

FUN TOUR 大玩台中

LOHAS Hike English



Beitun District Dakeng Scenic Area Hiking Trails



Trail Entrance Tourist Attractions Pavilion Parking Lot Toilet

Use the "Fun in Taichung" APP for convenient navigation to the Dakeng Hiking Trails:
Open the APP homepage → Select the "Sports" field at the bottom → Click on "Hiking Trails" → Choose the trail you want to visit → Press "Navigate."

Fun in Taichung IOS APP Fun in Taichung Android APP

Trail 7 / Medicinal Plant Trail
Parent-child Length 1.3km Height 227-373m Distance 1hr

Trail 8 / Adventure Trail
Parent-child Length 0.95km Height 190-353m Distance 30hr

This gentle path links with Trails 6 and 8 and features a wide variety of forest plants with interpretive signs about their traditional medicinal uses.

Connected to Trails 6 and 7, this trail leads to Wind-Moving Rock Park, where forest play zones await—try the acacia slide and climbing nets for a bit of outdoor adventure!

Trail 1 / Fitness Trail
Experienced Length 1.6km Height 433-705m Distance 1-2hr

Think forest gym! This trail features strength stations, stretching areas, and a thrilling "Boss-Level" slope challenge amid lush greenery.

Trail 4 / Butterfly Trail
Experienced Length 1.9km Height 470-859m Distance 2hr

Home to dozens of butterfly species and the stunning summer migration of the purple crow butterfly. The trailhead eco-park also offers glimpses of fireflies and butterflies in their natural habitat.

Trail 9 / Love Trail
Parent-child Length 1.6km Height 170-320m Distance 1hr

A romantic walk through nature with love-themed photo spots. Connecting with Trail 9-1, it forms a charming path of a love story, with sunset views adding sweetness to the journey.

Trail 2 / Colorful Forest Trail
Experienced Length 1.2km Height 478-695m Distance 1-2hr

Enjoy sweeping mountain views and a vibrant mix of native plants like sweetgum, soapberry, Formosan beech, Lithocarpus konishii, and silvergrass—nature's palette at its finest.

Trail 5 / Ridgeline Trail
Recreational Length 1.4km Height 595-859m Distance 1.5hr

This trail runs along the mountain ridge, connecting Trails 1 through 4. With multiple scenic pavilions and platforms, it offers breathtaking views of Taichung City and the Dadu Plateau.

Trail 9-1 / Love Trail
Parent-child Length 0.6km Height 170-320m Distance 30min

This trail features love-themed installations continuing Trail 9's story of a couple in love. Open at night, it offers a magical, romantic setting with glowing evening lights.

Trail 3 / Birdsong Trail
Experienced Length 1.3km Height 415-795m Distance 1-2hr

A haven for bird lovers! With birdhouses and interpretive signs throughout, you might even spot rare species like the crested goshawk or Taiwan blue pheasant.

Trail 5-1 / Handcrafted Literary Trail
Recreational Length 1.6km Height 595-810m Distance 1.5hr

Built using traditional trail-making techniques and inspired by the story *The Brown Frog Comes Down from the Tree* by Japanese author Tsutomu Mizukami, this charming trail blends education with fun storytelling.

Trail 10 / Local Delights Trail
Recreational Length 1.2km Height 170-320m Distance 1hr

Starting at the farmers' market, this trail features cute mascots of local treats like citrus and bamboo shoots. Linked with Trail 9, it leads to a two-level 360° platform with sweeping views of Taichung City.

Trail 3-1 / Birdsong Trail
Experienced Length 0.35km Height 525-610m Distance 30min

Linking Trails 3 and 4 into a scenic loop, this waterside path teems with rich biodiversity.

Trail 6 / Wonderland Trail
Parent-child Length 1.7km Height 227-373m Distance 1hr

Pass through temples like Nanhai Temple, Guanyin Pavilion, and Fude Temple. Along the way, story plaques featuring mythical figures bring a touch of Eastern fantasy to your hike.

Trail 11 - CTUST Guanyinshan Trail / Energy Trail
Parent-child Length 1km Height 190-318m Distance 1hr

A peaceful, soul-soothing forest path that winds its way to the Jade Buddha Temple on South Guanyin Mountain. Ideal for a slow stroll and quiet reflection.

