



- A 水美溫泉會館 SweetMe Hot Spring Resort**
地址：台北市北投區光明路224號 電話：02-2898-3838

B 春天酒店 Spring City Resort
地址：台北市北投區幽雅路18號 電話：02-2897-5555

C 三二行館 Villa 32
地址：台北市北投區中山路32號 電話：02-6611-8888

D 太平洋北投溫泉渡假飯店 Pacific Hotel
地址：台北市北投區奇岩路1號 電話：02-2893-1668

E 水都北投溫泉會館 Spa Spring Resort
地址：台北市北投區光明路283號 電話：02-2897-9060

F 亞太溫泉生活館 Asia Pacific Resort
地址：台北市北投區溫泉路銀光巷21-2號 電話：02-2898-3088

G 泉都溫泉會館 Chyuan Du Resort
地址：台北市北投區光明路220號 電話：02-2896-0077

H 荷豐館溫泉渡假飯店 Lotus Spa
地址：台北市北投區溫泉路銀光巷1號 電話：02-2897-9955

I 漾館時尚溫泉飯店 Aqua Bella Hot Spring Hotel
地址：台北市北投區溫泉路63號 電話：02-2891-1118

J 嘉賓閣溫泉旅館 Chiapinke Motel
地址：台北市北投區光明路230號 電話：02-2893-0055

K 熱海大飯店 Atami Hotel
地址：台北市北投區光明路258號 電話：02-2891-5161

L 北投楓漾麗緻飯店 Beitou Landis Hotel
地址：台北市北投區溫泉路155號 電話：02-2898-6866

M 京都溫泉行館 Kyoto Spring Hotel
地址：台北市北投區溫泉路105號 電話：02-2891-2151~3

N 百樂匯溫泉飯店 Broadway Hot Spring Hotel
地址：台北市北投區光明路臨250號 電話：02-2895-6658

O 美代溫泉飯店 Beauty Age Hot Spring Hotel
地址：台北市北投區光明路281號 電話：02-2891-2174

P 鳳凰閣大飯店 Phenix Pavilion Hotel
地址：台北市北投區溫泉路天主巷1號 電話：02-2891-1889

Q 淺草溫泉生活館 Asakusa Hotel
地址：台北市北投區溫泉路銀光巷4號-2 電話：02-2891-3366

R 逸邨大飯店(星乃湯) Yitsun Hotel
地址：台北市北投區溫泉路140號 電話：02-2891-2121

S 台北山樂溫泉 Taipei Shan-Yue Hot Spring Hotel
地址：台北市北投區泉源路17號 電話：02-2891-3388

T 龍邦儒園會館 Long Bon Resort
地址：台北市北投區泉源路25號 電話：02-2893-9922

遊程規劃

. Tour suggestion

1 森深呼吸(2-3小時)一步行 / Walking (2-3 hours)

適合族群：不分年齡、族群限制，喜好戶外踏青與泡湯為主。
Designed for all-age, especially outdoor activities lovers.



2 好腳力・好體力・尋寶趣(約3-4個小時)——自行車 / Biking (about 3-4 hours)

適合族群：健腳型，熟悉山地騎乘、變速技巧者。
Designed for sports lovers who are familiar with mountain biking.



3 尋幽探訪・長鏡頭看北投(約5小時) 一步行+公車 / Walking + bus (about 5 hours)

適合族群：不分年齡、族群限制，喜好戶外踏青與泡湯為主。
Designed for all-age, especially outdoor activities lovers.



註：山區路線隨招隨停 / In the mountain area, you may get on/off the bus at ant spot along the bus route.

溫泉生機養生套餐 . Healthy organic food

照燒軟排套餐(風濕、關節、痛風) Set meal—Teriyaki Pork Tenderloin(food therapy for gout and rheumatoid arthritis)



1. 照燒軟排 / Teriyaki Pork Tenderloin

材料：大里肌二片、熟白芝麻少許

調味料：醬油3大匙、味醂3大匙、水3大匙

作法：(1)大里肌切薄片，用肉槌稍微兩面拍打。(2)鍋中加少許油，以小火將肉片煎黃，再加入調味料小火熬煮至汁液收乾。(3)起鍋前，撒上白芝麻。

Ingredients: Pork tenderloin, white sesame, mirin, soy-bean sauce

Direction: (1). cut pork tenderloin into slices, then use meat hammer to tenderize both sides.(2). Fry the meat on a pan till it turn yellow, then boil the meat with mirin, soy-bean sauce and water. Keep on cooking till the dish become dry.(3). sprinkle some white sesame on the top.

