



15 DAYS
FULL ISLAND TOUR

Contact us at pedaltaiwan.com

Full Island Tour - 15 Days

Our 14-day, 1055km cycling tour offers a unique opportunity to ride stunning and challenging routes, in one of the most beautiful and undiscovered 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 head east through the lush hills surrounding Taiwan's capital, finding natural hot springs, waterfalls and hidden mountain communities along the way. You then hit the coast, where the East China Sea meets the Pacific, and from here hug the rugged coastline until we begin one of South East Asia's most beautiful and challenging climbs, high into Taiwan's central mountains.

What goes up must come down, so after reaching the peak you'll enjoy the once in a lifetime opportunity to glide more than 3000 vertical metres down through the iconic marble cliffs of Taichung County before reaching the idyllic Sun Moon Lake.

After a short transfer, we'll reach Taiwan's southernmost tip, Kenting. A surfing hot spot, grab a board or simply chill on the beach with an ice cold beer.

Back on the bike, you'll head north through pristine Kenting National Park, before beginning a 3 day journey along stunning tropical coastline, as well as miles of ancient paddy fields and farming villages in Taiwan's Rift Valley.

15
UNFORGETTABLE
DAYS



A final foray into the mountains will let you take on the route of the Taiwan KOM, and what is probably the toughest road climb in the world - Taroko Gorge. This is the exact route from the world famous race (won in 2017 by Vincenzo Nibali and Emma Pooley) and a ride that British pro-rider Lee Rodgers described as "a cycling pilgrimage". 100km and 4000m of climbing, it's certain to challenge even the greatest riders.

From the top, it's a breeze back into Taipei, with a few stops at hot springs and a world class whiskey distillery along the way of course!

With a vastly experienced guide and air conditioned support vehicles 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!

A huge part of Taiwan's incredible natural beauty comes from the severity and scale of the central mountain range that rises straight up from the Pacific Ocean. So whilst you'll cover between 65km - 147km a day, expect to climb an average of 1500m on ascents that will match and better anything to be found in Europe. 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:

Start: Taipei

End: Keelung

Total Distance: 65.2km

Total Climb: 1195m

We'll ease you into the adventure on Day 1 with a 15km cruise through the eastern suburbs of Taipei, passing the iconic Taipei 101, one of the tallest buildings in the world, and climb into the foothills surrounding the city before stopping for a coffee at Shiding.

From here we'll gently climb through lush forest to Shifen Old town where we'll eat lunch at a local restaurant. After refueling, we'll head a couple of kilometers up the valley to visit Shifen Waterfall – perhaps the most famous in Taiwan. From the waterfall, the road climbs a up into the hills before we hit the day's high point of just under 500m.

The final 25km stretch takes us down into the port city of Keelung, where our recommended restaurant offers some of the finest seafood in the country.



Day 4:

Start: Keelung

End: Jiaoxi

Total Distance: 86.6km

Total Climb: 1122m

Day 4 starts with a gentle cruise along the Pacific coastline, before we climb 250m upwards to the historic mining town of Jiufen. Built back in the gold rush at the turn of the 20th century, the narrow lanes, tearooms and views of the ocean will make for a perfect morning break.

A further 250m of climbing takes us to the day's high point before we meander down through the forest before rejoining the coast just above Sandiaojiao Cape Lighthouse, also known as the 'Eye of Taiwan'. This spot, which was also a battlefield during the Pacific campaign of WW2, marks the most easterly point of Taiwan and offers stunning 270 degree views of the ocean below.

From the cape, we head south along the coastal road before turning off to head up to the Wufengchi waterfalls. If you're feeling brave enough, bring your swimmers and take a dip in pool at the bottom of the 100m, three-stage waterfall!



Day 5:

Start: Jiaoxi

End: Lishan

Total Distance: 118.2km

Total Climb: 3636m

Day 5 brings the first big challenge of the trip – the 102.2km ride up to Lishan. Starting in Jiaoxi, we begin to track the mighty Lanyang River. Carved out by monsoon and typhoon rains that can top 2000mm in a day – three times what London receives in a year – this vast river is a true reminder of the power of nature in Taiwan.

