



# Guide to Cycling Around Taiwan

**Taiwan**

THE HEART OF ASIA

# 臺灣自行車節

<http://taiwanbike.tw>



## Preface

Taiwan is a truly beautiful place. Since there are many wonderful places on this small island waiting for us to discover, a round-the-island cycling journey in Taiwan will definitely leave us with many valuable and unforgettable memories! With the “Cycling Route 1” manual, we hope that all round-the-island cyclists can complete their trips smoothly and joyfully! Actions speak louder than words. Why not take your bicycle out now and start a round-the-island journey?

We hope that all of you who are about to set out on the round-the-island trip will have a happy and safe journey, and leave with some of the best memories of your life.

**“Professional information made easy to understand” is the main feature of this handbook.**

### Functionality

Since we want to attract both professional cyclists and tourist cyclists through this manual, we hope to provide professional information without leaving out the interesting parts. By explaining complex concepts in layman’s terms, we hope this manual will be easy for all our readers to understand!

### Readability

Since we hope that this manual will be easy for everyone to understand (and not limited to professional cyclists), we make a special effort to arrange all text and illustrations in a travelogue format. We also provide professional cyclists with vital information such as grade lines, supply stations, and global positioning system (GPS) data.

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## Pre-trip Planning: Fitness Training

**The most indispensable elements of the round-the-island cycling trip lie in the cyclist's resolution and perseverance. With a heart full of determination, everyone can conquer this beautiful island!**

The first question that anyone with the dream of riding around Taiwan might ask yourself is, "Am I physically fit or young enough to do this?" The most important part of a round-the-island cycling trip is having the resolution and determination needed to do it.

**A word of warning: Before you start out on your journey, please carefully assess your personal health. If you have health issues like cardiovascular disease, chronic disease or a rare disease, please contact your personal physician for a professional assessment. In addition, be sure not to do more than you can handle during your journey.** Round-the-island cycling can be flexible and adjusted to your personal physical condition and targeted destinations. For those in excellent health, extra cycling miles can be added to the recommended itinerary. For those in average health or who want to admire the island's beauty at a slower pace, more days can be added to the recommended itinerary. Generally speaking, a round-the-island cycling trip can be completed within 7 to 12 days. In this handbook, we recommend that cyclists complete the trip (a total of 939.5 kilometers) within 10 to 12 days, which is equivalent to less than 90 kilometers per day. Based on an average speed of 20 kilometers/hour, cyclists can reach their temporal destinations within 4.5 hours per day. For those who bike 50 kilometers per week or who have already conquered 100-kilometer journeys, this will not be difficult.

For those who don't have the habit of regular exercise, please follow the "333 Rule." You should exercise at least 3 times per week for at least 30 minutes at a time, and reach a heart rate of 130 beats per minute or higher. On weekends or holidays, please increase the amount of time you exercise. Make sure that you can complete a 100-kilometer-ride at a time before you attempt this trip. The entire training period should be no less than 2 months. For those of you who don't own a bicycle and wish to rent one for the trip, jogging may be a suitable training method for you. For those of you who have knee problems or who don't like to jog, endurance exercises such as swimming or indoor cycling may be a good choice.

### Climbing is the greatest challenge!

The greatest challenge on this journey is the constant climbing and tough cycling against the wind in the eastern part of Taiwan. Therefore, please be sure to arrange climbing training for biking uphill, and control techniques for biking downhill. In addition, you can ride your bike along coastline bikeways, where winds are relatively strong. And, though slopes and distance are certain challenges, strong winds are far more unpredictable. Therefore, please maintain high rates of pedaling in low gears when you ride against the wind.

### Endurance makes your journey safe and fun!

As cycling mileage gradually increases, a cyclist's physical condition drops and his or her fatigue level rises. Before you reach the end of your journey, you'll find it hard to take another step – each step seems to be heavier as you step on the pedal. Since integrating exercise into your daily life is the only way to train your cardiorespiratory endurance, you should arrange your exercise efficiently. For example, regular exercise for 1 hour a day, 7 hours a week beats intensive exercises only on weekends. Smart eating habits are also key. Try to maintain your weight by eating natural foods.



## Pre-trip Planning & Bike Accessories

**Having a suitable bike and accessories are just half the battle. Strong ambition is the only way to success.**

Racing bikes have a relatively lower load capacity and are not suitable for round-the-island cycling unless there is a support team backing you up throughout the journey.



By replacing mountain bike tires with thin tires, the modified bike will give you the same sensation of lightness as riding a road bike.

Install a rack on your road bike, and you're ready to hit the road.



## Bike Categories

Bikes can be separated into several categories based on function: road bikes, mountain bikes, cruiser bikes and portable bikes. Since cruiser bikes provide cyclists with a greater load capacity and a more comfortable riding sensation, they are most suitable for long-distance traveling. Mountain bikes can be upgraded by installing a pannier and rack bag. Road bikes feature high cruising speed but lower loading capacity, making them less suitable for round-the-island trips unless there is a supporting team backing you up. Portable bikes are not at all suitable for long-distance journeys.

## Bike Accessories

During a round-the-island cycling trip, cyclists must constantly step on the pedals to complete their journey. Therefore, it is vital for cyclists to understand every part of their bike and each the distinct functions of each component before they hit the road.

### [Bicycle Transmission System]

By altering the gear ratio, cyclists can freely adjust the bike speed to their preferred level.



### [Braking System]

Be sure to check the wear and tear of your braking system before you hit the road. If your braking system is badly worn, be sure to replace it with a new one.

### [Pannier & Rack Bag]

For those of you going on a round-the-island journey, a pannier and rack bag can be installed on the bike to add overall loading capacity.

### [Water Bottle & Bottle Rack]

To prevent your water bottle from falling out of the bottle rack during bumpy road conditions, firmly secure the bottle to the rack.



### [Bike Saddle]

Since you will be highly dependent on your bike throughout your entire journey, be sure to select a bike saddle you're most comfortable with.

### [Bike Light]

Select a high-intensity and power-efficient LED light, and make sure that you are visible to all drivers passing by.

## Pre-trip Planning & Personal Belongings



Light and essential is the best preparation strategy for a round-the-island journey.

### Personal Wear

#### [Helmet]

Make sure that the helmet you select is labeled with a qualification mark.



#### [Eyewear]

Make sure that the eyewear you select is equipped with anti-ultraviolet, wind-breaking, and dust-proof functions.

#### [Cycling Jerseys and Cycling Shorts]

Select cycling jerseys and cycling shorts that are specifically designed for cyclists and keep you dry during your ride. If you choose regular clothing, avoid loose garments as they can become entangled in the bike chain and gears.



#### [Bike Watch]

Please select a bike watch that can calculate data such as bike speed and mileage.

#### [Headwear/Sleeves/Gloves]

Make sure that the headwear, sleeves, and gloves you choose can protect you from direct sunlight.

#### [Sports Shoes]

If you wear clipless shoes, be sure to buckle your shoes up properly for direct pedaling power. If you wear typical sports shoes, please tighten the shoelaces firmly to prevent them from getting caught up in the bike gears.

