

THE WESTIN

TASHEE RESORT  
TAOYUAN

桃園大溪笠復威斯汀度假酒店

威斯汀體驗

The Westin Experiences

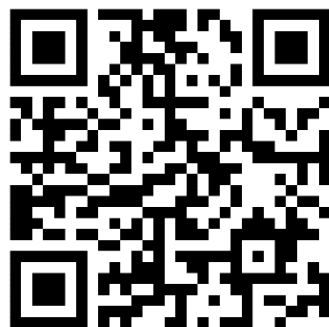


邀請您一同沉浸於豐富多元、精心打造的各式活動或課程之中，無論是學習新知、開發技能、或是純粹享受身心靈放鬆，您得以在環山綠意絕佳景致圍繞下，感受與眾不同的渡假體驗！

Immerse yourself in a diverse range of activities and classes, from exhilarating outdoor sports to rejuvenating wellness practices to captivating cultural explorations, all meticulously designed to enhance your overall experience. Embrace this one-of-a-kind stay with us now and create memories that will linger in your heart forever.

若需預約請上網填寫表單，我們將於收到資訊後盡快回覆相關資訊。

Please complete the below application for your reservation. We will reach out to you promptly to confirm the details.



需提前 5 天預約。

A minimum of 5-day advanced reservation required.

各課程視酒店營運狀況提供。

Classes are subject to hotel's availability.

課程內容將視需求另行報價。

Prices are subject to change upon request.

# 威斯汀體驗

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### ■ 廚藝教室

#### COOKING CLASS

由專業廚師親自教授，學習各種烹飪技巧和食材搭配，享受美食帶來的快樂和滿足。  
Discover the pure joy brought by food as you learn various cooking techniques and ingredient pairing from professional chefs.

### ■ 創意調飲

#### CREATIVE MIXOLOGY

由專業調酒師指導，學習調製各種經典及創意調飲，發揮自己的創意和品味，製作出帶有個人風格的獨特飲品。  
Unleash your creativity and taste as you learn to mix classic and creative cocktails guided by a professional mixologist.

### ■ 美人魚體驗

#### MERMAID EXPERIENCE

化身成美人魚，穿上專屬的美人魚尾巴一躍入池，感受截然不同的水中體驗。  
Transform into a mermaid, wear an exclusive mermaid tail, and enjoy the unique water experience.

### ■ 游泳基本入門

#### SWIMMING BASICS

在教練指導下學習正確的游泳姿勢和呼吸技巧，享受水中活動的樂趣。  
Learn the correct swimming posture and breathing techniques from a coach and enjoy the fun of water activities in a beginner swimming course.

### ■ 籃球入門

#### BASKETBALL BASICS

在戶外籃球場上學習多項基本技巧，鍛煉協調性和反應能力，挑戰自己的身體極限，感受運動的樂趣和挑戰。  
Challenge your physical limits and experience the fun and challenge of sports as you learn multiple basic skills on an outdoor basketball court.

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## ■ 網球入門

### TENNIS BASICS

在戶外網球場學習網球入門技巧，透過專業教練指導，一起享受運動的無限樂趣。  
Enjoy the unlimited fun of sports with the guidance of a professional coach as you learn tennis basics on an outdoor court.

## ■ 高爾夫入門

### INTRODUCTION TO GOLF

在設備齊全的專業練習場體驗高爾夫的樂趣，自由自在地練習各種技巧並提升球技，盡情享受高爾夫的獨特魅力！

Experience the excitement of golf at our fully equipped professional practice range. Practice various skills, improve your ball game, and discover the unique charm of golf!

## ■ 晨間慢跑

### MORNING RUN

在清晨的鄉間小徑上，享受晨曦的美景和清新的空氣，踏著輕快的步伐，讓身心都充滿無限活力。

Fill your body and mind with vitality and energy as you step with a light and brisk pace and enjoy the beautiful countryside scenery and fresh air.

## ■ 自然漫步

### NATURE WALK

一起穿上舒適的運動鞋，沿著綠意盎然的小徑漫步，深呼吸著清新的空氣，放鬆身心，感受自然的美好。

Relax your body and mind, and feel the beauty of nature as you put on comfortable sneakers and stroll along the green path.

## ■ 晨曦池畔瑜珈

### MORNING POOLSIDE YOGA

在清晨的池畔練習瑜珈，享受與自然融合的靜謐，讓身心靈得到平靜和全然放鬆。

Let your body, mind, and soul be completely relaxed as you practice yoga by the pool in the morning and enjoy the tranquility of blending with nature.

## ■ 親子瑜珈

### FAMILY YOGA

在愉悅舒適的氛圍，和孩子一起透過肢體互動和伸展，藉由瑜珈增進親子關係，提升身心靈健康。

Deepen your bond through shared yoga. Promote wellness and connection as you practice together. Join us for a rejuvenating experience that strengthens your relationship.

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■ 兒童瑜珈  
YOGA FOR KIDS

專為孩子們設計，以活潑有趣的方式在提高身體靈活性、平衡感和集中力，同時培養自信和情緒管理能力。

Introduce joyful yoga to children. Enhance flexibility, balance, and focus while fostering confidence and well-being in our interactive classes.

■ 皮拉提斯體驗  
PILATES MASTERY

打造完美身心靈、挑戰自我，提升核心力量與姿勢美感，體驗皮拉提斯療癒放鬆的獨特魅力。

Transform your body and mind with Pilates - the unique exercise method that builds core strength, improves posture, and reduces stress.

■ 農事體驗  
LITTLE FARMER

親身體驗農作活動，學習農業知識，了解種植過程，體驗大自然的美好。

Experience firsthand the activities of farming, learn about agricultural knowledge, and enjoy the beauty of nature.

■ 自然生態觀察  
NATURE EXPLORER

在飯店周圍觀察當地生態的多樣性，熟悉生態環境、學習如何保護自然，體驗與自然互動的樂趣。

Observe the diversity of local ecology, learn how to protect nature, and experience the fun of interacting with nature.

■ 繪畫紓壓  
ART STUDIO

放下煩惱，拿起畫筆，在僻靜的環境中盡情地藉由色彩來表達自我，享受藝術帶來的放鬆和寧靜。

Pick up a brush and immerse yourself in the colors and express your innermost feelings through art.

■ 釉上貼花  
POTTERY WORKSHOP

帶著放鬆愉快的好心情，感受與眾不同的陶瓷多元創作體驗，豐富陶瓷貼花技巧與知識，打造專屬自己的器皿。

Learn to create your own handmade pottery. Suitable for all levels with guidance and materials provided. Come and relax while enjoying the joy of creating!

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■ 混音大師  
DJ INTRO

學習如何自由運用音樂和音效組合，創造出專屬於自己的獨特風格和節奏。  
Create your own unique style and rhythm by learning how to freely use music and sound effects.

■ 網美攝影  
INSTAGRAMMABLE PHOTOGRAPHY

學習如何運用度假村絕美景致中拍出動人美照，加強取景等攝影技巧與秘訣，提升個人社群媒體的視覺風格。  
Elevate your personal social media style by learning how to take stunning photos in the beautiful scenery of the resort.

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