



大眾運輸 | Public transportation



中台灣好玩卡 | Taiwan Pass



自行車開車 | By car

- 走國道 1 號高速公路，由頭份交流道下可至頭份市、三灣鄉，由頭屋交流道下可至造橋鄉、頭屋鄉，由苗栗交流道下可至苗栗市、公館鄉，由銅鑼交流道下可至銅鑼鄉，由三義交流道下可至三義。
- 走國道 3 號高速公路，由竹南交流道下可至竹南、頭份，由大山交流道下可至大山、造橋，由龍巖交流道下可至苗栗市、後龍鎮，由通霄交流道下可至通霄鎮、銅鑼鄉，由苑裡交流道下可至苑裡鎮、三義鄉。
- Take National Freeway No. 1 and get off at Toufen Interchange to Toufen City and Sanwan Township; get off at Touwu Interchange to Zaoqiao Township and Touwu Township; get off at Miaoli Interchange to Miaoli City and Gongguan Township; get off at Tongliao Interchange to Tongliao Township; get off at Sanyi Interchange to Sanyi.
- Take National Freeway No. 3 and get off at Zhunan Interchange to Zhunan and Toufen; get off at Dashan Interchange to Dashan and Zaoqiao; get off at Houling Interchange to Miaoli City and Houling Township; get off at Tongxiao Interchange to Tongxiao Township and Tongliao Township; get off at Yuanli Interchange to Yuanli Township and Sanyi Township.

苗栗縣租車 | Miaoli County car rentals

- 宏偉租車 (頭份營業所) / Hong Wei Car Rental (Toufen branch) 037-691855
- 金昌租車 (苗栗市) / Jin Chang Car Rental (Miaoli City) 037-333588
- 銘威國際車業有限公司 (苗栗市) / Ming Wei (Miaoli City) 037-270250
- 中租租車 / Challeas Auto Rental 0800-588-508
- 格上租車 / CARPLUS 0800-222-568
- 安維斯租車 / AVIS Car Rental 0800-600-601
- 旺佳機車出租 - 苗栗店 / Wangji scooter rental companies 037-276776
- 建泰機車行 / JIAN TAI Motorcycle Shop 037-269638



