SPICE ROADS
CYCLING

TOURING

TAIWAN EXPLORER BY BIKE

Tour Code **TWN-TEB**

10 DAYS **9** NIGHTS

Destinations	Taiwan
Tour Meets Tour Ends	Kaohsiung Hualien
Fly in to Fly out of	Kaohsiung International Airport (KHH) Taiwan Taoyuan International Airport (TPE)
Group Size Minimum Age	4-12 riders 12 (on scheduled departures)

ACTIVITY PROFILE

7 Cycling days	**478** km Total cycling distance
68 km Avg distance / day	**607** m Avg climbing / day

PRICING

Price	US$ 4,160
Bike Hire (Hybrid Bike)	US$ 405
Bike Hire (E-Bike)	US$ 720
Single Supplement	US$ 675

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

DEPARTURES

29 Nov - 08 Dec 2026
14 Feb - 23 Feb 2027
21 Mar - 30 Mar 2027
11 Apr - 20 Apr 2027
31 Oct - 09 Nov 2027
05 Dec - 14 Dec 2027

WHAT'S INCLUDED

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

WHAT'S EXCLUDED

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

TRIP PROFILE

This tour covers 478 km over 7 days of riding along a spectacular cross section of Taiwan's diverse geography. We ride past charming villages and coastal towns, pedal along rice paddies and quiet country roads, and traverse mountain passes.

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of cold drinks, ice, and fresh fruit.

Suitability: The route has been designed with manageable distances and terrain, and can be done by anyone with a reasonable fitness level. The tour is fully supported, and the bus is always close at hand for those that find the riding too difficult.

Biking Conditions: Taiwan has some of the world's most bike friendly roads. The roads are smooth tarmac in excellent condition but some smaller roads in the mountain areas outside the city may be a bit rough and steep in places.

Day 1: Meet in Kaohsiung

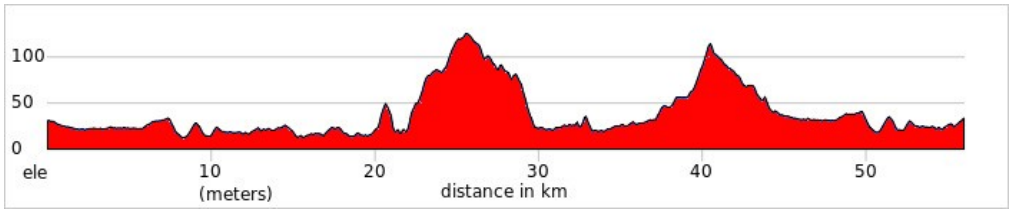
Welcome to Taiwan! Today you will arrive in Kaohsiung, the country's second biggest city and nicknamed the "Harbor Capital " due to its primal role as a hub for maritime trade. Depending on your arrival time feel free to explore on your own or relax at the hotel. In the afternoon we will meet for a bike fitting and trip briefing before enjoying a delicious Taiwanese welcome dinner.

Kindness Hotel Chi Hsien Branch Dinner

Day 2: Kaohsiung - Kenting

Let the adventure begin! This morning, we transfer from Kaohsiung to Pingtung County (about 1.5 hours) to reach the starting point of our inaugural ride. We set off along mostly flat roads down "Taiwan's Tail", reaching the island's southernmost point after 20 km, where we take a break and a short walk to a viewpoint overlooking the Pacific. Back on the bikes, we tackle a 3 km climb, followed by a swift descent and a flat stretch before veering inland through a patchwork of rice paddies and forests. A final short climb brings us to the top of a hill before we cruise back south, retracing our route past Kenting National Park to tonight's hotel. This is one of Taiwan's most beautiful beach areas — but don't take our word for it; Life of Pi filmed many of its beach scenes here. After checking in and some free time, we regroup for dinner and a stroll through Kenting's buzzing night market.

