



TAIWAN ON 2 WHEELS

A Dream Destination for Bicycle Travelers





Preface

Taiwan is a beautiful island surrounded by the sea where life is in symbiosis with nature. As a result of the collision of the tectonic plates, steep elevations of high mountainous terrain were formed on this island and people are marveled by the amazing sight of its beautiful scenery. Travelers can discover the beauty of Taiwan through various angles and travel styles. This book, "A Dream Destination for Bicycle Travelers" -- Taiwan's cycling tour guide -- is a gift for the cycling enthusiasts. It's a challenging, deep-seated, close-range experiment in which the cyclist can visit every corner of the township and neighborhood, experience the rich people-to-people close contact with the locals and admire the magnificent natural beauty of Taiwan. The feats of cycling around the island, combined with the scenic tour of the country via the national scenic areas, will bring a memorable experience to cyclists!

“Achieving self-confidence does not reduce the pleasure of traveling”

This handbook intends to bring to the bicycle travelers all that their imagination holds!

Diverse Information

We hope to attract travelers who have a passion for the island and aspire to cycle round the island, therefore, we have not only the professional information required to plan a round-the-island tour but also can introduce the bike paths in the national scenic areas of Taiwan. The tour is presented in segments on each of the island's roundtrip routes, and can be easily planned for your bike tour with graphics and everyday language!

Fully functional

This handbook provides cyclists with the needed information, such as grade line, GPS fixed coordinates, replenishment stops, medical facilities, cycling maintenance depots and uses QR code scanning to reduce the search time of the scenic area. The special features are collected and recorded in the sections and chapters on the “Alishan Challenge Bike Path” and the “Penghu Islands Bike Path”. The narrative and on-location photography, in the form of travel notes description, will enable visitors to Taiwan to have a more comprehensive and profound understanding of the bike tour route.

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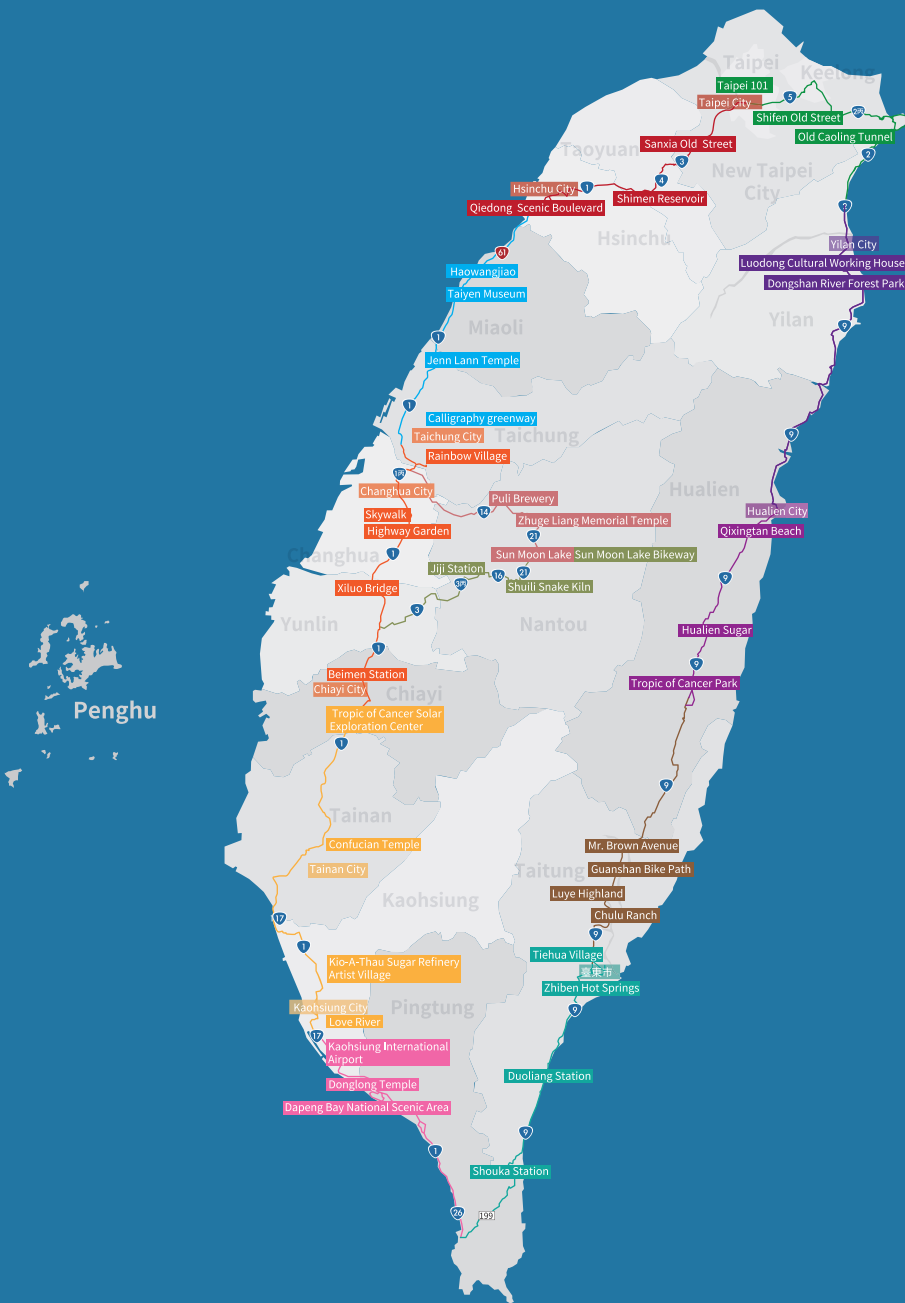
Highly Recommended

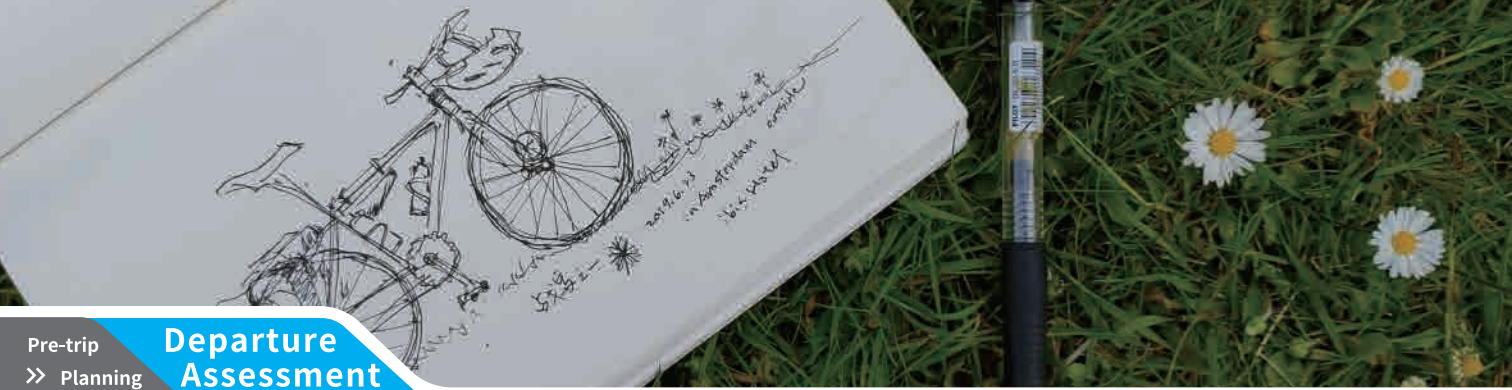
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Pre-trip
» Planning

Departure Assessment

The round-the-island cycling tour is a good way to get to know Taiwan. It is not that difficult, but it's still a good idea to be well-prepared before you set off.

The main factor of consideration of most people taking the challenge of long-distance travel is whether they can bear the physical challenge. In fact, the biggest problem is the accumulation of fatigue and muscle pain caused by long hours of cycling. Therefore, the key to the success of the round-the-island tour is determination and perseverance to overcome physical conditions.

Currently, the most common round-the-island cycling tour is completed between 9 to 12 days, with an average daily bicycle mileage of 70 to 120 kilometers. Anyone can adjust his/her mileage according to his/her physical condition. For those who work out regularly, there is no need to worry too much about their fitness. If you don't have a habit of exercising regularly, you need to plan your physical training early, and you can do a variety of endurance training exercises such as swimming, running, fast walking, biking ... and others. Besides, the medical health of the individual is assessed before the visit and advice from the medical practitioner is sought if necessary. The purpose of the round-the-island tour is to enrich the life of the participants and, if necessary, it can be accomplished by a phased approach and with extended days.

Regardless of whether the rider's physical stamina is good or bad, he or she must have practiced significantly before taking on the tour of the island, so as to become aware of the various situations likely to crop up during the journey. For example, if you ride consecutively for more than 5 hours a day, you may experience stiff shoulders, pain in the back and loin, buttocks pain ...and so on. Early test rides will help you understand the situation and find a solution. One-day leisure cycling activities are sometimes organized throughout the various counties and cities of Taiwan, they can serve as a good itinerary training before taking up the round-the-island challenge and at the same time gain a deeper understanding of Taiwan. When you cycle around Taiwan, a land of mountains, you will encounter undulating relief terrain such as the Beiyi, Nanhui, Suhua, and the Hualien-Taitung Coastal Highway ...and so on. Experience pumping the pedals and breathing while climbing slopes, as

well as bicycle manipulation when riding downhill, are also important parts of the self-training.

How heavy is a 10kg duffle bag?
The average person can easily lift a duffle bag of 10kg. However, do not underestimate the 10 kg duffle bag placed on the back rack. It's as heavy as a thousand catty when you are climbing!

Riding against the wind will make you...
Think of the flat ground pedaling with every effort against the wind and the speed is showing a disappointing 4 km (the average walking speed). It's like an invisible wall in front of you, no matter how hard you want to ride, that prevents you from moving forward. On the other hand, if you ride with the wind, even the Olympic Games 100-meter athletics gold medalist cannot catch up with you.





Making the right preparations before the ride is the key to completing the ride, and being fully equipped reduces the risk of giving up midway!

Taiwan's roads are of good quality and replenishment stops are numerous. Therefore, the use of the professional touring bikes is not necessarily required when cycling around the island. Whether it be a road bike, mountain bike, small wheel bike, folding bike or cruiser bike, it can be used as a round-the-island tour bike. However, the itinerary around the island is generally more than a thousand kilometers long and can be challenging if the bicycle is in poor condition or of the wrong size as you may end up "doubling your efforts for half the result".

In addition to the right bike, the weight of the whole body will be pressing on 5 points on the bike (the two handlebars, the two pedals and the saddle) over a thousand kilometers of the itinerary, and this will be hardly comfortable. Nevertheless, special gloves, cycling shorts and a fitted saddle will minimize that discomfort so that the cyclist can focus on enjoying the journey.

Taking a round-the-island tour will mean mainly sharing the roads with scooters and automobiles; the riders, in addition to keeping a vigilant eye on the surrounding situation, should also take precautions by wearing helmets, having lighting on their bike's front and rear lights, wearing striking attire ... and so on to improve their visibility and basic security equipment.

During the tour, unforeseen trouble may crop up at any time and the cyclist must have these essential tools with him, such as a tire lever, a mini bike pump and a multifunction toolset. Besides, since there are many specifications for the tube and the chain, it would be preferable to carry some tubes and a chain with you on the road. Finally, use a sturdy luggage carrier to pack securely!

Is it necessary to wear cycling shorts for long-distance cycling?

Long-distance cycling can cause hip discomfort and the inner thigh friction, which can cause skin damage. Both of these will make the cyclists feel very uncomfortable but the use of cycling pants can alleviate these discomforts. So do not obliterate the benefits of these special shorts in long-distance cycling.

Is learning the use of variable speed that important?

"Variable speed" can get you to accomplish the impossible task! Take, for example, the trampling rotation as 50 rpm, the chain wheel has 34 teeth, and the cassette 12 teeth as the number of gears sector at a speed of about 18 km/h. If you feel the bicycle is being too fast or too hard, you can adjust by increasing the number of teeth of the cassette via the derailleur or by decreasing the number of teeth of the chain wheel via the front derailleur (less effort and time). If you feel it is too slow or too light, reverse the operation. However, never look down at the number of gear sector on the handle. Leaving your sight off the road is very dangerous! You should use your legs to feel the force of the trampling.

When the saddle is thick and soft, you do not feel any pain on your buttocks?

The thick and soft saddles are suitable for sitting upright and tight riders such as on city bikes for short-term use or the commonly known women's bikes. When used on long-distance cycling journeys, the front end is too wide and can cause skin damage on the inside of the thigh while the sunken back end may lead to numbness in the lower limbs.





Pre-trip
» Planning

Journey Arrangement

It is recommended that the rider departs his/her journey from Taipei and goes on his/her itinerary southbound in a counter-clockwise direction by riding through western Taiwan; then riding northbound through the east of Taiwan, with the difficulty of the route gradually increasing.

There are hundreds of reasons for cycling around the island, such as challenging oneself, or the need to deeply understand Taiwan or simply to search for the true meaning of life. Therefore, there is no standard pattern for daily travel planning, and it is recommended that the daily journey be considered by combining physical fitness with the expected scenic attractions, delicious food and accommodation.

The round-the-island tour is an endurance exercise and water replenishment, a normal diet and adequate sleep are important. In general, adults will need to drink roughly 2 liters of water per day under normal circumstances, but during the round-the-island cycling tour, more water will be needed. And most importantly, they should not wait to be thirsty to drink water. If needed, they can replenish the lost electrolytes with diluted sports drinks.

Your diet, breakfast and dinner should be as easy and unhurried as possible. During your riding journeys, take smaller meals more frequently as a principle and keep enough supplemental energy foods (like chocolate, jelly, energy bars) with you to avoid hypoglycemia which causes dizziness.

There is a variety of accommodation options, from the simple adaptation of a school dormitory to the luxurious 5-star hotels. However, regardless of your choice of stay, you must have a good rest to overcome fatigue, which is the most important thing. Besides, you can have a safe place to keep the bicycle and for washing your cycling jerseys.

Is it Ok to ride at night?

Even with front and rear lights on, night rides are dangerous. An unfamiliar city brings a lot of uncertainties to the tourist at nightfall. Therefore, when planning routes, it is still best to reach the destination before dark and arrange for a break for the night.



The Police Station is your best partner on your journey

There are a lot of police stations in Taiwan that all have the function of a bike station. If you need assistance (difficulty, illness) in the course of your journey around the island, the police station is a place that will warmly welcome the rider.

Tip: The Handbook provides the addresses and telephone numbers of all the Police Stations found along the round-the-island tour itinerary, segment by segment.

