

**Taiwan**  
THE HEART OF ASIA

# Fun Alishan Trip for the Elderly

年金層に岩薦め  
阿里山漫遊

Package tours for senior Visitors  
シルバーク

## Travel without a tour 個人旅行

**One-day trip  
一日コース**

**A Lifestyles of Health and Sustainability (LOHAS) trip at No. 18 Silk Road of Love and Fenqihu Old Street  
18号愛のシルクロード×奮起湖老街ノスタルジックツアー**

Senior visitors will visit Chukou Visitor Center as the first stop of their LOHAS trip to admire the amazing architectural beauty and picturesque scenery. After Chukou Visitor Center, they will leave for the Niupuzai Grassland to experience the sets of romantic images. When it comes to the lunch time, they can go to Fenqihu Old Street to enjoy delicious local cuisines while immersing in the nostalgic and bustling old street. On their return trip, there are the Eternity Suspension Bridges for them to take memorial pictures and Longyin Temple for them to worship the gods before they go back to their sweet home.

まずは觸口ビジターセンターで建築美を愛でたら、牛埔仔草原で心身を開放！お昼は奮起湖老街(昔ながらの商店街)で地元的美食を堪能して特産品をお買い物；復路は天長地久橋に立ち寄って記念撮影、龍隱寺に参拝して帰途に！

THSR Chiayi Station / TRA Chiayi Station → Niupuzai Grassland in Chukou → Fenqihu Old Street → Eternity Suspension Bridges → Longyin Temple → THSR Chiayi Station / TRA Chiayi Station → Farewell  
嘉義高速鉄道駅/嘉義台湾鉄道駅→觸口牛埔仔愛情意象公園→奮起湖老街→天長地久橋/龍隱寺参拝→嘉義高速鉄道駅/嘉義台湾鉄道駅帰路

**Two-day trip  
二日コース**

**Hiking around the tea plantations & Alishan Forest  
茶園のハイキング×阿里山森林ツアー**

Xiding is a popular destination for visitors to admire on-and-off cloud waterfalls in Alishan. Visitors can go hiking along the Eryanping Trail to appreciate the magnificent scenery of the tea plantations. With its cool weather, visitors are able to appreciate rare and precious trees in Alishan National Forest Recreation Area, such as Taiwan red cypress and Taiwan cypress. The Alishan National Forest Recreation Area is known to have Five Wonders- the sunrise, the sea of clouds, the sunset glow, the forest, and the Alishan Forest Railway. Visitors who come here for hiking and mountain-climbing are able to breathe fresh air and enjoy the stunning scenery.

隙頂は阿里山名物「雲瀑」の観賞スポット、二延平歩道を歩いて茶畑の風光を満喫！阿里山森林遊楽区は空気も爽やかで、紅檜、台湾扁柏など希少な林木を観察できる、「日の出、雲海、夕霞、森林、森林鉄道」と阿里山五大名物にチャレンジしながらのハイキングはいかが！

Day 1 THSR Chiayi Station/TRA Chiayi Station → Eryanping Trail → Stay at Alishan National Forest Recreation Area  
Day 2 Alishan National Forest Recreation Area → Chukou Visitor Center → THSR Chiayi Station / TRA Chiayi Station → Farewell  
第一日 嘉義高速鉄道駅/嘉義台湾鉄道駅→二延平歩道→阿里山森林遊楽区泊  
第二日 阿里山森林遊楽区→觸口ビジターセンター→嘉義高速鉄道駅/嘉義台湾鉄道駅帰路

## Taiwan Tourist Shuttle Bus shuttle service for senior citizens' accessible travel

### 高齢者にも優しいバリアフリーの台湾好行バス

**Alishan Fukang Bus reinforces the inspection and maintenance of the tires, brakes, steering, and power system to meet the requirements for driving in the mountains. It is also equipped with wheelchair lift to benefit senior citizens and people with disabilities.**

阿里山地区を走る低床バスは高山地区の運行に耐えるようタイヤ、ブレーキ、ハンドル、動力システムの維持、検査を強化している。さらに車椅子の昇降設備を具えており、高齢者、身障者の旅客も安心して利用できる！

