

山湖之間的永續行動

Sustainable Action Between Mountains and Lakes

目錄

Table of contents

遊程緣起

Origin of the Journey

行程理念

Travel Philosophy

遊程大綱

Tour Itinerary

行程介紹

Travel Itinerary Overview

反思與建議

Reflections and Recommendations

旅程特色

Journey Highlights

遊程緣起

Origin of the Journey

在快速變動的時代，人與土地的連結逐漸疏離。本遊程以「文化 x 生態 x 永續」為核心，串連華山文創園區、宜蘭龍潭湖與陽明山二子坪步道。從老空間再生、湖泊濕地生態到山林生物多樣性，帶領旅人重新認識自然、理解SDGs15的重要，讓旅行成為實踐永續、與大地重新連結的旅程。

In a rapidly changing world, people are growing distant from nature. This itinerary connects Huashan Creative Park, Longtan Lake, and the Erziping Trail through "Culture x Ecology x Sustainability." Highlighting cultural renewal, wetland ecology, and mountain biodiversity, it encourages travelers to rediscover nature, understand SDGs 15, and turn the journey into a meaningful act of environmental reconnection.

文化

Culture

生態

Ecology

永續

Sustainability



行程理念

Travel Philosophy



SDGs 15 : Life on land

現在的環境污染越來越嚴重，許多生命也因此消逝，不僅會影響到生態環境，也會嚴重衝擊生態食物鏈，為這個地球盡一份力，已經是我們能力所及最微小的事了，所以我們這次行程的每項體驗行程都結合了SDGs。

Environmental pollution is becoming increasingly severe, causing the loss of countless lives. This not only impacts ecosystems but also severely disrupts the ecological food chain. Doing our part for this planet is the very least we can do within our capabilities. Therefore, every experience and activity in this itinerary is designed to align with the SDGs.



遊程大綱 Tour Itinerary

旅程從台北出發，漫步華山文創園區感受歷史建築與創意氣息，前往陽明山二子坪欣賞平緩步道與火山地貌，夜晚於士林夜市品嚐小吃。接著造訪三峽老街與歷史文物館，體驗藍染手作魅力。最後抵達宜蘭龍潭客棧與龍潭湖，在湖光山色中為旅程畫下靜謐句點，串連城市、自然與文化，展現台灣多元風景。

The trip starts in Taipei at Huashan 1914 Creative Park, then heads to Yangmingshan's Erziping for gentle trails and volcanic views. Evening brings Shilin Night Market snacks. Next, visit Sanxia Old Street and the Historical Museum to try indigo dyeing. Finally, relax at Longtan Lake and Inn in Yilan, enjoying serene lake and mountain scenery, connecting city, nature, and culture, and showcasing Taiwan's diverse landscapes.

手繪旅遊地圖：台北與宜蘭三天之旅





第一天 台北市 🌟🌟



day 1: Taipei City



華山原創園區

(Huashan Creative Park)



陽明山二子坪

(Erziping)



士林夜市

(Shilin Night Market)

第二天 新北市 🍷



day 2: New Taipei city



三峽老街

(Sanxia Old Street)



三峽歷史文物館

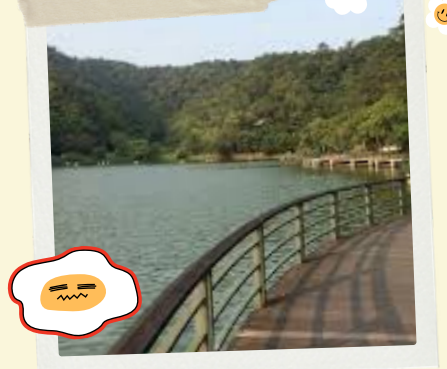
(Sanxia History Museum)



青出於藍染工坊

(Indigo Dyeing Workshop)

第三天 宜蘭縣 🌈



day 3: Yilan county



龍潭客棧

(Longtan Inn)



龍潭湖

(Longtan Lake)

第一天--Day 1

華山文創園區(Huashan Creative Park)

華山文創園區由1914年日本清酒廠轉型而來，保留產業古蹟並展現多元文化。台北酒廠搬遷後，這裡逐漸成為藝文展演的重要基地，也常舉辦與SDGs相關的活動，讓大眾更了解永續與生活的連結。

Huashan 1914 Creative Park was transformed from a Japanese sake brewery built in 1914, preserving its industrial heritage while showcasing diverse cultural activities. After the Taipei Brewery relocated, the site gradually became an important arts and performance center. It also frequently hosts SDGs-related events to help the public better understand sustainability in everyday life.



