SPICE ROADS
CYCLING

TOURING

CYCLING SEOUL TO BUSAN

Tour Code
KOR-STB

9 DAYS
8 NIGHTS

Destinations	South Korea
Tour Meets	Seoul
Tour Ends	Busan
Fly in to	Incheon International Airport (ICN)
Fly out of	Gimhae International Airport (PUS)
Group Size	4-12 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

8 Cycling days	**556** km Total cycling distance
70 km Avg distance / day	**562** m Avg climbing / day

PRICING

Price	US$ 4,050
Bike Hire (Hybrid Bike)	US$ 300
Bike Hire (E-Bike)	US$ 650
Single Supplement	US$ 575

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

24 Oct - 01 Nov 2026
03 Apr - 11 Apr 2027
01 May - 09 May 2027
04 Sep - 12 Sep 2027
02 Oct - 10 Oct 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Lunch
- ✓ Entrance fees

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

We ride a total of 556 km over 8 cycling days. We begin in Seoul with a fantastic cycling loop on premium mini velo e-bikes through the city centre. We don't use regular bicycles in Seoul as these nimble little steeds are perfectly suited to the stop-and-go nature of exploring the city in 3 hours (plus getting up some steep hills!). The tour is then divided into stages based on South Korea's west-to-east geography and its extensive network of cycling paths. Stage 1 follows the Han River Bicycle Path (days 2 and 3), Stage 2 takes us along the Saejae Bicycle Path (day 4), and stage 3 traces the Nakdong River Bicycle Path (days 5, 6, 7, and 8). South Korea's cycling infrastructure makes this journey across the peninsula a joy to ride. The route is almost entirely point-to-point with just three short required vehicle transfers (see days 7 and 8 in the itinerary)

But it's not just about cycling. This tour has been carefully crafted to showcase Korea's rich cultural heritage, with visits to ancient Buddhist sites, a hands-on paper-making workshop, and plenty of unique stops at quirky cafes, war memorials, art installations, and more. Food is a highlight of the tour, and you can expect to taste a wide variety of the country's cuisine (hint: it's much more than just BBQ and kimchi, though there's plenty of that too).

Your guide's expert knowledge of the area and terrain ensures you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is an active-level tour, and riders can expect to be challenged by both the route and terrain in various ways. South Korea's hilly landscape means there's plenty of ascent and descent each day, though only one challenging pass (see day 4) on the entire tour. Aside from the short 10 km city ride in Seoul, daily distances are fairly consistent, averaging around 70 km per day, with the longest stretches along the Han River Bicycle Path, where we reach 80 - 100 km. The roads are mostly paved, so no technical riding is required, but good handling skills to navigate rougher sections and occasional traffic will be helpful. Riders with less experience are welcome, and this is a fantastic intermediate-level tour to help push your boundaries — just be sure to prepare by building stamina for the distances and strength for the climbs. While a support vehicle will always be on hand to provide refuge for weary riders, please note that passenger seats are limited and it rarely follows the group directly due to the separation of cyclist and motorist infrastructure. Rendezvous points will always be communicated.

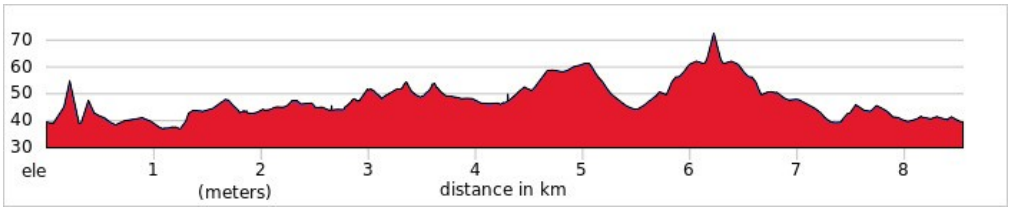
Biking Conditions: Our route primarily follows the Han River and Nakdong River Bicycle Paths, with a short stage along the Sajae Bicycle Path as well. At times, these paths feel like dedicated cycling highways, with smooth tarmac and split lanes. Other sections wind through embankments, rural roads, or alongside main roads, where the surface can be bumpier with loose debris. While many of the paths are separate from motorised traffic, some sections merge with roads where vehicles, including cars and buses, are present. On a few occasions, we'll also go off-piste from the bike paths, usually when we need to get to a cafe or restaurant which aren't always by the official route. Rainfall is not uncommon in South Korea at any time of year. We generally ride rain or shine, but based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!

