餐店 Little Aunt's Breakfast
8. 星光碼頭 Starry Sea Port
9. 釣魚人餐廳 Fishing Man Restaurant
10. 池塘有魚 Chitangyouyu Seafood Restaurant
11. 妙屋美食城 Miao-Wu Restaurant
12. 翔記餐廳 Xiang-Ji Restaurant
13. 亞曼尼渡假飯店 Aman Holiday Hotel
14. 綠島峇里會館 Green Island Bali Resort
15. 東昇溫泉羊肉爐 Dongshen Hot-Spring Mutton Hot Pot

1. 燈塔 Lighthouse
2. 綠島機場 Airport
3. 中寮村 Zhongliao Village
4. 柴口 Caikou
5. 綠島監獄 Green Island Prison
6. 綠島遊客中心 Green Island Visitor Center
7. 綠島鄉公所 Green Island Township Office
8. 加油站 Gas Station
9. 南寮村 Naniao Village
10. 石船灣水區 Shiliang Shallow Area
11. 鹿寮漁港 Naniao Fishing Harbor
12. 龜瀨島 Guiwansi
13. 龜瀨橋 Guiwansi Bridge
14. 大白沙灣水區 Dabataha Shallow Area
15. 紫坪步道 Zi-Ping Trail



怎麼去? How to get there?

1. 從臺南漁港搭乘交通船前往，航程約50分鐘。/ Travel by boat from the Fugang Fishing Harbor. The trip takes about 50 minutes. For the timetable and to book tickets: 船班查詢、訂票 (船遊網) TEL: (089) 280-011 http://www.ezboat.com.tw/
2. 從台東機場搭乘飛機前往，航程約15分鐘。/ Fly from Taitung airport. The trip takes about 15 minutes. 台東航空站/Taitung Airport TEL: (089) 361-111 德安航空台東站/Daily Air (Taitung) TEL: (089) 362-489

名湯物語 朝日溫泉

Jhaorih Seawater Hot Spring

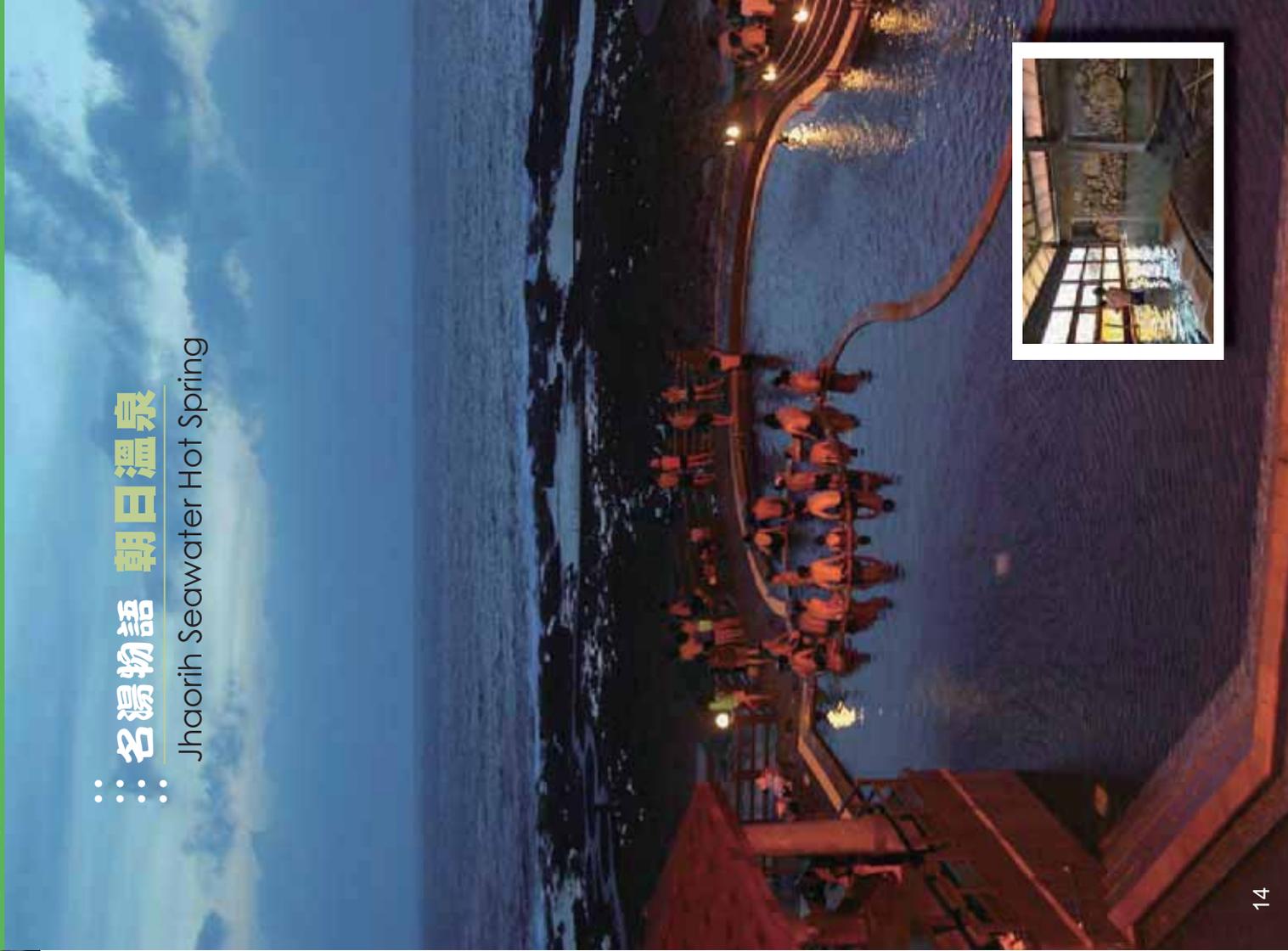
朝日溫泉位於綠島東南方，原名「滾水坪」，日治時期稱為「旭溫泉」，乃海水滲入地層深處，受到地熱加熱後，從岩層縫隙湧出，為世界三大海底溫泉之一（另2座位於日本九州和義大利北方）。泉質為澄澈透明的氯化物泉，湧出口的泉溫可達90°C，酸鹼值約pH7.6，但無濃烈硫磺味。浸泡後，皮膚光滑而不黏澀。

目前，朝日溫泉不但有戶外溫泉泳池、室內溫泉浴池，以及3座圓形露天浴池，淡水沖洗設備、觀景台、涼亭等周邊設施也相當完善。泡湯之餘還可聽濤、觀星、迎曙光，是相當獨特的溫泉體驗。

Spring is on the southeast coast of Green Island. The sea-water is heated inside the earth and

flows from a gap in the rock of the seabed. This is one of the three main under sea hot springs that exist in the world (the others are in Kyushu, Japan and North Italy). The spring water is crystal clear and can be as hot as 90°C at the mouth of the outflow. It is a Sulphate-Chloride spring and the water, which has a pH value of 7.6, also has a strong sulfur smell. After soaking in the spring, you will feel your skin to be very smooth and not oily or rough.

There are outdoor and indoor hot-spring pools, three open-air baths and fresh water facilities. Come here to enjoy a good hot-spring soaking, watch the stars and welcome the dawn, a unique experience.



溫泉美食印象—綠島

Gourmet Food and the Hot Spring on Green Island

戀戀火燒島海邊度假民宿/Sanasai B & B

緊鄰石朗浮潛區，打開門窗就有海景。穿上浮潛裝備，就可一探海底世界。露天巴比Q，供應多種新鮮食材，曾經是五星級飯店主廚的民宿主人展現功力，以色香味俱全的料理，大大滿足您的視覺和味覺。

This B&B is next to the Shiliang shallow area where you can hire diving equipment to visit the undersea world. The host was once the chef of a 5-star hotel and there is an open-air BBQ with a great variety of fresh food to satisfy the gourmet eye and taste.



A



B

A | 鐵板鹿肉 | Grilled Venison | 經過去腥處理的鹿肉，搭配甜椒、洋蔥及香菇的甘鮮，口味恰到好處。

B | 鳳梨蝦球 | Pineapple Prawns | 一道尋常的菜餚，在綠島海洋氛圍的襯托，與名廚的手藝之下，這道經典有著超越一般的質感。



飛天魚餐廳/Flying Fish Local Food Restaurant

白天不開店，晚上才營業。頗有個性的老闆認為綠島白天炎熱，吃些簡單輕食即可，晚上才是享用美食的時光。豐富的美味，意想不到的平價，充分展現誠意。10年來累積不少老主顧，是頗受地方肯定的實力店家。

Only open in the evenings. The store owner thinks that the daytime weather is too hot on Green Island and evening is the time to enjoy gourmet food. They offer bountiful and delicious dishes at a price that will surprise you. The owner is friendly and sincere.



泰式涼拌綠島大花枝、干貝唇 | Thailand style cold squid dressed with sauce / NT\$: 150 | 綠島深海的超級大花枝，肥厚、軟Q彈牙，搭配甜美的貝肉、紅洋蔥、嫩海帶芽，以及喚醒味蕾的泰式酸辣醬汁，是一道清爽又帶勁的驚奇美味。



極品綠島山羊肉爐 | Mutton Hot Pot / NT\$: 280 (4人份) / for up to 4 persons) | 羊大骨熬煉的湯底，可無限加湯。一歲齡的羊排骨和帶皮肉塊去油、去騷後，以新疆孜然粉等香料及中藥材紅燒精緻，怕羊騷味的朋友可開心一試。

Information

食宿價格 / Prices for meals and accommodation

合菜 (10人份) 每桌NT\$: 2000起 (需電話預訂) / A group Meal for up to 10 persons starts at NT\$ 2000 per table (call for a reservation)
希臘2人套房 / Greek Style Suite for 2 persons : NT\$: 2000
希臘4人套房 / Greek Style Suite for 4 persons : NT\$: 3200
本價格僅供參考，另有多種房型請電洽或上網查詢。
This price is for reference only. Call us for other models.

ADD : 台東縣綠島鄉南寮村漁港1-80號
Fishing Port No. 1-80, Nantiao Village, Green Island Township, Taitung County
TEL : (089) 672-141、672-189 FAX : (089) 672-196
<http://www.sanasai.com.tw>

Information

餐飲價格 / Price for meal

合菜 (10人份) 每桌NT\$: 1500起，其他單點菜餚以時價計算 / A group Meal for up to 10 persons starts at NT\$ 1500 per table, for a single order the prices are seasonal.
(需電話預訂 / call for a reservation)

ADD : 台東縣綠島鄉南寮村漁港2-9號
Fishing Port No. 2-9, Nantiao Village, Green Island Township, Taitung County
TEL : (089) 671-009 FAX : (089) 671-008
營業時間 / Opening Time : 18 : 00~24 : 00



文鳳小吃 / Wenfeng Refreshment House

因為丈夫天天出海捕魚，所以文鳳小吃總有最新鮮的魚貨，加上漁船自己的，價格相當實惠。而看似簡單的料理，準備功夫並不馬虎，為求最佳口感，食材皆細心處理過才下鍋，是地方頗為推崇的小店。



炸飛魚 | Fried flying fish / NT\$: 150 | 若要臺灣地享用飛魚，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。

The store owners have their own fishing boat and the host fishes himself every day. Here you can get the freshest fish on the island and the prices are pretty friendly. This restaurant is recommended by the locals.



炒鐵甲 | Fried Rastrelliger kanagurta / NT\$: 200 | 「鐵甲」為石鱉科貝類 (Chitonidae)，常吸附在岩縫攝食藻類，須用特製的金屬工具採集。堅硬的胃甲也須多次敲打、沖洗才能去除，相當費工。綠島人通常將鐵甲煮過並曬乾保存，要吃的時候再發泡煮軟備用。一般做法是與三層肉同炒，再以鹽、糖、醬油、沙茶調味，是綠島人宴席必備的菜餚。Rastrelliger kanagurta is a mackerel and belongs to the family Scombridae. This creature is found sticking to the insides of cracks in the rock where it eats algae. A special metal tool is used to capture them.

傳統花生豆腐 | Traditional Tofu with Peanuts | 以榨油後的花生豆渣製成，風味獨特，不是平常有，有榨油才吃得吃。

Information

餐飲價格 / Price for meal

合菜 (7~8人份) 每桌NT\$: 1500起，其他單點菜餚以時價計算 / A group Meal for 7 to 8 people starts at NT\$ 1500 per table. For a single order the price is seasonal.

ADD: 台東縣綠島鄉南寮村漁港路37號
No.37, Fishing Port Rd., Nantiao Village, Green Island Township, Taitung County
TEL: (089) 672-003

海草肉圓專賣店 / Seaweed Taiwanese Meatballs

印象中八竿子打不著的海草和肉圓，竟在綠島發生了關係。始作俑者是來自台東的丁小強、陳玉琴夫婦。不僅肉圓摻入海草，其他菜餚也運用特色食材，創出新奇滋味，濃厚的自我風格，就像一場味覺的探險。

On Green Island, traditional Taiwanese meatballs and seaweed have an unexpected relationship! The Ding couple, who are from Taitung, add seaweed to their meatballs and use other special ingredients to give their dishes a novel flavor.



A | 海草肉圓 | Seaweed Meatballs / NT\$: 40 | 晶透的粉皮，海草隱約可見，別有一番風味。



| 海草肉圓套餐 | Seaweed meatballs Combo / NT\$: 250 | 海草肉圓為主菜，站台相挺的菜色則有：生魚片、鮮魚湯、豆汁芥菜、綠島蟹、草魚卷，以及果醋調味的海珊瑚。

B | 浴神蛋炒飯 | Rice Fried with Eggs and Roselle / NT\$: 80 | 糖漬浴神花和蛋炒飯，令人不敢置信的組合，竟有頗為正點的滋味。

C | 鮮魚麵線 | Thin noodles with fresh fish / NT\$: 100 | 口感紮實的麵線，配上鮮美的魚片和湯汁，簡單的料理，卻令人為之動容。

Information

ADD: 台東縣綠島鄉南寮村17號 / No.17, Nantiao Village, Green Island Township, Taitung County TEL: (089) 671-115

附帶一提 / Seaweed Rice Cake

Q軟的麻糬皮夾藏了綠色海草，與海草肉圓有異曲同工之妙。有原味、花生、芝麻、綠茶等不同內餡。Soft, yet with texture; the sticky Seaweed rice cake contains green seaweed. Various flavors of stuffing to your choice: Original, Peanut, Sesame or Green Tea. Provided by Master Tang at NT\$ 100 per pack.
唐師傅 / 每包NT\$: 100 / ADD: 台東縣綠島鄉南寮村139號 / No.139, Nantiao Village, Green Island Township, Taitung County TEL: (089) 671-225





釣魚人餐廳 / Fisherman Restaurant

因為熱愛海釣，讓詹老闆戀上了綠島。名家藝術桌椅、締造紀錄的魚骨標本，展現濃厚的個人風格。海堤邊用餐、露天巴比Q，多了豁達和率性。而擺上的新鮮魚貨是口碑，也是招牌，這樣才不負「釣魚人」的名號。

The owner Mr. Zhan really loves fishing. He fell in love with Green Island. Here you may have your meal on the embankment by the sea or have an open-air BBQ. Enjoy your meal in fresh air and beautiful surroundings.



A | 清蒸鸚哥魚 | Steamed Parrot Fish / NTS: 280元起(時價) | 對於鸚哥、石斑等肉質細嫩的深海魚，清蒸最能吃出新鮮海魚的絕佳風味，也最能帶出濃郁的膠質和鮮甜。

B | 鮪魚生魚片 | Tuna Sashimi / NTS: 100 | 隨黑潮而來的黃鰭鮪魚，為了補食飛魚，練就了一身緊實的肉質。低脂富有彈性的口感，猶如在舌尖跳躍，值得一嚐！

C | 鮪魚醬飯條 | Wild rice noodles with Tuna sauce / 鮪魚醬 Spicy Tuna sauce / 每瓶NT\$: 250 per bottle | 清爽的飯條和綠豆芽，搭配以新鮮鮪魚製成的鮪魚醬，少了一般肉燥的油膩，多了幾分內斂的風華。

Information

餐飲價格 / Price for meal

合菜 (10人份) 每桌NT\$: 1500起，其他單點菜餚以時價計算 / A group Meal for up to 10 persons starts at NT\$ 1500 per table. For a single order the price is seasonal.

ADD : 台東縣綠島鄉南寮村114號 / No.111, Nanliao Village, Green Island Township, Taitung County TEL : (089) 671-022 FAX : (089) 671-039

池塘有魚海鮮餐廳 / Chitangyouyu Seafood Restaurant

窗明几淨的店面，其實是老店新開。老闆兼大廚李開郎在此營業已十多年。舒適的用餐環境，展現不凡品味，不僅桌椅皆為實心柚木，食材也是真材實料。熱騰騰上桌的菜餚都是現做、現炸，傳達了主人的溫馨。

This is a neat and tidy restaurant with tasteful teak tables and chairs. It is a comfortable environment for an enjoyable meal. All dishes are made to order of genuine and solid ingredients. The host is most kind and friendly.



