



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 (0)203 488 6998

ARRIVAL

DAY 1

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!





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

TAIPEI TO KEELUNG

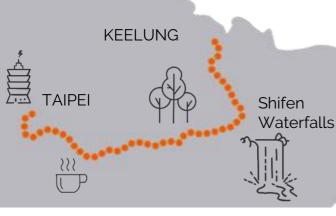
DAY 2

This route is a 15km cruise through the eastern suburbs of the capital city passing by the iconic Taipei 101, one of the tallest buildings in the world, and climbing 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 kilometres
up the valley to visit Shifen
Waterfall – perhaps the most
famous in Taiwan. From the
waterfall, the road climbs 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.

TOTAL DISTANCE: 86.8KM

TOTAL CLIMB: 1448M

KEELUNG TO JIAOXI

DAY 3

Starting with a gentle cruise along the

Pacific coastline, we climb up 250m to the historic mining town of Jiufen. Built during the gold rush at the turn of the 20th century, the narrow lanes, tearooms and ocean views make for a perfect morning break.

Going a further 250m up, we reach the highest point of the day before meandering down through the forest to rejoin the coast above Sandiaojiao Cape Lighthouse, the 'Eye of Taiwan'. This spot, which was also the scene of a battle during the Pacific War (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 towards the Wufengchi waterfalls and the hot springs at Jiaoxi.





TOTAL DISTANCE: 86.6KM

TOTAL CLIMB: 1122M



JIAOXI TO LISHAN

DAY 4



This day presents one of the best challenges in your trip - a 102.2km ride up to Lishan.

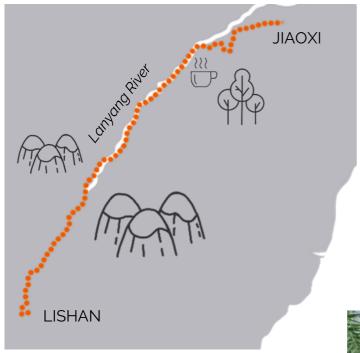
Starting in Jiaoxi, we begin to track the mighty Lanyang River. Carved out by monsoon and typhoon rains that can top 2000mm in a day – three times what London receives in a year – this vast river is a true reminder of the power of nature in Taiwan.

As we gently climb at an average gradient of 2%, the valley narrows and the hills begin to rise 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!



TOTAL DISTANCE: 121 KM

TOTAL CLIMB: 3253 M



LISHAN TO SUN MOON LAKE

DAY 5

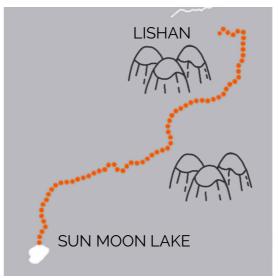
After a little more climbing through Lishan, we continue onwards and upwards towards the highest road in Taiwan, the Wuling Pass.

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 a swim in the lake's clear waters.





TOTAL DISTANCE: 129 KM

TOTAL CLIMB: 3475M

SUN MOON LAKE TO KENTING

DAY 6

A nice active-rest day, with a short spin on the bikes before having the afternoon off! From the 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.

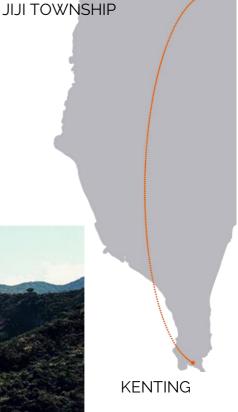
From there, we load up the bikes and travel to the very southern tip of Taiwan: Kenting National Park.

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!