Taichung Tourist Information

Travel Information Transportation Information

Taichung City Government Tourism and Travel Bureau Fun in Taichung APP Taichung City Scenic Area Administration Taiwan High Speed Rail Taiwan Railway Taichung Bus Information System

Tourism Administration, M.O.T.C. 24-Hour Toll-Free Travel Information Hotline 0800-011-765

Tourist Toll-Free Complaints line 0800-211-734

Free consultation hotline for foreigners living in Taiwan 1990

For Emergency Call **110-119** Radio Emergency Channel **145.00**

Radio Beacon Management Information System, Maritime and Port Bureau, MOTC Provides online application registration for Personal Locator Beacons (PLB), which can send distress signals through the international satellite search and rescue system to initiate rescue operations.

Tourist Service

Taichung Station Tourist Service Center 2F, No. 1, Sec. 1, Taiwan Blvd., Central Dist., Taichung City 04-22212126

HSR Taichung Station Tourist Service Center No. 18, Zhanqu 2nd Rd., Wuri Dist., Taichung City 04-36006646

Taichung International Airport Tourist Service Center No. 168, Sec. 1, Zhonghang Rd., Shalu Dist., Taichung City 04-26155029

Dajia Tiezhenshan Visitor Center(outing) No. 221, Chenggong Rd., Dajia Dist., Taichung City 04-26874543

Shigang Visitor Center (Honey Business Development Inc.) No. 1, Shicheng St., Shigang Dist., Taichung City 04-25724511

Tri-Mountain National Scenic Area Headquarters No. 738, Zhongzheng Rd., Wufong District, Taichung City 04-23312678

Guguan Visitor Center No. 102, Sec. 1, Dongguan Rd., Heping Dist., Taichung City 04-25951496

Lishan Visitor Center No. 91-2, Zhongzheng Rd., Heping Dist., Taichung City 04-25981331

Taichung Branch, Forestry and Nature Conservation Agency No. 1, Yixian VII., Nanyang Rd., Fengyuan Dist., Taichung City 04-25150855

Difficulty Level of Trails

Parent-child Gentle and easy, suitable for all ages, perfect for family outings.

Recreational Suitable for general public walking and fitness. Light snacks and drinking water are required.

Experienced Suitable for those who have better physical energy. Food, drinking water, rain gear, clothing, and other basic equipment are required.

Mid-elevation mountain Mid-elevation mountain trails may have complex terrain and forest conditions, hike with caution. Climbing will take approximately one day, suitable for only experienced hikers in good physical condition; full overnight preparation is needed, including food, drinking water, rain gear, map, warm clothes, and medicine.