### Personal Belongings

Since almost every area of Taiwan is highly developed, you can easily get all kinds of daily necessities and other supplies anywhere. Except for preparing warm clothes for winter, be sure to keep your personal belongings as simple as possible to reduce your overall load.

#### [Personal Items]

Prepare 2 to 3 items of clothing (adding warm clothes depending on actual weather conditions). **A simple windbreaker and light raincoat are a must.** Most hotels and motels nowadays provide bathroom supplies for customers. Delicate equipment such as mobile phones must be kept inside a waterproof bag. Since the voltage in Taiwan is 110V/60Hz, make sure that all electronic devices you pack fit this specification. Apply sunscreen to your skin to prevent prolonged sunlight exposure and potential sunburn. While most hotels and restaurants will accept credit cards, businesses in remote areas such as night market vendors will only accept cash. Please note that the New Taiwan Dollar (NTD) is the official currency used in Taiwan.

Based on scheduled routes provided in this manual, our cyclists will encounter supply stations every 20 kilometers along the journey. Since long-distance bike riding can consume large amounts of calories, please prepare some light snacks such as bread, bananas, or cookies.

#### [Hand Tools]

Please select multifunctional hand tools, such as the 25-in-1 hand tool set currently available on the market. A simple multifunctional hand tool set allows for simple repairs and maintenance. With an additional tire iron and pump, flat tires can be easily dealt with.



## Pre-trip Planning & Route Arrangement



**Round-the-island journeys can be long or short. Be sure to do some pre-trip planning so you can travel with ease.**

Cycling Route No. 1 as presented in this manual has a total length of 939.5 kilometers (excluding the Suhua Highway) and can be completed within 10 to 12 days –equivalent approximately to a maximum of 115 kilometers per day. Based on an average riding speed of 20 kilometers/hour, each destination can be reached within 6 hours.

Based on the route arrangement in this manual, county governments, city governments and district offices in different places are taken as the starting points and final destinations, while provincial highways are designated as the cycling route so as to prevent cyclists from taking detours or losing their way.

As to whether you proceed in a clockwise or counterclockwise direction, it is recommended that you start out from Taipei and proceed in a counterclockwise direction. As challenges in your journey gradually increase, you can take the first few days as an opportunity to train your body and develop your riding technique. The first challenge you will encounter is in ascending the slope at Shouka (at the boundary between Pingtung and Taitung), the second is on the route between Taitung and Yuli (where cyclists must ride against strong winds depending on the season), and the last is on the twisting and treacherous roadways between Taipei and Yilan. These are the three main challenges cyclists will face during their round-the-island journey.

### Tip: Round-the-Island Cycling Certificate

The **Cycling Life Style Foundation (CLSF)** will issue an official certificate to cyclists after they complete their round-the-island journey. Family and friends of cyclists can search the current location of cyclists at any time via the CLSF official website, for safety and peace of mind.



### [How to find partners.]

Both traveling solo and as a team are interesting in different ways. It is recommended that first-time travelers travel as a team, ideally with 4 to 8 partners. Too many partners can lead to difficult management and differences of opinion regarding how you travel. It is also recommended that each partner focus on his/her specialized tasks and work as a team member. For example, one team member may be good at bike repair and maintenance, while another may be good at route planning.

### [How to select accommodation.]

Accommodation is where a cyclist spends most of his/her budget! Bed & breakfasts and hotels are popular among round-the-island cyclists. And of course the cheapest way is to stay overnight is at the home of a friend or family member. If you love nature, camping might sound like a good idea; but make sure that the place you choose is open for camping to ensure your personal safety.

### [What to eat.]

What should you eat before, during, and after bike riding? Since round-the-island cycling takes huge amounts of time and energy, be sure to avoid greasy food and eat several small meals each day.

Before exercise, it is recommended that you eat natural food (such as whole grains, lean meat, fruit and vegetables). During exercise, it is recommended that you eat convenience foods (such as portable energy gels, energy drinks, or local snacks like pineapple cake or sun cake). It is recommended that thirty minutes after exercise, you eat a light meal (such as fruit or bread) to replenish your energy!





## Pre-trip Planning & Online Support

Various resources on the Internet can support you throughout your journey.

### Central Weather Bureau

<http://www.cwb.gov.tw/>



### TRAVEL TAIPEI

<http://new.travel.taipei/zh-tw/accommodation>

### Taiwan Stay

<http://taiwanstay.net.tw/>



### Backpackers

<http://www.backpackers.com.tw/forum/>

### MERIDA

<http://www.merida.tw/>



### Giant Bicycles

<http://www.giantcyclingworld.com/>

## Smart Phone App

### Weather Forecast

Weather Condition  
Searching/Radar Summary  
Chart



Android



IOS

### Google Map

Map Searching/Satellite  
Navigation



Android



IOS

### Strava

Cycling Tracking



Android



IOS

### Tip: Useful Tools that May Come in Handy

Wireless networks have long been integrated into our daily lives. In this manual, we provide some network resources that may come in handy. We wish you a smooth and wonderful round-the-island journey through the use of these various tools.





**Start out from your heart &  
fulfill your round-the-island dream!**



## 臺北 - 新竹

Taipei — Hsinchu, 81km

### Goodbye Taipei — Getting away from the Hustle and Bustle of the City

Route: Taipei > Sanxia > Daxi Old Street > Shimen > Guanxi City God Temple > Hsinchu

Main Roads: Provincial Highway 3 > County Road 118

Route Guide: With the twisting and turning of the mountain roads, cyclists must traverse downslopes slowly. Along the way they can try different kinds of local snacks, visit the longest Old Street in Taiwan in Sanxia, take photos at Shimen Dam, and try some grass jelly ice at the Guanxi City God Temple after a full day of tiring bike riding.

## Scenic Spots

### 3 23km 新北 New Taipei City – Sanxia Old Street

24°56'00.3"N 121°22'10.8"E

With a total length of 260 meters, Sanxia Old Street is the longest old street in Taiwan. The architecture has been well maintained and preserved ever since the early years of the Republic of China. An old street with old designs never fails to evoke feelings of nostalgia.



### 3 54km > 3Z 8km 桃園 Taoyuan – Shimen Reservoir

24°48'38.3"N 121°14'39.0"E

Dubbed as one of the most important reservoirs in northern Taiwan, Shimen Reservoir never fails to impress visitors with its majestic mountains and beautiful lake. With connections to more than 10 nearby scenic spots, Shimen Reservoir provides visitors with bikeways and lake cruises to explore its picturesque beauty.



### 3 77km 新竹 Hsinchu – Qiedong Scenic Boulevard

24°46'33.8"N 120°57'13.4"E

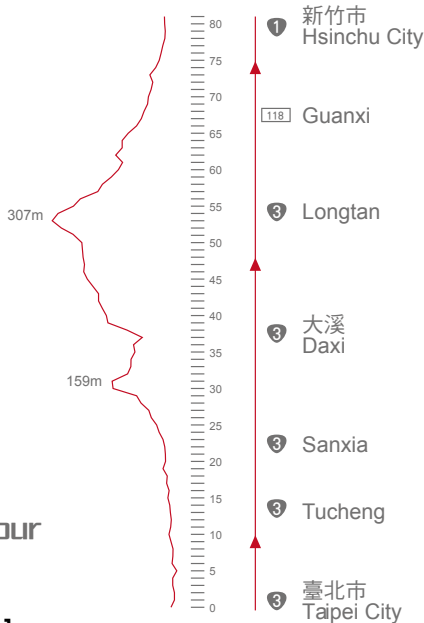
Dubbed as one of the eight top night scenes of Hsinchu District, Qiedong Scenic Boulevard is the first scenic boulevard built in Hsinchu. With intensive illumination and artistic bridge design, visitors can make use of the scenic outlooks and recreation areas to get a distant view of Hsinchu City.



