



ITINERARY PLANNER

Taiwan 7-Days Itinerary Planner



Day 01 Taipei Arrival & Night Markets

🕒 8:00 AM – ARRIVE IN TAIPEI & HOTEL CHECK-IN



- Get settled and rest before exploring.
- 📍 [Zhongzheng or Ximending area](#)

🕒 9:30 AM – VISIT LONGSHAN TEMPLE



- One of Taipei's oldest and most famous temples.
- 📍 [Wanhua District, Taipei](#)

🕒 12:00 PM – LUNCH AT DIN TAI FUNG



- Famous for xiaolongbao (soup dumplings).
- 📍 [Xinyi Road, Taipei 101 branch](#)

🕒 3:00 PM – EXPLORE CHIANG KAI-SHEK MEMORIAL HALL



- Grand landmark with historical exhibitions.
- 📍 [Zhongzheng District, Taipei](#)

🕒 7:00 PM – DINNER & SHOPPING AT RAOHE NIGHT MARKET



- Try pepper buns, bubble tea, and grilled squid.
- 📍 [Raohe Street, Songshan District](#)

Day 02

Modern Taipei & Views

🕒 8:00 AM – BREAKFAST AT YONGHE SOY MILK KING



- Local breakfast like egg crepes and soy milk.
- 📍 [Daan District, Taipei](#)

🕒 9:30 AM – TAIPEI 101 OBSERVATORY



- Ride one of the world's fastest elevators.
- 📍 [Xinyi District, Taipei](#)

🕒 12:00 PM – LUNCH AT SHIN YEH TABLE



- Fine dining with views of the city.
- 📍 [85F of Taipei 101](#)

🕒 3:00 PM – HIKE ELEPHANT MOUNTAIN (XIANGSHAN)



- Best sunset spot over Taipei skyline.
- 📍 [Xiangshan Trail, Xinyi District](#)

🕒 7:00 PM – DINNER AT TONGHUA NIGHT MARKET



- More local street eats and shopping.
- 📍 [Linjiang Street, Daan District](#)

Day 03

Day Trip to Jiufen & Shifen

🕒 8:00 AM – TRAIN OR TOUR TO JIUFEN VILLAGE



- Mountain town with teahouses and views.
- 📍 [Ruifang District, New Taipei City](#)

🕒 10:00 AM – EXPLORE JIUFEN OLD STREET



- Try taro balls, herbal jelly, and fish ball soup.
- 📍 [Jiufen Old Street](#)

🕒 12:00 PM – LUNCH AT A-MEI TEA HOUSE



- Iconic tea house with a view.
- 📍 [Jiufen](#)

🕒 3:00 PM – VISIT SHIFEN WATERFALL



- Taiwan's widest waterfall.
- 📍 [Pingxi District, New Taipei City](#)

🕒 7:00 PM – RELEASE SKY LANTERNS IN SHIFEN OLD STREET



- A magical end to your day.
- 📍 [Shifen Railway Tracks](#)

Day 04 Nature & History in Taichung

🕒 8:00 AM – HIGH-SPEED TRAIN TO TAICHUNG (1 HR)



- Taipei Main Station to Taichung HSR

🕒 10:00 AM – VISIT RAINBOW VILLAGE



- Colorful houses painted by a retired soldier.
- 📍 **Nantun District, Taichung**