Dajia District Tiezhenshan Scenic Area Trail

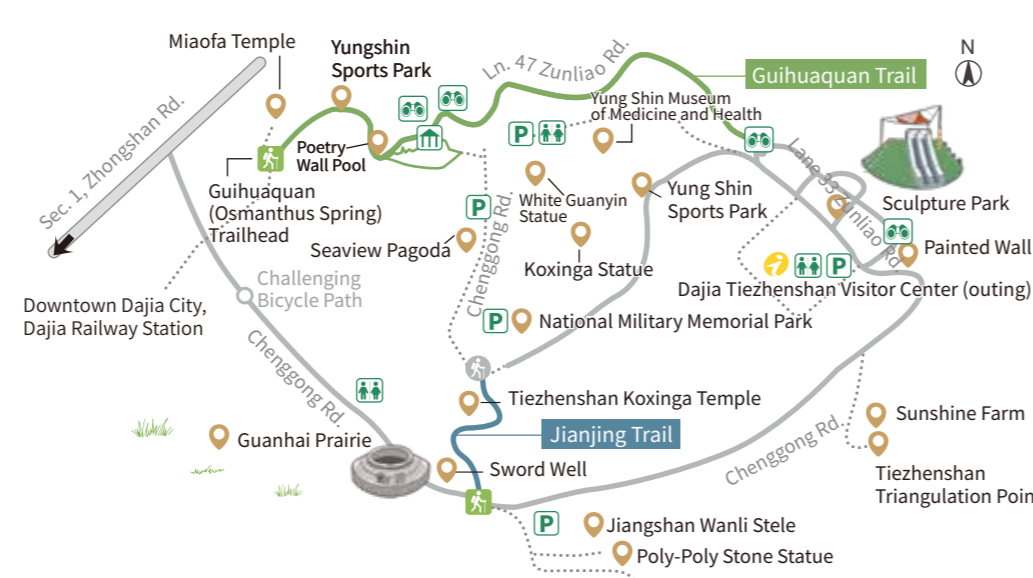


Jianjing Trail
Parent-child Length 0.6km Height 135-185m Distance 20min

This green-lined path links Jianjing to the Military Memorial Park. Hike up for stunning sunset views over the horizon.

Guihuaquan Trail (Osmanthus Spring Hiking Trail)
Parent-child Length 1.45km Height 85-215m Distance 1hr

Divided into four themed sections (Stream, Garden, Mountain, and Forest) this trail lets you experience the area's rich culture, geology, and ecology in one refreshing journey.



Qingshui District



Ao-Feng Hill Park Hiking Trail
Recreational Length 0.65km Height 40-90m Distance 30min

The Ao-Feng Scenic Platform which connected to the trail is the most famous landmark in Ao-Feng Hill Park and is the best place to enjoy the sunset, distant sea view, and night scene.



Dadu District



Wanli Chengcheng Hiking Trail
Recreational Length 3.2km Height 25-300m Distance 1.5hr

Located on the Dadu Plateau, the winding trail resembles the Great Wall, hence its name (Wanli Chengcheng). From here, one can overlook the verdant Dadu hills.

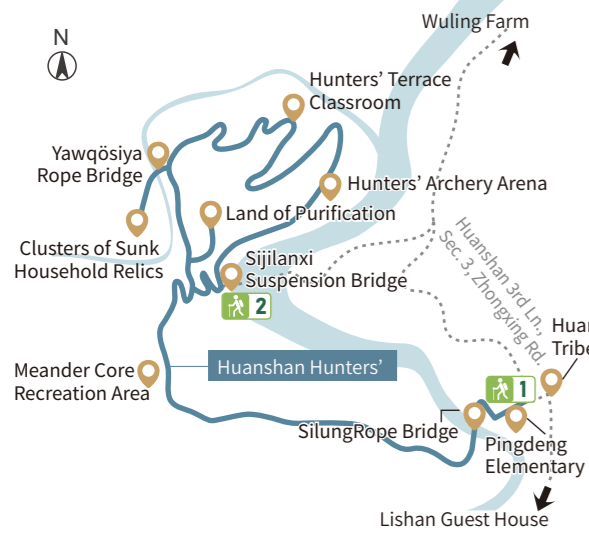
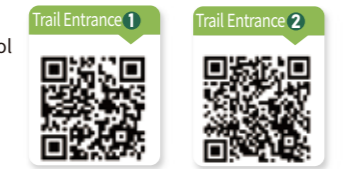
Heping District

Huanshan Hunters' Hiking Trail

Experienced Length 2.5km
Height 1550-1810m Distance 2.5hr



Along the way, there are facilities representing elements of the Atayal tribe, such as Land of Purification, Clusters of Sunk Household Relics, and Hunters' Archery Arena.



Shitoushan Trail

Recreational Length 0.4km
Height 875-1000m Distance 30min

Once a traditional Atayal hunting path, Shitoushan Trail now offers rich forests and cultural landmarks. The "Giant's Arm" sculpture at the trailhead is a popular photo spot with its towering, mysterious presence.



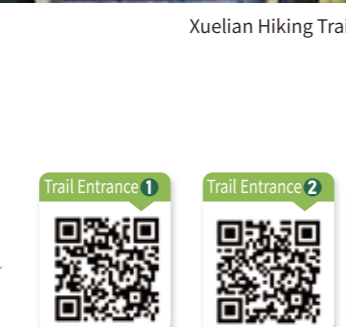
Wuri District



Zhi Gao Zun Walking Trail / Xuelian Hiking Trail

Parent-child Length 3km
Height 39-139m Distance 2hr

The Zhi Gao Zun Walking Trail follows an irrigation canal, featuring aerial walkways and a large banyan tree with intertwined roots. It connects to the Xuelian Trail, leading up "Haohanpo (Hero's Slope)," with a 180-degree view of Wuri and Dadu, plus sunset and golden silvergrass scenery.



