

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

Transfer Taipei to Taitung, then: TAITUNG TO CHENGGONG

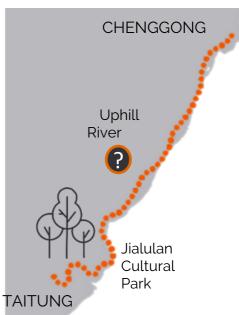
Leaving early morning from Taipei, we will arrive into Taitung where our bags, guide, bikes and food waiting for us.

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!



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





TOTAL CLIMB: 427M



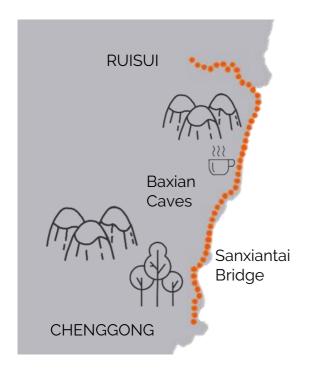
CHENGGONG TO RUISUI

DAY 2

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.

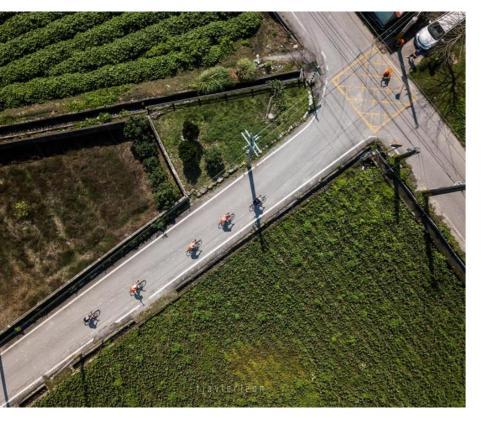
After lunch we start our first real ascent of the trip, climbing 200m over Haian Ridge and descending to Ruisui in the Rift Valley where our hotel is. Thermal hot springs await in the evening, as well as a fantastic traditional Taiwanese restaurant.

TOTAL DISTANCE: 71.2KM

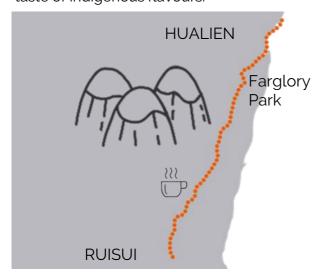
TOTAL CLIMB: 936M

RUSUI TO HUALIEN

DAY3



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.



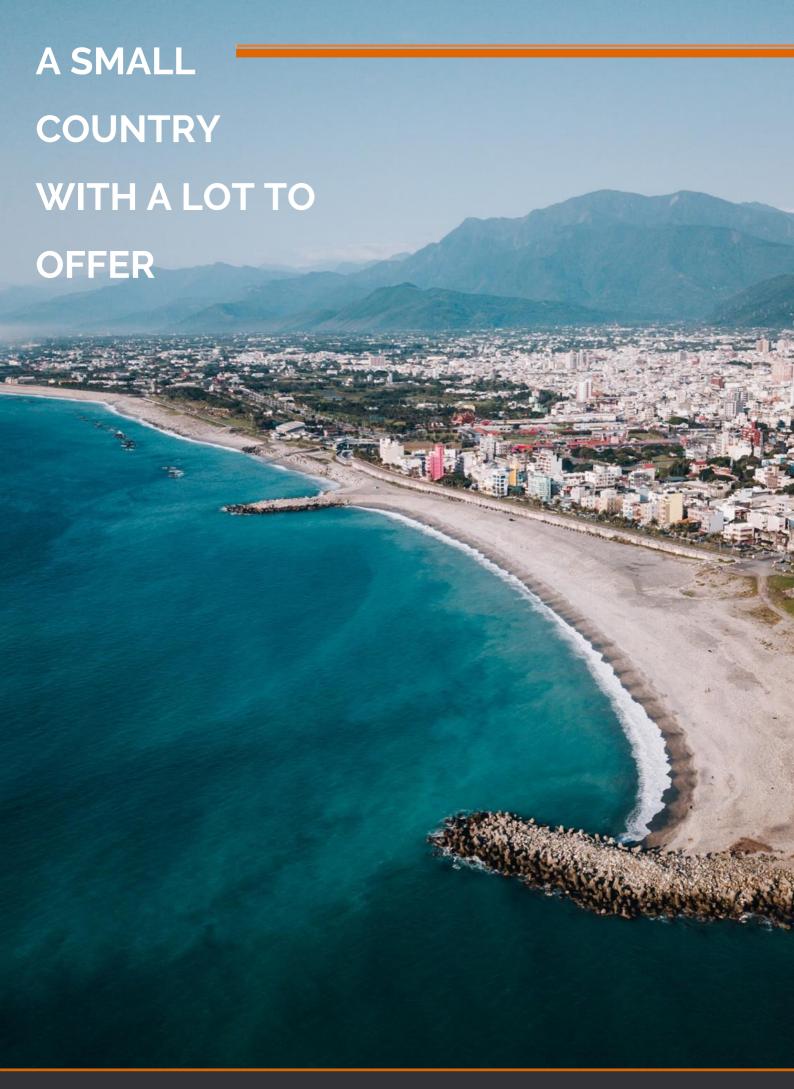
Having taken in the stunning ocean views the day before, we'll be riding through equally spectacular countryside in the rift valley. Largely untouched by Taiwan's development boom, these small farming communities continue in much the same way as they have for centuries.

