



Taiwan Tourist Shuttle, Beitou Zhuzihu (Bamboo Lake) Route

Another great way to tour Beitou is to hop on the Beitou Zhuzihu musical shuttle bus for a complete tour of the area. The shuttle service will take you through some of the most popular tourist sights such as Beitou Park, Beitou Hot Spring Museum, Thermal Valley, Plum Garden, Liuhuang (Sulfur) Valley, etc. The decoration inside each shuttle bus is inspired by one of three different themes: hot springs, nature, and tourism, each theme having its own distinct musical soundtrack! While riding the Taiwan tourist shuttle, apart from enjoying the enchanting landscape passing by the bus windows and the different musical accompaniments in each vehicle, with your personal smartphone you can also scan the QR code on each seat, and listen to well-known author Kexiang Liu as he shares his traveling experiences while guiding you along the route. Press the bell to get off the bus, and you'll receive one of many surprises that will delight you on this trip!

Beitou Eco-Museum Mobile Phone Audio Guide Service	北投環境博物園區 0935-120-909	QR Code
	BERTOU ECO-MUSEUM PARK 0935-120-908	
	北投環境博物園區 0935-120-907	802 北投公園 Beitou Park / 北投公園
	臺北市政府	

To know Beitou well, for a small fee, you may now dial 0935-120-908 and enter any of the site serial code between 801~902 or scan a QR code at the landmark to listen to two Beitou celebrity residents, author/painter Xiang Lei and musician Guangxia Lei, sharing fantastic stories about each of the 41 tourist locations in this spectacular area.

Heading to Beitou



Take the MRT to Beitou Station, then transfer to Xinbeitou Station



City Bus

Take buses No.216, 218, 223, 230, or 266 to Xinbeitou Station
(For details please visit <http://5284.taipei.gov.tw>)



Add: 4F, 1, City Hall Rd., Taipei City

Website: www.tpedoit.taipei.gov.tw

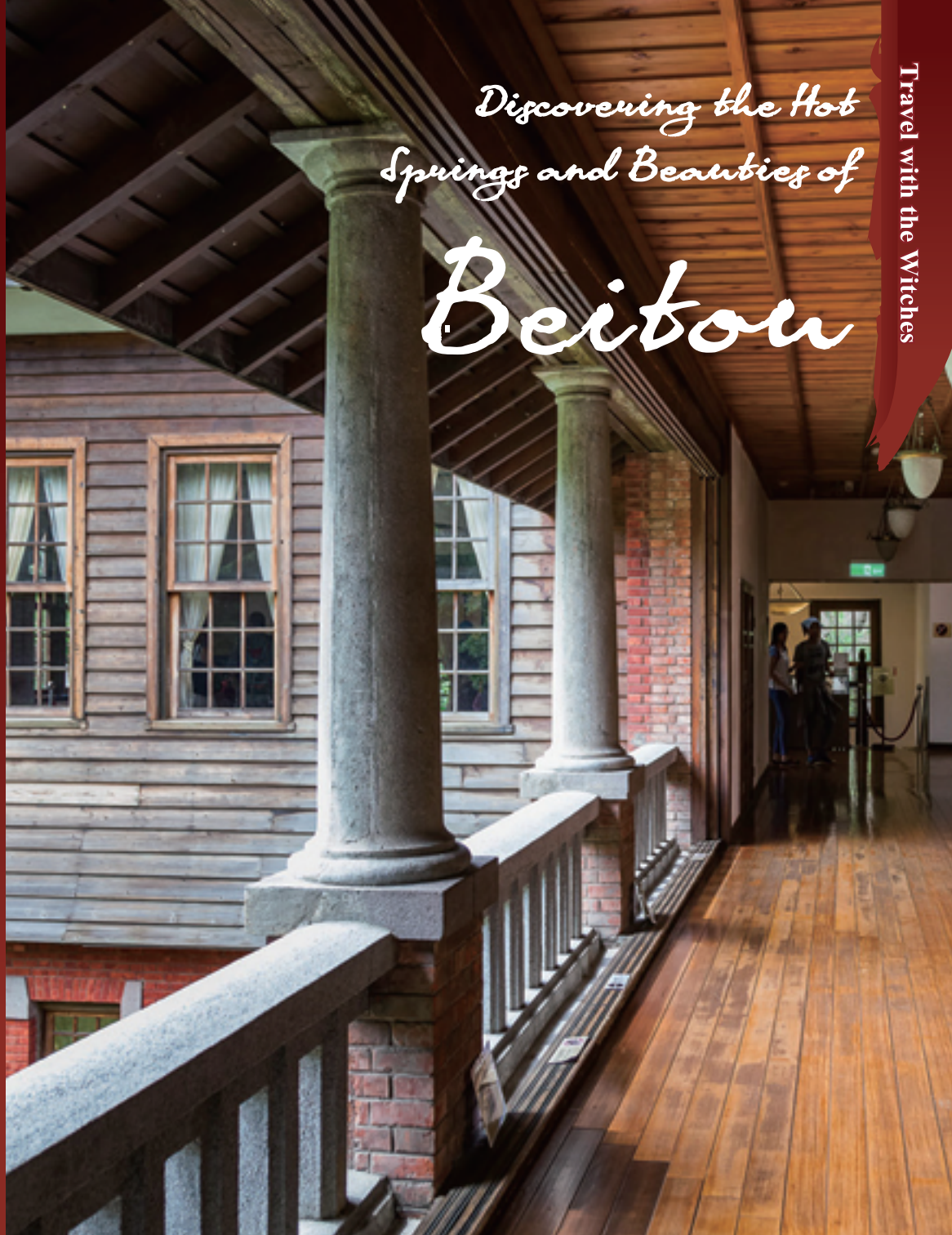
Taipei Travel Net: www.taipeitruvel.net

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Discovering the Hot Springs and Beauties of

