

TGRTRAILRUNNING



TAIPEI TRAIL RUNNING RETREAT

THREE DAYS X 20KM = 60KM
STAY IN DOWNTOWN TAIPEI
TRAIL START AND FINISH POINTS
EASILY ACCESSIBLE BY PUBLIC
TRANSPORT
SOCIAL RUNNING PACE WITH
STOPS ALONG THE WAY
MEET YOUR OWN COSTS



TRIP DATES MAY 23 - 26
RUNNING ON MAY 24, 25, 26

THE TRIP...

FLY TO TAIPEI ON THU MAY 23 - WE WILL COORDINATE FLIGHTS
AND HOTEL HOWEVER MAKE YOUR OWN BOOKINGS
STAY IN DOWNTOWN TAIPEI
EACH MORNING TAKE SUBWAY, BUS OR GROUP UBER/TAXI TO THE
START POINT (SEE NEXT PAGE)
SOCIAL RUNNING PACE WITH STOPS ALONG THE WAY - THERE ARE
TEMPLES, TEA HOUSES AND SCENIC SPOTS ALONG THE ROUTE
WE WILL RUN AS A SOCIAL GROUP, STOPPING AT INTERSECTIONS
GPX FILES WILL BE SHARED FOR EACH DAY'S ROUTE
SUBWAY, BUS OR GROUP UBER/TAXI BACK TO HOTEL
EVENING LEISURE SUCH AS STREET FOOD IN NIGHT MARKETS
FLY BACK SUN 26TH EVENING

**SUGGESTED GEAR LIST WILL BE
PROVIDED (THE WEATHER SHOULD
BE HIGH 20'S WITH CHANCE OF
RAIN)**

THE TRAILS...

DAY 1

20.6KM, 1600M ELEVATION

[ROUTE - HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2440790?](https://www.plotaroute.com/route/2440790?UNITS=KM)

[UNITS=KM](#)

START POINT IS A SUBWAY STATION

END POINT HAS A PUBLIC BUS

ROUTE IS ([THIS](#)) - PLUS A VARIATION OF ([THIS](#))

DAY 2

20.6KM, 650M ELEVATION

[ROUTE - HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2441220?](https://www.plotaroute.com/route/2441220?UNITS=KM)

[UNITS=KM](#)

START POINT HAS A PUBLIC BUS

END POINT IS A SUBWAY STATION

ROUTE IS THE REVERSE OF ([THIS](#)) PLUS ([THIS](#))

THE TRAILS...

DAY 3

19.7KM, 900M ELEVATION

OPTION TO STOP EARLY AT HALFWAY

ROUTE - [HTTPS://WWW.PLOTAROUTE.COM/ROUTE/2441225?
UNITS=KM](https://www.plotaroute.com/route/2441225?units=km)

START POINT HAS A PUBLIC BUS

END POINT HAS A PUBLIC BUS OR NEARBY SUBWAY

ROUTE IS THE FIRST 6.5KM OF ([LINK](#)) PLUS A CONNECTING 2KM
ROAD RUN TO GET TO ([LINK](#))



WHAT TO EXPECT...



TGRTRAILRUNNING