A | 花生豆腐 | Tofu with Peanuts / NTS: 120(S)、200(L) | 有別於傳統花生豆腐的粗獷，店家的改良式做法，讓花生豆腐細嫩又滑嫩。細細咀嚼，新鮮的花生顆粒在舌尖舞動，散發濃郁的芳香。

B | 章魚捲 | Octopus Roll / NTS: 200(S)、300(L) | 炸得金黃酥脆的腐皮，包藏了新鮮魚漿和大塊章魚肉。滋味鮮甜、軟Q彈牙，是人氣頗高的招牌菜。The crispy outer roll contains fresh fish sauce and octopus.

C | 鮪魚辣椒醬 | Spicy Tuna sauce / 每瓶NT\$: 250 per bottle | 李老闆創始的鮪魚辣椒醬，歷經4~5小時文火慢炒而成。拌飯、拌麵、炒菜，做火鍋湯底都不錯。



Information

餐飲價格 / Price for meal

合菜 (10人份) 每桌NT\$: 1500起，其他單點菜餚以時價計算 / A group meal for up to 10 persons starts at NT\$ 1500 per table; for a single order, the price is seasonal.

ADD : 台東縣綠島鄉南寮村137號 / No.137, Nanliao Village, Green Island Township, Taitung County TEL : (089) 672-683 FAX : (089) 672-792



妙屋美食城 / Miao-Wu Restaurant

12年前，余瑞華、陳金鳳夫婦離開台東市，回到妻子的故鄉開了這家店。除了一般迎合大眾口味的菜式之外，以當地特有食材烹調的漁家私房菜也是一大賣點。道地的風味，不妨前來一試。



A



B

A | 炒石枝 | Fried Octopus / NT\$: 350(S)、450(L) | 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，帶有海島颯陽的風味，與辛香料同炒最夠味。

B | 炸海草 | Fried Seaweed / NT\$: 250(S)、350(L) | 11月底至翌年清明是綠島海草采收的季節，翠綠的海草拌入麵糊之後，油炸逼出香濃的海滋味，令人百吃不厭。

Information

餐飲價格 / Price for meal

合菜 (10人份) 每桌NT\$: 1500起; 2人套餐 (4菜1湯) NT\$: 500 / A group meal for up to 10 persons starts at NT\$ 1500 per table. Combo for 2 persons (4 dishes and 1 soup) NT\$ 500

ADD : 台東縣綠島鄉南寮村200-1號 / No.200-1, Nanliao Village, Green Island Township, Taitung County TEL : (089) 672-129 FAX : (089) 672-136



附帶一提 / 苺粿 Kenguei

說到綠島的傳統好味，就不能錯過苺粿這款用米和花生磨漿，再煎成薄餅狀的點心。過去只有在請親友幫忙收割、蓋房子、造船等重要日子才吃得到，是綠島頗具代表性的傳統食物。 / Green Island's traditional dish of rice and peanuts ground to a thick liquid and fried to make thin cakes for a snack. Find them at the Guanyin Cave Shop. 糖普洞販賣部 / NT\$: 50 / LOCATION : Next to Guanyin Cave on Green Island TEL : 0913-873313

翔記餐廳 / Xiang-Ji Restaurant

翔記老闆林義森來綠島經營已有16年之久，從處理鹿肉開始做起，人稱「鹿肉林」，對研發菜餚頗為在行，具備外燴辦桌的本領。手工拉麵是一大特色，不添加色素與防腐劑，客人可以看到手工製麵的過程。

This restaurant was established sixteen years ago by Mr. Ling. He started with venison and has developed some excellent dishes. Hand-made ramen without pigment or preservative is a specialty. Visitors can watch ramen being made.



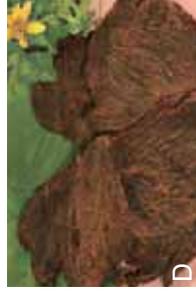
A



B



C



D

A | 南瓜海鮮煲 | Pumpkin Seafood Stew / NT\$: 250 | 綠島南瓜泥做成湯底與海鮮相擁，舞出柔滑香濃的鮮滋味。**B** | 海藻拉麵 | Seaweed Ramen / NT\$: 60 | 海藻和麵粉緊密結合，顯出誘人的翠綠，湯鮮味美，吃得到手工麵條的勁道。**C** | 羊肉爐 | Mutton Hot Pot / NT\$: 250(S)、500(L) | 以甘蔗及陳皮等藥材熬煉的湯底，搭配精緻的帶筋羊小排，不油不燥。**D** | 鹿肉乾 | Deer Jerky / 每包NT\$: 150 per pack | 綠島人養鹿、山羊甚多，鹿肉乾亦躍居綠島特產，送禮自用兩相宜。

Information

餐飲價格 / Price for meal

合菜 (10人份) 每桌NT\$: 1500起; 2人套餐 (4菜1湯) NT\$: 400 / A group meal for up to 10 persons starts at NT\$ 1500 per table. Combo for 2 persons (4 dishes and 1 soup) NT\$ 400

ADD : 台東縣綠島鄉南寮村248-2號 / No.248-2, Nanliao Village, Green Island Township, Taitung County TEL : (089) 672-021 FAX : (089) 671-423

海藻冰 / Seaweed Ice

來到綠島，若沒嚐一嚐海藻冰的滋味，肯定是個缺憾。南寮街上，賣冰的店家不少，海草貝殼冰、海草冰砂的旗幟招牌隨處可見，也為炎熱的綠島消解不少熱度。

Visit Green Island and miss eating Seaweed Ice? That would definitely be a pity. There are lots of ice shops on Green Island. Seaweed Ice is just what you need on a hot Island day.



A | 海藻冰 | Seaweed Ice / NT\$: 50 | 雪白的冰山舖上綠色海草，淋上提味的黑糖醬汁，沁涼入心，值得一試。
(星光碼頭Starry Sea Port/製作示範)

B | 曼波花生豆花 | Tofu pudding with Peanuts / NT\$: 50 | 以綠島花生、寒天、海燕膏調製，搭配Q軟的珍珠粉圓，堪稱一絕。(星光碼頭Starry Sea Port/ADD: 台東縣綠島鄉南寮村156-1號/No.156-1,Nanliao Village,Green Island Township,Taitung County TEL: 0955-887479)

C | 海藻冰砂 | Seaweed sorbet / NT\$: 40 | 加入海草的冰砂，讓仙草、布丁、椰果的風味也變得特別。(甘泉小站Ganquan Little Shop/ADD: 台東縣綠島鄉南寮村漁港25號/No.42,Nanliao Village,Green Island Township, Taitung County TEL: (089) 671-286)

附帶一提 / 海草蛋餅 Seaweed Omelet

連冰都加海草了，那蛋餅加海草也沒啥不可能的。在綠島，海島味可是從早餐就開始了！If you can add seaweed to ice you can also put it in an omelet. On Green Island, the sea island flavor starts with breakfast!

小阿姨早餐店 Little Aunty Breakfast / NT\$: 35 / ADD: 台東縣綠島鄉南寮村102號 / No.102,Nanliao Village,Green Island Township,Taitung County TEL: (089) 672-186

東昇溫泉羊肉爐 / Dongshen Hot Spring Mutton Hot Pot

白天不營業的時候，跟一般民宅沒兩樣，實在看不出這家羊肉爐已賣了10多年，還曾有不少名人來光顧。但一到傍晚，饕客陸續報到，屋前廣場擺起了桌椅。主人忙不過來，客人還會自動自發張羅碗盤，相當有意思。

They are not open during the day. The restaurant looks like an ordinary house. However, once the late afternoon arrives, gourmards roll up one by one; tables and chairs are set up in front of the house. And when the host is busy the guests will serve themselves with bowls and dishes. It is an interesting scene.

| 羊肉爐 | Mutton Hot Pot / NT\$: 400 | 採用野放的土產羊肉，不腥不羶，口感彈Q；大骨精燉的湯頭，自然甘鮮，是單純的原味。

Information

ADD: 台東縣綠島鄉公館村溫泉42號
Hot Spring No.42,Gongguan Village,Green Island Township,Taitung County TEL: (089) 672-067



海洋之家 / Green Island Ocean Resort

位於綠島熱鬧的商店街，擁有90間豪華套房。可容納250人的景觀餐廳，可俯瞰南寮灣美麗風光。飯店頂樓的賞星座，可享受夏日清涼晚風，更是星空BBQ的歡樂場域。

scape restaurant that can seat 250 people. From the restaurant, you have a scenic view of beautiful Nanliao Bay. The Star observation-deck is a wonderful place for a starry BBQ and for enjoying the summer evening breeze.

Green Island Ocean Resort is on cheerful Shop Store Street. The hotel has 90 luxury suites and a land-

Information

食宿價格 / Price (住宿附送早餐 / breakfast included with accommodation)

單床2人房 / Delicate Suite for 2 persons: NT\$: 3200
豪華4人房 / Luxury Suite for 4 persons: NT\$: 4800
豪華6人房 / Luxury Suite for 6 persons: NT\$: 6600

合菜: 午、晚餐: NT\$: 1500起 /
Breakfast: NT\$: 100. A group meal of
Lunch and Dinner starts at NT\$: 1500.

ADD: 台東縣綠島鄉南寮村39號 / No.39,Nanliao Village,Green Island Township, Taitung County TEL: (089) 672-515 <http://www.ocean-resort.com.tw>



海洋之家 / Green Island Ocean Resort





亞曼尼渡假飯店 / Amanya Holiday Hotel

位於綠島燈塔旁，老闆為白手起家
的綠島人。景觀、視野極佳，打開
窗戶就有美麗的沙灘海景。31間舒
適典雅的客房，簡約中略帶低調的
奢華，配備32吋液晶電視，寢具、
佈置全出自女主人之巧手，營造浪
漫家居的溫馨。

The hotel is next to the Green Island
lighthouse and has great scenery
and a wonderful view. There are 31
cozy and elegant guest rooms and
the décor is simple with low-key
luxury. Each room has a 32" digital
TV and comfortable beds. The décor
was designed and made by the host-
ess herself. The atmosphere is warm
and romantic.



- A | 精緻的雙人套房 / Exquisite Suite.
- B | 海闊4人房 / Sea Cabinet for 4 persons.
- C | 頂樓的日出景觀 / The sunrise of Amanya.

Information

住宿價格 / Price (住宿附送早餐 / breakfast included with accommodation)

甜蜜2人房 / Sweets and Honey for 2 persons : NT\$: 3500
海闊4人房 / Sea Cabinet for 4 persons : NT\$: 5800
本價格僅供參考，另有各種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD : 台東縣綠島鄉中寮村173號 / No.173,Zhongliao Village,Green Island Township,Taitung
County TEL : (089) 671-546 FAX : (089) 671-547
<http://www.5657.com.tw/amanya>

綠島峇里會館 / Green Island Bali Resort

峇里島風格的空間，坐擁綠島北端
的天然景觀，樓門岩、牛頭山風光
盡入眼簾。公館鼻、將軍岩、綠洲
山莊等景點也近在咫尺。52間各
式豪華套房，精緻的中西式自助早
餐、免費無線上網，讓您享有優質
便利的悠閒假期。

A Bali-style space that commands
a beautiful natural view of the north
end of Green Island. There are 52
luxury rooms in different styles, a
delicate eastern and western buffet
breakfast is provided and there is
free wireless Internet access. Here
you can enjoy a leisurely and care-
free vacation of excellent quality and
convenience.



- A | 交誼廳 / Lobby.
- B | 咖啡雅座 / Space for Teatime.
- C | 浪漫雙人房 / Romantic Suite.
- D | VIP海景雙人房 / VIP room for 2 persons.

Information

住宿價格 / Price (住宿附送早餐 / breakfast included with accommodation)

精緻2人房(一大床) / Exquisite Suite for 2 persons : NT\$: 4200
典雅3人房(一大床、一小床) / Elegant Suite for 3 persons : NT\$: 5800
本價格僅供參考，另有各種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD : 台東縣綠島鄉公館村2-10號 / No.2-10,Gongguan Village,Green Island
Township,Taitung County TEL : (089) 672-799 FAX : (089) 672-457
<http://www.greenisland-bali.com.tw>

妍麗——知本

名湯物語 知本溫泉區

Zhiben Hot Spring Area



怎麼去? How to get there?

1. 自行開車，由北部南下者，沿台9線或台11線（南部北上沿台11線公路）抵達台東市之後，循指標前往即可抵達。／By Road: If you are driving from the north of Taiwan, take Provincial Highway No.9 or 11 (from the south take Provincial Highway No.11). After you reach Taitung City follow the signs to reach the Zhiben hot springs.
2. 搭乘火車，在知本站下車後，轉乘屏東客運山線班車前往。／By Rail: take the train to Zhiben Railway Station and then a Diing Dong Mountain line bus to the Spa. TEL: (089) 333-023
URL: <http://ett333023.com.tw/index.htm>

位於知本溪畔的知本溫泉區開發甚早，日治時期即建有公共澡堂。泉源分佈在知本溪河床及南岸山麓，泉質為弱鹼性碳酸氫鈉泉，透明、滑潤，有「美人湯」之稱。

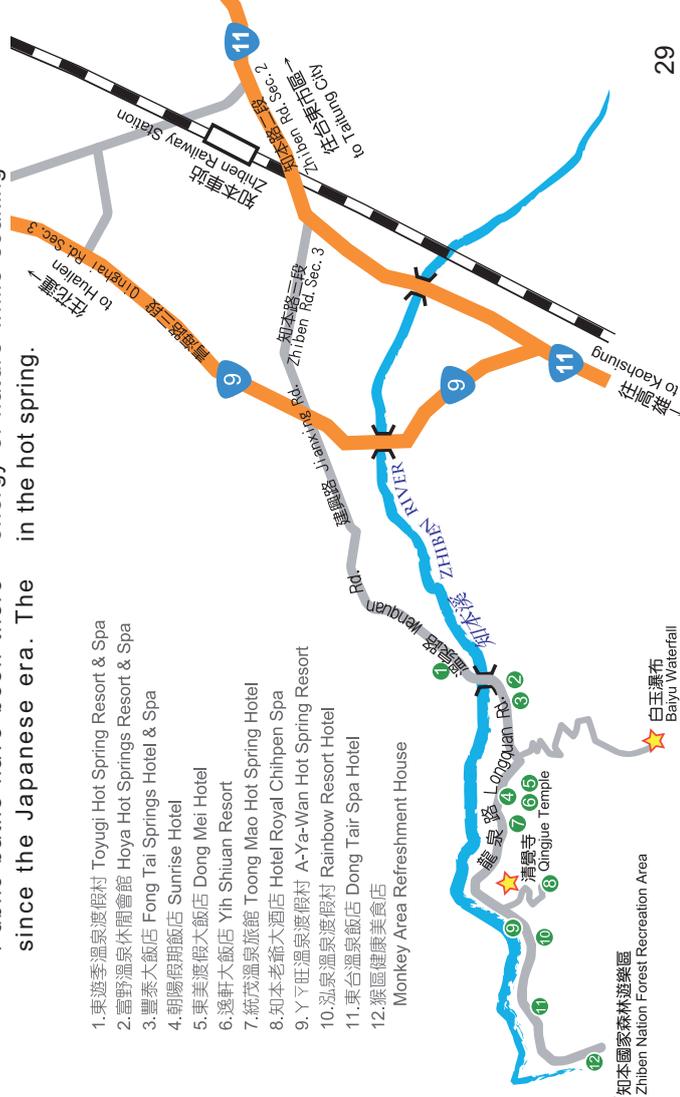
近年來，知本溫泉區業者不僅設備推陳出新，推出水療SPA、藥草浴等各式室內外溫泉池之外，食宿品質也逐年提升，讓「泡名湯·吃美食」成為樂活養生的優雅風尚。而周圍由山林、豁谷構成的天然景致，包括：知本國家森林遊樂區、白玉瀑布、知本溪峽谷等景點，讓您在泡湯之餘，也能享受大自然帶來的清新和朝氣。

The Zhiben hot spring area is beside the Zhiben River. The Public baths have been there since the Japanese era. The

water from the hot spring source flows and spreads across the Zhiben riverbed from the base of the mountain on the southern riverbank. It is crystal clear with a smooth texture and has won the title of "Hot Spring for Beauty."

In recent years the operators of the Zhiben hot spring area have been developing several new facilities. They now have herbal baths and numerous hot spring bathing pools at the Spa. The quality of cuisine and accommodation has also been improved. The surrounding mountains, forests and valleys, provide a serene atmosphere that allows you to enjoy the freshness and energy of nature while soaking in the hot spring.