#### Tip: Complete your round-the-island cycling journey without a bike!

Giant Bicycles provides round-the-island cyclists with the best rental services at a reasonable price.

## Goodbye Taipei — Getting away from the Hustle and Bustle of the City



## Replenish Your Energy

### [Pineapple Cake]

With its golden & crunchy pastry and sweet & sour stuffing, pineapple cake is a dessert widely popular among gourmands, both domestic and foreign. Since pineapple cake is both light and portable, it's a good source of energy for round-the-island cyclists.



## Rest Stops

- 3** 25.5km **Hi-Life Convenience Store**  
No. 331-1, Sec. 2, Zhongzheng Rd., Sanxia Dist., New Taipei City
- 3** 23km **Sanxia Police Station**  
No. 38, Minquan St., Sanxia Dist., New Taipei City  
02-2671-1254
- 3Z** 42km **Shimen Police Station**  
No. 230, Wenhua Rd., Longtan Dist., Taoyuan City  
03-471-2021

**Qiedong Scenic Boulevard**  
24°46'33.8"N  
120°57'13.4"E

**Sanxia Old Street**  
24°56'00.3"N  
121°22'10.8"E

**Shimen Reservoir**  
24°48'38.3"N  
121°14'39.0"E

新竹 - 臺中

Hsinchu — Taichung, 100km

## Into the Windy City: Ride against the Wind

Route: Hsinchu > Zhunan > Houlong > Tongxiao > Yuanli > Dajia > Qingshui > Shalu > Taichung

Main Roads: Provincial Highway 61 > Provincial Highway 1 > Provincial Highway 12

Route Guide: Riding on Provincial Highway 61 in the western part of Taiwan, cyclists must use great amounts of energy and effort to pump the pedals and buck the strong coastal wind. However, don't get too exhausted here; save some energy for the windy Dadu Plateau (though it is only 200 meters in altitude). After reaching the summit, you will arrive in sunny and culture-rich Taichung City.

## Scenic Spots

### 61 109km 後龍 Houlong – Haowangjiao

24°36'09.7"N 120°43'51.9"E

Haowangjiao in Houlong District boasts the most intensive field of wind turbines in Taiwan. With gigantic wind turbines, blue skies and white clouds, picturesque scenery meets the visitor's eyes at every turn.



### 61 125.5km 通霄 Tongxiao – Taiyen Museum

24°33'22.9"N 120°42'17.9"E

Taiyen Museum is a tourist factory that displays a unique salt manufacturing process. This museum, which is free of charge, is the first tourist factory in Taiwan that combines high-tech salt manufacturing processing with salt industry education in Taiwan.



### 1 153.5km 大甲 Dajia – Jenn Lann Temple

24°20'43.1"N 120°37'24.8"E

Built in 1730, Dajia Jenn Lann Temple is widely famous for its 9-Day Dajia Mazu Pilgrimage Procession in the third lunar month each year. At this time, hundreds of thousands of worshipers flock to the temple from almost everywhere to celebrate the birthday of Mazu, Goddess of the Sea.



### 12 20km 臺中 Taichung – Calligraphy Greenway

24°08'54.2"N 120°39'53.0"E

Calligraphy Greenway, with a total length of 3.6 km, is located in the center of Taichung City. You can start at the north end of the path at the National Museum of Natural Science and make your way to the Art Museum at the south end. Along the way you'll pass through People's Park and Qinmei Greenway.

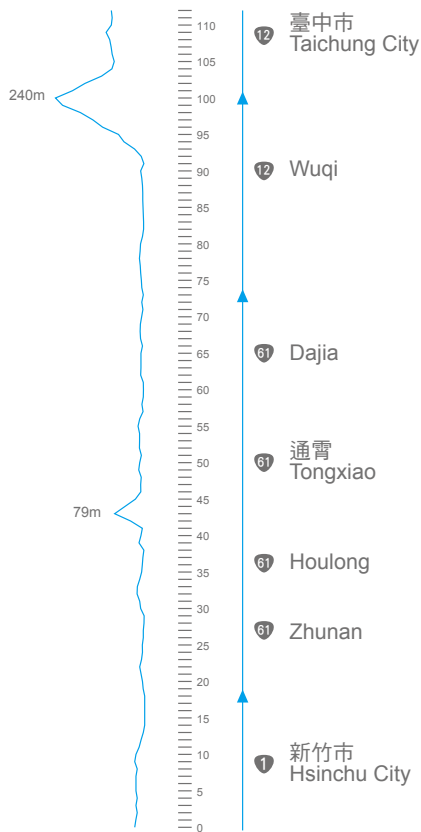


#### Tip: How to reduce hip pain.

The first key to reducing hip pain is to distribute your weight evenly across the handlebars, seat, and pedals. Secondly, choose a seat and cycling pants that suit your needs. Third, adjust your posture properly as you ride on the bike. For example, you can choose to stand up in the face of a mild slope. This way, you can utilize different muscles in your body.



## Into the Windy City: Ride against the Wind



## Replenish Your Energy

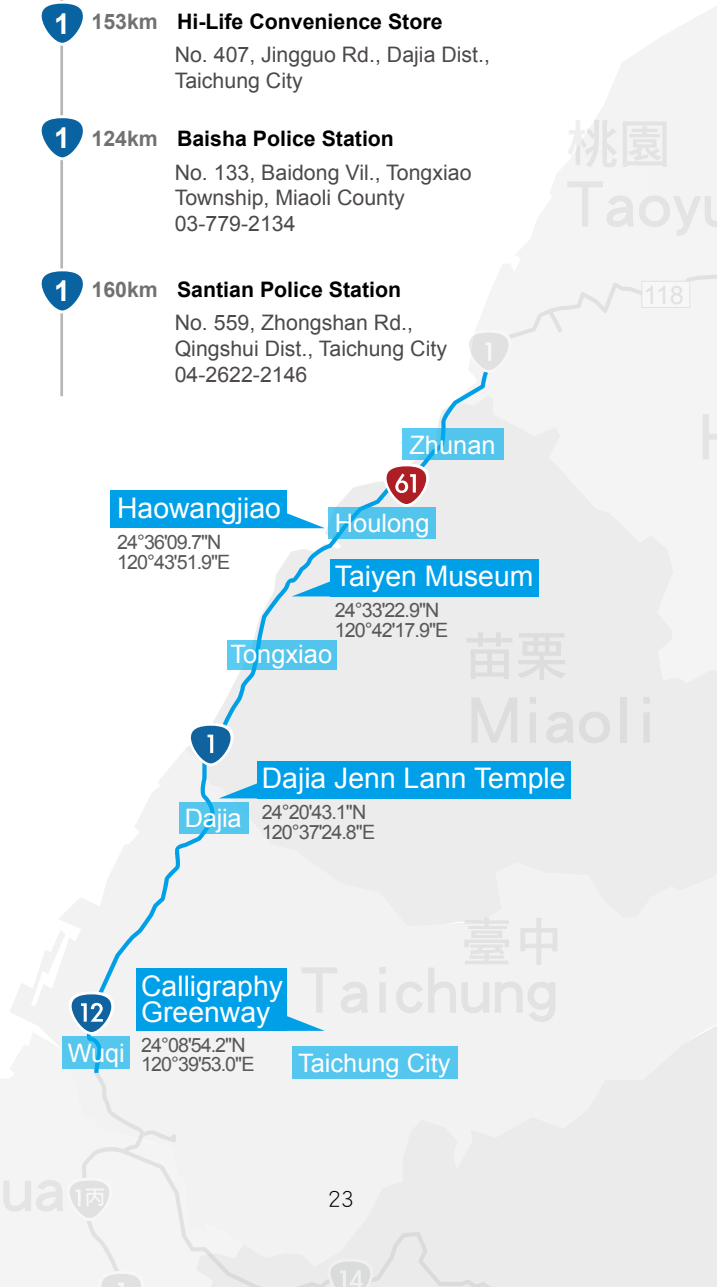
### [Bubble Tea]


