




PEDAL TAIWAN

DESIGNED BY CYCLISTS, FOR CYCLISTS

EAST COAST BICYCLE TRIP





'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 (0)203 488 6998

ARRIVAL & TRANSFER TO HUALIEN

DAY 1

Arrival into TPE Airport and transfer to the starting location of the tour – Hualien. After a quick briefing, our local guide will show you around the famous night market (one of the biggest in Taiwan) 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

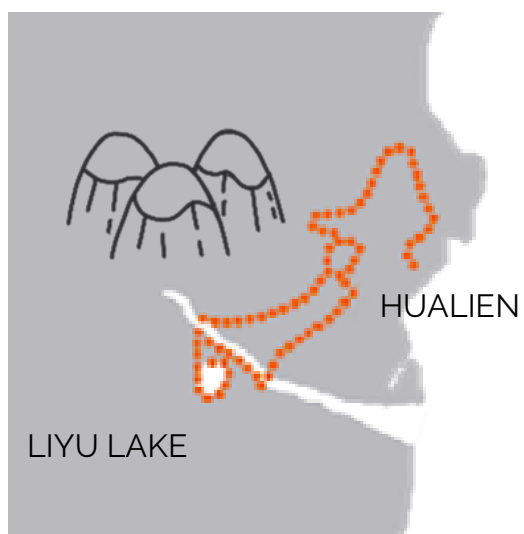
An aerial photograph of a dramatic mountain canyon. A paved road with yellow lane markings winds along the left side of a steep, rocky cliff. Below the road, a river with clear, turquoise water flows through the canyon floor, surrounded by a rocky bed. The canyon walls are covered in patches of green and brown vegetation. In the distance, more mountain peaks are visible under a hazy sky.

968km
**OF DEDICATED
CYCLE LANES**

LIYU LAKE

DAY 2

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!

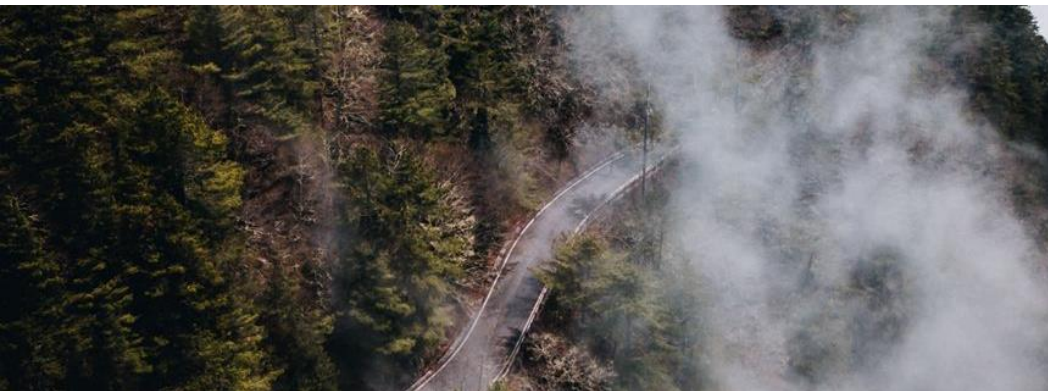
TOTAL DISTANCE: 55KM

TOTAL CLIMB: 492M

HUALIEN TO WULING PASS

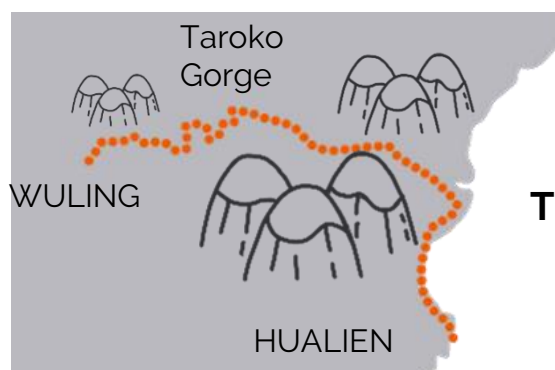
DAY 3

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.

