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**EVA AIR**  
A STAR ALLIANCE MEMBER



# SOUTHBOUND FOR SUMMER

TAIWAN'S BEACHES AND ISLAND ESCAPES

南漂度夏  
台灣海灘與離島的療癒之旅

在台灣，盛夏最好的維他命，  
非「Vitamin Sea」莫屬。

BY

*Dana Ter*



# THERE'S NOTHING LIKE A HEALTHY DOSE OF VITAMIN SEA IN THE SUMMER, AND IN SUBTROPICAL TAIWAN, THAT'S EASY TO SEEK.

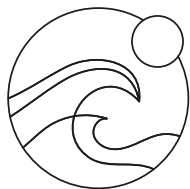
當火車一路南下，太平洋的第一抹湛藍在陽光下閃爍現身，度假模式正式啟動。準備好泳裝、防曬乳、涼鞋，跟著我們造訪台灣3大經典夏日勝地！

As the train pulls away from Taipei and zips south, cityscapes give way to rows of coconut trees. When the first sight of the Pacific Ocean comes into view, its vast blue stretch glistening in the summer sun, that's when vacation mode begins. Pack your swimwear, sunblock, and sandals, because we're visiting three iconic summer vacation spots in Taiwan!



# 1 KENTING

墾丁：台灣海灘與衝浪文化的發源地



The place that pioneered Taiwan's beach and surf culture, Kenting was a pilgrimage of sorts for Taipei youngsters who came for the music festivals and parties on the beach. Fun for all ages, Kenting has everything: a lush national park with panoramic views of the ocean, beaches of every variety, and good eateries and laid-back bars.

The quintessential white sand beach, Baishawan is perfect for swimming and sunbathing, while Maobitou offers snorkeling against a dramatic backdrop of jagged cliffs. A fishing marina, Houbihu is lined with seafood restaurants that sell their fresh catch. Nanwan is a lively surfer's paradise; however, more serious surfers will appreciate the quiet of Jialeshui. There are no big hotels in Jialeshui, just homely guesthouses that offer breakfast, surfboard rentals and lessons.

墾丁可說是台灣沙灘與衝浪文化的起點，適合各年齡層，有壯麗的國家公園、各類型沙灘、美食與悠閒酒吧。

白沙灣是標準的白沙海灘，適合游泳與日光浴；貓鼻頭的海蝕地形則提供浮潛場景與峭壁美景。後壁湖是熱鬧的漁港，滿布海鮮餐廳，供應每日現撈海味。南灣是衝浪好手的熱點，但若偏好清幽，可前往佳樂水，這裡沒有大型飯店，僅有溫馨的民宿，提供早餐、衝浪板租借與課程。

夜晚的墾丁更顯熱鬧。墾丁大街夜市應有盡有，從炭烤魷魚到美式漢堡餐車皆讓人大快朵頤。若是麵食控，不妨試試恆春的「倆筷伴涼麵」，熱冷乾湯皆備。最後可到「鈕扣倉庫」酒吧收尾，這間由舊倉庫改建、被樹林圍繞的酒吧，設有星空下的露天座位，氣氛十足。







PHOTOGRAPHY: GETTY IMAGES / SHUTTERSTOCK

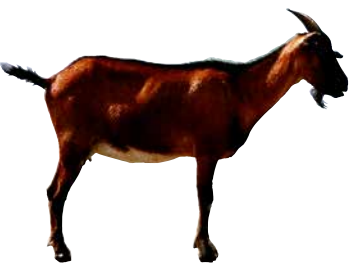
Come nightfall, and Kenting really comes to life. Kenting Night Market has something for every palette, from grilled squid to burgers sold in a truck. Noodle lovers must visit Hengchun's Two Chopsticks where diners can choose from hot and cold, and dry and soup noodles. End the night at Hengchun's New Cut Warehouse, a bar in a repurposed old warehouse swathed in trees that has outdoor seating under the stars.



# 2

## GREEN ISLAND

綠島：火山島上的碧海綠丘



Less than one hour's ferry ride from Taitung, Green Island lives up to its name. Though technically a volcanic island, it's very verdant, its green pastures and rolling hills as picturesque as its clean turquoise waters.

