

# PEDAL TAIWAN

DESIGNED BY CYCLISTS, FOR CYCLISTS

## 14 DAYS DISCOVER TAIWAN





# DAY TO DAY ITINERARY

## DAY 1 ARRIVAL IN TAIPEI

Collection from TPE Airport and transfer to your hotel.

## DAY 2 MAOKONG TEA VALLEY

Acclimatisation ride in and out of Taipei. Head out of the city along the river path bike lanes and up into the surrounding tea plantations.

## DAY 3 KENTING NATIONAL PARK

Take the bullet train from Taipei down to the southern most city on the island; Kaohsiung. Travelling at speeds of over 350km/h you'll arrive in just 105 minutes!

## DAY 4 KENTING TO TAIMALI

The beginning of an epic ride up north. Starting in Kenting we'll spend almost the entire day riding through the pristinely kept national park.

## DAY 5 TAIMALI TO CHENGGONG

A fabulous ride north hugging the coastline all the way. We'll skirt the edge of Taitung before heading along some stunning Pacific beaches.

## DAY 6 CHENGGONG TO RUISUI

Pacific coastline before climbing through an abandoned mountain road with aboriginal villages.

## DAY 7 RUISUI TO HUALIEN

Taiwan's best kept cycling secret. A stunning backroad winding along the edge of the mountains through lush paddy fields and small farming communities.

## DAY 8 LIYU LAKE

A potential rest day, or a relaxing ride out to a serene lake in the mountains. Take your bathers as there's even the chance for a dip!

## DAY 9 TAROKO GORGE

It's the big one. Take on the world's longest road climb through the iconic Taroko gorge. A bucket list ride.

## DAY 10 LISHAN TO JIAOXI

What goes up must come down. After a mammoth climb the day before enjoy some free wheeling adventures heading down the valley.

## DAY 11 JIAOXI TO KEELUNG

Back to level-ish ground, paddy fields, Jiaoxi old street and the pacific coastline await.

## DAY 12 KEELUNG TO TAIPEI


The final ride, but still a belter. Shifen waterfall & old town are must-see's before heading back into Taipei along the cycle path.

## DAY 13 TAIPEI REST DAY

Sightseeing and excursions

## DAY 14 DEPARTURE DAY

Departure & end of tour



'NOBODY REALLY QUITE  
REALISES HOW **STUNNINGLY**  
**BEAUTIFUL** TAIWAN IS UNTIL  
THEY ACTUALLY SET FOOT  
THERE'

## AN INTRODUCTION

This tailored 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.

With a highly 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!

Each accommodation has been vetted and hand-picked to ensure top service - we only use local hospitality providers and businesses in order to protect the local economy and support sustainable practices.

Your trip has been coordinated by Rob.  
[Any questions or concerns, get in touch!](#)

Direct line: +44 7768 699479



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# ARRIVAL

## DAY 1

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Arrival into TPE Airport and transfer to our hotel in the heart of the capital city, 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!



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Taiwan - everything  
you could ask for  
from a cycling  
adventure rolled  
into one neat little  
island

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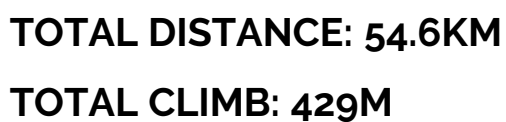




968km  
**OF DEDICATED  
CYCLE LANES**



## DAY 2



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!





# TRANSFER TO KENTING

## DAY 3

To begin our journey from the very southern tip of the island, in Kenting National Park, we have to get there first. 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 wandering through the small street food stalls in the evening.



# KENTING TO TAIMALI

## DAY 4

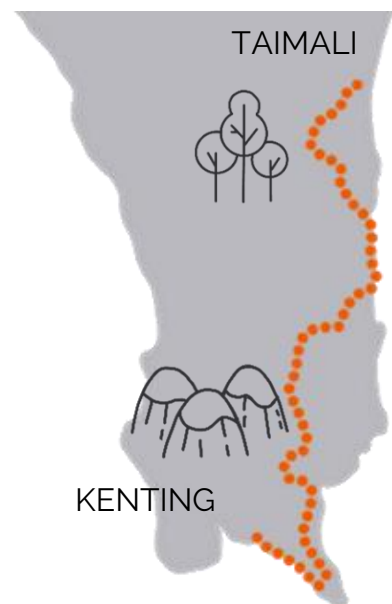
The beginning of an epic ride up north:

We start in Kenting we'll spend almost the entire day riding through the pristinely kept national park, winding between jungle mountains and golden beaches.