Mt. Baimao Trail

Mid-elevation mountain Trail Entrance
Height 913-1522m
Length 2.3km
Distance 4-5hr



The trail mainly passes through broad-leaved secondary forests where birds and other animals forage among dense vegetation. The terrain along the trail is often steep.

Mt. Tangmadan Trail

Mid-elevation mountain Lilang Entrance
Height 650-1305m
Length 5.4km
Distance 4-5hr



The shortest of the Seven Heroes but with a significant height difference, its summit offers a view of the Seven Heroes range. There's a trail leading to the Butterfly Valley Waterfall along the way.

Mt. Wuowei Trail

Mid-elevation mountain Trail Entrance
Height 1769-1915m
Length 6.1km
Distance 6-7hr(round trip)



In spring, the rhododendron forest blooms in vibrant clusters. On clear days, you can overlook the surrounding mountains in the distance from openings along the trail.

Mt. Malun Trail

Mid-elevation mountain Trail Entrance
Height 1051-2305m
Length 7km
Distance 8hr(round trip)



Home to a vast natural forest of Taiwan red pines and maples. The significant height difference makes the entire section almost a continuous ascent.

Mt. Pojinjia Trail

Mid-elevation mountain Trail Entrance
Height 812-1770m
Length 3.2km
Distance 8hr(round trip)



Photo provided by Chen Yanzhu

Baxianshan Main Peak Trail

Mid-elevation mountain Trail Entrance
Height 1029-2366m
Length 6km
Distance 9-10hr(round trip)



The tallest of the Guguan Seven Heroes, the trail's first half is steeper. It's where Shiwu River and Jiabao River converge, creating a view complementing the surrounding mountains. As one of the three major forest stations during the Japanese rule, its aerial ropeway relics can be seen at the 5.5K mark.

Mt. Dongmao Trail

Mid-elevation mountain Trail Entrance
Height 791-1690m
Length 6.7km
Distance 6hr(round trip)



The trail ascends gradually in zigzags, making it a wide and easy path. After reaching the summit, the vast terrain features a large microwave reflector and offers a 360-degree expansive view.

Guguan Seven Heroes Hiking Trails

Mountain Climbing Certification

Log into the "Fun in Taichung" APP and go to the Guguan Seven Heroes event page.

After downloading the offline map, transmit the GPS location at the triangulation points to receive virtual badges.

Upon completing a round, you can obtain the Guguan Seven Heroes Climbing Certification.

! Safety Precautions

The Guguan Seven Heroes are not ordinary hiking trails; they belong to the General Area defined in the Taichung City Self-Government Ordinance for Mountain Climbing Activities. Please check the details of this ordinance, assess your physical condition, and properly plan your itinerary.

Shuangqi Village Maifuping Hiking Trail

Experienced Length 2.6km
Height 520-760m Distance 3hr

This trail features breathtaking views, unique geology, and pristine forest ecology. Take in sweeping vistas of Shuangqi Village and the Daan River along the way.



Houli District

Mt. Fenghuang / Mt. Guanyin Trail

Parent-child **Recreational**
Height 320-496m
Length 1.8km/Mt. Fenghuang, 1.9km/Mt. Guanyin
Distance 1hr Each

The route features fruit trees, bamboo groves, and a serene atmosphere. Tourist photo spots include phoenix and leopard cat installations. Nearby Guanyin Mountain, Houli's highest peak, leads to Maozishan Pavilion, which offers panoramic views of Yuemei Mountain.

