

5 Route

S Run
7K

L Run
10K

Hare

黃昭明
Never Been Dicked
馬文龍
Longsanity



陽明山原名草山（臺羅：Tsháu-suann），泛指大屯山、七星山、紗帽山、小觀音山這一帶的山區，而非單指某座山峰，路線上面目前比較有名是陽明山國家公園十二條步道。

Formerly known as Caoshan (Tai-lo: Tsháu-suann), the Yangmingshan, rather than referring to a single mountain, actually refers to the mountainous areas of Datun Mountain, Qixing Mountain, Shamao Mountain and Xiaoguan Yin Mountain. The twelve trails of the Yangmingshan National Park are currently the more known trails.



最早在本區活動的是平埔族凱達格蘭人，乾隆期間又有福建一帶新移民大量進入草山。漢人在此墾荒最早以種植蕃薯、砍伐薪柴為主，到了水圳開成之後，才開始種植水稻，並在較陡之坡地種植茶葉、柑橘。當時居民對外交通，全賴墾荒者胼手胝足一步一腳印所開闢出來。

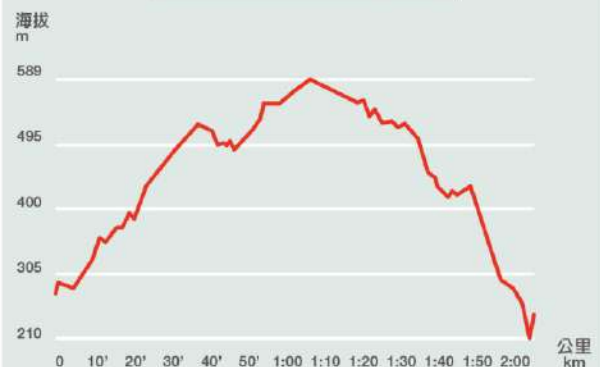
The first human activity in this area was the Ketagalan of the indigenous Pingpu tribe. During Emperor Qianlong's reign, new immigrants from Fujian Province entered this area. During their initial reclamation, these Han people made their

古道尋聖人鵝尾戲清風

The Ancient Trail to find the Saint - Eweishan Tail Swishing Breeze Run

- 📍 A 聖人瀑布 Shengren Falls
- 📍 B 溪山國小 Xishan Elementary School
- 🚌 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

10km

總爬升 Total climb

379m



living by growing sweet potatoes and cutting firewood. Rice planting did not start until the irrigation ditch was completed, and tea and citrus planting followed on the steeper hills.

To answer these people's need of external access, these trails were completed bit by bit through their toil and moil.

日本統治之後，在此廣植黑松、相思樹、楓香等，並開闢溫泉、興建公共溫泉浴室，發展觀光資源。其中以草山以及北投溫泉以自然風景的優越條件獲選為「臺灣十二勝」，直到後來國民黨來台，改名為陽明山一直沿用。今陽明山因為擁有各種特殊的火山地形景觀及地質構造，周遭盡是醉人的風景，可說是台灣北部HASHER的勝地之一。

During the Japanese rule, black pine, acacia, and sweet gum were widely planted here, and hot springs were excavated to build public hot spring baths houses, developing even more sightseeing resources. Among them, Caoshan and Beitou Hot Springs were selected as one of the "Twelve Best Sites in Taiwan" for their superior characteristics of natural scenery. After the Kuomintang came to Taiwan, Caoshan was renamed as Yangmingshan. With its various volcanic landscapes and geological structures, the area is full of intoxicating scenery, making it one of the attractions of HASHER in northern Taiwan.



本路線即為陽明山國家公園十二條步道之一的坪頂古圳線以及其鵝尾支線，路經坪頂，是台北市外雙溪流域中最高貧瘠的地區。8世紀末期，漢人為了灌溉農作物需求開墾水道，由鵝尾山引坪林溪（內雙溪）水經內厝溪與新圳交會，花了將近一世紀的時間建了坪頂古圳，在L路線中可實際感受古圳開墾的不易，曲折蜿蜒，最能體現先民披荊斬棘的開拓精神。

This run uses one of the twelve trails of the Yangmingshan National Park, the Pingding Guzhen trail and its secondary trail in Erwei Mountain. It goes through one of the most barren area of the Waishuang Creek watershed in Taipei. In the end of the 8th century, the Han people build ditches for irrigation, diverting water from the Pingling Creek (Neishuang Creek) in Erwei Mountain, and leading the water through the Neitsuo Creek into the ditch. The construction took nearly a century to complete. In the Long Run one can see the actual difficulty of building this ancient ditch, following its twist and turn, experiencing the obstacles our ancestors had to overcome.

除了日據時期開設的馬路之外，山徑內大多是保持跟一百多年前差不多的樣貌，沿途穿梭在竹林、果園以及原生態的溪，景色相當優美而且近乎原汁原味，雖然近代有新增石板以及水泥橋多了現代便利，但是自然的路徑觀也算是陽明山的小縮影，不僅美麗，更能體會之前的人生活不易。

Other than the part paved during Japanese rule, most of the trail remains how it was 100 years ago. Winding through the bamboo grove, orchard and small streams, it's full of primitive sceneries. Although stone slabs and concrete bridges were later added for modern convenience, the trail's natural landscape still makes it the miniature of the Yangmingshan, with not only the alluring surrounding but also the remains that tells the hardship of those before us.