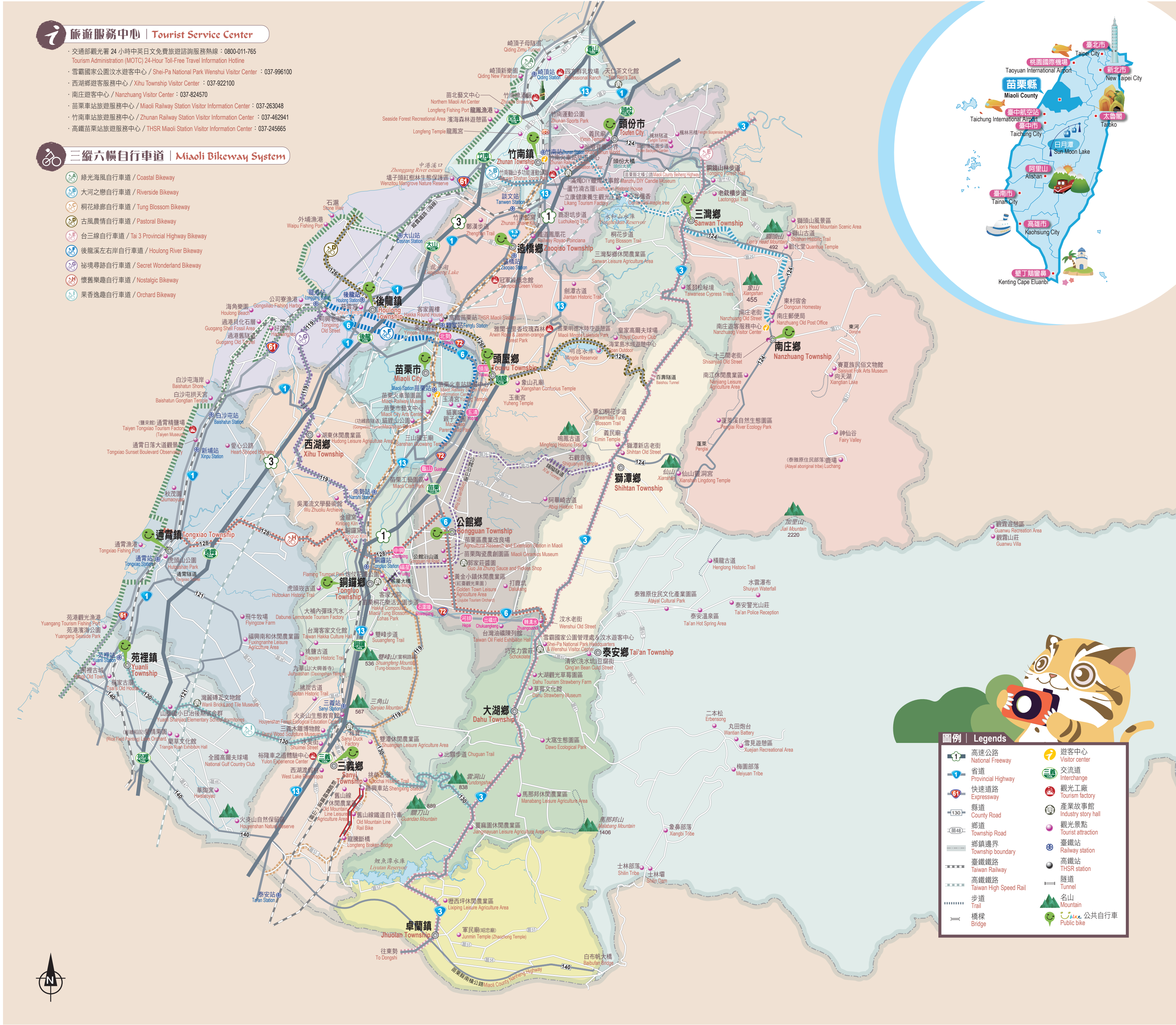
圖說

編印日期：114.9 月

苗栗大眾運輸 | Miaoli Public transportation



苗栗全區導覽圖 | Miaoli Map



圖例	Legends
	高速公路 National Freeway
	省道 Provincial Highway
	快速道路 Expressway
	縣道 County Road
	鄉道 Township Road
	鄉鎮邊界 Township boundary
	臺灣鐵路 Taiwan Railway
	高鐵鐵路 Taiwan High Speed Rail
	步道 Trail
	橋樑 Bridge
	遊客中心 Visitor center
	交流道 Interchange
	觀光工廠 Tourism factory
	產業故事館 Industry story hall
	觀光景點 Tourist attraction
	臺鐵站 Railway station
	高鐵站 THSR station
	隧道 Tunnel
	名山 Mountain
	公共自行車 Public bike

後龍鎮 Houlong Township

後龍鎮擁有全縣最具規模的漁港、環境優良的農村聚落，還有可賞日出日落景致的絕美景點。走訪靜謐悠閒的漁村，可以賞海景、吹海風，漫步漁港，還有保存良好的珍貴文化資產「石滬」。隨著苗栗高鐵站的開通，無論是搭乘大眾運輸或租車出遊都相當便捷，絕對是出外旅遊的最佳選擇。

Houlong has the largest tourist-commercial fishing port, a rural settlement with bountiful natural resources, and breath-taking sunrise and sunset scenery. You can visit the tranquil fishing village to admire the gorgeous sea view and enjoy sea breezes. Moreover, you are able to take a closer look at the well-preserved cultural asset- stone weirs. With the launch of THSR station in Miaoli, it is convenient to arrange a trip to Houlong either by taking public transportation or rent a car from the nearby car rentals.