The “bubbles” in bubble tea are actually tapioca starch balls. After pouring sweet and creamy milk tea into the cup, bubble tea is ready to serve. Bubble tea is a widely popular drink sold at almost every drink stand around Taiwan.



## Rest Stops

- 61** 99.4km **7-Eleven Convenience Store**  
No. 6, Longwen Rd., Houlong Township, Miaoli County
- 1** 153km **Hi-Life Convenience Store**  
No. 407, Jingguo Rd., Dajia Dist., Taichung City
- 1** 124km **Baisha Police Station**  
No. 133, Baidong Vil., Tongxiao Township, Miaoli County  
03-779-2134
- 1** 160km **Santian Police Station**  
No. 559, Zhongshan Rd., Qingshui Dist., Taichung City  
04-2622-2146





臺中 - 嘉義

Taichung — Chiayi, 94.3km

## Say Hi to Rainbow Village: A Place that Evokes Nostalgia

Route: Taichung > Changhua > Yuanlin > Beidou > Xiluo > Dounan > Minxiong > Chiayi

Main Road: Provincial Highway 1

Route Guide: Today's bike ride is mainly through gentle landscapes. Since several renowned scenic spots are along the way, it is recommended that you arrange plenty of short breaks for taking photographs. Be extra careful of traffic conditions on Provincial Highway 1. As you approach the city center, be sure to follow traffic signs, passing vehicles and carefully making use of hand gestures to signal vehicles behind you.

## Scenic Spots

**1** > **1Z** 19km 臺中 Taichung – **Rainbow Village**  
24°08'02.2"N 120°36'36.0"E

Colorful graffiti covers the walls and houses of this old village. Under the artistic talents and amazing skills of former soldier Huang Yung-Fu, the old village has been transformed into a colorful wonderland.



**1** 191.5km 彰化 Changhua – **Skywalk**  
24°04'36.1"N 120°32'57.4"E

Crossing Bagua Road, Bagua Mountain Skywalk rises approximately 3 stories above ground level. The beautiful and unique skywalk is a new spotlight of the Great Buddha area.



**1** 214km 田尾 Tianwei – **Highway Garden**  
23°53'46.0"N 120°31'52.5"E

All kinds of beautiful flowers grow along Tianwei Highway. From December to February of each year, a splendid and majestic sea of flowers extends on both sides of the highway.



**1** 224.5km 雲林 Yunlin – **Xiluo Bridge**  
23°48'49.6"N 120°27'40.0"E

This Xiluo landmark crosses Zhuoshui River. When Xiluo Bridge was constructed in 1952, it was the second-longest bridge in the world, after only San Francisco's Golden Gate Bridge.



**1** 265.5km 嘉義 Chiayi – **Beimen Station**  
23°29'15.6"N 120°27'16.7"E

Beimen Station is the starting point of the Alishan Narrow-Gauge Forest Railway, as well as being used as a cargo depot.





## Say Hi to Rainbow Village: A Place that Evokes Nostalgia

## Replenish Your Energy

### [Chiayi Turkey Rice]

This dish is made using low fat, high protein turkey meat that is shredded or sliced and put on steamed white rice and covered with gravy.



## 臺中 - 日月潭

### Taichung — Sun Moon Lake, 64km

**Puli: The Fragrance of Wine Brewed Through the Generations**

Route: Taichung > Puli > Sun Moon Lake

Main Roads: Taichung City > Provincial Highway 1 > Provincial Highway 14 > Provincial Highway 21 > Sun Moon Lake

The round-the-lake road around the lake, is composed of Provincial Highway 21 and Provincial Highway 21A, and has a total length of 33 km. Sun Moon Lake is a famous tourist attraction widely popular among international visitors.

## Scenic Spots

### 14 46km 埔里 Puli – Puli Brewery

23°58'04.9"N 120°57'38.4"E

Run by Taiwan Tobacco and Liquor Corporation, Puli Brewery has been transformed into a tourist wine factory with a museum, wine sampling, Shaoxing wine, and wine culture provided for tourists.



### 14 125.5km 魚池 Yuchi – Zhuge Liang Memorial Temple

23°53'31.6"N 120°55'14.2"E

Zhugue Liang Memorial Temple was the first temple built in Taiwan in commemoration of Zhugue Liang (a famous statesman of the Three Kingdoms period) and Guan Yu (a famous general of the Three Kingdoms). In this temple, you can find a 30 meter standing statue of Zhugue Liang!



### 21 60km 魚池 Yuchi – Sun Moon Lake

23°51'31.5"N 120°54'57.2"E

Located in Sun Moon Village (Yuchi Township, Nantou County), Sun Moon Lake gets its name from the shapes of its two parts, Sun Lake and Moon Lake. Sun Moon Lake is not only a famous tourist attraction popular among international visitors, but is also Taiwan's second largest lake and largest natural lake. In addition, its water is used to operate a hydropower plant. Its picturesque scenery has won Sun Moon Lake the title of one of the eight top scenic spots in Taiwan!



#### Route Guide: Round-the-Lake Road

The round-the-lake road winds up and down all along the lakeshore. For those who are not familiar with bike riding, this might be a daunting route. Before you hit the road, be sure to check the brake pads systems on either side of your bike, make sure that braking force is evenly distributed and familiarize yourself with the braking system for the front and back wheels. Better yet, ask experienced cyclists for professional guidance.