1. 東遊季溫泉渡假村 Toyugi Hot Spring Resort & Spa
2. 雷野溫泉休閒會館 Hoya Hot Springs Resort & Spa
3. 豐泰大飯店 Fong Tai Springs Hotel & Spa
4. 朝陽假期飯店 Sunrise Hotel
5. 東美渡假大飯店 Dong Mei Hotel
6. 逸軒大飯店 Yih Shuiuan Resort
7. 統茂溫泉旅館 Toong Mao Hot Spring Hotel
8. 知本老爺大酒店 Hotel Royal Chihpen Spa
9. Y.Y.旺溫泉渡假村 A-Ya-Wan Hot Spring Resort
10. 泓泉溫泉渡假村 Rainbow Resort Hotel
11. 東台溫泉飯店 Dong Tair Spa Hotel
12. 猴區健康美食店 Monkey Area Refreshment House



知本國家森林遊樂區
Zhiben National Forest Recreation Area

溫泉美食印象—知本

Gourmet Food and the Hot Spring on Zhiben

東遊季溫泉渡假村 / Toyugi Hot Spring Resort & Spa

擁有休閒農場、露營烤肉區及大型會議室。戶外溫泉區佔地1公頃，泡湯池、冷泉泳池、烤箱、蒸氣浴應有盡有。室內溫泉館還有藥浴、植物芬多精、穴道按摩等多種水療。「田媽媽餐廳」的自助式早餐、溫泉養生風味餐，以當季在地農產原料調理，讓您吃得更健康。

With the recreational farm, camping BBQ area and a large scale conference room, as well as outdoor hot spring bath pool, cold spring swimming pool, steam bath, herbal bath, acupuncture massage bath with various SPA equipment. Breakfast buffet and savory meal cooked with less salt and oil, enjoy healthy meals!



A | 全新完工的日式湯屋 | Japanese style hot spring rooms. B | 戶外溫泉水療SPA/Outdoor hot spring SPA. C | 洛神舞曼波 | Roselle Mamba / 參考價格NT\$: 300 | Slick Mamba fish with Roselle and fruit.

Information

泡湯、食宿價格 / Price (住宿附送早餐 / breakfast included with accommodation)

養生溫泉區 / Hot spring area : 成人NT\$: 300 (Adults)、小孩或65歲以上長輩NT\$: 150 (Children or Senior over 65)
 溫泉養生風味餐 / Hot spring savory meal : 每份NT\$: 250 per person
 精緻2人房 / Exquisite Suite for 2 persons : NT\$: 3500 ; 親子4人房 / Family Suite : NT\$: 4500
 本價格僅供參考，另有多種房型請電洽或上網查詢。
 This price is for reference only. Call us for other models.

ADD : 台東縣卑南鄉溫泉村溫泉路376巷18號 / No.18 Wenquan Rd, Wenquan Village, Beinan Township, Taitung County TEL : (089) 516-111 FAX : (089) 516-026
<http://www.toyugi.com.tw>



富野溫泉休閒會館 / Hoya Hot Springs Resort & Spa

精緻時尚的空間，配備天然羽絨被、乳膠枕及寬頻網路的景觀客房，舒適又便利。雅緻個人湯屋、露天SPA，提供至高的泡湯享受。寬敞的中、西餐廳，五星級主廚嚴選當地食材，製作滋補養生佳餚，讓您倍受寵愛。

Here you will find spacious and fashionable guest rooms with great views, luxurious down comforters, latex pillows and an ADSL Internet connection. The tasteful hot spring rooms and the open-air SPA, provide invigorating hot spring bathing. The spacious restaurant provides delicious meals that are good for your health and prepared by a 5-star chef.



A | 個人湯屋 | Private hot spring room. B | VIP富野套房 | Hoya Suite. C | 石板鹹豬肉 | Stone grilled bacon / 參考價格NT\$: 300 | 精選上等黑豬肉，以主廚特調香料、高粱酒醃漬，柔潤脂滑而不油膩。D | 炭烤香草山野菇 | Grilled wild mushrooms / 參考價格NT\$: 350 | 嚴選東部無污染的山野菇，零膽固醇，是健康養生的山珍好味。

Information

泡湯、食宿價格 / Price (住宿附送早餐 / breakfast included with accommodation)

湯屋 / Hot spring room, NT\$: 800 / hr
 合菜每桌NT\$: 2500起 / A Group meal starts at NT\$ 2500 per table
 精緻客房 / Exquisite Suite : NT\$: 5500 ; 精緻2人房 / Superior Double : NT\$: 6000
 家庭客房 / Superior for Family : NT\$: 7500 ; 富野套房 / Hoya Suite : NT\$: 15000

ADD : 台東縣卑南鄉溫泉村龍泉路16號 / No.16 Longquan Rd, Wenquan Village, Beinan Township, Taitung County TEL : (089) 510-510 FAX : (089) 512-267
<http://www.hoyaresort.com.tw/springs>

豐泰大飯店 / Feng Tai Hot Springs Hotel & Spa

富野集團旗下飯店之一，豪華舒適的客房及寬敞的中、西餐廳，滿足大型團餐、會議需求。還有SPA水療館的按摩浴、蒸氣浴、個人湯屋、烤箱、蒸氣室，以及芳香SPA，為您舒壓解勞，身心更加舒暢。



- A | 溫馨的日式套房 | Japanese Style Suit
- B | 黑石湯屋 | Black stone hot spring room.
- C | 海棠香菇蚶 | Oysters with mushrooms | 鮮蚶、香菇，裹上薄漿酥炸。咖哩、椒鹽的香氣，伴隨內餡的鮮甜，直衝腦門，衝擊美味的感官。/ Crispy fried mushrooms with ground meat, oysters and leeks.
- D | 山苦瓜燉雞 | Stewed chicken with small dried fish and bitter mountain squash.

The cozy guest suites and the ample restaurant meet the needs of large groups for conferences and dining. The SPA hall, massage baths, the steam bath, private hot spring rooms, sauna booth, steam and aroma room, will together help to relieve your fatigue and pressure and make you feel better in body and spirit.



Information
食宿價格 / Price (溫泉僅供住宿房客使用，住宿附送早餐Hot springs are only available for overnight guests. Breakfast is included.)
 合菜 (10~12人份) / A group meal for up to 10-12 persons starts at NT\$: 2500起；
 豪華客房 / Luxury Suite : NT\$: 2200 (平日Weekdays) 、NT\$: 3200 (假日Holidays)
 雙人客房 / Suite for 2 persons : NT\$: 2400 (平日Weekdays) 、NT\$: 3400 (假日Holidays)
 本價格僅供參考，另有多種房型請電洽或上網查詢。
 This price is for reference only. Call us for other models.

ADD : 台東縣卑南鄉溫泉村龍泉路30-2號 / No.30-2, Longquan Rd, Wenquan Village, Beinan Township, Taitung County TEL : (089) 515-005 FAX : (089) 515-038
<http://www.hoyaresort.com.tw>

朝陽假期飯店 / Sunrise Hotel

簡約樸實的客房，溫馨又舒爽。可容納50桌的中式餐廳，提供中西式自助早餐及團餐服務。庭園溫泉SPA的人蔘氣泡藥浴池、山泉氣泡池，釋放旅途中的疲勞。池畔咖啡Bar的現煮咖啡，讓您更加神清氣爽。



- A | 簡約樸實的客房，鋪有不質地板，感覺相當舒爽 / Standard Suite for 4 persons.
- B | 可享受氣泡、沖擊效果的溫泉養生水療池 / Hot spring SPA pool.
- C | 池畔咖啡Bar，可以喝杯咖啡，休息一下！ / Coffee service beside the pool.

The suites are plain and simple. The Chinese restaurant has 50 tables with a breakfast buffet and group meal service. The herbal bubble bath has Ginseng added. The mountain spring bubble pool will relieve the fatigue of your journey and the hot coffee brewed on site will invigorate and refresh you.



Information

食宿價格 / Price (溫泉僅供住宿房客使用，住宿附送早餐Hot springs are only available for overnight guests. Breakfast is included.)

合菜 (10人份) / A group meal for up to 10 persons starts at NT\$: 2000起
 精緻雙人房 / Exquisite Suite for 2 persons : NT\$: 3200；標準4人房 / Standard Suite for 4 persons : NT\$: 200；家庭套房 / Family Suite : NT\$: 5500

ADD : 台東縣卑南鄉溫泉村龍泉路55號
 No.55, Longquan Rd, Wenquan Village, Beinan Township, Taitung County
 TEL : (089) 514-760 FAX : (089) 514-763
<http://www.sunrisehotel.com.tw>

東美渡假大飯店 / Dong Mei Hotel

務實的路線、平實的價格，提供家的溫馨。全館配置和式地板、雙人浴缸，簡單舒適，期盼帶給您賓至如歸的感受。戶外泳池配備360度滑水道，讓您在享受清涼的同時更添歡樂氣氛。

Plain suites at a reasonable price. The Japanese style floor extends throughout the hotel. The simple and comfortable tubs are large enough for two. The outdoor swimming pool has a 360° water slide and the pleasant atmosphere adds to your comfort and enjoyment while you cool off.



A | 寬敞舒適的蜜月套房 / Honeymoon Suite.



B | 以天然石材、木料打造的室內湯屋 / The insides of the hot spring rooms are made of wood and stone.



C | 戶外泳池 / Outdoor swimming pool.

Information

食宿價格 / Price (溫泉僅供住宿房客使用，住宿附送早餐 Hot springs are only available for overnight guests. Breakfast is included.)

合菜 (10人份) / A group meal for up to 10 persons starts at NT\$: 1500起
 2人套房 / Suite for 2 persons : NT\$: 1200 (平日 Weekdays) 、NT\$: 1800 (假日 Weekends)
 4人套房 / Suite for 4 persons : NT\$: 1800 (平日 Weekdays) 、NT\$: 2400 (假日 Weekends)

ADD : 台東縣卑南鄉溫泉村龍泉路53巷1號
 No.1,53 Lane,Longquan Rd,Wenquan Village,Beinan Township,Taitung County
 TEL : (089) 514-555 FAX : (089) 510-197

逸軒大飯店 / Yih Shiuan Resort

頗具規模的建築，寬敞的客房，配備大型雙人溫泉浴槽。若不想獨自泡湯，戶外中庭泡湯區備有溫泉藥浴池、水療SPA、露天泳池。而健身房、會議室，以及提供各式餐宴服務的中式餐廳，也滿足您多樣的渡假需求。

The ample suites have tubs large enough for two. There is also a fine outdoor hot spring bath area, a SPA and an open-air swimming pool. The gym, the conference room and the Chinese restaurant provide the multiple needs of guests on vacation or business.



A | 中庭露天游泳池 / Open-air swimming pool in the courtyard.



B | 戶外泡湯池 / Outdoor hot spring pool.



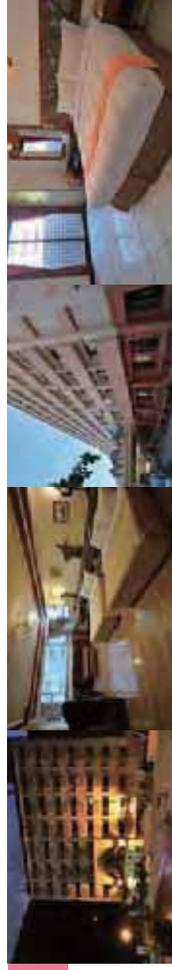
C | 仙果沙律蝦 | Prawns with fairy fruit and salad / NT\$: 199 | 以台東鳳梨釋迦，搭配生菜、蝦仁，佐以主廚特製醬汁和香濃美乃滋，甜中帶酸，老少咸宜。The speciality of Taitung. Atemoya, salad, prawns, special sauce and mayonnaise.

Information

食宿價格 / Price (溫泉僅供住宿房客使用，住宿附送早餐 Hot springs are only available for overnight guests. Breakfast is included.)

合菜 (10人份) / A group meal for up to 10 persons starts at NT\$: 1500起
 2人套房 / Suite for 2 persons : NT\$: 4000 ; 4人套房 / Suite for 4 persons : NT\$: 5200 ;
 6人套房 / Suite for 6 persons : NT\$: 6000

ADD : 台東縣卑南鄉溫泉村龍泉路53巷3號
 No.3,53 Lane,Longquan Rd,Wenquan Village,Beinan Township,Taitung County
 TEL : (089) 514-588 FAX : (089) 514-536
 http://www.yihshiuan-resort.com.tw



統茂溫泉旅館 / Toong Mao Hot Spring Hotel

舒適的觀景客房、戶外水療SPA、露天泳池一應俱全。按節令推出的四季風味餐採用當地山產野菜，健康又養生。想多些親子時光，就到益智童玩區動動腦，或參加夜間導覽(6人或行)，領略知本的絕代風華。



A | 雙面採光的套房，寬敞而明亮 / Ample and bright suite. **B** | 戶外泡湯區的各式水療SPA及美容藥浴養生池，疏通您的筋骨 / Outdoor hot spring bath area.

C | 砂鍋旗魚煲 | Stewed Billifish in an earthenware pot | 旗魚腩、肉片、香菇、蓮子、胡蘿蔔以砂鍋燜煮，保留住熱騰騰的美味。 **D** | 白玉旗魚卷 | White Jade Billifish Roll | 清爽的大白菜，包捲鮮美的旗魚、絞肉、蝦仁，搭配酸甜的百香果醬汁，表現多層次的口感。 Chinese cabbage roll containing billifish, ground meat and prawns.

Information

泡湯、食宿價格 / Price (住宿附送早餐 / breakfast included with accomodation)

露天SPA / Open-air SPA : 每人NT\$: 200 per person (假日Weekends : NT\$: 300)
自助式早餐 / Breakfast buffet : 每人NT\$: 200 per person ; 套餐 / Combo : 每人NT\$: 300 per person
2人套房 / Suite for 2 persons : NT\$: 3600 ; 4人套房 / Suite for 4 persons : NT\$: 4800

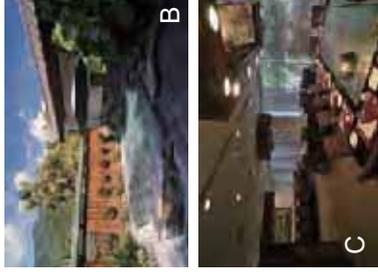
ADD : 台東縣卑南鄉溫泉村龍泉路61號
No.61, Longquan Rd, Wenquan Village, Beinan Township, Taitung County
TEL : (089) 514-899 FAX : (089) 514-552 [http:// www.toongmao.com.tw](http://www.toongmao.com.tw)

This hotel offers cozy suites with great views, an outdoor SPA and an open-air swimming pool. The seasonal savory meals of local wild vegetables are healthy and nutritious. There is a children's playground for you to enjoy yourself with your family. Night tours, for you to learn human history, start after 6 people have registered.

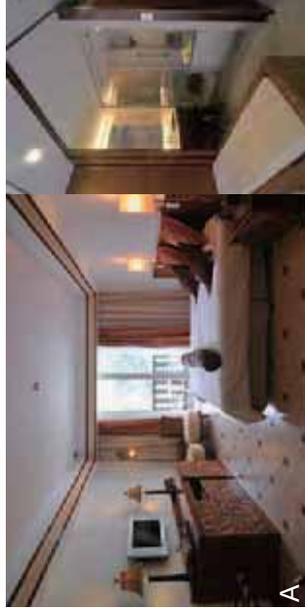


知本老爺大酒店 / Hotel Royal Chihpen Spa

擁有183間客房、日式溫泉浴場，以及各式室內外溫泉池。全新改裝的熱帶南洋風客房，精緻舒適。「那魯灣自助餐廳」及「酋長鐵板燒餐廳」，採用東海岸新鮮食材，呈現鮮美原味和以客為尊的優質感受。



This hotel has 183 guest suites in a tropical Southeast Asian style. There is a Japanese hot spring bath and a selection indoor and outdoor hot spring pools. The buffet restaurant and grill offers fresh food from the East Coast with many delicious and original flavors.



A | 推開活動百頁木窗，就可一邊賞景一邊泡湯 / A hot spring bath in a room with a scenic view. **B** | 「星月風呂」裸湯 / Spa Paradise. **C** | 東台灣唯一五星級的「酋長鐵板燒餐廳」 / A 5-star level grill and restaurant. **D** | 杭菊龍王凍 | Chrysanthemum with Lobster Jelly / NT\$: 300 | 優雅的花香、野生龍蝦的鮮甜在口中釋放。酸甜的洛神小米酒，讓味覺再次甦醒。小米糕、溫泉水烹煮的鹿野土雞蛋，濃郁口感令人印象深刻。 The elegant aroma of the flower and wild lobster are fresh and sweet to the taste.