Round-the island tour on the bike and railways

Taiwan has an excellent round-the-island railways network that also offers bicycle transportation services. Therefore, during the round-the-island cycling tour, riders can take advantage of train connections to complete some sections of your journey. For example, because of the high risk of riding on the Hualien-Toucheng section of the Suhua Highway, travelers can use train transport for connection.

Tip: For bicycle-friendly information and important notices, kindly refer to the Chapter on Practical Tools of this Handbook.



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

What to 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》

Designed for cyclists, the fabric is breathable and moisture-wicking. If you choose normal sportswear, be aware that loose trousers 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》

Professional competition clipless shoes are fastened with quick buckles for more direct transfer of pedaling power. If wearing regular sports shoes, please tighten the shoelaces firmly to prevent them from getting caught up in the bike gears, which can be dangerous.

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》

Depending on the season of departure, two or three sets of clothing are necessary to keep you warm, including a light windbreaker and a simple raincoat, which are a must. Bathroom toiletries are provided in most hotels and inns. A waterproof bag is recommended for mobile phones and other delicate devices. The standard voltage in Taiwan is 110V and the frequency is 60Hz. Before setting off, verify whether your electrical appliances are suitable for long-distance cycling. Riding long distances on a bike exposes your body and skin to the sun for a long time, so sunscreen is the most convenient solution. While most hotels and restaurants offer credit card transactions, small businesses in remote areas such as night markets only accept cash. It is important to note that most purchases in Taiwan are made in New Taiwan Dollars (NTD).

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.



Day 1 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 > 3乙 8km 桃園Taoyuan – Shimen Reservoir 24°48'38.3"N 121°14'39.0"E

The Shimen Reservoir is one of the important reservoirs in northern Taiwan. The beautiful lake and mountain scenery is enjoyable throughout the year, and the landscape is meandering. There are more than a dozen tourist attractions connected to the area, as well as a bikeway and lake cruises.



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.



Tips: Adjust your trip according to the conditions

On the first day of your round-the-island tour, don't forget to carefully check your bike condition, your physical fitness and plan the departure. Throughout the itinerary, allocate the speed and appropriate breaks, keep a happy mood to finish the ride in the best condition!

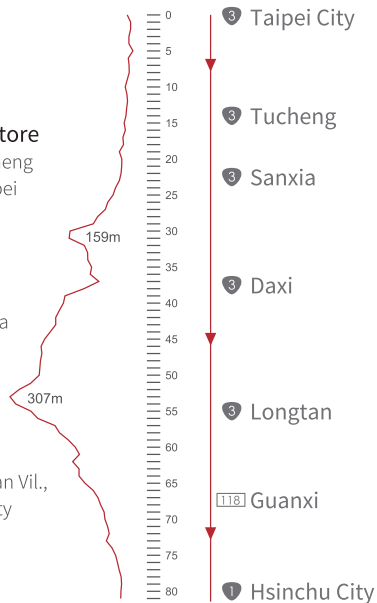


Healthcare/ Cycling maintenance depots

- ✳ **Giant Bicycles Beida Branch**
No. 63, Fuxing Rd., Sanxia Dist.,
New Taipei City
02-2674-6035
- ✚ **En Chu Kong Hospital**
No. 399, Fuxing Rd., Sanxia Dist.,
New Taipei City
02-2672-3456
- ✳ **Giant Bicycles HsinChu Zhonghua**
No. 124, Sec. 1, Zhonghua Rd., East Dist.,
Hsinchu City
03-535-3398
- ✚ **Hsinchu Cathay General Hospital**
No. 678, Sec. 2, Zhonghua Rd., East Dist.,
Hsinchu City
03-527-8999

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., Jia'an Vil.,
Longtan Dist., Taoyuan City
03-471-2021



Replenish Your Energy

《Pineapple Cake》

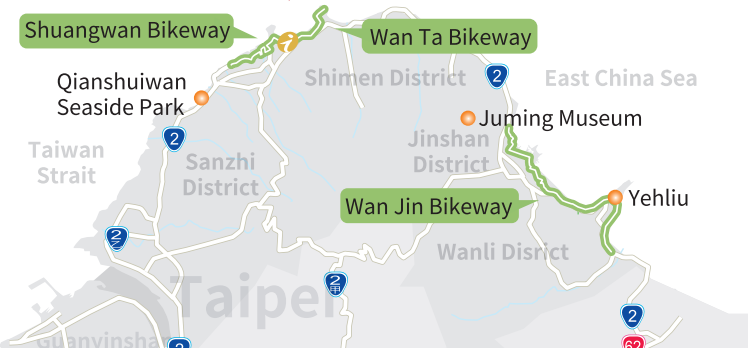
Pineapple is a very abundant fruit in Taiwan in the summer. Pineapple shortcake made with pineapple filling is a dessert that many tourists will savor when they visit Taiwan. The golden yellow puff pastry crust and the sweet and sour pineapple filling are very delightful. However, for riders, pineapple shortcake is very suitable for midway supplements because it's small and easy to carry.





North Coast & Guanyinshan National Scenic Area Administration

25°16'59.9"N 121°31'08.7"E



The North Coastal Highway reveals the abundant geomorphologic landscape and the sea breezes along the coast. Famous scenic areas can be spotted along the itinerary, namely Qianshui Bay, Baisha Bay, Fugui Cape, Jinshan, Yehliu, Green Bay and other zonation.

Travel Information Service

North Coast & Guanyinshan National Scenic Area Travel Information Web



野柳地質公園 Yehliu Geopark

25°12'23.7"N 121°41'25.7"E

One of the most important scenic and recreational spots in northern Taiwan is a headland of geological formation of sandstone, protruding from the sea, and which has been subject to long-term marine corrosion that has resulted in the formation of natural rocks.



Wan Ta Bikeway

The Wan Ta Bikeway runs along the Provincial Highway 2 and passes the Shimen Wedding Plaza and the Fuji Fishing Port and ends at the Fugui Cape Park. Next to the park is the famous scenic spot of Laomei Green Reef, and inside the park is the Fugui Cape Lighthouse, the northernmost point of Taiwan.

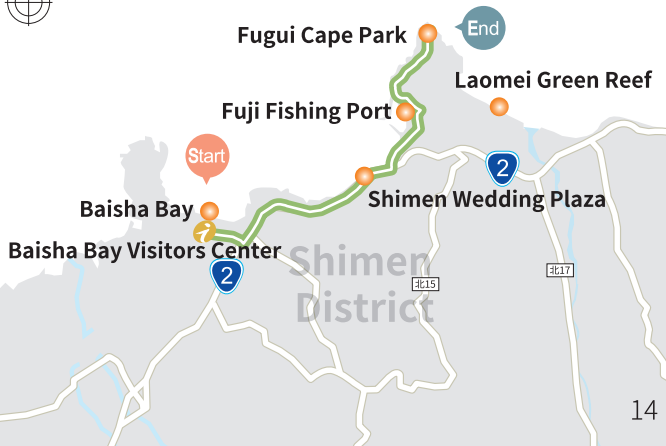
Total Length 3 kilometers

Baisha Bay > Shimen Wedding Plaza > Fuji Fishing Port > Fugui Cape Park



i Baisha Bay Visitors Center (Administration)
No. 33-6, Xiayunkeng, Demau Vil., Shimen Dist., New Taipei City
02-8635-5100

bike Bike sharing and renting services
Qianshui Bay, Baisha Bay Provide U Bike Bicycle-sharing and renting services.



Shuangwan Bikeway



The original country road and the coastal wooden trestle have been reorganized into a bikeway, and you can enjoy the natural scenery from Sanzhi to Shimen, including the characteristic temples and natural landscape such as Linshan Cape, Baisha Bay and the algal reef intertidal zone.

Total length 8 kilometers

Sanzhi Qianshui Bay > Da Tianliao > Shimen Linshan Cape fishing port, Shimen > Baisha Bay

i Baisha Bay Visitors Center

No. 33-6, Xiayunkeng, Demau Vil., Shimen Dist., New Taipei City
02-8635-5100

b Bike sharing and renting services

Public bike sharing and renting service, U Bike, is available at Qianshui Bay, Baisha Bay and in downtown Sanzhi, bicycle rental services are available.

白沙灣 Baisha Bay

25°17'03.8"N 121°31'01.9"E

It was named after the fine white and delicate shell sand granules, which are held together by Lin Shan Cape and Fugui Cape. The naturally half-moon shaped bay is a popular water play area in northern Taiwan during the summer.



Linshan Cape fishing port, Shimen
Baisha Bay

Baisha Bay Visitors Center

Da Tianliao

Chexin Road

Section 1, Danjin Road

Qianshui Bay, Sanzhi

Sanzhi District

Shimen District

Wanjin Bikeway

The Wanjin Bikeway offers views of the sandy beach, the sea view, and the fishing village scenery. It is a tree-lined drive through the wetland wood trestle and the Casuarina equisetifolia Black Forest District Area. A visit to this area will refresh your spirit. It is also a pleasant way to enjoy the local snacks of Jinshan Old Street and the Wanli hot springs of Jinshan.

Total length 15 kilometers

Zhongjiao Bay International Surfing Base > Huanggang Bridge > Jinshan Youth Activity Center > Yuantan River Bridge > Wetland wooden trestle > Casuarina equisetifolia Black Forest Area > Nuclear Power Plant, Taipower > Yehliu > Green Bay

i Jinshan Visitors Center (Yehliu Management Station)

No. 171-2, Huanggang Rd., Jinshan Dist., New Taipei City
02-2498-8980

b Bike sharing and renting services

Zhongjiao Bay, Jinshan downtown area and Yehliu Geo-Park provide U Bike bicycle-sharing and renting services

中角灣國際衝浪基地

Zhongjiao Bay International Surfing Base

25°14'23.2"N 121°38'01.8"E



Jinshan District

Start

Zhongjiao Bay International Surfing Base

Huanggang Bridge

Jinshan Youth Activity Center

Jinshan Visitors Center

Jinshan Old Street

Shui-Wei Fishing Harbor

Yuantan River Bridge

Wetland wood trestle

Nuclear Power Plant, Taipower

Yehliu

Wanli District

Green Bay

End

Day 2: Into the City of Winds: Riding against the winds



Tip

In Taiwan, the north-east monsoon season starts from October and ends in March of the following year, so watch out for the powerful crosswinds on the coastal highway section.

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°33'23.0"N 120°42'15.4"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.



1 153.5km 臺中Taichung – 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. During 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 20 km 臺中Taichung – Calligraphy greenway

24°08'54.2"N 120°39'53.0"E

It is a 3.6-kilometer-long green parkway in the center Taichung, stretching from the National Museum of Natural Science in the north to the Park Lane by CMP and the Art Garden Parkway in the south. It provides an urban green space structure in the form of a green belt.



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.



Healthcare/ Cycling maintenance depots

- ✳ **Aishman Bike**
No. 293-3, Zhongshan Rd., Yuanli Township, Miaoli County
03-786-7588
- ✚ **Lee General Hospital**
No. 168, Heping Rd., Yuanli Township, Miaoli County
03-786-2387
- ✳ **Giant Bicycles Dajia Branch**
No. 482, Jingguo Rd., Dajia Dist., Taichung City
04-2676-5915
- ✚ **Taichung Veterans General Hospital**
No. 1650, Sec. 4, Taiwan Blvd., Xitun Dist., Taichung City
04-2359-2525#9

Replenish Your Energy

《Bubble Tea》

The “bubbles” are made of tapioca starch into tapioca pearls and after pouring aromatic milk tea into the cup, it becomes bubble tea. Hand-shaken bubble tea is sold in beverage shops everywhere in Taiwan, it is a refreshing drink that should not be missed when you are in Taiwan.

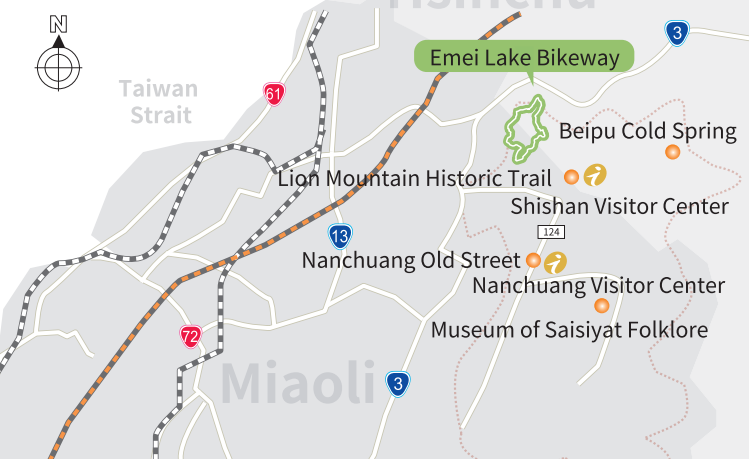


-
- 1 Hsinchu City
 - 61 Zhunan
 - 61 Houlong
 - 61 Tongxiao
 - 61 Dajia
 - 12 Wuqi
 - 12 Taichung City

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 **124.5km**
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





Located in Hsinchu and Miaoli, the Lion's Head Mountain National Scenic Area is one of the three major scenic areas of the Tri-Mountain National Scenic Area and is rich in tourist resources. It is a place where the unique topography of the Lion's Head Mountain, the mirror-like smooth surface of Emei Lake and the diverse Hakka, Han Chinese and indigenous culture converge.

Travel Information Service

Tri-Mountain National Scenic Area
Travel Information Web



南庄老街 Nanchuang Old Street

24°35'56.5"N 120°59'57.0"E

The old-style wooden houses in Osmanthus Alley and the only remaining wooden old post office, from the Japanese Occupation era, in the whole of Taiwan with its nostalgic style attracts visitors to come and experience the strong Hakka rural atmosphere.



The bikeway around the lake is mainly around Emei Lake. It offers a beautiful and tranquil view of the lake where you can enjoy the little egrets and the ecology of migratory of water birds. In early summer, there are even fireflies, and when the tung flowers are in full bloom, it looks like a picturesque scene of white snow blowing in the air.