Beitou

Travel with the Witches



Discovering the Hot Springs and Beauties of Beitou

Unveil the Mysteries

Over 300 years ago, there's a place in today's Taipei where “trees don't grow, and the earth boils.” The inhabitants, the Ketagalan plains aborigines, called this place Patauw, meaning “home of the witches.” The pungent smell and thick fumes could mean just one thing—there was strange sorcery going on here. With time the name became Beitou in Chinese, and today, centuries later, this is still a beloved tourist spot.

In the days of Japanese occupation (1895-1945) the Japanese came across Beitou's secrets and treasure. While hot-spring inns opened one by one, a railway line and station were put up. Its fame as a holiday oasis attracted royalties to savor its charms. Today, travelers continue coming from near and far to soak up the lovely natural scenery and dip in the comfortable hot-spring resort amenities.

Perhaps there was indeed witchcraft practiced here amidst the coiling steam and smoke. Today Beitou becomes a place of nature's bounty on exhibit, of cultured living, of hot spring refinement—of a famed rest and relaxation jewel. You can be assured to enjoy the sumptuous joys of mineral-spring soaking pleasure and to unearth the many stories of this valley of fascination.





Exterior of Beitou Museum

There is a strong taste of Japanese heritage in the architecture here, a journey through old Beitou is like a journey through a time tunnel. Beitou has the complete package—the aesthetics of cultured living, of hot-spring dipping, of eco-friendly harmony, and a diverse cultural scene—awaiting you to discover.



Exhibition Room of Beitou Museum

Heritage Sites

Taiwan Folk Arts Museum (Beitou Museum)

(北投文物館)

This is a privately owned museum and also a heritage site. Built in 1921, it was the premium hot-spring inn in the Beitou area in its day—the Kazan Inn. The Taipei City Government declared it an official city heritage site in 1998. Today, this is Taiwan's largest example of pure wood-built two-story Japanese architecture, measuring approximately 1,000 square meters. The museum is home to more than 4,000 examples of traditional Taiwan folk arts and handicrafts as well as indigenous-tribe relics; there are artifact displays, arts and cultural performances, meetings and banquets, venue rentals, creative Kaiseki cuisine service, and an array of cultural experience courses, all offered in the quest to make this a new and diverse cultural-creative park.

Tel: (02) 2891-2318 Add: 32, Youya Rd., Beitou District
Website: www.beitoumuseum.org.tw

Longnaitang Hot Spring Bath (瀧乃湯)

This hot spring bath was built around 1907 and originally intended for the therapeutic benefit of Japanese soldiers during the Japanese occupation era. After Taiwan's liberation from Japan, the female bath was constructed with Qilian rock, the quarrying of which is banned. Both male and female springs are modest and simple in design, and bathers are naked. A stone monument in the center of the courtyard commemorates a visit from Japanese Crown Prince Showa.

Tel: (02) 2891-2236 Add: 244, Guangming Rd., Beitou District



Longnaitang Hot Spring Bath



Marshal Zen Garden



Puji Temple

Marshal Zen Garden (少帥禪園)

This facility was originally the home of the Xingao Hotel during the Japanese occupation era (1895-1945). During WWII it was used as a hostel for kamikaze pilots, and as a venue for the entertainment of high officials. In 1960 it became the home of former Northeastern Chinese warlord Marshal Zhang Xueliang, who had been placed under house arrest. The buildings of the complex today still have the black tile common to old-style Japanese architecture, a rarity in Taiwan, and a Marshal Zhang memorial pavilion. This is a place of nostalgia and tranquility as well as a place for fine dining and hot-spring soaking in a garden setting with majestic mountain views.

Tel: (02) 2893-5336 Add: 34, Youya Rd., Beitou District

Website: www.sgarden.com.tw

Puji Temple (普濟寺)

Built in 1905, it is a rare example of temple architecture practiced by the Shingon (True Words) sect of Japanese Vajrayana Buddhism. The main deity is the Tangshou Guanyin (protector of hot-springs), deeply revered by Beitou folk. The wooden hall, curving pillars, and bell-shaped windows evoke the aesthetics of Japan's Edo period.

Tel: (02) 2891-4386 Add: 112, Wenquan Rd., Beitou District

The Pandas World Tour–Taipei, an outdoor exhibition, engaged in a flash mob at Beitou Hot Spring Museum.