西湖鄉 Xihu Township

西湖鄉是全國知名的長壽鄉，境內多為低矮起伏的丘陵地形，居民多以農業為主，四處可見稻田與果園的盎然綠意，出產的文旦柚、甘藷遠近馳名，民居聚落點綴其間，構築閒適恬靜的農村景象，並逐漸發展出休閒農業的體驗樂趣。鄉內田園道路蜿蜒交錯，騎單車緩緩漫遊穿梭阡陌，造訪散落各處的古宅、老街、書院、老店及農場，低碳環保又能賞田園風光，令人信感悠閒。

Xihu Township is famous for its highest life expectancy in Taiwan. The weather and geographical conditions make it a perfect place for agricultural produce, particularly pomelos and sweet potatoes. There are numerous rice fields and farms in view. You can ride a bicycle to experience the meandering roads and visit ancient residences, old streets, academies, shops, and farms along the roads.

通霄鎮 Tongxiao Township

通霄鎮依山傍海，是一個瀕臨海邊的小鄉鎮，孕育豐富多樣的自然景觀及觀光資源，出產的彩虹玉米遠近馳名，加上位處保育類動物、虎虎出沒熱區，生產「石虎米」打造地方特色。沿著風光明媚的海岸線，漫步橫貫漁村，可以欣賞迷人海景；參訪知性觀光工廠，適合親子同遊；香火鼎盛白沙屯拱天宮，深刻體會媽祖信仰的強大力量。走走步、逛神社、呼吸海的氣味，形塑充實多樣的遊憩樂趣。

Advantageous geographical conditions in Tongxiao provide not only beautiful scenery but also enriched tourism resources. Apart from producing colorful corn, Tongxiao is known for the "Leopard Cat Rice" since it is a preserve for leopard cats. You can walk along the coastline to roam around the fishing village for stunning sea view, visit tourism factories to have quality family time, and experience power of faith at Gongtian Temple in Baishatun. Come to Tongxiao to have fun from taking trails, visiting shrines, and discovering the charm of a fishing village.

苑裡鎮 Yuanli Township

苗栗之南一苑裡鎮，地形山、海、平原兼具，多樣的地理環境孕育豐富多元的美景、美味和人情味。蘊藏文化意涵的歷史建築、百年市場及蘭草工藝飄香的老店，稻浪隨風搖曳，空氣中依稀夾雜著一絲來自大海的鹹味，都足以讓人停下腳步。隨著在地人付出的辛勞及智慧，青年返鄉帶進的創意及活力，苑裡獲得「苗栗穀倉」、「蘭草故鄉」及「傳瓦故鄉」等美名，不只好吃、好玩，更有好文化！

Yuanli Township, an urban township in southwestern Miaoli County, is surrounded by mountains, the sea, and plains, making it a beautiful place from all aspects. Other than its various amazing landscapes, a great number of historical buildings, the centennial market, stores selling rush-weaving products, fragrance from rice fields, and smell of the sea in the air all make this place a must-not-miss destination. With years of dedication from the local people and creativity from the youth, Yuanli has known as "the barn of Miaoli", "home of rush", and "home of bricks and tiles".

三義鄉 Sanji Township

「國際慢城」三義鄉是全臺灣知名的木雕王國，除了文化工藝飄香，歷經百年歲月的鐵道文化、龍騰新橋、勝興車站及近年來最受矚目的鐵道自行車等景點，遊憩資源豐富，令人目不暇給，堪稱是苗栗縣最熱門的觀光小城。小鎮多為蔭陵起伏的丘陵地形，海拔高度400公尺，每年的11月到翌年的3月，不論白天或晚上，一片濛濛白霧，彷彿身處「人間仙境」之中，故有「霧都」之美譽。

Sanji Township, recognized as a "slow city" by Cittaslow International, is famous for its wood carving industry. The centennial culture of Old Mountain Line, Longteng Broken Bridge, Shengxing Station, and the popular rail bike in recent years are all popular attractions. Composed of a combination of hills around 400 meters above sea level, Sanji is always covered in clouds and fog from November to March, also known as "foggy town".

