



Pilgrimage Asia
Eco-Spiritual Tourism & Learning

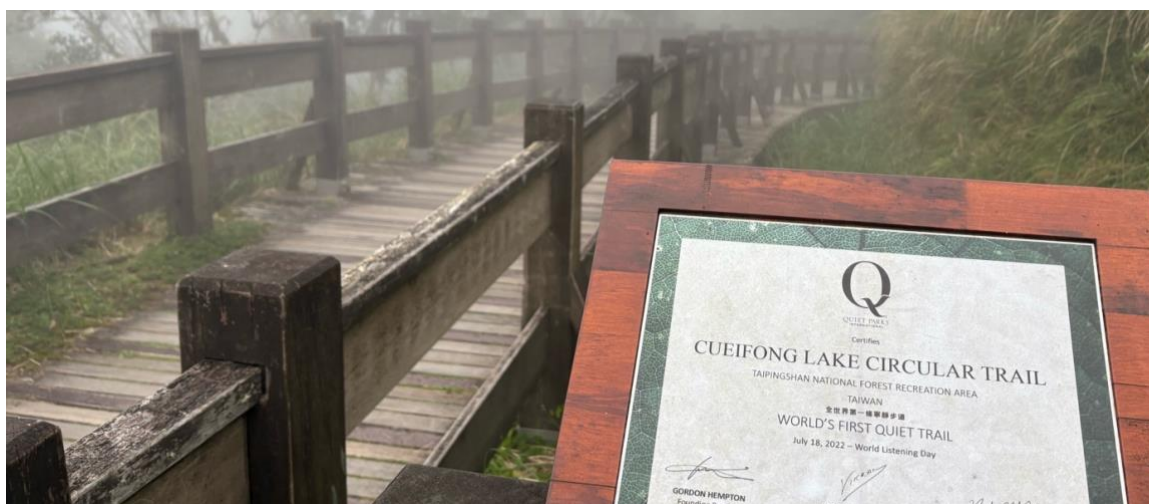
Breathing with the Forest | Taiwan

4 Days 3 Nights

A journey into the quietest corners of Taiwan's forests to reconnect with self through deep listening, mindful breath, and communion with ancient trees and still waters.

Inhale the wisdom of centuries.

Exhale into silence.



Cuifeng Lake (Quiet Forest) – sink into silence, stillness, and reflection

Taipingshan (Forest Bathing + Hotspring) – integrate through breath, warmth, and gentle movement

Lalashan (Old Giant Trees) – connect with lineage, age, rootedness

Core Elements:

Tree Listening & Touch

Slow, intentional contact with old trees. Practices for "listening" to bark, sap, roots, and canopy.

Breath-Sync with Nature

Breath meditation syncing with forest sounds (rustling, birdsong, wind). "Breathing as the forest breathes."

Stillness Practice by Water

Sitting or lying near still waters (Cuifeng), cultivating quiet presence and witnessing inner stillness mirrored in nature.

Forest Walking Rituals

Walking slowly in noble silence, guided by sensory cues (touch, scent, sound) rather than words.

Voice of the Forest Journaling

A reflective practice to "receive" messages from the forest through stream-of-consciousness writing or sketching.

This is a facilitated journey. Participants can expect daily check-ins and circle sharing sessions as part of the group process.

Pilgrimage Asia Co., Ltd. (TAT License No. 11/12316)

77, 79 Fueng Nakhon Road, Wat Ratbopit, Phra Nakhon, Bangkok 10200 Thailand

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Trip Schedule

Group size: 6

Day	Activity	Meal	Stay
Day 1:	Arrival Pick up at Taoyuan International Airport Drive to Taipingshan Stop for lunch in Yilan (drive 1.5 hr) Arrive accommodation (drive 1.5 hr) Breath-Sync with Nature Welcome & Introduction (optional) Bong Bong Train Taipingshan Station	(-/L/D)	Taipingshan area
Day 2:	Stillness Practice by Water Arrive Cuifeng Lake (drive 40 min) Forest Walking Rituals Walk Cuifeng Circular Trail (walk 1.5-2 hr) Soak, Soothe, and Restore Jiuzhize (Renze) Hot Springs (drive 75 min) Drive to accommodation Group Reflection	(B/L/D)	Datong area
Day 3:	Drive to Lalashan (1.5 hr) Tree Listening & Touch Lalashan Guided Tour (walk 3.5 hr) A Taste of Ancestral Earth Lunch: Special Indigenous Meal Drive to accommodation Voice of the Forest Journaling Group Reflection and Debrief	(B/L/D)	Lalashan area
Day 4:	Scenic & History Zhongzhen New Village Cultural Park (drive 1 hr) Lunch at the Cultural Park (own choice) Departure Drop off at Taoyuan International Airport	(B/-/-)	-

Price: 34,900 Thai Baht/person

Note: The trip starts and ends at Taoyuan International Airport (Taipei, Taiwan)

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Included:

- 3 nights accommodation (twin / group sharing) in various style of housing
- Private transportation with a private driver
- All meals stated in the program
- International travel insurance
- Forest Therapy certified guide (English speaking Taiwanese)
- Lalashan forest guide (English speaking Taiwanese)

Excluded:

- International flights to and from Taoyuan International Airport (Taipei, Taiwan)
- Visa to Taiwan
- Personal medication and expenses
- Telephone and internet costs
- **Single occupancy 10,000 Thai Baht in addition**

RESERVATION

Please transfer a deposit of **THB 14,900*** to Pilgrimage Asia's bank account. After completing the transfer, email the transfer slip and confirmation to us at info@pilgrimageasia.com.

Bank account details

Bank: Krungthai
Account Name: Pilgrimage Asia Co., Ltd.
Account Number: 159-0-12795-1
Account Type: saving
Branch: Fueng Nakhon Road, Bangkok
Swift code: KRTHTHBK

**The sender is responsible for any transaction fees.*

The remaining balance of **THB 20,000** is due 30 days prior to the trip start date.

Cancellation Policy

- Cancellations 60 days before the trip starts: Full refund
- Cancellations between 30-59 days before the trip starts: 50% refund
- Cancellations 29 days before the trip starts: No refund

Contact Pilgrimage Asia

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info@pilgrimageasia.com | www.pilgrimageasia.com

Facebook: www.facebook.com/pilgrimageasia

Instagram: www.instagram.com/pilgrimageasia

LINE Official: <https://lin.ee/qIhEUmw>

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