

2 Route

S Run
8K

L Run
11K

Hare

邱創健
RobotMachine
丁炎山
Volcano



石門大壩「熊」風

“Bear” Run Towards Shimen Reservoir

- Ⓐ 石門山登山口Shimen Trailhead
 - Ⓑ 南苑生態公園Nanyuan Ecological Park
- 集合時間：AM09:30分 桃園巨蛋體育館
發車時間：AM10:00分 發車
Departure time: Assemble by 09:30AM
Departure at 10:00AM

里程標高圖 Altitude Diagram



全程Full course 11km
總爬升Total climb 379m

石門水庫曾經是遠東最大的水庫，目前亦是台灣北部的重要水庫之一，由於溪口處有雙峰對峙狀若石門，因而得名。石門水庫風景區內，青山綠林、山光水色景致優美，石門水庫對外可連接十幾個旅遊景點，園區大小公園綠樹成林，有自行車步道，也有環湖遊艇，提供遊客多元的休閒樂趣。



Shimen Reservoir used to be the largest reservoir in the Far East and now it is also one of the important reservoirs in the north of Taiwan. Green hills and greenwood situated in Shimen Reservoir scenic zone form a beautiful landscape of mountains and rivers, from which can be connected to more than a dozen tourist attractions. There are trees everywhere in various sizes of parks in the zone where bike trails and yachts around the lake can provide tourists with a variety of leisure fun.



園區內受遊客青睞的遊覽景點包括大壩、溢洪道、遊湖碼頭、溪洲公園、槭林公園、南苑生態園區等。The scenic spots favored by tourists in the zone include reservoir, spillway, dock for boat trip on the lake, Hsichou Park, maple forest park, Nanyuan ecological park and so on.



石門水庫也是賞花的好去處。冬季時節，放眼望去，楓葉一片金黃；梅花雪白花海，令人目不暇給，春天來臨時，更有桃花、櫻花、杜鵑爭妍鬥豔，每逢雨季，大壩洩洪時，場面壯觀，總吸引許多遊客前來遊賞。Shimen Reservoir is also a good place to enjoy the flowers. During the winter season, everywhere we look around is a golden maple leaf and the sea of white plum flowers is a feast for the eyes. When spring comes, there are peach blossoms, cherry blossoms and rhododendrons competing with each other for beauty looks. During the rainy season, flood discharge from the reservoir is the spectacular scene, always attracting many tourists to visit.

位在石門水庫西側的石門山又名小竹坑山，為台灣小百岳之一，海拔高度達551公尺，山頂上有一個一等三角點，除了坐擁石門水庫壯麗美景、及龍潭、大溪街景，天況好時還有機會見到台北101！熱門的登山路線將打破你的框架、解放你的視野！

Located on the west side of Shimen Reservoir, the Shimen Mt., also known as the Shiaoc-hukeng Mt., is one of 100 mountains in Taiwan, with an altitude of 551 meters. On the top of the mountain, there is a first-class triangle point where you can not only possess the magnificent scenery of Shimen Reservoir, Longtan and Tahsi Street views, but also have a chance to see Taipei 101 in good weather! Popular climbing routes will break your frame and open your eyes!



此次活動路線也是每年11月「MSIG台灣動感亞洲50」越野賽的前段賽道，每年總吸引眾多國內外越野好手前來參與競技！

The route in this event is also a forepart racing track of cross-country race in "MSIG Taiwan Action Asia 50" on every November and attracts many domestic and foreign cross-country players to participate in the competition every year.