卓蘭鎮 Jhuolan Township

卓蘭鎮四周高峰重疊，土壤肥沃，氣候溫和，加上來自大安溪上游的潔淨水源，適合果樹生長，四季都有水果盛產，其中，柑橘、楊桃、葡萄及雪梨被稱為「四大水果金剛」，更為卓蘭鎮贏得「水果王國」美譽。近年來，傳統農業轉型休閒觀光園區，開放民眾體驗採果樂趣，多樣農遊樂趣，加上水庫湖畔迷人風光與精緻花卉園區，營造繽紛多彩的賞遊饗宴。

Surrounded by mountains, Jhuolan Township boasts fertile land, moderate climate, and clean water, so various fruits grow here all year round. Therefore, it is known as the kingdom of fruits, particularly pears, grapes, star fruit, and tangerines. With the development of leisure agriculture in recent years, you can come here at four seasons to pick up fresh fruits and vegetables. The stunning scenery along the reservoir and parks with all kinds of colorful flowers can definitely bring you visual enjoyment.

造橋鄉 Zaoqiao Township

造橋鄉是一個充滿純樸田野風情的客家鄉，居民勤奮刻苦，發展為成熟的傳統農牧業，豐富農特產中又以南瓜、牛奶最鮮為人知，其中，龍昇湖旁一條長度250公尺南瓜隧道，垂掛著一顆顆圓潤飽滿的南瓜、蒲瓜與絲瓜，令人看得眼花撩亂，絕美景致成為拍照打卡亮點。造橋有步道、水庫及歷史遺址，過去曾興盛一時的燒製木炭業，歷經時代起伏，沒落後又翻轉傳統，如今展現新的木炭創意產業文化，打造觀光的新亮點。

Zaoqiao Township is another rural Hakka village with most of its population engaging in farming nad animal husbandry. Pumpkins and milk are the most important produce here. There is a 250-meter pumpkin tunnel next to Longsheng Lake. When it comes to the harvest time, the mature pumpkins, bottle gourds, and loofahs of various sizes draw a gorgeous and breath-taking picture. You can come to Zaoqiao to visit the trails, reservoirs, and historical sites. Charcoal industry was once flourishing here in early days and now is combined with tourism to be an attraction.

苗栗市 Miaoli City

苗栗市是苗栗縣治所在地，交通四通八達，市區景點臥虎藏龍，客家小吃更是獨具特色，優質的生活機能，很適合作為旅途的中繼站。無論是親子公園多功能公園、漫步在時代留存的神社遺跡，抑或是在午後時光邂逅老屋改造的書屋或咖啡廳，都是最療癒的美好時光。

Miaoli City is not only the capital of the whole Miaoli County but also a hub taking you to every township in Miaoli. Numerous tourist attractions and delicious Hakka foods make it a perfect place for tourists to stop by. You can visit the parent-child park, walk around the historic sites, relax at the bookstore remodeled from an abandoned house, or have a cup of coffee at the café.

竹南鎮 Zhunan Township

山海交會的竹南鎮，坐落於苗栗之北，豐富的自然景觀及鐵道文化，累積豐厚的人文底蘊與產業文化，薈萃出多元的觀光旅遊景點，近年來因工商科技發展增添都會時尚感，然而仍保留老街、古宅及傳統聚落。海岸沿線的漁港村落、魚貨市場、濱海森林遊憩區及舊鐵道轉型的主题園區，加上國道3號及台61線西濱縱貫，交通十分便利，吸引許多遊客徜徉賞遊。

Located at the north end of Miaoli's coastline, Zhunan Township is known for its abundant natural landscapes, time-honored railway development, rich cultural heritages, and diverse industries. The old streets, ancient residences, and traditional settlements are well-preserved as time goes by. There are also plenty of attractions along the coastline, including fish markets, the seaside forest recreational area, and the theme park remodeled from an old railway. With the convenience of the National Freeway No. 3 and Provincial Highway, Zhunan has become one of the ideal destinations for people to spend their vacation.