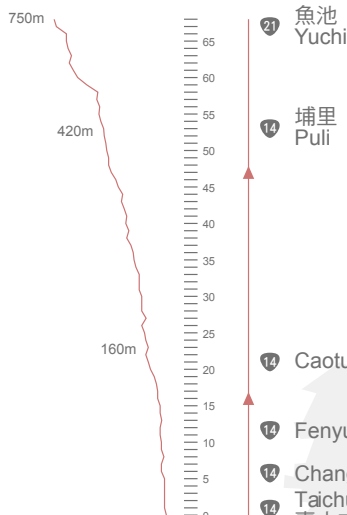
## Puli: The Fragrance of Wine Brewed Through the Generations



## Replenish Your Energy

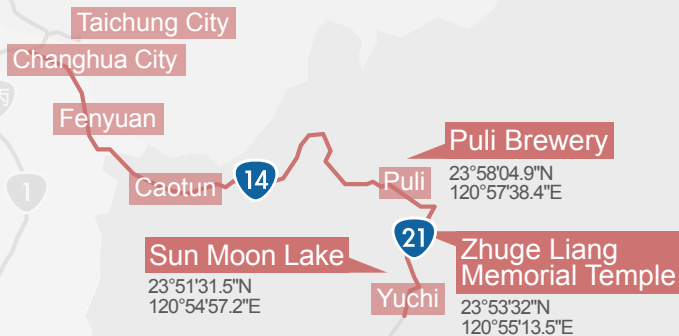
### [Egg Soaked in Shaoxing Wine]

Mixed with a special marinade sauce, Puli eggs deliver a unique fragrance of Shaoxing Wine. With a smooth and chewy texture, it is a special local delicacy worth tasting.



### Rest Stops

- 14** 17km **Hi-Life Convenience Store**  
No. 1321, Bo'ai Rd., Caotun Township, Nantou County
- 14** 36km **Guoxingyi Station**  
No. 127, Sec. 1, Zhongzheng Rd., Guoxing Township, Nantou County
- 14** 51km **Family Mart Convenience Store**  
No. 23-7, Taomi Rd., Puli Township, Nantou County
- 14** 65km **Xiangshan Visitor Center**  
No. 599, Zhongshan Rd., Yuchi Township, Nantou County  
04-9285-5668



## 日月潭 - 嘉義

### Sun Moon Lake — Chiayi, 94km

#### Jiji Station — Enjoy the Japanese Retro Style

Route: Sun Moon Lake > Jiji > Chiayi

Main Roads: Sun Moon Lake > Provincial Highway 21 > Provincial Highway 16 > County Highway 139 > Provincial Highway 3C > Provincial Highway 3 > Provincial Highway 1D > Provincial Highway 1 > Chiayi

Route Guide: After arriving at Sun Moon Lake, cyclists can choose to ride along the "Round-the-Lake Roadway" to return to Chiayi City. For those who are not fit enough for it, the "Sun Moon Lake Bikeway" might be another solution. For the average cyclist, a journey around the lake can be completed in half a day.

## Scenic Spots

### 21 2km 魚池 Yuchi — Sun Moon Lake Bikeway

23°52'08.8"N 120°55'44.5"E

Located in Yuchi Township of Nantou County, the Sun Moon Lake Bikeway has a total length of 33 kilometers and connects to 4 major temples and 8 major walkways. It is indeed a route worth taking.



### 16 18km 水里 Shuili — Shuili Snake Kiln Ceramics Cultural Park

23°48'04.7"N 120°51'44.1"E

The Shuili Snake Kiln Ceramics Cultural Park was developed from an old kiln, with the oldest and most traditional kiln (more than 100 meters long) still well preserved. Wood is the main fuel used to fire the snake kiln.



### 16 8km 集集 Jiji — Jiji Station

23°49'35.2"N 120°47'05.6"E

Jiji Township of Nantou County is a tourist township mainly featuring railway culture. Built from pure cypress, the exterior design of Jiji Station is both classic and simple.



#### Tip: How to dry your laundry in one day

Wash your cycling jersey and shorts while you're taking a shower at the station. Afterwards, wrap them in a towel and wring out the water. Hanging your clothes to dry in a place with good ventilation, and they will be ready to wear by morning.

## Jiji Station — Enjoy the Japanese Retro Style



## Replenish Your Energy

### [Jiji Old Street]

Jiji Old Street provides visitors with all kinds of traditional delicacies. Come and discover your favorite traditional flavor!



嘉義 - 高雄

Chiayi — Kaohsiung, 115km

Ride with the Western Coastal Winds and Explore the Old City

Route: Chiayi > Xinying > Shanhua > Tainan City > Gangshan > Kaohsiung City

Main Road: Provincial Highway 1

Route Guide: Riding on Provincial Highway 1, the cyclist gradually enters the most pivotal location in Taiwan - which divides Tainan City (of great historical significance) and Kaohsiung City (of great popularity). The further south you go, the more warmth and hospitality from local people you'll receive, which is great nourishment for your exhausted soul.

## Scenic Spots

### 1 271km 嘉義 Chiayi - Tropic of Cancer Solar Exploration Center

23°27'13.3"N 120°24'59.7"E

The Tropic of Cancer Solar Exploration Center is a park located in Shuishang Township of Chiayi County, which is one of the 16 cities around the globe through which the Tropic of Cancer passes through.



### 1 336km 臺南 Tainan – Confucian Temple

22°59'26.0"N 120°12'14.7"E

Listed as a first-grade historic site, the Confucian Temple is the earliest Taiwan temple built in commemoration of the great scholar, Confucius, of ancient China.



### 1 366km 橋頭 Ciaotou – Kio-A-Thau Sugar Refinery Artist Village

22°45'09.5"N 120°18'58.9"E

Built in 1901, the Kio-A-Thau Sugar Refinery Artist Village is Taiwan's largest historic preservation area. Presented to the public in the form of an artistic village, the park occupies a gigantic space.



### 1 高雄 Kaohsiung – Love River

22°39'10.6"N 120°18'13.3"E

Love River runs a total length of 16.4 kilometers, and is the most culturally rich stream in the whole of Kaohsiung City. At the "Heart of Love River," were a pedestrian/bike overpass runs above the river bride and two pools, the river is at its most beautiful and romantic.



#### Tip: Safety inspection – An indispensable part of your journey

Before you hit the road, be sure to perform a basic inspection on your bike. Check the normal wear and tear condition of your tires and braking system, the smooth operation of your gears, and the roundness of your rims. Please first make use of the simple troubleshooting tools before taking your bike to a professional repair and maintenance store.

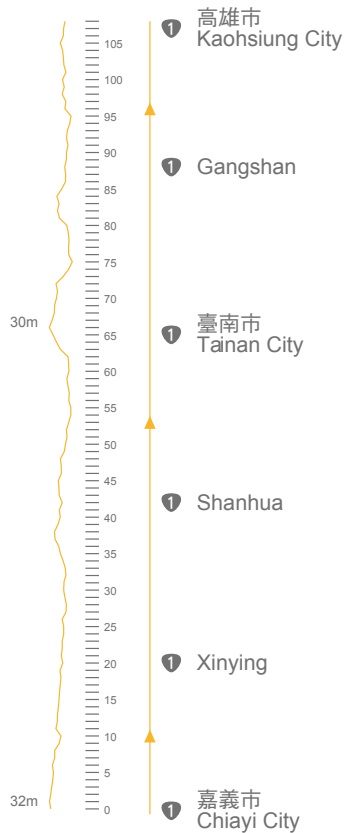


## Ride with the Western Coastal Winds and Explore the Old City

### Replenish Your Energy

#### [Tainan Milkfish Soup]

With clear soup poured into a bowl full of milkfish bellies and shredded ginger, Tainan Milkfish Soup is made ready to serve. Side dishes such as fish intestines and fish skin are also worth a try.



