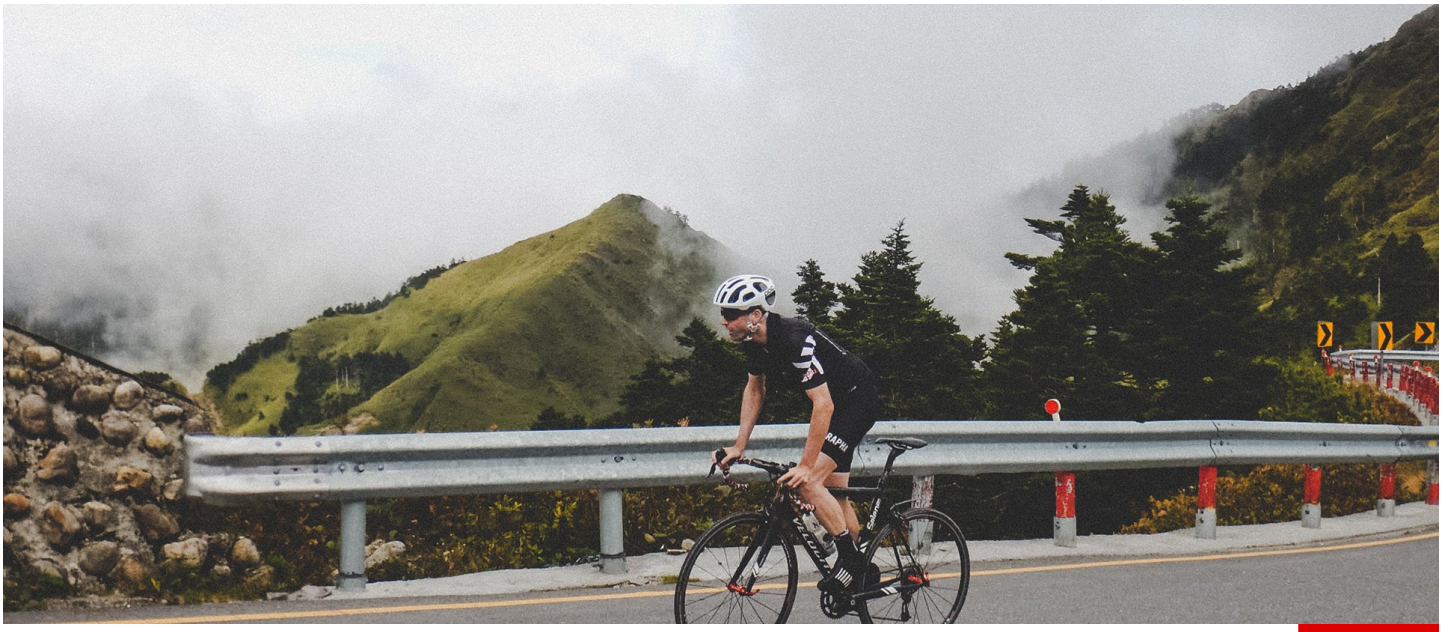
SPICE ROADS
CYCLING



ROAD

TAIWAN TRAVERSE BY ROAD BIKE

Tour Code
TWN-WRB

12 DAYS
11 NIGHTS

Destinations	Taiwan
Tour Meets	Taipei
Tour Ends	Kaohsiung
Fly in to	Taiwan Taoyuan International Airport (TPE)
Fly out of	Kaohsiung International Airport (KHH)
Group Size	n/a
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

8 Cycling days	**732** km Total cycling distance
92 km Avg distance / day	**1356** m Avg climbing / day

PRICING

Price	On request
Bike Hire	N/A
Single Supplement	N/A

DEPARTURES

There are no scheduled departures for this trip at the moment. Please contact us to arrange a private departure.

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

We ride a total of 732 km over eight cycling days. This is a serious road cycling tour that will put your endurance, strength, and willpower to the test in one of Asia's most coveted road cycling destinations. The first four riding days take us south into the Central Mountains. Be prepared for long days and consistent climbs, crowned by an ascent to Taiwan's highest road, the Wuling Pass, which we tackle twice (from both the east and west). An incredible descent through Taroko National Park and a rest day at the base of the gorge set the scene for the second half of the tour: a much gentler, but still long-distance, effort through the East Longitudinal Valley, along the East Coast, and over the rolling hills of Kenting National Park in the far south. Except for a transfer out of Taipei on Day 2 and to Kaohsiung on Day 11, the entire route can be ridden hotel-to-hotel.

