

BALL BREAKER RUN

Run 23K

Hare

- 何萬豐
Godfather
- 周青
Sexy Chicken
- 廖仕偉
Baby Killer
- 張苑芳
Dick you



志繼山、東眼山、滿月圓、組合山、出熊空縱型跑，跑走穿梭東眼山自導式步道、東滿步道二大知名 - 「東眼山」、「滿月圓」森林步道間，路程雖長，但林相優美，沐浴在芬多精中，使人神清氣爽。

From the Chihchi Mt., Tungyien Mt., Mayuehuan and Tshe Mt. out of Hsiungkung, the vertical type running goes through the self-guided trail in the Tungyien Mt. and the Tungma trail between the two famous forest trails – “the Tungyien Mt.” and “Mayuehuan”. Although the journey is long, bathing in Phtoncide of a beautiful forest form makes people feel refreshed.



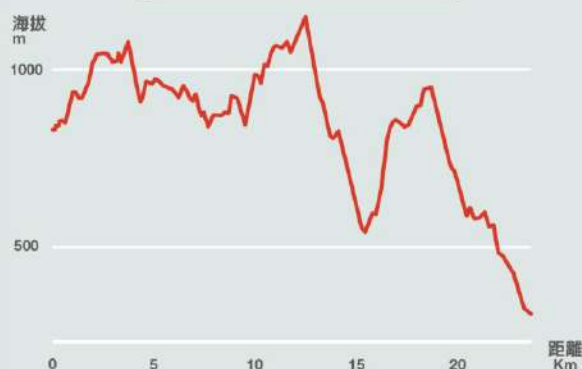
始於志繼山登山口起登，循稜線進入東眼山自導式步道，經東滿步道腰線山徑至越嶺十字岔路，穿越東滿步道、東眼山林道，途訪造林紀念石、生痕化石、森林知性步道、台車軌道等景點，沿途柳杉林、杜鵑林、常綠闊葉林、針葉林，一片綠意盎然。

東滿越嶺出熊空賞瀑

Enjoy the waterfall over the mountain from Tungma out of Hsiungkung

- Ⓐ 東眼山Tungyien Mountain
 - Ⓑ 熊空Hsiungkung
- 集合時間：AM05:30分 桃園巨蛋體育館
發車時間：AM06:00分 發車
Departure time: Assemble by 05:30AM
Departure at 06:00AM

里程標高圖 Altitude Diagram



全程Full course 23km
總爬升Total climb 1037m



Climb from the hiking gate of the Chihchi Mt. and follow the mountain ridge to enter into the self-guided trail in the Tungyien Mt. , passing from the mountain path of the Tungma trail waist line to a cross branch over the mountain through the Tungma trail and Tungyien forest-road; you can visit forestation memorial stone, trace fossil, forest intellectual trail, trolley track and other scenic spots, where there are cryptomeria forest, rhododendron forest, evergreen broad-leaved forest and coniferous forest of a vibrant green throughout the journey.

「東滿步道」連接桃園東眼山森林遊樂區與三峽滿月圓森林遊樂區，全程行走於杉林區，可謂一條盎然優美的森林浴步道，沿途植物生態豐富、鳥類繁多，深秋時節，此為賞楓獨家私房景點，滿月圓瀑布的盛名壯闊，更讓大家心曠神怡。

“Tungma trail” connects Taoyuan Tungyien Mt. Forest Recreation area and Shanhsia Mayuehyuan Forest Recreation area. When walking the whole way in the cryptomeria forest, you can call it an exuberant and beautiful forest bathing trail. The plant ecology is rich and the birds are diverse on the way. During late autumn season, this is an exclusive private attraction for enjoying the maple and the magnificent Mayuehyuan Waterfall even let everybody relaxed and happy.



由滿月圓瀑布直上組合山出熊空，途經位於三峽熊空地區中坑溪上游的雲森瀑布，是「雲心」和「森山」兩座瀑布的合稱，沿途多是平緩腰繞的山徑，兩旁盡是鬱鬱蒼蒼的森林，沿路穿越清澈小溪、溪谷木橋及鋁梯，通過時驚而不險，且憑添許多野趣，享受一場雲深不知處的森林SPA之旅。

Go straight up to the Tshe Mt. and then out of Hsiungkung from the Mayuehyuan Waterfall by way of the Yunsen Waterfall, i.e. the combination of two waterfalls of the “Yunhsin” and “Senshan” Waterfall, located at the upper reaches of Chungkeng River in Shanhsia Hsiungkung area. There are mostly gentle waist-winding mountain trails, lined with lush forests, through the clear streams, wooden bridges over the valley and aluminum ladders along the way, making you feel surprise without danger but add lots of delight in the wild and enjoying a forest SPA trip where clouds are deep and no where to be seen.