## 高雄 - 車城

Kaohsiung — Checheng, 87km

### South of the Border — Blue Ocean Views

Route: Kaohsiung City > Xiaogang > Donggang > Fangliao > Fangshan > Checheng

Main Roads: Provincial Highway 17 > Provincial Highway 1 > Provincial Highway 26

Route Guide: In the first half of the route, cyclists can enjoy the rush of high speed bike riding if there is coastal wind. After reaching the coastal roadway at Fangliao, cyclists can enjoy the special riding experience of having high mountains on the left and the blue ocean on the right. Open your heart and allow the green mountains and blue ocean accompany you throughout your journey!

## Scenic Spots

### 17 235km 高雄 Kaohsiung – Kaohsiung International Airport

22°34'28.5"N 120°20'41.2"E

Kaohsiung International Airport is located in Xiaogang District. Visitors can enjoy the special sight of planes taking off and landing from just 150 meters away from the runway.



#### Tip: Preventing Heat Stroke

To prepare yourself against heat stroke during your bike journey, you should get a breathable, UV-proof jersey, arm covers, head covering and sunglasses. During the ride, you need to drink water frequently and that means about 1 sip every 15 minutes (approximately 150ml, depending on exercise intensity and current temperature).

### 17 235km 東港 Donggang – Donglong Temple

22°27'47.1"N 120°26'55.5"E

Donglong Temple is widely famous for its Wang Yeh Boat-Burning Festival, which is a traditional ritual performed in commemoration of the plaque gods.



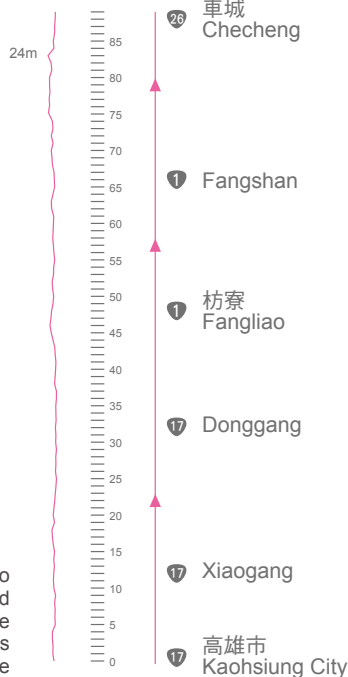
### 17 366km 屏東 Pingtung – Dapeng Bay National Scenic Area

22°27'25.2"N 120°28'44.1"E

Widely known for largest inner bay in Taiwan, the Dapeng Bay National Scenic Area is also home to a diversity of animal and plant species. A drawbridge across the bay is raised when boats approach.



## South of the Border — Blue Ocean Views



## Replenish Your Energy

### [Sakura Shrimp]

Sakura shrimp are native only to Donggang Town in Pingtung and Shizuoka in Japan. They can be cooked and eaten as a delicious light snack or used to make Sakura shrimp fried rice.



### Rest Stops

- 17** 261km **7-Eleven Convenience Store**  
 No. 312, Zhongshan Rd., Linbian Township, Pingtung County
- 1** 448km **Family Mart Convenience Store**  
 No. 80, Nanhe, Fangshan Township, Pingtung County
- 17** 256km **Donggang Police Station**  
 No. 1, Yanhai Rd., Donggang Township, Pingtung County  
 08-832-2045
- 1** 451km **Fangshan Police Station**  
 No. 5-1, Ln. 26, Guozhong Rd., Fangliao Township, Pingtung County  
 08-876-1129

## 車城 - 臺東

Checheng — Taitung, 115km

### Don't Miss This Unique Attraction

Route: Checheng > Mudan > Shouka > Daren > Dawu > Jinlun > Taimali > Zhiben > Taitung City

Main Roads: Provincial Highway 26 > County Highway 199 > Provincial Highway 11

Challenge: You'll encounter your first challenge of the round-the-island journey here.

Route Guide: As you bike away from southern Taiwan along Provincial Highway 199, the ascending slope will make your ride even more difficult; but if you keep a positive attitude and believe you can do it, then you'll soon be at the top.

## Scenic Spots

### 199 0km 屏東 Pingtung — Shouka Station

22°14'42.6"N 120°50'08.2"E

Located 460 meters above sea level, Shouka Station is the highest point of the South-Link Highway. After arriving at the station, you can see other cyclists like you taking a break from their journey.



### 9 417.5km 太麻里 Taimali — Duoliang Station

22°30'24.4"N 120°57'31.1"E

Being able to enjoy the majestic scenery of the Pacific Ocean and a glimpse of the trains passing by, Duoliang is considered one of the most beautiful train stations in Taiwan.



### 9 392km 知本 Zhiben — Zhiben Hot Springs

22°41'34.8"N 121°01'05.2"E

Zhiben Hot Springs are slightly alkaline, sodium bicarbonate springs, which are odorless and colorless. Soaking in these hot springs is a great way to relax your tired muscles after a long day of riding.



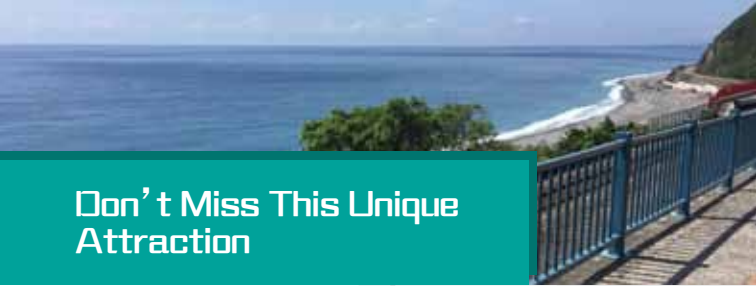
### 11 164km 臺東 Taitung — Tiehua Music Village

22°45'12.6"N 121°08'45.8"E

Considered the musical heart of Taitung, Tiehua Music Village is a place where aboriginal musicians often gather and demonstrate their powers of improvisation.







## Don't Miss This Unique Attraction

## Replenish Your Energy

### [Stinky Tofu]

Stinky Tofu is a local delicacy widely popular in Taiwan. Made from fermented tofu, it has a unique smell and flavor not easily accepted by foreigners. People are polarized about this food – some say it is too smelly to eat while the rest say it is a delicious, crunchy snack.





臺東 - 玉里

Taitung — Yuli, 85km

## Biking through the East Rift Valley — One Mountain after Another

Route: Taitung City > Luye > Chishang > Yuli

Main Roads: Provincial Highway 9

Route Guide: The scenery along the East Rift Valley changes according to the season. You can ride your bike along the winding country road and soak up the fragrant smell of the rice fields. An old train may appear out of nowhere and slowly pass by. Why not transform this beautiful scenery into words and jot them down in your round-the-island diary?