Information

泡湯、住宿價格 / Price (住宿附送早餐 / breakfast included with accomodation)

露天SPA / Open-air SPA , 成人NT\$: 300 (Adult) 、小孩或65歲以上長者NT\$: 150 (Children or Senior over 65) 心采風呂裸湯 / Spa Complex , 每人NT\$: 350 per person
精緻客房 / Exquisite Suite : NT\$: 7800 ; 豪華客房 / Luxury Suite : NT\$: 9000
本價格僅供參考，另有各種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD : 台東縣卑南鄉溫泉村龍泉路113巷23號
No.23,113 Lane, Longquan Rd, Wenquan Village, Beinan Township, Taitung County
TEL : (089) 510-666 / 716-666 <http://www.hotel-royal-chihpen.com.tw>

Y丫旺溫泉渡假村／A-Ya-Wan Hot Spring Resort

A-Ya-Wan為卑南族語「酋長」之意。寬廣的溫泉泡湯區，有兒童戲水池、水療SPA、蒸氣烤箱，以及面積超乎想像的戶外泳池。以野生動物命名的客房饒富趣味，想更貼近自然還可體驗露營、烤肉樂趣喔！



- A** | 溫泉泡湯區/Private hot spring bathing pools on the balcony.
- B** | 椰風燈影搖曳，讓池畔夜色充滿浪漫情調/Romantic atmosphere and evening scenery at the pool side.
- C** | 寬闊陽台上的私人泡湯池/Spotted Deer Suite for 4 persons.

Information

泡湯、住宿價格/Price (住宿附送早餐/breakfast included with accomodation)

露天SPA/Open-air SPA，大人NT\$：150 (Adult，假日Holidays NT\$：200)、小孩NT\$：100 (Children)
 野兔雙人窩/Wild Rabbit Suite for 2 persons，starting from NT\$：2000 (平日/Weekday) 起，and NT\$：2800 (假日/Holiday) 起
 花鹿三連一4人房/Spotted Deer Suite for 4 persons，starting from NT\$：2500 (平日/Weekday) 起，and NT\$：3500 (假日/Holiday) 起
 本價格僅供參考，另有多種房型請電洽或上網查詢。
 This price is for reference only. Call us for other models.

ADD：台東縣卑南鄉溫泉村龍泉路136號
 No.136,Longquan Rd,Wenquan Village,Beinan Township,Taitung County
 TEL：(089) 515-827 FAX：(089) 516-331 <http://www.ayawan.com>

A-Ya-Wan means "chief of the tribe" in the Puyuma language. Naming each guest suite after a wild animal is a delightful novelty. There are also camping and BBQ facilities available. There is a SPA, a steam sauna and a large outdoor swimming pool with a play pool for children.



泓泉溫泉渡假村／Rainbow Resort Hotel

每週日早上或午後，泓泉「知本一號地熱井」就會打開，蒸騰的水霧在陽光下浮現絢麗彩虹。取自地下1460米的鹼性碳酸氫鈣泉，煮蛋、烹蝦蟹滋味不俗。「彩虹廳」供應精緻餐飲，物美價廉，頗受歡迎。



- A、B** | 充滿南洋情調的露天溫泉池/An open-air hot spring pool with a Southeast Asian atmosphere.
- C** | 溫泉原湯煮/Hot Spring Cooking Fun.
- D** | 紫蘇梅旗魚 | Bilibilifish with plums and basil | 旗魚腹肉和柔嫩的豆腐，以紫蘇梅蒸煮入味，溫潤的酸甜和旗魚的鮮味，搭配得恰到好處。
- E** | 桂筍佐魚卵 | Fish eggs with bamboo | 桂竹筍塞入滿滿的魚卵、絞肉，再綴上畫龍點睛的蝦仁，充分融合山與海的甘美滋味。

Information

泡湯、食宿價格/Price (住宿附送早餐/breakfast included with accomodation)

露天SPA/Open-air SPA，大人NT\$：150 (Adult，假日Holidays NT\$：200)、小孩NT\$：100 (Children，假日Holidays NT\$：150)
 合菜 (8~10人份) /A group meal for up to 8-10 persons starts at NT\$：2000起
 標準單床/Standard Suite with single bed：NT\$：3200
 精緻雙床/Exquisite Suite with double bed：NT\$：4200
 本價格僅供參考，另有多種房型請電洽或上網查詢。
 This price is for reference only. Call us for other models.

ADD：台東縣卑南鄉溫泉村龍泉路139巷1號/No.1, 139 Lane,Longquan Rd,Wenquan Village, Beinan Township,Taitung County TEL：(089) 510-150~9 FAX：(089) 513-001
<http://www.rainbow-hotel.com.tw>

知本東台溫泉飯店 / Dong Tair Spa Hotel

擁有146間精緻套房、可容納380人的中式餐廳。溫泉SPA館，各式溫泉水療、高溫原湯、草本精油、檜木烤箱，提供多重享受。豐富、份量紮實的精緻料理，少鹽少糖，呈現時令海鮮、山產野菜的自然甘美。

The hotel has 146 tasteful suites and a Chinese restaurant that seats 380 people. There is a hot spring SPA hall, a selection of spring SPA pools and a Hinoki sauna booth to provide for diverse needs. The Bountiful dishes are low in salt and sugar and combine a delicious selection of natural foods.



- A | 露天椰林溫泉池 / Open-air hot spring pool.
- B | 溫泉SPA館 / Hot spring SPA hall.
- C | 旗魚番茄塔 | Tomato stuffed with billfish | 旗魚片、鮮蝦，搭配健康的南瓜醬汁，清爽又養生。Sliced billfish and prawns with pumpkin sauce.
- D | 洛神蜜子排 | Pork chop with Roselle | 豬肋排、洛神花同煮，酸甜的美味調和。 / Pork chop stewed with Roselle, a sweet and sour delicacy.
- E | 東台養生溫泉套餐 | Dong Tair healthy hot spring combo | 天然野菜搭配台東當令海產的套餐，精緻而豐富。

Information

泡湯、食宿價格 / Price (住宿附送早餐 / breakfast included with accommodation)

露天SPA / Open-air SPA, 大人NT\$: 250 (Adult)、小孩NT\$: 150 (Children)
 自助式早餐 / Breakfast buffet, 每人NT\$: 250 per person
 午、晚餐 / lunch or dinner, starts at NT\$: 380起
 合菜 (10人份) / A group meal for up to 10 persons starts at NT\$: 2500起
 和式單床套房 / Japanese-style suite with single bed : NT\$: 4000
 精緻和式套房 / Exquisite Japanese-style suite : NT\$: 5200
 本價格僅供參考，另有各種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD : 台東縣卑南鄉溫泉村龍泉路147號
 No.147, Longquan Rd, Wenquan Village, Beinan Township, Taitung County
 TEL : (089) 512-290 FAX : (089) 513-269 <http://www.dongtair-spa.com.tw/>

猴區健康美食店 / Monkey Area Refreshment House

位於知本國家森林遊樂區入口旁，從販賣地方特產起家，至今30多年，累積不少熟客。緊鄰知本溪畔的用餐區與溪谷、吊橋深情相望，偶而還可發現猴群的蹤影，在此煮溫泉蛋、享用美食別有一番趣味。

This restaurant is by the entrance to the Jihiben National Forest Recreational Area. The dining space is beside the river and affords a beautiful view of the valleys and the draw-bridge. You may enjoy the chicken eggs cooked in the hot spring that give a special flavor to your meal.



- A | 菜脯雞湯 | Stewed chicken soup with dried radish / NT\$: 350(L)、NT\$: 250(S) | 蘿蔔乾熬煮的湯頭，加上野味十足的放山雞，濃郁鮮甜，相當夠味。
- B | 麻油香毛蟹 | Crab fried with sesame oil / NT\$: 299 (半斤 / 600g) | 肥美的毛蟹，以薑片麻油爆香、燜煮入味，蟹肉的清甜，穿透溫和的辛香躍上舌尖，口味不遜於大閘蟹。
- C | 溫泉蛋 | chicken eggs cooked in the hot spring

Information

餐飲價格 / Price for meal

合菜 (6~8人份) / A group meal for up to 6-8 persons starts at NT\$: 1500起
 (需電話預訂 / call for a reservation)

ADD : 台東縣卑南鄉溫泉村龍泉路268號
 No.268, Longquan Rd, Wenquan Village, Beinan Township, Taitung County
 TEL : (089) 516-011

閒情—安通

安通溫泉區位於花蓮縣玉里鎮與富里鄉交界處的安通溪畔，1904年被一位上山採樟腦的日本人發現至今，已有一百多年歷史。1930年，日本人又在此興建警察招待所，並設置公共浴場，便逐漸發展成溫泉勝地。

This hot spring area was established in 1904 and has more than a century of interesting history. In 1930, Japanese established a Resort for policemen and a public bath; since then, Antong has been developed to a hot spring spot.

泉質方面，安通溫泉區泉溫約61°C，PH值約8.7，屬無色透明的氯化物硫酸鹽泉。多年來，一直是泡湯愛好者的心頭首選。而四周的低海拔山林，散發自然的原始之美，曾以「安通濯暖」名列花蓮八景之一。

The temperature of the hot spring source is around 61°C and the pH value is 8.7. This is a Sulphate-Chloride spring that is clear and transparent. A beautiful low sea level forest surrounds the spring and was listed as one of the eight great views of Hualien.

玉長公路通車後，隨著交通的便利，「百年名湯」的名氣更甚以往。而安通溫泉區的業者也更致力於服務品質與設備的提升，發展屬於自己的風格和特色，等您前來體驗。

After the Yuzhang Highway was opened the famous "Hundred Year Hot Spring" became even more well known and popular. The Antong proprietors are committed to improving the service quality and facilities.

名湯物語 安通溫泉區

Antong Hot Spring Area

怎麼去? How to get there?

1. 自行開車，於台9線297.8km處，或台11線96.1km處，轉入台30線玉長公路即可抵達。
By road: at the 297.8km mark on Provincial Highway No.9 or the 96.1km mark on Provincial Highway No. 11, turn off onto Provincial Highway No. 30 - the Yuzhang Highway. This will bring you right here.
2. 搭乘火車，在玉里站下車。/ By Railway: alight from your train at the Yuli station. For more information, please call (03) 888-2020 (台鐵玉里站) or visit at <http://service.tra.gov.tw/yuli/>

- A | 晨曦下的玉長公路 | The Yuzhang Highway
 B | 玉長隧道 | 全長2660公尺，是第一座穿越海岸山脈的山岳隧道 / The Yuzhang Tunnel is 2660m in length. It was the first mountain tunnel to be driven through the Coast Mountains.



1. 紐澳華溫泉山莊 New Life Hot Spring Resort
2. 溪畔溫泉 Xipan Hot Spring
3. 安通溫泉飯店 An-Tong Hot Spring Hotel
4. 加賀屋 Kageya Hot Spring Resort
5. 玉溫泉 Yu Hot Spring
6. 吉祥溫泉 Jixiang Hot Spring Resort



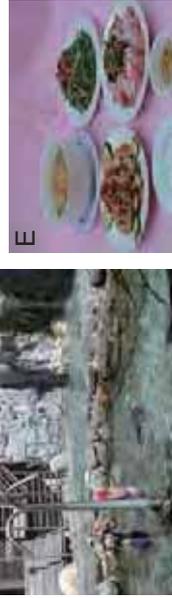
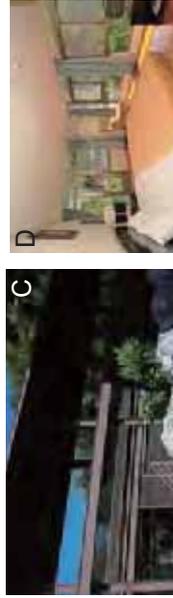
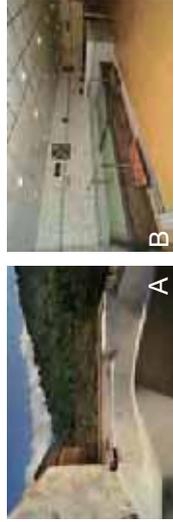


● ● ● ● ● 溫泉美食印象—安通

● ● ● ● ● Gourmet Food and the Hot Spring on Antong

● ● ● ● ● 安通溫泉飯店／An-Tong Hot Spring Hotel

發展甚早，在本區發展史佔有一席之地，日治時期的木屋仍屹立不搖。現代化的飯店建築，擁有多款舒適客房、室內裸湯、精緻湯屋、露天SPA、戶外泳池，以及中式餐廳，是溫泉愛好者推崇的老字號。



This hot spring area was developed many years ago. A cabin that was built during the Japanese era is still standing and in good condition. The modern hotel building has a selection of cozy guest suites, a public bath pool, a fine hot spring room, an open-air SPA, an outdoor swimming pool and a Chinese restaurant. This is a classic hot spring hotel that is recommended by all hot-spring patrons.

- A | 精緻、浪漫的「星光湯屋」Exquisite "Starry Hot Spring Room".
- B | 室內裸湯／Public bathing pool.
- C | 戶外溫泉池／Outdoor hot spring pool.
- D | 寬敞明亮的客房／Ample and bright suite.
- E | 安通溫泉風味餐 | Antong hot spring savory combo | 菜式多樣，價格實惠，皆採用當地當季食材製作。

Information

泡湯、食宿價格／Price (住宿附送早餐、合菜及素食需電話預訂／breakfast included with accomodation, group meals and a vegetarian diet, please call for reservations)
 裸湯、露天SPA／Nude hot spring bathing and open-air SPA : 全票NT\$: 240 (Adult)、半票NT\$: 120 (Children)；星光湯屋／Starry Hot Spring Room : 2人 (for 2 persons) NT\$: 600 / 1.5hr
 合菜 (10人份)／A group meal for up to 10 persons, starts at NT\$: 2500起
 標準2人房／Standard Suite for 2 : NT\$: 3600；家族4人房／Family Suite for 4 : NT\$: 5200
 本價格僅供參考，另有多種房型請電洽或上網查詢。
 This price is for reference only. Call us for other models.

ADD : 花蓮縣玉里鎮樂合里溫泉36號／Wenquan No.36, Lehe Village, Yuli Township, Hualien County
 TEL : (03) 888-6108 <http://www.an-tong.com.tw>

● ● ● ● ● 紐澳華溫泉山莊／New Life Hot Spring Resort

坐擁半山腰的好視野。原木石砌構築的Villa級湯屋，展現精緻、優雅風尚。廣植成林的澳洲茶樹、香草野菜園，展現健康、樂活。泡湯之餘，還可啜飲咖啡，享受茶樹精油的芳香，體驗浪漫的悠閒時光。



This hotel is situated on the mid slopes of the mountain and has wonderful views. The hot spring Villa is constructed of stone and is elegant and impressive. The Australian tea trees from the forest and the herb and vegetable garden offer a healthy "LOHAS" atmosphere. You may enjoy a cup of coffee and take a bath in the hot spring while enjoying the delightful aroma of the Tee tree's essential oils.

- A | 精心打造的Villa套房，流露曼妙風情／Hot spring room with delicate design.
- B | 個人湯屋，享受寧靜的溫泉時光／Private hot spring pool.
- C | 野菜風味餐 | Vegetable savory combo | 有機香草、野菜，讓身體做環保。
- A Savorly Combo that is made from organic herbs and vegetables.
- D | 自製茶樹精油，取自紐澳華的澳洲茶樹林／Home-made tee tree essential oil.

Information

泡湯、住宿價格／Price (住宿附送早餐／breakfast included with accomodation)

日式風呂／Japanese-Style Hot Spring Bath : 大人NT\$: 200 (Adult、假日Holidays NT\$: 250)、小孩或長輩NT\$: 150 (Children or Senior)
 家庭湯屋2人／Family Hot Spring Room for 2 persons : NT\$: 3400
 標準2人房／Standard Suite for 2 persons : NT\$: 4800
 VIP 2人房／VIP Suite for 2 persons : NT\$: 4800
 本價格僅供參考，另有多種房型請電洽或上網查詢。
 This price is for reference only. Call us for other models.

ADD : 花蓮縣玉里鎮樂合里溫泉41-5號
 Wenquan No.41-5, Lehe Village, Yuli Township, Hualien County
 TEL : (03) 888-7333 <http://www.twspa.com.tw>

加賀屋溫泉山莊 / KAGAYA Hot Spring Resort

精緻的露天SPA、個人湯屋，以及用心規劃的住宿環境，頗有日本溫泉旅館風味。潔淨明亮的吧台，調理美味的輕食料理。摩登的交誼空間，可一邊用餐，一邊觀賞窗外美景，享受怡然自得的休閒時光。

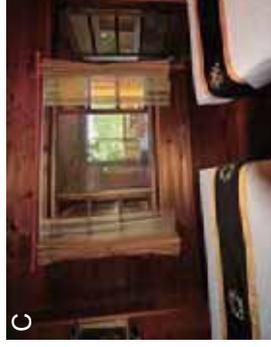


A | 石砌的湯屋之外，是整片的青山綠意

The Hot Spring Rooms are made of stone.

