

林間步行享受森林浴Enjoy Forest Bathing on Our Forest Trails

【內文 Content】

土徑步行能健身的原理The Health Benefits of Walking on Natural Dirt Paths

1. 腳步有感觸，有刺激，可恢復自然韻律。
Steps on natural terrain provide sensory stimulation, helping to restore natural biological rhythms.
2. 步伐穩健能鍛鍊運動神經和反射神經。
Steady strides exercise motor nerves and improve reflexes.
3. 延續的有氧運動，吸入芬多精和陰離子。
Continuous aerobic exercise allows for the inhalation of phytoncides and negative ions.
4. 柔和的全身運動，使細胞更活潑，可苗條身材。
Gentle full-body exercise revitalizes cells and helps achieve a slimmer figure.
5. 自然消除忙人病和文明病。
Naturally alleviates stress-related ailments and lifestyle diseases.

【步道路線資訊 Trail Route Information】

1. 本場設有系統化步道計六線，每線觀賞主題互異，你如每天選二線可供探遊三天。The reserve features six systematic trails, each with a unique observation theme. By exploring two trails per day, you can enjoy a three-day itinerary.
2. 請參閱指引圖及路標 Please refer to the guide maps and road signs.

本場森林浴適宜路程和時間 Recommended Routes and Durations		
旅客階層 (Visitor Level)	路程長度/所需時間 (Distance / Duration)	本場步道路線 (Recommended Routes)
青年 (Youth)	10~15 公里(km) 2-4 小時(hr)	森林浴場 + 楓林小徑 Forest Bathing Area + Maple Trail
中年 (Middle-aged)	5~8 公里(km) 1-2 小時小時 (hr)\	A. 森林浴場 + 藥草區 Forest Bathing Area + Medicinal Herb Garden B. 楓林小徑 + 藥草區 Maple Trail + Medicinal Herb Garden
老年及婦孺 (Seniors & Families)	2~5 公里(km) 30 分(minute)-1 小時(hr)	A. 森林浴場下路至神木 Forest Bathing Lower Trail to Giant Tree B. 仙人居 + 侏羅紀公園 Immortal's Dwelling + Jurassic Park

【底部補助資訊 Bottom Grant Information】

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