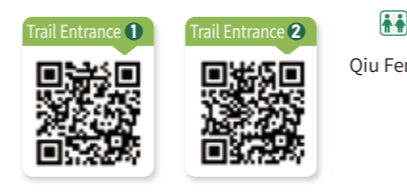


Fengyuan District

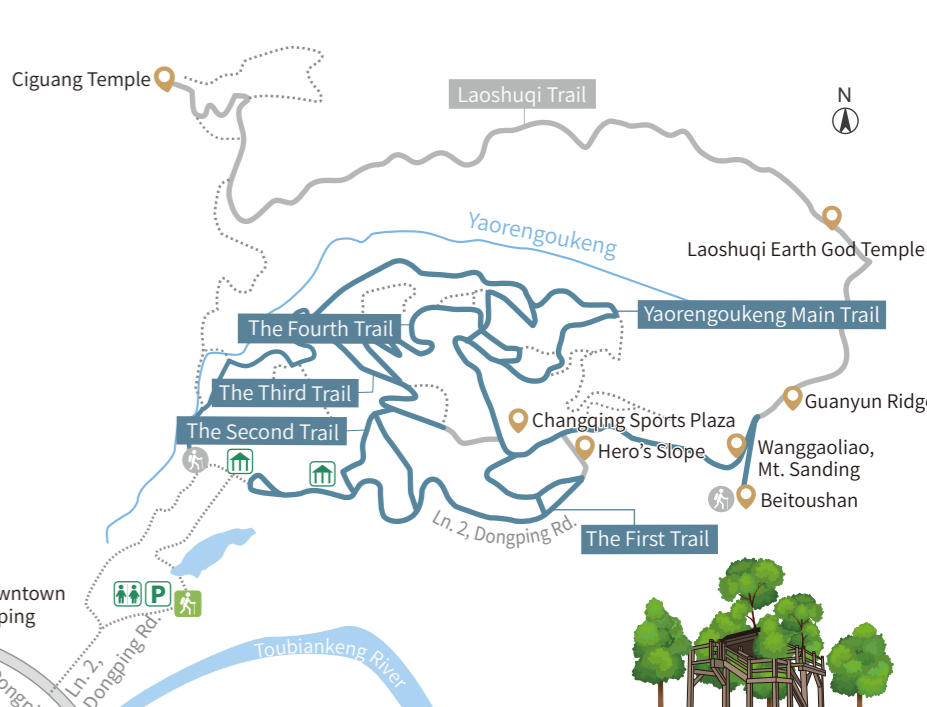
Gonglaoping Wugongqi Hiking Trail

Recreational Length 0.6km
Height 290-420m Distance 25min

The location of the trail, Wugongqi, is also named Centipede Ridge due to its winding path, with many observation decks along the way. Gonglaoping Park boasts a breathtaking night view worth millions of dollars.



Taiping District



Yaorengoukeng Hiking Trail

Recreational Length 3.3km
Height 145-480m Distance 1.5hr

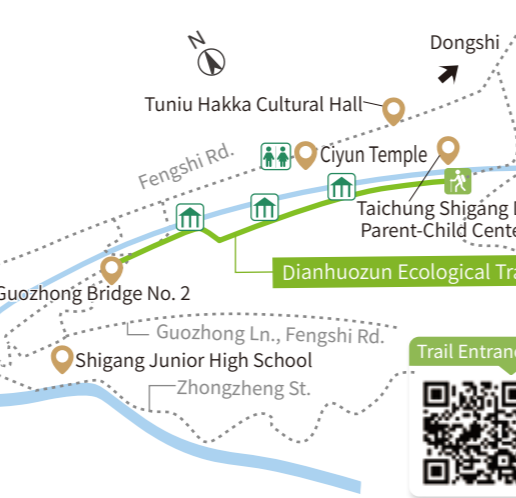
A circular trail along which various insects and plants can be observed. Upon reaching the top, one can overlook the winding view of the Toubiankeng River.

Shigang District

Dianhuozun Ecological Trail

Parent-child Length 2.5km
Height 344-378m Distance 1.5hr

Walking along the Babao Canal, near the Tiaowu Historic Trail and Jiufang Village Trail. The trail is gentle and densely shaded by trees, taking visitors directly to the Tuniu Hakka Cultural Hall and Lovers' Wood Bridge.



Tanzi District

Xintian Hiking Trail

Recreational **Experienced** Length 2.9km
Height 180-495m Distance 2hr

The winding trail is built according to the terrain of the mountainside, and from the Eagle-watching platform at the highest point, you can overlook downtown Fengyuan City.