B | 碳烤青花魚套餐 | Grilled mackerel combo / NT\$: 250 | 來自東海岸的大海時鮮，以薄鹽碳烤呈現忠實原味，搭配清爽的蘿蔔絲恰到好處。

C | 以原木構築的客房，散發山林的氣息 / The guest suite unveils a breath of forest air.



A delicate open-air SPA with private hot spring rooms; an environment designed with care and effort with a slightly Japanese style. There is a neat and bright bar counter and a modern lounge where you can have a meal and enjoy the beautiful scenery.

Information

泡湯、住宿價格 / Price (住宿附送早餐 / breakfast included with accomodation)

泡湯 / Hot Spring SPA : 每人NT\$: 200 per person

精緻2人湯屋 / Exquisite Hot Spring Room for 2 persons : NT\$: 1000/2hr

屋中屋4人湯屋 / Divided Hot Spring Room for 4 persons : NT\$: 6800

本價格僅供參考，另有多種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD : 花蓮縣玉里鎮樂合里溫泉41-2號

Wenquan No.41-2, Lehe Village, Yuli Township, Hualien County

TEL : (03) 888-2688

吉祥溫泉農莊 / Jixiang Hot Spring Farm

外觀不起眼，卻頗有內涵的溫泉民宿，除了擁有個人泡湯池、戶外SPA之外，全新的觀景套房、以花蓮特有石材打造的湯屋頗具特色。而民宿主人有如「庄腳人」的純樸熱情，也令人感到輕鬆自在。



A | 明亮舒適的溫泉套房

A bright and cozy suite.

B | 水療氣泡床 / SPA bubble pool.

C | 蛇紋石打造的湯屋，頗具地方特色

The Hot Spring Rooms are made of Serpentine.

D | 精心打造的親水遊樂空間

Fun for parents and kids.

Although the outward appearance is low-profile, the facilities and service inside are complete. There are private hot spring house and an outdoor SPA. The suites are made of stone with the unique quality only Hualien possesses. The enthusiastic down-to-earth host makes you feel relaxed and at ease.



Information

泡湯、住宿價格 / Price (住宿附送早餐 / breakfast included with accomodation)

泡湯 / Hot Spring SPA : 成人NT\$: 150 (Adult) 、小孩NT\$: 100 (Children)

精緻2人套房 / Exquisite Suite for 2 persons : NT\$: 4000

ADD : 花蓮縣玉里鎮樂合里溫泉35-6號 / Wenquan No.35-6, Lehe Village, Yuli Township, Hualien

County TEL : (03) 888-4776 <http://www.8884776.com.tw>

玉溫泉 / Yu Hot Spring

倚山傍水，擁有各式湯屋與戶外泡湯設備。讓小朋友快樂嬉戲的兒童戲水池，聚集親子同樂的歡樂。具有超音波、氣泡床等功能的水療SPA，以及添加養生配方的藥浴池，讓您身心舒暢、容光煥發。泡湯之餘，若想充分休息一下，還有寬敞舒適的客房讓您安然入睡。

A pool for children to have fun, outdoor hot spring pools and a SPA and herb bath pool. There are also hot spring rooms to make you feel good and happy in body and spirit. If you need a break there is a choice of cozy and roomy suites.



A | 兒童戲水池 / Children's Play Pool. B | 水療SPA

C | 豐沛的水源，來自紅荖溪下游湧出的優質溫泉 / Hot spring with an abundant water source. D | 寬闊舒適的套房 / Ample and bright suite.

Information

泡湯、食宿價格 / Price (住宿附送早餐 / breakfast included with accommodation)

泡湯 / Hot Spring SPA : 成人NT\$: 180 (Adult) 、小孩或長青族NT\$: 120 (Children or Senior)

簡餐 / Combo : NT\$: 150

標準2人房 / Standard Suite for 2 persons : NT\$: 3600 ; 4人房 / Suite for 4 persons : NT\$: 5200

本價格僅供參考，另有多種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD : 花蓮縣富里鄉吳江村安通58-8號 / Antong No.58-8, Wujiang Village, Fuli Township, Hualien County TEL : (03) 888-8588 FAX : (03) 888-6878



A



B



C

溪畔溫泉 / Xipan Hot Spring

充滿原始氣息的竹屋，自成一格於安通溪水岸邊。看似簡陋，卻有脫俗清麗之感。若不計較設備豪華與否，這裡可以讓您用最平實的價格，享受到安通溫泉區的優良泉質。若想喝茶與味，窗邊品茗的意境，也別有一番樂趣。

The bamboo suites have a primitive atmosphere. They are rough but very comfortable and have a rustic feel. If you don't need luxurious facilities this is a place where you can enjoy a good hot spring and pay the most reasonable price in Antong.



A

A | 水岸邊的溫泉池，與自然合而為一 / A hot spring pool at the riverside.

B | 推開窗，泡一壺茶，就可乘著幾許河岸清風享受悠閒 / Open the window and enjoy the casual atmosphere.

C | 個人泡湯池 / Private hot spring bath tubs.



B



C

Information

泡湯價格 / Price for hot Spring SPA

每人NT\$: 100 per person

ADD : 花蓮縣玉里鎮樂合里溫泉37號

Wenquan No.37, Lehe Village, Yuli Township, Hualien County

TEL : (03) 888-3589

名湯物語 瑞穗溫泉區

Ruisui Hot Spring Area

瑞穗溫泉發源於紅葉溪下游虎頭山南麓，1919年即建有公共浴場，早期以「紅葉尋溪」名譽列花蓮八景之一。全區風景優美，紅葉溪谷、舞鶴台地、姑巒溪皆在方圓之內。

泉質方面，瑞穗溫泉泉溫約45°C，PH值約6.7，為全台唯一碳酸鹽泉（Na-Cl·HCO3），可浴不可飲。泉水剛由地下湧出

時澄澈透明，一段時間後，水中鐵質氧化就呈現黃褐色，有「生男之泉」之稱。

而深入山岬，在紅葉大橋彼端的紅葉溫泉，又稱「內溫泉」，山光幽靜，脫俗清麗。跨越大半世紀的日式木屋仍保留至今。泉源在加星山東麓，泉溫約60度，為無色透明的弱鹼性碳酸氫鈉泉。

怎麼去？ How to get there？

1. 自行開車，於台9線瑞穗段沿指標前往，即可抵達。／By road：drive on the Provincial Highway No.9, Ruisui section and follow the signs.
 2. 搭乘火車，在瑞穗站下車，轉搭花蓮客運瑞穗-紅葉線班車前往。／To travel by train, get off at the Ruisui station, then transfer to a Ruisui-Red Leaves line Hualien bus.
- 花蓮客運／Hualien Bus，TEL：(03) 833-8146~8
台鐵瑞穗站／Taiwan Railway Ruisui Station：(03) 887-5039
<http://service tra.gov.tw/ruisuei/>



1. 吉祥香根園 Jixiang Xiangganyuan
2. 瑞峰溫泉 Ruifeng Hot Spring
3. 東岡秀川溫泉會館 Higashi Oka Hide Kawa
4. 虎爺溫泉會館 Hoya Spa Hotel
5. 原鄉溫泉 Yuan Hsiang Hot Spring
6. 黃豕溫泉山莊 Huangjia Hot Spring Resort
7. 瑞雄溫泉山莊 Ruixiong Hot Spring Resort

8. 山下不老溫泉 Yamashida Hot Spring
9. 瑞雄溫泉旅館 Ruixiong Hot Spring Hotel
10. 椰子林溫泉飯店 Coconut Spa Hotel
11. 江南溫泉山莊 Jiangnan Hot Spring Resort
12. 瑞穗溫泉山莊 Ruisui Hot Spring Resort
13. 紅葉溫泉山莊 Honye Hot Spring Resort

The Ruisui hot spring area was established as a public bath as early as 1919 and was listed as one of the eight great views of Hualien. The beautiful Red Leaves Valley, Ruisui Farm, the Wuhe plateau and the Siouglu-Ian River are all close by.

This is the only Carbonate Spring in Taiwan. The temperature is around 45°C and the water has a pH value of 6.7. The water is crystal clear just as

it comes from the ground, but after a short while the iron in the water begins to oxidize and turns it a yellowish brown.

Go further into the mountains to the Red Leaf Hot Spring and the scenery is fresh and clear. The Japanese style of half a century ago is still evident. The temperature of the water is around 60°C in a clear and transparent Sodium Bicarbonate Spring.

瑞穗

Gourmet Food and the Hot Spring on Ruisui

吉祥香根園庭園溫泉 / Jixiang Xiangganyuan Hot Spring

層次分明的庭園，小橋流水，映出唯美的山光水影。圍籬綠林之間的個人池、戶外泡湯池、露天泳池，以及親水遊戲設施，提供不同的泡湯情境和趣味。農村風情的紅磚屋，帶來淳樸的鄉野氣息，為旅途的鄉居生活增添悠閒氣氛，值得您來親身體驗。



A



C

D

- A | 戶外泡湯池 / Outdoor hot spring pool.
- B | 可充分體驗農間生活的住宿空間 / The suites have a countryside feeling.
- C | 青木瓜排骨湯 | 木瓜與排骨同燉，清甜的湯汁令人回味無窮 / Stewed rib soup with green papaya.
- D | 炒鱔肉 | Fried escargot |

Information

泡湯、食宿價格 / Price (住宿附送早餐 / breakfast included with accommodation)

泡湯 / Hot spring SPA : 成人NT\$: 150 (Adult) 、小孩NT\$: 100 (Children)
 合菜 (10人份) / A group meal for up to 10 persons starts at NT\$: 2000起
 2人套房 / Suite for 2 persons : NT\$: 2800 ; 4人套房 / Suite for 4 persons : NT\$: 4800 ;
 本價格僅供參考，另有各種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD : 花蓮縣瑞穗鄉溫泉路三段35-10號 / No.35-10, Wenquan Rd Sec 3, Ruixiang Village, Ruisui Township, Hualien County TEL : (03) 887-6866 ~ 9 FAX : (03) 887-6865 <http://www.bcdspa.com>



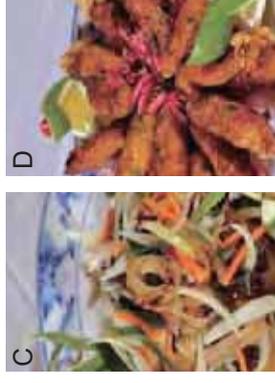
瑞峰溫泉 / Ruifeng Hot Spring

仿若日本枯山水的庭園，透出禪味。連成一氣的露天池，與整排綠樹相輝映。若要獨享泡湯，尚有多間室內個人池。困了就住進溫馨雅房或和室。若想體驗野營趣味，寬廣的屋前廣場，就是露營烤肉的理想場地。

The Japanese style yard and open-air pool are merged perfectly with a long row of green trees. There are many individual indoor tubs for you to take a dip alone. If you feel sleepy just go to your warm and lovely suite. If you like the experience the fun of camping and BBQ the ample grounds are an ideal place for this.



A



C

D

- A | 露天溫泉池 / Open-air hot spring pool.
- B | 素雅的和室 / Plain and elegant Japanese style rooms.
- C | 涼拌干貝唇 | Cold scallop rims with sauce | 干貝唇、生洋蔥、胡蘿蔔、黑木耳，以淡雅的醬汁調和，是頗為爽口的山珍海味組合。
- D | 炸蝦卷 | Fried shrimp roll | 酥脆的腐皮，蝦漿、鮮蔬的鮮甜，令人停不了口。

Information

泡湯、食宿價格 / Price (住宿附送早餐 / breakfast included with accommodation)

泡湯 / Hot spring SPA : 成人NT\$: 150 (Adult) 、小孩NT\$: 100 (Children)
 合菜 (10人份) / A group meal for up to 10 persons starts at NT\$: 2000起
 2人套房 / Suite for 2 persons : NT\$: 3000 ; 4人套房 / Suite for 4 persons : NT\$: 4000
 本價格僅供參考，另有各種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD : 花蓮縣瑞穗鄉溫泉路三段2巷36-1號
 No.36-1, 2 Lane, Wenquan Rd Sec 3, Ruixiang Village, Ruisui Township, Hualien County
 TEL : (03) 887-1709 <http://www.netete.com/ruifeng>



東岡秀川溫泉會館／Higashi Oka Hide Kawa

日式禪風與現代摩登的融合，從交誼大廳延伸到個人湯屋。原木包圍的露天泳池，帶來溫暖的感覺。結合露天浴池與精緻客房的組合，流露頂級Villa的風格，令人嚮往，關起房門就可好好自我陶醉一番！

The space combines Japanese Zen and modern styles from the lobby to the individual hot spring rooms. The open-air swimming pool is surrounded by logs. The open-air bath pool, the delicate suites and first class villas are the aspiration of many guests.



- A | 露天泳池，池畔皆以原木鋪築／Open-air swimming pool.
 B | 極簡而不失雅致的個人湯屋／Individual hot spring rooms.
 C | 流露日式禪風的泡湯休息區／The Lounge.
 D | 向頂級Villa看齊的豪華家庭房，配備了專屬的露天泡湯池／Luxury family suite equipped with individual open-air hot spring pool.

Information

泡湯、住宿價格／Price (住宿附送早餐／breakfast included with accommodation)

泡湯/Hot spring SPA：成人NT\$：200 (Adult)、小孩NT\$：150 (Children)
 個人湯屋/Individual Hot Spring Room：NT\$：300/hr
 豪華家庭湯屋/Luxury Family Hot Spring Room：NT\$：7200
 2人房/Suite for 2 persons：NT\$：5000
 本價格僅供參考，另有各種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD：花蓮縣瑞穗鄉溫泉路三段2巷31-6號／No.31-6,2 Lane Wenquan Rd Sec 3,Ruixiang Village,Ruisui Township,Hualien County TEL：(03) 800-6788

虎爺溫泉會館／Hoya Spa Hotel

優雅的日式庭園，是悠閒泡湯的序曲。高溫原湯、水療SPA、兒童戲水池、戶外泳池及個人湯屋，帶來多重享受。溫馨的溫泉雅居，提供舒適、寬敞的住宿空間，以家的服務理念，讓您有賓至如歸的感受。

This hotel has an Elegant Japanese style courtyard, a SPA, an outdoor swimming pool with a play pool for children and private hot spring spa rooms to delight your stay. The warm and lovely hot spring suites are cozy but roomy enough to make you feel at home.



- A | 露天SPA/Open-air SPA。 B | 舒適寬廣的觀景套房/Cozy and roomy suite with great views。 C | 越南春捲|Vietnam spring roll| 酥脆金黃的春捲皮，包藏冬菇、鮮肉、黑木耳等鮮蔬，展現出不俗的創意和口感。 D | 糖醋排骨|Sweet and sour pork | 清麗、淡雅的越南風味，為糖醋排骨寫下新的註解。

Information

泡湯、食宿價格／Price (住宿附送早餐／breakfast included with accommodation)

泡湯/Hot spring SPA：成人NT\$：220 (Adult、假日NT\$：250)、
 國中生NT\$：170 (Junior high)、國小兒童 (Elementary school) NT\$：150
 合菜 (10人份) /A group meal for up to 10 persons starts at NT\$：2000起
 標準2人房/Standard Suite for 2：NT\$：3500；標準4人房/Standard Suite for 4：NT\$：5000
 本價格僅供參考，另有各種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD：花蓮縣瑞穗鄉瑞祥村101號／No.101,Ruixiang Village,Ruisui Township,Hualien County
 TEL：(03) 887-5505 FAX：(03) 887-6600 <http://www.hoya-spa.com.tw>

黃家溫泉山莊／Huangjia Hot Spring Resort

獨棟雙併的小屋，坐落在寬廣的園區。室內原木裝潢，散發森林氣息。半露天溫泉浴池，帶來風情萬種的泡湯樂趣。若想體驗水柱衝擊，就到戶外泳池SPA。主體建築餐廳裡，中西式早點、特色風味餐，以及悠閒的下午茶，讓您享受輕鬆愜意的時光。

The suites are decorated with logs that release the fragrance of the forest. The hot spring pool extends outside into the open air. The outdoor Spa is a delight. In the restaurant one can find a Western or an Eastern breakfast, a savory combo or afternoon tea. Enjoy a relaxed and easy time.

A | 戶外泡湯池／Outdoor hot spring pool.

B | 原木裝潢的套房，溫馨又舒適／The suites are decorated with logs.

