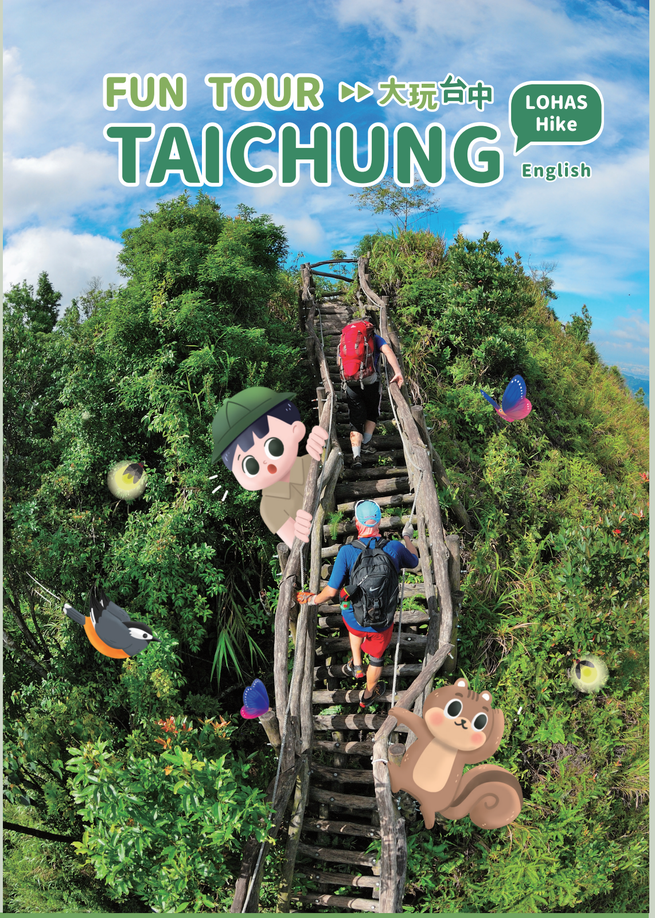


FUN TOUR ▸▸大玩台中 TAICHUNG

LOHAS Hike

English

Taichung Tourist Information

Travel Information

Taichung City Government Tourism and Travel Bureau

Fun in Taichung APP

Taichung City Scenic Area Administration

Transportation Information

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 Tourist Service 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 Vil., 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.

Notices

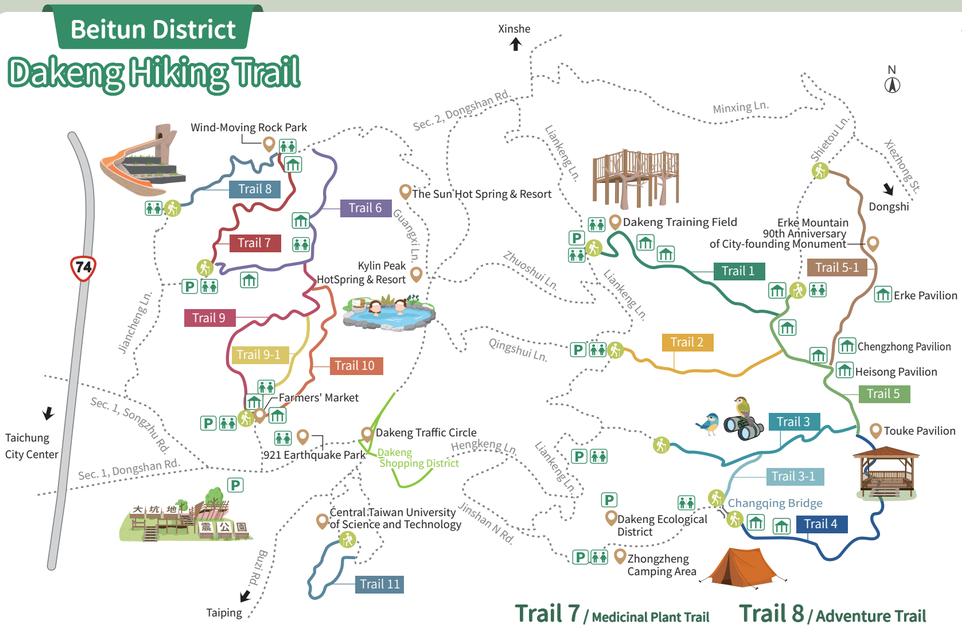
- Before setting out, please be sure to check the weather and road conditions.
- Do not go hiking immediately before or after typhoons or heavy rains.
- Prepare enough food and drinking water, and bring rain gear, sunblock, and insect repellent.
- Feeding animals, picking flowers, damaging plants and cooking are prohibited.
- The difficulty of hiking trails varies, please consider your physical strength and equipment.
- Leave no trace. Anything that doesn't belong in the mountains, including trash, must be carried back down with you.

TAICHUNG 觀光旅遊局 臺中市政府 Tourism and Travel Bureau | 42007 5F., No. 36, Yangming St., Fengyuan District, Taichung City | 04-22289111

Edited and printed by 2026.08 AD

Beitun District

Dakeng Hiking Trail



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 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 2 / Colorful Forest Trail

Experienced · 長度 1.2km · 高度 478~695m · 路程 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 3 / Birdsong Trail

Experienced · 長度 1.3km · 高度 415~795m · 路程 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 3-1 / Birdsong Trail

Experienced · 長度 0.35km · 高度 525~610m · 路程 30min



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

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 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 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 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 7 / Medicinal Plant Trail

Parent-child · Length 1.3km · Height 227~373m · Distance 1hr



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.

Trail 8 / Adventure Trail

Parent-child · Length 0.95km · Height 190~353m · Distance 30min



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 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 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 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 11 / Energy Healing 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.