2. 茄紅高麗菜 / Fried tomato & cabbage

材料：番茄1顆、高麗菜1/6顆、香菜根少許

調味料：鹽1/3小匙

作法：(1)番茄洗淨、切片；高麗菜洗淨，剝成片狀。(2)起油鍋，加4大匙油，再放入番茄及高麗菜，拌炒片刻，加鹽調味。起鍋前入香菜根拌勻。(3)起鍋前，撒上白芝麻。

Ingredients: tomato, cabbage, coriander, salt, white sesame

Direction:

(1). Fry tomato & cabbage first then add some salt.

(2). When almost cooked, put some coriander and mix them together, then sprinkle some white sesame on the top.

3. 麥年煎魚 / Fried bream

材料：鯛魚片2片、蛋1個、麵粉2大匙、海苔粉1/2小匙

調味料：酒1大匙、鹽及胡椒粉各少許

作法：(1)鯛魚片加入調味料醃漬10分鐘。(2)魚片先沾上一層麵粉，再沾上蛋汁，放入平底鍋，兩面煎黃即可。(3)起鍋前，撒上少許海苔粉。

Ingredients: sliced bream, egg, flour, seaweed, wine, salt, pepper

Direction:

(1). Soak bream in wine with salt and pepper for 10 minutes. (2). Dip bream with flour and raw egg then fry it on a pan till both sides turn yellow. (3). Sprinkle the dish with some seaweed powder.

4. 蠟絲瓜湯 / Clams and sponge gourd soup

材料：蚵蠔6粒、絲瓜1/4條、嫩薑絲1小匙

調味料：鹽少許

作法：(1)蚵蠔入水中，加1小匙鹽，浸泡吐沙乾淨。(2)絲瓜去皮，切塊。(3)將水煮沸，放入絲瓜與薑絲煮5分鐘，再放入蚵蠔，約3分鐘後，即可加鹽調味。

Ingredients: Clams, sponge gourd, ginger stripes, salt

Direction: (1). Put clams and a spoon of salt in fresh water to let the clams spit out the sand. (2). Peel sponge gourd then cut it into cubes. (3). Cook sponge gourd and ginger stripes in boiling water for 5 minutes, then put the clams. After 3 minutes add some salt and the soup is done.

紅麴肉片套餐(高血壓、腸胃) Set meal--- red yeast sauce pork (food therapy for high blood pressure and stomach problems)



1. 紅麴肉片 / Red yeast sauce pork

材料：梅花肉3兩、紅麴2大匙、青蒜1支

調味料：糖1大匙、水2大匙

作法：(1)梅花肉切薄片，青蒜切末。(2)起油鍋，加入少許油，放入梅花肉片炒熟，再加入紅麴及調味料拌炒均勻。(3)起鍋前，撒入青蒜末即可。

Ingredients: pork, red yeast sauce, garlic, sugar

Direction:

(1). Cut pork into slices, and garlic into chips.

(2). Stir fry pork with a little bit oil, after pork is cooked, then stir fry it with red yeast sauce and sugar.

(3). Sprinkle garlic chips on the top of the dish when it's cooked.