Howard Beach Resort Kenting Breakfast, Lunch, Dinner

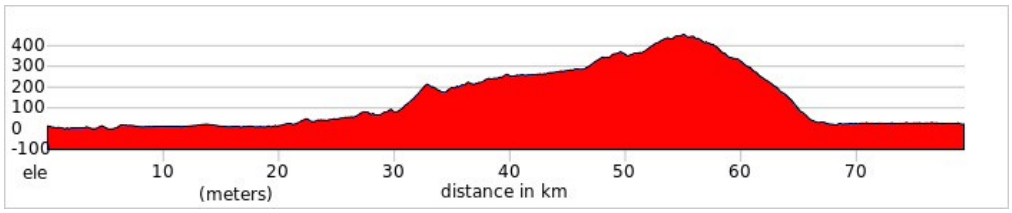


Ride 56km +447m -445m

Day 3: Kenting - Dawu

Today, we journey coast to coast from Kenting to Dawu, crossing the southern part of Taiwan's mountainous spine. The first 20 km retrace part of yesterday's loop before merging onto Road No. 199 — one of the most scenic stretches of tarmac in the country! As we meander through rolling terrain filled with forests, we'll pass several Indigenous villages, where our guide will share insights into the history and culture of Taiwan's diverse ethnic groups. While the ride includes several climbs, the effort is rewarded with a gradual descent towards the east coast, offering sweeping views over the Pacific. Tonight, we stay in a small coastal village in Dawu Township

Oriental Cloud B&B OR Anshuo Stone Garden Breakfast, Lunch, Dinner

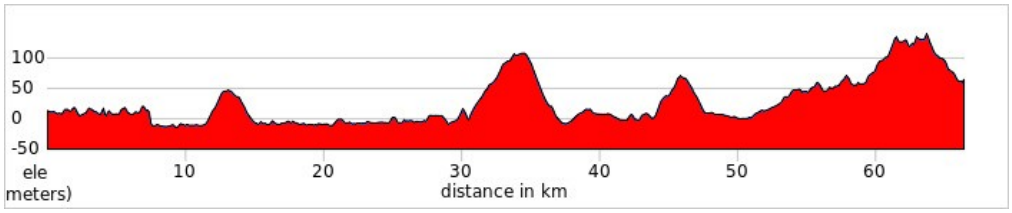


Ride 69km +725m -724m

Day 4: Dawu - Zhiben

We start the day by heading further up the east coast, enjoying continuous views of the Pacific Ocean as we ride along Road No. 9. Though we're on the coast, Taiwan's Central Mountain Range often presses right up to the shoreline, so expect some climbs and descents along the way. Before reaching the hot spring town of Zhiben, we'll detour to explore a National Forest Recreation Area, where we can stroll through tropical forests. A final few kilometres bring us to our accommodation, where you can unwind with a soothing soak in the hot springs!

Hoya Hot Spring Hotel & Spa Breakfast, Lunch, Dinner

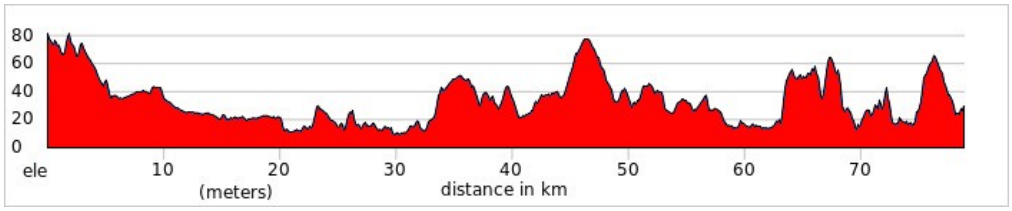


Ride 66km +624m -573m

Day 5: Zhiben - Chenggong

Today is our final day riding along Taiwan's scenic east coast before we head inland. We begin by departing from Zhiben, cycling through a series of charming coastal towns and traditional fishing villages. The route offers breathtaking views of the Pacific Ocean as we make our way north to Chenggong. In Chenggong, we'll visit the stunning Samxianthai, a small island known for its beautiful, arched bridge and panoramic views of the coastline. The area is also renowned for its incredible seafood, so we'll savor some of the freshest local dishes for dinner, wrapping up a memorable coastal experience before continuing our journey inland.

