

# QI LAI & NAN HUA

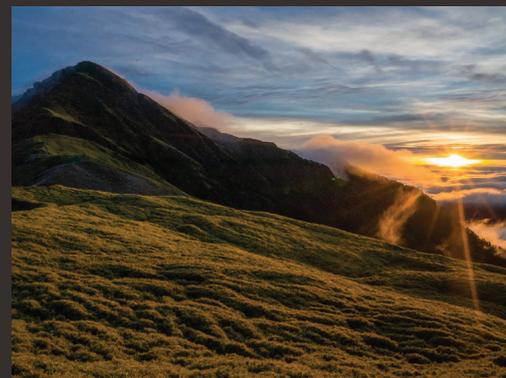
## 奇萊山和南華山



The gateway to several major hikes in the Central Mountains, the Nengao Historic Cross-Island Trail is a spectacular track in central Taiwan in the heart of Nantou County.

4

trip types available



## Background

In the early years of the Japanese occupation (1895 – 1945), the Japanese exploited camphor, timber, and other resources in the flatlands and hills inhabited by the Han Chinese. After those resources were exhausted, the Japanese moved into the higher mountain areas and began swallowing up the environment where the indigenous tribes lived.

In 1907, the Japanese inaugurated a five-year “savage control” plan to map out the terrain, build roads, and suppress the aborigines who held strategic positions and resisted rule. The fiercest of the ensuing conflicts was the Tarodo Campaign of 1914. After three months of intense fighting the Japanese gained the upper hand and began confiscating weapons and ammunition from the tribespeople.

The Nenggao Cross-ridge Trail was developed to help control the aborigines. This incident deepened the resentment of the tribespeople against abuse by the Japanese. The famous Wushe Incident erupted in 1930 when Mona Rudao, chief of Mahaipu Village, lead the Sediq people of the Wushe area in an attack on the Japanese during a school sports meet, killing large numbers of their soldiers and police. They also burned all the garrisons along the western portion of the Cross-ridge Trail.

Eventually, however, Japanese guns and airplanes were too much for the Sediq, whose survivors retreated to a cave area in the middle reaches of Mahaipu Stream and committed group suicide.

## Itinerary

### Day 1

We will meet at 21:00 at XinWu Railway station in Taichung at Exit 7, Meeting Point 1 on the ground floor. The TRA and HSR stations are in the same building so you can take either one. It's a 3 hour drive to the trail head where we will camp for the night. Bring your own tent and sleeping bag if you have them – let me know if you need to rent them.

### Day 2

Breakfast and dinner are provided, there will also be a snack pack of granola bars and fruit. However, you should pack your own lunch for today.

We will be getting up around 05:00 to start the 13km hike to the Tian Chr Cabin. This is a pleasant, easy hike from 2,000m up to 2,800m. There is likely to be water on trail, but you should have 2 litres with you.

There are markers every 500m along the trail. You should stop roughly every hour for a drink and a snack.

At the 1.7km marker you will see a trail for Weshang Peak – **do not take this trail**. At the 4km marker you will come to the Yunhai Line Station. There are toilets and water available here, but this location is too early to stop for lunch which we will have at the 8km marker.

## Conditioning

To help you decide which trip to go on we typically divide them into 5 categories, labeled with stars. They increase in difficulty as follows:

### Category 1 (★)

pleasant outdoor activity, you can take your grandmother on this one

### Category 2 (★★)

easy, doesn't involve any particularly strenuous activity

### Category 3 (★★★)

difficult, tiring, but not exhausting

### Category 4 (★★★★)

quite difficult, should be above average fitness

### Category 5 (★★★★★)

extremely difficult; participants should be in excellent physical condition

### TRIVIA

THE ENTRANCE  
TO QI LAI SOUTH  
MOUNTAIN IS ALSO  
THE GATEWAY TO THE  
NENGAO AN DENG  
JUN TRAIL

*Note: You can often downgrade a trip by one category by adding an extra day or by minimizing the load you carry.*

Just before the cabin you will see the Nenggao Waterfall on the upper reaches of the Taluowan River at an elevation of 2,800m.

In the afternoon, there is the option of a 2 hour, 5km round trip to the "Spread Light Over the Land" Monument.

If we do not have cabin places we'll be camping outside. Ideally we get there early to get good spots. Tents and sleeping bags will be portered up for us, but let me know if you prefer to carry your own. Dinner will be cooked by the aborigine porters.

### Day 3

Breakfast and lunch will be provided. Bring snacks for the trail.

Again we'll be up early, about 03:00 to depart at 04:00 for the Qi Lai South Peak at 3,358m. This will take about 2 hours and is 4.5km from the lodge. We want to get up there for sunrise at 05:30.

