

# Hiking in Taiwan



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Taiwan is a hiker's paradise with over two hundred peaks rising above three thousand meters in height. The island's dramatic mountain **terrain** covers nearly seventy percent of its total land area across the country. Yushan, also called Jade Mountain, stands at three thousand nine hundred fifty-two meters as the tallest **summit** in all of Northeast Asia. Hiking has become one of the most popular weekend activities for Taiwanese people of all ages together. The combination of accessible trails and stunning **scenery** makes Taiwan a world-class hiking destination for adventurers.

Taroko National Park offers some of Taiwan's most **spectacular** hiking experiences through its marble gorge trails. The Zhuilu Old Trail follows narrow cliff paths hundreds of meters above the Liwu River gorge far below. Hikers must obtain special **permits** because the trail is dangerous and has limited daily capacity for visitors. The stunning marble canyon walls, carved by centuries of river **erosion**, create breathtaking views at every single turn. Many experienced hikers consider Taroko's trails among the most beautiful and challenging anywhere in all of Asia.

Hehuanshan, located in central Taiwan, is known as one of the most **accessible** high-altitude hiking destinations available. Several trails near the peak can be completed in just two to four hours by most average hikers. During winter months, Hehuanshan sometimes receives snowfall, attracting visitors who rarely see snow in Taiwan. The mountain's alpine meadows burst with colorful wildflowers during spring and summer seasons each year beautifully. Sunrise views from Hehuanshan's peaks are considered among the most **magnificent** sights in the entire country.

Safety is extremely important when hiking Taiwan's mountains because weather conditions can change **rapidly** and unexpectedly. Hikers should always carry enough water, food, rain gear, and a fully charged mobile phone with them. Mountain rescue teams respond to hundreds of emergency calls each year from unprepared or injured hikers on trails. Joining experienced hiking groups is strongly **recommended** for beginners attempting more difficult or remote mountain routes safely. Checking weather forecasts and registering with park authorities helps ensure a safe and enjoyable hiking experience always.

Taiwan's hiking culture reflects a deep connection between the Taiwanese people and their natural **environment** around them. Weekend morning trails are filled with groups of friends, families, and elderly hikers enjoying the fresh mountain air. Many hikers follow the tradition of cooking meals at mountain **shelters** and sharing food with fellow adventurers. Taiwan's mountain hut system provides basic overnight accommodation for multi-day treks across the beautiful central ranges. Hiking in Taiwan is more than exercise; it is a cherished cultural tradition that brings communities together joyfully.

## A. Vocabulary

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|---------------------|---|
| 1. terrain ____     | a. official documents giving permission to do something |
| 2. summit ____      | b. the natural world around us                          |
| 3. scenery ____     | c. easy to reach or use                                 |
| 4. spectacular ____ | d. the wearing away of land by water or wind            |
| 5. permits ____     | e. the highest point of a mountain                      |
| 6. erosion ____     | f. extremely impressive and beautiful                   |
| 7. accessible ____  | g. suggested as a good idea                             |

8. magnificent \_\_\_\_\_

9. rapidly \_\_\_\_\_

10. recommended \_\_\_\_\_

h. the physical features of land

i. places that provide basic shelter

j. the natural beauty of a place

## B. True or False

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| 1. Taiwan has over 200 peaks above 3,000 meters. _____                 | 2. Yushan is the tallest mountain in all of Asia. _____          | 3. The Zhuilu Old Trail requires a special permit. _____     |
| 4. Hehuanshan never receives snowfall. _____                           | 5. Mountains cover about seventy percent of Taiwan's land. _____ | 6. Hiking is only popular with young people in Taiwan. _____ |
| 7. Mountain rescue teams respond to hundreds of calls each year. _____ | 8. Taroko National Park has marble canyon walls. _____           | 9. Taiwan has no mountain huts for overnight stays. _____    |

## C. Fill in the Blanks

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**Word Bank:** terrain, summit, spectacular, permits, accessible, rapidly, recommended

- Taiwan's dramatic mountain \_\_\_\_\_ covers nearly seventy percent of the island.
- Yushan stands as the tallest \_\_\_\_\_ in Northeast Asia.
- Taroko offers some of Taiwan's most \_\_\_\_\_ hiking experiences.
- Hikers must obtain special \_\_\_\_\_ for the Zhuilu Old Trail.
- Joining experienced hiking groups is strongly \_\_\_\_\_ for beginners.

## D. Comprehension Questions

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- How tall is Yushan and what is its English name?
- Why do hikers need permits for the Zhuilu Old Trail?
- What makes Hehuanshan a popular hiking destination?
- What should hikers bring for safety on mountain trails?
- What tradition do hikers follow at mountain shelters?

## E. Discussion Questions

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- Would you prefer an easy trail or a challenging one? Why?
  - Why do you think hiking is such an important part of Taiwanese culture?
  - How can technology help make hiking safer for everyone?
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## Answer Key

**A. Vocabulary:** 1-h, 2-e, 3-j, 4-f, 5-a, 6-d, 7-c, 8-b, 9-i, 10-g

**B. True/False:** 1-T, 2-F, 3-T, 4-F, 5-T, 6-F, 7-T, 8-T, 9-F

**C. Fill Blanks:** 1-terrain, 2-summit, 3-spectacular, 4-permits, 5-recommended

**D. Comprehension:** 1. 3,952 meters, Jade Mountain; 2. The trail is dangerous with limited daily capacity; 3. Accessible high-altitude trails, snowfall in winter, wildflowers; 4. Water, food, rain gear, charged mobile phone; 5. Cooking meals and sharing food with fellow hikers