Plum Garden



Beitou Library

Tourist Spots

Plum Garden (梅庭)

This was once the summer getaway home for famed Chinese calligrapher Yu Youren, the “cursive calligraphy master of the generation.” Built in the late 1930s, it has a distinctive architectural style, with a Japanese timber structure and an elegant, tree-shaded courtyard. Declared a city heritage building in 2006, there is a visitor information center, and exhibits on the building’s history and architecture. Plum Garden is open to public and entry is free.

The new interactive Plum Garden Cloud Guide System is now up and running, providing 3D reality navigation services. Link up from the cloud and immediately begin exploring the many charms of this complex.

Tel: (02) 2897-2647 Add: 6, Zhongshan Rd., Beitou District

Cloud Guide System: vr.taipeitravel.net

Website: plumgarden.taipeitravel.net

Beitou Hot Spring Museum

Beitou Hot Spring Museum

(北投溫泉博物館)

Originally called the Beitou Public Baths, this was built in 1913, at that time East Asia’s largest hot-spring public bath. Today it is the key showcase for hot springs-related historical relics in Beitou, and there is the rare hokutolite or “Beitou Stone” on display. Roman-style arches and columns in the first floor common bath merge perfectly with Japanese-style interior and tatami on the second floor.

Tel: (02) 2893-9981 Add: 2, Zhongshan Rd., Beitou District

Website: beitoumuseum.taipei.gov.tw



■ Taipei Public Library Beitou Branch (Beitou Library) (臺北市立圖書館北投分館)

This is Taiwan's first eco-friendly library set up with energy-saving green ideas. It utilizes solar power, the rooftop is a cooling green oasis, and all rainwater is collected and recycled. Readers are calmed with pleasant mountain vistas through sun-inviting tall French windows. Time spent in the tree-shaded outdoor reading areas is more like time spent in a dreamscape rather than your normal library experience. (Due to renovation, all services are temporarily unavailable until June 21st, 2014)

Tel: (02) 2897-7682 Add: 251, Guangming Rd., Beitou District

Website: www.tpml.edu.tw

■ Ketagalan Culture Center (凱達格蘭文化館)

This is Taiwan's first multifunctional cultural center dedicated to its indigenous peoples, and commemorates the fact this area was originally home to the plains-dwelling Ketagalan people. On the second/third floors are permanent exhibits on the cultures of Taiwan's indigenous peoples; other floors have facilities for meetings, performances, library services, seminars, and classes on indigenous languages and other subjects. This is a fine place to learn more about Taiwan's indigenous life, culture, and arts.

Tel: (02) 2898-6500 Add: 3-1, Zhongshan Rd., Beitou District

Website: www.ketagalan.taipei.gov.tw

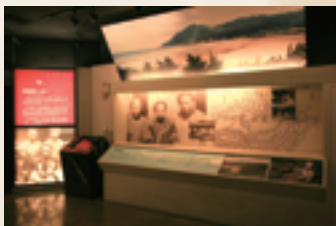
■ Hong-Gah Museum (鳳甲美術館)

This museum is a space that brings arts and the community together. Through exhibits, discussion forums, critical reviews, and other methods a warm and inviting environment for cultivation of fine-arts appreciation in the general public is created. The museum also houses a first-rate collection of books on the arts.

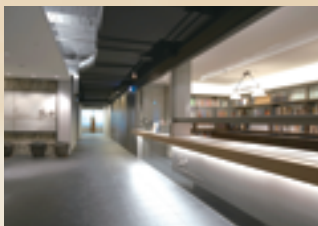
Tel: (02) 2894-2272

Add: 11F, 166, Daye Rd., Beitou District

Website: www.hong-gah.org.tw



Ketagalan Culture Center



Hong-Gah Museum

Beitou Park Fountain



Natural Wonders

Beitou Park

Beitou Park (北投公園)

Completed in 1913 at the same time as the Beitou Public Baths, this park is the core of the old Beitou hot-spring district. It was originally intended as a quiet oasis for visitors and today remains an area of rich greenery.

Meandering along the gurgling Beitou Stream, a lovely place to indulge yourself in the mountain scenery.

Location: Intersection of Zhongshan and Guangming Rds., Beitou District.

Yinguang Lane (銀光巷)

In the name “Yinguang Lane,” the “yin” referring to the bank-employee dormitories once found here, and the “guang” is the same as that used in the famous Shanguang Temple, which still stands at the end of the lane. Local residents and in-the-know travelers have long made this lane a sort of private scenic-sight destination. The area is characterized by lush, tall green trees, creating a secluded hideaway awaiting discovery and exploration.

Location: Yinguang Ln., Wenquan Rd., Beitou District



Yinguang Lane



Ferns along the lane

Thermal Valley (地熱谷)

The Thermal Valley was once considered to be one of Taiwan's eight great natural wonders. The green sulphur waters are distinctive and peculiar. The smoke and mist rising up out of the catch basin and curling up the mountains, and the translucent-green waters, have given rise to the names Jade Springs Valley and Hell Valley, a place of wonder and fantasy in the old days.