After sunrise we then have a 70 minute, 3.5km hike to Nan Hua Mountain at 3,184m. From the peak it's an hour back to the cabin, where we'll pack up, and then 4 hours down to the trail head.

We will stop at a restaurant for lunch on the way back to the station. You can expect to be at Xin Wu Railway station in the late afternoon around 17:30.

## Safety and Legal

Hikers under 20 years old must provide a letter of consent from a parent or guardian. All hikers are covered by travel insurance which covers accidents, injuries and medical evacuation if needed. Those over 65 must provide insurance documentation.

Our guides have decades of experience and Blue Skies Adventures® prioritizes hiker safety. However, accidents, inclement weather and other unforeseen or unpreventable events occasionally occur. It is important that all information provided by guests be accurate as of the trip date.

We insist that hikers comply with all guide directives throughout the course of the trip. Our guides have your best interests in mind and may need to change course, itinerary, or even delay or cancel an activity due to unforeseen conditions or circumstances.

**Failure to comply with Blue Skies Adventures® safety regulations may result in non-refundable activity termination.**



*Formosan Black Bear*

### WILDLIFE

THE TRAIL PASES THROUGH THE DANDA WILDLIFE HABITAT – HOME TO 36 SPECIES OF MAMMALS

## Trip Options

There are four options for this trail. All are guided by default but self-guided tours can be arranged.

- One-Day Speed**  
Only for the extremely fit. This trail has become popular recently with trail runners. A 35km round trip that takes 8 to 12 hours.
- Two-Day Standard**  
A standard 2-day, 2-night trip that is moderately difficult and involves a fairly long hike the second day.
- Three-Day Extended**  
There is also the option of extending the trip by one day. On this trip we would stay at the lodge for two nights, indoors or camping depending on availability at the lodge.
- Mountain Bike**  
Only an option Mon. to Thurs., this one-day, 26km round trip goes from the trail head to Tian Chr Lodge.

## Booking

To start the process we require a passport or ARC copy and a 20% deposit for the total cost of the trip.

You must also provide your home address, contact phone number, and the name and contact number for next of kin for insurance purposes.

Once your trip is booked and equipment issued, we cannot refund your deposit.

## Equipment

We will send you a separate checklist of what you need to take on the trip and why. Not all items are essential, but the trip may be more enjoyable if you have better or more appropriate gear. A tent and sleeping bag are required (and thermarest recommended) in cases where lodge accommodation has not been secured.

Rather than buying new gear, try to make do with what you have. ***If you are going to spend, put the money into your backpack and boots.*** Let us know if you need anything else, as additional equipment may be available for rent.



## Prices

Prices depend on the size of the group. Per person base rates (in US dollars) are below, though they may vary.

1-day Speed (★★★★★)	\$ 200
2-day Standard (★★★★)	\$ 350
3-day Extended (★★★)	\$ 500
Mountain Bike (★★★★)	\$ 300



## Why Us

Our guides, drivers, and assistants have over 20 years of hiking experience. We provide comprehensive service and cover all your needs from door to door. We are able to work with the local government to ensure all trips are properly permitted and insured.

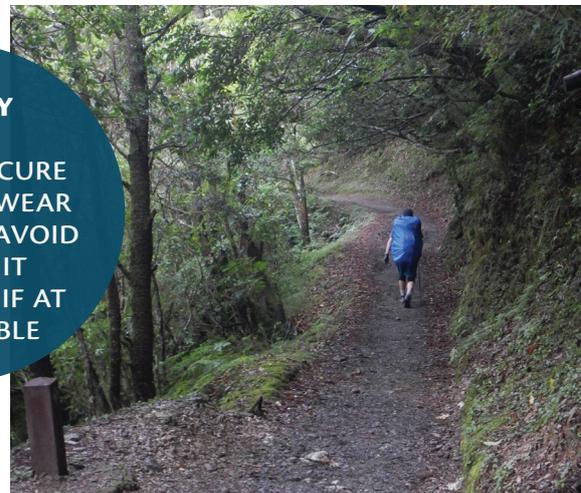
Our experience on Taiwan's mountains is unrivaled and we have recommendations going back decades. Our safety record is considerable and we maintain a flexible, individual focus geared toward giving our guests the best possible experience. We are able to make international visitors to Taiwan feel comfortable and at ease while traversing East Asia's hidden treasure.

Contact us for more information:

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### SAFETY

ALWAYS SECURE  
YOUR FOOTWEAR  
AT NIGHT – AVOID  
LEAVING IT  
OUTDOORS IF AT  
ALL POSSIBLE



*Mark Roche*