Dajia District

Tiezhenshan Scenic Area Trail

Jianjing Trail

Parent-child · Length 0.6km · Height 135~185m · Distance 20min

Trail Entrance

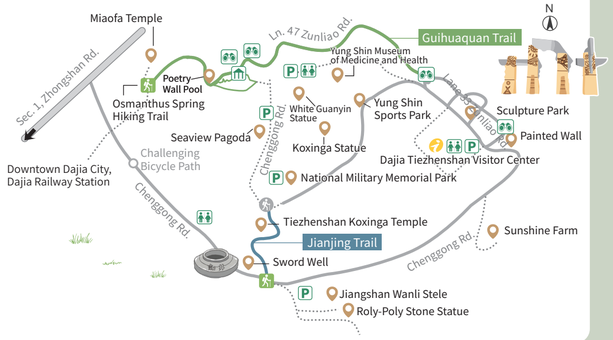
This green-lined path links Jianjing to the Military Memorial Park. Hike up for stunning sunset views over the horizon.

Guihuaquan Trail (Osmanthus Spring Hiking Trail)

Parent-child · Length 1.45km · Height 85~215m · Distance 1hr

Trail Entrance

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



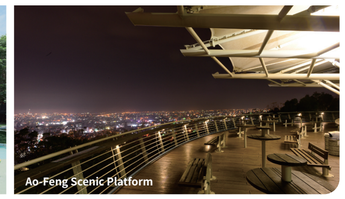
Qingshui District

Ao-Feng Hill Park Hiking Trail

Recreational · Length 0.65k · Height 40~90m · Distance m

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 scenic.





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.

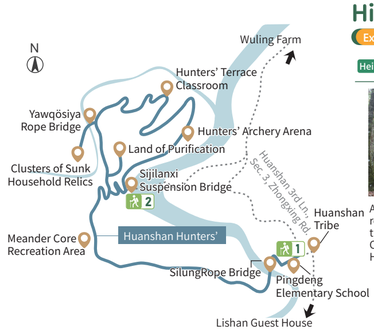
Trail Entrance · Tourist Attractions · Observation deck · Pavilion · Parking Lot · Toilet

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.

Trail Entrance 1 | Trail Entrance 2

Shitoushan Trail

Recreational | Length 2.4km | Height 875~1000m | Distance 2hr

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.

Trail Entrance





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.



Xuelian Hiking Trail

Trail Entrance 1 | Trail Entrance 2

Mt. Baimao Trail

Mid-elevation mountain | Trail Entrance

Height 913~1522m | Length 2.3km | Distance 4-5hr

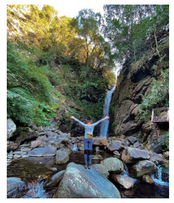


The trail mainly passes through broad-leaved secondary forests where birds and other animals forage among dense vegetation. The terrain along the trail is often steep.

Mt. Tangmadan Trail

Mid-elevation mountain | Lilang Entrance

Height 650~1305m | Length 5.4km | Distance 4-5hr

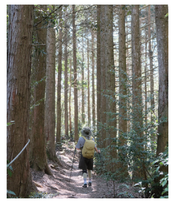


The shortest of the Seven Heroes but with a significant height difference, its summit offers a view of the Seven Heroes range. There's a trail leading to the Butterfly Valley Waterfall along the way.

Mt. Wuwowei Trail

Mid-elevation mountain | Trail Entrance

Height 1769~1915m | Length 6.1km | Distance 6-7hr(round tr



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 1051~2305n | Length 7km | Distance 8hr(round tr



Home to a vast natural forest of Taiwan red pine, where fallen pine leaves cover the trail like a thick carpet.

Mt. Pojinjia Trail

Mid-elevation mountain | Trail Entrance

Height 812~1770m | Length 3.2km | Distance 8hr(round trip



Photo provided by Chen Yanzhu

The trail is lined with towering Taiwan red pines and maples. The significant height difference makes the entire section almost a continuous ascent.

Baxianshan Main Peak Trail

Mid-elevation mountain | Trail Entrance

Height 1029~2366m | Length 6km | Distance 9-10hr(round tri



The tallest of the Guguan Seven Heroes, the trail's first half is steeper. It's where Shiwen 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.



Trail Entrance | Tourist Attractions | Triangulation Point | Suspension Bridge | Pavilion | Parking Lot | Toilet

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.

Guguan Seven Heroes Hiking Trails

谷關七雄

Guguan Seven Heroes 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.

Shuangqi Tribe Maifuping Trail

Experienced | Length 3.05km | 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.



Trail Entrance

Houli District

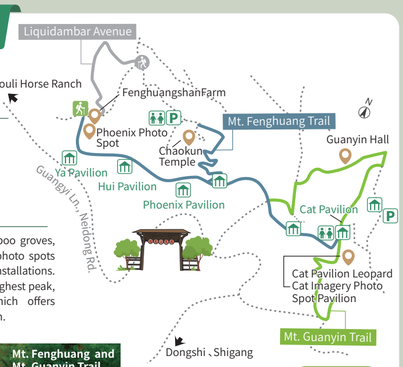
Mt. Fenghuang/ Mt. Guanyin Trail

Parent-child | Recreational

Height 320~496m | Length 1.6km/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.





Trail Entrance

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.

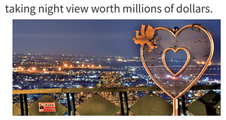


Fengyuan District

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 breath-taking night view worth millions of dollars.



Trail Entrance 1 | Trail Entrance 2

Tanzi District

Xintian Hiking Trail

Recreational | Experienced

Height 180~495m | Length 2.9km | 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.

Trail Entrance



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.

Trail Entrance