第一天--Day 1

15 LIFE ON LAND



陽明山二子坪 (Erziping)

二子坪步道位於大屯山西南側，是通往二子坪遊憩區的步道入口，道路平坦，是陽明山國家公園最平易近人的步道，其亦為全臺首創的野外無障礙步道。適合闔家同遊，夏日來此散步避暑，十分舒暢！

The Erzi Ping Trail, located on the southwest side of Datun Mountain, serves as the entrance to the Erzi Ping Recreation Area. With its flat terrain, it is the most accessible trail in Yangmingshan National Park and Taiwan's first outdoor barrier-free trail. Perfect for family outings, strolling here during summer offers a refreshing escape from the heat!



第一天--Day 1

士林夜市(Shilin Night Market)

士林夜市是台北最大夜市，也是觀光客必訪景點，鄰近捷運劍潭站。範圍廣大，可分為陽明戲院與周邊傳統街道。聚集眾多小吃攤位，深受遊客喜愛，適合品嚐台灣美食。

Shilin Night Market is Taipei's largest night market and a must-visit for tourists, located near MRT Jiantan Station. It is divided into two main sections, one around the former Yangming Theater and Cixian Temple on Danan Road. Filled with numerous food stalls, it offers a lively atmosphere and a great place to taste Taiwanese cuisine.



第二天--Day 2

三峽歷史博物館(Sanxia History Museum)

三峽歷史文物館建於1929年，原為日治時期鎮公所，紅磚建築被譽為「全台最美辦公樓」，1995年改設為文物館。館內一樓展示交流展與美術作品，二樓收藏三峽歷史文物，呈現地方文化與產業發展，展現煤礦、染布、茶葉與樟腦等昔日繁華。

Sanxia Museum of History, built in 1929 as the town hall during the Japanese era, was praised as "Taiwan's most beautiful office building" and converted into a museum in 1995. The first floor hosts exhibitions and art displays, while the second floor preserves Sanxia's historical artifacts, showcasing local culture and past industries such as coal mining, dyeing, tea, and camphor.



第二天--Day 2

12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



三峽老街(Sanxia Old Street)

三峽老街自1911年保存至今，紅磚拱廊與巴洛克立面見證日治時期風貌。保留完整商業街屋，刻字與裝飾寓意姓氏、行業與平安。昔日富商使用進口建材打造精美建築，訴說繁華歲月。

Sanxia Old Street has been preserved since 1911, with red-brick arcades and Baroque façades reflecting the Japanese colonial era. Intact historic shophouses feature engravings and decorations symbolizing family names, trades, and peace. Wealthy merchants once used imported materials to build these elegant structures, which quietly tell the story of the street's prosperous past.