2. 滑蛋蝦仁(秋葵、味噌醬) / Scrambled shrimp and egg

材料：蛋1顆、蝦仁2兩、蔥花2大匙

調味料：鹽與胡椒粉各少許

作法：(1)蝦仁去腸泥，洗淨、擦乾水份，背部劃一刀紋，再放入油鍋過油後，瀝去油漬，放涼。(2)蛋打散，加入蝦仁、1大匙蔥花及調味料拌勻。(3)起油鍋，加入4大匙油，放入(作法2)之材料，炒至蛋液微收汁，再撒入1大匙蔥花即可。

Ingredients: egg, shrimp, green onion, salt, pepper

Direction:

(1). Fry shrimp first

(2). Mix shrimp with egg, green onion, salt, pepper

(3). Scramble them together

3. 味噌秋葵 / Miso Sauce Okra

材料：秋葵1兩、鹽1小匙

調味料：酒1大匙、味噌1大匙、糖1大匙、冷開水2大匙

作法：(1)秋葵切去蒂頭，洗淨，放入有加鹽的滾水中，川燙2分鐘，瀝乾裝盤。(2)調味料充分拌勻，適量淋於秋葵之上，即可食用。

Ingredients: Okra, salt, wine, Miso sauce, sugar

Direction:

(1). Cook okra and salt in boiling water for 2 minutes.

(2). Mix okra with all the other ingredients.

4. 無花果山藥雞湯 / Fig & yam chicken soup

材料：雞腿1隻、山藥2兩、無花果4粒

調味料：酒1大匙、鹽少許

作法：(1)雞腿剝塊，以滾水川燙後，洗淨備用。(2)山藥去皮切成塊狀。(3)無花果洗淨、剝開。(4)鍋中水燒開，放入雞肉、無花果，以中火煮20分鐘，再放入山藥煮10分鐘，加調味料拌勻。

Ingredients: Chicken leg, Chinese yam, fig, wine, salt

Direction:

Cook chicken and fig in boiling water for 20 minutes, then put yam, then keep on cooking them all for 10 minutes.

咖哩雞套餐(清肺、安神、忘憂) Set meal—curry chicken(food therapy for healthy lung and removing anxiety)



1. 咖哩雞 / Curry chicken

材料：雞腿1隻、洋芋1小顆、洋蔥1/3顆、紅蘿蔔1小段

調味料：咖哩塊4小方塊

作法：(1)雞腿剝塊，洋芋去皮，切滾刀塊；洋蔥切片；紅蘿蔔切滾刀塊。(2)起油鍋，加3大匙油，放入洋蔥炒香，再放雞塊炒至顏色轉白，最後再放入洋芋與紅蘿蔔拌炒片刻，加水二杯煮開後，加入咖哩塊以小火煮約20分鐘。

Ingredients: Chicken leg, potato, onion, carrot, curry

Direction: (1). chop chicken leg into smaller pieces, peel onion then cut it into slices, cut carrot into cubes.(2). Stir fry onion first, then put chicken into the frying pan, after chicken has turn to white color, then put potato and carrot, then add some water and curry to cook them together for 20 minutes.

2. 金針百合 / Golden needle and lily

材料：鮮金針2兩、鮮百合與白果各少許

調味料：鹽、胡椒粉與香油各少許

作法：(1)金針洗淨，百合剝片洗淨。(2)起油鍋，加3大匙油，放入金針、百合拌炒至熟，之後再放入白果及調味料拌勻。

Ingredients: golden needle, lily, ginkgo, salt, pepper, sesame oil.

Direction: Stir fry golden needle and lily together with oil in the pan, after they're cooked then mix them with ginkgo and salt and pepper.

3. 芙蓉豆腐蒸蝦 / Steamed tofu and shrimp

材料：芙蓉豆腐1方塊、蝦仁4隻、青蒜1小匙

作法：(1)蝦仁抽去腸泥，洗淨擦乾，切小丁。(2)芙蓉豆腐裝入容器內，上舖蝦仁丁，淋上附帶的醬汁，蒸5分鐘後，再撒上青蒜末。

Ingredients: tofu, shrimp, garlic

Direction:

(1). Cut shrimp into dices.

(2). Cover tofu with shrimp and sauce, then steam them together for five minutes, then add some chopped garlic on the top.

