



7 DAYS
PACIFIC PARADISE

Contact us at pedaltaiwan.com

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:

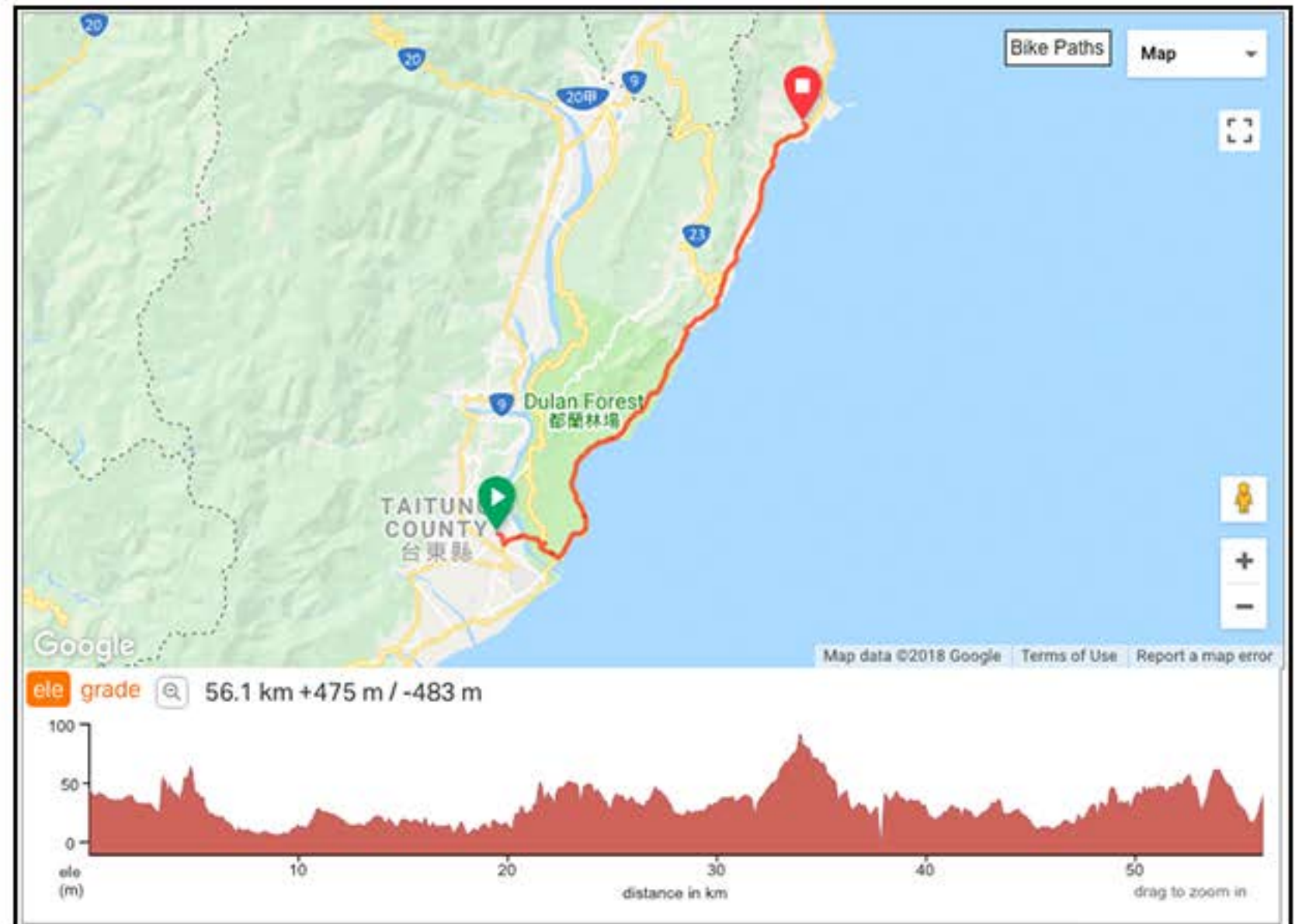
Start: Taitung

Sights: Jialulan Cultural Park
Uphill River

End: Chenggong

Total Distance: 56.1km

Total Climb: 475m



Jumping on the early morning train from Taipei, we will arrive into Taitung for where we will find our bags, guide, bikes and food waiting for us.

