

健行阿塿壹卑南古道注意事項

GUIDELINES FOR HIKING THE LANGJIAO-PINLANG ALANGYI HISTORIC TRAIL



1. Carry a valid photo ID (e.g., ID card, passport) for verification when entering the trail.
2. Bring a small backpack containing sunscreen, a packed lunch, water, a lightweight raincoat, a towel, and other personal items.
3. The trail spans 8 kilometers and is highly exposed to sunlight. Wear cycling jerseys or moisture-wicking long-sleeved shirts and pants. Avoid cotton clothing and jeans.
4. Use sunglasses, a wide-brimmed hat, a headscarf, and cotton or cycling gloves to prevent slipping when using ropes.
5. The trail includes pebble beaches, sandy areas, slopes, and water crossings. Wear hard-soled, anti-slip athletic shoes or fully covered sport sandals, and avoid flip-flops, sandals, or casual walking shoes.
6. Bring trekking poles, if available, to assist with uphill and downhill sections, reducing the risk of slips and falls.
7. The trail remains in its natural state, with potential risks of wildlife encounters and falling rocks. Stay vigilant at all times.
8. Be a respectful and responsible visitor. Do not litter, disturb, take, or remove any plants, animals, or stones.
9. If you encounter any issues or feel unwell, immediately inform your guide or instructor for timely assistance and ensure safety.



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