

# 泡湯！台灣最有溫度的旅行 / Hot-spring bathing best in Taiwan now!

冬天漸至，台灣已正式踏入溫泉泡湯旺季！台灣溫泉遍佈全島，各有特色，無論是山中浪漫湯屋、小鎮溫泉美食、賞星海底溫泉，還是野溪溫泉親子同樂，現在正是遊台灣最有溫度的季節。

想要養顏美容一番，可以去烏日溫泉和礁溪溫泉，那裡為碳酸氫鈉泉質，水色清透且無硫磺味，又有養顏美容的「美姬湯」之稱，相當受歡迎。如果去到東部，則可以試試藏身安通溪畔、小而沉靜的安通溫泉，木造建築從日治時代到現在風貌並無多大改變，展現安通溫泉的人文故事，可說是溫泉小秘境。

喜愛泡湯後還帶著硫磺溫泉味的人，就要到屬硫酸鹽泉的北投溫泉了。來到北投，除了可以泡溫泉溫暖身心靈，也可以遊歷周遭的北投溫泉博物館、北投公園、地熱谷等景點，探索北投溫泉區豐富的人文歷史。

要挑戰一身黑色泥漿？泡浸過台南的天然泥漿泉關子嶺溫泉後，皮膚紅潤光滑，是天然的保養品。四周的溫泉街和步道散發百年老溫泉的懷舊風貌，附近枕頭山、紅葉公園及水火同源等特殊景觀，加上玉井剝冰老街，冰火遊趣就在關子嶺溫泉。

目前觀光局推出外籍旅客高鐵買一送一優惠，詳情請聯絡臺灣觀光協會香港辦事處。

As winter gradually approaches, Taiwan's peak season for hot springs has formally begun! Dotting throughout the island, Taiwan's hot springs each have their own characteristics. Whether you choose a romantic hot spring resort in the mountains, a hot spring town with gourmet food, a submarine hot spring doubling as your stargazing spot, or an outing with your family along hot spring streams, now is the perfect season for Taiwan hot springs.

Want to rejuvenate your beauty? The popular hot springs in Wuri and Jiaosi, dubbed "hot springs for the belles", can serve the purpose with their clear, sulphur-free and sodium bicarbonate-containing spring water. If you visit eastern Taiwan, the small and tranquil Antong Hot Springs along the streams are worth going. Said to be a hidden treasure of hot springs, Antong Hot Springs boast the historico-cultural stories and wooden architecture virtually intact from the time when Taiwan was under Japanese rule.

If you are fond of the sulphur scent after a hot tub, the sulphate-rich Beitou Hot Springs are no second

choice. In Beitou, not only can you warm up your body, mind and spirit with a hot-spring soak, but you can also explore the rich cultural history of the Beitou hot springs region by touring such attractions as the Beitou Hot Spring Museum, Beitou Park and the Thermal Valley.

Want to take on a grey-mud challenge? Tainan's natural mud pool – Guanziling Hot Springs – will make your skin rosy and glossy with its muddy natural care product. The nostalgic hot spring streets and walkways nearby emanate the aura of the century-old hot springs. With neighbouring distinctive landscapes such as Zhentoushan, Red Leaf Park and Water and Fire Cave, together with the shaved ice shops in Yujing Old Street, Guanziling Hot Springs are where your icy and fiery desires are both met.

The Tourism Bureau now offers "buy one, get one free" for non-local high-speed rail travellers. Please contact the Taiwan Visitors Association Hong Kong Office for details.

