

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，請掃描 QR Code 填寫表單，我們將儘速與您聯繫。體驗課程為付費活動，內容與費用將依需求另行說明。

Please scan the QR Code. We will contact you shortly. Experience sessions are paid and quoted based on your needs.



表單填寫

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.

體驗課程為付費活動，課程內容將視需求另行報價 All sessions are paid. Course content and pricing will be quoted separately based on specific requirements.

# 威斯汀體驗

## The Westin Experiences

各付費體驗課程將視酒店營運狀況提供。Each paid experience is subject to hotel availability.

■ 廚藝教室（費用將依實際需求另行收費）

**COOKING CLASS (Prices are subject to the class type)**

由專業主廚親自教學，學習烹飪技巧與食材運用，體驗料理的樂趣與成就感。  
Join professional chefs and enjoy the fun of cooking and flavor creation.

■ 籃球入門（每小時 NT\$4,000 起，最多 6 人參加，須滿 6 歲以上）

**BASKETBALL BASICS (From NT\$4,000/hr, max 6 pax, age 6+)**

在戶外籃球場學習多項基本技巧，提升協調與反應，享受運動帶來的樂趣與成就。  
Practice key skills, boost coordination, and enjoy the fun of outdoor basketball.

■ 網球入門（每小時 NT\$4,000 起，最多 4 人參加，須滿 6 歲以上）

**TENNIS BASICS (From NT\$4,000/hr, max 4 pax, age 6+)**

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。  
Learn tennis basics on the outdoor court and enjoy the game with a professional coach.

■ 高爾夫入門（每小時 NT\$3,000 起，最多 4 人參加，須滿 6 歲以上）

**INTRODUCTION TO GOLF (From NT\$3,000/hr, max 4 pax, age 6+)**

在專業練習場體驗高爾夫樂趣，自由練習各項技巧，感受揮桿的成就與魅力。  
Enjoy golf at our professional practice range, and discover the unique charm of golf.

■ 晨曦池畔瑜珈（每小時 NT\$4,500 起，最多 10 人參加，須滿 7 歲以上）

**MORNING POOLSIDE YOGA (From NT\$4,500/hr, max 10 pax, age 7+)**

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。  
Relax your body and mind with morning yoga by the pool, embracing nature's tranquility.

■ 親子瑜珈（每小時 NT\$4,500 起，最多 10 人參加，須滿 3 歲以上）

**FAMILY YOGA (From NT\$4,500/hr, max 10 pax, age 3+)**

在愉悅舒適的氛圍中，與孩子透過瑜珈互動伸展，增進親子關係，提升身心靈健康。  
Strengthen your bond and wellness through joyful yoga with your child.

■ 兒童瑜珈（每小時 NT\$6,500 起，最多 10 人參加，須滿 7 歲以上）

**YOGA FOR KIDS (From NT\$6,500/hr, max 10 pax, age 7+)**

以有趣活潑的方式提升靈活性、平衡感與專注力，同時培養自信與情緒管理。  
Fun yoga for kids to boost flexibility, balance, and emotional well-being.

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- 皮拉提斯體驗（每小時 NT\$4,500 起，最多 10 人參加，須滿 7 歲以上）  
PILATES MASTERY (From NT\$4,500/hr, max 10 pax, age 7+)

打造完美身心靈、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, improve posture, and relieve stress.

- 農場探索體驗（每車\$3000 起/2 小時，最多 6 人參加，須滿 5 歲以上）  
FARM EXPLORATION EXPERIENCE (From NT\$3,000 per vehicle, 2 hrs, max 6 pax, age 5+)

安排至在地特色農場，讓旅客親自走入自然農園，體驗季節作物採摘的樂趣。  
\*現場採摘費用另計。Please note that additional fees apply for on-site picking activities.  
Guests will be taken to a local specialty farm, where they can step into a natural agricultural environment and enjoy the hands-on experience of harvesting seasonal crops.

- 自然生態觀察（每小時 NT\$9,500 起，最多 5 人參加，須滿 6 歲以上）  
NATURE EXPLORER (From NT\$9,500/hr, max 5 pa, age 6+x)

在飯店周邊觀察當地生態多樣性，了解環境並學習守護自然，體驗親近自然的樂趣。  
Explore local ecology, learn conservation, and enjoy interacting with nature.

- 繪畫紓壓（每位每小時 NT\$400，最多 8 人參加，須滿 6 歲以上）  
ART STUDIO (NT\$400/hr per person, max 8 pax, age 6+)

放下煩惱，拿起畫筆，在寧靜環境中以色彩表達自我，享受藝術帶來的放鬆與寧靜。  
Pick up a brush and express yourself through color.

- 釉上貼花（每位每小時 NT\$800，最多 8 人參加，須滿 6 歲以上）  
OVERGLAZE DECALI WORKSHOP (NT\$800/hr per person, max 8 pax, age 6+)

帶著愉快心情，體驗多元陶瓷創作，學習貼花技巧，打造專屬器皿。  
Enjoy pottery making with guided lessons and materials create your own piece and relax.

- 像素磚貼（每位每小時 NT\$400，最多 8 人參加，須滿 3 歲以上）  
PIXEL PUZZLE (NT\$400/hr per person, max 8 pax, age 3+)

從一格起步，譜寫無限可能。拼接像素，放大靈感藍圖；每一片拼圖，都是一場旅程。  
Starts with a square. Built with pixels. Fueled by inspiration. Each piece is a journey.

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