Location: Near end of Zhongshan Rd., on left side, Beitou District

Guizikeng Water and Soil Conservation Education Park (貴子坑水土保持教學園區)

In the past this place was called "The Pit of Ghost." It was valued as a source of white clay for ceramics. Ceramics production flourished here during the Japanese occupation era, with much praised and sold near and far. In 1989, this natural depression was converted to a conservation area that is used as an outdoor education venue. The name was changed to the homonymous Guizikeng, with a more harmonious meaning "Pit of the Eminence."

Tel: (02) 2893-2324 Add: 161, Xiushan Rd., Beitou District

Guandu Nature Park (關渡自然公園)

Located near Taiwan's north coast at the confluence of the Tamsui and Keelung rivers, this is a key stopping point for migratory birds and a warm home for myriad animal and plant species. The park is currently managed by Taipei City Government through the Wild Bird Society of Taipei. As an important wetland-environment education and learning center that features open grassland, wooden boardwalks, and bird-watching huts, with information signage and guided tours, the park provides the most natural way to give people intimacy with ecology.

Tel: (02) 2858-7417 Fax: (02) 2858-7416

Add: 55, Guandu Rd., Beitou District

Website: gd-park.org.tw

Service: service@gd-park.org.tw



Thermal Valley

Guizikeng



Guandu Nature Park





Charcoal Kilns



Motorcycle Delivery Service

Charcoal Kilns

In pioneer days Beitou dwellers would cut down the area's acacia trees to make charcoal for use as fuel. They used local stone and bricks made from local clay to construct charcoal kilns, and at its zenith the industry had a giant cluster of over 50 kilns in total. Today charcoal is little used as a fuel resource, but the remains of the kilns are an important local cultural heritage.

Motorcycle Delivery Service

During the Japanese occupation era, the rise of the Beitou hot-spring industry was abrupt. The mountain area made transportation somewhat inconvenient, and the area's unique motorcycle delivery service network arose. People were carried to and from the area, as were goods, and riders even handled shopping and personalized delivery. Today, with riders on call 24 hours a day, serving local businesses and residents, the uniquely local tradition is again flourishing.

Nakashi

The term "nakashi" in Japanese refers to traveling minstrels that move among inns and public houses entertaining patrons. Most nakashi performers perform in pairs, one playing and one singing. Beitou was the fountainhead for the nakashi culture in Taiwan, the tradition brought in to entertain homesick Japanese clients at Beitou's hot-spring inns. Many remarkable players can remember hundreds of melodies.

Beitou Stone and Qilian Stone

Beitou has two famous stones that have served as precious natural resources. One is Beitou stone, an extremely rare type of ore that contains radium. There is a large sample preserved in the Beitou Hot Spring Museum. The other is called Qilian Stone, by nature highly refractory, in the past much valued as a building material, and today a sight that is rarely seen.



Beitou Stone

Beiton The Hot Springs





Introduction of the Beitou Mineral Waters

The Beitou hot springs are sulfurous. Before heading out for a soaking session, let's learn a little about the water characters and the tips of hot springs bathing, which will make the experience even more enjoyable.

Green sulfur:

The waters in and around Thermal Valley are acidic sulphate-chloride springs, pellucid and green-tinted like jade. Places to enjoy the green sulfur waters include Beitou Park Outdoor Hot Spring Bathing Pool, and Shinshukaku Hotel.

White sulfur:

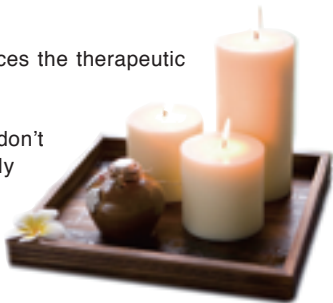
The local source of sulfur are in fact sulfurous-gas fumaroles rather than hot springs. It is the local Yangmingshan waters pouring into these depressions that creates usable hot spring waters. Pure, clean, the color milky white, with only a light sulfurous smell, local folk affectionately refer to them as “milk springs.” The majority of Beitou's hot spring hotels and inns pipe in white sulphur waters.

Iron sulphur:

The springs located in the upstream mountain-valley area called Ding Beitou (top of Beitou) , north of Shuangchong Stream, upper reaches of Nanhuang Stream, and around the Yangming Park, are neutral carbonate. Transparent waters are characterized by iron precipitate, as a result called iron sulfur hot spring.

Bathing Tips

- Generally we recommend multiple 15-minute sessions for each bath, but no more than 3 baths a day. If you are sweating too much or if your heart rate reaches higher than 120 bpm, it indicates the bathing is overdone.
- A rest of one hour before a hot spring bath is highly recommended.
- If you feel palpitation or dizziness, slowly step out of the bath and take a short break. Do not re-enter the hot spring until these symptoms have vanished.
- Elderly bathers and those with weak hearts should not sit in a hot spring bath, but are recommended to rest their heads on the side of the bath, stretch out their legs and arms and float on the water.
- Elderly bathers should bathe with a partner or friend.
- When entering a hot spring bath, try to avoid entering close to the hot water inflow. A moderate water temperature is more comfortable and more effective. A suitable water temperature for bathing is between 38-42°C; no higher than 45°C.
- While bathing, relaxation reinforces the therapeutic effects of the hot spring.
- Unless you have sensitive skin, don't wash off the bath water; simply dry your body and hair with a towel to allow the hot spring chemicals to help your body retain heat.
- Remember to always stay hydrated while bathing.
- Avoid excessive eating before and after bathing.
- Do not smoke, or drink alcohol, coffee or strong tea while bathing.



