



# PEDAL Taiwan

14 Days Discover Taiwan - 2019



PEDALTAIWAN.COM



## Discover Taiwan Tour - 14 Days, 2019

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This 14 day cycling tour, designed by Pedal Taiwan offers a unique opportunity to ride stunning and challenging routes, in one of the most beautiful corners of the world. With its imposing mountain ranges, rolling paddy fields, gorgeous ocean roads, ultra-modern cycle lanes and world-famous cuisine, Taiwan provides the perfect blend of safety, comfort and adventure to make it an ideal location to explore by bike.

Starting in the capital, Taipei, you'll have a day to build bikes and acclimatise yourself, as well as taking a short half day trip out to Beitou to enjoy the natural hot springs. The following day will be a serene ride along the dedicated cycling river paths, before climbing into the mountains south of the city to experience an authentic Taiwanese tea house.

A transfer day to Kenting (with time to spend on the beach in the afternoon) is followed by an epic ride through Kenting National Park, and then a stunning ride north along the Pacific coastline before dropping into the famous Rift valley.

You'll meander through miles of ancient paddy fields and farming villages in Taiwan's Rift Valley, before rejoining the coastal road and taking a rest day in Hualien.

The rest day will allow the legs to recover for the truly epic task that awaits. The Taiwan KOM, the longest road climb in the world (87km), lies in store. With a better view around every corner, whilst not for the faint of heart, this is the ride of a lifetime.



**14**  
UNFORGETTABLE  
DAYS





Having put in the hard yards of climbing the day before, you'll be relieved to spend most of the day descending from the small farming community in Lishan, through the magnificent Yilan valley. Stunning views will accompany you all the way through, and we will regroup at the bottom outside the Kavalan Whisky distillery, where a small tour and tasting session perfectly close off the day.

Our final day of riding is a rolling 70k from Jiaoxi back into Taipei. More incredible climbs precede an unbelievable return into the city through Shengkeng cemetery which is truly a sight to behold.

Finally take a day to explore the city and sample the food and night life, and reflect upon some epic days of riding!

With a vastly experienced guide and a support vehicle with you at all times, you can simply relax and enjoy the ride, as well as savour the delights Taiwan has to offer; think night markets, national parks, temples, waterfalls, natural hot springs and so much more! This tour is perfect for any cyclists who want to discover the incredible treasures of Taiwan, or for anyone looking for some warm weather training! See the full itinerary below for more details.



## FULL ITINERARY

### Day 1:

Arrival into TPE Airport and transfer to our hotel in the heart of Taipei. After a quick briefing our local guide will show you around Ximen night market and give you a first taste of Taiwanese street food!





## Day 2: BIKE BUILDING & HOT SPRING

The first thing we need for a bike tour of Taiwan is bikes. So to kick things off, our amazing support crew will help you assemble your bikes, and make sure they're perfectly tuned for the journey ahead.

Having finished the dirty work of bike building, there's a good chance you'll fancy a nice long bath. Where better, then, than Beitou Hot Springs.

These ancient hot springs have been used by people for hundreds of years to relax and enjoy the thermal waters, which the locals insist, have near-magical healing powers.

Of course, no day exploring Taipei would be complete without sampling some of the incredible food that it has to offer, and so our guide will take you to a couple of local secrets for a treat or two!





### Day 3: MAOKONG TEA HOUSE

Staying in Taipei for our first day of riding, it's time to test out the bikes and the legs.

A relaxed 40 km heading out of Taipei city along the dedicated river cycle path will bring us to the foot of Maokong mountain.

After a short climb into the foothills we will arrive at one of Taipei's oldest and most famous teahouses where you can enjoy a hot lunch and some of the best tea in the world.

Back at the hotel by mid-afternoon, there's plenty of time remaining for you to shower and change, before heading off to dine in one of the finest restaurants in the city!





## **Day 4: TRANSFER TO KENTING NATIONAL PARK**

Our journey begins at the very southern tip of the island, in Kenting National Park. Of course before we begin, we have to get there. Luckily, Taiwan has a state of the art high speed rail service which will take us most of the way to Kaohsiung. Travelling at 300km/h the journey is an experience in itself, and in no time at all you'll be on the golden sands with waves lapping at your toes.

Spend the afternoon down at the beach and enjoy meadnering through the small street food stalls in the evening.





