

# Journey of Hot Spring Therapy and Health Maintenance 【Six Days Five Nights】

























## Mission:



Make use of the warming effects of hot spring and the various minute elements contained in the hot spring water because they pose significant effects to the human body. Also waterfall 【Tapping shower】 has the significant effect of loosening up the body and increasing blood circulation. 【Bathing】 has the effect of calming the nerves and healing insomnia, thus reaching the goal of obtaining comfort and health in the human body.

## Characteristics:

This itinerary offers foreign tourists the combination of Taiwan's health maintenance hot spring such as: Taiwan beautiful skin hot spring, Taiwan beauty hot spring, Taiwan gray hair hot spring. It allows tour members to have a happy and natural journey of health maintenance.

## Introduction :

Day	City	Time	Itinerary/Accommodation	Meal
Day 1	Taoyuan	Noon	 Arrive at Taoyuan International Airport and go for entry clearance.	<b>Lunch on airplane</b>
	Taipei	Afternoon	 Special vehicle delivery to Taipei City for a half-day tour - Taiwan Democracy Memorial Hall, Office of the President Taiwan, 101 building observatory, Martyr's Shrine	
			 Miramar entertainment park	
		 Special vehicle delivery to Beitou hot spring area 【Taiwan beautiful skin hot spring】		
		Evening	 Delicate Taiwanese cuisine for dinner	<b>Dinner in restaurant</b>
【Accommodation Beitou luxurious hot spring hotel】				
Day2	Beitou	Morning	 Breakfast in Hotel	<b>Breakfast in Hotel</b>
	Taipei	Morning	 Special vehicle delivery to the National Palace Museum for a visit	
		Noon	 Traditional Taiwanese cuisine for lunch	<b>Lunch in restaurant</b>
			 Private vehicle delivery to Yangmingshan scenic area	
	Jingshan	Afternoon	 Special vehicle delivery to Jingshan hot spring area 【Taiwan gray hair hot spring】	
		Evening	 Taiwanese cuisine for dinner	<b>Dinner in restaurant</b>
【Accommodation Jingshan luxurious hot spring hotel】				
Day3	Jingshan	Morning	 Breakfast in Hotel	<b>Breakfast in Hotel</b>
	Yilan		 Special vehicle delivery to Suao cold spring area 【Taiwan bubble cold hot spring】	
		Noon	 Traditional Taiwanese cuisine for lunch	<b>Lunch in restaurant</b>
		Afternoon	 Special vehicle delivery to Jiaohsi hot spring scenic area 【Taiwan beauty hot spring】	
		Evening	 Taiwanese cuisine for dinner	<b>Dinner in restaurant</b>
【Accommodation at Jiaohsi luxurious hot spring hotel】				
Day4	Yilan	Morning	 Breakfast in Hotel	<b>Breakfast in Hotel</b>
	Nantou	Morning	 Special vehicle delivery to Puli, Wushe scenic areas for a visit	
		Noon	 Taiwanese cuisine for lunch	<b>Lunch in restaurant</b>
		Afternoon	 Special vehicle delivery to Lushan hot spring area 【Taiwan beauty hot spring】	
		Evening	 Taiwanese cuisine for dinner	<b>Dinner in restaurant</b>
【Accommodation Lushan luxurious hot spring hotel】				
Day5	Nantou	Morning	 Breakfast in Hotel	<b>Breakfast in Hotel</b>
	Tainan		 Special vehicle delivery to Guanziling scenic area for a visit	
		Noon	 Taiwanese cuisine for lunch	<b>Lunch in restaurant</b>

	Afternoon		Special vehicle delivery to Guanziling hot spring 【Taiwan black shale hot spring】	
Kaohsiung	Evening		Hakka cuisine for dinner	<b>Dinner in restaurant</b>
			Night tour of the Love River, Urban Spotlight, 85 Building observatory	
<b>【Accommodation Kaohsiung five-star hotel】</b>				
<b>Day6</b>	Kaohsiung	Morning		Breakfast in Hotel <b>Breakfast in Hotel</b>
		Morning		Special vehicle delivery to Cheng Ching Lake and the city for a visit
		Noon		Taiwanese cuisine for lunch <b>Lunch in restaurant</b>
	Afternoon		Special vehicle delivery to Kaohsiung International Airport for exiting the country procedure	