Accommodations: Accommodations range from 3-star city hotels in Seoul and Busan to Korean-style pensions in smaller towns. These high-comfort, low-frills digs offer a clean room, hot water, AC/heating, but don't expect extras like a swimming pool, English-speaking staff, or a Western breakfast (sometimes there is no breakfast at all, and we'll need to go elsewhere). Room sizes may be smaller, and beds can be firmer than you're used to. A special experience is spending the night in a traditional hanok where there are private rooms but the facilities (including the bathrooms) are shared. Instead of Western-style beds, we sleep on thick mattresses on traditional heated floors. For larger groups, we may need to use more than one accommodation and, in case of limited availability, switch to an alternative property from the one listed in the itinerary.

Day 1: Meet in Seoul - Afternoon City Ride By Mini E-Bike

Welcome to Seoul! We meet at our tour hotel in the early afternoon and waste no time diving into South Korea's electrifying capital by bike. Sticking to designated bike lanes, car-free zones, and hidden back alleys, we avoid traffic and really feel the pulse of the city's historic heart, where tradition and modernity are interwoven. Our route takes us past iconic sites such as the grand entrance of the former imperial palace, the presidential Blue House, and the national hero statues at Gwanghwamun Square. We also explore a local market to sample street food and ride through beautifully preserved traditional neighbourhoods etched into the city's hillsides. To cap it off, we visit Jogyesa Temple, one of Seoul's most beautiful Buddhist temples. Please note we'll be using premium mini velo e-bikes for this excursion, much better suited to the stop-and-go nature of exploring Seoul than regular bicycles. After this fun inaugural ride, you'll have time to freshen up before we gather for a welcome dinner — the first of many Korean feasts on this tour! But go easy on the beer and soju; we've got a big ride ahead tomorrow.

Shilla Stay Gwanghwamun Dinner

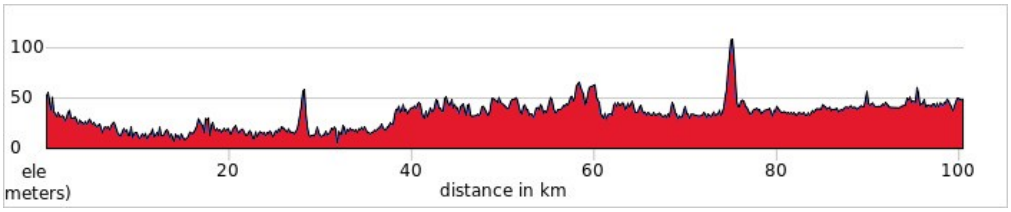


Ride 10km +100m -100m

Day 2: Seoul → Yeoju

Our first day of riding involves a striking visual shift from mega city to countryside. Starting from the heart of metropolitan Seoul, we manoeuvre our way to the Han River Bicycle Path where we share the road with local cycling enthusiasts enjoying rides of their own along Seoul's waterfront. The further we press forward, however, the crowds thin out and Seoul's skyline and urban sprawl begins to fade in the distance. Once we have passed the iconic Paldang Dam and the bridge at the confluence of the Han and Bukhan rivers (around 45 km), it will be as if we have been transported to a different world. From here, the bike path follows the wide, gently flowing river, flanked by farmland and forested hills. Thanks to a series of cyclist-exclusive tunnels burrowing through the hills, we avoid steep climbs and settle into a steady rhythm to reach the town of Yeoju. Along the way, we stop for lunch to refuel with a comforting bowl of Kalguksu (Korean Knife-Cut Noodle Soup) and we saddle off for the day at Silleuksa Temple, a splendid riverside Buddhist temple complex dating back to the 6th century AD. We spend the night at a cosy hotel nearby.