## Day 5:

**Start:** Kenting

**Coffee:** Chang Le (43km)

**Lunch:** Daren (88km)

**End:** Donghe

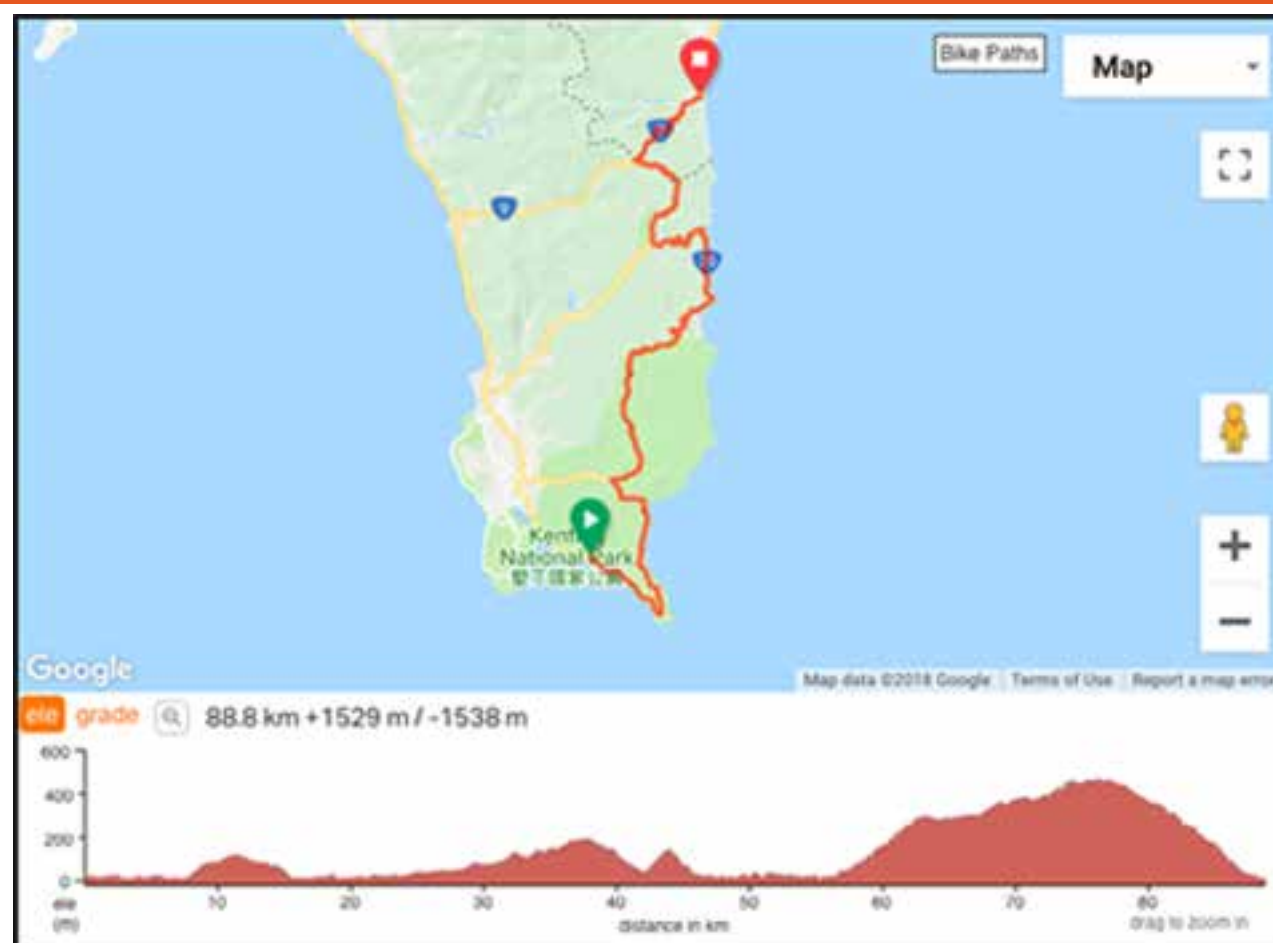
**Total Distance:** 88.8km

**Total Climb:** 1529m

Our first day heading north on two wheels is a real epic. Starting in Kenting we'll spend almost the entire day riding through the pristinely kept national park

Winding between jungle mountains and golden beaches this is a gorgeous ride, and includes a couple of longer climbs to test the legs.