Total length 7 kilometers

Lakeside Bikeway > Ximaopu Suspension Bridge > Maitreya Great Buddha > Twelve Laos Leisure Agriculture Park > Lakeside Bikeway

Shishan Visitor Center

No. 60-8, Liuliao, Qixing Vil., Emei Township, Hsinchu County
03-580-9296

Nanchuang Visitor Center

No. 43, Datong Rd., Nanzhuang Township, Miaoli County
03-782-4570

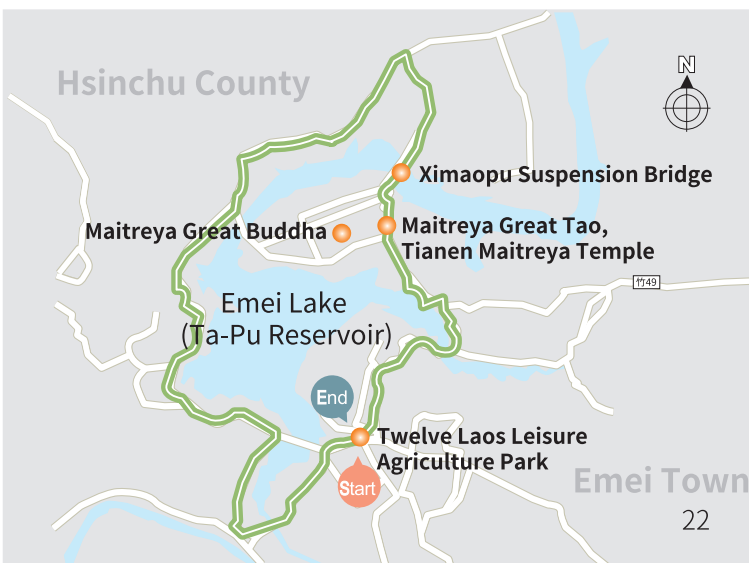
細茅埔吊橋 Ximaopu Suspension Bridge

24°41'02.0"N 120°59'16.9"E

You can ride your bicycle across the Ximaopu Suspension Bridge that spans the reservoir and overlooks Lion's Head Mountain and the Wuzhi Mountain, which is an extremely scenic and special experience.



Hsinchu County





Day 3 : Hello Rainbow Village Memories of an unforgettable nostalgic visit

Route : Taichung > Changhua > Yuanlin > Beidou > Xiluo > Dounan > Minxiang > 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, be aware of passing vehicles and carefully make use of hand gestures to signal vehicles behind you.

Scenic Spots

1 > 12 109km 臺中Taichung – The Rainbow Village
24°08'02.2"N 120°36'36.0"E

Colorful artwork covers the walls and houses of this old village. Under the artistic talents and amazing skills of former soldier Huang Yung-fu, this village has been transformed into a rainbow-colored 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 symbol of Xiluo Township spans the Zhuoshui River, the longest river in Taiwan, and when the Xiluo Bridge was completed in 1952, it became the second-longest bridge in the world, after the San Francisco's Golden Gate Bridge.



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

The North Gate Station is the starting point of the Forest Railway steam locomotive and is also the Alishan Railway's goods collection and distribution center. There is also the nearby Cypress Forest Life Village, which is Taiwan's first forest cultural and creative park.





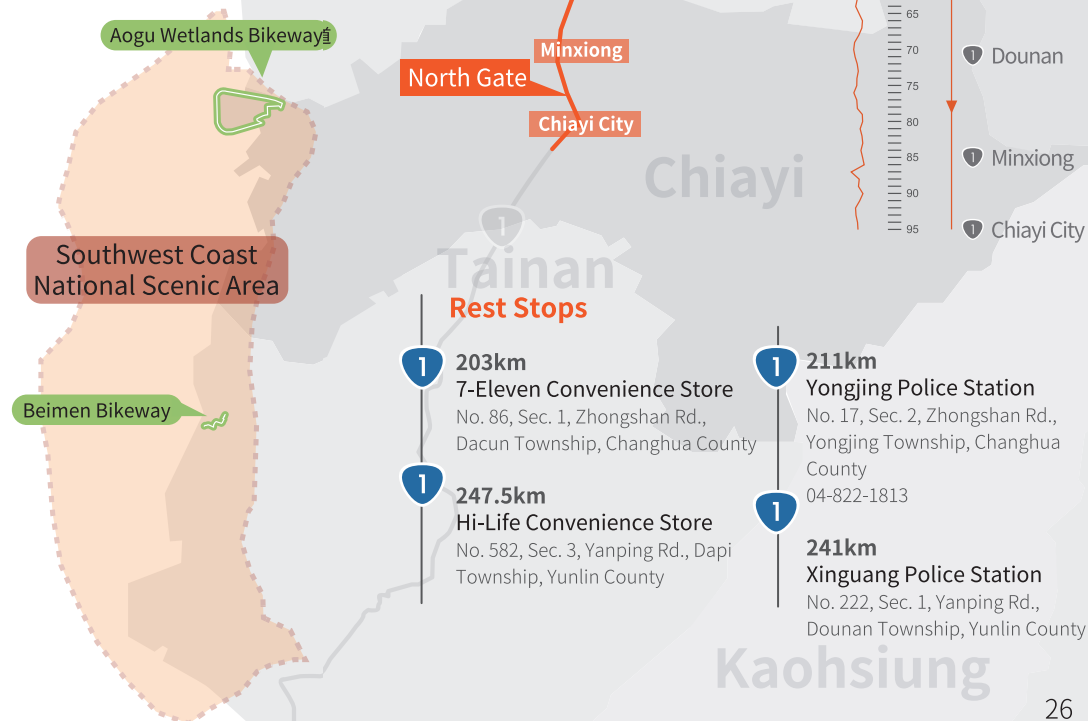
Healthcare/ Cycling maintenance depots

- + **Show Chwan Memorial Hospital**
 No. 542, Sec. 1, Zhongshan Rd., Changhua City, Changhua County
 04-725-6166
- * **Hei Pihuanhua Bicycle Center**
 No. 372, Sec. 1, Zhongshan Rd., Changhua City, Changhua County
 04-711-4188
- + **National Taiwan University Hospital (Affiliated) Huwei Branch, Yunlin**
 No. 95, Xuefu Rd., Huwei Township, Yunlin County 05-633-0002
- * **Sheng Xin Bike Accessory Corp.**
 No. 119, Sec. 2, Linsen Rd., Huwei Townshi Yunlin County
 05-631-0199

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.



Rest Stops

- 1 **203km**
7-Eleven Convenience Store
 No. 86, Sec. 1, Zhongshan Rd.,
 Dacun Township, Changhua County
- 1 **247.5km**
Hi-Life Convenience Store
 No. 582, Sec. 3, Yanping Rd., Dapi
 Township, Yunlin County
- 1 **211km**
Yongjing Police Station
 No. 17, Sec. 2, Zhongshan Rd.,
 Yongjing Township, Changhua
 County
 04-822-1813
- 1 **241km**
Xinguang Police Station
 No. 222, Sec. 1, Yanping Rd.,
 Dounan Township, Yunlin County



More than four centuries ago, the ancestors of the majority of Taiwanese people crossed the Taiwan Strait from mainland China and came to this part of Taiwan, so this land became the first place to be developed by the early Chinese settlers and it has many historically significant historical and cultural relics, as well as geomorphological landscapes, and other features. Visitors can observe the rich ecology of the shuttles hoppfish, fiddler crabs and mangrove forests. A rare migratory bird, the Black-faced Spoonbill, flies across the region every year. At the same time, it is also a major development town for Taiwan's salt industry and culture. The annual Salt of Peace Festival, held under the theme of salt culture, always attracts visitors from both Taiwan and abroad.

Scenic Spots

東石漁人碼頭 Dongshih Fisherman's Wharf

23°27'07.9"N 120°08'13.3"E

Fresh fishery products and beautiful sunset scenery are the tourism selling points of Dongshih Fisherman's Wharf, creating unique thematic images, combining the original functions of the fishing port and providing multiple areas for relaxation.



布袋鹽田 Budai Salt Field

23°22'52.8"N 120°10'08.4"E

Salt fields started to be opened in Budai during the reign of Emperor Qianlong of the Qing Dynasty and in Year 3 of his reign (1823), Wu Shang-Hsin, a wealthy salt merchant, opened the salt fields of Yancheng, laying the foundation for the salt manufacturing industry in Budai.



四草綠色隧道 Sicao Green Tunnel

23°01'10.7"N 120°08'10.1"E

The mangrove area in the drainage channel behind the Sicao Dazhong Temple is flanked by a primary mangrove forest of over half a century old, forming a tunnel-like scenery, known as the "mini Amazon Forest".



Travel Information Service

Southwest Coast National Scenic Area
 Travel Information Web



Aogu Wetlands Bikeway



Aogu Wetlands provide an excellent living environment for animals and plants, and is estimated to be home to more than 200 species of birds. There are eight spectating platforms, six camouflage birdwatching culvert pipes, five cantilevered bird-watching walls and other bird-watching facilities in the park so that people can get close to the wetlands and watch the migratory birds.

Total length 14.3 kilometers

Dongshi Natural Ecological Exhibition Center > Round-the-Wetlands Bikeway

- i** Dongshi Natural Ecological Exhibition Center
No. 54, Sigu, Aogu Vil., Dongshi Township, Chiayi County 05-3601801
- 🚲** Bike sharing and renting services
The bicycle sharing and rental services for the Aogu Wetlands Bikeway is provided by the Sigu Community Association

鰲鼓濕地Aogu Wetlands

23°30'23.3"N 120°07'09.3"E

The Aogu Wetlands Forest Park is an important relay point on the route of migratory birds from the Asia-Pacific region and a major bird-watching attraction along the southwestern coast of Taiwan.



Beimen Bikeway

The trail links up the tourist attractions in Beimen, Tainan from the downtown area of Beimen District to Jingzaijiao, and explores the culture and ecological scenery of the fishing and salt village of Beimen. This section of the ecological observation lane is very convenient for visitors to observe the rich ecology of the Beimen Wetlands at close range.

Total length 3 kilometers

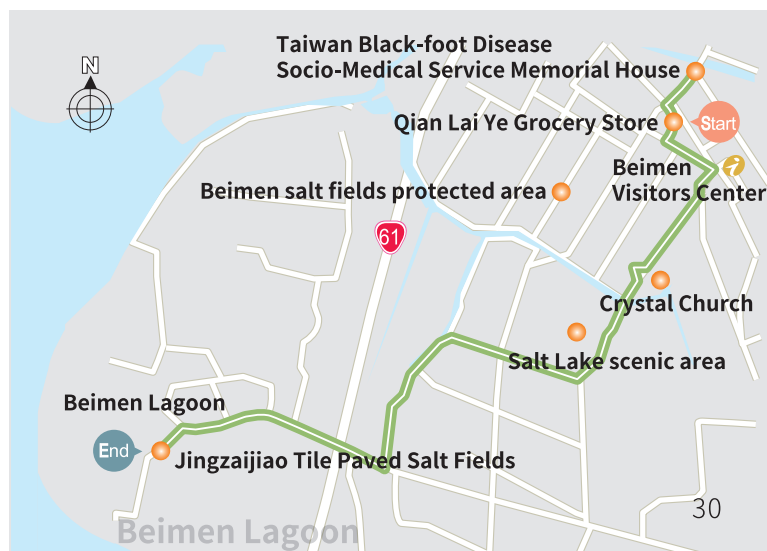
Qian Lai Ye Grocery Store> Taiwan Black-foot Disease Socio-Medical Service Memorial House> Beimen Visitors Center> Crystal Church>Salt Lake scenic areas> Beimen lagoon> Jingzaijiao Tile Paved Salt Fields

- i** Beimen Visitors Center
No. 200, Beimen Vil., Beimen Dist., Tainan City 06-7861017
- 🚲** Bike sharing and renting services
Can contact the owner of Bed & Breakfast inns in Beimen.

井仔腳瓦盤鹽田Jingzaijiao Tile Paved Salt Fields

23°15'34.4"N 120°06'30.2"E

It was the first salt field in the Beimen salt farm and is the oldest surviving salt field site in the Wapan Salt Fields remains, with a history of over 200 years.



Highly Recommended:
Puli, a place that takes time to brew strong and aromatic Shaoxing wine

Route : Taichung > Puli > Sun Moon Lake

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

Guide: Set off to Sun Moon Lake, enter Nantou County and connect to "Huanhu Road". Huanhu Road is a coastal road that goes around Sun Moon Lake. It is composed of Provincial Highway 21 and its branch line, Provincial Highway 21A, for a total length of roughly 30 kilometers long. If you have enough strength, you may choose to ride on the Sun Moon Lake Bikeway; as long as your legs are not too weak, you can loop the lake in half a day!

Scenic Spots

14 46km 埔里Puli – Puli Brewery

23°58'06.0"N 120°57'38.4"E

Operated by the Taiwan Tobacco and Liquor Corporation, the Puli brewery has, now, been transformed into a tourist winery and is open to the public for visits to its Wine Culture Museum for wine tasting and an introduction to the characteristics of Puli's most famous Shaoxing wine and its wine drinking culture.



21 58km 南投Nantou - Zhuge Liang Memorial Temple

23°53'32.5"N 120°55'14.3"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

24°04'36.1"N 120°32'57.4"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!"



Tip : Round-the-Lake Road

If you are determined to challenge the salient relief of going uphill and downhill on Huanhu Road, beware that it may be a little difficult for people who are not familiar with bike riding. Before you depart, check whether the bicycle is in good condition and the brake system is working. It is recommended that those with riding experience lead the way.



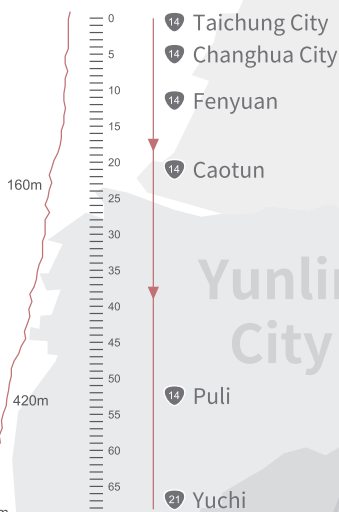
Rest Stops

- 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
- 21 51km**
Family Mart Convenience Store
No. 23-7, Taomi Rd., Puli Township, Nantou County
- 21 65km**
Xiangshan Visitors Center
No. 599, Zhongshan Rd., Yuchi Township, Nantou County
049-234-1256

Replenish Your Energy

《Egg Soaked in Shaoxing Wine》

Puli's Shaoxing wine eggs are boiled in Puli Shaoxing wine. The wine is used as its main flavoring base, and the boiled eggs exude a light Shaoxing wine scent, with a unique flavor. You must give it a try!

