



1 DAY- 宜蘭武荖坑風景區 RIVER CAMP SCHEDULE

Time	Day 1
08:00-08:30	Gathering at Luodong Train Station 羅東火車站集合
08:30-09:00	Travel to Wulaokeng 前往武荖坑風景區
09:00-10:00	Set up base camp, assess surroundings, environmental awareness, activity and safety introduction and reminders 建立營地，環境評估，環保意識教 育，活動及安全介紹和提醒
10:00-12:00	Swimming, River Tracing 游泳，溯溪活動
12:00-13:00	Lunch & Break 午餐及休息
13:00-15:30	Snorkeling, catching crabs and shrimp, skimming stones 浮潛，抓螃蟹和蝦子，打水漂
15:30-16:30	Afternoon snack and shower/pack up 下午點心，洗澡及打包
16:30-17:00	Heading back to Luodong Train Station 返回羅東火車站



1 DAY- 宜蘭羅東無尾港 BEACH CAMP SCHEDULE

Time	Day 1
08:00-08:30	Gathering at Luodong Train Station 羅東火車站集合
08:30-09:00	Travel to Wuweigang 前往無尾港
09:00-10:00	Set up base camp, assess surroundings, environmental awareness, activity and safety introduction and reminders 建立營地，環境評估，環保意識 教育，活動及安全介紹和提醒
10:00-12:00	Body Boarding 趴板衝浪
12:00-13:00	Lunch & Break 午餐及休息
13:00-15:30	Build Forts / Making Campfire 建造堡壘 / 生營火
15:30-16:30	Afternoon snack and shower/pack up 下午點心，洗澡及打包
16:30-17:00	Heading back to Luodong Train Station 返回羅東火車站