



Taiwan 7-Day Itinerary

Map of Taiwan

Jiufen & Shifen
(Day 2)

Taipei (Day 1)

Taichung
(Day 3)

Nantou (Day 4)

Tainan
(Day 5)

Kaohsiung
(Day 6)

Kenting
(Day 7)



Scan/Tap
to open Maps

Taiwan

Whether you're into street food or fantastic sights, Taiwan has it all. From the vibrant streets in Taipei, take day trips to magical Jiufen or release lanterns on Shifen Old Street. Continue your adventure with a trip along the coast, with everything from white sand beaches to majestic temples.

No matter how many times you've been, Taiwan is always sure to surprise.



Day 1

Taipei

Day 2

Jiufen/Shifen

Day 3

Taichung

Day 4

Nantou

Day 5

Tainan

Day 6

Kaohsiung

Day 7

Kenting



Taipei

Day 1

This lively city is a real treat for the senses,
with world-class shopping and street snacks
on every corner.

Have a Local Breakfast at Fu Hang Soy Milk

This MICHELIN Guide store is famous for their salty soybean curd and crisp youtiao (fried dough) sticks. There's always a long (though quite fast-moving) queue, so try to come early.

Cost: ~NT\$25 – NT\$60

Tour Timings: 5:30AM – 12:30PM; closed on Mon

[More Info](#)

ACTIVITY 1

Visit the Top of Taipei 101

See stunning city views atop the icon of Taipei (and one of the ten tallest buildings in the world)!

Entrance fee: Varies by time and number of people in your group

Opening hours: 11AM – 9PM (Mon – Fri), 10AM – 9PM (Sat – Sun); last admission at 8:30PM. Closed on Mon

[More Info](#)

ACTIVITY 2



Wander Around Ximending Shopping Street

Taipei's iconic shopping street is packed with everything from international brands to boutique pop-ups. Keep your eyes (and ears) out for the street buskers!

Cost: Varies

Opening hours: Most shops open from 11AM – 10PM

[More Info](#)



Try the Famous Ay-Chung Flour-Rice Noodle

You'll always find a queue at this store, but it's worth the wait for chewy ingredients and a tasty and spicy broth.

Cost: ~NT\$50 – NT\$65 per bowl

Opening hours: 10AM – 11PM

[More Info](#)

OR

Eat Braised Pork Rice at Tiantianli Restaurant

This shop serves affordable lu rou fan — tender, juicy pork belly drenched in a sweet-and-savoury sauce.

Cost: ~NT\$25

Opening hours: 9:30AM – 10:30PM; closed on Mon

[More Info](#)

