to the Verdant land

ast Rift Va



Embracing Nature

A paradise on Earth, the East Rift Valley is blessed with natural beautiful landscapes and scenery. Clean water and fertile soil make it an excellent farmland where rice paddies stretch out as far as the eye can see. In recent years, art and culture and aesthetics have been integrated in agricultural development to add more charm and character to the beautiful rural sights. The peaceful rustic views never fail to slow down the pace of visitors, as they wander carefree around this heavenly land.

Sea of Flowers

Flower watching is a popular travel pursuit, and the seas of flowers in different seasons in the East Rift Valley will certainly leave a very deep impression.

From December, when farming work has come to an end, until February the following year, the rice paddies are covered with oilseed rape flowers like an orangeyellow carpet. Small white butterflies flutter in and out, creating a picturesque scene. In March, when small white pomelo blossoms begin to open up one after another, the aroma fills every corner of Hegang Village, and these white elegant spring beauties capture the attention of visitors. The golden daylily blooms spreading all over Chihke Mountain and Sixty Stone Mountain Hill in August are equally as dazzling and unforgettable.

The natural environment here is perfect for the development of the agricultural and ivestock industries. There are therefore many large farms and ranches, such as Chao Feng Ranch and Resort, suitable for family visits because of its rich ecological resources Rueisuei Ranch that produces all kinds of dairy products, and Chulu Ranch where visitors can experience the pleasure of hay rolling. These farms and ranches have gradually transformed into tourism-oriented locations over the years. They offer accommodation and dining services to afford visitors with different

experiences. There is also the Hualien Sugar Factory that was established in 1913 The facilities still stand in perfect condition, recounting the history of the Taiwanes sugar industry.

Farms and Pa



The East Rift Valley lies between the Central Mountain Range and the Coastal Mountain Range. Impact and encroachment

from the three major river systems in the valley have created magnificent cliffs and gorges. Impressive thundering waterfalls have taken shape at some of the sheer drops in this landscape like the ones in Luoshan and Fonghuand. Furthermore, the barren and desolate Liji Badlands, where hardly any plants grow in the onghuang Waterfall muddy marine soil squeezed up by the movements of the earth's crust from the ocean floor are a rare geological wonder in Taiwan.



Luve Visitor Centor



Unlike other scenic areas where sightseeing is the only thing to do, the East Rift Valley also offers activities such as breath-taking rafting and hang gliding, and bicycling for people of various age groups. There are also the super marathon and the triathlon competitions which are held annually.

Rafting

Siouguluan Creek cuts through the Coastal Mountain Range and along its winding course are many strong currents and challenging passes. The difficulties and excitement of rafting in Siougulaun Creek make it the most celebrated rafting spot in Taiwan. The spectacular rock formations along the

magnificent gorge make for unusual sights. The rafting competition held in June each year often attracts crowds of people either to watch or to take part in the excitement of racing in these turbulent waters.

Hang Gliding

For those who are interested in experiencing the sensation of riding the wind in the sky, Luye Gaotai is an ideal place for hang gliding. Carried by the southerly winds, one can experience the fun of flying while enjoying the full view of the green fields in the rift valley down below. Hang gliding is a challenging leisure sport that has gained in popularity in Taiwan in recent years. The competitions in July and August always attract a large number of hang gliding experts from all over.

Rafting in Siouguluan Creek

The beautiful sights in the East Rift Valley can also be enjoyed on a relaxing bicycle ride. For those who wish to chase the wind, there are many trails to choose from, such as the one at the Liyu Lake with its complete recreational facilities, the Guangshan peripheral bicycle trail that runs through a variety of landscapes, the trail in Dapuodi where arts and idyllic sights are perfectly combined, and the one at Mataian Wetland with its ecological beauty and indigenous culture. All these trails have been carefully designed to encompass beautiful and relaxing views and have become very popular.

The annual International Triathlon Elite Competition held at Livu Lake in May attracts top athletes from all over the world. Traffic controls are imposed along the route, and the contestants must swim 1.5km, cycle 40km and run 10km on the road within a limited time. The beautiful landscape gives a soft tone to the competition and makes it seem not as tough.

per Maratho

The Super Marathon held in the East Rift Valley begins in Shoufong Township. Contestants run on County Highway 193 along the beautiful landscape and pass one rice paddy and oilseed rape flower field after another. The towering

Central Mountain Range is in sight. The contestants will also cross meandering streams and run through different tribal villages. It is surely one of the most beautiful marathon routes.