After a quick lunch, we begin an afternoon riding along pristine pacific coastline. A couple of stops and photo opportunities will break up the ride, firstly at the Jialulan Cultural park where you can view some Aboroiginal Taiwanese art installations, and then secondly at the mesmerising uphill river. We don't want to give the game away too much about this one, but trust us, it will blow your mind!

Finally we will reach our accomodation for the night in Chenggong, where we will also sample some of the best fresh seafood to be found anywhere in East Asia!

7
UNFORGETTABLE
DAYS



Day 3:

Start: Chenggong

Sights: Sanxiantai Bridge

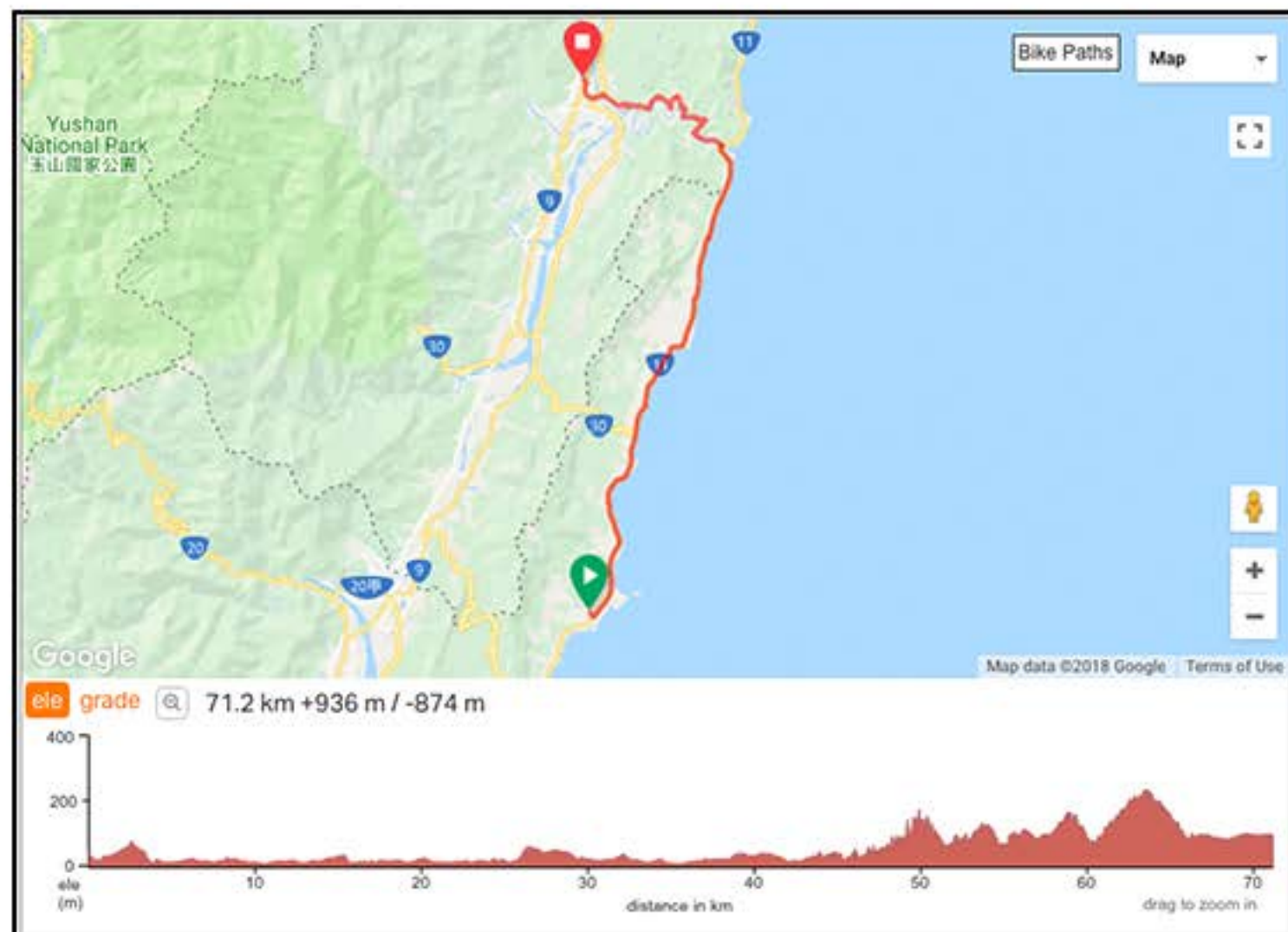
Baixian Caves

Ruisui Hot Spring

End: Ruisui

Total Distance: 71.2km

Total Climb: 936m



Back on the bike for one of our tougher days of riding, we begin our day continuing north along the Pacific coastline, and it isn't long before we come to our first wonder of the day.

Our first stop will be at Sanxiantai Bridge, an incredible piece of architecture designed to resemble a dragon, which connects the main land to the 'Island of the Three Immortals'. After a coffee break overlooking this incredible manmade structure, we will continue along the spectacular coastline (crossing the Tropic of Cancer in the process) and will stop for lunch at Baxian Caves.

After lunch we start our first real ascent of the trip, climbing 200m over Haian Ridge and descending to our hotel in Ruisui in the Rift Valley. Thermal hot springs await in the evening, as well as a fantastic traditional Taiwanese restaurant.

Day 4:

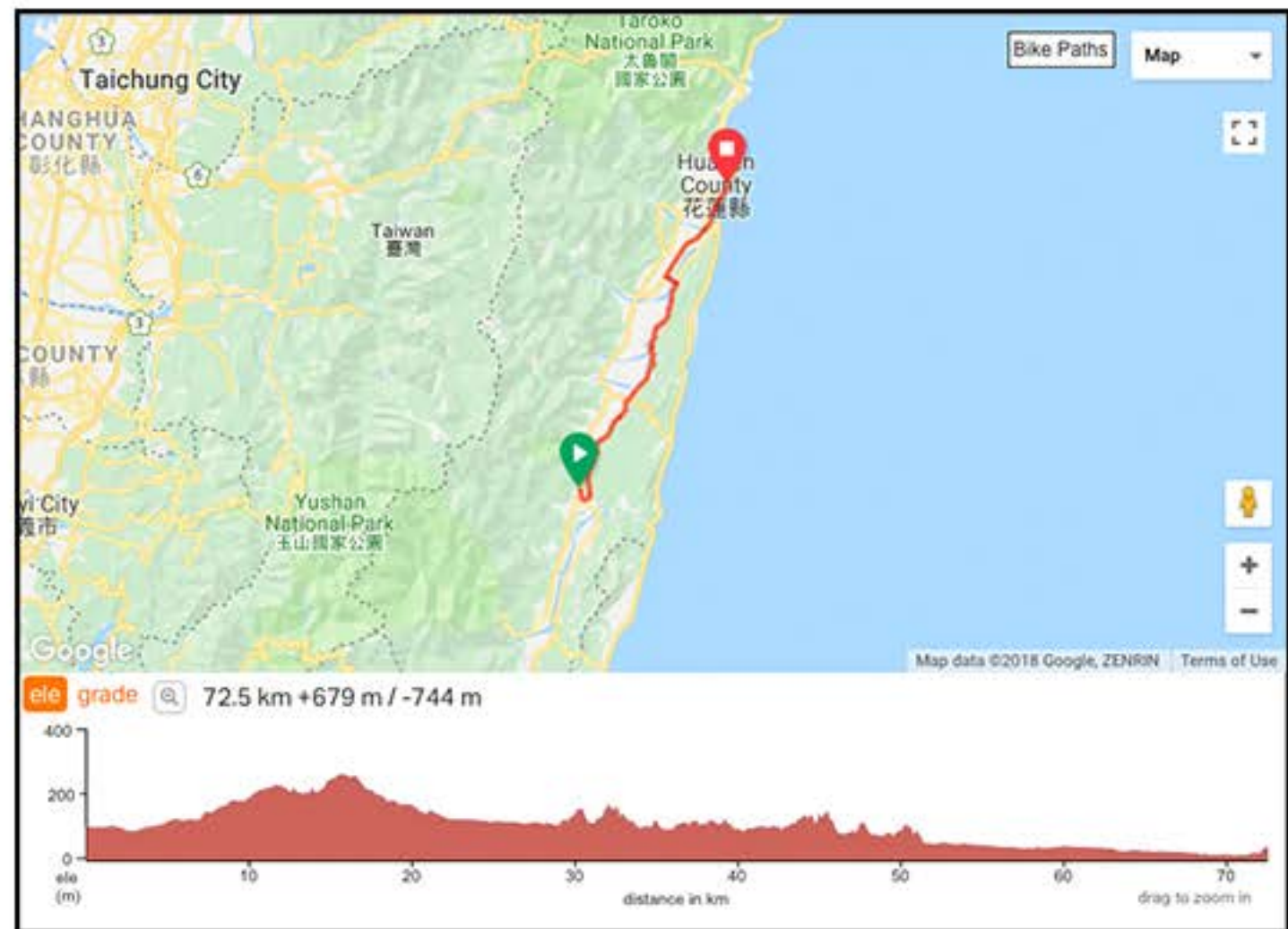
Start: Ruisui

Sights: Rift Valley
Farglory Park

End: Hualien

Total Distance: 72.5km

Total Climb: 679m

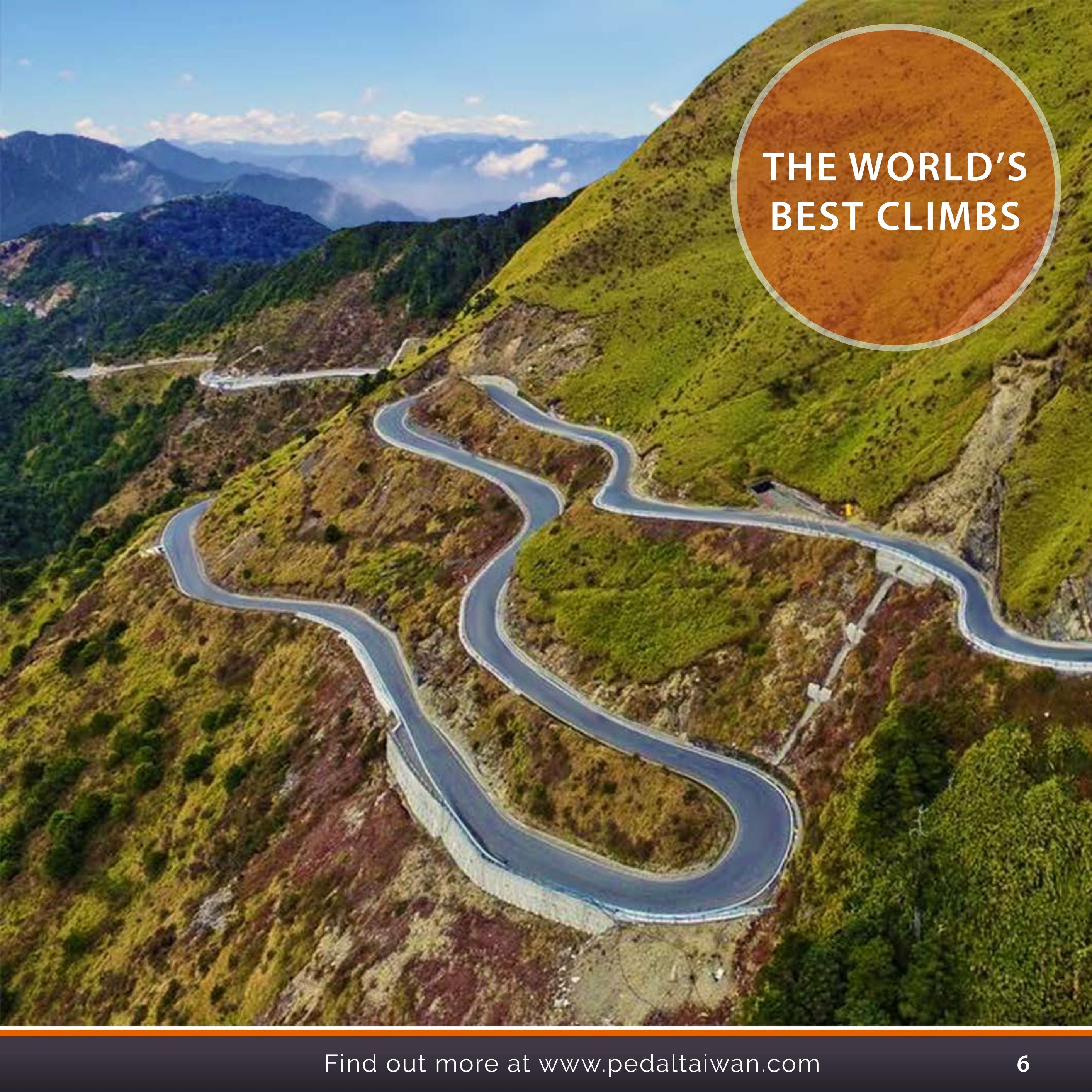


Having taken in the stunning ocean views the day before, day 4 will see us ride through equally spectacular countryside in the rift valley. Largely untouched by Taiwan's development boom, these small farming communities continue in much the same way as they have for centuries.

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.

Before we get there, however, we will take a small detour east to gorgeous views at Farglory Park, and if you're feeling brave enough, the steepest road climb in Taiwan!

In the evening we will visit an authentic Taiwanese aboriginal restaurant, to get a taste of indigenous flavours.

An aerial photograph of a winding asphalt road on a mountain. The road has multiple sharp turns and is bordered by a low stone wall in some sections. The surrounding landscape is a mix of green grass and brownish-yellow shrubs, suggesting an autumn or winter setting. In the background, more mountain ranges are visible under a blue sky with some clouds.

THE WORLD'S BEST CLIMBS

Day 5 OPTION 1 - Liyu Lake:

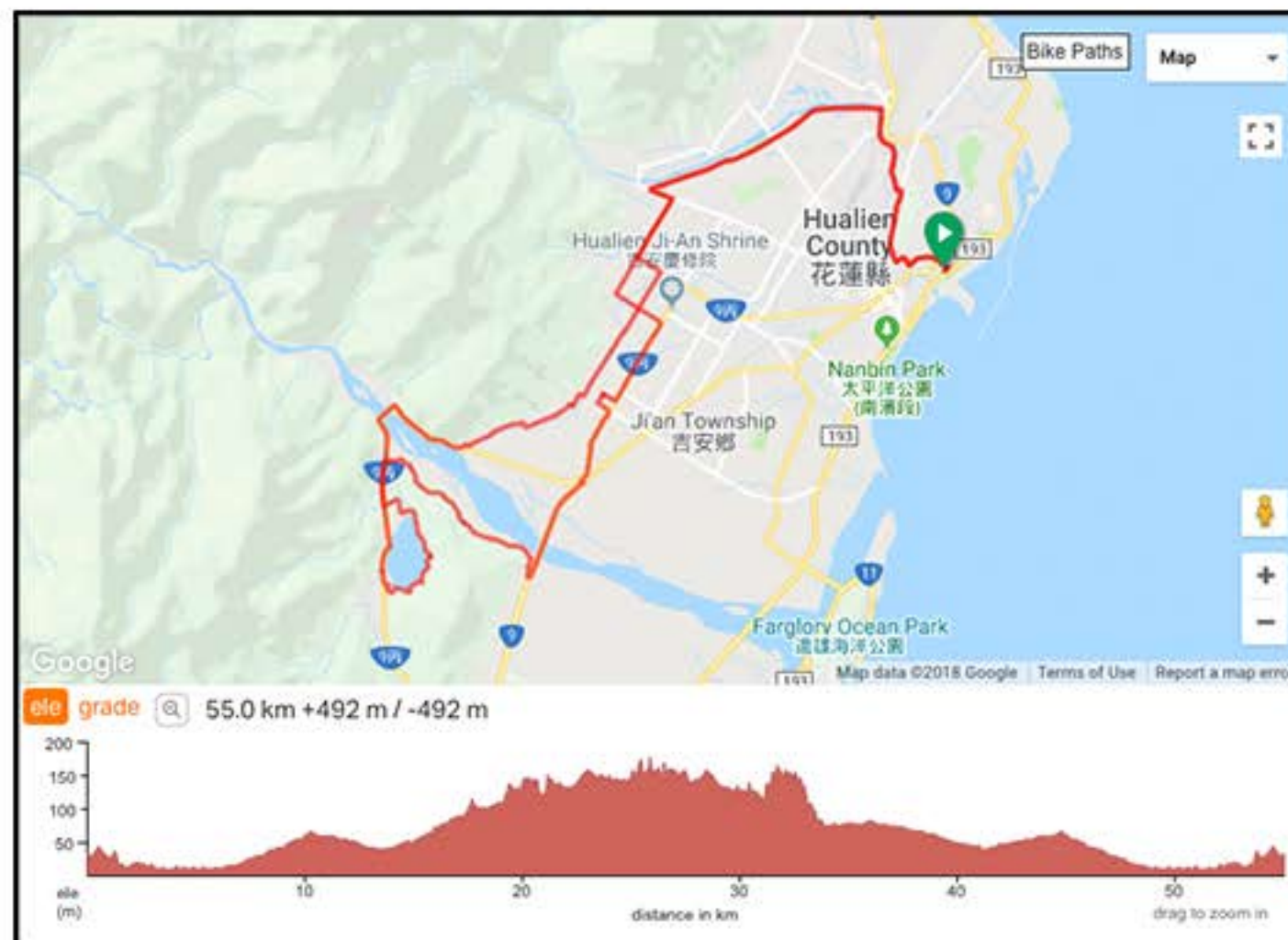
Start: Hualien

Sights: Martyr's Shrine
Liyu Lake

End: Hualien

Total Distance: 55km

Total Climb: 492m



A slightly easier riding day, but with no less beauty. We begin with a relaxing ride along the river out of downtown Hualien, stopping to wonder at Martyr's Shrine on the way. A beautiful piece of traditional Chinese architecture, it's a reminder of the heritage of the majority Han Chinese population in Taiwan.

Following the river out of the city, we quickly find ourselves surrounded by lush countryside, with the imposing central mountain range towering out of the earth to our right.

Approximately 25km into our ride we arrive at Liyu Lake, perhaps the most idyllic spot on the whole island. Grab your swimming stuff and take a dip in the cool waters while our guide prepares a traditional Taiwanese BBQ for you.

After lunch you can decide to ride back to the city or simply jump in the van!