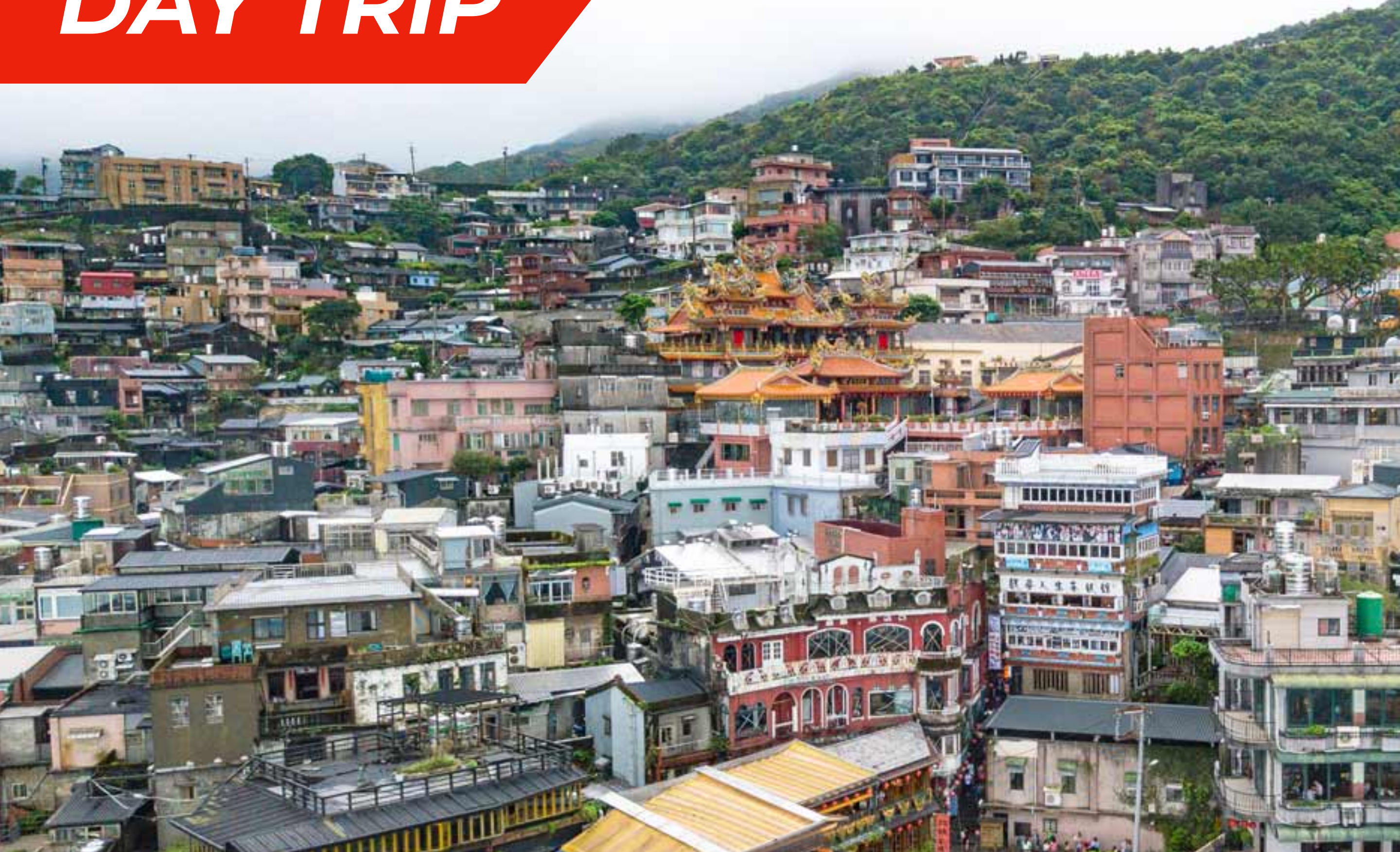


Jiufen Shifen

Day 2

With gorgeous countryside scenery and vintage vibes, Jiufen and Shifen make fantastic day trips out of the city. If you start early, you can visit both districts on the same day!

DAY TRIP



Go Back in Time at Jiufen Old Street

This mystical, mountainside town is famous for its xiaochi (street food), made even more enjoyable with the enchanting views.

Jiufen Old Noodle Shop

(Beef Noodles)

Cost: ~NT\$120 per bowl

Opening hours: 10:30AM –
7:30PM (Mon – Fri), 10:30AM –
8:30PM (Sat – Sun)

[More Info](#)

A-Jou Peanut Ice Cream Roll

Cost: ~NT\$40 per piece

Opening hours: 9AM – 7PM

[More Info](#)

Wu Di Taiwanese Sausage

Cost: ~NT\$40 per piece, or
~NT\$100 for three pieces

Opening hours: 9AM – 7PM

[More Info](#)

Lai Ah Po Taro Balls

Cost: ~NT\$50 per bowl

Opening hours: 7AM – 9PM

[More Info](#)

DAY TRIP



Wish on Lanterns at Shifen Old Street

With its old-school train station, this charming town feels stuck-in-time. Watch the sky fill with pretty lanterns, and take a stroll to the nearby waterfall.

Shifen Sky Lanterns

Cost: ~NT\$100 – NT\$200

Opening hours: Most operators open from sunrise to sunset

[More Info](#)

Shifen Waterfall

Cost: Free

Opening hours: 24hrs

[More Info](#)

Taichung

Day 3

Time to hit the road! First stop is Taichung, known for its amazing arts scene and, of course, street food. It's also a photographer's paradise, with beautiful man-made landscapes.

ACTIVITY 1



Admire the Rainbow Village

This rundown housing estate was about to be demolished, until a resident started painting crazy, colourful murals!

Cost: Free

Opening hours: 8AM – 6PM

[More Info](#)

ACTIVITY 2

Watch the Sunset at the Gaomei Wetlands

It's just rows of windmills along the beach. But you'd be surprised — the Gaomei Wetlands is a photographer's paradise, with dramatic silhouettes and a stunning sunset.

Cost: Free

Opening hours: 24hrs

[More Info](#)

FOOD

Feast at the Feng Chia Night Market

Complement your visual feast with a real one at Feng Chia, one of the largest night markets in Taiwan.

