



# TAIPEI

Less than 45min south of downtown Taipei, the Wulai National Scenic Area is an area of gorges and lushly vegetated mountainsides that seems a world away from the nearby city. Northern Taiwan's largest waterfall is here, along with many smaller falls and rapids.

There is plenty of adventure to be had among these falls and gorges, tracing the river courses by foot and on a bike. Start perhaps with an abseil off a bridge into the riverbed from where you follow upstream, jumping between boulders, into rock pools and trying out the natural water slides.

Switching to a bike, you can then rip it up on a maze of trails that cut through the valley and include plenty of stream crossings, tight single-track and fast, downhill double-track.

Unwind after your exploration by easing into one of the numerous natural hot springs that dot the area before feasting on delicious, local Aboriginal food.

For details contact Cam at [www.inmotionasia.com](http://www.inmotionasia.com)

## Don't miss

Yangmingshan – immediately to the north of the city, this area offers hikes and some climbs too.

Long Dong – a true climbers' playground with routes for beginners and up, just 40mins from central Taipei.