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

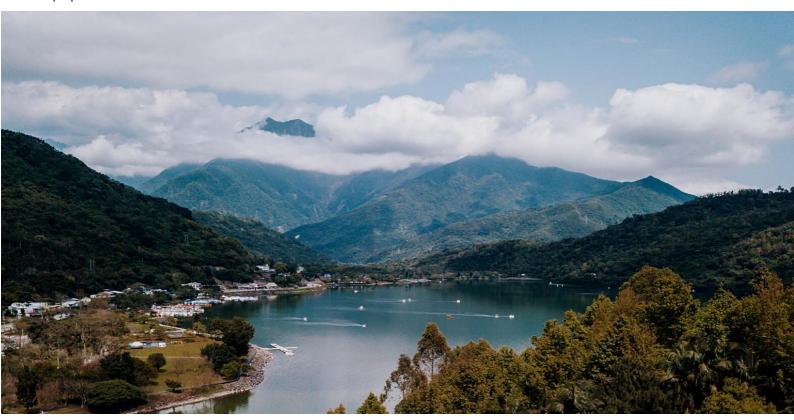
TOTAL CLIMB: 1213M

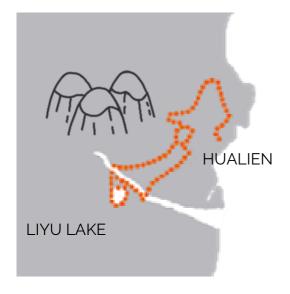


LIYU LAKE

DAY 4

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

TAROKO GORGE & RETURN TO TAIPEI

DAY 5

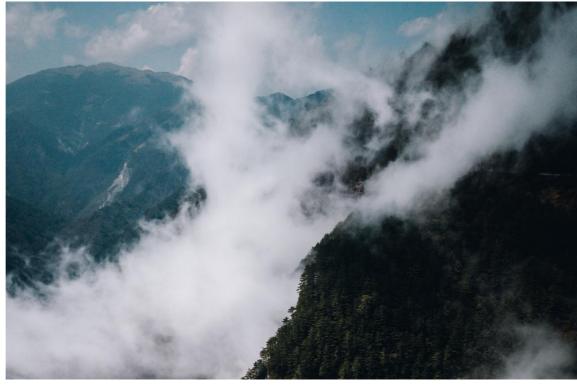
One of the toughest cycling routes in the world, no cycling trip in Taiwan would be complete without attempting the route of the **Taiwan KOM Challenge** up Taroko Gorge. Won in 2017 by Vincenzo Nibali and Britain's Emma Pooley, this climb is guaranteed to push you to the limit.

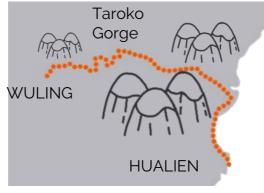


Alarms will be set early for our huge day of climbing through the amazing Taroko Gorge. As we wheel out of town the first 20km is a flat warm up for what is to come – 87km of climbing, winding up through the gorge.

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