**Fukang Bus 低床バス**

**Accessible trail バリアフリー歩道**

### Alishan Fukang Bus (handicapped and disabled bus service) timetable

#### 阿里山地区低床バス運行時刻表：

阿里山線 A 線 Alishan Line A Line 高速鉄道嘉義 <-> 阿里山		阿里山線 B 線 Alishan Line B Line 台湾鉄道嘉義 <-> 阿里山	
Departure 往路	Return 復路	Departure 往路	Return 復路
THSR Chiayi Station 高速鉄道嘉義駅	Alishan 阿里山	TRA Chiayi Station 台湾鉄道嘉義駅	Alishan 阿里山
13 : 10	16 : 40	07 : 40	16 : 40

阿里山線 B-1 線 Alishan Line B-1 Line 奮起湖 <-> 石棹 or 阿里山	
Departure 往路	Return 復路
Fenqihu->Shizhuo 奮起湖-> 石棹	Shizhuo->Fenqihu 石棹-> 奮起湖
11 : 40 · 12 : 40 · 13 : 20 · 14 : 00 · 14 : 00	12 : 40 · 13 : 00 · 13 : 40 · 14 : 20
Alishan->Fenqihu 阿里山-> 奮起湖	Fenqihu->Alishan 奮起湖-> 阿里山
10 : 30	14 : 40

Website: [www.cybus.gov.tw/](http://www.cybus.gov.tw/) Contact phone number: 05-2788177 # 805 - 808  
オフィシャルサイト: [www.cybus.gov.tw/](http://www.cybus.gov.tw/) お問い合わせ: 05-2788177#805-808

## Package tours パック行程

**Two-day trip  
二日コース**

**A LOHAS trip for the elderly  
ゆっくり・のんびり**

Departure with minimum 4 people. For details regarding chartered bus service or Alishan package tours, please contact Alishan Tour Travel Agency (Aiwanmei Travel Agency).  
Telephone number: 05-2911658. Website: <http://www.alishan-tour.com.tw/>  
四人様より。ハイヤーチャーターあるいは阿里山パック行程は愛玩美旅行社へ。  
電話05-2911658; オフィシャルサイト: <http://www.alishan-tour.com.tw/>。

There are a number of tourist attractions for the elderly to enjoy their two-day trip in Alishan- romantic atmosphere in Niupuzai, magnificent scenery of sea of clouds in Eryanping Trail, and nostalgic ambience in Fenqihu's Old Street, exciting singing and dancing performances in aboriginal tribes. Aside from the above places, there are also Longyin Temple and Eternity Suspension Bridges to enrich visitor's trip in Alishan.

觸口牛埔仔公園の名物は「愛情意象装置」, ロマンチックな気分を堪能したら; 二延平歩道から雲海を眺め、奮起湖老街(昔ながらの商店街)でショッピング、原住民の風情いっぱいの集落で華やかな歌舞を鑑賞し; 龍隱寺から天長地久橋へ、ゆっくり・のんびり阿里山の旅。

Day 1 THSR Chiayi Station / TRA Chiayi Station → Niupuzai Grassland in Chukou → Xiding Eryanping Trail → Fenqihu Old Street → Chu Yuan Hotel  
Day 2 YuYuPas Tsou Cultural Tribe Park → Eternity Suspension Bridges → THSR Chiayi Station / TRA Chiayi Station → Farewell  
第一日 嘉義高速鉄道駅/嘉義台湾鉄道駅→二延平歩道→阿里山森林遊楽区泊  
第二日 阿里山森林遊楽区→觸口ビジターセンター→嘉義高速鉄道駅/嘉義台湾鉄道駅帰路

**Three-day trip  
三日コース**

**Travel along the forest railway  
神秘的森林鉄道で**

Fee for package tours: departure with minimum 4 people. For more information, please contact Hsihung Travel Service Co., LTD at 02-412-8618 or visit <http://www.besttour.com.tw/>.  
四人様より。喜鴻旅行社02-412-8618,  
オフィシャルサイト: <http://www.besttour.com.tw/>。

Visitors should take the Alishan Forest Railway, a riding experience no other mountain railway can provide, to explore Alishan's natural beauty, cultural attractions and historical sites. After arriving at Jiaoliping station, they can explore the secret place in Ruifeng and enjoy local dishes. On the third day, visitors can walk to Shizhuo Trail to admire the fabulous view of the tea plantations. Come to join this awesome forest tour. (Autumn tea is from the end of August to Sep 20. Winter tea is from Oct 20 to Nov 15. During the above tea seasons, visitors can also sign up for 'DIY your own tea' package.)