Supported by an experienced local team, fuelled by calorie-rich food, booked into cyclist-friendly hotels (some with hot spring facilities), immersed in Taiwanese culture, and surrounded by incredible landscapes – this is a world-class road cycling adventure which rewards as much as it demands.

Suitability: This is a challenging cycling tour designed for experienced road cyclists with excellent physical fitness. You should be comfortable handling daily ascents of 2,000 metres or more over consecutive days, and be able to navigate your road bike confidently on narrow roads, steep descents, and tight hairpin turns. Please review the daily riding metrics and elevation profiles in the itinerary carefully to ensure this adventure is the right fit for you, and plan your pre-tour training programme accordingly. You should also be prepared for changeable conditions along the way, including heat, cold, high winds, and rain. The support vehicle is always nearby to offer refuge to any weary cyclists.

Biking Conditions: Taiwan has some of the world's most bike-friendly roads. You can expect smooth tarmac for the majority of the route, with only the occasional rough patch due to weather damage or roadworks. We cycle on Taiwan's network of provincial highways, including the iconic Northern Cross-Island Highway and Cycling Route No. 1, but also veer onto lesser-known minor roads. The busiest stretches have a lane reserved for two-wheeled vehicles, though coming in and out of towns and cities, some manoeuvring through traffic is unavoidable, so be prepared to share the roads. Taiwan can get windy, particularly along the exposed East Coast and up on the high mountain ridges, which, at different times, works both in and against our favour. While we have scheduled our departures to avoid the wettest months of the year, showers can occur at any time. We generally ride rain or shine, but based on the guide's discretion or your comfort level, modifications to the planned route can be made. It's all part of the adventure!



Day 1: Meet in Taipei

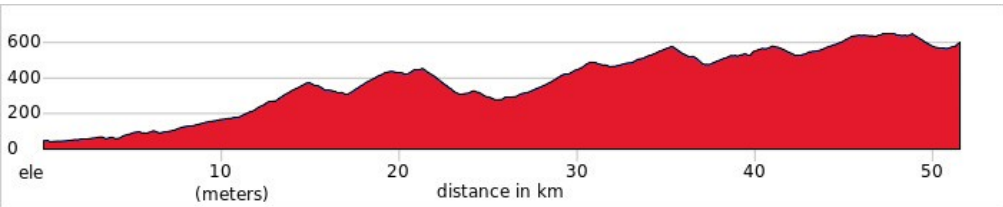
Welcome to Taipei City, Taiwan's vibrant capital! Try to arrive as early as possible, or even a day before, and check out some of Taipei's main highlights by utilising its ultra-fast MRT subway system. Stand atop Taipei 101, one of the world's tallest skyscrapers, stroll the grounds of the Chiang Kai-shek Memorial Hall, observe the city's spiritual side at Longshan Temple, and indulge in legendary local cuisine at the Raohe Night Market. For a more relaxed pace, there are plenty of cafés, bistros, and bubble tea shops to dip into. We meet at our tour hotel in the late afternoon for a trip briefing and welcome dinner. Please let us know if you require assistance with airport transfers and pre-tour hotel bookings.

Les Suites Ching Cheng Dinner

Day 2: Taipei → Sanxia → Baling

Time to hit the road! We begin with a one-hour transfer from Taipei to Sanxia, a historic trading town at the base of the Xueshan Mountain Range. Starting near sea level, we gradually ascend to 600 metres in the foothills, warming up our legs with a sequence of steady, rolling climbs on the smooth asphalt of the Northern Cross-Island Highway (Provincial Highway 7). In just a little over 52 km, the scenery transitions from the final frontier of Taipei's urban sprawl to wild forests and the colossal cliffs of the Dahan River Canyon. Our inaugural ride ends shortly after crossing the iconic pink bridge over the river, where we spend the night in the small town of Baling.