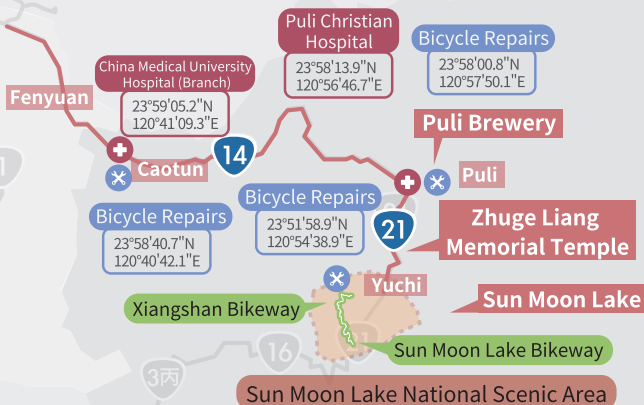


Healthcare/Cycling maintenance depots

- +** China Medical University Affiliated Hospital, Caotun Branch
No. 140, Pingdeng St., Caotun Township, Nantou County
04-9232-1188
- *** Julun Bicycle Dealer (Merida Bikes)
No. 143, Bishan S. Rd., Caotun Township, Nantou County
04-9232-3606
- +** Puli Christian Hospital
No. 1, Tieshan Rd., Puli Township, Nantou County
04-9291-2151
- *** Giant Bicycles JoyBike
No. 257, Nanchang St., Puli Township, Nantou County
04-9298-9080
- *** Giant Bicycles Sun Moon Lake Station
1F., No. 163, Zhongshan Rd., Shuishhe Vil., Yuchi Township, Nantou County
04-9285-6713

Changhua City

Taichung City



Yunlin City

Nantou City



Situated in the mountains, this beautiful and unique area is embedded in the middle of Taiwan like a dazzling pearl. The scenic area cover places such as Checheng, Formosan Aboriginal Culture Village, Shuishe Great Mountain, Jiji Great Mountain, Mingtan Dam, Daguang Power Plant, Shuli River and other tourist attractions. The beauty of Sun Moon Lake resides in the interweaving of the mountain and water, just like in a picture of a landscape or a poem, with the water vapor floating over the lake surface and the changing splendor of the mountain scenery. It is one of the eight most famous views of Taiwan.



Travel Information Service

Sun Moon Lake National Scenic Area
Travel Information Web



Scenic Spot

日月潭纜車 Sun Moon Lake Ropeway

23°51'08.1"N 120°56'05.1"E

Connecting Ita Thao in Sun Moon Lake with the Formosan Aboriginal Culture Village, a theme park featuring Taiwan's indigenous people, the Sun Moon Lake Ropeway has a total length of 1.87 km. The 7-minute ride on the cable car allows you to enjoy the beautiful scenery of the surrounding mountains, and thrill-seekers are specially invited to take the green cabins as they have crystal-transparent cabin floors.



向山行政暨遊客中心 Xiangshan Visitors Center

23°51'04.2"N 120°54'07.8"E

Designed by the architecture team led by Master Architect Dan Norihiko, this building is built to blend in with the Sun Moon Lake landscape, where the base space and architecture merge subtly into the surrounding green area. The nostalgic wooden boats, the annular pool and the Xiangshan Café are extremely popular with visitors.



Moon Lake Bikeway



Starting from the Xiangshan Administrative Center and winding along the southern bank of Moon Lake, there are a variety of ecological and forested landscapes along the way. The middle of the trail also overlooks the Touche basin to the south and the Qinglong mountain range in the north, and holding the high-ground overlook is the farmland and its premises spreading all over the place like scattered pieces on a chessboard.

Total length 4 kilometers

Xiangshan Visitors Center > Touche Reservoir > Crescent Bay > Huantuan Tunnel Entrance No.1

Xiangshan Visitors Service Center

No. 599, Zhongshan Rd., Yuchi Township, Nantou County 049-234-1256

Bike sharing and renting services

Bicycle rentals are available at the Xiangshan Bike Rental Service Station, located diagonally across from the Xiangshan Visitor Center.

玄奘寺 Xuanzang Temple

23°50'51.5"N 120°55'01.6"E

Xuanzang Temple is a replica of a Tang Dynasty-style building. Inside the temple, a plaque on which "GUO ZHI HUAN BAO" was personally inscribed by the late President Chiang Kai-Shek; on the large wall outside the temple, there are three epigraphs and an image of Xuanzang's procession to the West.



Xiangshan Bikeway

The two bike bridges of "Yong Jie" and "Tong Xin" are made up of two white rigid frame bridge piers and wooden pile paths. Visitors use them to proceed to the most popular Xiangshan Visitors Center to have a cup of Huisun coffee, some "Sheriff's tea eggs," and enjoy the serene beauty of Mingtan.

Total length 3.4 kilometers

Zhongxing Parking Lot, Shuishhe > Bike bridge > Shuishhe Dam > Yong Jie and Tong Xin bridges > Xiangshan Visitors Center

Shuishhe Shopping Mall

No. 163, Zhongshan Rd., Yuchi Township, Nantou County 049-285-6851

Bicycle-sharing and renting service

Bicycles can be rented in the vicinity of the Suisha shopping area, and there is an approach road at the entrance of Tongxin bridge, linking it to the bicycle rental station.

水社碼頭 Shuishhe Pier

23°15'34.4"N 120°06'30.2"E

It is one of the three main piers in Sun Moon Lake, surrounded by many shops on the bustling tourist streets of Mingsheng Street and Zhongshan Road, and is also the starting point for tourists to enjoy lake cruises on yacht.





Highly Recommended 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

Guide: In the morning, you can enjoy the watery surface of Sun Moon Lake coming out of the enshrouding mist and the changing scenery of the lake as the sun rises. At this point, doing some relaxing cycling by descending with the terrain, is a great way to enjoy the mountainous landscape. Ride through Shuili while tasting the famous “Popsicle” and enjoying gourmet food on Jiji Old Street for lunch!

Scenic Spots

16 18km 南投Nantou –
Shuili Snake Kiln Ceramics Cultural Park
23°48'04.0"N 120°51'51.9"E

The Shuili Snake Kiln Ceramics Cultural Park was converted from an old kiln, which maintained Taiwan’s oldest and most traditional wood-fired kilns. They are more than 100 meters long and are well-preserved. It is called a snake kiln because it is shaped like a snake. The main fuel was wood.



131 2.5km 南投Nantou County – Checheng Station
23°49'57.4"N 120°51'58.0"E

To transport the sugar produced by the Puli Sugar Factory during the Japanese colonial era, a push car railroad was built between Puli and Checheng in 1916 and is now the terminal station of the Jiji Branch Line Railways.



159 22km 嘉義Chiayi – Cypress Forest Life Village
24°08'54.2"N 120°39'53.0"E

Hinokicho, nowadays Cypress Forest Life Village, was once the official dormitory of Alishan's forest industry development and has witnessed the ups and downs of the forestry industry. It is now the first Forest Cultural and Creative Park in Taiwan.



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. Hang your clothes to dry in a place with good ventilation, and they will be ready to wear by morning.



Healthcare/ Cycling maintenance depots

- ✳ **MERIDA Da Hong Bicycle Dealer**
No. 151, Wenhua Rd., Douliu City, Yunlin County
05-532-6179
- ✚ **National Taiwan University Hospital Yunlin Branch/Douliu Hospital Area**
No. 579, Sec. 2, Yunlin Rd., Douliu City, Yunlin County
05-532-3911
- ✳ **Giant Bicycles Chiayi Branch**
No. 298, Linsen W. Rd., West Dist., Chiayi City
05-225-0923
- ✚ **Chia-Yi Hospital, Ministry of Health and Welfare**
No. 312, Beigang Rd., West Dist., Chiayi City
05-231-9090

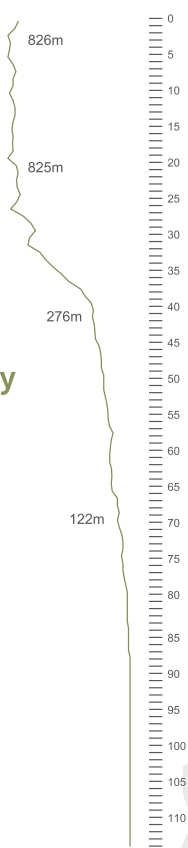
Rest Stops

- 16 **17km**
7-Eleven Convenience Store
No. 63, Sec. 1, Zhongshan Rd.,
Shuili Township, Nantou County
- 21 **68km**
Toushe Police Station
No. 145, Pinghe Ln., Yuchi
Township, Nantou County
04-9286-1013
- 3 **233km**
7-Eleven Convenience Store
No. 500, Daming Rd., Zhushan
Township, Nantou County
- 3 **247.5km**
Liuzhong Police Station
No. 81, Shiliu Rd., Douliu City,
Yunlin County
05-557-3651

Replenish Your Energy

《Jiji Old Street》

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



- 21 Yuchi
- 16 Shuili
- 30 Jiji
- 3 Linnei
- 1 Dounan
- 1 Chiayi City

Changhua

Tri-Mountain (Baguashan)
National Scenic Area

Chang Qing Bikeway

Checheng Station

Ershui Bikeway

Yuchi

Bicycle Repairs

23°42'41.4"N
120°33'01.0"E

Linnei

Shuili Snake Kiln
Ceramics Cultural Park

Chia-Yi Hospital
(Ministry of Health
and Welfare)

23°28'51.9"N
120°25'45.6"E

National Taiwan
University Hospital
(Branch)

23°41'49.1"N
120°31'33.7"E

Minxiong

Bicycle Repairs

23°28'59.7"N
120°26'44.5"E

Chiayi City

Cypress Forest Life Village

Chiayi

Nantou



Highly Recommended

Tri-Mountain (Baguashan) National Scenic Area

The Baguashan National Scenic Area stretches from Changhua City in the north, spanning Huatan Township, Fengyuan Township, Ershui Township, and Nantou City and Mingjian Township in the south. The well-known Baguashan Buddha and the nearby Nan Tian Temple, as well as the Hushan Temple, Qingshuiyan, Bishanyan, Baozang Temple, Shou Tian Temple, and Fengshan Temple are all representatives of the religious and tourist attractions in Changhua.

Travel Information Service

Tri-Mountain National Scenic Area
Travel Information Web



Chang Qing Bikeway

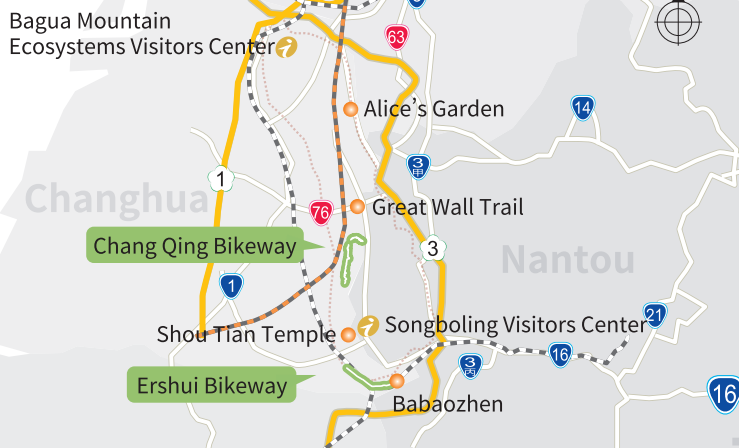
It is classified into two levels: General and Challenge. The General Level is a gentle, sheltered and shady course suitable for families. The Challenge course takes a fork in the road near the crossroads at Qingshuiyan and runs up a steep hill, suitable for cyclists to build up their strength.

Total length of the General Level course is 4 kilometers

Tianzhong Forest Park > Zantian Temple > Qingshui

Total length of the Challenge Level course is 2 kilometers

7.1K Chang Qing Trail Entrance > Prefectural Highway 139 B (Bagua Road) Front



Ershui Bikeway

Along the Jiji Branch Line Railways, there lies a relaxing scene of wilderness all along the way, with cosmos flowers, sunflowers blooming in season and many old houses scattered in the fields. It is as beautiful as an oil painting and can connect the "Green Tunnel" to Jiji.

Total length 5.5 kilometers

Ershui Station Old Trains Exhibition Area > Yuanquan Station > Mr. Lin's Temple > Babaozhen Watergate





Day 4 : Ride with the Western Coastal Winds and Explore the Old City



Tips

After crossing the Tropic of Cancer, we officially enter into a tropical climate, so please pay attention to the high temperature and apply sunblock to avoid sunburn and dehydration!

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

Main Road : Provincial Highway 1

Guide : Take the Provincial Highway 1, which is an important transportation route in Western Taiwan, and you will soon enter the historic ancient city of Tainan and the most bustling city in southern Taiwan, Kaohsiung. The further you go southwards, the more warmth you can feel from Taiwan, soothing your tired body and mind along the way.

Scenic Spots

1 271km 嘉義Chiayi – Tropic of Cancer Solar Exploration Center 24°56'00.3"N 121°22'10.8"E

Shuishang Township in Chiayi County is one of the 16 cities in the world that the Tropic of Cancer crosses and Taiwan is also the largest green pearl on the Tropic of Cancer. The park includes nine major exhibition areas, including the Sun Plaza and the water playground - Solar System.



1 336km 臺南Tainan – Confucian Temple 22°59'26.1"N 120°12'14.7"E

The three-century old Confucius Temple of Tainan, which has been "Taiwan's first school" is the centerpiece of the local culture, and is a national first-class historic monument with a majestic architecture that expresses the unique charm of the ancient capital city of Tainan.



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.



3 377km 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.



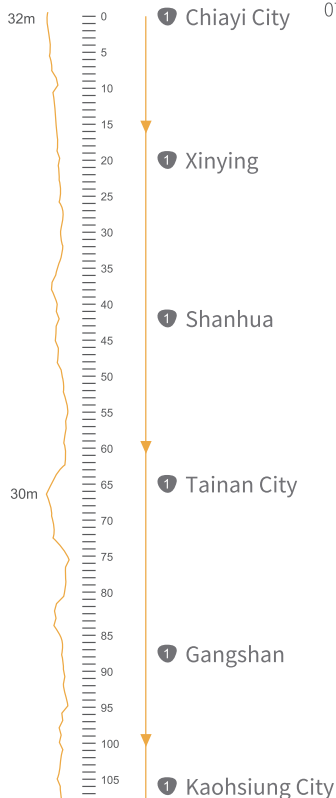
Healthcare/ Cycling maintenance depots

- ✳️ **Xin Yongxing Bicycle Store**
No. 344, Sec. 1, Xinjin Rd., Xinying Dist., Tainan City
06-632-2453
- ✳️ **Tainan Municipal Hospital**
No. 670, Chongde Rd., East Dist., Tainan City
06-260-9926
- ✳️ **Lianxing Bicycle Hall**
No. 553, Sec. 2, Yi'an Rd., Annan Dist., Tainan City
06-247-7588
- ✳️ **Kaohsiung Armed Forces General Hospital, Zuoying Branch**
No. 553, Junxiao Rd., Zuoying Dist., Kaohsiung City
07-581-7121

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.