C | 瑞穗鮮奶火鍋 | Ruisui milk Hot Pot / NT\$: 280 | 採用當地當季食材的火鍋套餐，鮮度夠、份量足，搭配瑞穗特產的鮮乳做湯底，增添不少溫潤的口感。

Information

泡湯、住宿價格／Price (住宿附送早餐／breakfast included with accommodation)

泡湯／Hot spring SPA：成人NT\$: 150 (Adult)、小孩NT\$: 100 (Children)

精緻4人房／Exquisite Suite for 4：NT\$: 4500；精緻2人房／Exquisite Suite for 2：NT\$: 2600

本價格僅供參考，另有多種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD：花蓮縣瑞穗鄉瑞祥村北五路321號
No.321, Beiwu Rd, Ruixiang Village, Ruisui Township, Hualien County
TEL：(03) 887-6629 FAX：(03) 887-6772



原鄉溫泉／Yuan Hsiang Hot Spring

歐式外觀、精緻內裝，顯示主人的品味和用心。樟樹下的泡湯池，看到鐵樹林與虎頭山的美景。寬廣的活動空間、露天平台，讓您自在徜徉。可撈魚、捉蝦、尋青蛙的生態小河，適合親子同樂，體驗鄉野的趣味。

This is a European style building with exquisite inner décor that reflects to the good taste and efforts of the host. The hot spring pool beneath the trees has abundant space for all sorts of activity. There is also an open air deck where you can relax and take it easy. Parents and kids can play by the small river and many guests come to the hotel to catch fish and shrimp.

Information

泡湯、住宿價格／Price (住宿附送早餐／breakfast included with accommodation)

泡湯／Hot spring SPA：成人NT\$: 150 (Adult)、小孩NT\$: 100 (130cm以下、Children under 130cm)

2人房／Suite for 2：NT\$: 3300；3人房／Suite for 3：NT\$: 4400；4人房／Suite for 4：NT\$: 6600

ADD：花蓮縣瑞穗鄉瑞祥村五福路325號／No.325, Wufu Rd, Ruixiang Village, Ruisui Township, Hualien County TEL：(03) 887-6307 <http://www.yuan-hhs.com.tw/>

山下不老溫泉／Yamashida Hot Spring

緊鄰山腳下，環境清幽，採預約制。獨立門戶的套房，迷人的露天溫泉池，最能感受獨享的樂趣。適合家庭、三五好友同來歡暢。

This resort is just beside the foot of the mountain. A reservation must be made before a visit. Open the door of your individual suite and have a hot spring spa immediately. The mini open-air hot spring pool allows you to have fun on your own.

A | 戶外泡湯池／Outdoor hot spring pool. B | 溫馨舒適的套房／Warm and lovely suite. C | 頗有份量的早餐，有皮蛋瘦肉粥、油條、醋薑、脆梅及黑糖饅頭／Breakfast combo.

住宿價格／Price (附送早餐／breakfast included with accommodation)

2人房／Suite for 2：NT\$: 3000；4人房／Suite for 4：NT\$: 4000

榻室2人房／Hot Spring Room for 2：NT\$: 4000

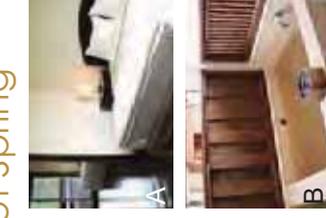
ADD：花蓮縣瑞穗鄉溫泉路三段137號／No.137, Wenquan Rd Sec 3, Ruisui Township, Hualien County TEL：0919-289-920、0937-468-021 <http://mailton.myweb.hinet.net>



A

B

C



B

C

D

A | 特殊設計的房中房空間／Bright and comfy Family Suite. B | 客房專屬的半露天湯池／Luxury suite equipped with individual hot spring pool. C | 樟樹下的露天湯池／Open-air SPA. D | 原鄉火鍋／Hometown Hot Pot / NT\$: 250



C

瑞雄溫泉旅館·瑞雄溫泉山莊／ Ruixiong Hot Spring Hotel & Resort

緊鄰山邊的新式旅館，自然的芬多精令人陶醉。擁有多款套房、個人池，以及原石堆砌的露天溫泉池。若想體驗悠閒的鄉村生活，瑞雄溫泉山莊的千坪綠地，以及林木圍繞的獨棟木屋，讓您體驗樂活慢閒的度假風情。



A



B



D

- A | 露天溫泉池／Open-air hot spring pool.
- B | 個人湯屋／Individual hot spring room.
- C | 獨棟木屋／Individual cabins.
- D | 木屋內的通鋪／A cabin dormitory.

Information

泡湯、住宿價格／Price (住宿附送早餐／breakfast included with accommodation)

泡湯／Hot spring SPA：成人NT\$：200 (Adult)、小孩NT\$：100 (Children)；
2人房／Suite for 2 persons：NT\$：2990

本價格僅供參考，另有各種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

瑞雄溫泉旅館 Ruixiong Hot Spring Hotel
ADD：花蓮縣瑞穗鄉溫泉路三段185號
No.185,Wenquan Rd Sec 3,Ruisui Township,Hualien County
瑞雄溫泉山莊 Ruixiong Hot Spring Resort
ADD：花蓮縣瑞穗鄉溫泉路三段123號
No.123,Wenquan Rd Sec 3,Ruisui Township,Hualien County
TEL：(03) 887-2254 FAX：(03) 887-3593 <http://sunshine-hs.network.com.tw/>

椰子林溫泉飯店／Coconut Spa Hotel

椰影搖曳，晚風清涼，溫柔的南洋風吹奏浪漫的時光。露天泳池、個人湯屋、舒適的套房，以及多功能的空間，滿足聚會、娛樂、用餐的需求。若想找回赤子之心，還有童話情境的木屋，讓您重回年少純真的夢想。



C



A



B

The Coconut displays a gentle Southeast Asian atmosphere. There is an open-air swimming pool, individual hot spring rooms, cozy suites, and a multi-function lounge that meet all your recreational needs. The fairy tale cabins transport you back to the pure and lovely dream of your youth.

- A | 椰子樹下的泡湯，增添自然舒適的感受／Outdoor hot spring pool.
- B | 個人湯屋／Individual hot spring rooms.
- C | 童話情境的木屋／Fairy tale style cabins.

Information

泡湯、住宿價格／Price (住宿附送早餐／breakfast included with accommodation)

泡湯／Hot spring SPA：成人NT\$：200 (Adult)、小孩NT\$：150 (Children)
2人房／Suite for 2 persons：NT\$：3000
4人房／Suite for 4 persons：NT\$：4500
6人房／Suite for 6 persons：NT\$：6000

ADD：花蓮縣瑞穗鄉瑞祥村溫泉路201號/No.201,Wenquan Rd,Ruixiang Village,Ruisui Township,Hualien County TEL：0937-912051
FAX：(03) 887-5795 <http://www.netete.com/coco/>

江南溫泉山莊／Jiangbunan Spa Resort

四合院的格局，溫馨的空間，適合三五好友團聚。各式套房、個人湯屋，圍繞在中庭四周，可在中庭喝茶聊天，感受悠閒自在的生活。

The Four Section compound pattern is excellent for friends who want to share and be near each other. Suites and individual hot spring rooms are around the courtyard. It is also a fine place for a leisurely afternoon tea and carefree chat with friends.



A

- A | 泡湯池／Hot spring pool
- B | 戶外中庭／Outdoor courtyard

Information

ADD：花蓮縣萬榮鄉紅葉村1鄰17號
No.17,Neighborhood 1,Hongye Village,Wanrong Township,Hualien County TEL：0937-912-051
<http://netete.network.com.tw/>

泡湯、住宿價格／Price (住宿附送早餐／breakfast included with accommodation)

泡湯／Hot spring SPA：成人NT\$：200 (Adult)、小孩NT\$：150 (Children)
2人房／Suite for 2 persons：NT\$：2500；4人房／Suite for 4 persons：NT\$：4000

瑞穗溫泉山莊／Ruisui Hot Spring Resort

坐擁半山腰的好視野，與舞鶴台地遙遙相對。日治時期即開發的溫泉旅社，佈滿光陰的刻痕。露天溫泉池，名揚東瀛，締造生男之泉的傳奇。若要獨享，還有個人泡湯池、木屋套房，滿足您的渡假需求。



A

This resort commands a great view of the middle slopes of the mountain. It was established during the Japanese era and still operates today. The hot spring pool has been named the "Spring for the male born baby" and is even known in Japan. If you would like to soak in the hot spring alone, there are individual hot spring tubs and cabin suites to meet your needs.



C

A | 榻榻米客房 / Tatami guest suite. B | 戶外溫泉池 / Outdoor hot spring pool. C | 鹽酥溪蝦 / Crisp and salty creek shrimp. 蝦味十足，蔥、蒜、辣椒的重口味，最適合當下酒小菜。 D | 滷腱肉 / Stewed beef shank / 帶筋的腱肉，柔軟而不柴。



D



B

Information

泡湯、食宿價格 / Price (住宿附送早餐 / breakfast included with accommodation)

泡湯 / Hot spring SPA : 成人NT\$: 150 (Adult)、小孩NT\$: 100 (Children)
 台菜 (10人份) / A group meal for up to 10 persons starts at NT\$: 2000起
 2人房 / Suite for 2 persons : NT\$: 2500 ; 4人房 / Suite for 4 persons : NT\$: 4500
 本價格僅供參考，另有各種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD : 花蓮縣萬榮鄉紅葉村23號 / No.23, Hongye Village, Wanrong Township, Hualien County
 TEL : (03) 887-2170 FAX : (03) 887-2220 <http://www.juisui-hotspring.com>

紅葉溫泉山莊旅社／Hong Ye Hot Spring Hotel

跨越大半世紀的日式木屋，隱含訴說不盡的歷史風華。男湯、女湯延續了東洋的泡湯文化。個人池、露天泡湯池，提供了獨享的空間。餐廳裡，有機時蔬、野菜、放山雞，想吃就有。榻榻米、木格子窗的住屋，清爽的和風、溫泉的故事，等您前來領略和感受。

This wooden house is more than half a Century old. The Tatami reveal its elegant Japanese style. Individual tubs and an open-air hot spring pool provide you additional space to enjoy yourselves. The cultural atmosphere is Japanese and there are hot spring spas reserved exclusively for men and women.



A



B



C



D



E

A | 戶外溫泉池 / Outdoor hot spring pool.
 B | 日式木屋特有的明淨長廊和木格子窗 / Japanese style cabin.
 C | 榻榻米通鋪 / Dormitory with Tatami.
 D | 茄腸煲 | Stewed eggplant and pork | 軟熟的豬腸和茄子，以緩火煲得入味，也帶出柔潤的口感。 Eggplant and pork stewed together.
 E | 鳳梨炒過貓 | Fried pineapple with vegetable fern | 過貓蕨、新鮮鳳梨，加入蔴樹子同炒，奇妙的組合，卻有不凡的表現。
 / Fern and fresh pineapple fried together.

Information

泡湯、食宿價格 / Price (住宿附送早餐 / breakfast included with accommodation)

泡湯 / Hot spring SPA : 成人NT\$: 120 (Adult)、小孩NT\$: 80 (Children)
 台菜 (10人份) / A group meal for up to 10 persons starts at NT\$: 2000起
 木屋2人房 / Cabin for 2 persons : NT\$: 3000 ; 標準4人房 / Standard for 4 persons : NT\$: 3800
 本價格僅供參考，另有各種房型請電洽或上網查詢。

This price is for reference only. Call us for other models.

ADD : 花蓮縣萬榮鄉紅葉村188號 / No.188, Hongye Village, Wanrong Township, Hualien County
 TEL : (03) 887-887-2176 FAX : (03) 887-5241 <http://www.188hy.com>



優良的健康海鮮食品

高蛋白質、低脂、低熱量的旗魚，堪稱最優良的健康海鮮食品。尤其，旗魚的脂肪，大多為不飽和脂肪酸，其主要代表物為EPA和DHA。EPA和DHA具有降血壓、降血脂、降低血小板凝集，預防動脈硬化、增強腦部機能、強化胰島素功能……等作用，可以讓您「頭好壯壯」。

Hometown of Billfish

Billfish! When fall turns to winter it becomes high season for billfish – otherwise known as Marlin. The Singang fishing port, located in the Chenggong Township, is the biggest fishing port in Eastern Taiwan and the import center for billfish production.

When the southeast wind starts to blow schools of billfish gather offshore from the Chenggong Township. They chase and eat such fish as Bonito and dolphins. This is the time the Chenggong Township holds the annual Billfish Festival and everyone is invited to come and enjoy tasty billfish.

Fresh and Delicious Billfish

No matter whether it is prepared as sashimi or cooked in different dishes, billfish tastes good. The part under the back fin is the tastiest and has the richest fat. Of all the billfish the Giant black marlin has the finest flesh and makes the highest grade of sashimi.

旗魚的故鄉

秋冬季節，是旗魚最肥美鮮甜的時候。位於東部海岸的成功鎮新港漁港，是台灣東部海岸最大漁港，也是旗魚的重要產地。

每當東北季風吹起，旗魚就成群洄游到成功外海，追逐攝食鰹魚、鬼頭刀等隨黑潮而來的洄游性魚類。而此時，也是旗魚最為肥美的時候，成功鎮也會舉辦「旗魚季」活動，邀請大家前來感受當季旗魚的極致美味。

旗魚的鮮美

旗魚的鮮甜，在所有海鮮當中，是相當突出的美味。不論是頂級新鮮的生魚片，或是烹煮各式料理，口味都相當出色。背鰭以下是旗魚最好吃、脂肪最豐富的部位。其中，有「阿布拉」（日語，油脂之意）之稱的白皮旗魚肉質最優，油花均勻、脂香味甜，是生魚片中的極品。



白皮旗魚生魚片 |
Giant Black Marlin Sashimi.

Excellent Sea Food for Your Health

High in protein and low in calories billfish has the most unsaturated fat. The EPA and DHA claim that it has many beneficial effects, such as the lowering of blood pressure and blood fat, the reduction of blood-lipids and platelet agglutination, the prevention of atherosclerosis and even the reinforcement of brain function. We simply say it is the most excellent food for your health.

乘風破浪 鏢旗魚

每當東北季風增強時，成功外海經常掀起7至9級大浪，穿梭在潮流之間的旗魚往往浮出水面，與漁民展開一場惡海中的搏鬥。

「鏢旗魚」是日據時代就有的漁獵方式。手持三叉漁鏢的鏢手，站在鏢魚船的「頭架」上，必須具備頂得住風浪的能耐，以及在汪洋搜尋旗魚的好眼力。而鏢射的精準度和力道，也是搏浪經驗的傳承與累積，在成功鎮的漁業文化當中，具有相當的代表性地位。

Riding the Wind and Breaking Waves to Spear Billfish

When the southeast wind blows hard the waves off Chenggong Township often rise to 7-9 level. Billfish swim along the just below the surface and have great fights with the fishermen in the troubled water. The spearing of billfish can be traced back to the Japanese era. Fishermen hold the spears poised in their hands and search for billfish with sharp eyes. The accuracy and strength of throw is a vital skill. It takes years to accumulate the experience. This is typical of the fishing culture of the Township.

旗魚小百科

旗魚屬大型洄游性魚類，體長一般約220~280公分，最大可達340公分。蹤跡遍及太平洋、大西洋、印度洋之熱帶與亞熱帶海域。具有尖梭狀的流線型軀體及強而有力的尾鰭，游速極快，可達時速100公里以上，是世界上最游得最快的魚。

Something about Billfish

The Billfish is a migratory fish that can average 220-280 cm in length and even up to 340 cm. The migration routes extend into the tropical and subtropical parts of the Pacific, Atlantic and the Indian Oceans. The billfish can swim very fast – up to 100 km per hour and they are amongst the speediest fish in the world.