Xiabaling Hot Spring Resort Breakfast, Lunch, Dinner

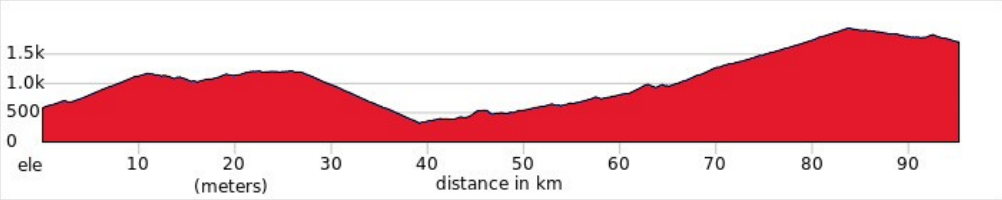


Ride 51km +1000m -500m

Day 3: Baling → Heping

Get ready to dial it up today! Right out of the gates, we tackle an 11 km / 5% average gradient ascent along the forest-lined, narrow switchbacks of the North-Cross Island Highway to the top of the first pass at around 1,200 metres ASL. The road then undulates until, at around 25 km, we have a long and twisty descent (13 km in total) down into the valley of the Lanyang River. We then follow the course of this wide, braided waterway south for around 30 km, cycling on a gently uphill-trending road through a sea of cabbage patches. Leaving the valley at around 68 km, the gradients pick up as the road coils its way up for around 10 km to reach the highlands of Heping at nearly 2,000 metres ASL. The final 10 km even out for a gentle finish to our guesthouse nestled in one of Taiwan's most scenic mountainous areas. Enjoy the fresh air.

Wuling Farm Guesthouse Breakfast, Lunch, Dinner

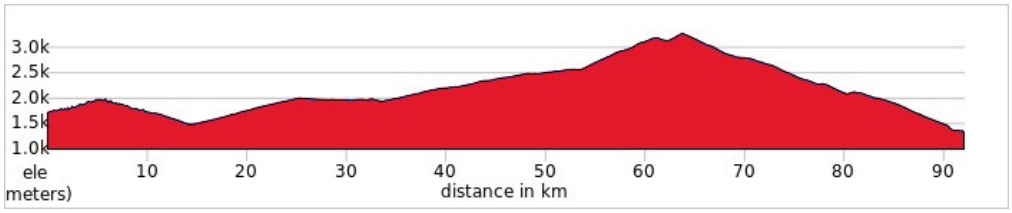


Ride 95km +2500m -1500m

Day 4: Heping → Ren'ai

Our streak of climbing through Taiwan's Central Mountains continues. To start, a steady 5 km brings us high above the Qijiawan River, snaking its way through the high-altitude valley. A subsequent 9 km descent brings us right to the river banks before we lock in for one of the tour's biggest feats – a 50 km ascent to Wuling Pass, Taiwan's highest paved road at 3,275 metres ASL. Don't be fooled by the 3–5% average gradient, as the legendary 10-km-long sting in the tail up to the pass tests even the most seasoned of riders! This summit marks the iconic finish of the annual Taiwan KOM Challenge, making this monumental climb a real badge of honour for anyone cycling in the country. From the top, it is a 31-km, wrist-clenching downhill into the lower-lying, rugged highlands of Ren'ai (around 1,200 metres ASL) where we spend the night. Enjoy views over the beautiful Wanda Reservoir below.

Shan Ju Lake Villa Breakfast, Lunch, Dinner

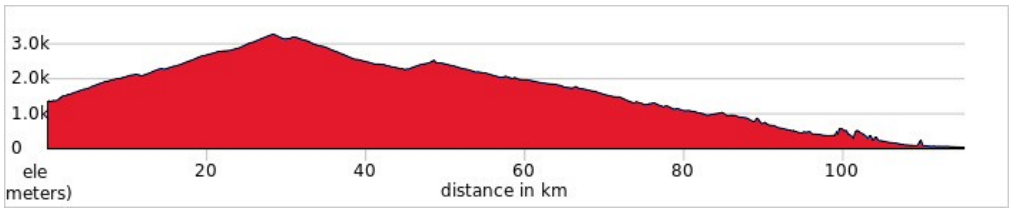


Ride 92km +2000m -2500m

Day 5: Ren'ai → Taroko National Park

Today features our unique spin on Taiwan's iconic King of the Mountain (KOM) Challenge. While the official race begins at sea level and snakes its way up through Taroko Gorge to finish at Wuling Pass (3,275 metres ASL), we're doing it in reverse. Starting from Ren'ai, we first tackle a 28 km climb with a 6–7% average gradient through the highlands to reach Wuling Pass, following the same road we descended the day before. This is a Hors Catégorie (HC) climb, which you are free to shorten with the aid of our vehicle support. Either way, we regroup at the top before veering east and downhill through Taroko National Park. Here, over a whopping 90 km, the road twists and turns through high-altitude forests and past the sheer rock walls of the world's deepest marble gorge, eventually flattening out at sea level on the Pacific coast. We call it a day in the small town of Xincheng at the base of the gorge.