It's a gorgeous ride but also not without 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 finally on to the quiet aboriginal town of Taimali where our accommodation is for the night.



**TOTAL DISTANCE: 88.8KM**

**TOTAL CLIMB: 1529M**



# TAIMALI TO CHENGGONG

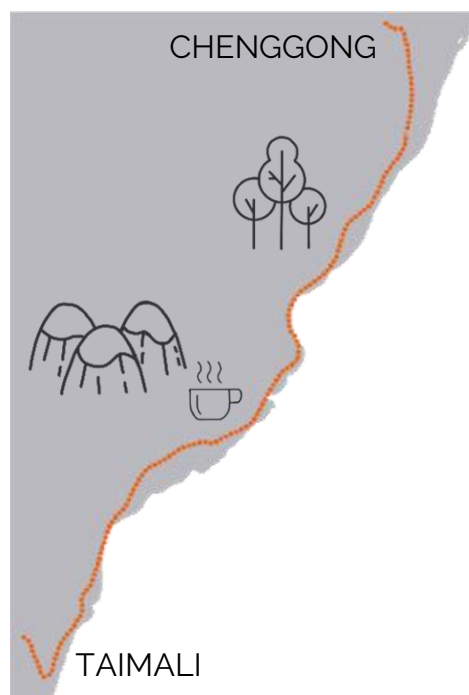
## DAY 5

We take this day relatively gently along the east coast road, continuing north until we reach the spot for our coffee break (or brunch, depending on how much of a lie-in you want!) in the bustling city of Taitung just over 30km down the road.

From Taitung, we head towards the old Duoliang Station. This station, now abandoned, has become a popular tourist attraction thanks to the beautiful view it offers of the Pacific ocean.



From here we head to our hotel, situated in an elevated position in the hills above the Pacific. Pop down to the beach for a swim and set your alarm for an early morning view – the sunrise over the Pacific is truly an unmissable sight.



**TOTAL DISTANCE: 93.2KM**

**TOTAL CLIMB: 329M**



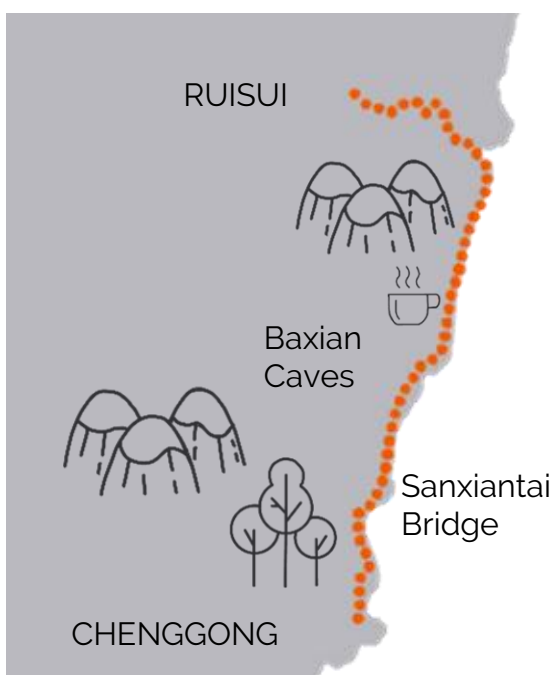
# CHENGGONG TO RUISUI

## DAY 6

Back on the bike for one of our tougher days of riding, we begin our day continuing north along the Pacific coastline, with not long before we come to our first wonder of the day, the Sanxiantai Bridge.



The bridge is an incredible piece of architecture designed to resemble a dragon, which connects the mainland to the 'Island of the Three Immortals'. We'll take a short coffee break overlooking this incredible manmade structure.



We will then continue along the spectacular coastline (crossing the Tropic of Cancer in the process), stopping for lunch at the Baxian Caves.