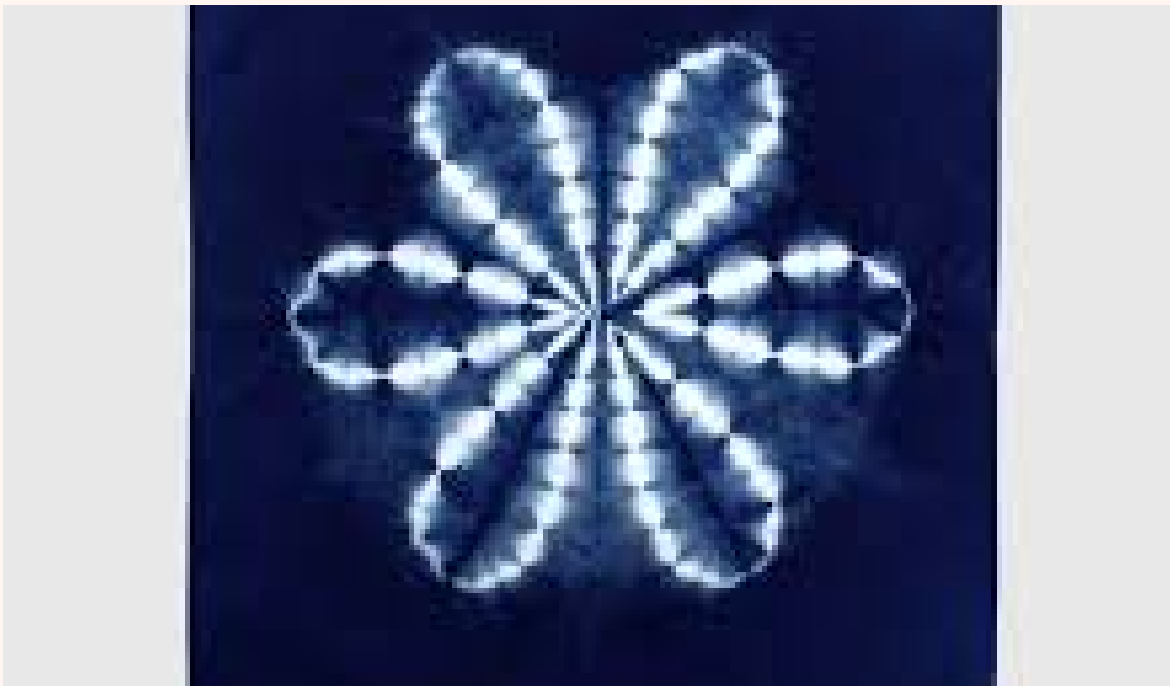


第二天--Day 2

青出於藍染工坊(Indigo Dyeing Workshop)

臺灣藍染業始於17世紀荷蘭時期，明鄭與清初擴展至本地及東亞市場，18世紀西部平原大規模種植，帶動染布業興起。主要染坊集中於大稻埕與三峽。20世紀初因化學染料與進口洋布，藍染產業逐漸沒落，現在成為文創商品。

Taiwan's indigo dyeing began in the 17th century, flourished in Dadaocheng and Sanxia, and declined in the early 20th century due to chemical dyes and imported fabrics. Today, it survives as cultural and creative products.



第三天--Day 3

龍潭湖(Longtan Lake)

宜蘭五大湖最大天然湖龍潭湖，三面環山景色秀麗，環湖步道輕鬆，樹林綠意盎然，湖邊「公龍頭」「母龍頭」等景致為特色，成礁溪熱門景點。

Lingtan Lake, the largest natural lake in Yilan, is surrounded by mountains and offers calm, scenic views. Its easy lakeside paths and lush trees make it a popular Jiaoxi spot. Features like the "Male Dragon Head" and "Female Dragon Head" add unique charm to the peaceful setting for visitors today.



第三天--Day 3

龍潭客棧(Longtan Inn)

龍潭湖旁邊的「龍潭客棧」看起來像是在自家客廳擺桌設宴。想不到菜色意外的美味，而且價格算滿便宜的，其中烤雞、南方澳小捲都是老闆的招牌菜，來龍潭湖的話，這是最完美的午餐。

The "Longtan Inn" beside Longtan Lake feels like having a banquet set up right in someone's living room. Surprisingly, the dishes are delicious, and the prices are quite affordable. The roast chicken and Nanfang'ao baby squid are the owner's signature dishes. If you're visiting Longtan Lake, this is the perfect place to eat Lunch.



反思與建議

文化尊重：我們將要走進三峽老街，體驗傳統的客家文化，並且了解其中的歷史和文化，我們將認識不同的文化並學會接納和學習它。

永續發展：遊程中我們將多搭大眾運輸，自備環保餐具，減少一次性餐具的浪費。

雙向交流：我們將介紹台灣的文化和永續環境給姊妹校，並且介紹那些永續和現代結合的建築。使他們能更了解台灣。

Cultural Respect: Visit Sanxia Old Street to experience Hakka culture and learn its history, fostering understanding and acceptance of different cultures.

Sustainability: Use public transport and reusable utensils to reduce waste.

Exchange: Share Taiwan's culture and sustainable-modern architecture with our sister school for deeper understanding.



遊程特色

這次的旅程將帶著我們踏上一趟永續旅程，造訪龍潭湖、文創園區和二子坪，最後用龍潭湖為旅程畫上句點。這趟旅程我們將體驗北部的歷史和自然風景，為環境盡一分心力，我們會為二子坪清理步道，實踐SDGs15。

This trip will take us on a sustainable journey, visiting Longtan Lake, the Creative Park, and Erziping, ending peacefully at Longtan Lake.