Visitors can enjoy Green Island's beauty from above – the relatively easy hikes Little Great Wall and Historic Mountain Trail offer sweeping views of the roaring Pacific Ocean. And from below – Daibasha, Chaikou and Shilang are fantastic snorkel and dive spots that teem with colorful coral and marine life. Shilang Diving Area is the most popular diving spot, with PADI-trained instructors offering scuba diving lessons and tours to beginners.

Fancy a swim? Then explore the geological wonder of Youzihu where a collection of sea rock formations and caves make for adventurous swimming – pack

從台東搭船不到一小時即可抵達綠島，名副其實的「綠」，草原起伏、翠意盎然，襯托著清澈湛藍的海水。

島上有兩條經典登山步道可俯瞰太平洋壯闊海景：小長城與過山古道；而水下世界更精采：大白沙、柴口與石朗是浮潛與潛水熱點，擁有絢麗珊瑚與豐富海洋生物。石朗潛水區尤為熱門，提供初學者PADI證照課程與導潛服務。

想尋找刺激的海泳體驗？可以前往柚子湖，那裡有許多天然岩洞與海蝕景觀，別忘了穿防滑鞋。附近的彎弓洞更是拍照熱點。若想放鬆身心，可至靠海的朝日溫泉，泡在受潮汐補水的海景溫泉池中，僅需250元新台幣。







PHOTOGRAPHY: GETTY IMAGES / SHUTTERSTOCK



waterproof shoes. Don't forget to take a picture at the nearby Wangong Arch. For a pampering experience, Zhaori Hot Springs rests on an outcrop right by the ocean and for only 250NT, visitors can soak in pools that are constantly refilled by the tide.





# 3

## XIAO LIUQIU

小琉球：海龜與珊瑚之島



This little coral island off the coast of Pingtung is as cute as a button. It's easily recognizable for its unusual rock formations – Vase Rock, created from years of erosion of coral limestone, juts out from the ocean like a mushroom.

A truly magical place, Xiao Liuqiu is home to one of Taiwan's largest sea turtle colony and visitors can swim with these friendly creatures – just do not touch them. Its crystal-clear waters are also wonderful for snorkeling and stand-up paddling.

Though it's called Secret Beach, this beach isn't much of a secret anymore – it's one of the most popular beaches for watersports thanks to its calm aquamarine waters protected by a rocky cove. You can snorkel, kayak or stand-up paddle. Xiaoliuqiu Guide ([www.xiaoliuqiuguide.com](http://www.xiaoliuqiuguide.com)) can help to organize activities here and at other beaches.

屏東外海這座小珊瑚島，可愛迷人。最具代表性的「花瓶岩」，經年海蝕後形如蘑菇矗立於海中。

小琉球是台灣最大海龜棲息地之一，旅客可與友善的海龜一同游泳（但請勿觸碰）。清澈的海水也適合浮潛與立式划槳。

雖有「秘境沙灘」稱號，但如今這裡的確已不再是祕密。這處受岩礁環繞、風平浪靜的蔚藍海灣，是水上活動熱門地點。可在 Xiaoliuqiu Guide 官網預約，浮潛、立槳與獨木舟等活動。

另一處優質沙灘是中澳沙灘，為全島沙面最寬闊的海灘，適合戲水與海上活動。想看海龜的話，美人沙灘是最佳選擇，清晨時常湧入浮潛人潮，為的是那片多樣的海洋生態。附近的美人洞步道亦值得一走，能欣賞壯闊海景與珊瑚礁岩岸。







PHOTOGRAPHY: SHUTTERSTOCK

Another beach that's great for swimming and watersports is Zhongao Beach, which has the widest stretch of sand on Xiao Liuqiu. However, for a good chance to see sea turtles, head to Beauty Beach. Though it can get crowded with snorkelers in the mornings, it's worth a visit for its amazing biodiversity. Nearby is Beauty Cave, with a walking trail that leads to some incredible views of the water and reef. 📍