(Reference: Tourism Bureau, MOTC
website: www.taiwan.net.tw)



Hot Spring Crossing at Matsuyama City,
Ehime Prefecture, Japan



Japanese Lion Dance and Drum Band



Children's Deity Parade

Taipei Hot Springs Festival

Each year the Taipei Hot Springs Festival is staged in Beitou from September through November. There are nostalgic performances of old-time nakashi music, folk-culture experience activities, the Hot Springs Shuttle Bus, which brings visitors to local scenic sights, the Joint Hot-Spring Resorts Exhibition, Asia-Pacific region Hot Spring exchange forums, and many other attractions. Beitou cultural tours bring visitors deeper understanding of the Beitou story. For more details, contact the Taipei Hot Springs Association.

Folk-culture
experience
activities



Taipei Hot Springs Association
Tel: (02) 2895-5418
Website: www.taipeisprings.org.tw
Add: 224, Guangming Rd., Beitou District

In addition to the Beitou Park Outdoor Hot Spring Bathing Pool and the rustic indoor public baths, there are many resort inns and hotels in Beitou offering up a wonderful menu of different hot-spring soaking experiences for you to choose from.



Hot-spring facilities must undergo evaluation by Taipei City Government before being allowed to display the official Hot Spring Mark. (Listing of Hot Spring Mark recipients)

Beauty Age Resort

Add: 281, Guangming Rd.

Tel: (02) 2891-2174

Beitou Park Outdoor Hot Spring Bathing Pool

Add: 6, Zhongshan Rd.

Tel: (02) 2897-2260

SweetMe Hot Spring Resort

Add: 224, Guangming Rd.

Tel: (02) 2898-3838

Shinshukaku Hotel

Add: 238, Guangming Rd.

Tel: (02) 2891-2166

Radium Kagaya

Add: 236, Guangming Rd.

Tel: (02) 2891-1111

Golden Hot Spring Hotel

Add: 240, Guangming Rd.

Tel: (02) 2891-1228

Spring City Resort

Add: 18, Youya Rd.

Tel: (02) 2897-5555

Kyoto Spring Hotel

Add: 105, Wenquan Rd.

Tel: (02) 2891-2151

Chyuan Du Spring Resort

Add: 220, Guangming Rd.

Tel: (02) 2896-0077

JBG Hot Spring Resort Hotel

Add: 230, Guangming Rd.

Tel: (02) 2893-0055

Aqua Bella Hotel

Add: 63, Wenquan Rd.

Tel: (02) 2891-1118

Spa Spring Resort

Add: 283, Guangming Rd.

Tel: (02) 2897-9060

Phoenix Pavilion Hotel

Add: 1, Tianzhu Ln.

Wenquan Rd.


Tel: (02) 2891-2827

Villa 32

Add: 32, Zhongshan Rd.

Tel: (02) 6611-8888





A Japanese style hot spring hotel in the Beitou area



Longbon Resort

Add: 25, Quanyuan Rd.
Tel: (02) 2893-9922

Hotel Double One

Add: 11, Youya Rd.
Tel: (02) 2897-3611

Atami Hotel

Add: 258, Guangming Rd.
Tel: (02) 2891-5161

Nine Plus Spa Hot Spring Hotel

Add: 1, Yinguang Ln.,
Wenquan Rd.
Tel: (02) 2897-9955

Broadway Hot Spring Hotel

Add: 250, Guangming Rd.
Tel: (02) 2895-6658

Shan-Yue Hot Spring Hotel

Add: 17, Quanyuan Rd.
Tel: (02) 2891-3388

Beitou Grand View Resort

Add: 30, Youya Rd.
Tel: (02) 2898-8888

Shan-Shui-Yue Resort

Add: 6, Ln. 20, Zhonghe St.
Tel: (02) 2892-2665

Xinbeitou Hot Spring Bath

Add: B2, 28-6, Zhongshan Rd.
Tel: (02) 2897-6538

Empire Hotel

Add: 108, Wenquan Rd.
Tel: (02) 2891-3027

Beitou Tian Yue Quan Springs

Add: 3, Zhongshan Rd.
Tel: (02) 2898-8661

New Green Park Hot Spring Bath

Add: 81-1, Wenquan Rd.
Tel: (02) 2893-0638

Yue Guang Juang Hotel

Add: 115-1, Guangming Rd.
Tel: (02) 2891-4478

Royal Seasons Hotel

Add: 26, Zhongshan Rd.
Tel: (02) 2896-9798

Beitou Spring

Add: 1-2F, 12, Sec. 1, Zhongyang N. Rd.
Tel: (02) 2895-3030

Scenery Hot Springs Bath

Add: 1F, 30, Zhongshan Rd.
Tel: (02) 2892-8147

Scenery Hot Springs Bath (Beitou Branch)