As we gently climb at an average gradient of 2%, the valley narrows and the hills begin to rise ever higher. A coffee at Chilan Forest marks our first crossing of the river. The climb ramps up slightly as we cross the river once more to ride through cabbage and spring onion fields. We'll take lunch at Nanshan, at around 1100m, before the final stretch to Lishan.

Once at the summit, you'll have climbed over 3000m and reached almost 2000m – time to enjoy a big bowl of steaming noodles!



Day 6:

Start: Lishan

End: Sun Moon Lake

Total Distance: 113.7km

Total Climb: 1789m

Having climbed for the entire ride the day before, you would think that the only way was down, and you'd be right. After a little bit more climbing first though. From Lishan we continue onwards and upwards towards the highest road in Taiwan, Wuling Pass.

35km and about 1200m of climbing will be well worth the effort. Breathtaking views await us, as well as a stunning descent towards Sun Moon Lake.

Famous with tourists and locals alike, the lake is a perfect opportunity to relax with a beer, or take a swim in the crystal clear waters.





968 km
OF DEDICATED
CYCLE LANES

Day 7:

Start: Sun Moon Lake

End: Hualien National Park

Total Distance: 43.2km

Total Climb: 689m

We'll enjoy the first of our rest days on day 7, but not without a short spin on the bikes first! From our hotel, we'll ride around Sun Moon Lake to take in all of the incredible vistas, before finishing with a stunning descent out of the valley to a temple in Jiji Township.

From here, we load up the bikes and travel to the very southern tip of Taiwan: Kenting National Park. It will take us approximately 4 hours to reach Kenting, and once we arrive, you can spend the afternoon relaxing on the beach, riding up the coast, hiking in the mountains, or sampling the vast array of street food!



Day 8:

Start: Kenting

Coffee: Chang Le (43km)

Lunch: Daren (88km)