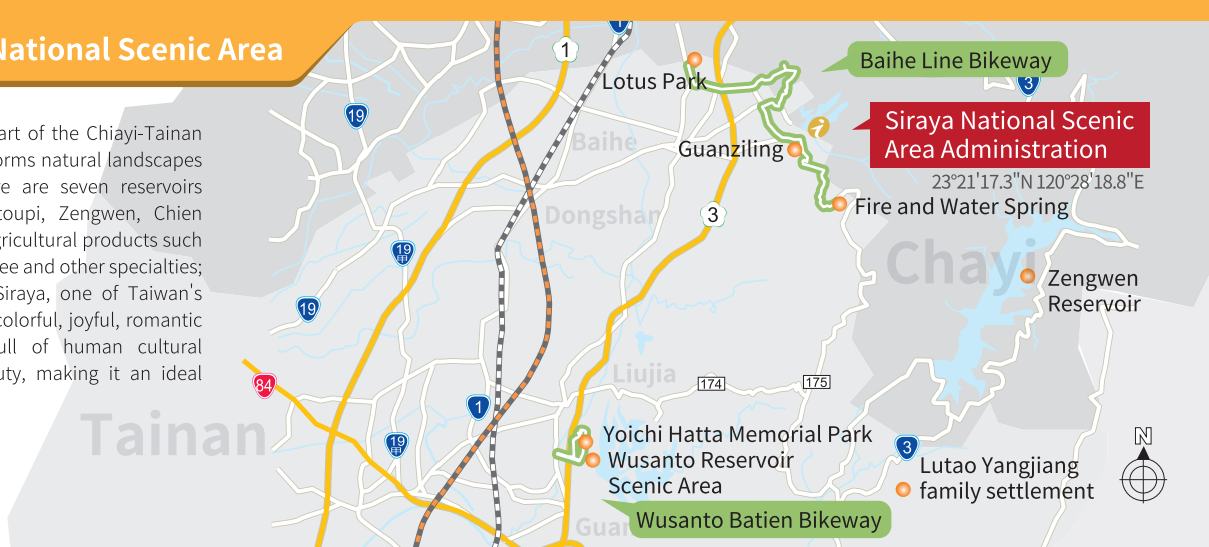


Rest Stops

- 1 **292km**
7-Eleven Convenience Store
No. 201-10, Neighborhood 22, Taikang Vil., Liuying Dist., Tainan City
- 1 **312km**
Jiaba Police Station
No. 350, Jiaba, Shanhua Dist., Tainan City 06-583-7379
- 1 **330km**
7-Eleven Convenience Store
No. 73, Ln. 52, Zhongzheng S. Rd., Yongkang Dist., Tainan City
- 1 **334km**
Fuxing Police Station
No. 34, Zhonghua Rd., Yongkang Dist., Tainan City 06-311-5874



Located in the eastern part of the Chiayi-Tainan Plain, the varied terrain forms natural landscapes such as waterfalls. There are seven reservoirs namely Wushantou, Hutoupi, Zengwen, Chien Shan Pi and so on; rich agricultural products such as mangoes, longans, coffee and other specialties; and the culture of the Siraya, one of Taiwan's indigenous tribes. It is a colorful, joyful, romantic countryside kingdom, full of human cultural history and natural beauty, making it an ideal place for families to visit.



Travel Information Service

Siraya National Scenic Area
Travel Information Web



鹿陶洋江家集落 Lutao Yangjiang family settlement

23°09'20.0"N 120°29'24.8"E

The Lutao Yangjiang family settlement in Tainan City's Nanxi District is the largest traditional Minnan-style rural settlement in Taiwan, and was one of the scenes for the film, Zone Pro Site.

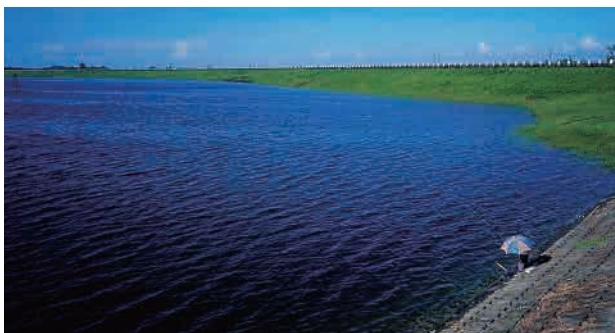


Scenic Spots

烏山頭水庫風景區 Wusanto Reservoir Scenic Area

23°12'28.8"N 120°21'47.5"E

Wusanto Reservoir, which is famous for its coral lake, is a well-equipped, diversified scenic spot and camping area. In winter, the nearby cherry blossoms bloom with pink flowers, making you feel like you are in paradise.



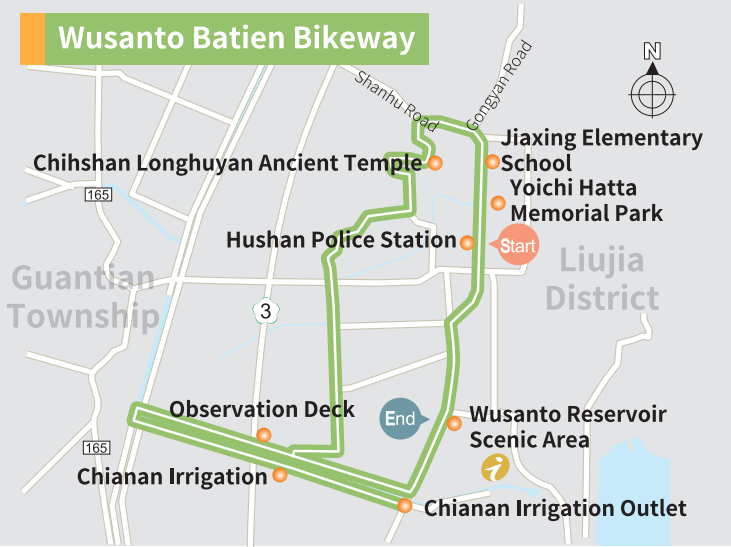
白河蓮花 Baihe Lotus Festival

23°23'15.1"N 120°25'03.6"E

The annual Baihe Lotus Festival in June-August attracts a large number of visitors to come and enjoy the beautiful scenery of the lotus fields filled with the fragrance of the summer lotus, which is also known as the "Lotus Village".



Wusanto Batien Bikeway



You can visit the important water conservancy facilities in Wushantou, pass by the Yoichi Hatta Memorial Park, the Chianan Irrigation Canal, and the more than three-century Chihshan Longhuyan Ancient Temple. Visit this place from September to October and experience the pristine rural life with the scenery of water caltrops fields.

Total Length 6 kilometers

Hushan Police Station > Yoichi Hatta Memorial Park > Chihshan Longhuyan Temple > Observation Deck > Chianan Irrigation Outlet > Wusanto Reservoir Scenic Area

i Wusanto Reservoir Scenic Area

No. 68-2, Jianan, Wushantou Vil., Guantian Dist., Tainan City
06-698-2103

🚲 Bike sharing and renting services

There are stores in the vicinity of the Wusanto Scenic Area providing bicycle sharing and rental services.

八田與一紀念公園 Yoichi Hatta Memorial Park

23°12'51.9"N 120°21'52.8"E

To commemorate the Japanese engineer Yoichi Hatta who built the Wushantou Reservoir and provided the important Chianan irrigation water to the Chiayi-Tainan Plain, four Japanese-style dormitory buildings have been renovated to allow visitors to experience the lifestyle of Mr. Yoichi at that time.



Baihe Line Bikeway

Every summer, from June to August, when the lotus flowers are in full bloom, the amazingly colorful sea of flowers always attracts a large number of tourists, and a number of cycling routes suitable for viewing the flowers are specially planned, allowing visitors to enjoy the scenery of the lotus countryside.

Total length 20 kilometers

Lotus Park > Lotus Explora Museum > Zhumen Green Bikeway > Shengan Green Tunnel > Bai-He Ceramic Workshop > Fire and Water Spring

i Siraya National Scenic Area Administration

No. 99, Futian Rd., Guantian Vil., Guantian Dist., Tainan City
06-690-0399

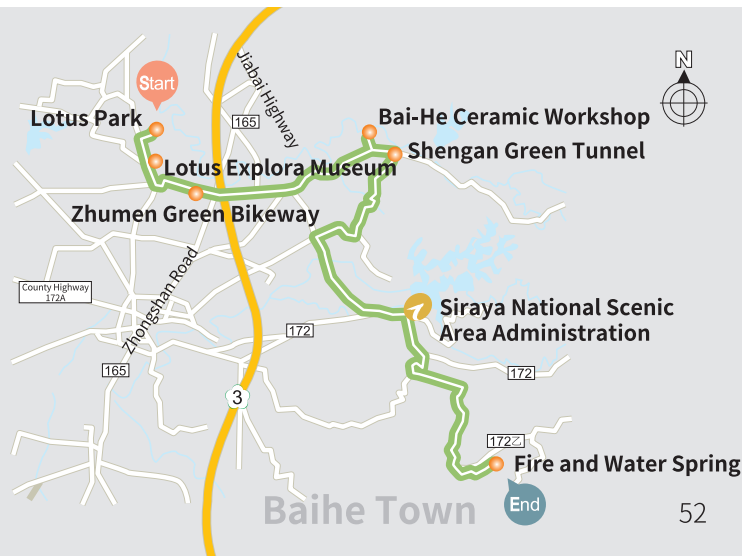
🚲 Bike sharing and renting services

Bike sharing and renting services are available in stores along the Baihe Bikeway.

水火同源 Fire and Water Spring

23°19'19.9"N 120°29'06.1"E

Due to the special geological structure, natural gas emerges from the rocks, and after igniting the flame, it blends with the spring water in the crevice of the marvel landscape to form a strange scene of water and fire, which is known as one of the Eight Wonders of Tainan City.





Day5 : 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

17 232.5km 高雄Kaohsiung – Taroko Park 22°34'57.0"N 120°19'44.0"E

The first large-scale shopping mall in Taiwan that specializes in sports and leisure entertainment, featuring shopping, catering, sports, cinema, parent-child entertainment, and an international class go-kart track. Come and experience different types of recreational exercises while passing through the area.

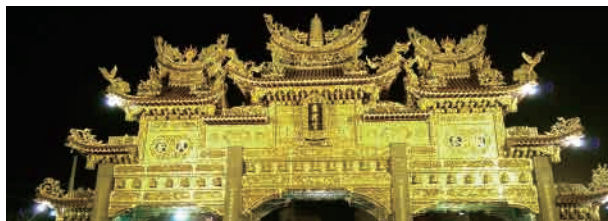


Tip: Preventing Heat Stroke

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 your exercise intensity and the temperature at the time).

17 257km 東港Donggang – Donglong Temple 22°27'47.1"N 120°26'55.5"E

The Donglong Temple is famous throughout Taiwan for its triennial ceremony of the Donggang Burning of the King's Boat Peace Offering Ceremony, with the burning of the king's boat as the climax in the worshipping of the sea gods. It is said that by turning the boat into ashes, the disease-fighting King Wen is sent away, taking with him diseases and restoring peace for mankind.



26 18.9km 屏東Pingtung – National Museum of Marine Biology & Aquarium 22°02'45.8"N 120°41'56.1"E

Located in the coastal area at the foot of Guishan Mountain in the northwest corner of Kenting National Park, there is a large museum dedicated to marine life. It has an 81-meter-long ocean floor landscape display path, the largest ocean floor tunnel in Asia.





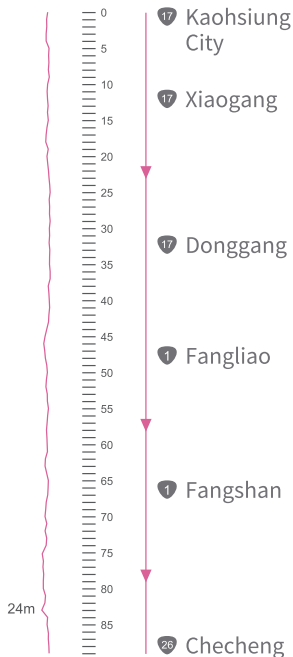
Healthcare/ Cycling maintenance depots

- + **Kaohsiung Municipal Siaogang Hospital**
 No. 482, Shanming Rd., Xiaogang Dist.,
 Kaohsiung City
 07-803-6783
- * **Giant Kaohsiung Flagship Store**
 No. 2218, Zhonghua 1st Rd., Gushan Dist.,
 Kaohsiung City
 07-553-1412
- + **Fooyin University Hospital**
 No. 5, Zhongshan Rd., Donggang Township,
 Pingtung County
 08-832-3146#1280
- * **Da Zhen Bicycle Hall**
 No. 5-1, Zhongxing Rd., Fangliao Vil.,
 Fangliao Township, Pingtung County
 08-878-0530

Replenish Your Energy

《Sakura Shrimp》

The only small shrimps in the world with floral red shells in the world is found at Donggang Town in Pingtung Prefecture and Shizuoka Prefecture in Japan. They can serve as leisure munchies or be added to daily cooking such as to the popular dish sakura shrimp fried rice. The flavor of the crispy rice is not to be missed.



Kaohsiung

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 Rd., 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

Maolin Scenic Area Bikeway

Maolin National Scenic Area

Bicycle Repairs

22°39'12.1"N
120°17'30.8"E

*

Kaohsiung Municipal Siaogang Hospital

22°34'02.6"N
120°21'47.7"E

Xiaogang

Taroko Park

Fooyin Hospital (Affiliated)

22°27'55.4"N
120°27'10.6"E

Donglong Temple

Donggang

Dapeng Bay National Scenic Area

Dapeng bay Bikeway

Fangliao

Bicycle Repairs

22°22'03.4"N
120°35'40.7"E

Fangshan

Checheng

National Museum of Marine Biology & Aquarium



It is part of Alishan, Yushan and the Central Mountain Range, and the Laonong, Zhuokou and Ailiao rivers run through it. The purple butterflies dance, the canyon waterfall, together with the traditional folk customs of the indigenous people create a unique natural landscape and a cultural atmosphere.

Travel Information Service

Maolin National Scenic Area Travel Information Web



禮納里遊客中心 Rinari Visitors Center

22°41'59.3"N 120°38'39.3"E


Enjoy a superb view of the Pingtung Plain at this Center. Climb to the second floor to look at the surrounding mountains and forest, the sunset twilight overlooking the cable-stayed bridge and Kaohsiung's 85 Sky Tower. Indigenous outfits are also available to the visitors to dress up in to take photos.



The Chasing Winds route consists of four very challenging lanes and is a favorite of many young cyclists, with green hills, seasonal trees and many tours featuring Indigenous totems along the way.

Travel Information Service

Maolin National Scenic Area Chasing Winds Travel Route



Chasing Winds Route No. 1

Total length 32.5 kilometers The ride is about 2 hours.

Maolin Scenic Spot Entrance > Dajin Waterfall > Saijia Leisure Amusement Park > Taiwan Indigenous Culture Park (Majia Township) > Rinari Visitor Center > Liang Shan Recreational Area

Chasing Winds Route No. 2

Total length 26.1 kilometers The ride is about 2 hours and 37 minutes.