Add: B2, 28-7, Zhongshan Rd.
Tel: (02) 2895-3156

Hua Shin Hotel

Add: 4-2, Yinguang Ln., Wenquan Rd.
Tel: (02) 2891-3366

Longnaitang Hot Spring Bath

Add: 244, Guangming Rd.
Tel: (02) 2891-2236

Marshal Zen Garden

Add: 34, Youya Rd.
Tel: (02) 2893-5336

Water House Hot Spring

Add: 22, Yinguang Ln., Wenquan Rd.
Tel: (02) 2892-8288





Beitou Hot Spring Museum

Beitou has many charms beyond the pretty scenery and the silky, soothing hot springs. A major one is the annual Taipei Hot Springs Festival, which invites people to explore Beitou's charms from different angles. Here are three recommended educational and entertaining tour itineraries for your enjoyment of the Beitou District.



Plum Garden

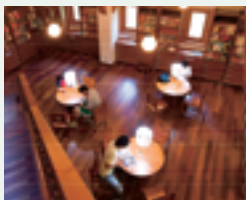
Culture Exploration Tour

MRT Xinbeitou Station →Ketagalan Culture Center → Taipei Public Library Beitou Branch →Beitou Hot Spring Museum →Plum Garden →Puji Temple →Beitou Museum →Marshal Zen Garden

Exit MRT Xinbeitou Station, begin your walk by moving uphill along Zhongshan Road, you'll almost immediately arrive at the Ketagalan Culture Center, situated across from Beitou Park. The earliest known inhabitants of the area were the Ketagalan plains aborigines. They thought witches lived here and bestowed the name "Patauw"(witches' abode) on this place, later morphing into the Chinese "Beitou." The center hosts various displays,

performances, symposiums, and other activities to introduce Taiwan's 14 tribes, recording and proclaiming their culture and development.

Beitou Park, which sits between Zhongshan and Guangming roads as they move apart, sits Taipei Public Library Beitou Branch. It is an eco-friendly complex with only wood, steel and other recyclable materials used in its construction. The space is carpeted in green shade, making a day immersed in the glories of the book, a quiet, pleasant gem indeed.



Beitou Library



Beitou Museum

Right beside the library is the Beitou Hot Spring Museum, with the Roman-style bathing pool as its distinctive feature. Both Crown Prince Hirohito and Dr. Sun Yat-sen were attracted by its fame and came to visit. After visiting continue up Zhongshan Road and you'll come to Plum Garden, the former residence of famed calligrapher Yu Youren, now a fine exhibit of the traditional Japanese timber-frame structure. Taipei City Government renovated the facilities with a visitor information center and has it open to the public.

Next, walking up a flight of stone steps you'll come to Puji Temple. Whether here to worship or just to admire the Japanese architectural mastery, you'll find a sense of tranquil calm settling over you. Continuing uphill toward Liu Huang Valley, you come to what was once the upscale Kazan Inn, today's Beitou Museum. Among its attractions are a traditional Japanese-style courtyard and an expansive banquet hall. There are also special exhibits on a variety of themes, cultural experience programs, and both fine dining and tea venues. Visitors enjoy a comfortable space while taking a trip down memory lane.

Just up the road is Marshal Zen Garden, formerly the home of the Marshal Zhang Xueliang, today a restaurant featuring fine dining set amidst a graceful landscape.



Hot Springs and Fine-Foods Tour

**MRT Beitou Station → Beitou Market
→ Beitou Hot Spring Museum → Beitou
Park Outdoor Hot Spring Bathing Pool
→ Thermal Valley**

If arriving at MRT Beitou Station before noon, a leisurely saunter through Beitou Market is a good idea. The market has over 200 stalls, a “must” for authentic local snacking treats.

After eating to your palate's content at the market, take a walk of 10-15 minutes heading for the hot spring tour. If you want to grasp the Beitou hot spring cultural phenomenon and its splendor, you can visit the Beitou Hot Spring Museum for culture immersion in depth. As you digest both food and knowledge, the road to Beitou hot spring dipping opens before you.

Beyond the many hot spring inns and hotels to choose from, there is a special spot that must be mentioned, the Beitou Park Outdoor Hot Spring Bathing Pool, beside the Beitou Hot Spring Museum, which has six areas of differing temperature, from low to high. The mineral waters piped in are the green sulfur waters of nearby Thermal Valley. You can soak for hours for just a little fee, with superb mountainous views around.

After a thorough refreshing of body and spirit, a pilgrimage to the



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6

most important source of the Beitou story—Thermal Valley. This is a place of unique geographical and geological character. All year round the deep Thermal Valley is thick with curling smoke and fumes and the odor of sulfur. It is easy to understand why there is the legendary witch. This walking tour brings you the classic Beitou mix—good food, good dipping, great scenery—worthy to reserve a full day to meander at length.