Toufen City 頭份市

頭份市土沃土肥，農工發達，是縣內工商科技產業的發展重鎮，外來人口多、都市化程度高，市區有苗栗少見的大型購物中心、娛樂商城、休閒餐飲店，街景更融入時尚異國風。境內的永和山水庫是台灣第一座沒有水閘雨水的自然水庫，在壩頂可以欣賞恢弘壯闊的自然風光，水庫旁的福德祠供奉著因興建水庫而遷集至此的27尊土地公，形成特殊景觀。而來到市鎮郊區可以漫步幽靜步道，走訪茶園及農場，享受遠離塵囂的自在逍遙。

Toufen City is a fully-developed town emphasizing mainly on science and technology. With more outlanders working in Toufen, you can see a great number of shopping centers, entertainment malls, and restaurants. A lot of foreign elements are also combined to the street view. Yongheshan Reservoir in this area is the first reservoir in Taiwan without water gates and valves. Therefore, you are able to admire the magnificent scenery on crest of the dam. The Fude Temple next to the reservoir worships 27 Earth Gods, creating a unique landscape. If you visit the suburban area, you can roam around the quiet trails, tea gardens, and farms to be away from the bustling city life.

Nanzhuang Township 南庄鄉

「美不美，南庄水，親不親，故鄉人」。「國際慢城」南庄鄉擁有純淨的自然山水，多元族群融合的文化特質及古樸的老街及歷史建物，而蔬果、花卉、鱒魚及香菇等豐富多樣的農特產品，造就蓬勃興盛的觀光休閒產業，更帶動特色旅遊、餐飲服務與創意伴手禮等發展，為山城苗栗的最佳淨土之一，任何季節都可以在此悠閒慢活，堪稱縣內旅遊重鎮。

"Nanzhuang has the most glamorous scenery and friendly people". Recognized as one of the slow cities, Nanzhuang has pure water, abundant natural resources, diverse culture, rustic old streets, and historical sites. Various agricultural products, such as vegetables, fruits, flowers, trout, and mushrooms all contribute to the flourishing tourism industry. Systematic accommodation and catering services and creative souvenirs can certain satisfy all your needs during your visit. The slow lifestyle here makes it a popular destination at four seasons.

Shihantan Township 獅潭鄉

獅潭鄉群山環繞、雲霧繚繞，為苗栗縣的地理中心，居民主要從事傳統農林產業，打造純樸的農鄉風情，瀾圓、艾草、菜包及麻糬等都是特色小吃，其中，漫步質樸的獅潭老街絕對不能錯過炸仙草、仙草雞、仙草涼麵及仙草水餃等創意仙草料理，健康、養生又消暑；而近年來陸續有業者轉型經營休閒農場。濃厚的客家風情及垂手可得的自然美景，留下許多先人穿越山嶺的古道登山路徑，加上宛如仙境的廟宇風景區，打造獨特旅遊風情。

Surrounded by mountains and wreathed in mist, Shihantan Township is located at the center of Miaoli County. The major economy of the locals comes from agriculture and forestry industries. There are various local snacks, such as glutinous rice balls, silvery wormwood, steamed vegetable buns, and mochi. If you have a chance to visit Shihantan Old Street, you must not miss a great number of creative mesona-based foods, including fried mesona, Chinese herb chicken soup, cold mesona noodles, and mesona dumplings. A growing number of lands are turned into leisure farms recently. You can come here to experience the charm of this Hakka village, admire stunning views, take a walk along the trails, and visit the dreamlike temples.

Sanwan Township 三灣鄉

三灣鄉境內丘陵起伏、曲流蜿蜒，山多田少的自然環境與客家風情的歷史痕跡，交織成令人心曠神怡的山水風光。鄉內居民客家人口比例高達99%，大多為從事農業活動，形成標準的純樸客家農鄉風情。農特產品中以柑橘、水梨及茶葉最為名聞遐邇，除了可體驗採果、參觀茶園及埤塘文化等，鄉內還有豐富的登山、桐花及自行車環鄉步道，打造三灣休閒農業的獨特魅力。

Surrounded mostly by hills and winding rivers, Sanwan Township is known for its pleasant landscapes and Hakka culture. With Hakka people making up of 99% of the population and most of them making a living based on agriculture, you can experience the charm of agriculture in this Hakka village. The most iconic agricultural produce includes tangerines, pears, and tea. Other than fruit-picking activities, you can also take a tour to visit tea gardens and farm ponds. There are a variety of trails for you to explore the beauty of Sanwan.