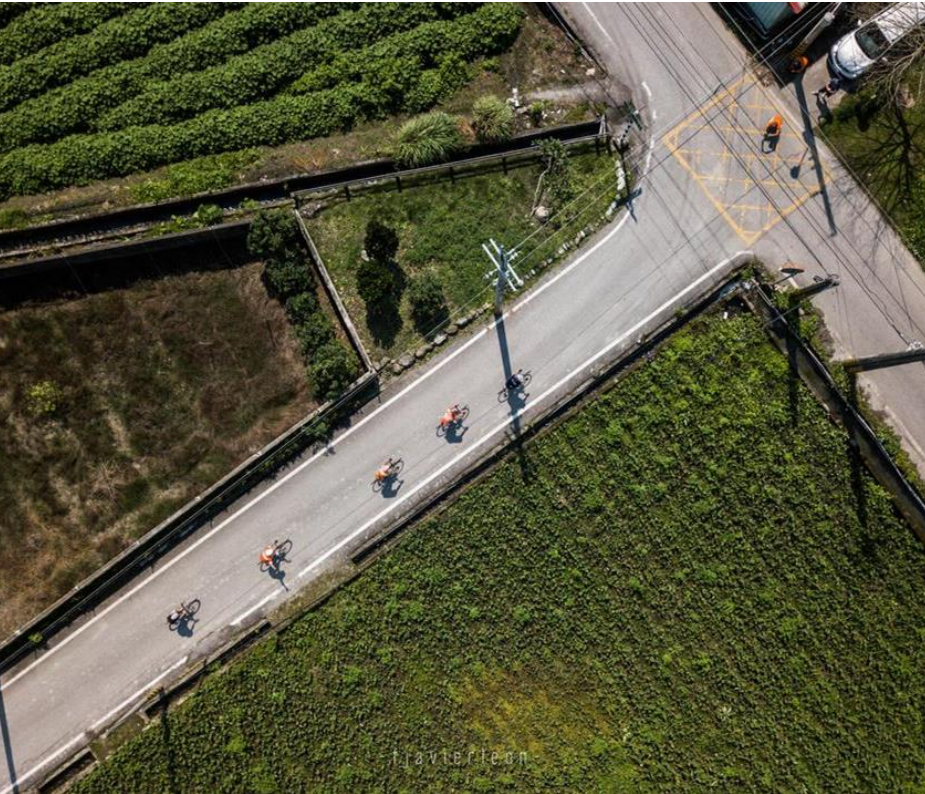
We'll pass over stunning bridges, through tunnels and on some spectacular stretches of tarmac as we climb ever higher. We'll stop frequently to refuel, take on water and simply to admire the views. After 65km there's a quick descent to take you to the base of the final climb – 1000m of high altitude climbing over 18km on one of the world's most stunning roads.



TOTAL DISTANCE: 108.1KM
TOTAL CLIMB: 4245M

HUALIEN TO RUISUI

DAY 4

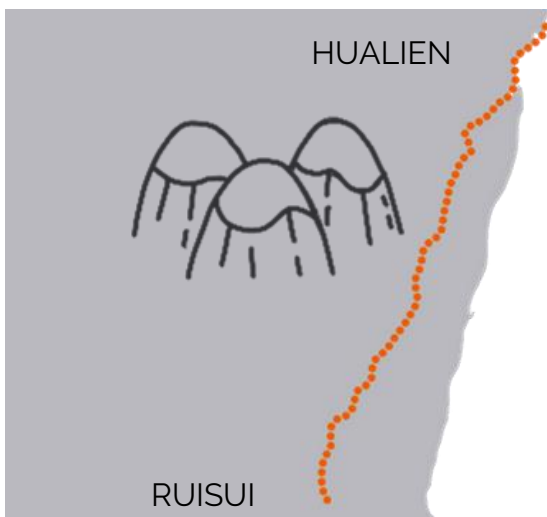


We start our journey heading through the picturesque Huatung Valley.

Our route takes us meandering through the paddy fields and small villages of the famous rift valley, all framed by imposing mountains and vast rivers to the right-hand side.