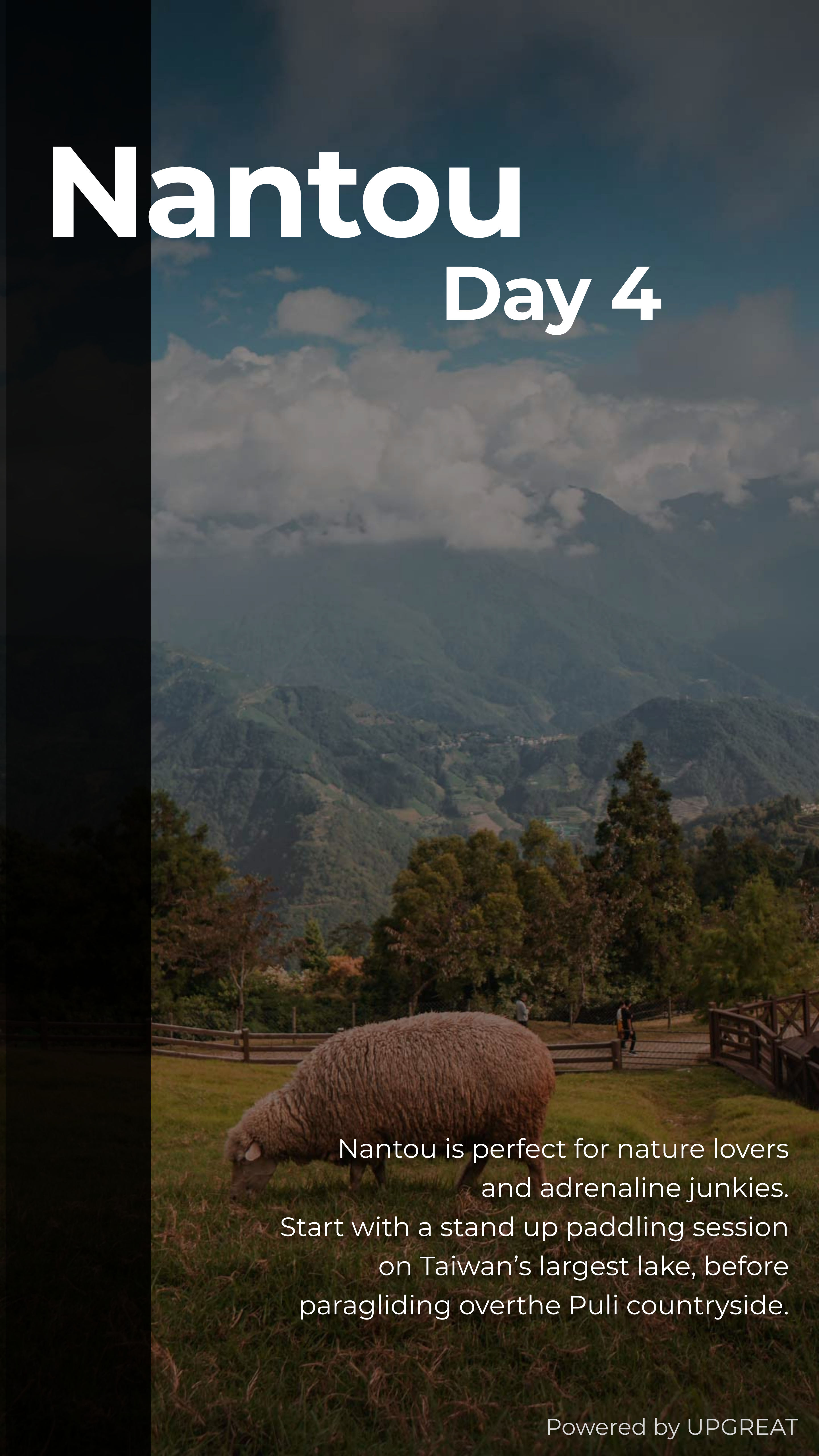
Cost: Varies

Tour Timings: 4PM – 2AM (Tue – Sun), 4PM – 1AM (Mon)

[More Info](#)

Nantou

Day 4



Nantou is perfect for nature lovers
and adrenaline junkies.
Start with a stand up paddling session
on Taiwan's largest lake, before
paragliding over the Puli countryside.

ACTIVITY 1



Stand Up Paddling at Sun Moon Lake

The calm, glistening waters are perfect for SUP beginners. If you want to enjoy the sunrise, drive to Nantou the night before so you can join the dawn session.