Liyu Lake Bicycle Trail



Land of the Indigenous Peoples

In addition to the Ami Tribe, the Truku Tribe, the Puyuma Tribe, the Bunun Tribe, the Sakizaya Tribe and the Seedig Tribe that have lived in this region for generations, there are also Hakka people, making the local culture an interesting mix. Each year the aborigine tribes have their own festivals, such as the harvest festival of the Amis and the Manah Tainga (Ear-shooting Festival) of the Bununs in July and August, the Basibas (Monkey Hunting Ritual) of the Puyumas, the peace prayers and harvest celebrations during Smapuh Utux Rudan (paying respects to ancestral spirits) of the Trukus, the Sakizayas' various rituals scheduled in line with the millet growing season, and the sowing and harvest festivals of the Seedigs. The special features of these activities can help people get a better understanding of the culture behind



Two other places in the East Rift Valley have been proclaimed as prehistoric cultural sites: the Saoba Stone Pillars and Gongpu Archaeological Site. Both Puyuma cultural emains from around the end of the New Stone Age reveal the historical depth of the East Rift Valley.





The fast pace of every day life builds up tension and pressure, and people are always looking for a place

to relax. This is exactly what the hot springs in the East Rift Valley have to offer. Take a dip in

one of them and pay a visit to the Yuansheng Applied Botanical Garden - a one-of-its-kind establishment in Taiwan - to ease your pressure. Donghe Recreational Farm is also nearby.

Yuansheng Applied Botanical Garden Taitung is home to a great variety of Taiwanese medicinal herbs. More than 2000 herbs could be found here at one point. In recent years, people have paid more and more attention to their health. With the right timing, land and people, this garden has integrated herb cultivation with healthcare and recreation, and leveloped into a tourist recreation park. Plants grown in

the garden are used to make all kinds of products for health improvement.



Hot Springs

There are many famous hot springs in the rift valley, such as the Rueisuei Hot Springs with their iron and barium-rich carbonated water; the hot springs in Fuyuan Butterfly Valley that come from the most ancient and primitive sources in the Central Mountain Range; the Hualien Hongye Hot Springs where the facilities from the Japanese Colonial Period are still

in use; the Antong Hot Springs that lie in the middle of wilderness; the Shin Kong Chao Feng Hot Springs, nicknamed Beauty Spring, that are suitable for family visits; the Fonghuang Village Hot Springs that have an abundance of recreational resources; the Wulu Hot Springs where the hot spring water flows out from mountain walls and fuchsia Taiwan cherry trees are in full bloom in winter; and the Taitung Hongye Hot Springs with their complete facilities. Each place has its Fuyuan National Forest Recreation Area own special features and none of them should be missed.







Fonghuang Villag

Ecological reasures

communities in the East Rift

Valley include warm Moltrechti's Green Tree Frog

temperate evergreen broad-leaved forests,

tropical rainforests, and shrubs and thickets

that are the food sources and habitats for many

species of birds, mammals, freshwater fish, and

are the most impressive, such as Taiwan bulbuls,

maroon orioles, Hodgson's hawk eagles, Taiwan

blue magpies, and white-bellied yuhinas. The

mammals include Taiwan macaques, gem-faced

civets, Taiwan Serows, and Formosan barking

Among the animals, the varieties of birds

The plant

Swallowtail Butterflie





deer, which are all rare endangered species. Taiwan ku fish and Taiwan Venus fish are rare Taiwanese endemic freshwater fish species. The amphibians include Chinese tree frogs, Latouche's frogs, and rice paddy frogs. In summer evenings, all kinds of fireflies can be seen.

amphibians.

The ecological environment of Mataian Wetland is unique, and very different from that of dry land. There are different varieties of green plants, aquatic algae and insects everywhere. Throughout the year, butterflies, fireflies, frogs and migratory birds take turns exhibiting the vibrancy of this land.





The isolation of the rift valley has protected it from pollution and destruction. It is a blessed land, far away from dust and clamor. The clean air and fine water facilitate the

Sunfish Anka Rice growth of many quality agricultural products. Under the influence of multiple cultures, the handicrafts are full of subtleties and surprises.

Agricultural Products



Buddha Head Fruit

Wuhe Tianhe Tea

Different agricultural products come in season throughout the year. There is the tasty and nutritious rice, various dairy products which are rich in flavor and aroma, sweet and juicy pomeloes, luscious and fleshy Buddha head fruit, healthy shitake mushrooms, golden and crunchy

Fulu tea, etc Every one of them

leaves a taste that is impossible to forget.

andicrafts

The rift valley abounds in stones and timber. The creative ideas and fine craftsmanship of local artists turn them into beautiful handicraft products. The green supple Fongtian jade and the simple woodcarvings, for example, are fine handmade products from local materials. The colorful glass beads and intricately woven



2-Day Mountain and Coastal Tour (Northern loop) \bigcirc Hualien City \rightarrow Shousi Township \rightarrow Fonglin Town \rightarrow Guangfu Township \rightarrow Rueisuei Township → Yuli Town → Yuchang Highway → Changbin Township → Fongbin Township → Shousi Township → Hualien City