4. 竹筴肉片湯(竹筴、肉片、紅棗、香菜)/Bamboo fungus and pork soup

材料：梅花肉片2兩、竹筴2支、紅棗2粒、香菜少許

調味料：鹽、胡椒粉各適量

作法：(1)梅花肉片，加入2大匙水及1小匙太白粉拌勻。(2)竹筴泡水漲大後，再洗淨，切寸段。(3)鍋中水煮沸，放入紅棗與竹筴煮5分鐘，加入肉片煮1分鐘後，再調味，起鍋前撒入香菜末。

Ingredients: Bamboo fungus, pork, jujubae Fructus, coriander, salt, pepper

Direction:(1). Pork mixed with 2 spoon of water and 1 spoon of potato Starch.(2). Soak bamboo fungus in water then cut it into stripes.(3). Put bamboo fungus and jujubae Fructus in boiling water for five minutes, then cook them with pork for one minute, then add some chopped coriander.

1. 特殊表演：那卡西(臺灣人口味的南管樂曲和臺灣歌謠)、三味線(純日本的表演)。
2. 特有情色文化、當時對於這些空間與執業有特殊的名稱如「溫柔鄉」、「侍應生—公娼」、「貓仔間—侍應生住宿戶」、「大牌—營業執造」、「限時專送—接駁車」等。
3. 澡堂文化：日治時期大眾浴場特殊的名稱如「三仙間—收費方式」、「脫褲會」—沐浴聯誼、「磺水間—免錢的公共浴場」等。
4. 台語電影文化：在過去曾經是臺灣最大的電影拍攝地，甚至有「台語片的好萊塢」之稱。《溫泉鄉的吉他》所有場景從頭到尾都在北投拍攝，可說是台語片的經典之作。



1. Japanese "Nakashi" band and Komica Wiki music, traditional Taiwanese songs.
2. Beitou used to be a famous "red light area" in Taiwan, therefore some unique culture originated here.
3. Public Bathing Pool that already existed when Japanese ruled this island.
4. Beitou is a place with abundant movie culture because lots of Taiwanese movies were filmed here. It's used to be called "Hollywood in Taiwan".

北投大屯山系 溫泉故鄉 / Mt.Datun The home of hot spring

北部的大屯火山系可說是全島溫泉密度最高的地區，其中北投溫泉為著名的溫泉地。是唯一採公共供水系統，利用共同井聯合供水方式供應用戶，收取水費的經營模式。溫泉溫度介於37~40度，PH質2.5~6.5為酸性，主要分為白磺泉、青磺泉及鐵磺泉三種：

1. 白磺泉分佈於十八分大磺嘴，全溫約45°C，色呈白，屬弱酸性。
2. 青磺泉分佈地熱谷一帶，泉溫約85°C，屬酸性硫酸鹽泉，青綠色半透明狀，不可飲用；
3. 鐵磺泉分佈於雙重溪溪谷，水含鐵質呈淡紅褐色，屬中性碳酸泉。



There are more hot spring in Mt.Datun area than anywhere else in Taiwan, including the Beitou hot spring which contains three different types:
 White sulfur—with temperature about 45°C and weak acidity.
 Green sulfur—a kind of Glucosamine spring with temperature about 85°C, semi-transparent.
 Carbon spring—light brown, iron-mineral-rich.
 In general, acidic sulfate spring" has the curative effects on COAD, bronchiectasis and so on. But It is important patients should follow doctor's instructions before the hot spring therapy.



北投溫泉療效 /

Curative effects of Beitou hot spring

溫泉理療具有治療及遊憩的雙重意義。生理上可以使肌肉放鬆、增加結締組織的伸展性及抗炎作用，心靈上可透過溫泉、自然環境、溫泉文化、及人與人間的交流產生療效(Campion, 1997)。北投的溫泉含有微量「鐳」的放射能泉，其主要改善血管作用、增加尿酸排泄、刺激性腺作用、增加血紅素治療貧血等功效。青磺泉對於皮膚病、關節炎、呼吸道與肺等具有療效。



Beitou hot spring is curative for physical problems such as skin disease, arthritis, gout, muscle aches, and so on. Moreover, the bathing pool also let people get a chance to have closer relationship with one another. Hence, hot spring is not only good for people's physical health, but to some degrees is also providing people with mental therapy. However, the elders should be more careful about the temperature of the spring water(recommended less than 42°C). Some other people may also feel unease about the heat at first, but usually they will get used to it later.