Cost: ~NT\$1,500 for three hours

Activity Timings: Varies by operator

[More Info](#)

ACTIVITY 2

Paragliding Over Puli

One of Taiwan's best paragliding spots, with a wide valley surrounded by gorgeous mountains and lakes.

Cost: ~NT\$2,600 per flight (at least 10 mins guaranteed)

Activity timings: Varies by operator

[More Info](#)

Tainan

Day 5



Tourists often skip Tainan because they don't know about its hidden gems. Cycle around to uncover unique sights in Taiwan's oldest city!

ACTIVITY 1

Cycle Along Anping District

Explore this district's nooks and crannies the old-school way — by bicycle! Make a stop at the Anping Tree House, a safe yet exciting spot for urban exploration.

Anping Tree House

Cost: ~NT\$50

Opening hours: 8:30AM – 5:30PM

[More Info](#)

FOOD



Eat Like the Locals Do at Dayou Xing Yi Noodles

Enjoy a traditional Taiwanese meal — dry-tossed noodles with tasty braised meats.

Cost: ~NT\$35 per bowl

Opening hours: 11AM – 2PM for lunch and 4:30PM – 7:30PM for dinner; closed on Mon

ACTIVITY 2



Catch a Flick at Quan Mei Movie Theatre

Check out the unique, hand-painted movie posters hung along the walls of this vintage movie theatre.

Cost: NT\$140 per movie

Opening Hours: 12:30PM – 11PM (Mon – Fri), 10:30AM – 11PM (Sat – Sun)

[More Info](#)

Kaohsiung

Day 6

Head to this humble port city for larger-than-life attractions and some of Taiwan's best food.

Powered by UPGREAT

ACTIVITY 1

See the Stunning Dome of Light at Formosa Boulevard Station

Step into a train station to see the largest glass work in the world — a stunning rainbow kaleidoscope!

Cost: Free

Opening Hours: 5:55AM – 12:25AM. There are also short light shows at 11AM, 3PM, and 8PM daily

[More Info](#)

ACTIVITY 2



Visit the Dragon and Tiger Pagodas

At this surreal attraction, get some good luck by entering through the dragon's mouth. Don't enter through the tiger's mouth, as that's supposed to bring bad luck!

Cost: Free

Opening hours: 8AM – 5PM

[More Info](#)

OR

Explore the Fo Guang Shan Buddha Museum

Taiwan's largest Buddhist temple has some awesome sights — like a seated Buddha that's over 100m high!

Cost: Free

Opening hours: 9AM – 7PM; closed on Tue

[More Info](#)



Enjoy Street Eats at Rui Feng Night Market

This famous night market has many iconic street snacks, like bubble tea toast and tender beef cubes!

[More Info](#)

Giant Takoyaki

Cost: ~NT\$60 per piece

Opening hours: 5:30PM – 12:30AM; closed on Mon and Wed

[More Info](#)

Royal Beef Cubes

Cost: ~NT\$100 – NT\$200

Opening hours: 5PM – 1AM; closed on Mon and Wed

Good Eat Toast (Bubble Tea Toast)

Cost: ~NT\$50

Opening hours: 5:30PM – 12:30AM; closed on Mon and Wed

[More Info](#)

FOOD



OR

Try Duck Zhen's Famous Noodles

This Kaohsiung eatery specialises in braised duck, serving it cold to keep the meat juicy.

Cost: ~NT\$50 – NT\$65

Opening hours: 10AM – 8PM; closed on Tue

[More Info](#)

Kenting

Day 7



Taiwan's very own Hawaii is a laid-back paradise, with pretty white sand beaches and gorgeous sunsets.

ACTIVITY 1



Water Activities Along the Coast

Have a blast trying the watersports along Nanwan Beach (South Bay), from banana-boating to jet-skiing.

Cost: Varies by sport

Opening hours: Varies. Arrive by 3PM for adequate time on the water

[More Info](#)

OR

Road Trip Around Kenting National Park

Chill out along Taiwan's southernmost tip, with breathtaking views of the ocean.

[More Info](#)

Longpan Park

Cost: Free

Opening hours: 24hrs

Bai Sha Bay

Cost: Free

Opening hours: 24hrs

ACTIVITY 2

Enjoy the Sunset at Guanshan Lookout

This sunset is often on the ‘world’s most beautiful’ lists, with brilliant hues of orange, purple, and pink.

Cost: ~NT\$60

Activity Timings: 9AM – 7PM; best visited at sunset

[More Info](#)

Proudly brought to you by:



Visit [UPGREAT](#) for more deals and travel inspiration!