

6D5N

# TAIWAN MINDFULNESS RETREAT

A well-rounded day of mindful activities, nature, and cultural experiences!



TC: TWN-6DMT-PVT / GRP



## HIGHLIGHTS

- \*Enjoy meat free tour\*
- \*Enjoy 4 nights Hot spring relaxation\*
- \*Experience Singing bowl healing & Yoga\*

- ✓ Experience Old Mountain Line Railway Train
- ✓ DIY Indigo Dyeing crafting
- ✓ DIY Stick Bread Baking & Ecological exploration
- ✓ Zhushan Sky Ladder
- ✓ Experience Forest Therapy + Open-Air Tea Tasting
- ✓ DIY Aromatherapy Diffuser Stone
- ✓ Stroll at Bamboo Forest Trail
- ✓ Taiwan's Version of Giethoorn
- ✓ Canoeing at Sun Moon Lake
- ✓ Zhongxingxin Village
- ✓ Lavender Cottage – DIY Herb Salt
- ✓ Chung-She Flower Garden
- ✓ Puppet Theatre show
- ✓ Dadaocheng

## PACKAGE INCLUSIVE

- ✓ 05 nights hotel accommodation based on twin sharing;
- ✓ Meals as per our itinerary, all meals will be provided as meat free. (If a fully vegetarian option is required, please request it at the time of booking. We will try to arrange);
- ✓ Tour are conducted in Mandarin
- ✓ Admission fee as per itinerary

## NOTE / PACKAGE EXCLUDES

- ✓ Return economy air ticket;
- ✓ Tipping for Driver OR Guide (NT 150/pax/day)
- ✓ Tipping to Tour leader (If any)
- ✓ Airport taxes & Fuel surcharges
- ✓ Incidental bill and other personal expenses



## DAY 01 SINGAPORE – TAOYUAN – MIAOLI

(-/L/D)

Assemble at Singapore Changi Airport and board a flight to Taiwan. Upon arrival at Taoyuan International Airport, transfer to Miaoli Sanyi Shengxing or Longteng Railway

Station to experience a ride on the Old Mountain Line Railway Train (Far view of the Longteng Broken Bridge). Thereafter, proceed to **Zhuoye Cottage**, participate in DIY experiences, such as Indigo Dyeing (large handkerchief).

**1600hrs Check-in to Lofi Land** Explore the farm and its facilities at own pace.

**2000-2100hrs** Enjoy a relaxing experience with a Singing Bowl Sound Healing session.

**Note:** The Old Mountain Line Railway Train is not suitable for pregnant women or children under 3 years old and requires early booking. If booking is not available, it will be replaced with a tour of Shengxing Station and a DIY Lei Cha (tea-pounding) experience.

**Note:** Stay at Lofi Land or Flower Home with Hot Spring, please bring along your own swimwear and swim cap for outdoor hot spring pools.

**Hotel:** Zhuoye Cottage, Lofi Land, Flower Home or similar



## DAY 02 MIAOLI

(Breakfast/Lunch/Dinner)

Morning connect with nature and engage in a dialogue with your inner self.

**0700 – 0800hrs Yoga class.**

**1100 - 1200hrs DIY Stick Bread Baking and Ecological exploration**

\*Proceed to **Flower Home Farm**. Explore the flower garden and its facilities at own pace.

\*Explore Essential Oil Themed Pavilion

\*Aromatherapy  
Essential Oil Foot  
Lymphatic Detox  
Experience

**2000-2100hrs** Enjoy a relaxing experience with a Singing Bowl Sound Healing session.

**Hotel:** Lofi Land, Flower Home or similar



## DAY 03 MIAOLI – NANTOU

(Breakfast/Lunch/Dinner)

Proceed to Nantou, and visit the following attractions:

\*Zhushan Sky Ladder

\*Enjoy Forest bath + Open

Air Tea Tasting

\*DIY Aromatherapy Diffuser Stone

\*Enjoy Stroll at Bamboo Forest Trail

Check-in at Nantou **Maple Hwa Taiyi Resort** - Guided tour of the park (Optional Fruit picking at own expenses)

\*Dinner (Hot spring available in the room)



**Hotel:** Maple Hwa Taiyi Resort or similar

## DAY 04 NANTOU

(Breakfast/Lunch/Dinner)

After breakfast, head to visit the following attractions:

\*Taiwan's Version of Giethoorn

\*Experience Canoeing at Creek.

\*Zhongxingxin Village: Take a stroll through the historic daily life of the former provincial government area.

**Hotel:** Maple Hwa Taiyi Resort or similar



## DAY 05 NANTOU – TAICHUNG - TAIPEI

(Breakfast/Lunch/Dinner)

\*Lavender Cottage – DIY Herb Salt

After lunch, head to **Chung She Flower Garden** (中社花海) for a scenic experience.

Continue to Taipei, **Sanxia**, New Taipei City, and check in at **The Great Roots Forestry Resort**



**Hotel The Great Roots Forestry Resort or similar 5\***

(No hot springs in the room, outdoor hot spring SPA available; please prepare swimsuits and swim caps).

## DAY 06 TAIPEI - SINGAPORE

(Breakfast/Lunch/-)

After breakfast, you can freely explore the resort Subtropical Rainforest Recreation Area and enjoy the forest bath trails.

\*DIY Pineapple Cake or Green Bean Cake

\*Lunch at **Xiujia Puppet Theatre** with a vegetarian meal and a puppet show (approximately 90-120 minutes)

\*Leisure time exploring Dadaocheng

Proceed to Taoyuan International Airport, your tour ends with memories of a truly delightful holiday with **WTS Travel**.

**Remark:** -

✓ The Company reserves the right to alter tour itineraries, travel arrangements and accommodation due to Unforeseen changes, weather conditions, Vaccinated Travel Lane rules.

