

## 2017 Puli Summer Tour—Days without hustle and bustle

Organizer: REST Book & Bed  
Time: four days and three nights.  
Contact us any time for details.  
Location: Puli Township  
Accommodation: REST Book & Bed  
Gathering place: REST Book & Bed  
Number of participants: 12 to 20 people

### Short introduction

Puli, a town surrounded by mountains and spectacular scenery, is the geographical center of Taiwan. This is a place where tourists can easily discover traditional grocery stores and old buildings, but at the same time, it is also a well-developed town with easy access to transportation and sufficient tourism resources. Puli is home to many different ethnic groups and a rich ecosystem, which gives the town its unique charm—a living aesthetic that expresses a genuine love for the environment and the land.

We will combine the indoor and outdoor spaces of the bookstore and multiple nearby locations to host activities such as farming experiences, physical education, music lessons, cooking classes, sightseeing, artistic and cultural ventures etc. People can get an authentic taste of rural life and experience the beauty of the countryside and Puli.

## 2017 暑期遊埔里—不山不市的日子

主辦單位：籃城書房  
活動時間：四天三夜。滿 12 人即可成團，歡迎隨時與我們聯繫。  
活動地點：大埔里地區  
住宿地點：籃城書房  
集合地點：籃城書房  
遊程人數：12-20 人

### 簡介：

位於臺灣地理中心的南投埔里，是觀光客眼中的內陸鄉野——群山環繞、坐擁自然美景，巷弄間還可能意外發現傳統柑仔店或舊時建築；而交通便利、觀光資源豐富，生活機能相對完善的同時又好似都市。對我們而言，族群多元與生態豐富的埔里正以一種獨特的方式詮釋自身的美——一種更生活、更日常，從你每天接觸到的環境與人，是很真誠、很愛土地與自然的生活美學。

我們將結合籃城書房室內外空間與鄰近場域，透過田間體驗、運動、料理、觀光、藝術文化參訪等，以貼近鄉村生活的體驗學習，讓喜愛臺灣的朋友們走入鄉村、認識埔里。

## Schedule

<b>Day 1 : Local and cross-culture delicacies</b>		
<b>Time</b>	<b>Activities</b>	<b>Place</b>
Morning	Arrival at REST Book & Bed	
	Introduction to activities and room allocation	REST Book and Bed
	1. Learn about sugar canes, brown sugar and the surrounding ecology 2. Sugar Frying DIY	Lencheng community
Noon	Lunch	
Afternoon	Bike allocation and grouping	REST Book and Bed
	Traditional market challenge	Taiwanese traditional market
Evening	Taiwanese cuisine cooking class and dinner	REST Book and Bed
	Free time	
<b>Day 2 : Rural ecology and museum</b>		
<b>Time</b>	<b>Activities</b>	<b>Place</b>
Morning	Breakfast	REST Book and Bed
	Jiu-Jiu Peaks and Yu-Hsiu Museum of Art	Caotun Township
Noon	Lunch	
Afternoon	Farming experience	Puli No.1 Water Bamboo
	Take a walk around mountain and enjoy the Sunset	
Evening	Dinner	
	Free time	
<b>Day 3 : Rice culture in Taiwan</b>		
<b>Time</b>	<b>Activities</b>	<b>Person responsible</b>
Morning	Breakfast	Lencheng Community
	Martial arts practice	
	Rice planting or rice reaping experience	
	Break	
Noon	Rice cuisine and lunch	
Afternoon	Rice painting, bamboo weaving or other rural handicrafts	

	lessons	
Evening	Night market	
	Game time (optional)	
<b>Day 4 : Sun Moon Lake black tea</b>		
<b>Time</b>	<b>Activities</b>	<b>Place</b>
Moring	Breakfast	
	Tour of Sun Moon Lake tea factory and black tea making experience	Lu Gao community
Noon	Lunch at Sun Moon Lake	
Afternoon	Tour of Sun Moon Lake or river tracing	REST Book & Bed
Evening	Home Sweet Home	

活動行程表（供參考）：

第一天：地方與跨文化料理			
時間	活動項目	地點	備註
10:00	抵達籃城書房		
10:00-10:30	活動介紹與房間分配	籃城書房	
上午	甘蔗、黑糖與環境生態炒糖體驗	籃城社區	
中午	午餐		
下午	單車分配與分組	籃城書房	
	在地食材採買大挑戰	埔里傳統市場	分組進行
晚間	台菜料理教室與晚餐	戶外廚房	
	自由活動與就寢		
第二天：鄉村生態與博物館			
時間	活動項目	地點	備註
上午	早餐	籃城書房	
	九九峰與毓鏞美術館	草屯鎮	
中午	午餐-埔里庄腳菜		
下午	農事體驗	優質茭白筍	
	漫步看夕陽	虎頭山	
晚間	晚餐		
	自由活動與就寢		
第三天：臺灣米食文化體驗			
時間	活動項目	地點	備註
上午	早餐-台式經典	籃城社區	
	武術暖身練習		
	插秧/割稻體驗		穀笠合作社
	休息		
中午	米食文化體驗與午餐 自己做蘿蔔糕		
下午	米畫製作、竹編或其他 鄉村手工藝課程		
晚間	遊夜市		
	遊戲時間(optional)		
第四天：日月潭紅茶			
時間	活動項目	負責人	備註
上午	早餐	籃城書房	
	認識日月潭紅茶與	魚池鄉	

	製茶體驗		
中午	日月潭風味餐		
下午	遊日月潭或溯溪		
	賦歸		