1. Beitou Park Outdoor Hot Spring Bathing Pool
2. Thermal Valley
- 3-4. Beitou Hot Spring Museum
5. Beitou Market
6. Soy-stewed meats on rice at Aizicai Lurou Fan
Shangquan Rougeng
Tel : (02) 2893-6636
Caiyuanyi Black Tea
Tel : (02) 2891-0602

Taipei City Beitou District Quanyuan
No. 48 Park Foot Bathing Pool

Add: 155, Zhuhai Rd., Beitou District
(This is the address of Beitou's Yifang Elementary School; the foot-bath facility is directly opposite), with free entrance opening on Tuesday – Sunday 08:00~18:00. Travelers can take the MRT to Xinbeitou Station, straight on Zhonghe St. to Zhuhai Rd. and proceed straight ahead for approx. 10~15 minutes by foot; another option is to go to MRT Beitou Station and take the Small 28 Bus to the Yifang Elementary School stop.



Beitou Park



Indigo-dyeing Experience



Liuhuang (Sulfur) Valley

Eco Tour

MRT Xinbeitou Station→Beitou Park→Beitou Park No. 2→Taipei Public Library Beitou Branch→Beitou Stream→Thermal Valley→Yinguang Lane→Liuhuang(Sulfur) Valley→Indigo-Dyeing Experience

Exiting MRT Xinbeitou Station, Beitou Park is directly ahead. Long and thin, it moves up the narrow Beitou Stream valley. Breathing the fresh air, you get a good feeling for the Beitou green-living style. Beitou Park pleases the eyes with arched stone bridges, pavilions, and the “guitar bridge” (from the name of a 1966 film shot here). In one corner is a wild duck fountain, a well-known early Beitou attraction that later disappeared. To recapture the charm it brought to the park in days gone by and celebrate the park's centenary, a formal opening ceremony of the restored fountainhead was staged in June 2013.

Beitou Park No. 2, near No. 5 Zhongshan Road, has long been a familiar Beitou Park section. A playground was long ago set up here for children to use when adults came to enjoy the hot springs, and though the facilities were simple, including slides, swings, and seesaws, they remain the source of fond childhood memories for many Beitou residents. To bring back the radiance of bygone days, after nearly a full year of renovation and expansion, Beitou Park No. 2 is now creating a whole new set of memorable retro-style experiences.

Within the park is what is called the “library in the forest,” the first

green library in the country, fully eco-friendly. This is the Taipei Public Library Beitou Branch. With its design concept that “the building is part of the environment” makes it a must-visit spot to enjoy the green-life harmony.

The Beitou Stream is one of Taiwan's most unique waterways, with numerous tiny waterfalls along its course. These formed natural spa pools in the old days, and in the even older days were the green mineral water gestation spots for the rare Beitou Stone. It is fabled that the minerals, which carry minor radioactive properties, have therapeutic effects although no formal study has been able to prove so empirically. Thermal Valley, the Beitou Stream's source, is also a unique work of nature's art, its pool filled with minute green-tint particles that give it the appearance of liquid jade.

The terrain along quiet Yinguang Lane, lined with tall trees, was formed by volcanic lava. Rich with tropical, temperate, and cold zone plant life, it is especially abundant in fern species. Ferns came into existence some 400 million years ago, and thrive along damp stream sides and rock walls. At lane's end is Shanguang Temple, built in 1932, perched on high ground and surrounded by Mt. Datun and Mt. Danfeng. The expansive view is riveting, overlooking Beitou, the Guandu Plain, the Tamsui River, and Mt. Guanyin.

If interested in Beitou's volcanic geology, take a vehicle up to Lihuang (Sulfur) Valley to see the sulfur fumaroles and hot springs. Bluegrass were once cultivated in the Mt. Datun range; farmers engaged in both indigo dye production and sale. To learn about traditional indigo dye craftsmanship and create your own unique cotton scarf, make a reservation with the Beitou Culture Foundation, then head up Mt. Shamao for a creative DIY indigo-dyeing experience tour.

Beitou's rich natural scenery and attractive terrain keep people coming back. In Beitou you're pampered in every way: hot-spring soaking, eco-touring, fine foods, and much more, the perfect holiday getaway spot.

Beitou Culture Foundation
Add: 45-1, Sec. 1, Zhongyang S. Rd.
Tel: (02) 2891-7453
Website: www.ptcf.org.tw

Green-Shaded
Yinguang Lane



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Another key in the sophisticated approach to fine living in Beitou is the fine foods. The authentic local snacks and many eateries have made this area a choice for culinary adventure. Before returning home with a happy heart you'd be wise to pick up some of the gift and souvenir items on offer, spreading the joy of fond memories of your pleasant Beitou outing.

Beitou's Tavern Dishes

Tavern dishes were first introduced to Beitou during the Japanese occupation era when many hot-spring resorts and inns were opened in the area. The Japanese imported nakashi, a form of music and dance entertainment traditionally performed at Japanese guesthouses. The tavern dishes of Beitou are influenced by Japanese, Sichuanese, Cantonese, and Taiwanese cuisines. Prepared by creative and skilled chefs who put an emphasis on presentation the dishes are a feast for the palate and the eyes. Experiencing Beitou's tavern dishes is a great way to learn about Beitou's past and its culinary roots.

Authentic Snacks

Beitou Market, beside MRT Beitou Station, is a snack-lover's heaven, selling an array of treats at finger-tingling fair prices: steaming hot-from-the-pot snacks, tasty cold beverages etc. The long menu of choices found at a raucous night-market without the noise and pulsing crowds of that in night markets.