Touwu Township 頭屋鄉

頭屋鄉前有後龍溪流過，背倚青山，壯麗山水加上「湖中島」秘境，散發迷人與閒適氛圍。鄉內佔地200公頃的明德水庫，灌溉工業及民生用水，巷弄間川流不息的大小水圳，構築傳統客家農村的宜人景色。居民大多為客家族群，多數以務農為生，無論是漫遊古道、觀賞花卉、參拜廟宇，或是欣賞水庫湖景，都值得細細品味；此外，此處還是著名的「茶鄉」，出產的「老田寮茶」及「東方美人茶」遠近馳名，深受國內外旅客喜愛。

With abundant natural resources and the well-known attraction surrounded by water, Touwu definitely becomes one of the favorite destinations for many tourists. Mingde Reservoir, covering 200 hectares of land, supplies water to both households and factories. Numerous flowing streams and rivers demonstrate a pleasant view of a traditional Hakka village. Hakka people take up the majority of the population in Touwu and make their living based on agricultural produce. You can roam around the ancient trails, take a close look at the blossoms, visit temples, or admire amazing views at the reservoir. Touwu is also known as "home of tea" which produces popular "Laotianliu" tea and "Oriental Beauty" tea.

Gongguan Township 公館鄉

公館鄉是群山環繞的河谷平原，水圳穿梭其間，展現令人舒坦的迷人綠意。以農立鄉的公館係保持著客家庄純樸的樣貌，生產的紅粿、芋頭、稻米及茶葉等農產品遠近馳名、品質優良。走入農村可欣賞田園風光、體驗休閒農業樂趣，在地深具文化內涵的陶藝館與油桐產業展示館，展現「亞洲第一口油井」的繁華與鼎盛，深具知性賞遊樂趣。

Gongguan Township, a river plain area surrounded by mountains and rice fields, offers lush greenery in view. With agriculture as its main industry, Gongguan gets to maintain rustic style of Hakka village. It is known for producing jujubes, taro, rice, and Hakka pickles. Other than enjoying the idyllic scenery and experiencing some farming activities, you can also visit Miaoli Ceramics Museum and Taiwan Oil Field Exhibition Hall which introduces the glory of Asia's first oil well.

Tai'an Township 泰安鄉

泰安是原住民鄉，盤互於雪山山脈、馬拉邦山及鹿場大山等地，幅員廣闊，境內多為人跡罕至的崇山峻嶺、深谷野溪及茂密森林，保留最原始的自然風光，其中，發展超過百年的泰安溫泉區，水源充沛，終年不竭，是鄉內最重要的觀光資產，為台灣「十大好湯」之一。來到這裡，參觀泰雅原住民文化產業園區，探索、體驗原鄉生活及部落特色美食等，都是遊客來到泰安的必訪行程，「山青、水清、人輕鬆」，值得深入品味。

Tai'an Township is an aboriginal township with Xueshan Mountain, Manapang Mountain, and Leshan (Luchang Mountain) stretching above. Therefore, this area is mostly covered by towering mountains, deep valleys, and dense forests. Tai'an Hot Spring Area, developed for more than a century, has ample supply of water and is the most significant tourism asset in Tai'an. Since the local population is mainly composed of aborigines, visiting the Atayal Cultural Park, experiencing their lifestyle, and tasting aboriginal cuisine have become the must-not-miss itineraries for tourists around the world.

Dahu Township 大湖鄉

大湖鄉土壤豐腴、雨量充足，擁有產量與品質均居全臺灣之冠的草莓特產，因而得名「草莓王國」。近年來陸續發展精緻農業及稻田轉作，最負盛名。大湖鄉山勢雄偉，不僅有優質的溫泉資源，走入山林古道不僅可以健身賞景，還有令人讚嘆的壯麗雲海及楓葉美景，為臺灣地區首屈一指賞楓景點之一，觀賞琉璃光、連綿青山及梯田美景，都令人不虛此行。

The fertile land and weather conditions make Dahu Township produce the largest amount of strawberries in Taiwan. It is known for its quality agriculture development recently. Magnificent mountains in Dahu Township offer not only quality hot spring resources but also trails in the forests for you to admire amazing scenery of sea of clouds and autumn maple leaves. The lights of the city illuminating the clouds in many different colors, endless lush mountains, and terraced fields all make Dahu an inviting place.