## Scenic Spots

### 9 360.5km 卑南 Beinan — Chulu Ranch

22°51'57.8"N 121°06'29.8"E

After stepping off the observation deck, a ranch full of sunshine, greenery, and farm animals will appear before your eyes. Come and enjoy the fun of the ranch lifestyle and beautiful scenery!



### 9 355.4km 鹿野 Luye — Luye Highland

22°55'34.3"N 121°07'28.1"E

Paragliding and hang-gliding practice fields are located near the tourist tea plantations here in Taitung County. The area also plays host to the annual International Hot Air Balloon Festival.



### 9 334km 關山 Guanshan — Guanshan Bike Path

23°02'31.4"N 121°10'15.1"E

The Guanshan Bike Path is the first bike path specifically designed for cyclists in Taiwan. It is divided into the "Water Path" and the "Mountain Path".



### 9 326km 池上 Chishang — Mr. Brown Avenue

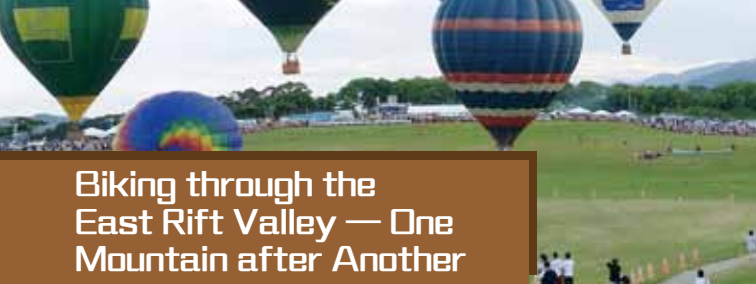
23°05'57.7"N 121°12'57.5"E

Riding along Mr. Brown Avenue, you will pass through green fields of endless space. This road has been nicknamed "Green Paradise Road" due to its natural beauty.



#### Tip: How to change gears

Changing gears is the most complicated part of riding a bike, but if you master it then it will be easy for you to ride on both flat roads and hills. The idea is the same as changing gears in a manual transmission car. It is best to keep your pedaling speed above 70 rpm, and for maximum efficiency you should aim for 80-90 rpm.



## Biking through the East Rift Valley — One Mountain after Another

### Replenish Your Energy

#### [Chishang bento]

Chishang is known as Taiwan Rice Town, and the Chishang bento box, made with thin wooden strips that give the rice a distinctive flavor, often come with the town's namesake rice, barbecued meat, marinated egg, sausage, and pickles.



### Rest Stops

- 9** 350km **7-Eleven Convenience Store**  
No. 430, Sec. 1, Zhonghua Rd.,  
Luye Township, Taitung County
- 9** 348km **Family Mart Convenience Store**  
No. 1-6, Minquan Rd., Guanshan  
Township, Taitung County
- 9** 340km **Ruisui Police Station**  
No.171, Zhongshan Rd., Luye  
Township, Taitung County  
08-981-1419
- 9** 330km **Chishang Police Station**  
No. 211, Zhongshan Rd.,  
Chishang Township, Taitung  
County  
08-986-2004

Mr. Brown Avenue

23°05'57.7"N  
121°12'57.5"E

Luye Highland

22°55'34.3"N  
121°07'28.1"E

Guanshan Bikeway

23°02'31.4"N  
121°10'15.1"E

Chulu Ranch

22°51'57.8"N  
121°06'29.8"E



玉里 - 花蓮

Yuli — Hualien, 88km

## Qixingtan — Home to the Stars

Route: Yuli > Ruisui > Fenglin > Jian > Hualien City

Main Road: Provincial Highway 9

Route Guide: When riding along Provincial Highway 9, you will encounter fragrant rice fields, fresh green vegetation, sparrows standing on top of electricity poles, and schoolchildren returning from school waving and smiling at you. It's the people themselves that are indeed the most beautiful scenery you'll see during your round-the-island journey.

## Scenic Spots

### 9 276km 瑞穗 Ruisui — Tropic of Cancer Monument Park

23°27'55.7"N 121°21'28.6"E

By the time you pass over the Tropic of Cancer for the second time, you will have completed nearly two-thirds of your journey. At the Tropic of Cancer Monument Park, you can easily find the landmark resembling a white sundial.



### 9 252km 光復 Guangfu — Hualien Sugar Factory

23°39'24.3"N 121°25'11.8"E

The Hualien Sugar Factory is famous for its popsicles and ice cream, which never fail to provide cyclists with cool relief from the intense summer heat. Because the factory is no longer in use, there is extra space that now houses a cultural center with guided tours that introduce the factory and explains its history.



### 9 201km 花蓮 Hualien — Qixingtan

24°01'50.8"N 121°37'46.3"E

Legend has it that under good weather conditions, people can clearly see stars reflected in the sea here. And that's exactly why people call it "Seven Stars Lake."



#### Tip: A Round-the-Island Journey will make your body fitter

If you ride 100 km a day you burn more than 2,000 calories, but that doesn't give you freedom to eat whatever you want. You should have no trouble losing a couple of kilograms in 10 days of round-the-island cycling.



## Qixingtian — Home to the Stars

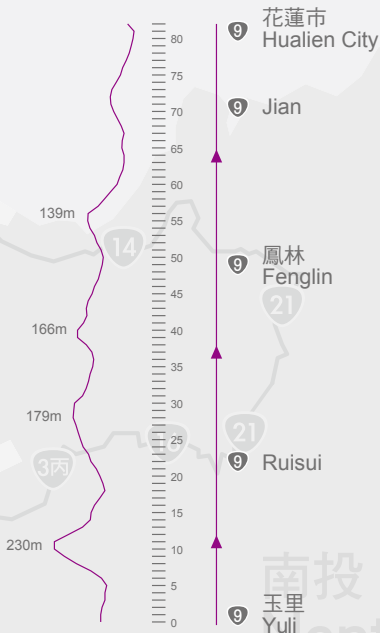
### Replenish Your Energy

#### [Wonton Soup]

Wonton dumplings are made by spreading a square wrapper (a thin dough skin made of flour, egg, water, and salt) flat in the palm of one's hand, placing a small amount of filling (minced pork) in the center, and sealing the dumpling into the desired shape by compressing the wrapper's edges together. After boiling the dumplings in a pot of clear soup, the Wonton Soup is ready to serve!



臺中  
Taichung



南投  
Nantou

### Rest Stops

- 9** 268km **7-Eleven Convenience Store**  
 No. 30-2, Ruipei Village, Ruisui Township, Hualien County
- 9** 244km **7-Eleven Convenience Store**  
 No. 108, Changqiao Rd., Fenglin Township, Hualien County
- 9** 277km **Wuhe Police Station**  
 No. 59, Wuhe, Ruisui Township, Hualien County  
 03-887-2874
- 9** 222km **Shoufeng Police Station**  
 No. 22, Shoushan Rd., Shoufeng Village, Shoufeng Township, Hualien County  
 03-865-1337

**Tropic of Cancer Monument Park**

23°27'55.7"N  
121°21'28.6"E

**Hualien Sugar Factory**

23°39'24.3"N  
121°25'11.8"E

**Hualien City**

**Qixingtian**

24°01'50.8"N  
121°37'46.3"E

**Fenglin**

**9**

**Ruisui**

花蓮 - 頭城

Hualien — Toucheng, 113km

## Yilan: A Wonderland of Beautiful Mountains and Fresh Waters

Route: Hualien Station > Su'ao New Station > Toucheng

Main Roads: Train > Provincial Highway 9 > Provincial Highway 2

Route Guide: This is the easiest day of your trip around Taiwan. Just ride along Dongshan River Water Park Bikeway to complete this section of the journey.