The many venerable old-shops are places locals have been coming since they were kids. Among your many possibilities, the Caiyuanyi shop serves up fragrant black and green teas. Shangquan Rougeng serves fresh, sticky meat-based soup. Aizicai Lurou Fan offers tasty braised pork rice. A-Chou



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Dingbiancuo has delicious jijuan or meat rolls and dingbiancuo, pot-rim noodle pancakes. All these are old-time market favorites with Beitou locals.

Famous Foods

Your choices are not limited to Beitou Market. Mankewu Ramen (Noodles) has chewy noodles in a tasty clear soup with hot-springs tofu and egg, overflowing with joy-filled flavor. Over at Penglai Crispy Pork Ribs the owner selects the best ribs and uses a secret marinating recipe that brings ribs of great gusto to your table. At Su Family Beef Noodles choose from five different noodle types; the beef chunks are thick and tender, the soup is aromatic and rich in flavor, made this shop a frequent winner in beef-noodle contests. In Xinshi Street, Chen Family Shaved Ice places before you many home-made toppings, including yummy adzuki beans and taro balls. In winter there's also sweet hot soups with such tasty things as grass jelly, red bean, and peanuts to warm up your day.

Healthy Set Meals

After enjoyable hot-spring soaking that rejuvenates mind and body, there is nothing like a round of healthy, nutritious culinary. Many of the hot-spring resorts provide delicious meals. You can be assured to satisfy your taste buds.

1. Beitou's Tavern Dishes
2. Mankewu Ramen
Tel: (02) 2893-7958
3. Penglai Crispy Pork Ribs
Tel: (02) 2891-2778
4. Aizicai Lurou Fan
5. Su Family Beef Noodles
Tel: (02) 2893-7803
6. Chen Family Shaved Ice
Tel: (02) 2897-2858
7. Healthy set meals

7





Tankan Soft Candy Cakes



Indigo-Dyed Scarf

■ Tankan Soft Candy Cakes

The tankan is grown in Beitou's "backyard," i.e., up on Yangmingshan. This is a specialty product at Chinese New Year, loaded with auspicious symbolism, and thus also called the New Year tangerine in Chinese. Yangmingshan tankans are meaty, sweet with a hint of sourness, and brimming with fruity fragrance. Tankan Soft Candy Cakes are made by first slowly boiling the tankans to make them gelatinous, then wrapping the meat inside a walnut shortbread skin — a tasty treat that is a great Beitou souvenir purchase.

Retail : Provence Bakery

Add : 43, Ln. 9, Daxing St., Beitou District

Tel : (02) 2897-2112

■ Indigo-Dyed Silk Scarves

In the old days the making of indigo dye was a key industry in northern Taiwan's mountains. The Beitou mountain area was a major site. The labor-intensive industry gradually died out in the face of synthetic dye production, but in recent times, with the increase awareness of eco-consciousness, local residents and schools have studied the old ways, searching for non-polluting dye making, dyeing techniques, and also offer DIY sessions for tourists to create practical, attractive, and exclusive indigo-dyed scarves. If you want to participate, sign up in advance with the Beitou Culture Foundation.

■ The Witch Series Souvenir

The name "Beitou" comes from the term for "home of the witches." Artists present different interpretations of what a witch is in a delightful series of witch-theme cellphone ornaments, mugs and other clever works, giving visitors mementoes both attractive and usable when back home.

If interested in DIY blue-dyeing, purchasing blue-dyed silk scarves, or the Witch series gift items, visit the Beitou Culture Foundation website at www.ptcf.org.tw or call (02) 2891-7453.



Beitou Map



Recommended Beitou Tour Itineraries

Beitou Half-Day Tour

- ① MRT Xinbeitou Station → Beitou Library → Puji Temple → Yinguang Lane → Shanguang Temple
- ② MRT Xinbeitou Station → Beitou Park → Ketagalan Culture Center → Beitou Hot Spring Museum → Plum Garden

Beitou One-Day Tour

- ① MRT Xinbeitou Station → Ketagalan Culture Center → Beitou Library → Beitou Hot Spring Museum → Plum Garden → Puji Temple → Hot Spring Ramen (Noodles) → Yinguang Lane → Shanguang Temple
- ② MRT Beitou Station → Beitou Market to Eat Traditional Snacks → Beitou Park Outdoor Hot Spring Bathing Pool → Thermal Valley → Beitou Museum → Nutritious Hot-Spring Cuisine

Beitou Two-Day Tour

Day 1

MRT Xinbeitou Station → Beitou Library → Beitou Hot Spring Museum → Plum Garden → Beitou Park Outdoor Hot Spring Bathing Pool → Nutritious Hot Spring Cuisine → Overnight Stay at a local hot springs inn/hotel

Day 2

Beitou Park → Thermal Valley → Puji Temple → Yinguang Lane → Beitou Museum → Marshal Zen Garden → Liu Huang (Sulfur) Valley → Yangmingshan Zhuzihu (Please take Taiwan Tourist Shuttle, Beitou Zhuzihu Route)