



Breathing with the Forest

Inhale the wisdom of centuries. Exhale into the silence of Taiwan's forests

21-24 May | 24-27 September 2026

Come join us for a few days in Taiwan's forests — slowing down, breathing deeper, and just getting away from the noise. We'll spend time by Cuifeng Lake (the world's quiet trail), walk through Taipingshan, and visit the giant trees of Lalashan — simple moments in nature that help you reset. It's an easy, guided journey with space to just be, along with some light practices like mindful walking and quiet reflection.

ITINERARY

Program	Meals
<p>Day 1 — Thursday, 21 May / 24 Sept 2026 From Airport to the Sea (Yilan) Arrival at Taoyuan International Airport, followed by an easy transfer to Yilan (approx. 1.5 hours). On the way, we'll stop by the sea, a simple moment to stretch, breathe with the ocean, and let the journey gently begin. Once in Yilan, we'll head into town to try the famous xiaolongbao together. After check-in, we'll gather for a short welcome and introduction, then in the evening, take a walk through Luodong Night Market to soak in the local atmosphere.</p>	-/L/D
<p>Day 2 — Friday, 22 May / 25 Sept 2026 The World's Quiet Trail & Forest Walk (Taipingshan) We head up into the mountains of Taipingshan, starting at Cuifeng Lake — home to the world's first certified Quiet Trail. We'll take a slow walk along the circular path, keeping things simple: breathing, listening, and letting the forest do its work. We continue to the Jianqing Historic Trail, following old moss-covered railway tracks through the forest. Later in the afternoon, we wind down at Jiuzhize (Renze) Hot Springs, a nice way to relax, soak, and ease into the calm after a full day outdoors.</p>	B/L/D
<p>Day 3 — Saturday, 23 May / 26 Sept 2026 Ancient Trees & A Slower Pace (Lalashan) We drive about 1.5 hours to Lalashan, home to some of Taiwan's oldest giant trees. A gentle walk along the forest trails and canopy walkway gives us time to slow down, connect, and simply be with the trees. In the afternoon, we continue to our B&B, ending the day with quiet journaling and a relaxed group reflection.</p>	B/L/D
<p>Day 4 — Sunday, 24 April 2026 Easy Morning & Return We make our way back toward Taoyuan International Airport, with a couple of relaxed stops along the way. If the season allows, we'll visit the plum blossoms at Cihu, then continue to Zhongzhen New Village Cultural Park for a casual lunch and a last taste of local life. After that, we head to the airport for departure — carrying a bit of the forest, the sea, and the quiet with us.</p>	B/-/-

Fee

34,900 Baht/person
Single occupancy 9,500 Baht

Included:

- 3 nights' accommodation (twin/group sharing) in a variety of styles
- Airport transfers (Taoyuan International Airport) and all transportation throughout the program
- All meals as specified in the itinerary
- All activities, including a certified Forest Therapy guide (English-speaking Taiwanese) and a Lalashan forest guide (English-speaking Taiwanese)
- Program facilitation and coordination throughout the journey
- Travel insurance

Excluded:

- International flights to/from Taiwan
- Personal expenses (e.g. souvenirs and local products)
- Additional food and drinks not specified in the program
- SIM card and internet access
- Tips for facilitators or community hosts (optional, at your discretion)

Booking & Cancellation

Payment Terms

- Trip fee: 34,900 THB per person (includes accommodation, listed meals, activities, and local transfers)
- 50% deposit required to confirm your booking
- Remaining balance due at least 14 days before departure
- Booking is confirmed upon payment and submission of transfer proof

Cancellation & Refund Policy

- 30+ days before departure: Full refund
- Less than 30 days or no-show: No refund
- In case of force majeure (e.g. severe weather or safety concerns): full refund or option to transfer to a future trip

RESERVATION

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