

# Cleanse Your Heart, Mind, Body & Soul in 7D6N Taiwan

## 7天6晚 台湾养生悠心游

Tour Code/团号: STEYS-OD/07

Validity from Oct 2018

STEYS-D7/07

有效期从 2018 年 10 月

- **CITIES!**  
城市!
- ❖ Taoyuan – Taipei - Hualien – Taitung – Kaohsiung - Nantou – Taichung
  - ❖ 桃园 - 台北 - 花莲 - 台东 - 高雄 – 南投 - 台中
- **SLEEP!**  
住宿!
- ❖ **Hotel based on local 3-5 star (Final confirmation on similar standard)**
  - ❖ **当地 3-5 星住宿星级酒店 (最后确认于同等级酒店为准)**
  - ❖ Taipei (1N Ximen Citizen Hotel -3\*)
  - ❖ Hualien (1N Lakeshore Hotel – 5\*)
  - ❖ Taitung (1N Goya Hot Spring Hotel)
  - ❖ Kaohsiung (1N J Hotel - 4\*)
  - ❖ Taichung (1N Moving Star Hotel -4\*)
  - ❖ Taipei (1N Green World Hotel- 4\*)
  - ❖ 台北 (1晚 西门星辰饭-3\*)
  - ❖ 花莲 (1晚 煙波大饭店-5\*)
  - ❖ 台东 (1晚 知本高野温泉酒店)
  - ❖ 高雄 (1晚 家和商旅 - 4\*)
  - ❖ 台中 (1晚 星动银河酒店-4\*)
  - ❖ 台北 (1晚 洛基饭店松山馆-4\*)
- **EAT!**  
道地美食!
- ❖ Pacific Ocean Restaurant
  - ❖ Aboriginal Healthy Cuisine
  - ❖ Healthy Imperial Cuisine
  - ❖ Glass Carp Flavor
  - ❖ Tai-Yi's Flowers Flavor
  - ❖ Hong Kong Style Cuisine
  - ❖ 太平洋食府
  - ❖ 原民養生餐
  - ❖ 養生御膳餐
  - ❖ 草魚风味餐
  - ❖ 台一花卉餐
  - ❖ 港式合菜
- **SHOPPING STOP!**  
指定购物站!
- ❖ Pearl, Tianlu Art Centre, Aboriginal Specialty Centre, Tea
  - ❖ 珍珠、天祿、原住民特产中心、茶叶
- **HIGHLIGHT!**  
行程亮点!
- ❖ **Wellness Activities: Integration of physical, mental & spiritual well-being**
  - ❖ Inhale Fresh Air at Shifen Waterfall & during Your Morning Walk at Taroko National Park's Shakadang Trail and Liyushan Park
  - ❖ Savour Healthy Taiwan Aboriginal Cuisine & Imperial Cuisine
  - ❖ Enjoy Famous Taitung Hot Spring Spa
  - ❖ Morning Tai Chi at Kaohsiung Central Park & La-jin Qigong Session
  - ❖ Colorful Tai-Yi Flower Cuisine at Tai-Yi Ecological Leisure Farm
  - ❖ 40 Minutes Healthy Foot and Shoulder Massage
- 结合洗涤身心灵养生活动:**
- ❖ 吸入新鲜空气与健行享受大自然美景于十分瀑布及太鲁阁国家风景区的砂卡礑步道和台东鲤鱼山公园
  - ❖ 细味品尝台湾养生原民及御膳餐
  - ❖ 享受台东有名之美人汤 Spa 温泉
  - ❖ 早晨太极功于高雄中央公园及长寿拉筋气功
  - ❖ 台一生态闲农场享用精美台一花卉餐
  - ❖ 40 分钟养生足部+肩颈按摩

### Day 1 Kuala Lumpur → Taoyuan (40km) ⇄ Taipei

- Upon arrival, transfer to hotel and free at own leisure.  
吉隆坡 → 桃园(40 公里) ⇄ 台北
- 抵达后，送往入住酒店休息，自由活动。