End: Donghe

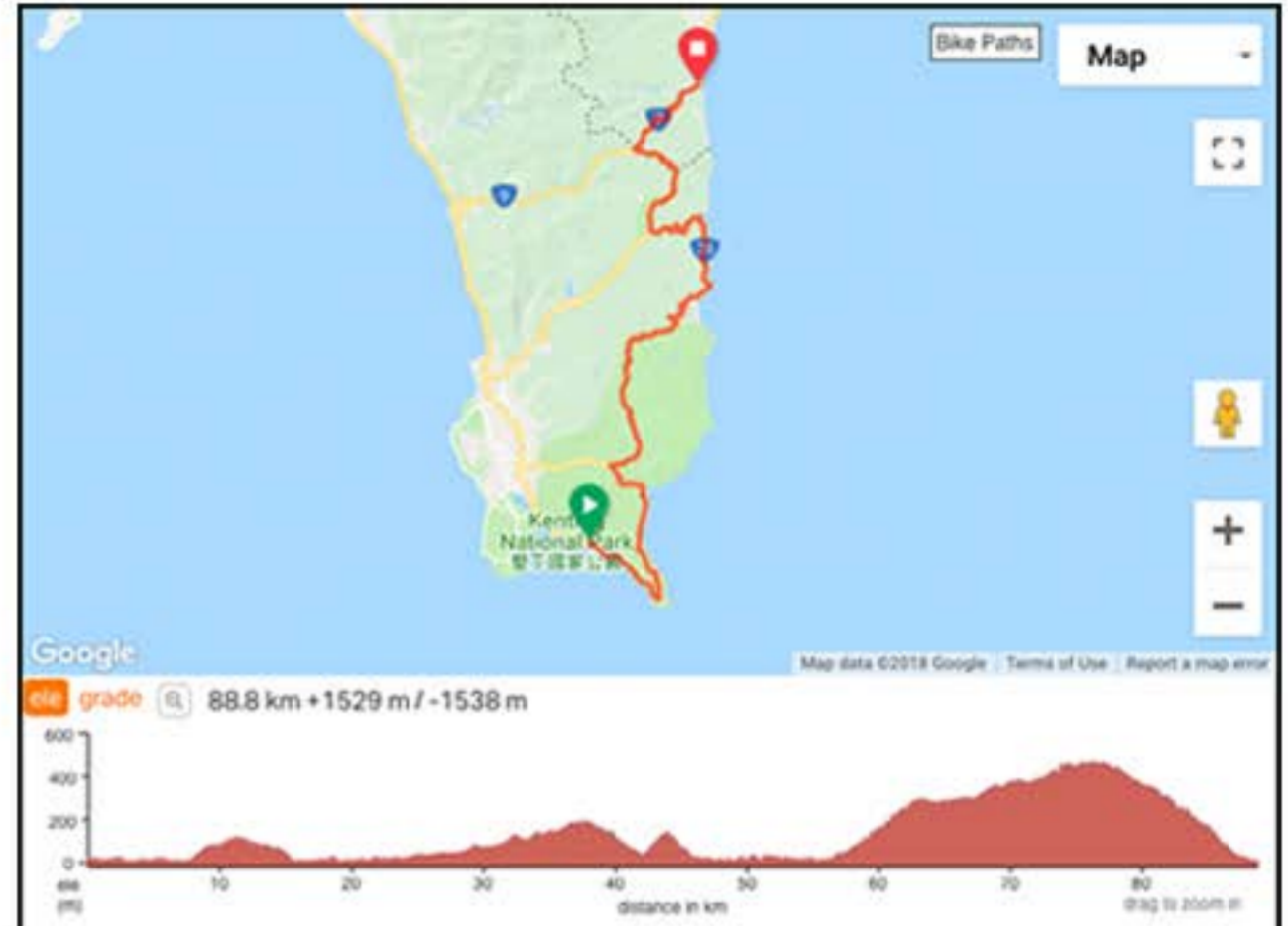
Total Distance: 88.8km

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 include 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 transferring to the quiet beach town of Donghe where our accommodation is for the night.



Day 9:

Start: Donghe

Lunch: Sansiantai Bridge (66km)