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

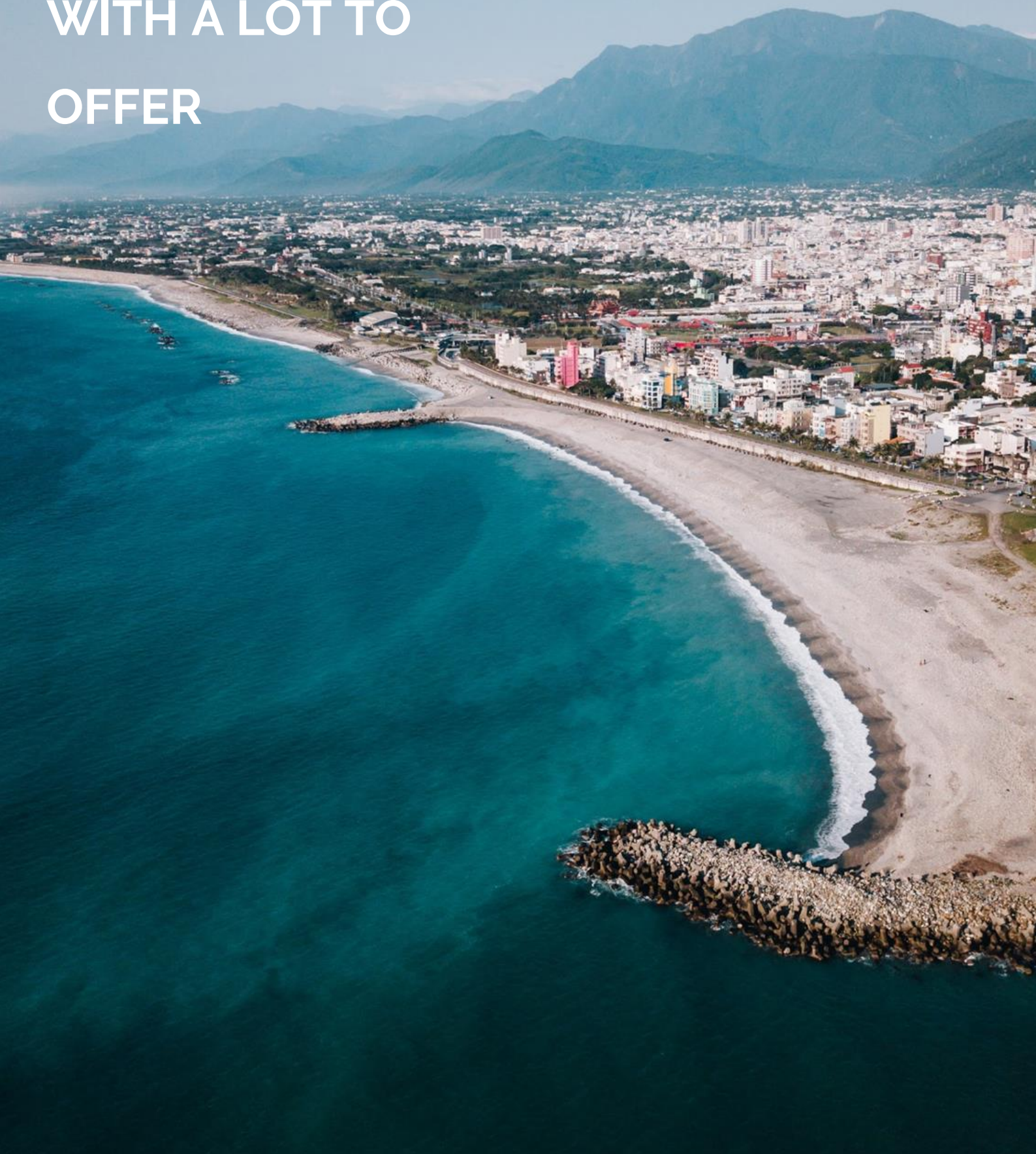
**TOTAL DISTANCE: 71.2KM**

**TOTAL CLIMB: 936M**



# A SMALL COUNTRY WITH A LOT TO OFFER

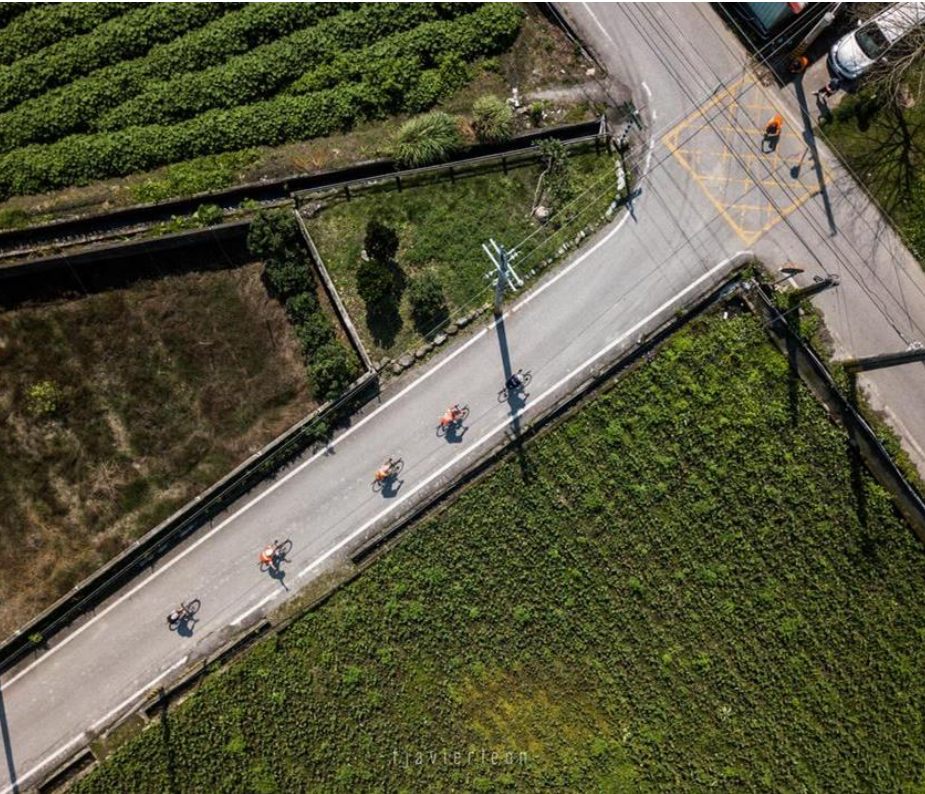
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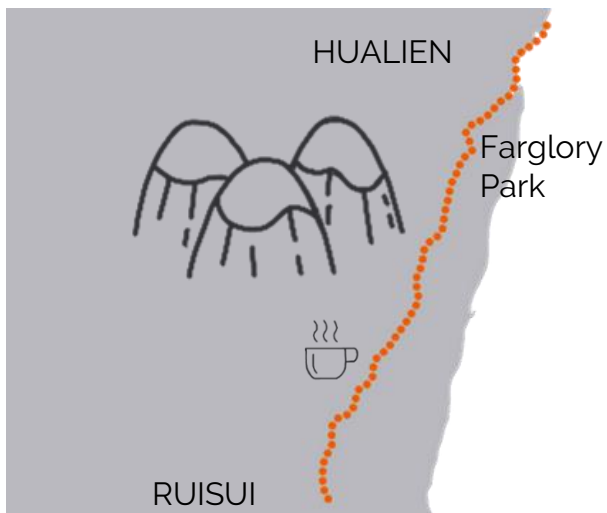


# RUSUI TO HUALIEN

DAY 7



Before we get there, however, we will make 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.



Having taken in the stunning ocean views the day before, we'll be riding 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 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.



**TOTAL DISTANCE: 73.9KM**

**TOTAL CLIMB: 1213M**



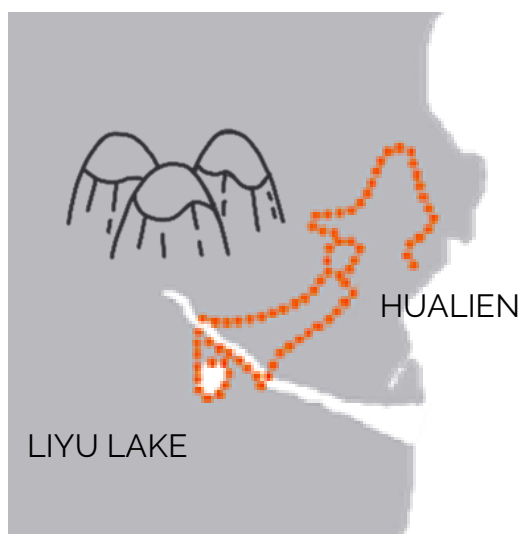
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## LIYU LAKE (OPTIONAL REST DAY)

### DAY 8

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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 whilst 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!

