

# 6 Route

S Run  
6K

M Run  
11K

L Run  
14K

## Hare

簡琮樺  
Cook  
戴宏鳴  
2330



名列台灣小百岳之一的大棟山，海拔高達405公尺，位於龜山龜崙嶺的制高點，又稱405高地，設有一等三角點，此處坐擁極佳視野，除了可盡覽大桃園城市風光，因位置恰處龜山、樹林、山佳、鶯歌四地交界，還能一望新北市，甚至是台北101，因此不論白天或是夜晚，大棟山總吸引許多登山客、攝影行家前來。

Dadong Mountain, one of the Taiwan Small Baiyue (100 Peaks), is situated at the high ground of Guishan, Taoyuan. With a Class 1 triangulation station, it is also known as the 405 Highland due to its height of 405 meter.

Because it sits right at the intersection of 4 districts: Guishan, Shulin, Shanjia and Yingge, at the top one can see not only the great Taoyuan but also New Taipei, and even the 101 building in Taipei! That's way many hikers and photographers are attracted to the mountain, whether it's day or night.



405高地除了設置觀景台，並有三角點及水文觀測站的介紹看板。向東可遠眺雪山山脈、大漢溪，向西是觀音山、林口，向南是中壢、復興山區，向北是淡水河、圓山飯店。攻頂的深刻感動，與芬多精的洗滌，讓山徑越野跑的疲憊消失殆盡。

## 大棟山鐵漢

### Dadong Mountain Iron Man Run

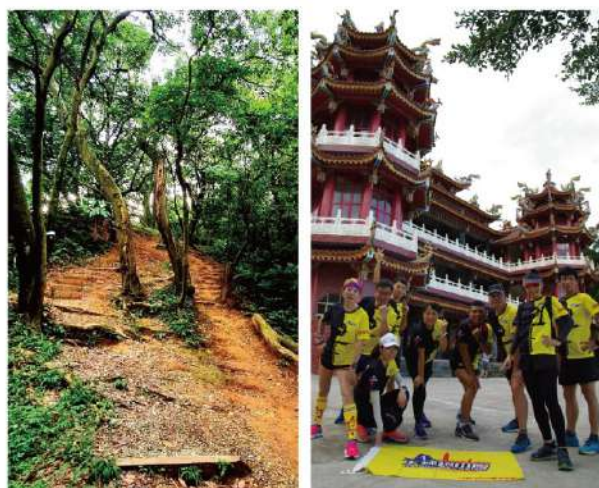
- 📍 免坑村活動中心 Rabbit Pit Village Activity Center
- 📍 旨雲宮 Zhiyun Gong, Shulin
- 🚌 集合時間：AM09:30分 桃園巨蛋體育館  
發車時間：AM10:00分 發車  
Departure time: Assemble by 09:30AM  
Departure at 10:00AM

### 里程標高圖 Altitude Diagram



全程Full course 14km  
總爬升Total climb 379m

The mountain has viewing platform, triangulation station and information for the weather station. To its east is the Xueshan Range and Dahan River, and to its west is the Guanyin Mountain and the Linko District. Zhongli District and Mountain ranges of the Fuhsin District sits at its south, and Danshui River and the Taipei Grand Hotel sits at its north. The exhaustion of running through the trail will be washed away through the forest bathing in the Phytoncide and the amazement by the great scenery at the top.





在亞洲聯合跑步，依稀記得初次聽到這個詞的時候大概是2年多前吧，當時所有台灣熊的幹部們幾乎都動員了起來，一起為這場台灣第一次即將舉行的國際hash活動努力著也因為有這麼多執著與無私的付諸努力，終於催生了台灣第一次的國際Hash盛會。

In Asia United Hash, I think the first time hearing this term was about two years ago, when all staff of TBH3 gave their blood, sweat and tear into this first international Hash event in Taiwan. This event will not be possible without their great effort and perseverance.

託付，在某次一如往常的等待down down的時候，看著創會長offset朝我走來並說著，亞聯需要多條的路線，供眾多參與的國外haser盡情的奔跑，並讓參與的國外haser看見台灣的山林之美，當下就義不容辭的承擔下來這個重任。

While waiting for Down Down after one of the run, the founding president Offset walked toward me and said that the Asia United Hash will need multiple trails for all the joining hashers to enjoy not just the run but also the mountainous beauty of Taiwan. Without a second thought, I took on the Trail setting task.



大棟跑山團有榮幸能為台灣第一次舉辦的國際性hash跑步活動盡一份心力感到幸運，期待能藉由這次的活動，讓更多的國外跑者感受到台灣的山林之美以及豐富的人文氣息。

"Da Dong Running" group is honor to do one's bit to support the first internal Hash in Taiwan. We hope that more foreign hasher will experience the mountainous beauty of Taiwan and the abundant culture.



## 活動路線類別 Trail type: L, M, S

**L路線：**全長14Km之越野柏油混合路線80%越野山徑 20%柏油路面  
L Trail : 14 KM trek, with a mix of off-road trail (80%) and tarred road (20%)

L路線是一條富有挑戰性的越野山徑，一共要翻越三個頂峰，且呈越來越高的峰頂挑戰，雖然會比較辛苦，但是沿路的景緻也會回饋給勇於挑戰的你。而長距離的14公里越野山徑當然要有充足的補給，所以在約7K左右設置一個補給站。另外因應L路線需有強大的體力及技巧完成，為使活動能平安順暢的完成所以設有關門點，如無法在指定時間內通過關門點會強制引導從M路線回B點。希望有能力的勇們能夠來挑戰大棟山的L路線。

L Trail is a challenging off-road mountainous trail, going over three peaks, one higher than the other. Though more demanding than the other 2, the scenery along the way is guaranteed to make it worth the effort. Since it's a 14 KM mountainous trail, a station is set at around 7KM to provide food and other supply. Being an L trail that requires great stamina and skill, to ensure that everyone comes back in a timely manner, closing point (CP) will be set, and those who are unable to make the CP time limit will be guided to the M trail to the finish point. We look forward to all the capable hashers to complete the L trail challenge of Dadong Mountain.

**M路線：**全長11Km之越野柏油混合路線85%越野山徑20%柏油路面  
M Trail : 11 KM trek, with a mix of off-road trail (80%) and tarred road (20%)

M路線全程11Km越野山徑，會有二座峰頂等你挑戰，在有多種風貌的林道間奔跑，恣意的揮灑汗水，感受台灣的山林之美，我相信這條長短適宜且富挑戰性的越野山徑路線，一定可以滿足你那原始的野性縱情山林，並一樣會有補給站提供補給，心動了嗎？歡迎你來挑戰大棟山M路線。

M trail is an 11 KM trail with 2 peaks awaiting you to challenge. Running through the various forest trails and experiencing the mountainous beauty, this equally challenging off-road trail has just the right length to let you let lose of your wildness and run freely among the hills. Supply station is also available. Don't hesitate, the M trail awaits you to challenge.

**S路線：**全長 6 Km之越野柏油混合路線75%越野山徑25%柏油路面  
S Trail : 6 KM trek, with a mix of off-road trail (75%) and tarred road (25%)

S路線全程約6Km的越野山徑，沿路的登山步道，原始野徑及數個View非常好的景點，讓你可以輕鬆愉快的悠遊大棟山最私房的美景。

S trail is a 6 KM trek of mountainous trails. With the hiking trails, primitive pathway and some vantage points that provide great view, this trail will let you walk leisurely and take delight in the best sceneries of the Dadong Mountain.