

7天6晚台湾西部探索阿里山乐活养身之旅 台北~台中~南投~嘉义~苗栗



- ☺【阿里山国家森林公园】海拔高度2,216公尺，四周高山环列，凉爽，以日出、云海、晚霞、森林、登山森林铁路列为阿里山五奇
- ☺【龙腾断桥(鱼藤坪断桥)】 旧山线第一名景、被誉为「台湾铁路艺术极品」由砖拱、钢钣梁和钢桁梁分段构成特色商业街。
- ☺【台中高美湿地】拥有丰富的天然资源，是国内少数几处雁鸭集体繁殖区之一
- ☺【逢甲商圈】美食无敌多，会发现许多新奇的玩意儿，真是让人逛不腻，还有创意新小吃，就是要让大家边走边吃边逛。

第一天 吉隆坡 ✈️ 桃园

—/—/—

桃园福容大酒店或同级4★

抵达桃园国际机场后，由专人接机送往酒店办理入住手续。

第二天 台北 🚗 苗栗 🚗 台中

早/午/晚

浮空客栈或同级4★

早餐后，前往【苗栗胜兴车站】是当时西部铁道最高的火车站，有客家山城之美【龙腾断桥(鱼藤坪断桥)】旧山线第一名景、被誉为「台湾铁路艺术极品」由砖拱、钢钣梁和钢桁梁分段构成【花露农场(全台最美赏花农场)】占地宽广，鸟语花香，一年四季能都赏花花，每年一二月都能欣赏整片浪漫的薰衣草，而初春三四月正是绣球花绽放的季节【台中高美湿地】拥有丰富的天然资源，是国内少数几处雁鸭集体繁殖区之一【台中歌剧院】是一大型公有展演空间，由曾获普立兹克奖的日本建筑师伊东豊雄设计，入住台中旅馆。***旅客步行至台中知名的美食天堂《逢甲商圈》。**

第三天 台中 🚗 南投

早/午/晚

枫桦台一度假村或同级4★

今天早餐后【台中彩虹眷村】台中有座奇特的老旧的村子，在彩虹爷爷黄永阜先生的彩绘下充满了鲜豔的线条与色彩【喝喝茶日月潭】一间以台湾日月潭红茶为主题观光茶厂【清境农场-青青草原 & 清境高空观景步道】位于台湾南投县仁爱乡，海拔约1,700 至2,000 公尺，为中华民国国军退役官兵辅导委员会会所经营之公有事业。与武陵农场、福寿山农场合称为台湾三大高山农场，有「台湾阿尔卑斯山」之称。【入住枫桦台一渡假村】【台一生态休闲农场生态导览 & 园区享用晚餐】

第四天 南投 🚗 嘉义阿里山

早/午/晚

阿里山龙云休闲农场或同级3★

前往【日月潭(群山环抱的高山湖泊-游船体验)】一个位在台湾南投县鱼池乡日月村的半天然淡水湖泊兼水力发电用水库；该潭是台湾本岛面积第二大的湖泊~

【向山游客中心】【伊达邵老街】有著非常多美食小吃、邵族风味餐厅【原住民灵芝特产中心】前往【阿里山】行走【樱之道步道】，之后【入住阿里山龙云休闲农场 *茶园、山峦、云海随处风景如画】农场内享用晚餐，晚餐后【体验农场夜间活动导览(冬季可赏萤火虫|飞鼠|发光菌|捣麻糬接著跟导览)】

第五天 嘉义阿里山 🚗 台北

早/午/—

西门捷丝旅游馆或同级4★

【阿里山森林游园区 | 享受森林浴 | 搭乘阿里山铁路小火车(园区导览-步行 2 小时左右)】(姐妹潭、三伐木、受镇宫等)内除了有丰富珍贵的自然资源之外，亦保留了邹族 200 多年原住民的人文资源，如今更因新中横公路而与玉山国家公园串连起来，前往台北市【台北西门店商圈自理晚餐】入住台北市西门町周边旅馆。

第六天 台北

早/—/晚

西门捷丝旅游馆或同级4★

【野柳地质公园】是大屯山余脉延伸至海中的岬角，受到风化、海蚀及地壳运动等作用，造就了蕈状岩、海蚀洞、豆腐石、烛状岩及壶穴等奇景【九份老街美丽山城】狭小街道汇聚各式店家，传统美食香气扑鼻，一定要品尝芋圆、肉圆、草仔粿等九份经典小食【维格饼家凤梨酥梦工厂】参观介绍，维格饼家精心烘焙的凤梨酥扬名海外，是台湾目前最著名糕点【迪化街古蹟，探访老宅改建】→【大稻埕码头观赏美丽夕阳】伴随著落日余晖的夕阳河畔风情，真的是台北市约会的最佳首选。

第七天 台北 🚗 桃园 ✈️ 吉隆坡

早/—/—

早餐后，从台北酒店送往桃园国际机场，飞返美丽家园



Departure Date 出发日期	Flight Details 航班资料	Tour Fare 团费	Remarks 备注

上述行程仅供参考，然而正确行程乃依据当时实际情况重新调整后为准。

Tour Code: 7TPE-AY (Updated: 09-JUL-2024)



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7D6N WESTERN TAIWAN EXPLORE ALISHAN HEALTH LIFE WELLNESS TOUR

TAIPEI – TAICHUNG – NANTOU – JIAYI - MIAOLI



- ☉ **[Alishan National Forest Recreation Area]** Altitude 2,216 meters, surrounded by high mountains, cool, with sunrise, sea of clouds, sunset, forest, mountaineering forest railway listed as the five wonders of Alishan
- ☉ **[Longteng Broken Bridge (Yutengping Broken Bridge)]** The first scenic spot on the Jiushan Line, known as "Taiwan Railway Art Excellence", is a characteristic shopping street composed of brick arches, steel sheet beams and steel truss beams.
- ☉ **[Taichung Gaomei Wetland]** has rich natural resources and is one of the few collective breeding areas for wild goose and duck in China
- ☉ **[Fengjia Business District]** There are so many delicious foods, you will find many novel things, it is really hard to shop, there are also creative new snacks. just to let everyone eat and stroll while walking.