**TOTAL DISTANCE: 55KM**

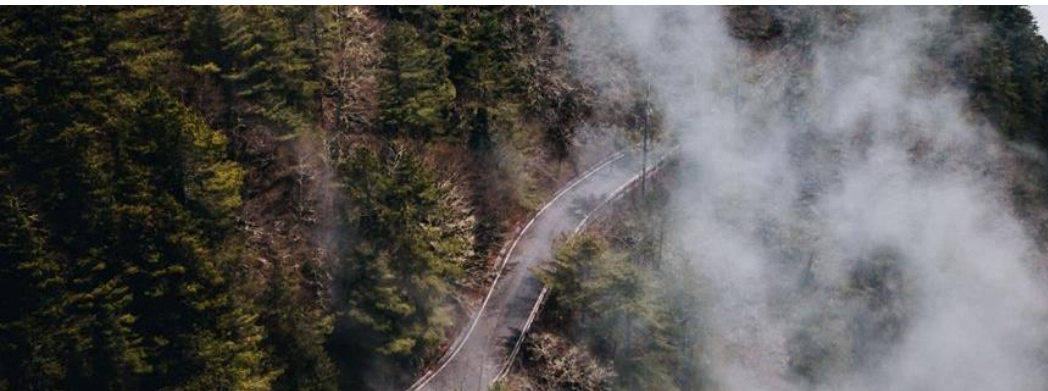
**TOTAL CLIMB: 492M**



# HUALIEN TO WULING PASS

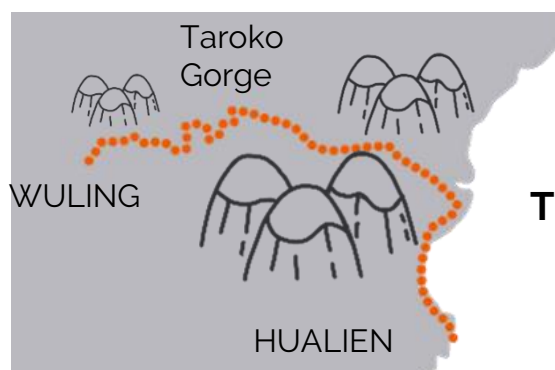
## DAY 9

One of the toughest cycling routes in the world, no cycling trip in Taiwan would be complete without attempting the route of the **Taiwan KOM Challenge** up Taroko Gorge. Won in 2017 by Vincenzo Nibali and 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.



**TOTAL DISTANCE: 108.1KM**  
**TOTAL CLIMB: 4245M**





# THE WORLD'S LONGEST ROAD CLIMB

## TAIWAN KOM CHALLENGE



# LISHAN TO JIAOXI

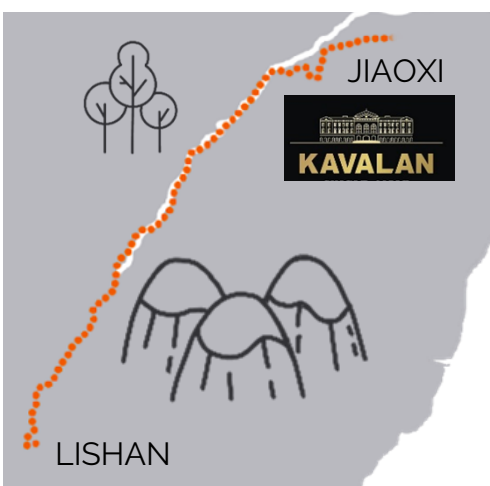
DAY 10

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 that it will give us plenty of time to enjoy all the other treats of Yilan county. We'll finish at the 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, it's a short 20km ride or an even shorter drive back to our gorgeous accommodation in Jiaoxi.