After reaching the top of the biggest and final climb, we'll descend all the way back to the coast before having a local lunch and then riding to the quiet beach town of Donghe where our accommodation is for the night.





## Day 6:

**Start:** Donghe

**Lunch:** Sansiantai Bridge (66km)

**End:** Ruisui

**Total Distance:** 93.5km

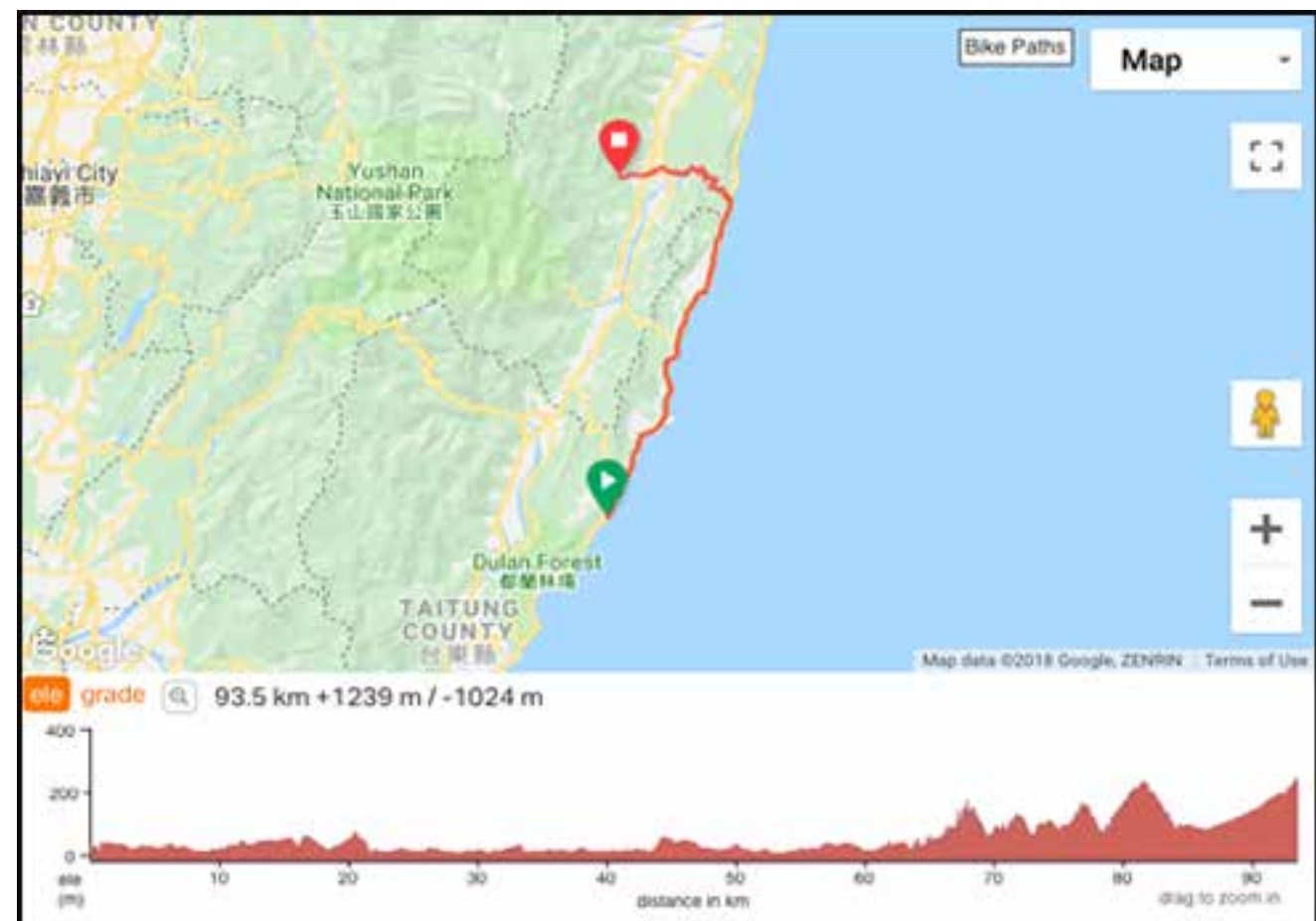
**Total Climb:** 1239m

Continuing north along the coast through Taitung County, flanked on either side by gorgeous tropical beaches and jungle covered mountains. After a stop to gawp at Taiwan's uphill river, and a quick refuel at the famous Donghe Bun Shop (which in our opinion sell the best Baoxi money can buy) we ride on towards Sansiantai Bridge.