Tongluo Township 銅鑼鄉

銅鑼鄉擁有秀麗迷人的自然風光，除了有工業區、科學園區，農業發展也非常興盛，杭菊、芋頭、桑葚及茶葉等都是鄉內重要的農特產品。走入鄉間，可以探訪古道、花海、自行車道及網美打卡點，還有老少咸宜的台灣客家文化館及香火鼎盛的文昌宮寺等，其中，標高538公尺的雙峰山，以「雙峰凌霄」列為苗栗八景之一，為本鄉最顯著的地標。

The enriched natural resources create magnificent views in Tongluo. Other than the industrial area and science park, it also produces a great number of agricultural products, such as florist's daisy, taro, mulberry, and tea. Trails, fields of flowers, and bikeways all become popular spots for photo enthusiasts. You can also take a tour at Taiwan Hakka Culture Hall and Jiuhuashan Daxingshan Temple. Among all the attractions, the 538-meter Shuangfeng Mountain, one of the eight wonders in Miaoli, is the landmark in the area.

遊程建議 Recommended itineraries

山里山外 | In the mountains

一日遊 / Day trip

- 1 火炎山南鞍古道 0 走、勝興車站、龍騰新橋、木雕博物館、西湖渡假村
Houyeshan Nan'an Historic Trail, Shengxing Station, Longteng Broken Bridge, Wood Sculpture Museum, West Lake Resort
- 2 仙山登山步道或鳴鳳古道、獅潭老街 (仙草)、百壽有機芋菜園、明德水庫風景區
Xianshan Trail or Mingfeng Historic Trail, Shihantan Old Street (Mesona), Baishou Organic Bean Sprout Farm, Mingde Reservoir Scenic Area
- 3 建中國小 3D 彩繪階梯、水美木雕街、舊山線鐵道自行車 (龍騰新橋、舊山線連續群蛙鯉魚水庫)、鯉魚潭水庫
3D painted stairs in Jianzhong Elementary School, Shuimei Woodcarving, Old Mountain Line Bikeway (Longteng Broken Bridge, Old Mountain Line Tunnels at Luyuan Reservoir), Luyuan Reservoir
- 4 獅頭山動化室、楓之谷休閒步道、百年埤塘、銅鑼山林步道、頭份後花園、盧竹清古厝聚落
Lion's Head Mountain Quanhua Temple, Maple Valley Trail, Centennial Farm Pond, Tongting Forest Trail, Toufen Backyard Garden, Luzhunan Historic House settlement

二日遊 / Two-day trip

- 1 第一天：南那邦山登山步道、大湖草莓文化館、草莓果實體驗、清安豆腐街、(宿)泰安溫泉區
第二天：水雲吊橋、出磺坑 (台灣油礦陳列館)、黃金小鎮、黑橋山
Day 1: Mt. Manabang Trail, Dahu Strawberry Museum, strawberry-picking, Qing'an Bean Curd Street, Tai'an Hot Spring Area (accommodation)
Day 2: Shuiyun Suspension Bridge, Chuhaangkeng (Taiwan Oil Field Exhibition Hall), Golden Town, Moyashan
- 2 第一天：加里山登山步道、(宿)南庄鄉合法旅館或民宿
第二天：蓬萊茶園觀景、四二二坪湧泉、南庄老街、康濟吊橋
Day 1: Jialishan Trail, licensed accommodation or homestay in Nanzhuang
Day 2: Penglai River Fish Watching Trail, Sishierping Spring, Nanzhuang Old Street, Kangji Suspension Bridge
- 3 第一天：銅鑼龍龜土地公、九華山大興寺等、董蘭園、(宿)大湖鄉
第二天：出園步道、大窩生態園區、卓蘭國小日式宿舍、豐西坪休閒農業區採果體驗
Day 1: Tongluo Totoro Earth God, Jiuhuashan Daxingshan Temple, Jiangmayuan, Dahu Township (accommodation)
Day 2: Chuogan Trail, Dawo Ecological Park, Jhuolan Elementary School Japanese dormitory, fruit-picking at Liping Leisure Agriculture Area