Yeoju Ace Hotel at Shinreuksa Temple Breakfast, Lunch, Dinner

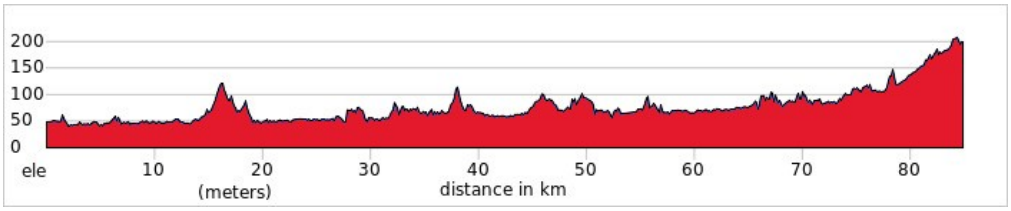


Ride 100km +848m -856m

Day 3: Yeoju → Suanbo

We tread deeper into the valleys of Korea's interior. The first half of the ride follows the Han River as it meanders and braids across plains filled with rice paddies, vegetable fields, and apple orchards, all framed by rugged hills. One of our first stops is a traditional tea shop set inside an abandoned elementary school! By around 50 km, we reach the more densely populated outskirts of Chungju City, where we pause for lunch and cool down with mak-guksu; buckwheat noodles served in a chilled, tangy broth, a local favourite and a refreshing treat for hard-working cyclists. Leaving Chungju behind, we head south and are once again immersed in the rustic countryside, with endless rice paddies blanketing the valley floor. We make one last stop at a striking suspension bridge hanging between two cliffs before preparing for a gradual, 6 km climb into the hot spring town of Suanbo. Nestled amidst the temperate forests of the Sobaek Mountains, Suanbo is renowned for its thermal springs and crisp air. Feel free to indulge in a rejuvenating soak.

Suanbo Hot Spring Healing Hotel Breakfast, Lunch, Dinner



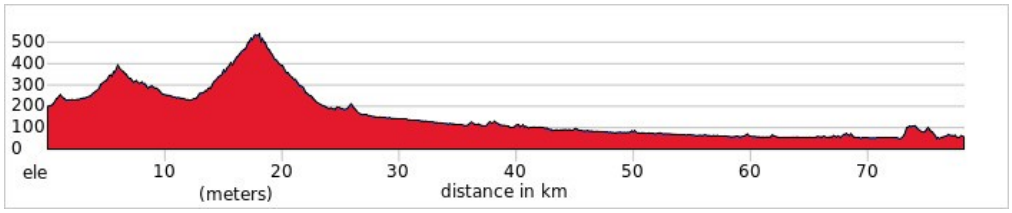
Ride 85km +866m -716m

Day 4: Suanbo → Sangju

Today we start by ascending around 4 km to the top of Sojoryung Mountain (262 m ASL), followed by a rewarding descent past an ancient Buddhist rock carving etched into a cliff. We then stop at a local museum dedicated to preserving the ancient craft of making hanji, traditional Korean paper. Next, we tackle the challenging Ihwaryeong Pass (548 m ASL), a 7 km climb with gradients ranging from 5-10%. Surrounded by peaceful forests and with plenty of rest stops, we pace ourselves to reach the top, following in the footsteps of scholars, officials, and merchants who once traveled this route during the Joseon Dynasty. At the summit, we're rewarded with panoramic mountain views before we descend into the plains for a well-deserved lunch at a charming heritage house. Afterward, we continue along rural roads through the scenic Nakdong River valley. We wrap up our ride near Sangju, where we stay at a tranquil riverside retreat

offering stunning sunset views. Tonight's accommodation is in a traditional hanok, a beautiful wooden house typical of pre-modern Korea.

Hanok Holiday Cottage Breakfast, Lunch, Dinner

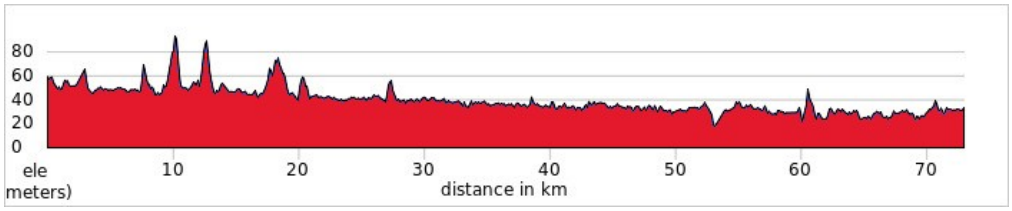


Ride 78km +857m -1000m

Day 5: Sangju → Waegwan

After the previous day's climbs, we take it easier today, following the Nakdong River Bicycle Path. Aside from a brief steep section at the start and some gentle undulations, our route is mostly flat, tracing Korea's longest river. We cross scenic bridges and weirs, passing through expansive rice fields and quiet rural communities. This tranquility is briefly interrupted around 45 km when we skirt Gumi, the "Silicon Valley of Korea," home to major electronics and tech industries. From the bike lane, we glimpse its many factories before continuing south to Waegwan. Despite the town's peaceful atmosphere, Waegwan witnessed fierce battles during the Korean War, as U.S. and South Korean forces fought to defend the vital Nakdong River crossing from North Korean troops. In the afternoon, you can explore this history at the Patriots & Peace Memorial or hike to the Hill 303 Korean War Memorial, a reflective spot with sweeping views. In the evening, we come together for another Korean feast.