Sanxiantai Dazhaxie B&B Breakfast, Lunch, Dinner

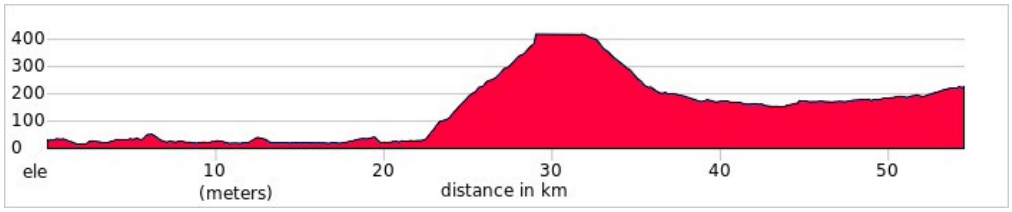


Ride 79km +544m -596m

Day 6: Chenggong - Antong

Today we trade blue ocean vistas for visuals of emerald green as we enter the Rift Valley of Taitung. In the morning we depart from Chenggong and embark on the second mountain range crossing of the trip, transitioning from coast to inland river valley. It is well worth the effort as we'll be greeted by a lush landscape of meandering rivers, rice paddies, quiet country roads and quaint local villages. This is the incredible Rift Valley of Taitung and it will be our cycling paradise for the next few days. Tonight we will stay at another hot spring resort southwest of Yuli, one of the 5 hot springs established during the Japanese colonial period from 1895 – 1945. We'll enjoy a delicious dinner and don't be shy to go for a therapeutic soak in the hot spring!

Antong Hot Spring Hotel OR TWSPA Hot Spring Breakfast, Lunch, Dinner



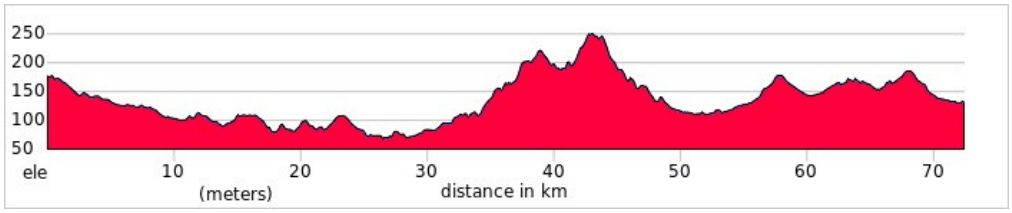
Ride 55km +649m -455m

Day 7: Antong - Guangfu

This morning we say goodbye to our hot spring hotel and spend the day cycling through the Rift Valley. Nestled between the central and coastal mountains this is the most fertile part of the island - in fact, the Rift Valley is referred to as Taiwan's "rice basket" epitomized by a seemingly endless

sea of rice paddy fields along the valley floor. If you ask around, many Taiwanese consider this to be the most beautiful part of the country and we're sure you'll probably agree with that! We cycle on an undulating route that hugs the foothills with views of the coastal mountains on your right and the towering peaks of the famous Central Mountains on your left. Taiwan has 270 peaks which are over 3,000 m in elevation and looking at this range as we ride north is a joy. We spend the night at a heritage-themed guesthouse in the rural township of Guangfu.