🕒 12:00 PM – LUNCH AT CHUN SHUI TANG



- Birthplace of bubble tea.
- 📍 **Gongyi Rd, Taichung**

🕒 3:00 PM – EXPLORE NATIONAL TAICHUNG THEATER



- Artistic architecture and performances.
- 📍 **Xitun District, Taichung**

🕒 7:00 PM – FENGJIA NIGHT MARKET



- Taiwan's largest night market.
- 📍 **Xitun District**

Day 05

Sun Moon Lake Escape

🕒 8:00 AM – BUS OR PRIVATE TRANSFER TO SUN MOON LAKE



- Taichung to Nantou County

🕒 10:30 AM – BOAT RIDE ON SUN MOON LAKE



- Scenic cruise around the lake.
- 📍 **Shuishe Pier**

🕒 12:00 PM – LUNCH AT ITA THAO VILLAGE



- Try aboriginal dishes and lake fish.
- 📍 **Ita Thao, Sun Moon Lake**

🕒 3:00 PM – VISIT WENWU TEMPLE



- Lakeside temple with mountain views.
- 📍 **North side of the lake**

🕒 7:00 PM – DINNER AT HOTEL OR LAKESIDE RESTAURANT



- 📍 **Shuishe Village**

Day 06

Return to Taipei + Relax

🕒 8:00 AM – RETURN TO TAIPEI BY BUS OR TRAIN



- 📍 **Depart from Sun Moon Lake**

🕒 11:00 AM – CHECK-IN AND FRESHEN UP



- 📍 **Taipei hotel**

🕒 12:30 PM – LUNCH AT ADDICTION AQUATIC DEVELOPMENT



- Seafood market meets sushi bar.
- 📍 **Zhongshan District, Taipei**

🕒 3:00 PM – RELAX AT BEITOU HOT SPRINGS



- Soak in geothermal waters.
- 📍 **Beitou District**

🕒 7:00 PM – DINNER AT SHUANGLIAN MARKET



- Local favorite for low-key bites.
- 📍 **Datong District**

Day 07

Culture & Departure

🕒 8:00 AM – BREAKFAST AT HOTEL OR YONGHE SOY MILK KING



- 📍 **Daan District, Taipei**

🕒 9:30 AM – VISIT NATIONAL PALACE MUSEUM



- Ancient Chinese art and treasures.
- 📍 **Shilin District, Taipei**

🕒 12:00 PM – LUNCH AT NEARBY TEAHOUSE OR MUSEUM CAFÉ



- 📍 **Zhishan Rd**

🕒 2:00 PM – LAST-MINUTE SHOPPING AT TAIPEI MAIN STATION



- Pick up gifts and snacks.
- 📍 **Taipei Main Station Underground Mall**

🕒 5:00 PM – TRANSFER TO TAOYUAN AIRPORT



- 📍 **Taipei to Taoyuan International Airport (TPE)**



DON'T FORGET THESE ESSENTIALS! *checklist*

ESSENTIALS

- | | |
|---|--|
| <input type="checkbox"/> PASSPORT/ID | <input type="checkbox"/> PHONE AND CHARGER |
| <input type="checkbox"/> TRAVEL TICKETS (AIRLINE, TRAIN, ETC.) | <input type="checkbox"/> TRAVEL ADAPTER |
| <input type="checkbox"/> WALLET (CREDIT CARDS, CASH,
TRAVEL INSURANCE) | <input type="checkbox"/> SUNGLASSES |
| | <input type="checkbox"/> REUSABLE WATER BOTTLE |

CLOTHING

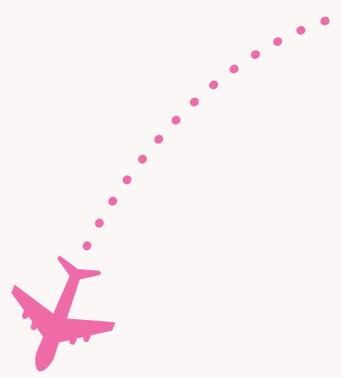
- | | |
|---|--|
| <input type="checkbox"/> TOPS (T-SHIRTS, BLOUSES, SWEATERS) | <input type="checkbox"/> SHOES (CASUAL, FORMAL, WALKING, OR
SPECIALTY FOOTWEAR) |
| <input type="checkbox"/> BOTTOMS (PANTS, SHORTS, SKIRTS) | <input type="checkbox"/> ACCESSORIES (HATS, BELTS, SCARVES) |
| <input type="checkbox"/> UNDERGARMENTS AND SOCKS | <input type="checkbox"/> OUTERWEAR (JACKETS, COATS, RAIN GEAR) |
| <input type="checkbox"/> SLEEPWEAR | |
| <input type="checkbox"/> SWIMSUIT | |

TOILETRIES AND PERSONAL CARE

- | | |
|---|--|
| <input type="checkbox"/> TOOTHBRUSH, TOOTHPASTE, FLOSS | <input type="checkbox"/> DEODORANT |
| <input type="checkbox"/> SHAMPOO, CONDITIONER, AND BODY WASH
(TRAVEL SIZE) | <input type="checkbox"/> HAIRBRUSH OR COMB |
| <input type="checkbox"/> SKINCARE | <input type="checkbox"/> MEDICATIONS |
| <input type="checkbox"/> MAKEUP AND REMOVER WIPES | <input type="checkbox"/> FIRST AID KIT |

ELECTRONICS

- | | |
|---|---|
| <input type="checkbox"/> SMARTPHONE AND CHARGER | <input type="checkbox"/> LAPTOP OR TABLET |
| <input type="checkbox"/> POWER BANK | <input type="checkbox"/> HEADPHONES OR EARBUDS |
| <input type="checkbox"/> TRAVEL ADAPTER | <input type="checkbox"/> CAMERA AND ACCESSORIES |



Travel Tips for Taiwan 💡

💰 Carry Cash & EasyCard

Many places accept cards, but cash is still king. Use an EasyCard for buses, MRT, and convenience stores.

🍜 Eat at Night Markets

Don't miss local favorites like beef noodles, stinky tofu, and bubble tea; all best enjoyed at night markets.

🛵 Use Public Transport or Scooters

Taiwan's trains and MRT are clean and reliable. In small towns, rent a scooter for more freedom.

💧 Prepare for Humidity

Pack light clothes, stay hydrated, and carry a small towel or fan; summers are hot and sticky!



Daily Planner

TOP PRIORITY

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

DATE

IMPORTANT REMINDERS

PLAN OF ACTION

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

MEAL PLAN

BREAKFAST

LUNCH

DINNER

WATER INTAKE 

NOTE TO SELF