Day 5 OPTION 2 - KOM Challenge:

Start: Hualien

End: Wuling Pass

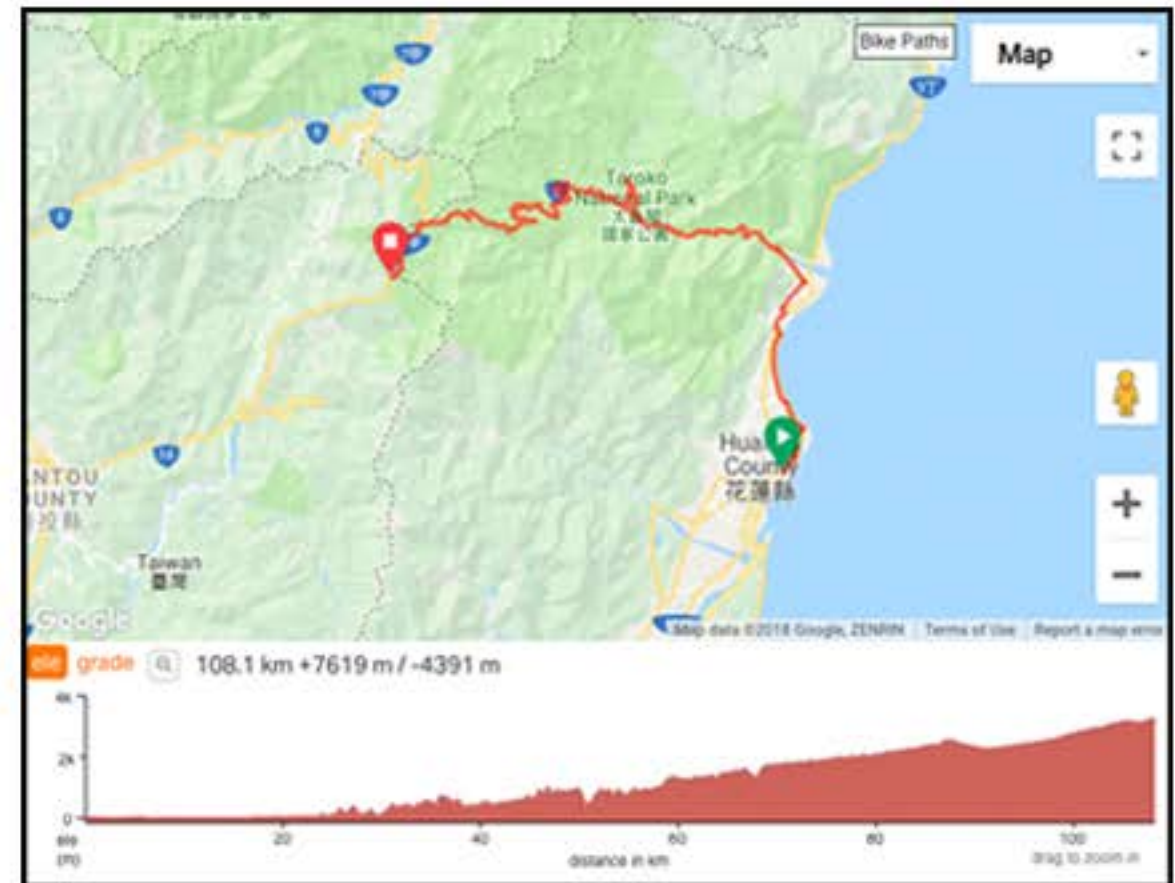
Total Distance: 108.1km

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, it 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 cruise spectacular stretches 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.





CNN VOTED
WORLD'S
FINEST
CUISINE

Day 6: TRANSFER TO TAIPEI

After the exertions of the previous few days it's time for a well earned rest.

Our guides will accompany you on the scenic 2 hour train journey from Hualien to Taipei, where an afternoon of adventuring awaits.

On arrival in Taipei, they will first take you to an authentic locals lunch spot, before showing you some of the best walking routes up Elephant Mountain for spectacular views over the city.

After the stroll, your bags and bikes will be waiting for you at the hotel, giving you plenty of time to freshen up, before our guides take you out to explore Taipei's most loved night market - Raohe.

Here you'll discover some local delicacies and more than a few hidden treats!



Day 7:

A morning exploring some of the sights of the city, before your transfer to TPE International Airport. We'll be sad to see you go!