Hualien Tourism Sugar Factory Hotel Breakfast, Lunch, Dinner

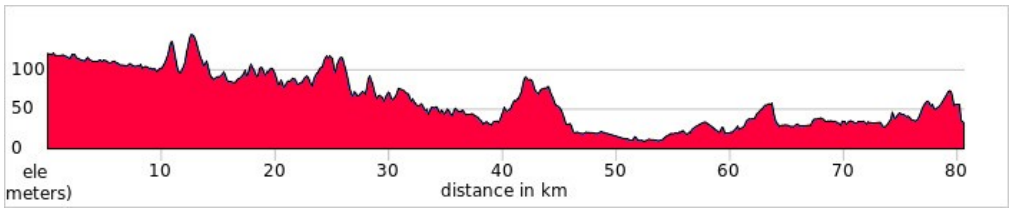


Ride 72km +568m -613m

Day 8: Guangfu - Taroko Gorge

Get ready for the final ride of the trip! We follow the Rift Valley to its northernmost point at the mouth of the Liwu River, where we find ourselves back on the coast facing the vast Pacific Ocean. This is also the gateway to the incredible Taroko National Park, home to Taiwan's most awe-inspiring geological formations which will be our adventure playground the following day. Departing from Guangfu we'll cycle leisurely on meandering country roads before ascending another mountain crossing which will carry us down back to the coast. We'll cruise through Hualien City and, as we approach the Liwu River Delta, we'll get our first glimpse of the marble cliffs of Taroko Gorge. We spend the remainder of the day at leisure near the coast as we save our exploration of the Gorge for the following day!

Liiko Hotel Breakfast, Lunch, Dinner



Ride 81km +692m -779m

Day 9: Taroko Gorge

Our last day is off the saddle as we explore the natural wonders of Taroko Gorge, the world's deepest marble gorge. While we won't be biking, we'll certainly still be active as we explore the gorge's most impressive sites, such as the Swallow Grotto Cave, Baiyang Water Curtain Cave, and Tunnel of 9 Turns. We'll be hiking to these locations, covering distances of 2 - 4 km. From various vantage points the views are simply stunning - you'll see the bright blue water of the river raging through the canyon and marble-walled mountains and peaks partially blanketed by lush vegetation. In the evening we gather for a farewell dinner.

Liiko Hotel Breakfast, Lunch, Dinner

Day 10: Hualien Departure

After breakfast and our goodbyes, we will drop you off at the Hualien train station for your return to Taipei and onward journey. We can also arrange for a vehicle transfer if you prefer.

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. If you want to bring your own peddles (remember to bring your shoes if they clip into your peddles) & saddle (as we know some people are sensitive to the saddle they use) we can fit them for you.

If you bring your own bike, its best to have a Hybrid 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

Visa requirements for Taiwan vary depending on your nationality, the purpose of your visit, and the duration of your stay. Many nationalities, including citizens of many Western countries, are eligible for visa-free entry or visa-on-arrival for short stays (usually up to 90 days). See here for the full list of visa-exempt countries. If the passport you hold is not on this list, please review the information on this website and get in touch with the embassy/consulate nearest to you if you require assistance. All nationalities require a passport for entry into Taiwan. Please ensure your passport is valid for at least 6 months after the duration of your stay.

Health

We recommend that you visit a travel medical doctor and ask about the following vaccinations: typhoid, polio, tetanus and hepatitis A. A certificate for yellow fever is required when arriving from an infected area within six days.

Weather

The Tropic of Cancer runs straight through the middle of Taiwan resulting in a subtropical climate. Summers can be hot, humid and wet, although rainfall is often limited to short showers. Typhoon season hits in late summer to mid-autumn and tends to strike the east coast particularly hard. Winter temperatures are mild and the only snowfall is on mountain peaks.

The annual average temperature of the northern part is around 21.7C (71F) while it is around 24.1C (75F) in the southern part. The coldest months are from January to March with the lowest temperature to about 10C (50F). The average temperature of the rest of the year is around 25C (77F).

Rain is always a possibility in Taiwan so please come prepared with waterproof jacket and pants. As we also cycle to high altitudes where the weather can be cooler and change quickly it is best to have layers available.

Taiwan is also prone to earthquakes as it sits on the colliding Eurasian and Philippine plates. These grinding plates are also responsible for the beautiful mountains and amazing hot springs that make the trip to Taiwan truly worthwhile. Most of these quakes are small earth tremors.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are local and feature noodles, rice, and soups. 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 drinks while you are riding are included in the tour price. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler 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$20 a day, for incidentals.

Money

Taiwan's currency is the New Taiwanese Dollar (NT). ATMs, which are abundant, are the easiest way to get NT. With more than 4,000 7-Elevens across the country, there are ATMs on the international Plus or Cirrus network and have English-language options. Have a supply of US dollars in cash on hand, just in case your card doesn't work. Credit cards are accepted in big cities and resort hotels but you'll need cash for family-run guesthouses or restaurants.

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.

CONTACT US

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