北投限時專送 / Call girl delivery in Beitou

機車限時專送是因應北投山坡地形、時代背景的需要而形成的特色地方職業，日據時代，北投溫泉鄉，侍應女郎來往於各飯店，極盛時期的限時專送機車有二百多台。民國68年，北投廢娼之後，車行更擴大服務對象。

In the days of Japanese rule some decades ago, prostitutes were shuttled by motorcycles in this area. But after prostitution was abolished, these motorcycles are used for other services.



For better curative effects, please drink some water while bathing to increase your metabolism. Please get out of the pool to take a rest after bathing for minutes.

北投溫泉泡湯禮儀

- 沐浴淨身
- 輕聲出入池
- 泡湯時須適量喝水
- 泡湯時最好以多泡幾次，取代久泡一次

Etiquettes for bathing in hot spring

Please take a shower before bathing in hot spring pool. And please don't wear anything in the pool. Please don't make much noise.



景點介紹 / Tourists' spots

北投溫泉博物館 / Beitou Hot Spring Museum

國定三級古蹟，建於日治時期大正二年(西元1913年)的北投公共浴場，1998年整建為「北投溫泉博物館」，展示了北投溫泉發展歷史與產業，闢為溫泉博物館供民眾參觀。

Beitou Hot Spring Museum, first built in 1913, has been listed as a grade 3 national relic. Originally, It's only a public bathing site. After reconstructed in 1998, it has become a museum to introduce the history of Beitou hot spring development.



普濟寺 / Puji Temple

臺灣罕見的日本真言宗佛寺，初建於1915年。佛寺採用日式風格，供奉「湯守觀音」，常年以來被北投業者視為溫泉產業的守護寺院。

Puji Temple of Beitou was first built in 1915 from donations by Japanese railway employees.



臺銀舊宿舍 / Old Taiwan Bank Dormitory

約建於1920年代，正值於北投溫泉的高峰潮。整座建築物有如一座橋樑，橫跨在溪谷上，充分配合地形，並且將建築物融入自然風景之中，深具巧思之設計。

The Bank of Taiwan Dormitory was built around 1920. This bridge-like building spans across a creek. It's a combination of architecture and nature—the designer's elaboration.

瀧乃湯溫泉浴室 / Shuan Nai Tang hot spring bathing pool

日據時代即為出名的「磺水間」浴池，以北投出名的唶哩岸石鋪成，前院有「皇太子殿下禦渡涉紀念碑」，紀念大正12年4月日本皇太子裕仁來台視察所留下的遺跡。It's paved with special "ki-li-gan" stones. This bathing pool already existed during the days of Japanese rule.



北投文物館 / Taiwan Folk Arts Museum

始建於1920年，當時是北投最高級的溫泉旅館。1984年10月27日成立為「北投文物館」，館舍為仿唐式建築，1998年9月被指定為台北市市定古蹟。週一休館。

Taiwan Folk Arts Museum, built in 1920 in Tang Dynasty style, once was a highest class hot spring hotel in Taiwan. In 1998 it was also listed as a relic by the Taipei Municipal Gov't. It's closed only on Monday.

吟松閣 / Yinsong Pavilion

興建於1934年，為市定古蹟，整棟日式木造的旅社建築，主體建築多為鋪黑瓦平房，屋前入口木門樓、魚池、小拱橋、石階與造型小巧的石燈籠，反映了日本大正與昭和年間的庭院設計風格。

Located in the Beitou hot spring district, Yinsong Pavilion, constructed in 1934, is one of a handful of Japanese-style wooden hotels still remaining in Taipei. In this building you can find old-fashioned black bricks, wooden doors, fish pool, arch bridge, stone stairway and lamps.

臺北市圖書館北投分館 /

Taipei Public Library- Beitou branch

榮獲2007建築獎首獎的綠建築，地下一層，地上二層，總面積有六百五十坪的圖書館，從各個角度看都有不同的面貌，每到假日成了觀光客絡繹不絕的觀光勝地。

Taipei Public Library- Beitou branch is a "green construction" which won the first prize of 2007 "Architecture Contest". This building is three stories high with one basement floors totally occupying 650 pings(2,405m2). If you look at it from different angles then you will find different distinct features of it, so it has become a tourist spot on holiday.