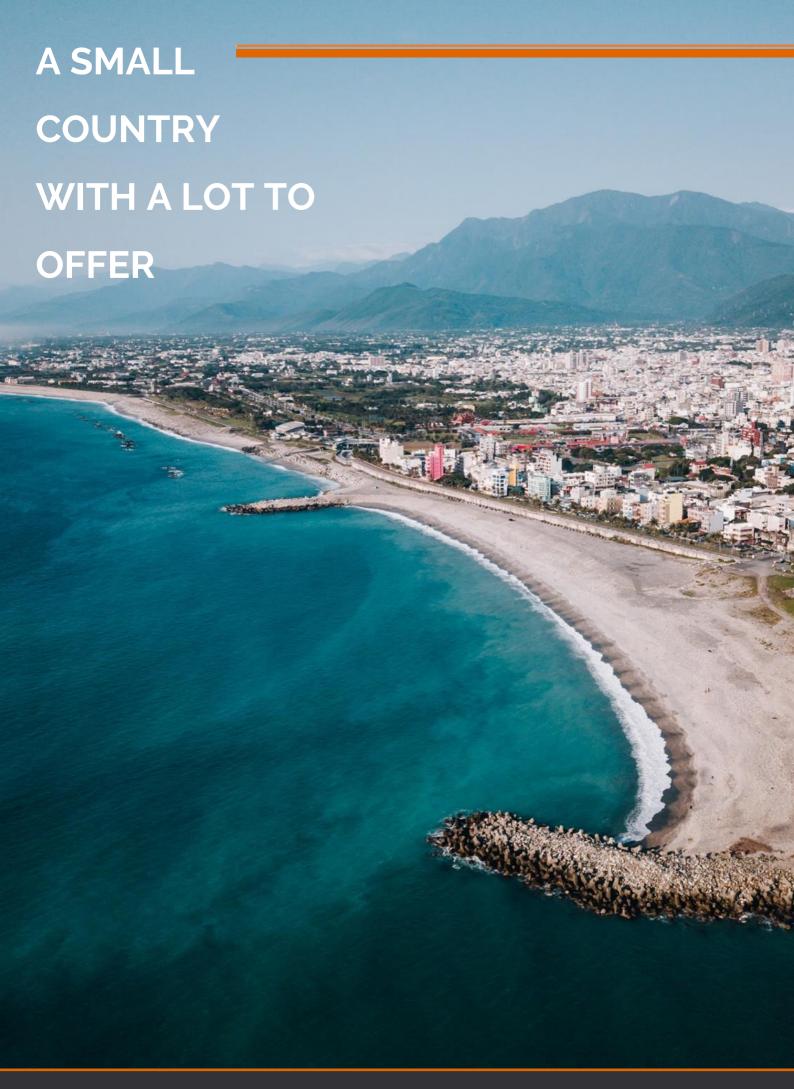






TOTAL DISTANCE: 65.2KM

TOTAL CLIMB: 795M



KENTING TO TAIMALI

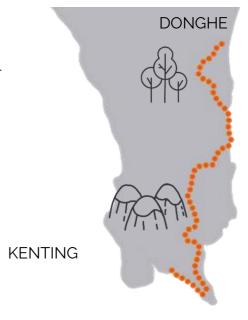
DAY 7

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 riding to the quiet indigenous town of Taimali where our accommodation is for the night.





TOTAL DISTANCE: 129 KM

TOTAL CLIMB: 2199M

TAIMALI TO CHENGGONG

DAY8

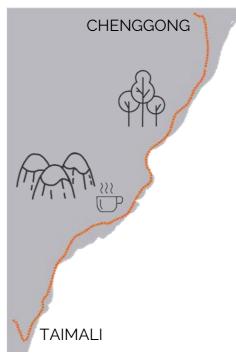
We take this day relatively gently along the east coast road, continuing north until we reach the spot for our coffee break (or brunch, depending on how much of a lie-in you want!) in the bustling city of Taitung just over 30km down the road.

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 CLIMB: 531M

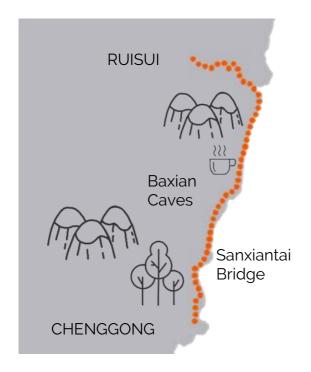
CHENGGONG TO RUISUI

DAY 9

Back on the bike for one of our most beautiful 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.



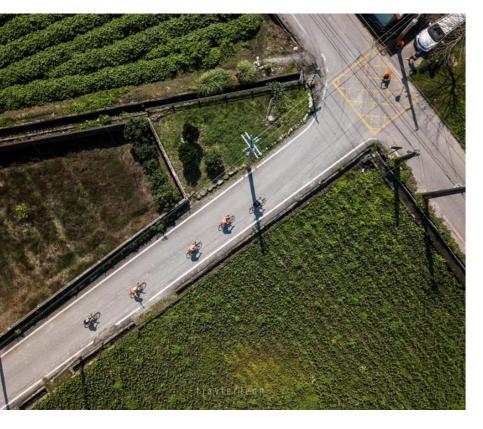
We will then continue along the spectacular coastline (crossing the Tropic of Cancer in the process), stopping for lunch at the Baxian Caves.

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.

