




PEDAL TAIWAN

DESIGNED BY CYCLISTS, FOR CYCLISTS

# 9-DAY BICYCLE TRIP

DESIGNED FOR DAVID PARKER





'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 guides and 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!

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

# TRANSFER TO KENTING NATIONAL PARK

## DAY 1

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 CHENGGONG

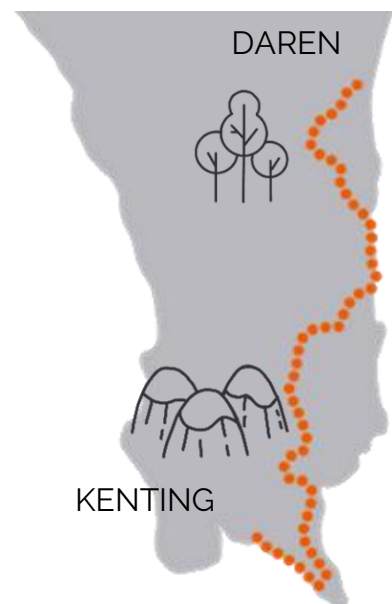
## DAY 2

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, 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 at Daren and then finally transferring on to Chenggong where our accommodation is for the night.



**TOTAL DISTANCE: 88.8KM**

**TOTAL CLIMB: 1529M**

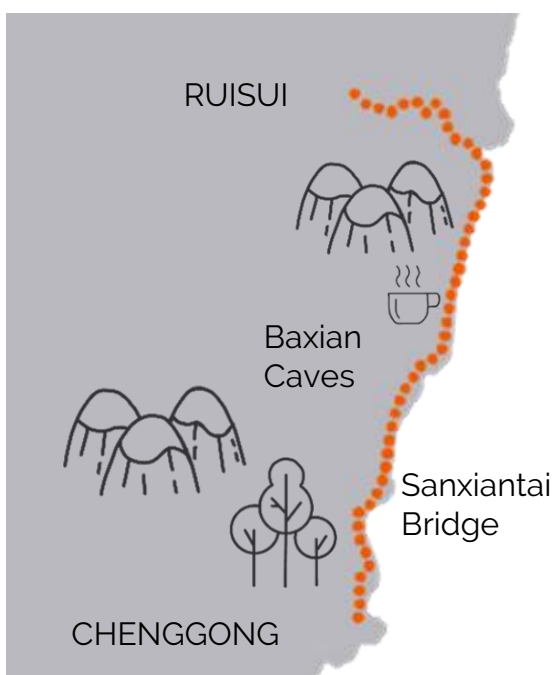
# CHENGGONG TO RUISUI

## DAY 3

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.