凱達格蘭文化館 / Ketagalan Culture Center

由台北市政府興建之全國第一座以原住民為主題之凱達格蘭文化館，為都市原住民語言文化傳承及傳統技藝研習的一個原住民專屬空間。週一暨國定假日休館。

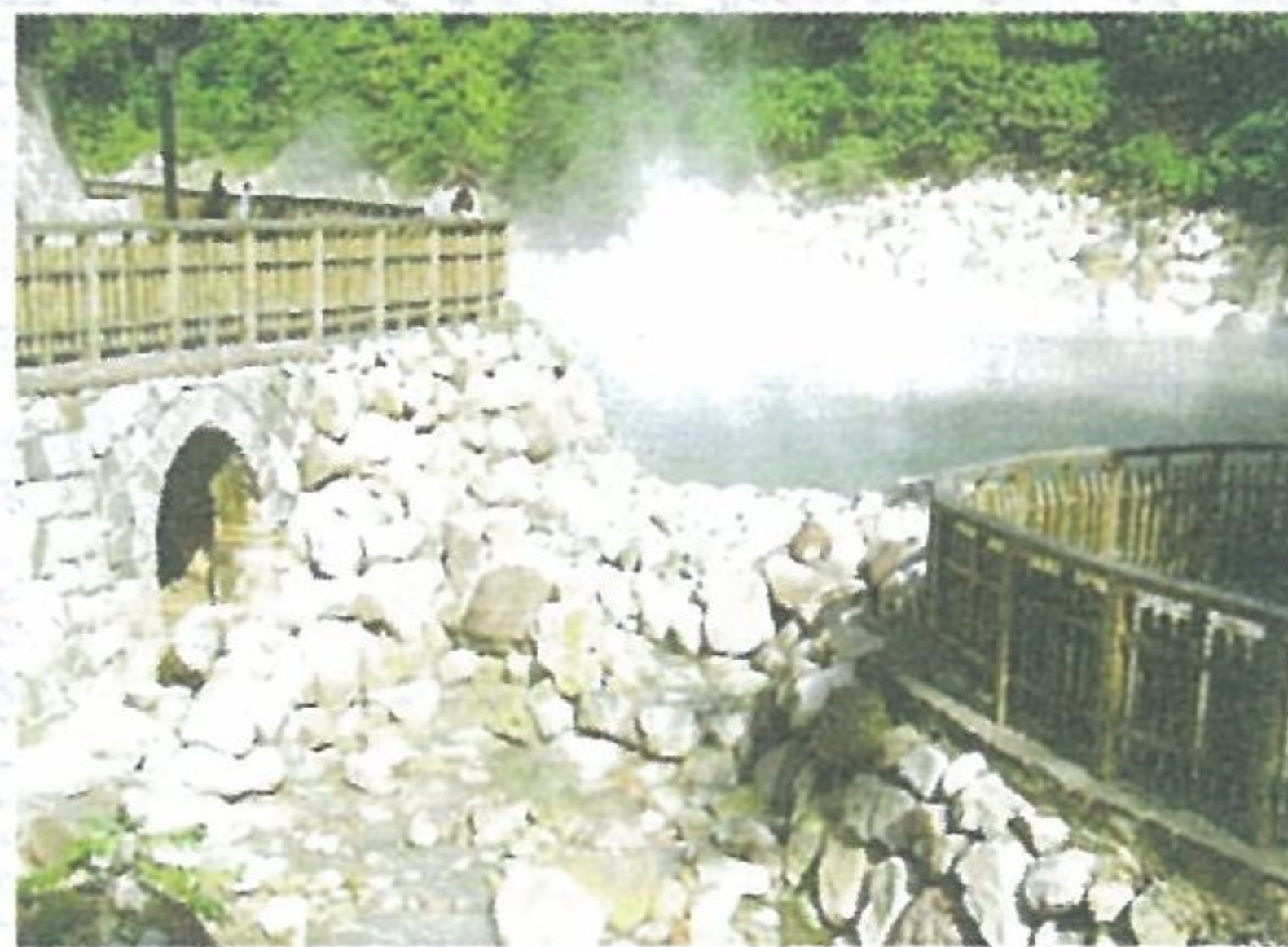
Ketagalan is the first theme Culture Center for the indigenous people in Taiwan. At this place they can learn indigenous people's cultural heritage and traditional ethnic crafts.