怎麼去？

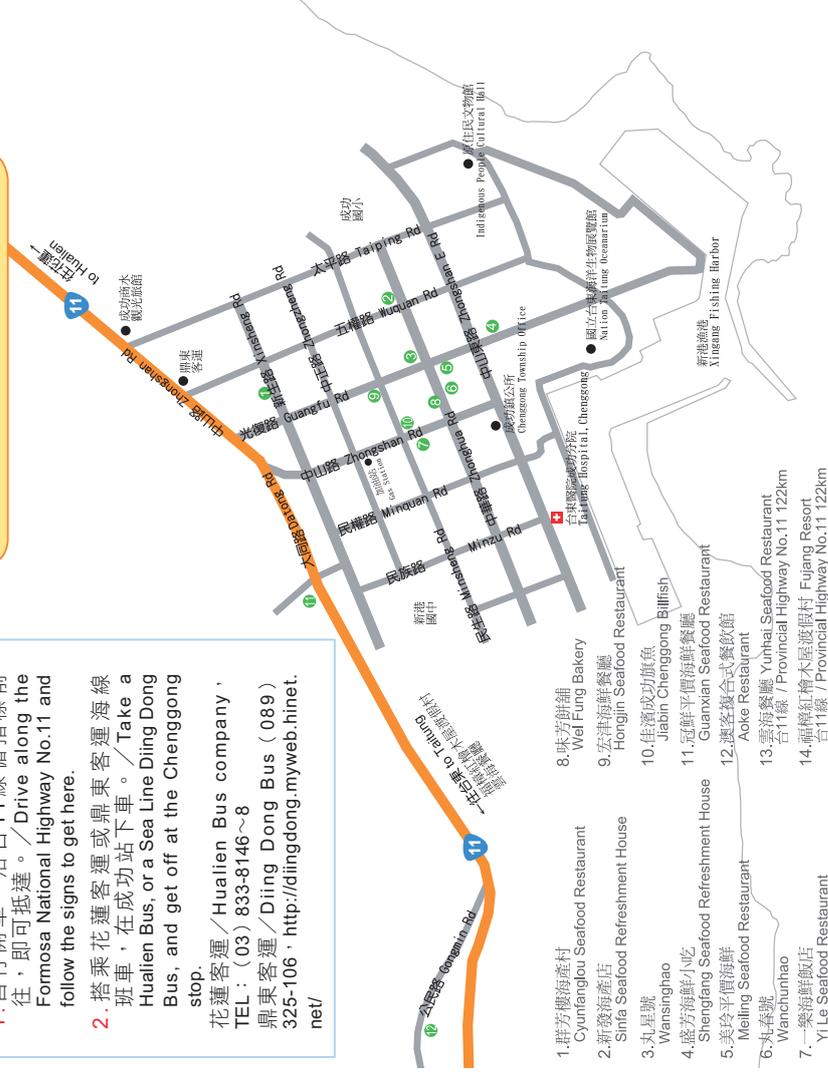
How to get there?

1. 自行開車，沿台11線循指標前往，即可抵達。/ Drive along the Formosa National Highway No.11 and follow the signs to get here.

2. 搭乘花蓮客運或屏東客運海線班車，在成功站下車。/ Take a Hualien Bus, or a Sea Line Ding Dong Bus, and get off at the Chenggong stop.

花蓮客運 / Hualien Bus company, TEL: (03) 833-8146~8
屏東客運 / Ding Dong Bus (089) 325-106, <http://dingdong.myweb.hinet.net/>

成功鎮旗魚美食地圖 A Map to Gourmet Food in Chenggong Township



1. 群芳樓海產村
Qunfanglou Seafood Restaurant
2. 新發海產店
Sinfu Seafood Refreshment House
3. 丸星號
Wansinghao
4. 盛芳海鮮小吃
Shengfang Seafood Refreshment House
5. 美玲平價海鮮
Meiling Seafood Restaurant
6. 永春號
Wanchunhao
7. 一樂海鮮飯店
Yi Le Seafood Restaurant
8. 味芳餅舖
Wei Fung Bakery
9. 宏津海鮮餐廳
Hongjin Seafood Restaurant
10. 佳濱成功旗魚
Jiabn Chenggong Billfish
11. 冠鮮平價海鮮餐廳
Guanxian Seafood Restaurant
12. 澳客複合式餐飲館
Aoke Restaurant
13. 雲海餐廳
Yunhai Seafood Restaurant
14. 福輝紅榨木屋渡假村
Fujiang Resort

成功鎮旗魚產期、種類一覽表 A List of Billfish in Chenggong Township

<p>白皮旗魚 Giant black marlin</p>	<p>俗稱：「白肉仔」，產期：9~2月，10、11月最多，是成功鎮最重要的魚種。 Peak production: September to February, October and November are the high season. This is the most important fish for the Chenggong township.</p>
<p>黑皮旗魚 Black marlin, Blue marlin</p>	<p>產期：1~5月，台灣內銷市場的主要魚種。 Peak production: January to May, the main fish sold on Taiwan market.</p>
<p>紅肉旗魚 Streoded marlin</p>	<p>俗稱：「紅肉仔」，肉質、口感僅次於白皮旗魚。 he quality and texture of the meat is second only to the Giant black marlin.</p>
<p>芭蕉旗魚 Sail fish</p>	<p>俗稱：「破雨傘」，產期：4~6月，體型最小，族群最多，捕獲量最多。是最大的一類。 Peak production: April to June. The smallest billfish, but it has the largest schools and is the biggest catch.</p>
<p>箭旗魚 Sword fish, Broad bill</p>	<p>肉質較鬆軟，但做成魚排深獲美國市場歡迎。做成旗魚丸，或加工成罐頭，也有不錯的風味。The texture of the meat tends to be loose. It is quite popular on the American market when made into steaks. It has a good flavor when made into fish-balls or canned.</p>

旗魚料理何處尋！

Where to Find Billfish Dishes?

豐饒的大海，獻上當季最甘鮮的滋味。來到餐廳、小吃店林立的成功鎮，隱身在市井街道中的珍鮮美味，絕不容錯過。

The rich and fertile ocean presents the freshest and most delicious food of the season when the billfish arrive at Chenggong Township. This is a gourmet food that you should not miss.

群芳樓海產村 / Cyunfanglou Seafood Restaurant

外觀頗為平凡的店面，卻端出視覺、味覺兼具的創意料理。傳承了多父執輩廚師的經典手藝，累積了多年主廚經驗與優良口碑之後，求新求變的心思逐漸萌芽，研發出許多新菜式，值得前來一探究竟、大膽嚐鮮。

This restaurant looks pretty ordinary but provides delicious and creative dishes. The chef has many years of experience and strives to achieve the best. He has developed some new and innovative dishes worth tasting in person.

A | 奶油旗魚 | Cream Billfish / 時價 Seasonal price | 乍看像波羅麵包的旗魚，在濃湯的包圍下，演繹出另類而不俗的口感。Crispy fried billfish dipped in rich creamy soup.

B | 旗魚雙重奏 | Billfish Duet / 時價 Seasonal price | 分別以炭烤、酥炸料理的旗魚腩肉，搭配夾層裡的生菜食用，譜出絕妙的共鳴曲。Grilled, crispy billfish belly meat.

C | 旗魚炒飯 | Fried Rice with Billfish / NT\$: 120 (1人份) | 晴雪、排不了盤的高級生魚片碎了，和冰鎮過的隔夜飯，激盪出平凡中的不凡美味。

D | 梅汁旗魚卷 | Billfish Roll with Plum Sauce / 時價 Seasonal price | 鮮甜的梅子醬汁，緩和了生鮮蔥段的衝擊力，讓旗魚卷在口中展現出唯美的調性。

Information

餐飲價格 / Price for meal

合菜 (10人份, 9菜1湯) NT\$: 2500起 / Price for a meal: A group meal for 10 persons - 9 dishes and 1 soup - starts at NT\$ 2500

ADD: 台東縣成功鎮新生路93-1號 / No.93-1, Xinsheng Rd, Chenggong Township, Taitung County TEL: (089) 850-039



新發海產店 (宋媽媽) / Sinfa Seafood Refreshment House

清晨就開始準備，9點開門營業，大概是成功鎮最早起的海鮮店。30幾年前，宋媽媽在市場的海鮮攤位就小有名氣。遷到現有店面之後，與顧客搏感情的平實美味依然不變，口碑流傳甚廣，吸引不少遠道而來的客人。

Preparations start at dawn and the host opens the restaurant at 9:00 am. This is probably the earliest a seafood store owner gets up in Chenggong Township. Mrs. Song's seafood booth on the market was famous for over 30 years. After moving to the current location the same solid taste continues to win their customers' favor.



A | 三杯旗魚肚 | Billfish Abdomen with Three Cup Seasonings / 時價 Seasonal price | 頂級旗魚腹肉以麻油、醬油、米酒爆乾，以九層塔、薑絲入味，即使放涼了也不會有腥味，值得讚賞。Fried billfish abdomen with sesame oil, soy bean sauce and rice wine.

B | 水煮過山蝦 | Boiled Shrimp / NT\$: 300 | 生活在野溪裡的過山蝦，用水煮熟就蝦味十足，濃厚的滋味，非一般泰國蝦可比擬。

C | 旗魚丸 | Billfish meat ball. One of the special products of Chenggong township.

D | 凉拌旗魚腸 | Cold Billfish Intestines with Sauce / NT\$: 300 | 旗魚腸汆燙後拌以醬汁、薑絲和蔥花，爽脆而不腥。

Information

餐飲價格 / Price for meal

合菜 NT\$: 1500、NT\$: 2500起 (視人數而定) / Price for a meal: A group meal starts at NT\$ 1500 or NT\$ 2500, depending on the number of guests.

ADD: 台東縣成功鎮中華路193號
No.193 Zhonghua Rd, Chenggong Township, Taitung County
TEL: (089) 851-671 <http://hipage.hinet.net/sinfa>



盛芳海鮮小吃 / Shengfang Seafood Refreshment House

擁有自家魚船，爸爸捕魚，妻兒掌廚。凌晨一點出海，下午一點進港。40年的捕魚經驗，不但供應當日大海時鮮，不同的季節，還有河豚、水母等不同珍鮮海味。價格平實，食材新鮮，立下絕佳口碑。



A | 櫃子裡，都是最美味的大海時鮮 / The fresh seafood in the freezer is very fresh. **B** | 蒜蓉旗魚頭 | Grilled Billifish Head / NT\$: 300~500 | 烘得外酥內軟的魚頭，夾藏著豐厚、滑潤的膠元蛋白，搭配獨門蒜蓉醬，肥而不膩。 **C** | 生炒旗魚脾 | Stir-fried Billifish Spleen / NT\$: 200 | 獨家販賣的菜餚，爽脆的口感相當特別。

Information

餐飲價格 / Price for meal

合菜 NT\$: 1500~NT\$: 2000 起 (視人數而定) / Price for meal: A group meal starts between NT\$ 1500 and NT\$ 2000, depending on the number of guests.

ADD: 台東縣成功鎮光復路26-1號
No.26-1, Guangfu Rd, Chenggong Township, Taitung County
TEL: 0919-128-305、0910-408-106

美玲海鮮 / Mei Ling Seafood Restaurant

若從40年前老頭家開始從事海產業的時間算起，這家店也算成功鎮的老字號了。縱使第二代接手，改以媳婦名字為店名，老顧客依然持續。除了傳承的好味道之外，來自船家第一手的漁貨，保證新鮮。

This is the classic restaurant of Chenggong township and is run by a second generation of owners. They provide seafood from their own catch and this is a guarantee of freshness.



A | 清蒸紅喉 | Steamed Stonefish / 時價 Seasonal price | 海面下700米深的「紅喉」，出海才釣得到。富含膠原蛋白的細嫩魚肉，最適合清蒸。
B | 糖醋旗魚子 | Sweet and Sour Billifish Eggs / NT\$: 200~250
C | 爆炒旗魚腸 | Fried Billifish Intestines / NT\$: 200~250 | 旗魚腸與九層塔、辣椒、薑絲同炒，脆而不腥，值得一嚐。
D | 三杯旗魚皮 | Billifish Skin with Three Cups of Seasoning / NT\$: 200 | 旗魚皮炒熟脫油後，以麻油、醬油、米酒燻乾，溫潤而滋補。
E | 嚐過海味，想吃土雞肉也不成問題，玉米雞、放山雞都是老闆白家人養的。 Organic Chicken raised by family of the owner.

Information

餐飲價格 / Price for meal

合菜 NT\$: 1000~NT\$: 3000 (視人數而定) / Price for a meal: A group meal starts between NT\$ 1000 and NT\$ 3000, depending on the number of guests.

ADD: 台東縣成功鎮中山東路85號
No.85, Zhongshan E Rd, Chenggong Township, Taitung County
TEL: (089) 851-638

一樂海鮮飯店 / Yi Le Seafood Restaurant

位於成功鎮早期最熱鬧地段，營業至今超過25年，對面就是昔日電影院。縱使環境變遷，傳承的美味卻不改變。同時也是成功有名的辦桌小王，擁有魚販執照，喊魚、賣魚小CSAE，張羅100桌筵席也不成問題。

This restaurant has an owner with 25 years of experience. Although our environment is changing the good taste has been passed down and is still preserved.

Information

餐飲價格 / Price for meal

合菜 (10人份) NT\$: 1800起 / Price for meal: A group meal for 10 persons starts at NT\$ 1800.

ADD : 台東縣成功鎮中山路19號 / No.19, Zhongshang Rd, Chenggong Township, Taitung County TEL : (089) 851-226



A

A | 橙汁魚柳 | Fried Billfish with orange sauce / NT\$: 350 | 清爽的橙汁，甜而不膩，裹住外酥內軟的魚柳，猶如夏天的滋味在口中釋放。

B | 鮮炒曼波 | Sauteed Manbo Fish / NT\$: 380 | 石雨傘、都歷外海的曼波魚，細鱗，肉質鮮嫩。

宏津海產餐廳 / Hongjin Seafood Restaurant

不嬌柔做作的率真，做起料理也是真功夫。早期在北部知名餐廳，滿足過不少達官顯貴挑剔的嘴。曾經，也在台東市讓顧客的腳步跟著廚藝遊走。來到成功鎮之後，感覺有些反璞歸真，但在饕客間流傳的美味卻無法掩飾。

The owner of this restaurant used to work in famous restaurants in Taipei and Taitung. He has a frank and straightforward character and his cooking has satisfied many fussy appetites. After he settled down in Chenggong Township, knowledge of his unique cuisine was soon circulating amongst the gourmants.

Information

餐飲價格 / Price for meal

合菜 NT\$: 1500、NT\$: 2000起 (視人數而定) / Price for meal: a group meal starts at NT\$ 1500 or NT\$ 2000, depending on the number of guests.

ADD : 台東縣成功鎮民生路123號 / No. 123, Minsheng Rd, Chenggong Township, Taitung County TEL : (089) 850-539



| 旗魚海膽糕 | Pudding with Billfish and Sea Cucumber / NT\$: 200 (5人份 / for 5 persons) | 比豆腐還細緻滑嫩，入口即化，是相當高段的工夫菜。

佳濱成功旗魚 · 旗魚咖啡 / Jiabin Chenggong Billfish · Makaira Cafe

從事漁業及旗魚外銷日本近40年經驗。嚴選的魚貨，在真空及零下50°C急速冷凍的狀態下，保留了鮮度、原色與口感。摩登的複合式空間，提供展售與餐飲服務，精緻的美味與高質感的享受令人印象深刻。

The owner has been exporting billfish to Japan for almost 40 years. With vacuum packing and rapid freezing at -50°C the freshness, color and texture of billfish are retained. A cozy eating space provides you with sales and a courteous meal service.



A B

C D

E F

A | 旗魚極品生魚片 | Billfish Sashimi / NT\$: 450 | 取自白肉旗魚最精華部位，油花細緻、軟中帶Q，美味不輸黑鮪魚。

B | 乾煎旗魚腹 | Fried Billfish abdomen meat / 時價Seasonal price | 以考驗鮮度的乾煎手法，展現旗魚腹肉的純粹原味。

C | 原味火鍋 | Billfish Hot Pot / NT\$: 800 (L)、500 (S) | 旗魚腹肉、曼波魚、鬼頭刀，搭配自然鮮甜的湯底，讓精緻美味無所遁形。Billfish abdomen, Manbo fish and dolphin, matched with natural and fresh soup base.

D | 曼波龍腸 | Manbo Fish / 時價Seasonal price | 來自曼波魚的腹中美味，鮮脆可口。

E | 卡布基諾、拿鐵 | Billfish Coffee / NT\$: 80 | 現煮的咖啡，搭配旗魚生魚片食用，既新奇又美妙。Coffee brewed on site, matched with billfish sashimi, wonderful and novel taste.

F | 高級生魚片冷凍宅配到府，在家也可品嚐頂級的珍鮮美味 / Sashimi for Home Delivery.

Information

ADD : 台東縣成功鎮中山路42號

No.42, Zhongshang Rd, Chenggong Township, Taitung County TEL : (089) 854-899 FAX : (089) 850-685 http://www.makaira.com.tw

冠鮮海產餐廳 / Guanxian Seafood Restaurant

位於台11線省道旁，附設大型停車場，接受信用卡、國民旅遊卡消費。食材乃當天親自向漁民採購，新鮮度夠。而經驗老到的廚師，精心調理的佳餚，也頗受歡迎。



A | 麻油鯉魚 | Stewed Conger pike seasoned with sesame oil / NT\$: 360 | 俗稱「錢鰻」的鯉魚，富含膠原蛋白，搭配當歸、枸杞、人蔘以麻油調理，滋補又養顏。



| 凉拌曼波 | Cold Manbo Fish dressed with sauc / NT\$: 280 | 鮮嫩、滑溜的膠質在口中彈跳，冰涼又爽口。

There is a spacious parking lot and credit cards are accepted. Fresh supplies are brought in every day directly from the fishermen. A seasoned cook provides popular very tasty dishes.