The bridge is a phenomenal piece of architecture designed to resemble a dragon connecting the main land to

dragon connecting the main land to the 'Island of the Three Immortals'. After a picnic lunch of local treats, we ride on north, passing The Baxian Caves (large sea caves that have become famous for their Old Stone Age ruins) and the Tropic of Cancer, before ending our day with a sharp 200m climb over the Haian Range and into the rift valley.

Just the other side of the range lies our rest stop for the night, Ruisui. Spend the evening enjoying the traditional Japanese Hot Springs, as well as one of the finest restaurants in Taiwan!







**968 km**  
**OF DEDICATED**  
**CYCLE LANES**

***Find out more at [www.pedaltaiwan.com](http://www.pedaltaiwan.com)***



## Day 7:

**Start:** Ruisui

**Coffee:** Fenglin (19km)

**Lunch:** Shoufeng(39km)

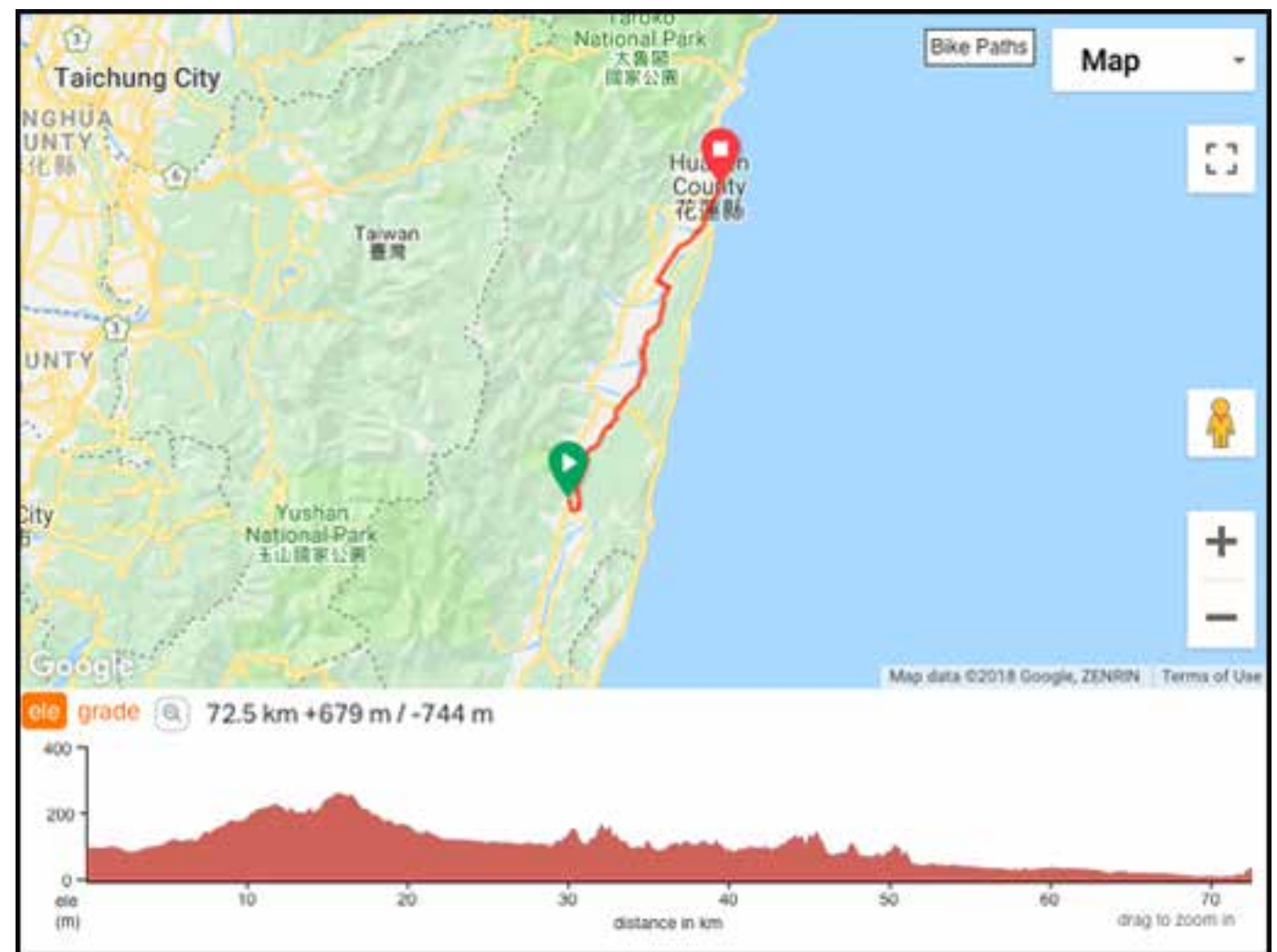
**End:** Hualien

**Total Distance:** 73.9km

**Total Climb:** 1213m

After the stunning ocean views the day before, we have equally spectacular countryside in the rift valley. Largely untouched by Taiwan's development boom, these small farming communities continue in much the same way as they have for centuries.

We'll head north along one of Taiwan's most loved cycling routes, winding in between the paddy fields and the foothills to the east. Gorgeous food as well as landscapes await us in Fenglin, and the local dumpling restaurant should give us just the boost we need to propel us towards Hualien.





## Day 8: REST DAY

Day 8 is the time to enjoy a well-earned rest! Explore the city of Hualien and the surrounding areas at your leisure. If, however, you're itching to be back on the bike, a gentle optional ride will be available. The 49km, mostly flat route will take in Liyu Lake – popular for Taiwanese canoe racing – and the East Coast National Scenic Area, where you can witness spectacular views of Hualien City and the mighty Pacific Ocean.

In the evening, we'll make a group trip to Hualien's huge night market to sample all of Taiwan's delicious street food – such as oyster omelets, bao or its famous fried chicken.