Taroko Liiko Hotel Breakfast, Lunch, Dinner



Ride 115km +2500m -3500m

Day 6: Taroko National Park Rest Day

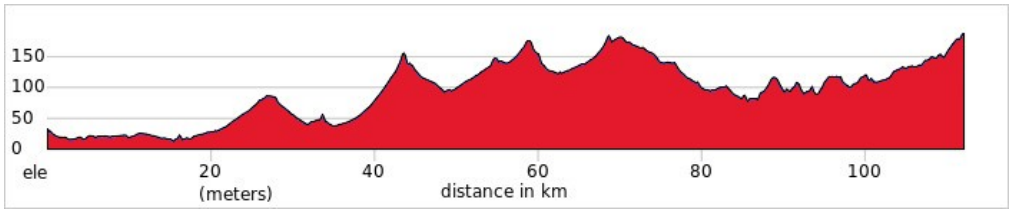
A well-earned rest day is in order. Today is designed to be easy-going; relax at the hotel or join your guide on an excursion by vehicle to check out some of the nearby sites. While Taroko National Park is best known for its scenic hiking trails, these are currently closed due to ongoing repairs after an earthquake in 2024. But we can still go and see other iconic sites, such as the beautiful Buddhist temples and shrines nestled in the gorge and the dramatic Qingshui Cliff — Taiwan's highest coastal cliff, featuring a sheer rock face that plunges straight into the Pacific.

Taroko Liiko Hotel Breakfast, Lunch, Dinner

Day 7: Taroko National Park → Antong Hot Springs

We're back on the road and transitioning into Taiwan's incredible East Longitudinal Valley, which will be our cycling paradise for the next two days. Starting from Xincheng, the first 30 km are a little busier as we manoeuvre our way through Hualien City, but we are then greeted by a lush landscape of meandering rivers, rice paddies, quiet country roads and Indigenous villages. Nestled between the Central and Coastal mountains, this is the most fertile part of the island – in fact, the valley is referred to as Taiwan's "rice basket", epitomised by a seemingly endless sea of rice paddy fields along the valley floor. We cycle along an undulating route that hugs the foothills towards Antong, a historic hot spring destination highly prized since the Japanese colonial period. It remains a popular wellness retreat to this day and you can enjoy a therapeutic soak right at the hotel where we spend the night.

An Tong Hot Spring Hotel Breakfast, Lunch, Dinner

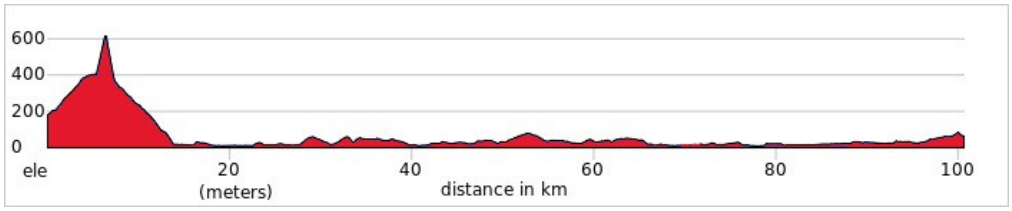


Ride 112km +650m -500m

Day 8: Antong Hot Springs → Zhiben Hot Springs

We start the day with a crossing of the Coastal Range, climbing around 7 km with a 7–8% average gradient and a sting in the tail before going through the Yuchang Tunnel. Emerging from the other side, we descend gloriously to the coast with sweeping views over the Pacific Ocean. The rest of the route takes us south along the coast, picking up the pace as we stick to flat, smooth tarmac, whizzing past a string of fishing villages and bustling coastal towns. By the 95 km mark, we enter the Zhiben River Valley, another historic hot spring area in Taiwan, where we spend the night at a hotel with the opportunity for a soothing soak.