Information

餐飲價格 / Price for meal

合菜 (10人份) NT\$: 1800起 / Price for meals: A group meal for 10 persons starts at NT\$ 1800

ADD : 台東縣成功鎮大同路65-8號
No.65-8, Datong Rd, Chenggong Township, Taitung County TEL : (089) 854-399

澳客複合式餐館 / Aoke Restaurant

戴著招牌牛仔帽的Uncle，是曾在澳洲待過的「澳客」。採用在地食材製作的異國料理是一大特色，多元的菜式好比周遊列國，卻又不失當地特產的本質。若想駐足停留，這裡還有平價的民宿，讓您感受家鄉的溫馨。



A

A | 旗魚酸白菜火鍋套餐 | Bilifish-Sour Cabbage Hot Pot / NT\$: 450 (含：水果、甜點 / With Fruit and Dessert) | 旗魚骨、鮮蔬果熬煮的湯汁、帶勁的酸白菜，用來輕瀾肥美的旗魚腹肉，烹煮新鮮魚漿製作的手工魚丸，風味清新，令人印象深刻。



B

B | 韓式旗魚五行石鍋飯套餐 | Korean Bilifish with Rice in a Stone Pot / NT\$: 300 (含：水果、甜點) | 富含膠質的旗魚皮，遇上去腥解膩的韓國泡菜，蹦出驚奇的鮮滋味。

C | 日式玄米旗魚湯泡飯套餐 | Japanese Style Unpolished Rice with Bilifish Soup / NT\$: 280 (含：水果、甜點) | 以旗魚高湯調和玉溪香米製作的糙米茶，引出旗魚腹肉的柔潤，品嚐出大海的原始風味。

The chef uses local supplies to make exotic dishes. Various selections make you feel like you are traveling around the world. If you would like accommodation service, they also offer guest rooms at a friendly price, like a warm and lovely home where you can stay.



C

Information

ADD : 台東縣成功鎮公民路2-15號
No.2-15, Gongmin Rd, Chenggong Township, Taitung County
TEL : (089) 850-599 <http://piphai.myweb.hinet.net>

※ 旗魚料理請先電洽預約 / Please call for reservations for bilifish dishes.

附帶一提 / 旗魚餅 Bilifish Biscuit

旗魚製成的糕餅，出自走過半世紀的老店，清甜的豆沙餡，因為旗魚的加入，口感更加清爽，堪稱一絕。

A Biscuit that is made of bilifish. Bean paste stuffing is added to bilifish to make a fresh texture. / NT\$: 25

味芳餅舖 / Wei Fung Bakery
ADD : 台東縣成功鎮中華路133號 / No.133, Zhonghua Rd, Chenggong Township, Taitung County
TEL : (089) 851-838



雲海餐廳 / Yunhai Seafood Restaurant

真材實料、價格平實。老闆有自己釣的漁船，自己出海捕魚，海產絕對新鮮。人稱「阿芬姊」的老闆娘，笑容爽朗，擺出的菜色，不論口味、份量都是誠意滿滿。

Genuine fresh seafood at a reasonable price. The host owns a fishing boat and provides absolutely fresh sea food himself. The dishes offered, no matter the type or quantity, always satisfy the customers.



A



B



C

A | 蒜茸野龍蝦 | Steamed Wild Lobster / 時價Seasonal price | 野生龍蝦，肉質緊實，鮮甜帶勁，柔和的蒜香巧妙不搶味，配紅酒最稱一絕。
B | 旗魚花枝丸 | Fried Mix Billfish Cuttlefish Meatball / NT\$: 250 | 無添加的自然風味，鮮度夠才有的彈性，讓旗魚、花枝的純粹美味在口中跳躍，令人動容。
C | 清蒸旗魚肚 | Steamed Billfish abdomen meat / NT\$: 250 | 清蒸的旗魚腩肉令人不可思議，若非頂級新鮮，大概也入不了蒸鍋。蔴鳳梨、樹子拌薑絲入味，也增添不少鮮美，感覺相當了不起。
D | 橙香排骨 | Pork Spareribs with orange sauce / NT\$: 250 | 雲海招牌菜。成功特有的橙橙醬汁乾燒後，裹住肉厚多汁的豬小排，誠意又大方。



D

Information

餐飲價格 / Price for meal

合菜NT\$: 1500~NT\$: 2500 (視人數而定) / Price for meal: A group meal starts between NT\$ 1500 and NT\$ 2500, depending on the number of guests.

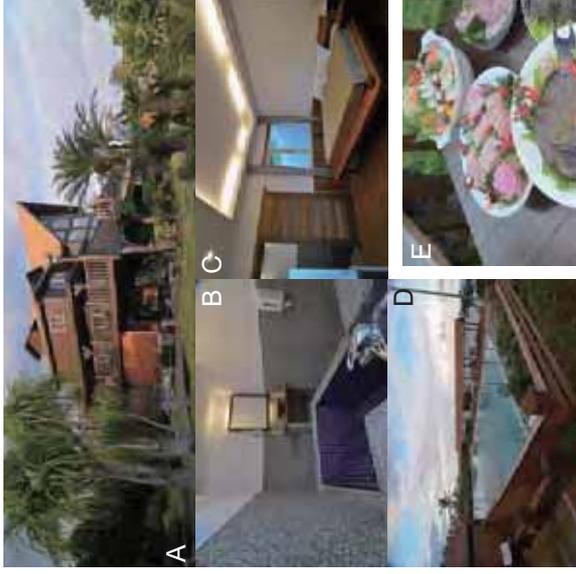
ADD : 台東縣成功鎮和平路34-9號
No.34-9, Heiping Rd, Chenggong Township, Taitung County
TEL : (089) 841-551



福樟紅檜木屋度假村 / The Fujung Resort

碧海藍天下，椰子樹、綠地、海水SPA，流露峇里島風情。如此情境，不妨讓時間都暫停。用渡假木屋，聽濤觀星；騎乘單車，享受清涼海風；用露天咖啡、海洋風味套餐，真實感受悠閒美味。暢快人生，從此實現。

The coconuts, the lush green surroundings and the sea water SPA provide a Bali like atmosphere. There are exquisite vacation cabins and it is a comfortable place that revels in a leisurely feel. You may also enjoy open-air coffee and a delicious savory ocean combo.



A | 有如置身峇里島的Villa風情 / The atmosphere makes you feel like you are in Bali.

B、C | 渡假木屋內，寬敞舒適的空間 / The vacation cabins are cozy.

D | 想讓皮膚柔嫩光滑，就來泡泡海水SPA / Sea water Spa.

E | 海洋風味餐 | Savory Ocean Combo / 每人NT\$: 400 per person | 豐盛、大器的套餐，取材自當地最新鮮的食材。來到這兒，就把胃交給廚師吧！保證不讓您失望。

Information

食宿價格 / Price (住宿附送早餐、下午茶及使用單車)

breakfast, afternoon tea and bicycle riding is free for guests
甜蜜2人房 / Sweet Suite for 2 persons : NT\$: 4600 ;
溫馨4人房 / Warm and Lovely Suite for 4 persons : NT\$: 6000

ADD : 台東縣成功鎮信義里豐田路27-5號
No.27-5, Fengtian Rd, Chenggong Township, Taitung County
TEL : (089) 841-639 FAX : (089) 841-638 http://www.lodge.com.tw

美城海產餐廳 / Mei-O Resort Seafood Restaurant

鄰近富岡漁港，累積20多年餐飲經驗。以當地野生海產為特色，口味、鮮度俱佳，廣受肯定。窗明几淨的用餐環境，親切的待客之道及追求品質的敬業精神，吸引不少遠道而來的顧客，令人印象深刻。

This restaurant is near the Fugang Fishing harbor. Their specialty is local wild seafood. The cuisine is excellent and very fresh and has the approval of many customers. The neat and tidy dining environment and kindly service are impressive.



- A | 旗魚腹肉 | Fried Billifish abdomen meat / 時價Seasonal price | 煎得微黃的腹肉，讓風味盡出，配台式泡菜，堪稱一絕。
- B | 三杯旗魚 | Billifish with Three Cups of Seasoning / 時價Seasonal price | 少油、少糖鹽，不遮蓋原味，感覺到旗魚的新鮮。
- C | 浪花蟹 | Fried Hippo Crab / NT\$: 265 (S)、NT\$: 660 (L) | 台東特有的海味，炸得酥脆，連殼吃最夠味。
- D | 旗魚舖 | Fried Billifish Flakes / 每罐NT\$: 175 | 單純的調味，不乾不燥，順口好下飯。
- E | 香醇椰奶 | Coconut Milk / NT\$: 130 | 香濃的椰奶，海鮮的絕妙搭配，是不可或缺的招牌飲料。

Information

餐飲價格 / Price for meal

合菜 (10人份) NT\$: 2200起 / Price for meals: A group meal for 10 persons starts at NT\$ 2200

ADD: 台東市富岡里吉林路二段669號 (台11線160k)
No.669, Jilin Rd., Fugang Village, Taitung City, Taitung County
TEL: (089) 281-062、281-769 FAX: (089) 281-207
<http://www.mei-o.com.tw>

美味情報

Gourmet Food Information

雖然本書以綠島、知本、安通、瑞穗4大溫泉區，以及成功鎮旗魚餐廳為主要報導範圍，但在溫泉美食遊程的必經之地—台東市區及近郊，也有不少餐廳可以吃到美味的旗魚料理，也值得推薦一番！

land, Jhinben, Antong and Reuisuei, as well as Billifish restaurants in the Chenggong Township, there are many other restaurants offering delicious billifish dishes that are passed by in Taitung city and suburban areas on any journey through these parts.

Although this book focuses on four main Hot Spring Areas: Green Is-

名稱	地址	電話
娜路彎大酒店 Naruan Hotel & Resort	台東市連航路66號 No.66, Lienhang Rd, Taitung City	(089) 239-666
天野日本料理 Tienye Japanese Restaurant	台東市更生路638號 No.638, Gengsheng Rd, Taitung City	(089) 233-636
一家餐廳 Yijia Restaurant	台東市更生路321號 No.321, Gengsheng Rd, Taitung City	(089) 329-696
天天來餐廳 Tientientai Restaurant	台東市中山路136號 No.136, Zhongshan Rd, Taitung City	(089) 310-651
海霸王餐廳 Haibawang Restaurant	台東市中興路一段216號 No.216, Zhongxing Rd, Taitung City	(089) 232-888
鄉廚餐廳 Siangchu Restaurant	台東市四維路三段67號 / No.67, Sec 3, Siwei Rd, Taitung City	(089) 341-778
大車輪餐廳 Dachelun Restaurant	台東市中正路287號 / No.287, Zhongzheng Rd, Taitung City	(089) 332-151
富岡漁港海鮮餐廳 Fugang Fishing Harbor Seafood Restaurant	台東市富岡街270號 No.270, Fugang St, Taitung City	(089) 280-438
白沙灣海岸休閒主題餐廳 Baishawan Coast Restaurant	台東縣太麻里鄉漁場路141號 / No.141, Yuchang Rd, Sanhe Village, Tainan Township, Taitung City	(089) 510-448
小熊渡假村 Master Bear Resort	台東縣卑南鄉嘉豐村稻葉路7-8號 No.7-8, Daoye Rd, Jiafeng Village, Beinan Township, Taitung City	(089) 570-707
台東原生應用植物園 Yuan Sen Applied Botanical Garden	台東縣卑南鄉明峰村試驗場8號 No.8, Minfeng Village, Beinan Township, Taitung City	(089) 570-011
後山傳奇美食館 Houshanchuanci Restaurant	台東縣太麻里鄉漁場路133號 No.133, Yuchang Rd, Tainan Township, Taitung City	(089) 512-781

建議遊程 Recommended Itinerary

知本 + 安通 3天2夜 Zhiben + Antong - 3 Days 2 Nights

第1天 Day 1	台東市 Taitung City (午餐) Lunch	國立史前博物館 National Museum of Prehistory	卑南文化公園 Beinan Culture Park	琵琶湖 Pipa Lake	海濱公園 Pipa Lake	知本溫泉區 Zhiben (晚餐) Dinner & Accommodation		
第2天 Day 2	知本 Zhiben	小野柳 Siaoyellou	都歷遊客中心 Duli Visitor Center	阿美族民俗中心 Amis Folk Center	成功鎮 Chenggong (午餐) Lunch	三仙台 Sansiantai	安通溫泉區 Antong (晚餐) Dinner & Accommodation	
第3天 Day 3	安通 Antong	牧野渡假村 Pastoral Farm Resort	大埤池 Dapo Pond	霧鹿峽谷 Wulu Gorge	關山親水公園 Guanshan Water Park	鹿野高台 Luyeh Highland	布農部落 Bunon Center	台東市 Taitung City

知本 + 綠島 3天2夜 Zhiben + Green Island - 3 Days 2 Nights

第1天 Day 1	台東市 Taitung City (午餐) Lunch	國立史前博物館 National Museum of Prehistory	卑南文化公園 Beinan Culture Park	原生應用植物園 National Museum of Prehistory	知本溫泉區 Zhiben (晚餐) Dinner & Accommodation			
第2天 Day 2	知本 Zhiben	知本國家森林遊樂區 Jhiben National Forest Recreation Area	台東市 Taitung City	小野柳 Siaoyellou	富岡 Fugang	海上風光 Marnie Scenery	朝日溫泉 Majnoon Hot Spring	綠島 Green Island (晚餐) Dinner & Accommodation
第3天 Day 3	綠島 Green Island	環島之旅 Travel of rotary island	富岡 Fugang (午餐) Lunch	琵琶湖 Pipa Lake	海濱公園 Taitung Seashore Park	台東市 Taitung City	台東市 Taitung City	綠島 Green Island

瑞穗 + 安通 3天2夜 Ruisui + Antong - 3 Days 2 Nights

第1天 Day 1	花蓮市 Hualien City	瑞穗 Ruisui	秀姑巒溪泛舟之旅 Rafting on Sioguluan River	奇美部落 Cimei Tribe	長虹橋 Changhong Bridge	大港口 Dagangkou
第2天 Day 2	瑞穗 Ruisui	瑞穗溫泉區 Ruisui (晚餐) Dinner & Accommodation	秀姑巒溪泛舟中心 Sioguluan River Rafting Center	玉山國家公園 Yushan National Park	東部園區 Eastern Area	安通溫泉區 Antong (晚餐) Dinner & Accommodation
第3天 Day 3	安通 Antong	瑞穗農場 Ruisui Farm	棉叭石柱 Mianpa Stone Pillar	舞鶴茶園 Wuhe Tea Farm	玉里 Yuli (午餐) Lunch	台東市 Taitung City

瑞穗 + 綠島 3天2夜 Ruisui + Green Island - 3 Days 2 Nights

第1天 Day 1	花蓮市 Hualien City	鯉魚潭 Liyu Lake	池南國家森林遊樂區 Chinan National Forest Recreation Area	兆豐農場 Chaofeng Ranch	林田山 Lintianshan	花蓮糖廠 Hualien Sugar Plant	光復鄉 Guangfu (午餐) Lunch
第2天 Day 2	瑞穗 Ruisui	秀姑巒溪泛舟中心 Sioguluan River Rafting Center	八仙洞 Baxian Cave	三仙台 Sansiantai	都歷遊客中心 Duli Visitor Center	阿美族民俗中心 Amis Folk Center	綠島 Green Island (晚餐) Dinner & Accommodation
第3天 Day 3	綠島 Green Island	朝日溫泉 Majnoon Hot Spring	環島之旅 Travel of rotary island	台東市 Taitung City	小野柳 Siaoyellou	石梯坪 Shitiping	東管處花蓮遊客中心 Hualien Visitor Center

集戳章・得好禮

Collect Chops and Reward Gifts

贈獎辦法

只要帶著本書去遊玩，實際消費住宿，並集滿2家餐廳（其中1家成功鎮餐廳）、2家旅館或民宿戳章（發票章可，共4個戳章），即可到東管處旗下8個遊客中心兌換贈品乙份。東管處備有3000份精美禮品，有東海岸海藻玉或玫瑰石項鍊（二選一）等好禮。

兌換期限 / 2009.12.31

Method of Reward

Just take this book on your journey. Book into the hotels and patronize the restaurants we recommend and collect chops from 2 restaurants (one must be located in Chenggong township), 2 hotels or inns. When you have collected 4 chops you are eligible to receive a gift from any one of the eight visitor centers of the East Coast National Scenic Area Administration.

Exp. Date for Redemption : 2009.12.31

戳章處於背面

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泡湯 賞味趣

花東溫泉美食饌

監製人：賴瑟珍

發行人：馬惠達

策劃人：林紓琳、李枝花

文圖編輯：黎彥均

英文翻譯：統一數位翻譯

美術編輯：張峻璋、林惠蘭

攝影：黃銘仲、黎彥均

發行單位：交通部觀光局東部海岸國家風景區管理處

地址：96144台東縣成功鎮信義里新村路25號

電話：(089) 841-520

傳真：(089) 841-567

網址：<http://www.eastcoast-nsa.gov.tw>

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泡湯
賞味趣