DAY 1 Kuala Lumpur → Taoyuan - / - / -

Fullon Hotel or Similar 4★

Assemble at Kuala Lumpur International Airport for flight to Taichung, have dinner and check into hotel.

DAY 2 Taipei 火車 Miaoli 火車 Taichung B / L / D

Cloud Hotel or Similar 4★

[Miaoli Shengxing Station], which was the highest railway station in the western railway at that time, with the beauty of the Hakka Mountain city **[Longteng Broken Bridge (Yutengping Broken Bridge)]**, the first scene of the old mountain line, known as **[Taiwan Railway Art]**. "Exquisite" is composed of brick arches, steel sheet beams and steel truss beams. **[Flower Dew Farm (the most beautiful flower viewing farm in Taiwan)]** covers a wide area, where birds and flowers are fragrant. You can enjoy flowers all year round. Romantic lavender, and early spring March and April are the seasons of hydrangea blooming. **[Taichung Gaomei Wetland]** has rich natural resources and is one of the few collective breeding areas for wild goose and ducks in China. **[Taichung Opera House]** is a large-scale public The performance space was designed by Japanese architect Toyo Ito, who won the Pritzker Prize and stayed at the Taichung Hotel. *Travelers walk to the famous food paradise **[Fengjia Night market]** in Taichung.

DAY 3 Taichung 火車 Nantou B / L / -

Tai-Yi Red Maple Resort or Similar 4★

After breakfast **[Rainbow Village]** There is a strange old village in Taichung, full of bright lines and colors under the painting of Mr. Huang Yongfu, the grandfather of Rainbow. **[HOHOCHA]** A sightseeing tea factory with the theme of Taiwan's Sun Moon Lake black tea **[Qingjing Farm & Qingjing High-altitude viewing trail]** Located in Renai Township, Nantou County, Taiwan, at an altitude of about 1,700 to 2,000 meters, it is a public enterprise run by the National Army Retired Officers and Soldiers Guidance Committee of the Republic of China. Wuling Farm、Fushoushan Farm, The three largest mountain farms in Taiwan「Taiwan Alps」。**[Tai-Yi Red Maple Resort]** **[Taiyi Ecological Leisure Farm Ecological Tou & Dinner in the park]**

DAY 4 Nantou 火車 Chia Yi (Alishan) B / L / D

Long Yun Leisure Farm or Similar 3★

Go to **< Sun Moon Lake (Alpine lake surrounded by mountains - cruise experience)>** A semi-natural freshwater lake and hydropower reservoir located in Riyue Village, Yuchi Township, Nantou County, Taiwan; the lake is the second largest lake in Taiwan. **[Xiangshan Visitor Center]** **[Ita Thao Shopping District]** There are many gourmet snacks and Thao restaurants **[Aboriginal Lingzhi Specialty Center]** go to **[ALISHAN]**

Walking on the " **[Alishan Sakura Trail]** , **[Stay at Alishan Longyun Leisure Farm *The tea garden, mountains and sea of clouds are picturesque everywhere Dinner on the farm]** , after dinner **[Experience the guided tour of night activities on the farm (fireflies, flying squirrels, glowing mushrooms, pounding mochi and then guided tour in winter)]**

DAY 5 Chia Yi (Alishan) 火車 Taipei B / L / -

Just Sleep Ximending or Similar 4★

[Alishan National Forest Recreation Area | Enjoy a forest bath | Take the Alishan Railway Train (Park tour - walk for about 2 hours)] (Jiemei (Sister) Lakes、Three logging、Alishan Shouzhen Temple) In addition to rich and precious natural resources, it also retains the humanistic resources of the Tsou people for more than 200 years. Now it is connected with Yushan National Park by the Xinzhongheng Highway, to Taipei City **[Dinner at your own expense in Ximen Commercial District, Taipei]** Check In to Hotels Near Ximending, Taipei.

DAY 6 Taipei B / - / D

Just Sleep Ximending or Similar 4★

[Yeliou] It is the headland where the remnants of Datun Mountain extend to the sea. Due to the effects of weathering, sea erosion and crustal movement, it has created wonders such as mushroom rocks, sea caves, bean curd stones, candle-shaped rocks and potholes. **[JiuFen Street of Old]** The narrow streets gather all kinds of shops, and the traditional food is fragrant. Be sure to try nine classic snacks such as taro balls, meat balls, and grass cakes **[Viggo Bakery Pineapple Cake Dream Factory]** Introduction of the visit. The pineapple cakes carefully baked by Wig Bakery are famous overseas and are currently the most famous cakes in Taiwan. **[Dihua Street Historic Site, Visit the Reconstruction of Old Houses → [Watch the beautiful sunset at Dadaocheng Pier]** With the sunset riverside scenery, it is really the best choice for a date in Taipei

DAY 7 Taipei → Kuala Lumpur B / - / -

After breakfast, free at leisure until gathering time, transfer to airport for flight back to home



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The above itinerary is for reference only, and is subject to any necessary changes in accordance to local requirements.

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