吹吹海風 | Enjoy coastal breeze

一日遊 / Day trip

- 1 鄭義步道、劍潭古道、談文車站、竹南濱海遊憩區、崎頂子母隧洞、龍鳳漁港
Zhenghan Trail, Jiantan Historic Trail, Tanwen Station, Zhunan Seaside Forest Recreational Area, Qiding Zimu Tunnel, Longfeng Fishing Port
- 2 客家園樓、英才書院、海角樂園、過港舊鐵道、半天寮好望角
Hakka Round House, Yingcai Academy, Houlong beach, Guogang Old Tunnel, Bantianliao Haowangjiao

二日遊 / Two-day trip

- 1 第一天：山腳國小日治宿舍群、彩繪稻田及台灣蘭草文物館、房屋古城、苑港漁港、(宿)通霄鎮
第二天：虎頭山遶境神社、飛牛牧場、通霄精鹽廠、愛心公路、白沙屯拱天宮、台61線日落大道
Day 1: Shanjiiao Elementary School dormitories, Rice Field Painting, Triangle Rush Exhibition Hall, Fang Old Town, Yuanguang Fishing Port, Tongxiao Solar Salt Processing Plant, Heart-shaped Highway, Baishatun Gongtian Temple, Provincial Highway No. 61
- 2 第一天：四方牧場、竹南啤酒廠、龍鳳宮、竹南龜山多功能運動公園、外埔漁港 (石滬)、(宿)苗栗市區
第二天：玉清宮、嶺東親子公園、功維敬懿道、西湖大媽祖、西湖低碳遊園車、西湖薰衣草
Day 1: Professional Ranch, Zhunan Brewery, Longfeng Temple, Zhunan Shishan Sports Park, Waipu Fishing Port (stone weir), Maoi City (accommodation)
Day 2: Yung Temple, Maoi Cat Park, Gongxiwuxi Tunnel, Xihu Matsuo Rock Sculpture, sightseeing vehicle, Lavender in Xihu

騎遊海線 / Cycling along the coastline

崎頂新樂園→龍鳳漁港→濱海森林遊憩區→竹南濱地公園→外埔漁港→同興老街、公司寮漁港→半天寮好望角→海角樂園→過港化石層→白沙屯海岸→通霄鹽來銀→通霄新埔站→玖茂園→過港舊漁港→苑港漁港
Qiding New Paradise→Longfeng Fishing Port→Seaside Forest Recreational Area→Zhunan Wetland Park→Waipu Fishing Port→Tongxing Old Street→Gongsiliao Fishing Harbor→Hawangjiao Bantianliao→Houlong beach→Guogang Shell Fossil Area→Baishatun Beach→Tongxiao Tayen Museum→Tongxiao Xipu Station→Qiumayuan→Tongxiao Fishing Port→Yuanguang Fishing Port

台灣好一日遊 | Taiwan Tourist Shuttle Bus Day Trip

南庄線 / Nanzhuang route

臺鐵竹南站 (東出口) ⇄ 苗栗藝文中心 ⇄ 尚順廣場 (頭份國中) ⇄ 苗栗客運 (頭份總站) ⇄ 頭份後花園 (斗煥坪) ⇄ 三灣 ⇄ 獅頭山古道 ⇄ 龍門口 (動化室) ⇄ 桂竹林 ⇄ 南庄國中 ⇄ 南庄 ⇄ 南庄遊客中心
Zhunan Railway Station (East Exit) ⇄ Northern Miaoli Art Center ⇄ Shang Shun World (Toufen Junior High School's Sports Field) ⇄ Miaoli Bus (Toufen Terminal) ⇄ Toufen Backyard Garden (Duhuanping) ⇄ Sanwan ⇄ Lion's Head Mountain Historic Trail Gate ⇄ Longmenkou (Chuanghuazhang Temple) ⇄ Guizhulin→Nanzhuang Junior High School ⇄ Nanzhuang ⇄ Nanzhuang Visitor Center