✓ In the event of any discrepancy between the English and Chinese itineraries, the Chinese version shall prevail. Estimated timing just for reference, please refer to the actual timing on the spot.

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6天5晚

# 台湾身心靈蔬食养身游

融合了放松、文化体验和蔬食享受，与自然和健康和谐共处。一个让身心灵焕发正能量的旅程



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## 行程特色

- \*享受蔬食/无肉食旅程\*
- \*享受 4 晚温泉放松体验\*
- \*体验颂钵疗愈与瑜伽活动\*

- ✓ 体验搭乘舊山線鐵道小火車
- ✓ DIY 植物染
- ✓ 木棍麵包製作&生態美學導覽
- ✓ 精油主題館
- ✓ 体验熏蒸精油足疗淋巴代谢
- ✓ 竹山天梯
- ✓ 森林疗愈-露天茶席体验
- ✓ DIY 香氛擴香石
- ✓ 小半天孟宗竹林步道散策
- ✓ 台版羊角村漫活
- ✓ 体验独木舟体验
- ✓ 中興新村
- ✓ 薰衣草森林-香草鹽 DIY
- ✓ 中社花海
- ✓ DIY 鳳梨酥或綠豆糕
- ✓ 大稻埕大藝埕

等等了, 我來了!!!

## 行程包含

- ✓ 05 晚酒店住宿, 二人一室
- ✓ 全程以蔬食无肉食提供 (如要求全素食, 请在预订时提出要求, 我司会尽量安排)
- ✓ 导游全程以中文解说
- ✓ 景点门票

## 行程不含

- ✓ 往返机票
- ✓ 司机/导游小费 NT\$150 每人每天
- ✓ 个人旅游保险
- ✓ 机场税 燃油税
- ✓ 杂费或个人消费



## 第一天 新加坡 - 桃園 - 苗栗

(午: 卓也小屋创意蔬食/晚: 蔬食套餐)

齐集新加坡国际机场, 搭乘客机飞往台湾。抵达桃園國際機場接機前往苗栗三義勝興或龍騰車站-体验搭乘舊山線鐵道小火車 (远观龍騰斷橋)

之后前往卓也小屋-園區導覽

\*DIY 植物染

1600hrs Check-in 自然園。

2000-2100hrs 轻松

與自然共感-体验

颂钵心灵疗愈。

备注: 舊山線鐵道

小火車 (孕妇、3

岁以下不适合搭

乘), 需要提前预

订。若预约不到则改成畅游勝興車站和 DIY 插茶

备注: 入住自然園或花露农场里有温泉设施, 请携带泳衣和泳帽。

酒店: 卓也小屋, 自然園农场, 花露农场或同级民宿

## 第二天 苗栗

(早餐/午: 大地蔬食定食/晚: 素食小火鍋)

0700-0800hrs 輕鬆做瑜伽

(\*\*瑜伽能調節全身系統、改善血液循環、促進內分泌平衡、減壓養心、釋放身心, 達到修心養性的目的。)

0830-0930hrs 早餐

1100-1200hrs 木棍麵包製

作, 生態美學導覽

前往花露农场园区参观

\*游览精油主题館

\*体验熏蒸精油足疗淋巴代谢

2000-2100hrs 轻松享受颂钵心灵疗愈。

备注: 卓蘭花露農場 DIY 体验每週二、三休息

酒店: 自然園农场, 花露农场或同级民宿

## 第三天 苗栗 - 南投埔里

(早餐/午: 養生牛蒡鍋/晚: 野菜蔬食)

早餐后, 前往南投竹山以下景点遊覽;

\*竹山天梯

\*森林疗愈-露天茶席体验

\*DIY 香氛擴香石

\*小半天孟宗竹林步道散策

入住南投楓樺台一渡假村-

園區導覽(採果自理), 享

受客房內美人湯 (房內可

泡温泉)

酒店: 楓樺台一渡假村或

同级

## 第四天 南投埔里

(早餐/午: 澄石新天畝日式套餐/晚: 野菜蔬食)

早餐后, 遊覽以下景点;



\*台版羊角村漫活-活盆地导覽, 会跳舞的泥土, 水上草原导覽

\*体验独木舟体验

\*中興新村: 旧省

府日常散策

\*专车返回南投台

一渡假村

酒店: 楓樺台一渡

假村或同级

## 第五天 南投埔里 - 台中 - 新北三峡

(早餐/午: 剥皮辣椒鹿茸菇素鍋/晚: 大板根森林温泉蔬食)

早餐后, 乘车前往0台北途中遊覽;

\*薰衣草森林-香草鹽 DIY

\*中社花海

前往新北市三

峡, 入住大板

根森林温泉會

館(房內无温

泉, 戶外温泉

SPA 美人湯, 請備泳衣泳帽)

酒店: 大板根森林温泉會館或同级

## 第六天 新北三峡 - 新加坡

(早餐/午: 敘舊布袋戲園蔬食料理)

早餐后, 可自由参观大板根亞熱帶原始森林遊樂區-享受森林浴步道

\*DIY 鳳梨酥或綠豆糕

\*午餐敘舊布袋戲園蔬食料理+看表演 (大约 90-120 分钟)

\*大稻埕大藝埕

前往机场搭乘航

班返回新加坡,

留下与贵宾旅运

甜蜜的回憶, 結

束這趟难忘的身

心靈旅程。

备注:-

\*公司保留更改旅行行程、交通安排和住宿的权利, 因为出现了无法预料的变化、天气条件以及疫苗接种旅行通道规定。由于公司无法控制的情况, 行程可能会有所变动。

\*如果中文和英文行程有不吻合之处, 请以中文行程为准。行程里的大约时间备注仅供参考, 以当地实际时间为准。



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