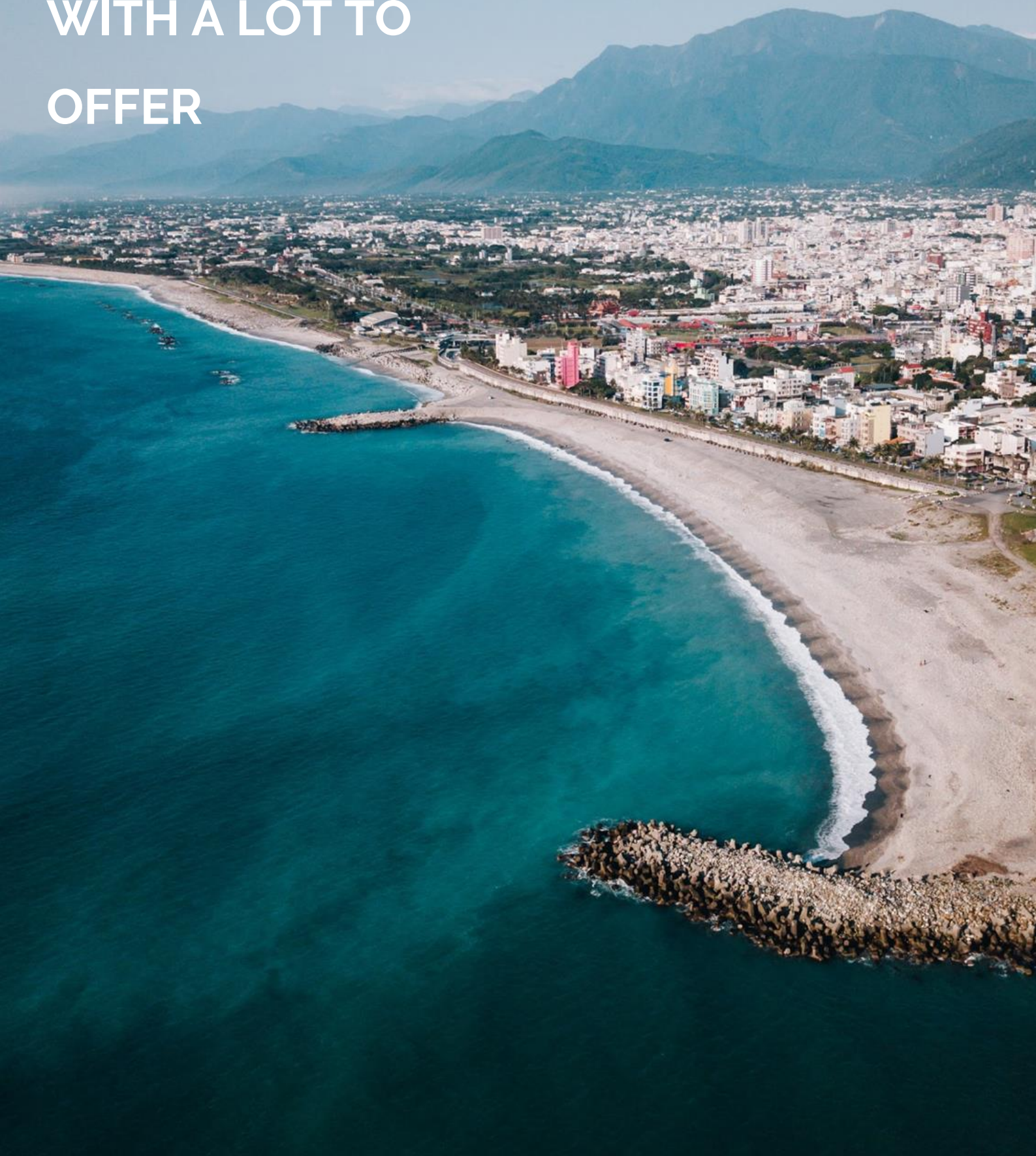
After lunch we start our first real ascent of the trip, climbing 200m over Haian Ridge and descending to Ruisui in the Rift Valley where our hotel is. Thermal hot springs await in the evening, as well as a fantastic traditional Taiwanese restaurant.