### Day 2 Taipei (161km) ⇄ Hualien (Hotel breakfast / Pacific Ocean dinner)

- **Shifen Waterfall:** Visit it after renovation and take a deep breath with ions which is good to our blood, cells and nervous to allaying headache, insomnia, anxious and etc.
- **Jiufen:** Once the mountain town abandoned after digging gold fever subsided, the town is bustling again because of the movie "City of Sadness" and becomes the most popular and longest old street in Taiwan.
- **Suhua Highway:** The 118km long. The beautiful scenery along the winding road makes it a famous sightseeing road in the world.
- **Dongdamen Night Market:** Divided into 4 divisions- **Futing Night Market, Streets of China Cuisines, Streets of Aboriginal Cuisines, and Zhiqiang Night Market.** There are total around 400 stalls.  
台北 (161 公里) ⇄ 花莲 (早: 酒店/ 晚: 太平洋食府)
- **十分瀑布:** 全台最大帘幕式瀑布的十分瀑布，在历经封园整修后重新开放，民众可入园赏美景，充分感受瀑布负离子能量。负离子对人体有净化血液、活化细胞、增强免疫力、调整自律神经，以及消除失眠、头痛、焦虑、预防血管硬化等好处。
- **九份:** 自费品尝台湾小吃如赖阿婆的芋圆最为驰名，由于口味特殊口感独特，渐渐的在全省各地乡镇也陆续开发出符合地方口味的芋圆，最普遍的就是芋头及地瓜口味。
- **苏花公路:** 全长 118 公里，大致依海岸线修筑，沿路景色优美，山海一色，为世界非常有名的景观公路。
- **东大门夜市:** 包含福町夜市、大陆各省一条街、原住民一条街与自强夜市四个部分，合计约 400 个摊位。

### Day 3 Hualien (111km) ⇄ Taitung

(Hotel breakfast/ Aboriginal healthy lunch/ Healthy imperial dinner)

- **Taroko National Park (Walk along Shakadang Trail/ Changchun Shrine):** There are having clear river and stunning mountain around the Shakadang Trail, walking around and taking fresh air to relax your body in the morning.
- **Rareseed Ranch:** With beautiful scenery, clear water, fresh air, and affluent grassland, these districts are suitable for development of stockbreeding.
- **Yuen Sen Applied Botanical Garden:** A guide tour to know healthy herbal.
- **Hot Springs:** Enjoy bubble Taitung famous hot spring SPA (Please bring along your own swim suit and cap).  
花莲 (111 公里) ⇄ 台东 (早:酒店/ 午: 原民养生餐/ 晚: 养生御膳餐)
- **太鲁阁国家风景区 (亲近河谷砂卡噹步道健行/長春祠):** 早晨有著清澈碧绿溪水及壮阔山壁环绕中的砂卡噹步道健行，在大自然中适当的步行运动，呼吸新鲜空气与大自然美景让身心灵都得到舒压。
- **瑞穗牧场:** 瑞穗乡为花莲县最大的乳牛养殖区，共饲养了近 300 头的荷兰种乳牛，瑞穗牧场曾经连续三年拿下全省酪农评比第一名的荣誉，说明其鲜奶品质的浓郁香醇。
- **原生应用植物园:**接触大自然养生药草导览与享用药草养生御膳餐。
- **美人汤温泉:** 享受台东有名之温泉 SPA，素有美人汤之称的碳酸氢钠泉，泡了神清气爽，舒适愉快 (请自备泳衣和泳帽)。

### Day 4 Taitung (158km) ⇄ Kaoshiung (Hotel breakfast/Glass carp flavor lunch)

- **Tracking Liyushan Park:** Hiking and taking fresh air in the morning is good to our health.
- **Fo Guang Shan Buddha Monastery:** It is a temple of Mahayana Buddhism founded in 1967. It is a famous Buddhist temple in Taiwan and also a famous tourist attraction in southern Taiwan.

- **The Castle of Golden Pineapple (Include pineapple cake DIY):** Pineapple cake sightseeing factory established by Vigor Bakery in Kaohsiung. With the main appearance of the majestic castle style, customer can experience pineapple cake DIY, there are cute pastry dolls stationed in the castle.
- **Liuhe Night Market:** The two-row stalls are selling from seafood, specialty products to cold drinks or ice products. The snacks are well-known throughout Taiwan also. (If the market is closed will replace to other night markets)  
台东 (158 公里) 📍 高雄 (早:酒店/ 午:草鱼风味餐)
- **台东鲤鱼山公园健行:** 登山步道健行, 早晨健行空氣新鮮有益身體健康。
- **佛光山:** 是大乘佛教的一座寺廟, 創辦于 1967 年, 为台湾一大佛教名刹, 也是南台湾著名观光勝地。
- **黄金菠蘿城堡(含凤梨酥 DIY):** 是维格饼家在高雄设的凤梨酥观光工厂。有着雄伟城堡风格的外观, 里头除了可以体验凤梨酥 DIY 的乐趣, 還有可愛的糕餅公仔大軍驻守城堡, 相当适合亲子同乐。
- **六合夜市:** 兩排攤位從海产、特产到冷饮、冰品等种类之多令人目不暇給, 小吃也为全台有名。(如果休市将改为其他夜市)

