Taiwan Outdoors

YANGMINGSHAN NATIONAL PARK & BEITOU
On Taipei’s doorstep, the park and town offer excellent day hikes, nature-watching and quality hot-springing at resorts or public pools.

TAIPEI
Cycle along landscaped river paths, walk through mangrove forests and hike wooded ridgelines, all in the city.

SHEI-PA NATIONAL PARK
Home of the outstanding and challenging Holy Ridge hike as well as numerous other multiday treks in the high mountains.

WULAI
A lush, mountainous region close to Taipei, Wulai is loaded with hikes through dense jungle, cycling routes along wild canyons and some of Taiwan’s most accessible river-tracing venues.

TAROKO NATIONAL PARK
Cycle from sea level to 3175m, hike through a marble gorge and swim or river trace in crystal blue rivers.

PENGHU ISLANDS
This is one of the world’s top spots for windsurfing. You’ll also find a wealth of swimmable beaches and pristine snorkelling and diving sites at dozens of small coral islands.

THE EAST COAST
In this lightly populated region you’ll find Taiwan’s best cycling routes, some superior hikes and an emerging surf scene.

GUANZILING
Soak in rare mud hot springs and then ride the beautiful Dongshan Coffee Road south to Tainan.

YUSHAN NATIONAL PARK
Climb Taiwan’s highest peak or set out on the week-long historic Batongguan trail.

KENTING NATIONAL PARK
Taiwan’s beach playground also has some sweet cycling on quiet rural roads and along coastal bluffs, and exceptional surfing at Jialeshui.