End: Ruisui

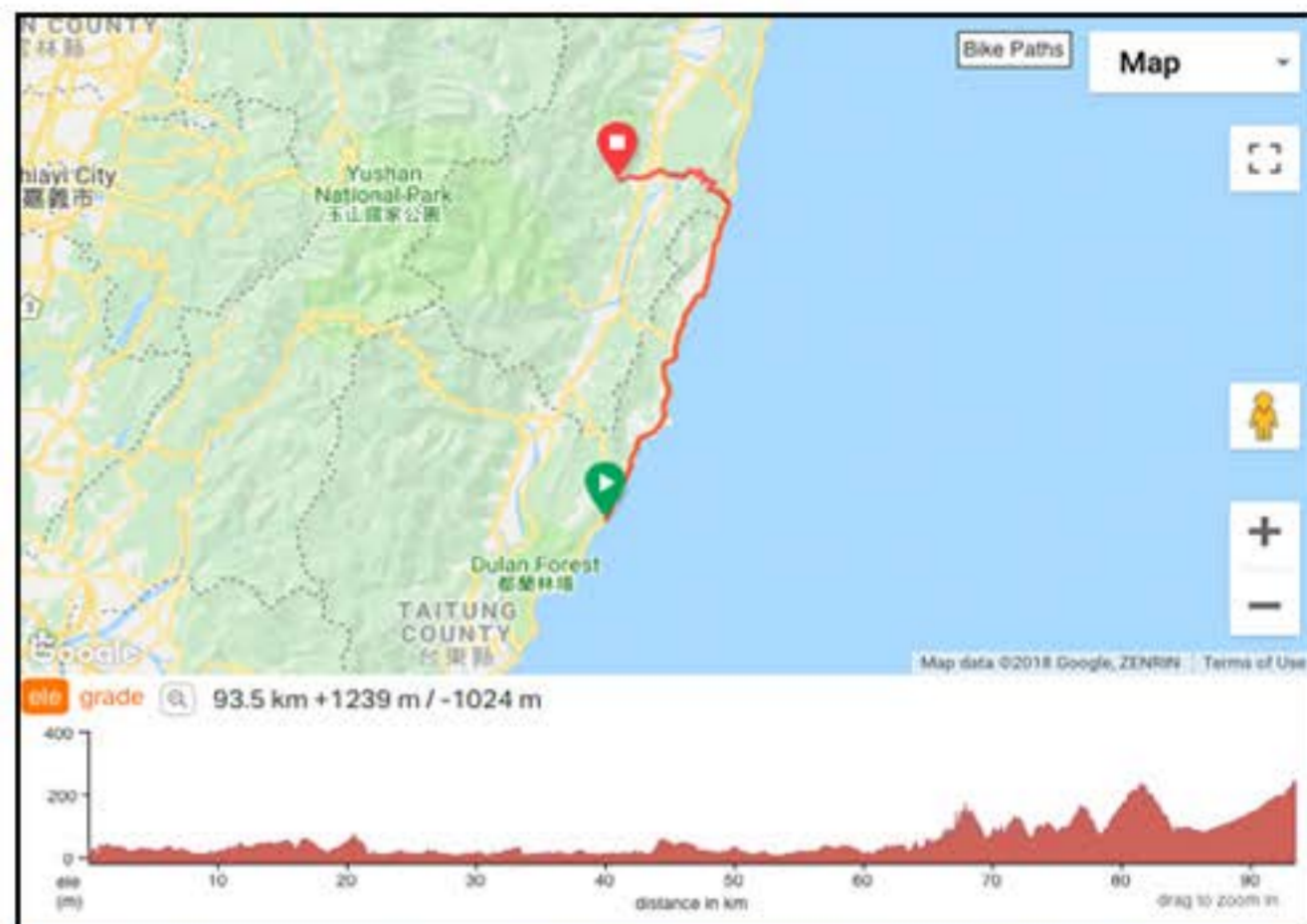
Total Distance: 93.5km

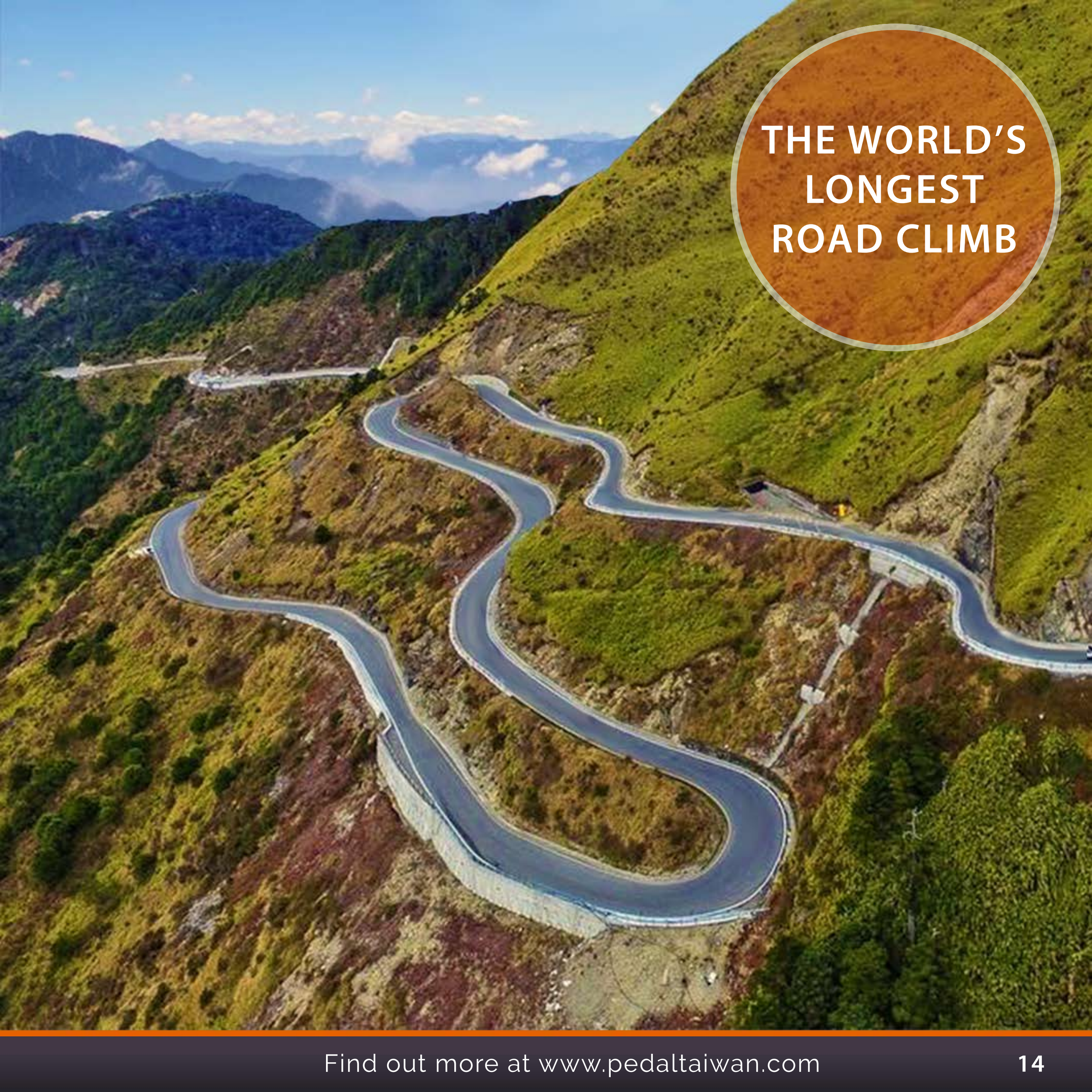
Total Climb: 1239m

Continuing north along the coast through Taitung County, flanked on either side by gorgeous tropical beaches and jungle covered mountains. After a stop at 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 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!



An aerial photograph of a winding asphalt road that snakes up a steep, grassy mountain slope. The road features several sharp, hairpin turns. The surrounding landscape is a mix of green grass and patches of brownish vegetation. In the background, more mountain ranges are visible under a clear blue sky with some light clouds. A large, semi-transparent orange circle is overlaid in the upper right corner, containing the title text.

THE WORLD'S LONGEST ROAD CLIMB

Day 10:

Start: Ruisui

Coffee: Fenglin (19km)

Lunch: Shoufeng(39km)