Although we're following a river valley, a few short and gentle climbs can be found along the way to our evening stop at Ruisui.

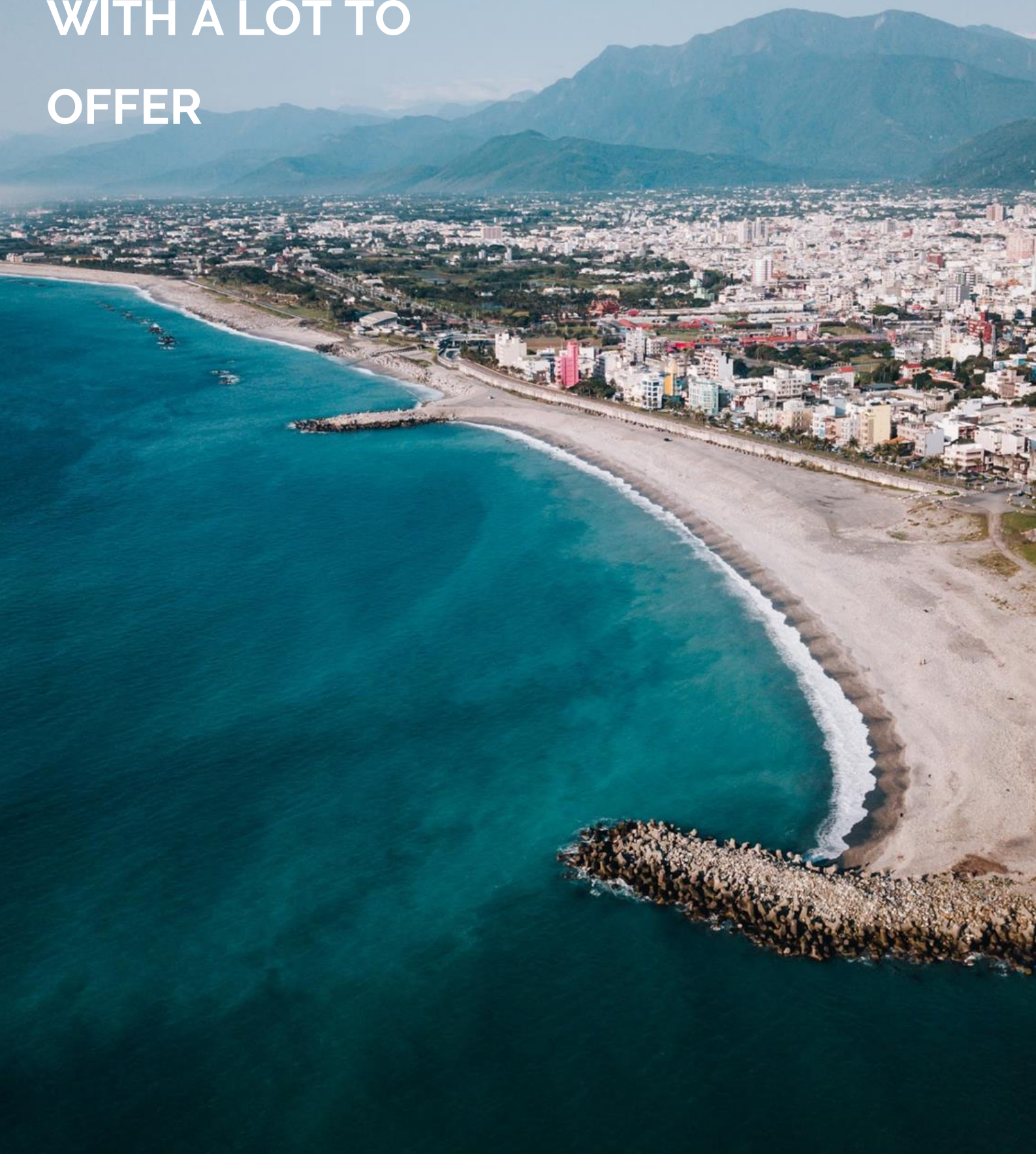
Relax on arrival with a soak in an original Japanese hot spring set in the base of the mountains, and one of our favourite restaurants in the whole island!