Maolin Scenic Spot Entrance > Maolin Visitor Center > Lovers Valley > Purple Butterflies Valley > Maolin Valley > Longtou Shan > Douna Glass Bridge > Snakehead Hill > Douna Stone Slab House

Chasing Winds Route No. 3

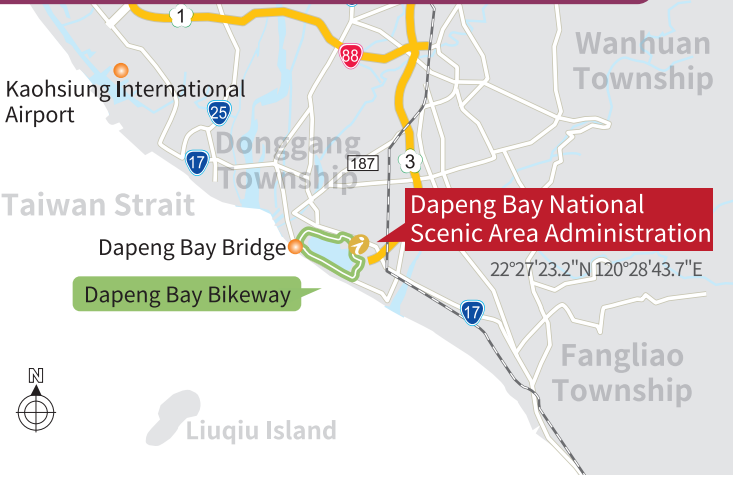
Total length 17.8 kilometers The ride is about 2 hours and 10 minutes.

Sandimen Township's Mountain in the Sky Restaurant > Sandimen Zhongshan Park > Demoer Park > San-De Police Inspection Checkpoint (Must apply for mountain permits) > Guchuan Bridge > Kabalelradhane Tribal Village > Wutai Tribal Village

Chasing Winds Route No. 4

Total length 32.5 kilometers The ride is about 2 hours.

Saijia Leisure Amusement Park, Sandimen Township > Sagaran tribal Village > Valjulu Tribal Village > Djineljapan Tribal Village > Cavak Tribal Village



The route integrates features such as lagoon scenery, oyster farming in fishing villages, and sunsets on the seawall. As far as the eye can see, there are hundreds of acres of fish farms, mangrove wetlands and the azure sea.

Total length 11.6 kilometers

Dapeng Bay Visitor Center > Datan wetlands > Sunset Bay > Right Bank Wetlands > Cifong Wetlands > The Coastal Park > Oyster Shell Islet > Qingzhou Coastal Recreation Area > Dapeng Bay Bridge > Mangrove Eco-Park > Three-Hole Bridge

Dapeng Bay National Scenic Area Administration
 No. 169, Datan Rd., Dapeng Vil., Donggang Township, Pingtung County
 08-833-8100

濱灣公園（帆船基地） The Coastal Park (Sailing Base)
 22°26'11.9"N 120°28'38.6"E

Dapeng Bay is the best place to experience windsurfing, with sailing, canoeing, windsurfing, speedboat and other water sports available.



The scenic spots include the lagoon area along the coast of Dapeng Bay and the Liuqiu Scenic Area. They are the largest single-entry vesicular lagoon in Taiwan. Discover the natural ecology of the lagoon's wetlands, mangroves and other natural habitats, and visit the legendary Oyster Shell Islet in Dapeng Bay.

Travel Information Service

Dapeng Bay National Scenic Area
 Travel Information Web

鵬灣跨海大橋 Dapeng Bay Bridge
 22°26'56.6"N 120°27'17.1"E

The Dapeng Bay Bridge is a specially designed, 3-D, cable-stayed bridge. The bridge looks like a sail on the side and from the back is like the alphabet A; the biggest feature is it is a moveable bridge.





Day 6: Don't Miss This Unique Attraction



Tips

On the western coast of the Hengchun Peninsula, there are constantly strong gusts of wind from October to April every year and it's very dangerous! When proceeding on this road, please avoid riding when there are strong winds.

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

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

Guide: Follow County Highway 199 to bike out of southern Taiwan, the pedaling becomes more challenging as the slope rises, so if you maintain a positive attitude, stay cautious, switch your bike's gears flexibly, and perseverance, you will overcome this challenge.

Scenic Spots

199 0km 屏東Pingtung – Shouka Station

22°14'42.6"N 120°50'08.2"E

At 460 meters above sea level, it's the highest point on the South-Link Highway! After completing the arduous climb to Shouka, you will reach the Shouka Rest Station, the stopping point for the largest number of cyclists and the best check-in hotspot to take pictures to show off to friends and family that you have completed the challenge.



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

The most famous activity to do here is the Hot Spring Beauty Bath, which is an alkaline spring characterized by a high level of carbonate. The spring water is clean and odor-free. The water temperature is more than 100 degrees. The spring water is of excellent quality, giving the sore muscles a good chance to relax.



11 164km 臺東Taitung – Tiehua Village

22°45'13.3"N 121°08'45.1"E

Taitung is full of indigenous musical talents and has a wealth of creative energy. Therefore, Taitung is a gathering place for musical talents and tourists are highly recommended to come here to relax and enjoy life to the tunes created by indigenous musical talents.



Checheng – Taitung 115km



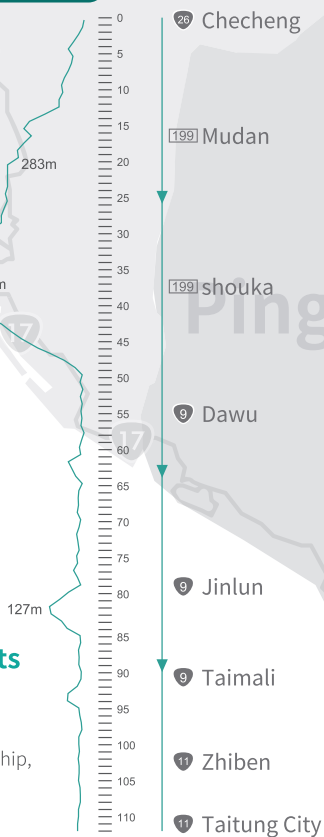
Healthcare/ Cycling maintenance depots

- ✳️ **Shouka Rest Station**
(maintenance tools provided)
No. 1, Shouka, Caopu Vil., Shizi Township,
Pingtung County
08-877-1129
- ➕ **Taimali Township Public Health Center, Taitung County**
No. 66, Minquan Rd., Taihe Vil.,
Taimali Township, Taitung County
08-978-1220
- ✳️ **Lan Tian Bicycle Dealer**
1-3F., No. 377, Sec. 1, Zhonghua Rd.,
Zhongzheng Vil., Taitung City, Taitung
County
08-934-7416
- ➕ **Taipei Veterans General Hospital Gensheng Branch**
No. 1000, Gengsheng Rd., Taitung City,
Taitung County
08-922-2995

Replenish Your Energy

《Stinky Tofu》

Stinky tofu is a popular fermented tofu dish in Taiwan, and many foreign tourists are afraid to try it at first because of its special fermented flavor. If you're feeling adventurous, you can try its "crunchy texture and unique flavor."



Rest Stops

- 9 **444km**
7-Eleven Convenience Store
No. 216, Senyong, Daren
Township, Taitung County
- 9 **403km**
7-Eleven Convenience Store
No. 128, Waihuan Rd., Taimali
Township, Taitung County
- 9 **455km**
Shouka Station
Caopu Vil., Shizi Township,
Pingtung County
08-877-1129
- 9 **415km**
Jinlun Police Station
No. 439, Taimali Township,
Taitung County
08-977-1086



Day 7 : Biking through the East Rift Valley-One Mountain after Another

Route : Taitung City > Luye > Chishang > Yuli

Main Road : 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°51'56.9"N 121°06'29.0"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 living and the beautiful scenery!



9 355.4km 鹿野Luye – Luye Plateau 22°54'59.9"N 121°07'18.9"E

Located in the highlands, Luye is Taitung's leading paragliding and hang gliding practice field. There are also several tea plantations nearby that tourists can visit, and the area plays host to the Taiwan International Balloon Festival every year.



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 "Riverside Path" and the "Mountain Path".



9 326km 池上Chishang – Mr. Brown Avenue 23°05'56.0"N 121°12'45.4"E

Riding along "Mr. Brown Avenue," which is flanked on both sides by rice paddies and the complementary distant mountain range, you can relax amidst the peaceful scenery. This road got its name from popular commercial filmed for Mr. Brown cafe chain, but it is also nicknamed the "Green Road of Paradise" 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 (revolutions per minute), and for maximum efficiency you should aim for 80-90 rpm.



Healthcare/ Cycling maintenance depots

+ Tzu Chi Hospital, Guanshan Branch
No. 125-5, Heping Rd., Guanshan Township, Taitung County
08-981-4880

***** KHS Guanshan Bicycle Dealer
No. 18-6, Shunxing, Guanshan Township, Taitung County
089-812-577 / 0963-667-167

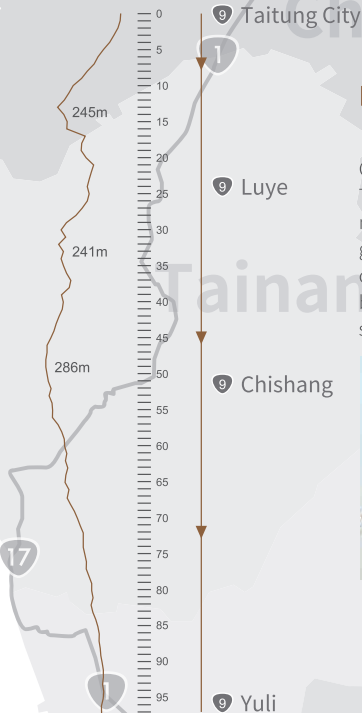
***** Yi Hong Bicycle Dealer
No. 47, Heping Rd., Zhongcheng Vil., Yuli Township, Hualien County
03-888-5669 / 0932-655-701

+ Tzu Chi Hospital, Yuli Branch
No. 1-1, Minquan St., Yuli Township, Hualien County
03-888-2718

Replenish Your Energy

《 Chishang bento box 》

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

350km
7-Eleven Convenience Store
No. 430, Sec. 1, Zhonghua Rd., Luye Township, Taitung County
089-550-209

348km
Family Mart Convenience Store
No. 1-6, Minquan Rd., Guanshan Township, Taitung County
089-814-083

340km
Ruisui Police Station
No.171, Zhongshan Rd., Luye Township, Taitung County
08-981-1419

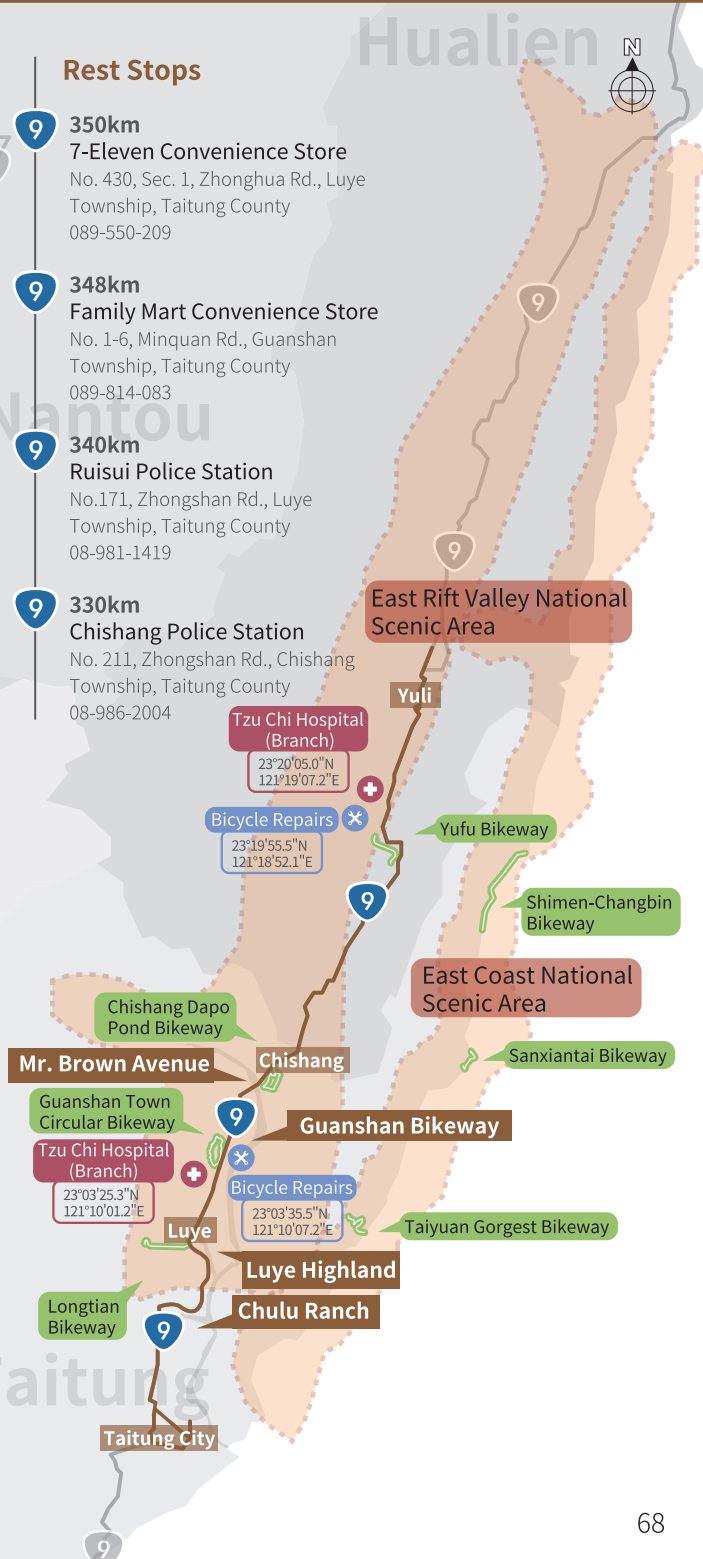
330km
Chishang Police Station
No. 211, Zhongshan Rd., Chishang Township, Taitung County
08-986-2004

Tzu Chi Hospital (Branch)
23°20'05.0"N
121°19'07.2"E

Bicycle Repairs
23°19'55.5"N
121°18'52.1"E

Tzu Chi Hospital (Branch)
23°03'25.3"N
121°10'01.2"E

Bicycle Repairs
23°03'35.5"N
121°10'07.2"E





East Rift Valley National Scenic Area Administration

23°31'26.7"N 121°23'27.1"E

The narrow plain along the river is like a green corridor running through Hualien and Taitung. Surrounded by mountains, the countryside is filled with idyllic landscapes, with different terrains, including canyons, waterfalls, hot springs, fluvial meanders, fluvial terraces and so on. It is also rich in prehistoric and indigenous resources.