## Day 9:

**Start:** Hualien

**End:** Wuling Pass

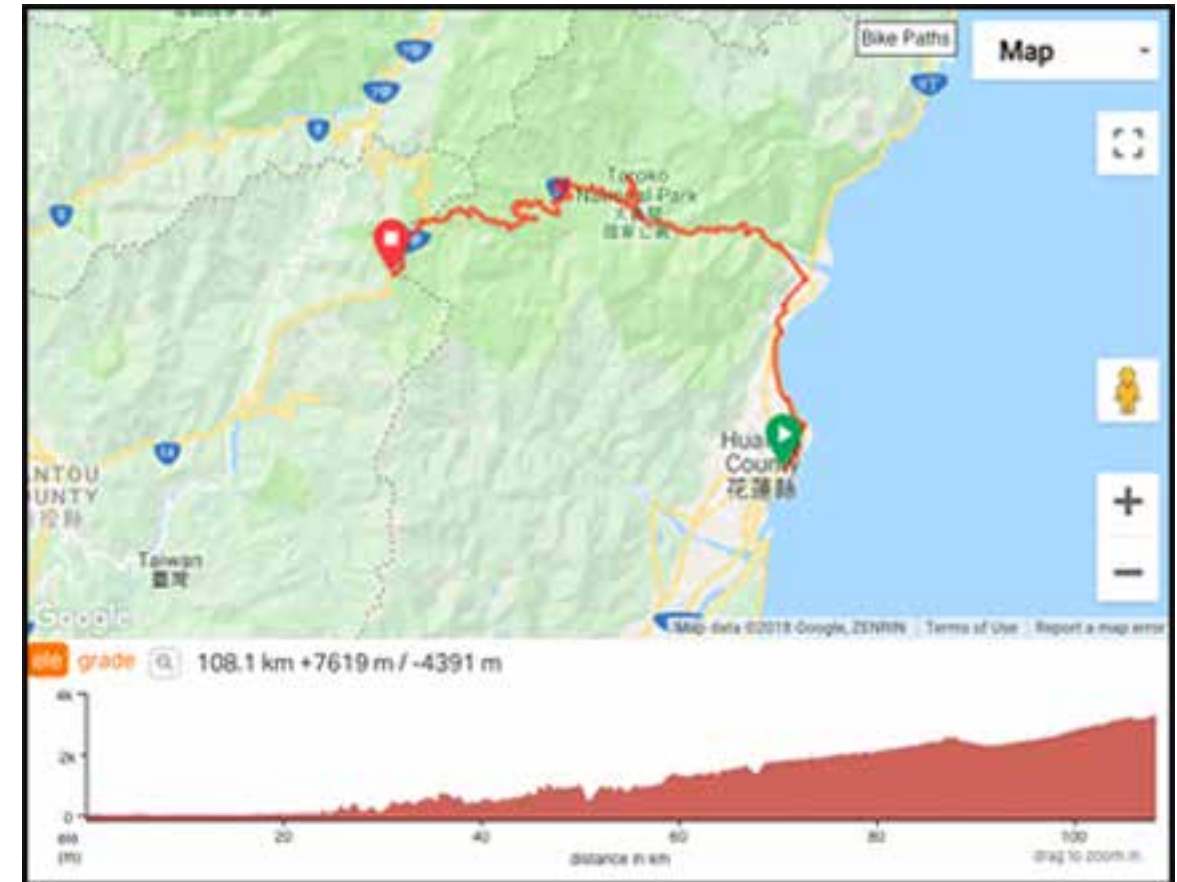
**Total Distance:** 108.1km

**Total Climb:** 4245m

Perhaps the most iconic cycle road in the world, and certainly one of the toughest. No cycling trip in Taiwan would be complete without attempting to ride the route of the Taiwan KOM - up Taroko Gorge. Won in 2017 by Vincenzo Nibali and by Britain's Emma Pooley, this climb is guaranteed to push you to the limit.

Alarms will be set early for our huge day of climbing through the amazing Taroko Gorge. As we wheel out of town the first 20km is a flat warm up for what is to come – 87km of climbing, winding up through the gorge.

We'll pass over stunning bridges, through tunnels and on some spectacular stretches of tarmac as we climb ever higher. We'll stop frequently to refuel, take on water and simply to admire the views. After 65km there's a quick descent to take you to the base of the final climb – 1000m of high altitude climbing over 18km on one of the world's most stunning roads.





An aerial photograph of a winding asphalt road on a steep, grassy mountain slope. The road features several sharp, hairpin turns and is bordered by a concrete guardrail on the outer edge. The surrounding landscape is a mix of green grass and brownish vegetation, with distant mountain ranges visible under a blue sky with scattered clouds.

# THE WORLD'S LONGEST ROAD CLIMB

Find out more at [www.pedaltaiwan.com](http://www.pedaltaiwan.com)



## Day 10:

**Start:** Lishan

**Lunch:** Kavalan Distillery

**End:** Jiaoxi

**Total Distance:** 102.6km

**Total Climb:** 1630m

With the exertions of the day before, you'll no doubt be glad to hear that this will be one of the quickest 100km rides you'll do in your life. Two small climbs are hidden in a day of descending, as we ride back down the other side of the mountain we came up the previous day.

The advantage of this quicker ride, is it will give us plenty of time to enjoy all the other treats of Yilan county. We'll finish at Kavalan Whisky distillery, where we can enjoy a tour of the facilities, followed by whisky tasting for those who'd like to.

After a couple of first class single malts, you may be in the mood for a hot bath, and luckily Jiaoxi hot springs are just the place! Depending on just how much whisky you've sampled, its a short 20km ride or even shorter drive back to our gorgeous accommodation in Jiaoxi.