**TOTAL DISTANCE: 71.2KM**

**TOTAL CLIMB: 936M**

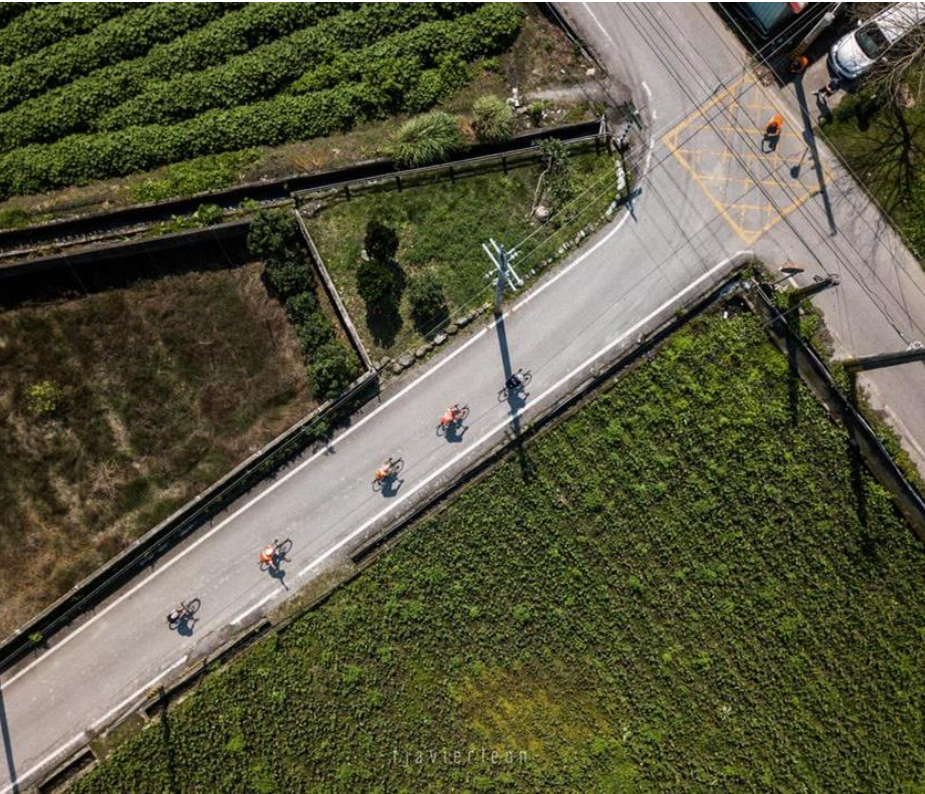
# A SMALL COUNTRY WITH A LOT TO OFFER

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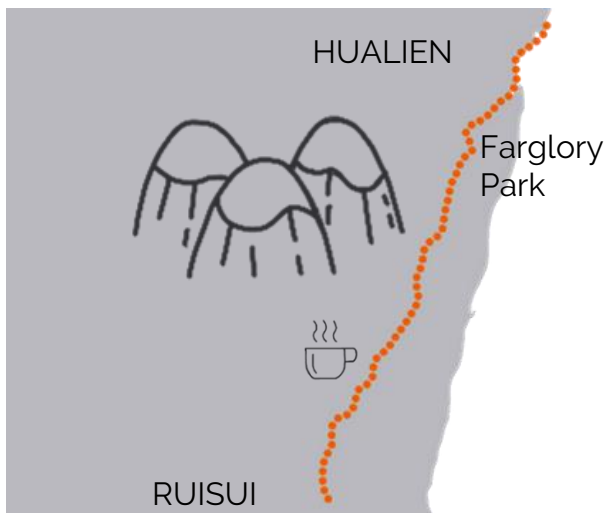


# RUSUI TO HUALIEN

DAY 4



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**

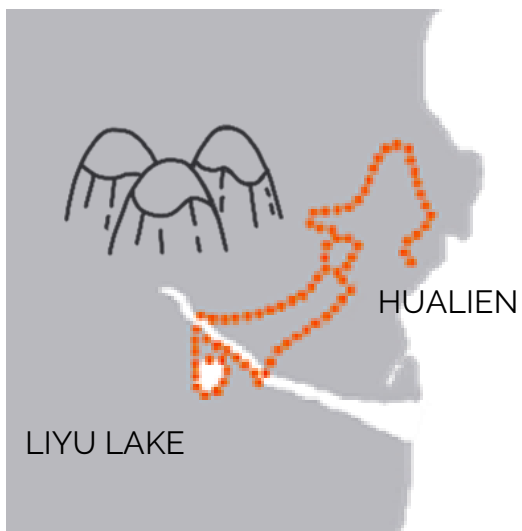
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# LIYU LAKE (OPTIONAL REST DAY)

## DAY 5

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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**