Waegwan Centro Hotel Breakfast, Lunch, Dinner

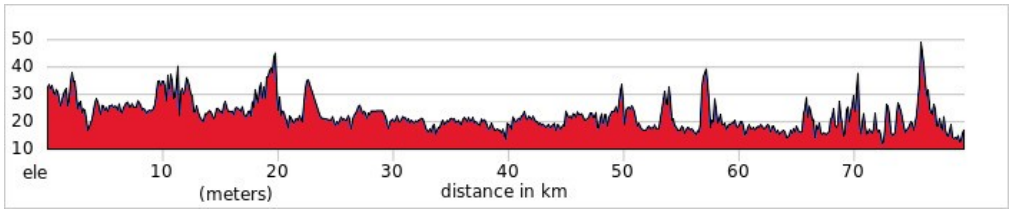


Ride 73km +456m -482m

Day 6: Waegwan → Upo Wetland

Departing from Waegwan, we continue meandering south along the Nakdong River. After around 25 km, we stop at "The Arc," a futuristic art installation that, at first glance, looks like a spaceship, but when seen in harmony with the surrounding rivers, reveals its more earthly design! We're now near Daegu, Korea's fourth-largest city, but we stick to the Nakdong Bicycle Path, riding through an agrarian hinterland and tackling a rapid succession of hills as we glide along elevated escarpments rising above the river. After lunch and treating ourselves to Korean desserts at an open-air market, the scenery shifts to wild marshes filled with tall reeds. This area is part of Korea's largest system of inland wetlands, many of which are being conserved as safe havens for migratory birds. We conclude our journey in Upo, renowned as the largest of these inland wetlands in South Korea, where we spend the night at an upscale upcountry B&B.

Upo Wetlands Luxury B&B Breakfast, Lunch, Dinner

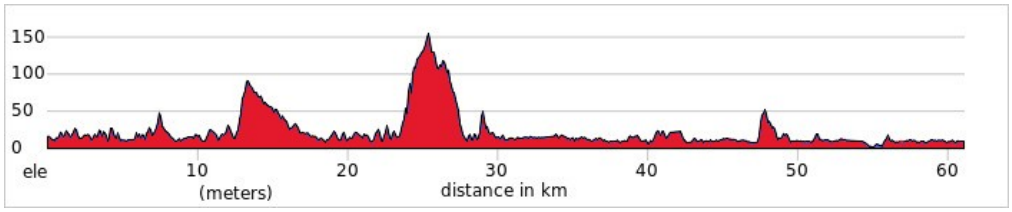


Ride 80km +412m -429m

Day 7: Upo Wetland → Jinyeong → Changwon

We start the day on quiet backroads in the beautiful Upo Wetland Nature Reserve, passing a network of lakes, ponds, and marshes inhabited by wild plants and wading birds. After around 5 km, we re-enter a rural world of rice, soybeans, corn, and vegetables grown in the small valleys of forest-clad, rolling hills. A series of short but steep climbs keeps our legs busy while we enjoy the scenery. By around 30 km, we're back on the banks of the Nakdong River, crossing it several times via scenic bridges as we follow the bike path south to the small city of Jinyeong. As accommodation options here are limited we load our bikes for a quick, 30-minute transfer south to Changwon City where we spend the night. For dinner, we head to a favourite local restaurant, followed by an optional beer and karaoke session!