TOTAL DISTANCE: 73.9KM

TOTAL CLIMB: 1213M

A SMALL COUNTRY WITH A LOT TO OFFER



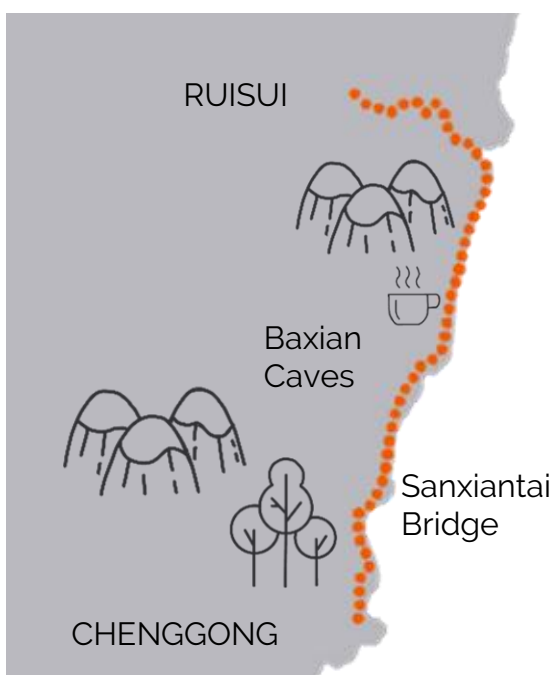
RUISUI TO CHENGGONG

DAY 5

We start our ride by sharply climbing 200m over the Haian Range and out of the rift valley, before we drop back down to the Pacific Ocean. We'll head south along the spectacular coastline (crossing the Tropic of Cancer in the process) and will stop at Baxian Caves, large sea caves that have become famous for their Old Stone Age ruins.



From there we will continue down to Sansiantai 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 walk around the island, we'll take a picnic lunch overlooking this incredible manmade structure., we stay on the coastal road to the town of Chenggong, where we will have a quiet stay in the countryside, as well as some of the freshest sashimi in all of east asia!

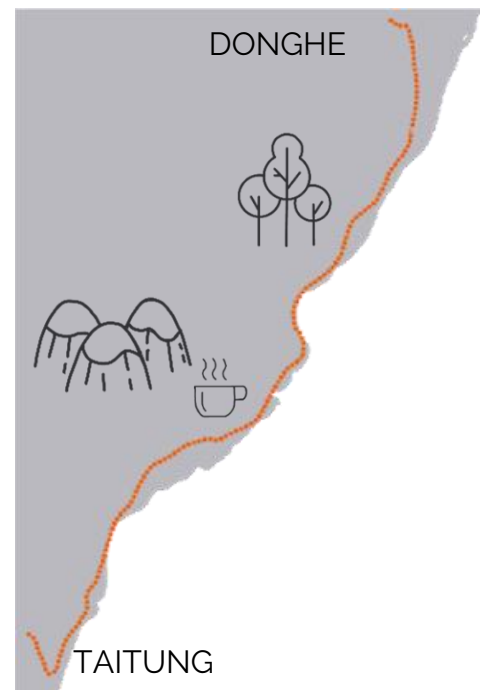
TOTAL DISTANCE: 71.2KM

TOTAL CLIMB: 936M

CHENGGONG TO TAITUNG – Then transfer to TAIPEI

DAY 6

The final day riding should be an easy cruise along the coast. Taking a short break to see Donghe's famous 'River running Uphill' (trust us, you'll be amazed!), we should arrive into Taitung for an early lunch, before transferring you to your final destination.



TOTAL DISTANCE: 42.6KM

TOTAL CLIMB: 124M

An aerial photograph showing a paved road on the left with five cyclists riding away from the viewer. To the right of the road is a dense, tall grassy area. The image is oriented vertically on the page.

THE FINAL DAY

DAY 7

Some morning sightseeing will be followed by a transfer from your hotel to Taipei International Airport. We'll be sad to see you leave, but we know you'll be back soon!

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