**TOTAL DISTANCE: 102.6KM**

**TOTAL CLIMB: 1630M**



# JIAOXI TO KEELUNG

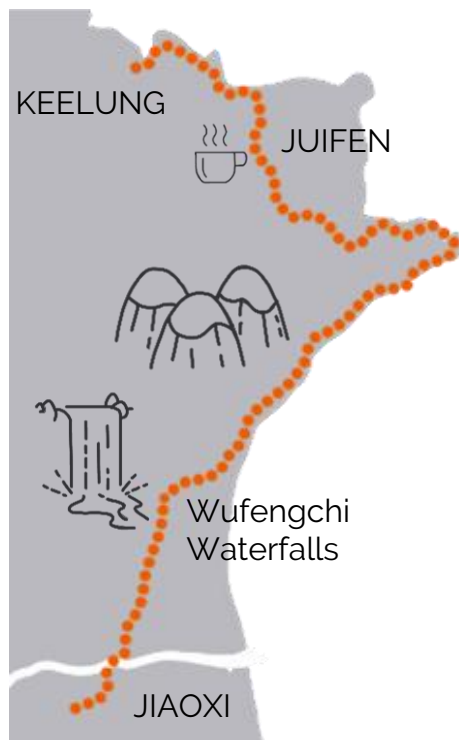
DAY 11



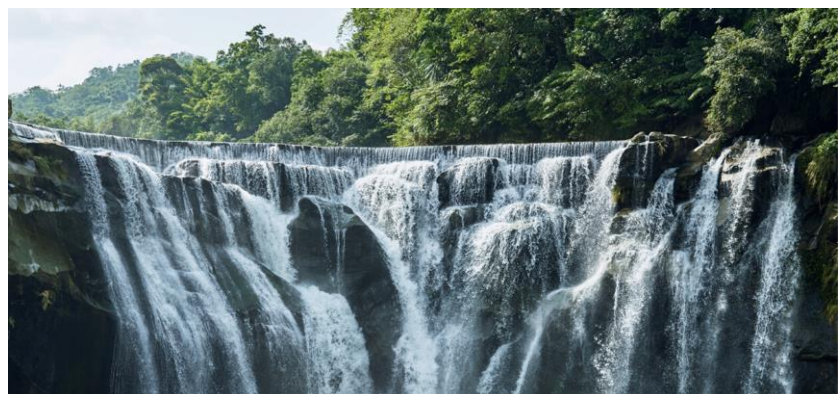
After a couple of big days in the mountains, we're heading back to the coast...before going back into the mountains!

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 is known for being the inspiration behind the spirit bathhouse in the animated film '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!



**TOTAL DISTANCE: 100.7KM**

**TOTAL CLIMB: 1376M**



# KEELUNG TO TAIPEI

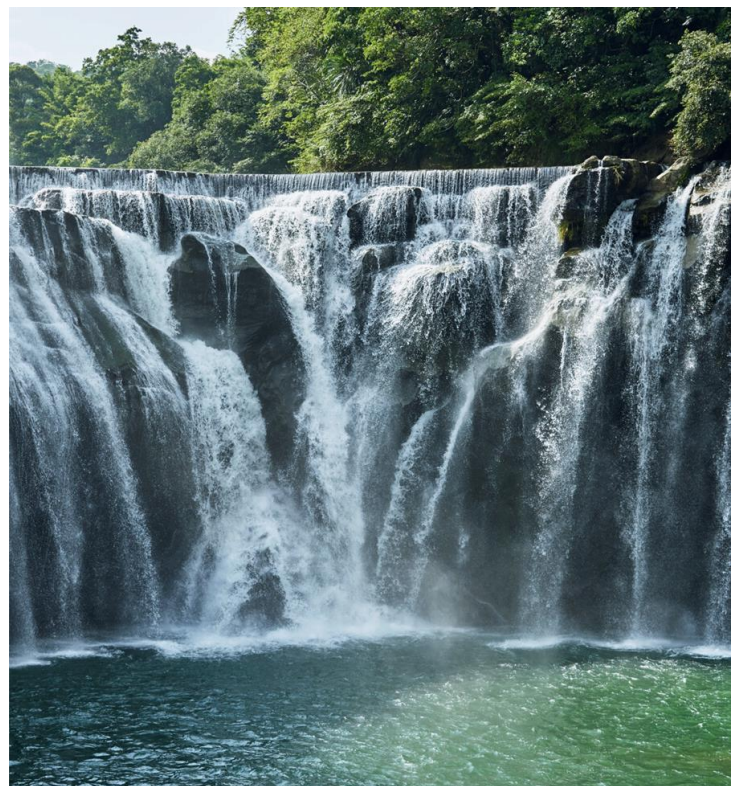
DAY 12

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 trip!



**TOTAL DISTANCE: 75KM**

**TOTAL CLIMB: 1274M**



# TAIPEI REST DAY

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.





# THE FINAL DAY

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:**

**823.1 km**

**TOTAL TOUR CLIMB:**

**13,456 m**

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