It's closed on Monday and national holidays.

地熱谷 / Hell Valley

位於北投公園上方，為天然硫磺礦所造成的溫泉區。為一盆狀窪地，底部有多處溫泉湧出，有硫氣味，熱氣瀰漫。窪地由溫泉匯合地表水成一淺水潭，池水從西南側缺口流出注入北投溪。

Hell Valley is located near the Beitou Park. It's a basin with lots of hot spring. Therefore, this area is shrouded with misty steam and smell of sulfur.



建議遊程 / Tour Suggestion

A. 綠色森體驗 / Green forest experience

感受大自然中的芬多精洗禮，結合「節能減碳」與「綠色運具」之概念，以步行或自行車之方式遊玩北投。

適合族群：以年輕人、身健體魄或具備好腳力、好體力，愛好大自然者。

To have a wonderful trip at Beitou by walking or riding a bicycle, meanwhile you may also breathe in Phytoncid in the forest.

Designed for the youth and nature-lovers with good physical condition.

B. 慢遊溫泉鄉 / Relaxation in hot spring

在緩慢空間裡，讓人可以抗拒倚賴時鐘與凡事求快的壓力，盡情放鬆、思考、思索。

適合族群：青少年、中老年者，喜愛親近大自然與泡湯者。

There's no hurry! Just take your time and relax!

Designed for both the youth and elders who love enjoy the nature and hot spring.

C. 北投養生流 / Beitou health tour

徜徉於綠色健康的世界裡，搭配溫泉養生餐，到北投來~可以玩得健康，吃得健康。

適合族群：熱愛健行、體驗大自然與重視養生健康者。

In the green world of Beitou, you can also enjoy some healthy food.

Designed for those who care about health concerns.

D. SPA樂活行 / Happy SPA tour

體驗北投的綠與美，泡湯的樂趣與魅力，舒緩平日累積的壓力，盡情放鬆，細細體會樂活的藝術。

適合族群：不分年齡、族群限制。

To enjoy the green world in Beitou and hot spring

Designed for everyone

E. 第一泉記錄 / Record of the first spring

到訪女巫的故鄉，充滿著「綠色、養生、健康」的元素，讓您的身、心、靈，獲得無比的滿足感。

適合族群：不分年齡、族群限制，喜好戶外踏青與泡湯為主。

To visit the home of witches, green and health are what you will experience here.

Designed for people of all ages who love outdoor activities and bathing.

F. 溫泉保健遊 / Tour of hot spring + health exam

整合溫泉、健檢、養生美食、文化與美景，半日健檢結合溫泉逍遙遊。

適合族群：以中老年人為主，重視醫療保健者。

The combination of hot spring tour, half-day health exam, healthy food, culture and sight-seeing.

Designed for the elders and who care about health concerns.

交通路線 / Traffic Guide

開車 / Driving Directions

1. 從台北市區往士林，經承德路至大業路底（捷運新北投站）

2. 由天母行天母北路接行義路至惇敘中學左轉陽投公路底

3. 自陽明山行至陽投公路底

1. Daye Rd.--> Chengde Rd.--> MRT Xinbeitou station

2. Tianmu N. Rd.--> Xingyi Rd.--> Duen Shu high school.--> Yang Tou Rd.

搭車 / By Metro Taipei

捷運淡水線至北投站，轉新北投支線至新北投站

Metro Taipei / Take Danshui Line to Beitou station, then transit to Xinbeitou station.

公車 / By Bus

市公車小 6、小 7、小 9、小 22、216、218、219、266、223、230 新北投站下車。

Taipei City Bus: 216, 218, 219, 266, 223, 230, minibus 6, minibus 7, minibus 9 or minibus 22 to Xinbeitou station.