Travel Information Service

East Rift Valley National Scenic Area
Travel Information Web



East Rift Valley National Scenic Area
Bicycle Theme Area

Scenic Spots

赤科山 Chikeshan

23°23'22.6"N 121°23'43.7"E

Every August to September, during the orange daylily season, the entire hill is filled with a sea of orange daylilies. The already spectacular landscape becomes even more stunning when the flowers are in bloom. Also, do not miss the "Three Attractions of Chike".



鸞山部落 (森林博物館)

Sazasa Tribe (Luanshan Forest Museum)

22°53'15.0"N 121°10'06.8"E

The Sazasa (Luanshan) Tribe, located in the southern tip of the coastal mountain range, in Dulan Mountain, has the most preserved forest of the Ficus-Machilus zone and is also the home of the Bunun people.



Longtian Bikeway



From Luye Train Station, ride along Guangrong Road past Longtian Elementary School and then take the long climb uphill to the Luye Highland, where you can admire the beautiful terraced rice fields of the Luye Valley and taste the specialties of the area.

Total length of main line is 6.2 kilometers

Luye Train Station > Longtian Elementary School > Bunun Tribal Leisure Farm

Total length of branch line is 13.3 kilometers

Luye Village > Luye Administration and Visitors Center > Luye Highland > Wuling Green Tunnel

- i** **Luye Administration and Visitors Service Center**
No. 46, Gaotai Rd., Luye Township, Taitung County 08-955-1637
- i** **Shop of Adotouch**
No. 232, Guangrong Rd., Longtian Vil., Luye Township, Taitung County 089-550-706
- 🚲** **Bike sharing and renting services**
Bike rentals are available at the stores on Guangrong and Yongle Roads in Luye Village.

武陵綠色隧道 Wuling Green Tunnel

22°57'34.0"N 121°07'31.1"E

Both sides of the boulevard are planted with camphor trees, which is why this path is called a tunnel. Madagascar almond trees and casuarina equisetifolia provide the necessary shade from the hot sun. Occasionally, colorful soaring paragliders can be seen in the sky, making this "tunnel" even more fascinating.

Guanshan Town Circular Bikeway

Ride along the waterfront of the clear lake at the foot of the green mountains, with the endless scenery of the fields along the Hongshi Riverside. Then follow the winding hillside forest trails along the Guanshan Canal, and the downhill path of the Kanding and Beinan Rivers to reach the Water Park.



Total length: 13 kilometers

Guanshan Train Station > Guanshan Bikeway Departure Point > Guanshan Canal > Sun Moon Viewing Pavilion > Water Park South Entrance > Water Park Main Entrance

- i** **Guanshan Township Farmers' Association & Tourist Service Center**
No. 24-1, Changlin Rd., Guanshan Township, Taitung County 089-814903
- 🚲** **Bike sharing and renting services**
Bicycle rentals are available at the old station north of the Guanshan Train Station exit and the entrance to the Guanshan Bikeway.

親水公園 Water Park

23°02'23.9"N 121°10'25.8"E

The first eco-friendly water park in Taiwan, having a dynamic water play area and amusement facilities. The static water play area is dominated by man-made landscapes, ecological island displays for environmental education.



Chishang Dapo Pond Bikeway



Chishang is famous for its quality aromatic rice and is also the place where the plate cocoon was invented, making silk quilts one of Chishang's famous products. The Dapo Pond is one of the most representative scenic areas, and along the way, you can enjoy the tranquil and relaxing rural landscape of the area.

Total length of main line is 8 kilometers

Chishang Train Station > Chishang Lunch Boxes Museum > Dapo Pond > Jinyuan Field-Side Club > Dagan Pavilion > Salt Flat Wetlands > Fuzhen Water Wheel > Dapo Pond > Chishang Train Station

Total length of Wanan Branch line is 2.9 kilometers

Jinyuan Field-Side Club > Wanan Park > Wanxin Road(Mr. Brown Avenue) > Dagan Pavilion

Total length of Wanxin Branch line is 6.5 kilometers

Water Wheel > Chishang Bridge > Chishang Water Conservation Park > Chishang Ecological Fishing Ground > Chishang Pastoral Farm Resort > Hakka Cultural Park > Chishang Farmers' Association Rice-Husking Tourist Mill > Chishang Train Station

- i Chishang Pastoral Farm Resort, Taiwan Sugar
No. 110, Xinxing Rd., Chishang Township, Taitung County 089-862-736
- 🚲 TR9 Chishang Bicycle Rental Stand
No. 4, Tiehua Rd., Chishang Township, Taitung County 0989-929-901

大坡池 Dapo Pond

23°07'12.8"N 121°13'23.8"E

The fault footwall is a feature of the fault pond and as a result of its abundant flora and fauna is ideal for ecological observation, bird watching, fishing, hiking and other leisure activities. It also has a lakeside trail and bikeway.

Yu Fu Bikeway

As the old railroad was no longer used by trains, the Yu Fu bikeway was built on it. You can now enjoy riding along the track, take in the idyllic beauty of Yuli and relax in a warm bath in the An Tong Hot Spring Area.



Total length: 18.5 kilometers

Yuli Train Station > Yuli Bridge > An Tong Rest Station > An Tong Hot Spring Area > Dongli Old Train Station

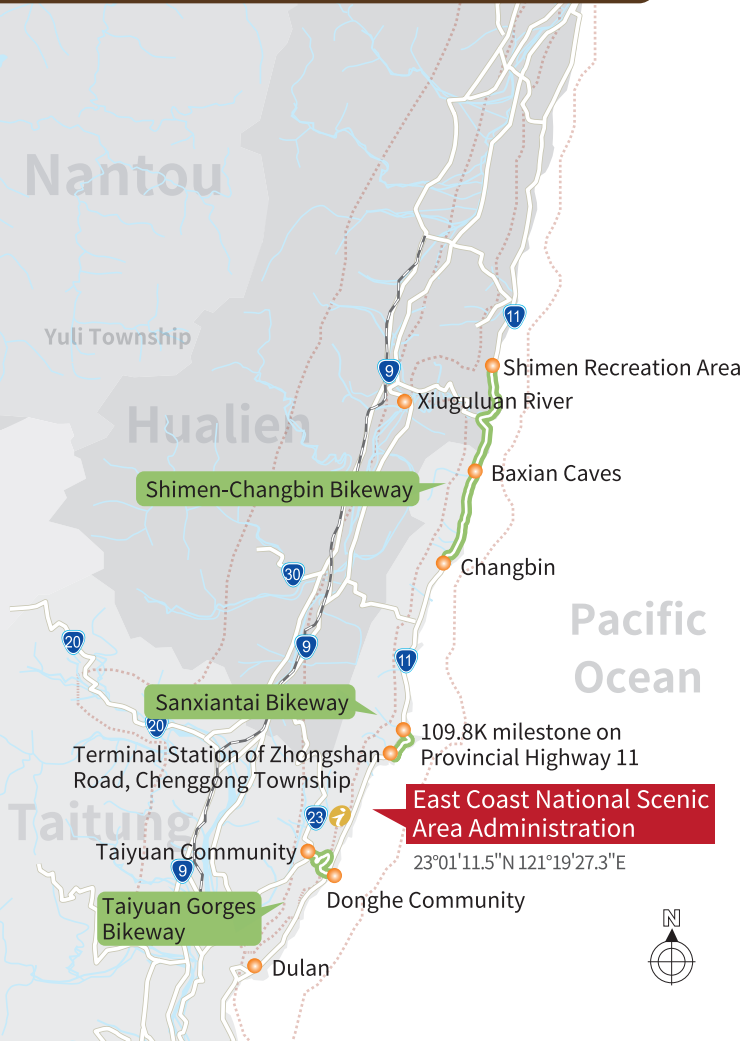
- i East Rift Valley National Scenic Area – Luoshan Administrative and Visitors Center
No. 39, Donghu, Neighborhood 9, Fuli Township, Hualien County
03-882-1725
- 🚲 TR9 Yuli Bicycle Rental Stand
No. 39, Kangle St., Yuli Township, Hualien County 0979-032-038

安通温泉區 An Tong Hot Spring Area

23°16'51.1"N 121°20'33.0"E

In 1930, the Japanese built a police hostel and a communal bathhouse here, which was later developed into a hot spring resort by several operators.





This experience begins with a roaming activity in the Marongarong Tribal Village, strolling along the Mawuku River, passing by the picturesque Donghe Bridge Scenic Area and the Dengxian Bridge, sometimes in the company of hordes of Formosan rock macaques, and finally arriving at the scenic Taiyuan Gorges.

Total length: 12 kilometers

Donghe Community > Donghe Bridge Scenic Area > Xiaoma Tunnel > Dengxian Bridge > Taiyuan Gorges > Taiyuan Community

- i** Torik Visitors Center
No. 25, Xincun Rd., Chenggong Township, Taitung County 089-841-520
- 🚲** Bike sharing and renting services
It is recommended that you go north to Sanxiantai, or south to downtown Taitung City for bicycle rentals.

東河橋 Donghe Bridge

22°58'36.3"N 121°18'17.8"E

Donghe Bridge is located at the mouth of the Mawugong River, which connects the successful town with Donghe Township. The two bridges, new and old, that cross the river, have their own characteristics.



The long and narrow terrain along the mountains on one side and the sea on the other side; the Tropic of Cancer going across and the interior is divided into tropical and subtropical climates, rich in natural resources, flora and fauna. Whale watching, diving, bird watching, rafting and more activities can be arranged.

Travel Information Service

East Coast National Scenic Area
Travel Information Web



Sanxiantai Bikeway

109.8K milestone on Provincial Highway 11
Baishoulian Riverside Park

Sanxiantai Visitors Center

Sanxiantai Recreation Area

Terminal Station of Zhongshan Road, Chenggong Township

Chenggong Coast Park

Clownfish Aquarium

Chenggong Fishing Harbor (Xingang Yacht Dock)



From the Ami community's place of residence, in Baishoulian Riverside Park, in the north, passing by the most popular Sanxiantai Recreation Area on the East Coast and the Xingang Yacht Dock, this is a route to enjoy the wonders of marine ecology and coral reefs.

Total length: 9.7 kilometers

109.8K milestone on Provincial Highway 11 > Baishoulian Riverside Park > Sanxiantai Recreation Area > Chenggong Coast Park > Chenggong Fishing Harbor (Xingang Yacht Dock) > Clownfish Aquarium > Zhongshan Road, Chenggong Township

Sanxiantai Visitors Center

No. 74, Jihui Rd., Sanxian Vil., Chenggong Township, Taitung County

Bike sharing and renting services

Bicycle rental services are available next to the Sanxiantai Visitors Centre.

三仙台遊憩區 Sanxiantai Recreation Area

23°07'24.1"N 121°24'29.8"E

Typical offshore and coral reef attractions with abundant flora and eco-geology. Climb the lighthouse for 360-degree views of the ocean and the best view of the East Coast.



Shimen-Changbin Bikeway

The Shimen-Changbin Bikeway, built along Route 11 of the Coastal Highway, is worthy of its "blue highway" name, with the azure sea shining like a diamond along the way.

Total length: 9.5 kilometers

Shimen Recreation Area > Shih Ti Fishing Harbor > Shih Ti Scenic Area > Yuedong Scenic Area > Laeno Tribal Village > Qifeng Wetlands > Jing Pu Tropic of Cancer landmark > Baxian Caves Recreation Area > Changbin

Baxian Caves Visitors Center

No. 1-4, Shuimuding, Sanjian Vil., Changbin Township, Taitung County
089-881-418

Bike sharing and renting services

Changbin Township Office provides bike sharing and renting services (Reservation service is available on holidays only).

石梯坪遊憩區 Shitiping Recreation Area

23°29'29.1"N 121°30'31.9"E

Long-term erosion by sea tides has formed sea grooves, cliffed coast, potholes, marine abrasive landscapes, including a rare sea erosion wave-cut platform of up to 1 kilometer in length.





Day 8 : Enjoy a leisurely ride along the mountains and the ocean in the Huadong Valley

Route: Yuli > Ruisui > Fenglin > Ji'an > 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 Park 23°27'55.7"N 121°21'28.6"E

The second crossing of the Tropic of Cancer marks the completion of nearly two-thirds of the journey. The Tropic of Cancer Marker Park features a white sundial-shaped sign surrounded by four animals that represent traditional Chinese astronomical observation.



9 252km 光復Guangfu – Hualien Sugar 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 explain its history.



9 276km 花蓮Hualien – Qixingtang Beach 24°01'50.8"N 121°37'46.3"E

It is said that at night, when the weather is good and there is no light pollution, the Big Dipper can be seen above the sky at Qixingtang Beach. Although it is called a lake, visitors are, in fact, facing an endless view of the Pacific Ocean.



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.

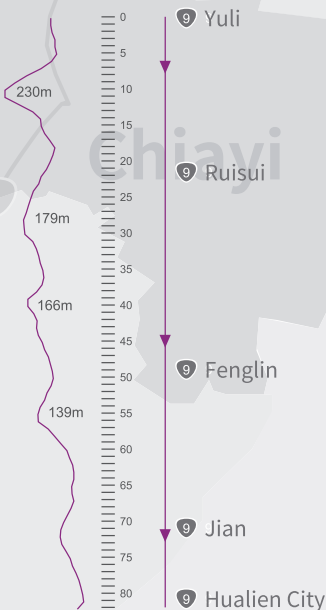
Healthcare/ Cycling maintenance depots

- ✳ **Giant Bicycles Youcheng Bike**
No. 34, Guoguang N. Rd., Ruisui Township,
Hualien County
03-887-2502
- ✚ **Mennonite Christian Hospital,
Shoufeng Branch**
No. 52, Yuchi, Gonghe Vil., Shoufeng
Township, Hualien County
03-866-4600
- ✚ **Hualien Hospital, MOHW**
No. 600, Zhongzheng Rd., Hualien City,
Hualien County
03-835-8141
- ✳ **Giant Bicycles Hualien**
No. 35, Guoxing 1st St., Guolian Vil.,
Hualien City, Hualien County
038-336-761

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

Hualien

Nantou

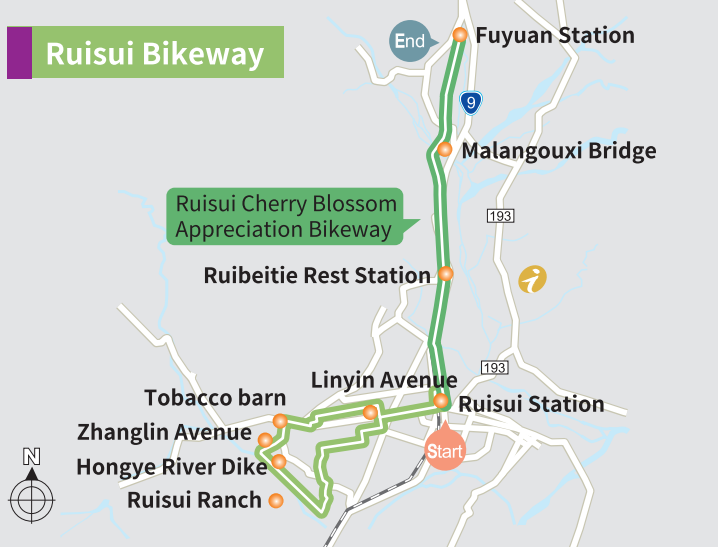
Chiayi



Rest Stops

- 9 **268km**
7-Eleven Convenience Store
No. 30-2, Ruibeil Vil., 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 Vil., Ruisui Township,
Hualien County
03-887-2874
- 9 **222km**
Shoufeng Police Station
No. 22, Shoushan Rd., Shoufeng Vil.,
Shoufeng Township, Hualien County
03-865-1337

Ruisui Bikeway



Setting off from Ruisui Station, you can enjoy the rustic and unadorned wilderness scenery along the way, including hot springs, pastures and tea plantations. The main line is reconstructed from an old railway line, and there are 10 to 12 kilometers of branch lines to connect with it.