小さな機関車が引く張る阿里山鉄道では登山鉄道の四大特殊工法が体験できる、車窓からは熱帯、暖帯、温帯と三つの植相の変化を観賞; 交力坪駅に着いたら瑞峰私房の秘境を探索し、地元的美食にチャレンジ; 三日目は石棹歩道を歩いて茶畑の空気をいっぱい吸って、まさに「森林満喫」のツアーだ(秋茶: 8月未-9/20、冬茶: 10/20-11/15, 以上茶摘み期間は【製茶体験】に参加できる! )。

Day 1 TRA Chiayi Station → Alishan Forest Railway → Jiaoliping Station → Qiao Yuan Restaurant (lunch) → Wang Ding Tea House → Activities held by hostels  
Day 2 Ruifeng's secret place → Cha Hu Restaurant → Long Yuan Farm → Evening guided tour  
Day 3 Shizhuo Trail → Alishan's souvenirs (local agricultural products) → Chukou Visitor Center → TRA Chiayi Station → Farewell  
第一日 嘉義駅→阿里山森林鉄道→交力坪駅→巧雲小棧(昼食)→王鼎茶園→民宿  
第二日 瑞峰私房秘境→茶壺食堂→龍雲農場→夜間ツアー  
第三日 石棹歩道群→阿里山手信(農産品)→觸口ビジターセンター→嘉義駅→帰路

Shizhuo Trail 石棹歩道  
Aiyu 愛玉  
Cherry Trail 桜花歩道  
Niupuzai Grassland in Chukou 觸口牛埔仔愛情意象公園

### Taiwan Tourist Shuttle Bus - Alishan Route Map 台湾好行バス-阿里山線 ルートマップ

THSR Chiayi Station 高速鉄道嘉義駅  
A線: Dingliou 頂六, Chukou Visitor Center 觸口ビジターセンター, Loongmei 龍美, Loongtuo 龍頭, Shizhuo 石棹, Youth Activity Center 青年活動センター  
B線: Wufeng Temple 吳鳳廟, Chukou 觸口, Xiding 隙頂, Fenqihu 奮起湖, Shizi Village 十字村, Alishan 阿里山  
TRA Chiayi Station 台湾鉄道嘉義駅

**7 Tourist Visitor Center トラベラーサービスセンター**

A tourist route along Provincial Highway No. 18 | 台18線公路遊覽コース

- ◆ Chukou Visitor Center 05-2593900
- ◆ 觸口ビジターセンター 05-2593900
- ◆ Alishan National Forest Recreation Area Visitor Center 05-2679917
- ◆ 阿里山森林遊楽区ビジターセンター

A tourist route along the Northwest Corridor | 西北回廊遊覽コース

- ◆ Yuanfan Visitor Center 05-2502026
- ◆ 圓潭ビジターセンター 05-2502026
- ◆ Wenfeng Visitor Center 05-2617212
- ◆ 文峰ビジターセンター 05-2617212

A tourist route around the Tsou Tribe | ツォウ部落遊覽コース

- ◆ Dabang Visitor Center 05-2511982
- ◆ 達邦ビジターセンター 05-2511982

Travel safety tips | 安全事項

- ◆ Medical unit 救急 119
- ◆ National police agency 警察 110
- ◆ MOTC Alishan Construction Section 05-2592427
- ◆ 交通部公路總局阿里山工務段 05-2592427
- ◆ Chiayi County Bus Service Administration 嘉義縣公車管理處 05-2788177
- ◆ TRA Chiayi Station 台湾鉄道嘉義駅 05-2228904
- ◆ THSR Chiayi Station Customer Service Hotline 4066-3000
- ◆ 台湾高速鉄道嘉義駅 4066-3000

Tourism Bureau, MOTC Republic of China (Taiwan)  
Alishan National Scenic Area Administration  
No.51, Checheng, Chukou Village, Fanlu Township, Chiayi County 602, Taiwan  
(05)2593900 <http://www.ali-nsa.net>  
交通部觀光局  
阿里山國家風景區管理處  
嘉義縣番路鄉觸口村車埕 51 号  
(05)2593900 <http://www.ali-nsa.net>