You might be wondering why this cycling trip involves a train ride. The Suhua (Su'ao-Hualien) Highway is the most scenic highway in Taiwan, but it is also the most dangerous. Since there are always many gravel trucks and other heavy trucks speeding along the Suhua Highway (in addition to countless slopes along the meandering roadway and potential dangers hidden in tunnels), it is recommended that you take a train instead of biking to ensure your safety. Since only highly experienced cyclists with careful pre-planning are capable of conquering this roadway, we didn't incorporate the Suhua Highway into the itinerary of this manual.

### Information about buying a train ticket for you and your bike

For those with non-folding bikes such as road bikes and mountain bikes, it is recommended that you take a train from Hualien Station to Su'ao New Station. To take your bike on the train, you will need to buy a ticket for your bike, which is half the price of your own ticket. There are 9 trains that run from 5am to 8pm (please refer to the train schedule posted by the Taiwan Railways Administration before you take the train). The total traveling time is approximately 1 hour and 20 minutes. Please note that the trains do not allow bikes during the Chinese New Year Holidays or peak hours.



## Scenic Spots

### 9 96.5km 冬山 Dongshan River – Dongshan River Forest Park

24°38'16.7"N 121°47'12.6"E

This park is on the upper reaches of the Dongshan River and covers an area of 16 hectares. You'll get to see greenery almost everywhere – the trees here are carefully cultivated to make soil and water conservation a reality.



### 9 91km 羅東 Luodong – Luodong Cultural Working House

24°40'18.7"N 121°45'52.5"E

The Luodong Cultural Working House is set in a location with unobstructed views of the surrounding scenery. During construction, a frame 18 meters off the ground was built and the building was placed upon it. The design of the center looks like a large spaceship when viewed from a distance.





## Yilan: A Wonderland of Beautiful Mountains and Fresh Waters

### Tip: Bring a Smile to the Weary Traveler

The further out of the city you go, the more often you will hear people yelling “Jia you, jia you” which is a term of encouragement. Happiness comes from interacting with people so a simple nod, a wave or a “Ni hao” are great ways to greet people and say hello. You’ll be surprised at how many people will give you a thumbs up, a hug or a cheer. This will bring a smile to even the weariest rider. Many visitors say that the most beautiful thing in Taiwan is not the scenery but the people that live here.

### Replenish Your Energy

#### [Stuffed Tapioca Balls]

Stuffed Tapioca Balls are a sweet delicacy widely popular in Yilan. The stuffing of whole adzuki beans into the black tapioca pearls provides visitors with a special texture which is soft on the outside and hard on the inside. These balls are served warm with shaved ice and sweet tofu, egg pudding, or grass jelly. The contrast of the warm and cold ingredients gives this dessert a wonderful taste and texture.



臺北 Taipei  
基隆 Keelung

新北市 New Taipei City

新竹 Hsinchu

宜蘭 Yilan

臺中 Taichung

花蓮 Hualien

### Rest Stops

9

79km

**Family Mart  
Convenience Store**

No. 43, Sec. 1, Dafu Rd.,  
Yilan City, Yilan County

2

Jiaoxi

**Dongshan River  
Forest Park**

24°38'16.7"N  
121°47'12.6"E

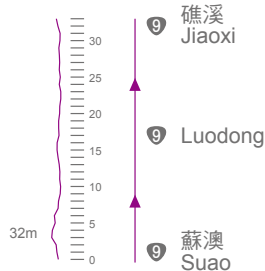
Luodong

**Luodong Cultural  
Working House**

24°40'18.7"N  
121°45'52.5"E

Suao

9



9

## 頭城 - 臺北

Toucheng — Taipei, 105km

### Returning to Taipei: Still the Same But with Some Differences

Route: Toucheng > Fulong > Shifen > Keelung > Xizhi > Taipei City

Main Roads: Provincial Highway 2 > Provincial Highway 2C > Provincial Highway 2D > Provincial Highway 5

Route Guide: While drenched in sweat and peddling under the scorching hot sun, the green mountains and blue sea along the way are what motivate you to keep going. Go! Go! Go! You're almost there, and you're setting a record for your round-the-island cycling journey!

## Scenic Spots

### 2 115km 福隆 Fulong – Old Caoling Tunnel

24°59'38.7"N 121°57'30.8"E

After a major overhaul was completed in 2008, the Old Caoling Tunnel was reopened to the public. With a total length of 2,167 meters, Old Caoling Tunnel is the first railway tunnel to be transformed into a bikeway tunnel in Taiwan.



### 2丙 10km 平溪 Pingxi – Shifen Old Street

25°02'34.7"N 121°46'35.8"E

Shifen, in Pingxi District, is the first large settlement to be developed in the area of New Taipei City. The main feature here is the coexistence of Old Street with the Railway.



### 5 2km 臺北 Taipei – Taipei 101

24°01'50.8"N 121°37'46.3"E

Taipei's most distinctive landmark is Taipei 101, the tallest building in Taiwan. It was the tallest building in the world from December 31, 2004 to January 4, 2010.



#### Tip: Bike Maintenance

Prevention is always better than cure. By taking care of your bike, you can prevent mechanical problems. If you spend 10 minutes after a ride to ensure that your bike is in good working order, it should run smoothly for the whole trip. You should start by using a wet towel to wipe down your bike, and then clean your chain and gears with a soft brush. It is important to check your brake pads and tire pressure, especially after riding on a rainy day.

You should oil the chain and rotate the pedals to allow each section of the chain to be evenly lubricated. Afterwards, use a dry cloth to wipe away excessive oil. If you are having problems shifting or your tire is severely damaged, you should take your bike into a shop for repairs.



## Returning to Taipei: Still the Same But with Some Differences



- Rest Stops**
- 2** 156km **Family Mart Convenience Store**  
No. 230, Sec. 2, Wubin Rd.,  
Wujie Township, Yilan County
  - 2** 101km **7-Eleven Convenience Store**  
No. 24-1, Xinglong St.,  
Gongliao Dist., New Taipei City
  - 2** 142km **Dafu Police Station**  
No. 200, Sec. 6, Zhuangbin  
Rd., Zhuangwei Township, Yilan  
County  
03-930-1994
  - 2丙** 101km **Fulong Police Station**  
No. 19, Fulong St., Gongliao  
Dist., New Taipei City  
02-2499-1541

## Replenish Your Energy

### [Beef Noodle Soup]

Beef noodle soup is a special Chinese and Taiwanese dish made of stewed or red braised beef, beef broth, vegetables and noodles. With rich broth and chewy noodles, beef noodle soup never fails to leave a deep impression on our foreign visitors.



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