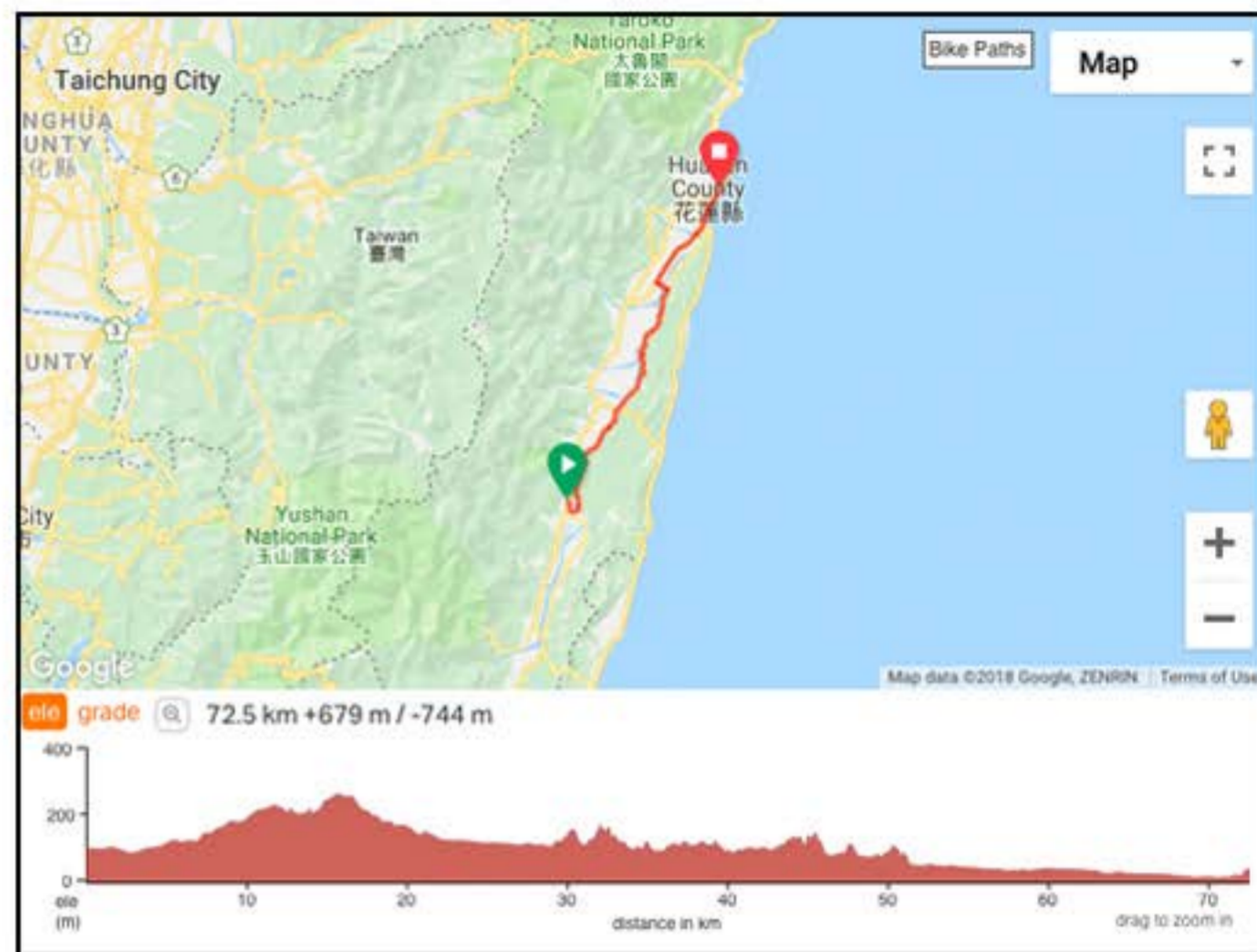
End: Hualien

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 11: REST DAY

Day 11 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.





CNN VOTED
WORLD'S
FINEST
CUISINE

Day 12:

Start: Hualien

End: Wuling Pass

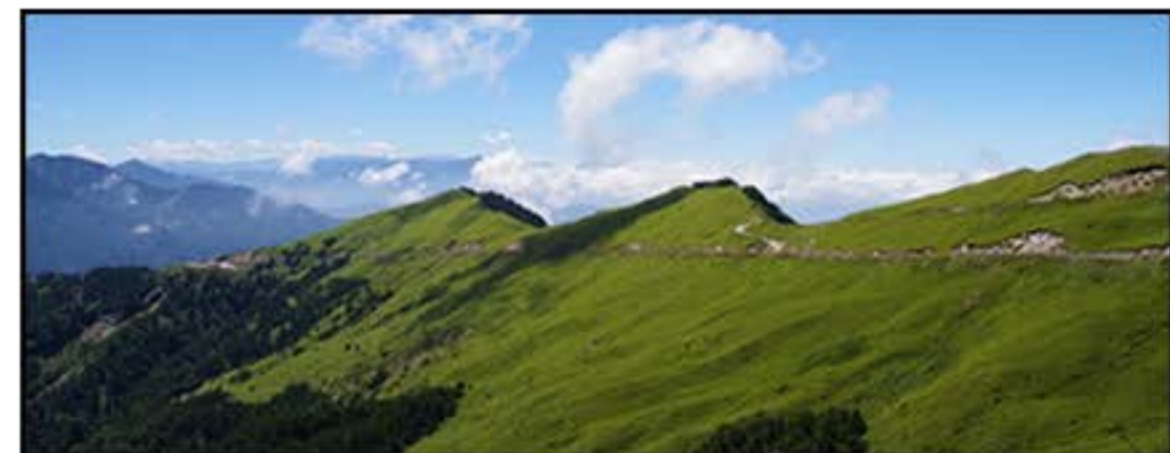
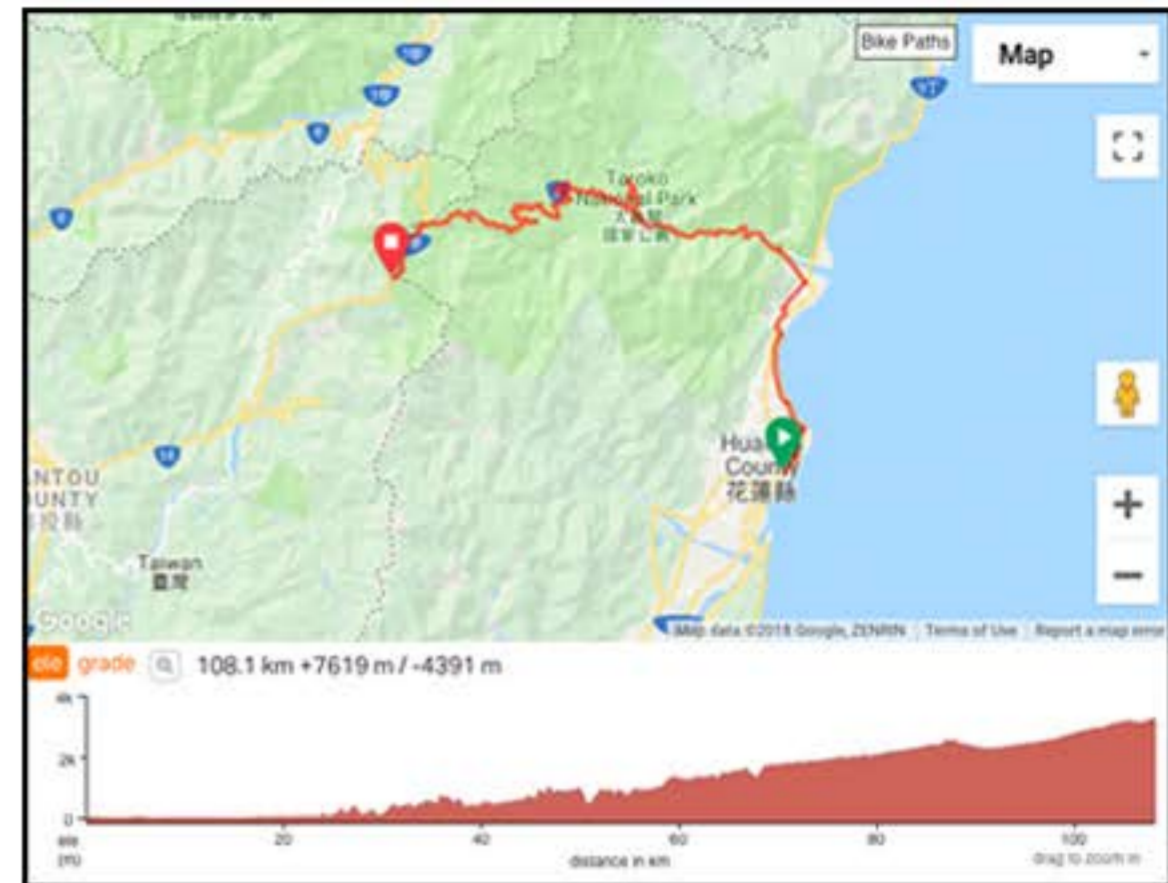
Total Distance: 108.1km

Total Climb: 4245m

Perhaps the most iconic cycle route 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.