Hualien City \rightarrow Liyu Lake \rightarrow Chao Feng Ranch and Resort \rightarrow Fonghuang Village \rightarrow Lintianshan Forest Ranch \rightarrow Hualien Sugar Factory \rightarrow Mataian Wetland Ecological Park \rightarrow Hegang Pomelo Toursist Fruit Garden \rightarrow Rueisuei Hot Springs \rightarrow Hongye Hot Springs \rightarrow Saoba Stone Pillars \rightarrow Tropic of Cancer Monument Park \rightarrow Chihke Mountain \rightarrow Antong Hot Springs \rightarrow Yuchang Highway \rightarrow Basiandong Recreation Area \rightarrow Dagangkou \rightarrow Yuedong Recreation Area \rightarrow Shihtiping Recreation Area \rightarrow Hualien Ocean Park \rightarrow Hualien City

1-Day Mountain and Coastal Tour (Central loop)

 \bigcirc Rueisuei Township \rightarrow Rueigang Highway \rightarrow Fongbin Township \rightarrow Changbin Township \rightarrow Yuchang Highway \rightarrow Yuli Town \rightarrow Ruesuei Township

Rueisuei \rightarrow East Rift Valley National Scenic Area Administration \rightarrow Hegang Pomelo Tourist Fruit Garden → Rueisuei Rafting → Rueigang Highway → Dagangkou \rightarrow Yuchang Highway \rightarrow Antong Hot Springs \rightarrow Chihke Mountain \rightarrow Tropic of Cancer Monument Park \rightarrow Saoba Stone Pillars \rightarrow Rueisuei Ranch \rightarrow Rueisuei Hot Springs \rightarrow Hongye Hot Springs \rightarrow Rueisuei

1-Day Mountain and Coastal Tour (Southern loop)

 \bigcirc Taitung City \rightarrow Beinan Township \rightarrow Yanping Township \rightarrow Luye Township \rightarrow Guanshan Town \rightarrow Haiduan Township \rightarrow Chihshang Township \rightarrow Fuli Township ightarrow Jhuosi Township ightarrow Yuli Town ightarrow Yuchang Highway ightarrow Changbin Township ightarrowChenggong Town \rightarrow Donghe Township \rightarrow Beinan Township \rightarrow Taitung City

Taitung City \rightarrow Liji Badlands \rightarrow Siaohuangshan \rightarrow Taitung Yuansheng Applied Botanical Garden \rightarrow Chulu Ranch \rightarrow Hongye Hot Springs \rightarrow Luye Gaotai \rightarrow Guanshan Town Bicycle Trail \rightarrow Wulu Hot Springs \rightarrow Oilseed Rape Flower Sea \rightarrow Dapuodi \rightarrow Luoshan Recreation area \rightarrow Sixty Stone Mountain \rightarrow Antong Hot Springs → Yuchang Highway → Shihyusan

Recreation Area → Sansiantai Recreation Area \rightarrow Chenggong Fishing Harbor \rightarrow Taiyuan Valley \rightarrow Jinjhun Recreation Area \rightarrow Shanyuan Beach \rightarrow Taitung City «Visitors can make their

own route arrangements in accordance with their time and interests, and the season in which they visit.»

Transportation Information

©Taiwan Railways Administration: http://www.railway.gov.tw OHualien Station Information Tel: 03-8355941, 03-8355943 ◎Taitung Station Information Tel: 089-229687

Bus Informatio

OHualien Bus Company: 03-8323485

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Ministry of Transportation and Communications: http://www.ghb.gov.tw ©Directorate General of Highways, Hualien Section (East Rift Valley Route): 03-8230570 ODirectorate General of Highways, Taitung Section: 089-322164

Flight Information

◎Hualien Airport Travel Information Service: 03-821062 ©Taitung Airport Travel Information Service 089-362476 ©TransAsia Airways: http://www.tna.com.tw/ Hualien Office: 03-8329181 Mandarin Airlines: http://www.tna.com.tw/ Hualien Offcie: 03-8329181 Taitung Office: 089-362669

OUni Air: http://www.uniair.com.tw/ Taitung Office: 089-362626

OHualien Hospital:03-8358141 ^OMennonite Christian Hospital:03-8241234 ◎Buddhist Tzu Chi General Hospital:03-8561825 OHualien Armed Forces General Hospital/Beipu Headquarters 03-8260601 Jinfong Outpatient Service 03-8335730 ©Fonglin Veterans Hospital:03-8763331 ©Yuli Vetarans Hospital:03-8883141 [©]Buddhist Tzu Chi General Hospital Yuli Branch:03-8882718 Buddhist Tzu Chi General Hospital Guanshan Branch:089-814880 ©Taitung Hospital:089-324112 ^OMackay Memorial Hospital Taitung Branch:089-310150 ©Taitung St. Mary's Hospital:089-322833 ©Taitung Christian Hospital:089-960888



items to be found in the



fabrics are also excellent handicraft



Wuhe Coffee

dried daylilies, the rich and aromati Wuhe coffee and the sweet and soothing