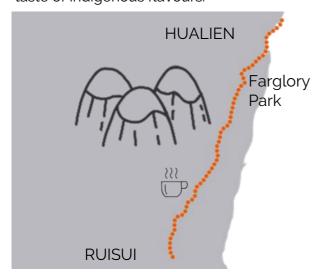
TOTAL DISTANCE: 71.2KM
TOTAL CLIMB: 936M

RUSUI TO HUALIEN

DAY 10



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

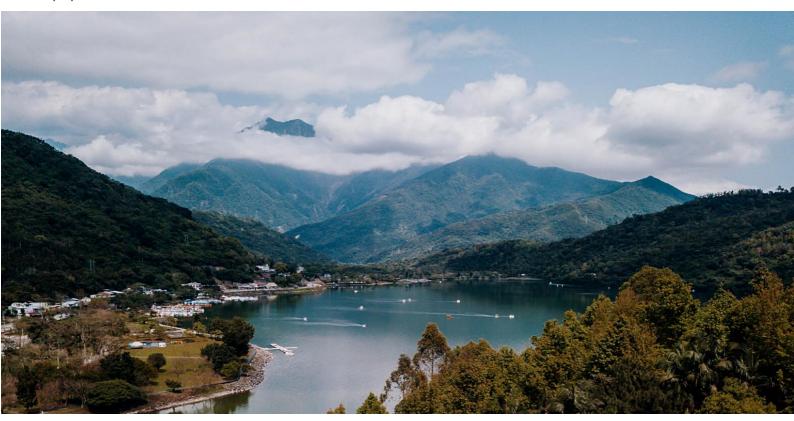
TOTAL CLIMB: 1213M

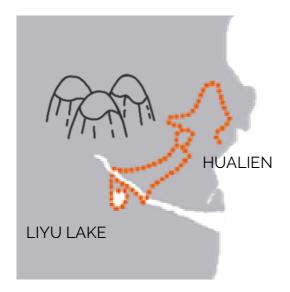


LIYU LAKE

DAY 11

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 CLIMB: 492M

HUALIEN TO WULING PASS

DAY 12

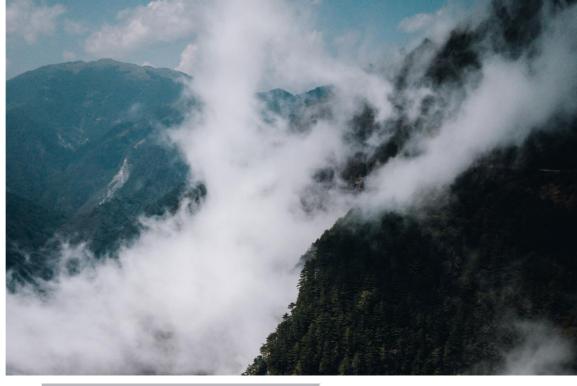
One of the toughest cycling routes in the world, no cycling trip in Taiwan would be complete without attempting the route of the **Taiwan KOM Challenge** up Taroko Gorge. Won in 2017 by Vincenzo Nibali and Britain's Emma Pooley, this climb is guaranteed to push you to the limit.



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

LISHAN TO JIAOXI

DAY 13

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.



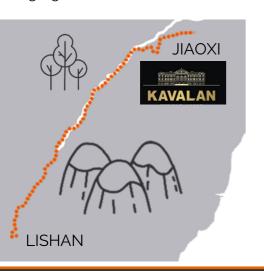
The advantage of this quicker ride is that it will give us plenty of time to enjoy all the other treats of Yilan county.

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.



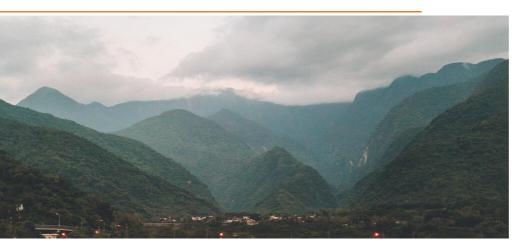


TOTAL DISTANCE: 121 KM

TOTAL CLIMB: 1630M

JIAOXI TO TAIPEI

DAY 14



Our last 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.

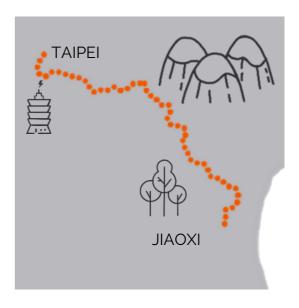
Once at the summit it is downhill all the way into Taipei, where we'll cruise through Fe De Keng, Taipei's ancient cemetery.

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.





TOTAL DISTANCE: 79.5KM
TOTAL CLIMB: 1551M