## Day 11:

**Start:** Jiaoxi

**Finish:** Keelung

**Distance:** 100.7km

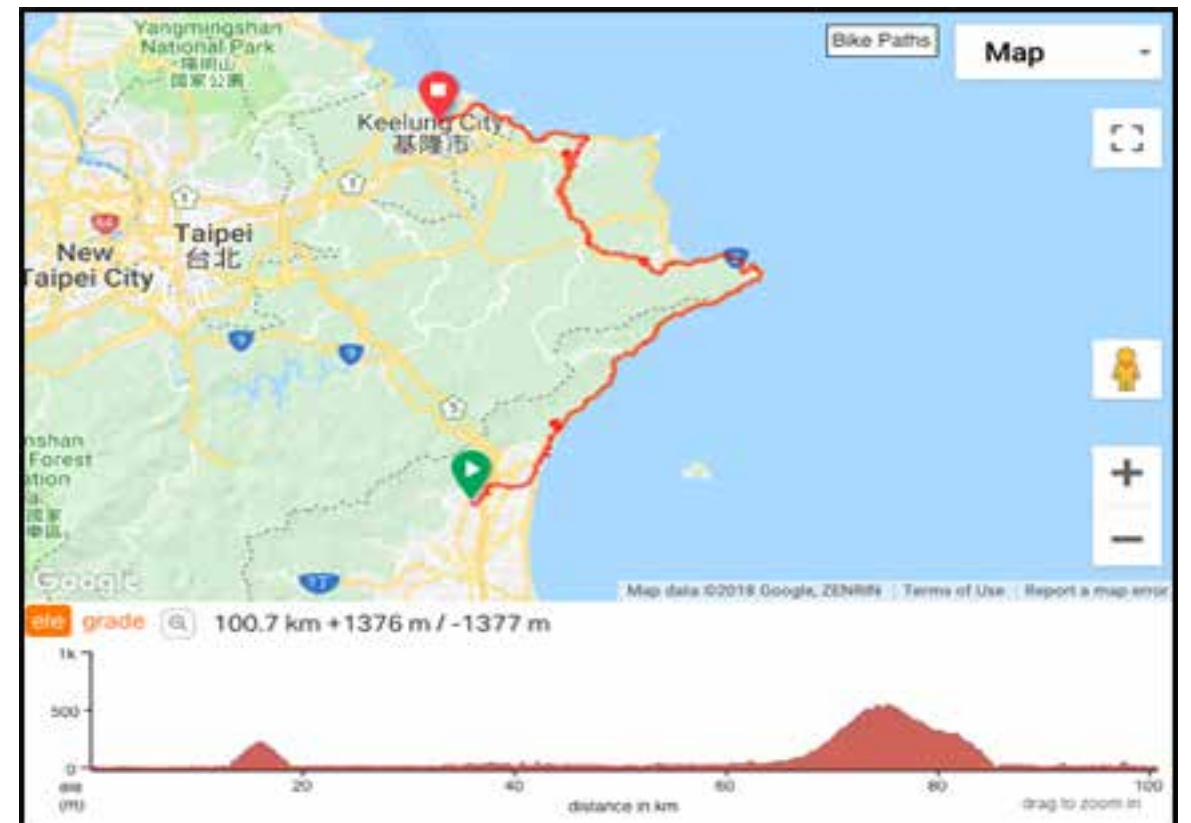
**Total climb:** 1376m

After a couple of big days in the mountains, we're heading back to the coast...before going back into the mountains!

With just one beautiful climb for the day, we'll have plenty of time to see the magnificent sights on the way back down.

Our first stop will be at Juifen, the magical old Japanese gold mining town that was the setting for 'Spirited Away'. Explore the bustling market street before descending a little further to the Golden Waterfall.

A short 15km along the coast we reach our hotel in Keelung, a thriving port city, famous above all for its fabulous night-time street food!







CNN VOTED  
WORLD'S  
FINEST  
CUISINE

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## Day 12:

**Start:** Keelung

**Coffee:** Shifen (18km)

**Lunch:** Shiding (33km)

**End:** Taipei

**Total Distance:** 75km

**Total Climb:** 1274m

Our final day on the bike is a belter! Meandering out from Keelung, we'll complete the biggest climb of the day, before stopping for a coffee in Shifen old street.

Here you can see local tourists releasing fire lanterns for prosperity. We will also visit Shifen falls, the biggest waterfall on the island.

After our stop, we'll cruise through the valley before making our final climb and descent, which will lead us back to the Taipei river cycle path that served us so well at the very start of our tour.

Take the evening to enjoy another of Taipei's fabulous local restaurants, as well as reflecting on a truly awesome 2 weeks of riding!





### Day 13:

After a few long days of riding, a well earned rest day can be enjoyed in Taipei city.

Spend the time exploring the sights of Taipei, such as the Chiang Kai-shek memorial or Taipei 101, before taking a short hike up Elephant Mountain for sunset.

We will end our trip with a group dinner at one of Taipei's best-loved local restaurants.





## Day 14:

Transfer from your hotel to Taipei International Airport. We'll be sad to see you leave, but we know you'll be back soon!

**Total Tour Distance:** 765.3km

**Total Tour Climb:** 11469m

*Elements of this route may change slightly due to unforeseen circumstances.*