Day 13:

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 Whiskey distillery, where we can enjoy a tour of the facilities, followed by whiskey 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 whiskey you've sampled, its a short 20km ride or even shorter drive back to



Day 14:

Start: Jiaoxi

Finish: Taipei

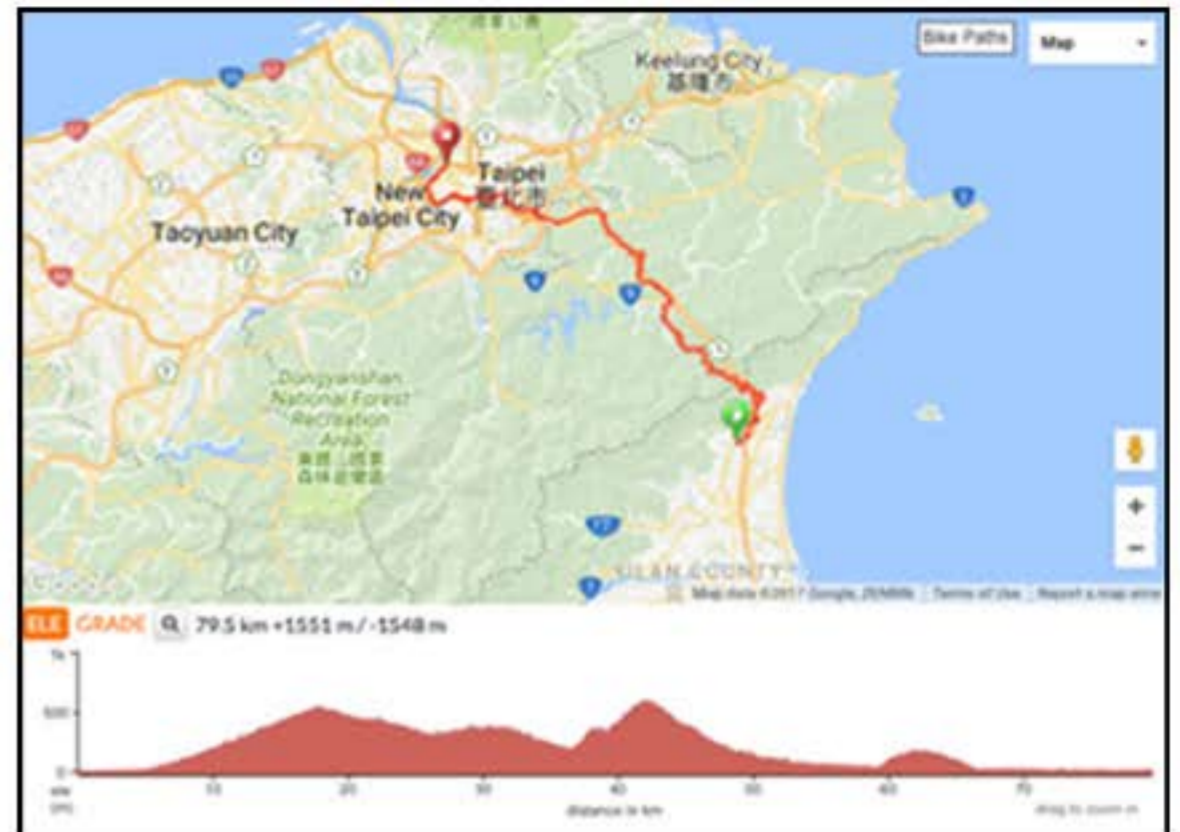
Distance: 79.5km

Total climb: 1551m

Our final day before returning to Taipei starts with a steady 12km climb out of Yilan County. The rolling road takes us through the forested Pinglin District to the final major climb of the tour, a sharp ascent up to our high point for the day of 600m.

Once at the summit it is downhill all the way into Taipei, where we'll cruise through Fe De Keng, Taipei's ancient cemetery. Finally we will finish our ride along the cycle path that runs along the bank of the Tamsui River.

We'll arrive into town around mid-afternoon with plenty of time for some sightseeing before we head out for dinner at a famous Taipei hotpot restaurant.



Day 15:

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: 1055.2km

Total Tour Climb: 19685m

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