We will experience the history and natural scenery of northern Taiwan while contributing to the environment. At Erziping, we will clean the trails, practicing SDGs 15.



藍染體驗影片



活動體驗



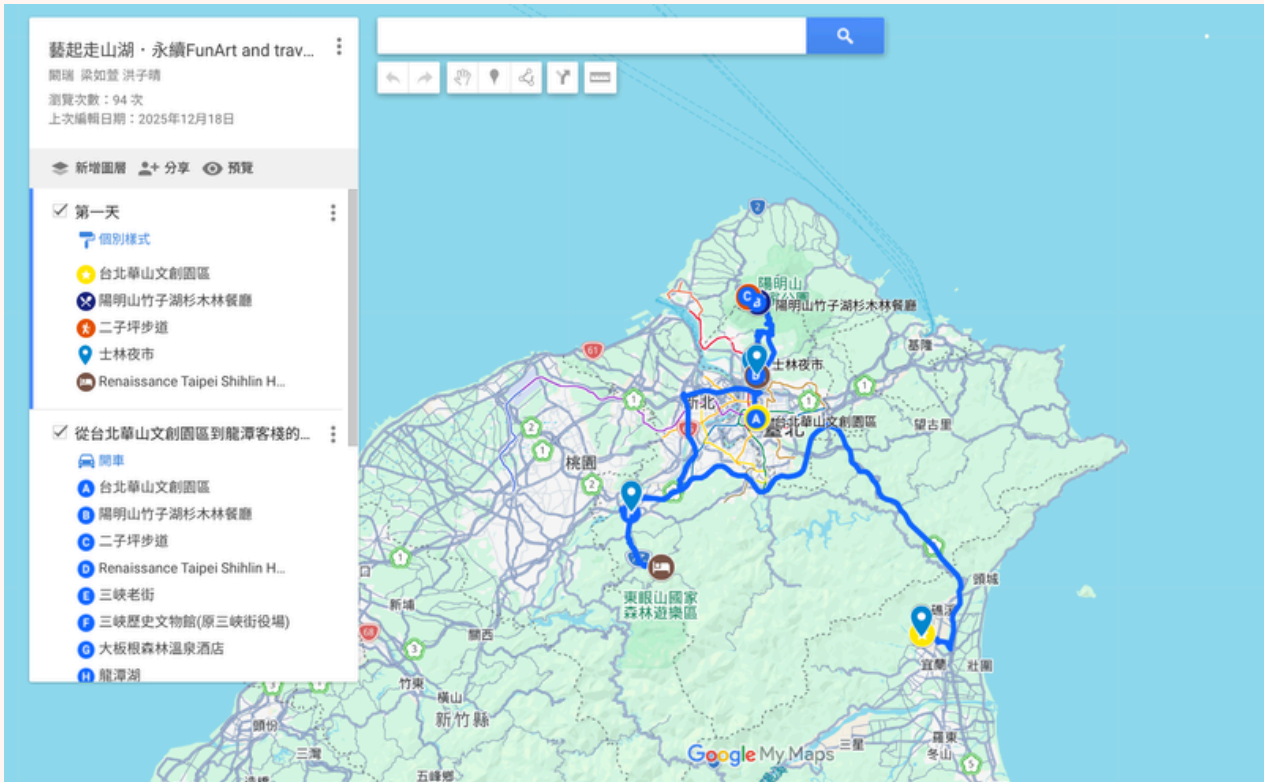
心得

在此次淨山的活動，我發現山上最多的垃圾是我們現在生活中十分便利的塑膠袋，這些垃圾往往是遊客們上山遺留下的，那些垃圾是大多數動物誤食的食物。一點點垃圾都可能對自然很大的傷害。

Google Earth



Google My Map



參考文獻

- Google. (n.d.). Google Earth. Retrieved February 26, 2026, from <https://earth.google.com>
- Google. (n.d.). Google My Maps. Retrieved February 26, 2026, from <https://www.google.com/mymaps>
- United Nations. (n.d.). Sustainable Development Goal 15: Life on Land. United Nations Sustainable Development. <https://sdgs.un.org/goals/goal15>
- 交通部觀光署. (n.d.). 宜蘭龍潭湖風景區. <https://www.taiwan.net.tw>
- 宜蘭縣政府. (n.d.). 二坪清潔步道與環境保護資訊. <https://www.e-land.gov.tw>