Grand City Hotel Changwon Breakfast, Lunch, Dinner

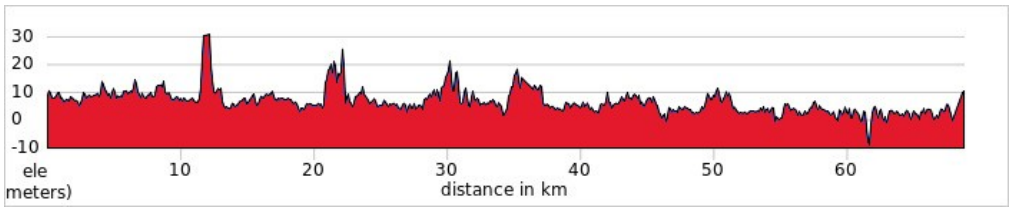


Ride 61km +633m -640m

Day 8: Changwon → Jinyeong → Busan

Time for the home stretch! We drive 30-minutes back to the Nakdong River Bike Path near Jinyeong for the final push to the coast. The terrain flattens out as the river widens, offering straightforward, breezy riding through expansive wetlands and agricultural plains that gradually transition into the outskirts of Busan. We take our time, stop for coffee, and have lunch before pedaling into South Korea's second-largest city. We follow the riverside path framed by the urban skyline all the way to Eulsukdo, an isle where the river meets the sea, and the official end point of the Four Rivers Cross-Country Cycling Trail. Here, we end on a high note and avoid riding through Busan's heavy traffic, opting instead for a comfortable vehicle transfer to our hotel near Gwangalli Beach. One of Busan's most beloved urban beaches, it offers fine white sand to the front and a lively promenade to the back. After reaching our hotel, feel free to dip your toes in the East Sea before we reconvene for a farewell dinner nearby. Tonight, we let the beers and soju flow as we toast the achievement of traversing the length of South Korea by bike!

Homers Hotel Breakfast, Lunch, Dinner



Ride 69km +325m -324m

Day 9: Busan Departure

Our cycling tour has ended, but we suggest extending your stay for a day or two to explore Busan. Check out more beaches, visit the famous fish market, wander through quirky hillside neighborhoods, explore an ancient temple by the sea, and ride in a sky capsule with ocean views! After you've had your fill of Korea's "Second City," you can return to Seoul by train or continue your journey to the beautiful volcanic island of Jeju by flight or ferry. You can even take a boat to Japan! If you need assistance with post-tour hotel bookings in Busan or securing tickets

for the KTX high-speed train to Seoul, please let us know. If you plan to take the train to Seoul, we recommend booking well in advance as tickets can sell out quickly.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. We provide high-quality hybrid bikes from well-known brands. If you bring your own bike, please make sure it is a hybrid or gravel bike in good mechanical order. We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Passport holders up to 101 countries do not require a visa to visit South Korea from 30 – 90 days. A complete list of visa-exempt countries is **here**. However, while you may not require a visa, you may need to apply for a **K-ETA (Korea Electronic Travel Authorization)**. See here for a list of countries requiring a K-ETA and follow the required steps to make your submission and payment. For more information on the Korean entry process, please see this website.

If you are exempt from requiring a K-ETA you still need to fill out an e-Arrival card which only takes a few minutes and should be submitted within 3 days before arrival in Korea. There is no cost to do this so beware of imitation sites that charge a fee and only use the official website here.

Health

No vaccinations are needed.

Weather

South Korea offers two distinct cycling seasons: spring (April-May) and autumn (September-October). Both seasons have mild temperatures [average highs around 18-25°C (64-77°F), lows around 10-15°C (50-59°F)], lower rainfall, and colourful scenery. The month of April is renowned for the annual cherry blossom, when the landscape explodes in hues of pink. This is similar to the more popular sakura season in neighbouring Japan but with just a fraction of the crowds! The peak for the autumn foliage tends to be in October, so if colourful scenery is what you are after then April or October are your best bets. We do not offer tours in the summer (June - August) due to high heat and chance of storms or the winter (November - March), due to freezing temperatures and ice.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Korean cuisine is largely based upon rice, vegetables, and meats. Traditional Korean meals are noted for the number of side dishes. Kimchi (traditional fermented vegetables) is served often, sometimes at every meal. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere in Korea, but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US$30 a day for incidentals. Tipping is not customary in Korea. Guides have received and accepted tips on a voluntary basis.

Money

The currency in South Korea is the won (W) ATMs with a 'Global' sign often accept foreign cards. Most Global ATMs have basic instructions in English and mostly have a W700,000 limit. Motels, hotels, shops and restaurants in cities and tourist areas accept foreign credit cards, but there are still plenty of restaurants and small businesses that don't. Be prepared to carry around some cash, especially when we are touring outside the main cities.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed

to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme

circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

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