

6D5N

TAIWAN MINDFULNESS RETREAT

(HEALTHY VEGGIE MEAL)

TC: TWN-6DMT-PVT / GRP



TAIWAN
WALKS OF INSPIRATION

Upd: 6 Mar 2026



DAY 1 SINGAPORE → TAOYUAN – MIAOLI (-/L/D)

Assemble at Singapore Changi Airport and board a flight to Taiwan.

- 📍 **Lofi land** – Explore the farm and 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.



📍 **Lofi Land**

Hotel: Flower Home or Zhuoye Cottage or similar class

DAY 2 MIAOLI (B/L/D)

Start your day immersed in nature, gently reconnecting with your inner self.

- 📍 **0700 – 0800hrs Yoga class.**
- 📍 Experience a ride on the **Old Mountain Line Railway** (viewing Longteng Broken Bridge)
Note: Advance booking is required for the Old Mountain Line Railway Train and is subject to scheduled timings. The Old Mountain Rail Bike is not suitable for pregnant women or children under 3 years old.
- 📍 **Zhuoye Cottage** – Indigo dyeing DIY



📍 **Foot Lymphatic Detox Experience**

Hotel: Flower Home or Zhuoye Cottage or similar class

DAY 3 MIAOLI – NANTOU (B/L/D)

Proceed to Nantou, and visit the following attractions:

- 📍 **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)**



📍 **Bamboo Forest Trail**

Hotel: Maple Hwa Taiyi Resort or similar

DAY 4 NANTOU (B/L/D)

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



📍 **Flower Home**

Hotel: Maple Hwa Taiyi Resort or similar

DAY 5 NANTOU – TAICHUNG – TAIPEI (B/L/D)

- 📍 **Lavender Cottage - DIY Herb Salt**
- After lunch, head to **Chung She Flower Garden** for a scenic experience.
- Continue to Taipei, **Sanxia**, New Taipei City, and check in at **The Great Roots Forestry Resort** (**No hot springs in the room, outdoor hot spring SPA available; please prepare swimsuits and swim caps**)

Hotel: The Great Roots Forestry Resort or similar 5*

Tour Highlights

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

- 📍 **MIAOLI**
Lofi Land / Yoga class / DIY Stick Bread Baking and Ecological exploration / Flower Home Farm / Foot Lymphatic Detox Experience
- NANTOU**
Zhushan Sky Ladder / Bamboo Forest Trail / Canoeing / Lavender Cottage
- TAIPEI**
Xiujiu Puppet Theatre / Dadaocheng

- 📍 Refer to itinerary

What's Included

- Meals, transfers & admission fees as per itinerary
- Hotel accommodations

Remarks

- 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.
- Package does not include: 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
- Images shown in the itinerary are for illustration and reference only.

DAY 6 TAIPEI → SINGAPORE (B/L/-)

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 **Xiujiu 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



📍 **The Great Roots Forestry Resort**



6天5晚

台湾身心靈蔬 食养身游

TC: TWN-6DMT-PVT / GRP



Upd: 6 Mar 2026



第1天 新加坡 → 桃園 - 苗栗

(-/午/晚餐)

午餐: 卓也小屋创意蔬食 晚餐: 蔬食套餐

齐集新加坡国际机场, 搭客机飞往台湾。

自然圈探險國度 - 五大職人體驗(五選一: 綠野農人. 香草烘焙師. 生態探險家. 森林藝術家. 原野花藝師)五選一 / 波感溫室SensWave-五感體驗

花露農場 - 園區參觀. 精油主題館. 薰蒸精油足療. 淋巴代謝體驗. 季節性賞花 (3-6月繡球花. 7-10月暹羅鬱金香. 11-4月波波草. 11-2月聖誕紅. 全年蘭花)

2000-2100hrs 與自然共感~水晶頌鉢.



自然圈

夜宿: 苗栗花露農場 / 卓也小屋 或同級

第2天 苗栗

(早/午/晚餐)

午餐: 大地蔬食定食 晚餐: 素食小火鍋

0700-0800 與心靈對話-瑜伽皮拉提斯 (*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。)

體驗搭乘舊山線鐵道自行車 (遠觀龍騰斷橋)

备注: 舊山線鐵道自行車 (孕婦、小孩3岁以下不适合搭乘), 需要提前預訂。

卓也小屋 - 園區導覽. 植物染DIY



足浴淋巴代謝

夜宿: 苗栗花露農場/卓也小屋 或同級

第3天 苗栗 - 南投埔里

(早/午/晚餐)

午餐: 養生牛蒡鍋 晚餐: 野菜蔬食

早餐后, 前往南投竹山以下景點遊覽;

森林疗愈 - 露天茶席體驗

DIY 香氣擴香石

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 (房內可泡溫泉)



森林疗愈

夜宿: 楓樺台一渡假村 或同級

第4天 南投

(早/午/晚餐)

午餐: 澄石新天畝日式套餐 晚餐: 野菜蔬食

早餐后, 遊覽以下景點;

台版羊角村漫活 - 活盆地導覽. 會跳舞的泥土. 水上草原原覽

體驗獨木舟體驗

中興新村 - 旧省府日常散策 體驗

專車返回南投台一渡假村



花露農場

夜宿: 楓樺台一渡假村 或同級

第5天 南投埔里 - 台中 - 新北三峽

(早/午/晚餐)

午餐: 剝皮辣椒鹿茸菇素鍋 晚餐: 大板根森林溫泉蔬食

早餐后, 乘車前往 0 台北途中遊覽;

薰衣草森林-香草鹽 DIY

中社花海

前往新北市三峽, 入住大板根森林溫泉會館 (房內無溫泉, 戶外溫泉 SPA 美人湯. 請備泳衣泳帽)

夜宿: 大板根森林溫泉會館 或同級

行程亮点

- *享受蔬食/无肉食旅程*
- *享受 4 晚溫泉放鬆體驗*
- *體驗頌鉢疗愈與瑜伽活動*



苗栗

自然圈 / 瑜伽課程 / DIY 植物染 / 花露農場 / 足部淋巴排毒體驗

南投

精油主題館 / 小半天孟宗竹林步道散策 / 體驗獨木舟體驗 / 薰衣草森林-香草鹽 DIY

台北

敘舊布袋戲園蔬食料理+看表演 / 大稻埕大藝埕



5晚 酒店住宿



5 早餐 | 6 午餐 | 5 晚餐

行程包含

- 行程中所列餐食、接送及門票費用
- 酒店住宿

备注

- 公司保留更改旅行行程、交通安排和住宿的權利, 因為出現了無法預料的变化. 天氣條件以及疫苗接種旅行通道規定. 由於公司無法控制的情況, 行程可能會有所變動.
- 如果中文和英文行程有不合之處, 請以中文行程為準. 行程里的大約時間備註僅供參考, 以當地實際時間為準.
- 配套不包含: 往返經濟艙機票、司機或導遊小費 (每人每天 NT\$150)、領隊小費 (如有)、機場稅及燃油附加費、雜費及其他個人消費.
- 行程單中的圖片僅供參考.

第6天 新北三峽 → 新加坡

(早/午餐/-)

午餐: 敘舊布袋戲園蔬食料理

早餐后, 可自由參觀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 (大約 90-120 分鐘)

大稻埕大藝埕

前往機場搭乘航班返回新加坡, 留下與貴賓旅運 甜蜜的回憶, 結束這趟難忘的身心靈旅程。



大板根森林溫泉會館

WTS travel

CALL US NOW
6466 8558

+65 9116 6994
WTS Travel

SCAN FOR
WEB PAGE