## Day 5 Kaohsiung (201km) 📍 Nantou (75km) 📍 Taichung (Hotel Breakfast/Tai-Yi's flower's lunch)

- **Morning Tai Chi:** Participate Tai Chi activities which help by Kaohsiung Taiji Society in Kaohsiung Central Park, interact with Tai Chi lover and learn it together. (It subject to weather)
- **Tai-Yi Ecological Leisure Farm:** When you enter the park, you can feel fragrance of flowers, the youth and feel the fresh air. You can see life's youth and colorfulness and the beautiful scenery of the farm.
- **Sun Moon Lake (include cruise ride):** The largest lake in Taiwan.
- **Fengjia Night Market:** One of Taichung famous commercial business districts. Delicious snack foods, quality clothes at reasonable and the trendiest mobile phones at excellent bargain prices.  
高雄 (201 公里) 📍 南投 (75 公里) 📍 台中 (早:酒店/午:台一花卉餐)
- **早晨太极功:** 早晨于高雄中央公园参与由高雄太极拳协会举办的太极拳教學, 与现场太极爱好者共同打太极拳, 学习健身防身養生驻顏的太极功夫。(视天气而定)
- **台一生态闲农场:** 农场内的花卉、植物种类繁多, 並具有培育种苗的专业技术, 是体验植物生态的极佳场所, 也是了解农业生产、感受农家生活的极佳地点, 农场风景秀丽并且农场精心規劃不少特色主题, 竭城欢迎大家一起来探索这块美丽的世外桃花源!
- **日月潭风景区 (含船游):** 位于阿里山以北、能高山之南的南投县鱼池乡水社村。日月潭中有一小岛, 岛的东北面湖水形圆如日, 称日潭, 西南面湖水形觚如月, 称月潭, 统称日月潭。
- **逢甲夜市:** 有“台湾最美味夜市”, 特色小吃也号称“全台第一”, 多元丰富和创新有趣。向台湾的麻辣臭豆腐、大肠包小肠和起司洋芋等都在此发源。

## Day 6 Taichung (167km) 📍 Taipei (Hotel breakfast/ Hong Kong style lunch)

- **Longevity La-jin Qigong:** Stretching the tendons in a park lane to let the blood circulation smoother, to decrease probability of paroxysmal disease. (It subject to weather)
- **Taipei 101:** The building is an integration of the classic oriental culture, and Taiwan local characteristics offering elegant and spacious shopping space within the shopping center. (excluded observation deck, approximately TWD600)
- **Experience 40 minutes healthy feet and shoulder massage:** Enhance blood circulation, metabolism, relief muscles fatigue, increase sleep quality, detoxifies and etc.
- **Shilin Night Market:** The largest and most famous night market in the city.  
台中 (167 公里) 📍 台北 (早:酒店/午: 港式合菜)
- **長寿拉筋氣功:** 在台中一个绿园道广场透過伸展与扭转, 拉开全身筋絡, 让血气暢通, 迅速改善慢性病。(视天气而定)
- **台北 101:** 台北标志性的最高建筑。为台北最佳办公大楼、最佳购物中心与最佳旅游景点 (观景台自费, 大概台币 600)。
- **体验 40 分钟養生足部+肩颈按摩:** 促進体内血液的循环流动、促進体内新陈代谢、促进缓解肌肉疲劳、提高睡眠品质、排毒養顏等功效。

- **士林夜市:**各式店铺及地摊挨家紧临，小吃摊、服饰店、精品店、鞋店、唱片行、运动用品等，只要市面上流行的，在此都找得到。

### **Day 7 Taipei → Kuala Lumpur (Hotel breakfast)**

- Time to bid farewell to these exciting destinations and bring home wonderful memories!  
**台北 → 吉隆坡(早: 酒店)**
- 送往机场搭乘国际航班返回家园，结束愉快的旅程，带着美丽的回忆与纪念品，与家人和朋友共同分享。



## FLIGHT DETAILS

Departure Date	Destination	Flight Number	ETD	ETA	Remarks



## TOUR FARE

Departure Date	Normal Fare	Discounted Fare	Tipping	Premium Item ( Inclusive of GST )	Visa

International Airport taxes	Malaysia Airport Taxes ( Inclusive of GST )	ACF	Travel Insurance	TOTAL	

### Disclaimer:

1. Tour commentary will be conducted in Chinese.
2. We reserve the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.
3. All flights and hotels are provisional and will be subject to our final confirmation.
4. Local specialty meals are subject to the season and availability at time of travel.
5. Sight-seeing places are subject to erratic weather conditions caused by global warming climate change.
6. The group departure is subject to a minimum group size of 25 paying adults and a maximum of 38 paying adults.
7. All pictures shown are for illustration purposed only, actual may varies.

### 免责声明:

1. 全程使用中文讲解。
2. 我们有权改变顺序或更改, 修正或改变行程, 如果有必要, 恕不另行通知。
3. 所有航班及酒店乃暂定性, 最终确认将随后通知。
4. 膳食安排将可能因季节材料转换及不同出发日期而有所变动。
5. 行程景点将视全球气候变化而做适当的更改。
6. 本团成团人数将以最少25位及不多于38位付费成人作为标准。
7. 所有显示图片均仅供为说明用途, 实际可能会有所不同。

### Preferred Agent

Operated by



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