Hoya Hot Spring Hotel & Spa Breakfast, Lunch, Dinner

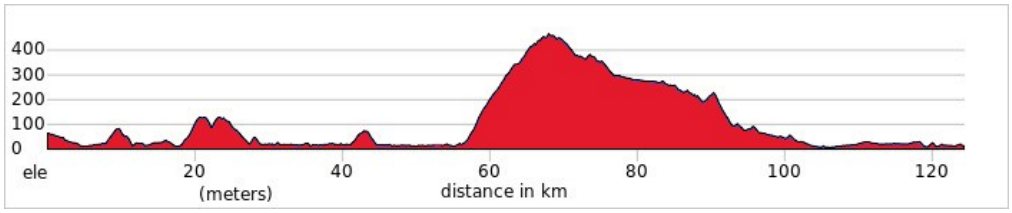


Ride 101km +800m -900m

Day 9: Zhiben Hot Springs → Kenting

Starting from Zhiben, we merge onto Route 9 and ride parallel to the Pacific for around 50 km to Dawu Township. 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. But the real action begins after crossing the river near Daren, where a 12 km climb with a 4–5% average gradient into the southern highlands awaits. Once we reach the top, it is a gradual descent across the southern tail of the peninsula, passing lush forests and Indigenous villages, to reach the west coast. The ride concludes with a flat 20 km stretch to Kenting, 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



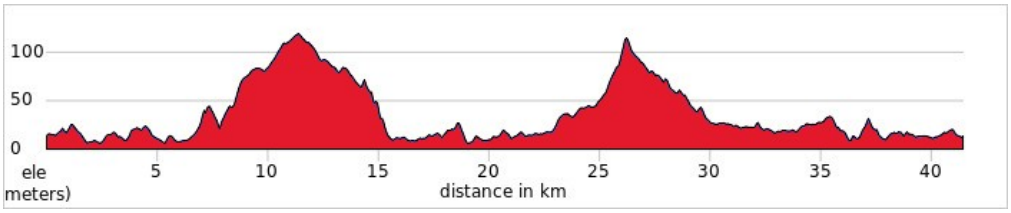
Ride 124km +1000m -1000m

Day 10: Kenting Loop

Based out of Kenting, we embark on a shake-out loop along the coasts and forested hills of southern Taiwan. Starting from the hotel, we zip 10 km down "Taiwan's Tail", reaching the island's southernmost point where we take 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 farmland 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 our hotel. The rest of the day is free to relax by the pool or head down to the beach. For those who want to spend more time on the bike, you can ride a longer loop of around 100 km.

Howard Beach Resort Kenting Breakfast, Lunch, Dinner



Ride 42km +400m -400m

Day 11: Kenting → Kaohsiung

Having reached the southernmost point of the island, our Taiwan traverse by road bike is officially complete. But the adventure isn't over yet! By car, we make our way to Kaohsiung, the country's second-biggest city and nicknamed the "Harbour Capital" due to its pivotal role as a hub for maritime trade. From Kenting, it is about a two-hour drive, but we will make an essential detour to visit the Fo Guang Shan Monastery, the largest Buddhist monastery in Taiwan. Replete with soaring pagodas, an avenue of monumental shrines, and a towering 108-metre bronze Buddha that dominates the valley, this remarkable religious site deserves to be explored at a leisurely pace. We take our time, have lunch, and then drive the short distance to Kaohsiung for our celebratory farewell dinner and final night of the tour.

Kindness Hotel Chi Hsien Branch Breakfast, Lunch, Dinner

Day 12: Kaohsiung Departure

Our tour has ended, but feel free to extend your stay in Kaohsiung and feast at the world-class food markets, or discover more of what Taiwan has to offer, such as Sun Moon Lake, a beautiful setting for post-tour recovery. Please let us know if you require assistance with post-tour hotel bookings or airport transfers.

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 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 can provide high-quality aluminum or carbon frame road bikes from well-known brands. If you bring your bike, please ensure it is a road bike in good mechanical order.

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

145 Soi Pridi Banomyong 14 (Mee Suwan 3)
Sukhumvit 71 Road, Phra Khanong Nuea, Watthana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

twitter.com/spiceroads
youtube.com/user/spiceroads
instagram.com/spiceroads
facebook.com/SpiceRoad