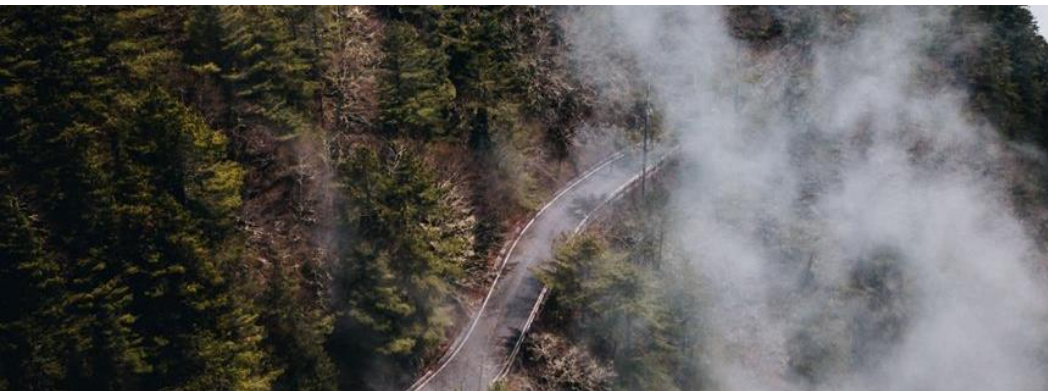
An aerial photograph of a winding asphalt road with yellow lane markings, carved into a steep, rocky mountain side. The road curves along the edge of a deep canyon. Below the road, a river with clear, turquoise water flows through the canyon floor, surrounded by rocky banks and sparse vegetation. The surrounding cliffs are steep and covered with patches of green and brown plants. The overall scene is dramatic and scenic.

968km  
**OF DEDICATED  
CYCLE LANES**

# HUALIEN TO WULING PASS

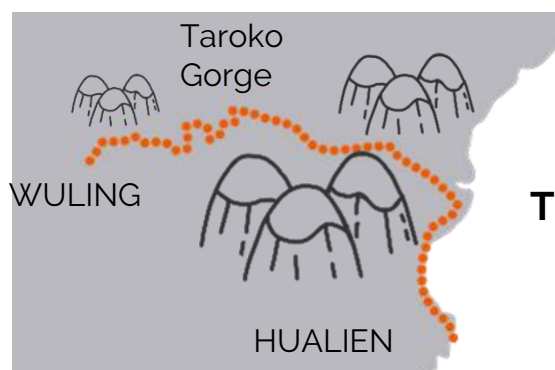
## DAY 6

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

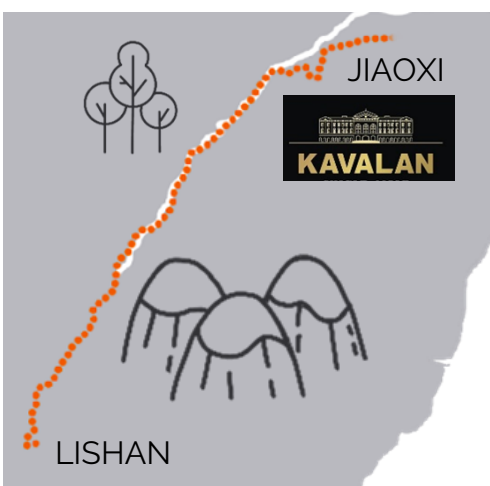
## DAY 7

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**



**THE  
WORLD'S  
LONGEST  
ROAD CLIMB**

**TAIWAN KOM  
CHALLENGE**

# JIAOXI TO TAIPEI

DAY 8

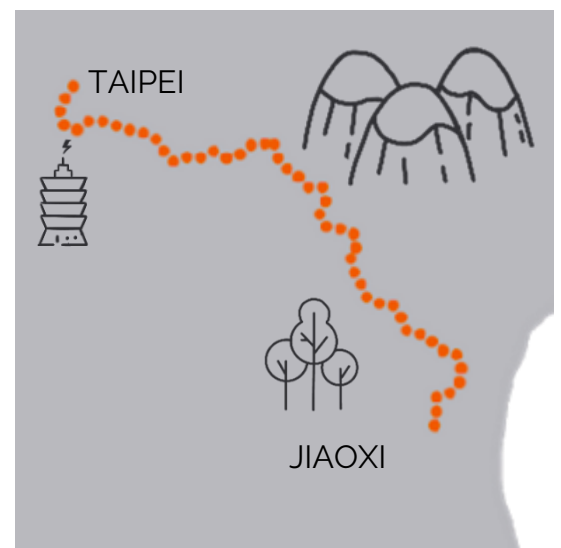


Our last day before returning to Taipei starts with a steady 12km climb out of Yilan County. The rolling road takes us through the forested Pinglin District to the final major climb of the tour, a sharp ascent up to our high point for the day of 600m.

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**



# THE FINAL DAY

DAY 9

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:**

**576.8 km**

**TOTAL TOUR CLIMB:**

**11,596 m**

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