Total length of the main line: 9.7 kilometers

Ruisui Train Station > Ruibeitie Rest Station > Malangouxi Bridge > Fuyuan Train Station

Total length of Branch line is 11.3 kilometers

Ruisui Station > Linyin Avenue > Tobacco Barn > Zhanglin Avenue > Hongye River Dike > Ruisui Ranch > Ruisui Station

i East Rift Valley National Scenic Area Administration
No. 168, Sec. 2, Xinghe Rd., Hegang Vil., Ruisui Township, Hualien County
03-887-5306

bike Bike sharing and renting services
There is a bicycle sharing and rental shop in front of Ruisui Station.

馬蘭鈎溪橋 Malangouxi Bridge

23°33'17.1"N 121°22'45.1"E

When you ride along the bikeway, you will pass the Malangouxi Bridge, which connects the Ruisui area to the Fuyuan Butterfly Valley's ravine attractions. Along the bikeway, cherry trees have been planted and every year, from February to April, the scenery is stunning.

Liyu Lake Round-the-Lake Bikeway

The Round-the-Lake Bikeway can connect the Double Axes Bikeway to Qixingtian Beach linking up the bicycle road network of Hualien City. During the firefly season, from April to June every year, you can see the tiny lanterns flying all over the mountain.



Total length: 5.2 kilometers

Liyu Lake Visitors Center > Tan Bei Water Park > Liyu Lake Recreation Area > Mount Liyu Trail Entrance > West Coast Recreation Area Pier > Fisheries Research Institute

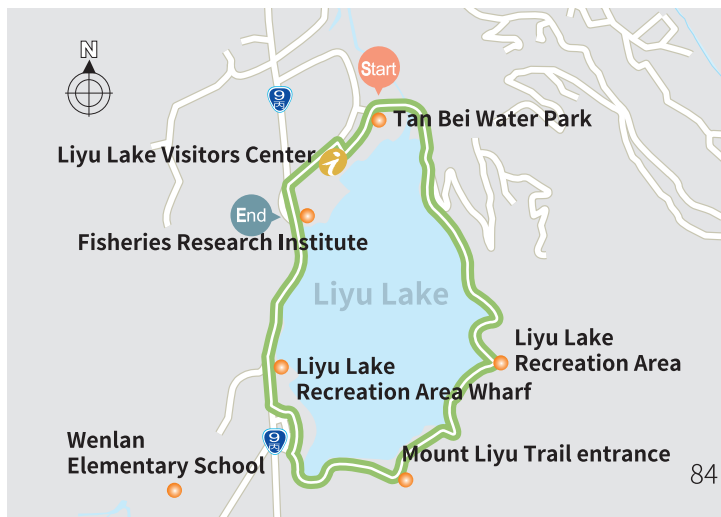
i Liyu Lake Visitors Center
No. 100, Huantan N. Rd., Chinan Vil., Shoufeng Township, Hualien County
03-864-1691

bike Bike sharing and renting services
There is a bicycle sharing and rental shop next to Liyu Lake Visitor Center.

水產實驗所 Fisheries Research Institute

23°55'57.5"N 121°30'24.5"E

The Institute collects many native river fish species, common tropical fish and freshwater fish, and you can also observe the natural ecology of water, lakes and outdoor culture ponds. From the second floor, it also overlooks the Liyu Lake.



Day 9 : Yilan: A Wonderland of Beautiful Mountains and Fresh Waters



Tip

The eastern coast of Taiwan is the first to bear the brunt of the typhoon season, from July to September every year. Please remember to check the weather forecasts before you set off.

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 achieve soil and water conservation.



9 134.5km 頭城 Toucheng – Lanyang Museum

24°52'07.7"N 121°49'57.8"E

Yilan can be considered a museum and Lanyang Museum is like a window to this museum. The architectural design blends in with the northeastern landscape's "cuesta" form, which has a broad and elegant blue-green hue from the reef.





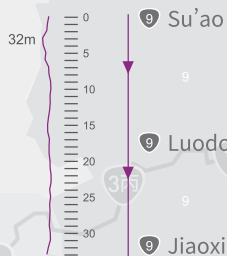
Healthcare/ Cycling maintenance depots

- ✳ **Jiوشي Bicycle Dealer**
1F., No. 112, Sec. 5, Suhua Rd., Sudong Vil.,
Su'ao Township, Yilan County
03-995-1595
- + **Lotung Poh-Ai Hospital**
No. 83, Nanchang St., Luodong Township,
Yilan County
03-954-3131
- ✳ **Giant Bicycles YiCheng Bike**
No. 185, Sec. 2, Zhongshan Rd., Yilan City,
Yilan County
03-932-5096
- + **National Yang-Ming University Affiliated
Hospital, Lanyang Branch**
No. 169, Xiaoshe Rd., Yilan City, Yilan County
03-932-5192

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.



Rest Stops

- 9 **79.5km**
Family Mart Convenience Store
No. 43, Sec. 1, Dafu Rd., Yilan City,
Yilan County

National Yang-Ming U
niversity (Affiliated)
Hospital

24°44'57.3"N
121°45'30.6"E

Bicycle Repairs
24°44'59.9"N
121°45'13.2"E

Luodong Cultural
Working House

+

Jiaoxi

Lotung Poh-Ai
Hospital
24°40'18.4"N
121°46'22.7"E

+

Luodong

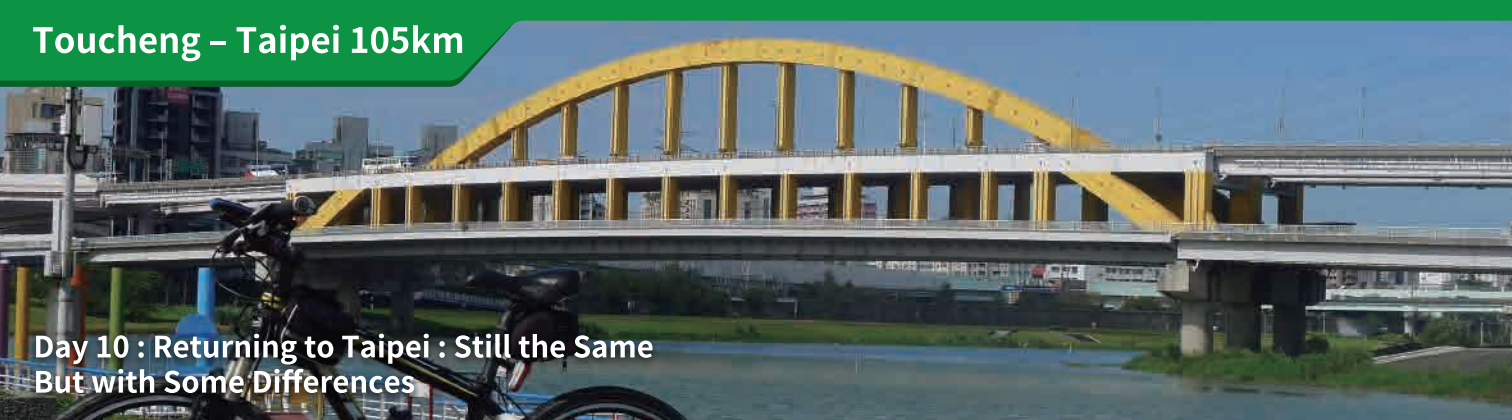
Bicycle Repairs
24°35'46.7"N
121°51'14.6"E

✳

Su'ao

Bicycle Repairs
24°35'46.7"N
121°51'14.6"E

Dongshan River Forest Park



Day 10 : Returning to Taipei : Still the Same But with Some Differences



Tip

Winter brings the northeastern monsoon, and from November to April, Yilan and the northeast of the island are under drizzling rain.

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 peddaling 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 100km 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 Pingxi Old Street with the Pingxi Railway.



5 台北 Taipei – Taipei 101

25°02'02.1"N 121°33'52.2"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

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.



Healthcare/ Cycling maintenance depots

- + **Taiwan Miner's General Hospital**
 No. 29, Yuanyuan Rd., Nuannuan Dist.,
 Keelung City
 02-2457-9101

- + **Cathay General Hospital Sijhih Branch**
 No. 2, Ln. 59, Jiancheng Rd., Xizhi Dist.,
 New Taipei City
 02-2648-2121

- * **Xin Chang Bicycle Dealer**
 No. 21, Limen St., Xizhi Dist., New Taipei
 City
 02-2648-8084

- * **Jie Jin Bicycle Dealer**
 No. 543, Sec. 7, Zhongxiao E. Rd.,
 Nangang Dist., Taipei City
 02-2783-6643

Replenish Your Energy

《Beef Noodle Soup》

The soup, which is mainly cooked with beef and bone, and the meat and noodles, are generally divided into "clear-broth beef noodle soup" and "red-braised beef noodle soup". The fragrant flavored broth with the chewy noodles is a delicious meal that every foreign tourist will remember after tasting it.



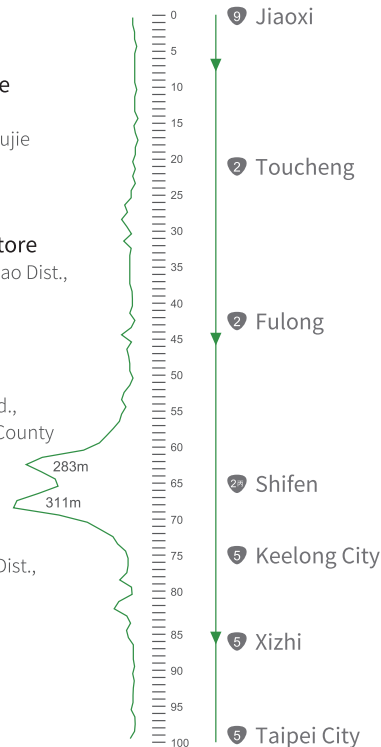
Rest Stops

- 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 **100.4km**
Fulong Police Station
 No. 19, Fulong St., Gongliao Dist.,
 New Taipei City
 02-2499-1541





The rocky headland and varied erosion geology of the Northeast Coast are a marvel of nature's ingenuity. Along the way, you can take in the special erosion geological wonders of the Northeast Coast, especially the famous scenic spots such as Fulong, the San Diego Lighthouse and the Lailai Geological Area, as well as the nostalgic atmosphere of the Old Caoling Bikeway Tunnel.

三貂角燈塔 San Diego Lighthouse

25°00'27.2"N 122°00'06.8"E

Located at the easternmost tip of Taiwan, facing the Pacific Ocean, the white tower offers a breathtaking view of the sea and sky alignment. The view is like being in the Greek Aegean Sea



龍洞灣岬步道 Luodong Bay Cape Trail

25°06'18.5"N 121°55'16.1"E

The name "Longdong" originates from the fact that the rocky coastline is curved like a giant dragon. The Longdong Bay Cape Trail is connected to the two headlands in the northeast. Bitoujiao and Longdong Cape are located at the top of the coast for a clear view of the ocean and the limestone cliffs.



南雅奇岩 Nanyaqiyan

25°07'12.5"N 121°53'35.3"E

Due to the precipitous mountainous terrain along the coast of Nanya, sea cliffs, marine erosion and weathering rocks are highly developed, and the hardness and thickness of each layer of rocks vary, resulting in the erosion of a strange and varied landform.

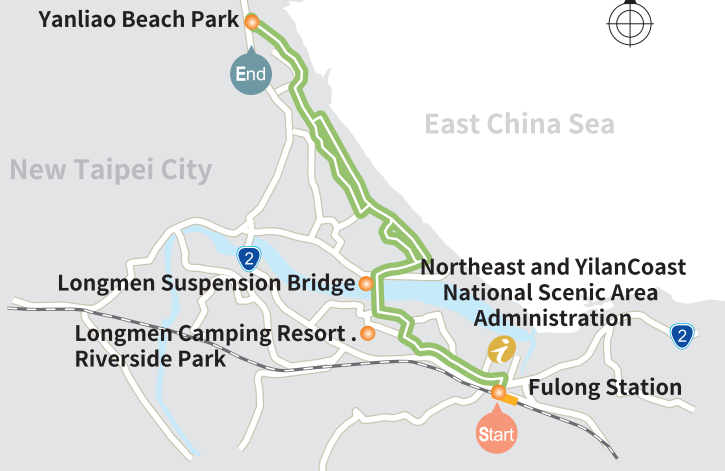


Travel Information Service

Northeast and Yilan Coast National Scenic Area
Travel Information Web



Longmen-Yanliao Bikeway



On the bikeway, there are eco-interpretive signs, which is the best way to learn about the coastal ecology. If you continue to ride towards the north from Yanliao for about 10 minutes, you may also visit the Aodi Fishing Harbor and enjoy a seafood feast!

Total length: 4.5 kilometers

Fulong Station > Longmen Camping Resort . Riverside Park > Longmen Suspension Bridge > Yanliao Beach Park

i Northeast and Yilan Coast National Scenic Area Administration
No. 36, Xinglong St., Fulong Vil., Gongliao Dist., New Taipei City
02-2499-1115

bike Bike sharing and renting services
Bicycle rental shops are concentrated on Fulong Street in front of the Fulong Station and on the secondary line of the nearby platform.

龍門露營區-獨木舟基地

Longmen Camping Resort – Kayaking Base

25°01'09.9"N 121°56'04.5"E

Longmen Camping Resort is a well-planned campground for camping, biking, barbecue and other recreational activities. The Longmen Kayaking Base is the first large-scale kayaking base in Taiwan.



Old Caoling Circular Line Bikeway

In 1986, the abandoned old tunnel was re-planned and re-built as a bikeway under the goal of turning it into a "Railway Museum." It is full of retro style. In particular, the chain-loop route provides a rich tourism experience on the Northeast coast.

Total length: 18.1 kilometers

Fulong Station > Old Caoling Bikeway Tunnel > Lailai Geo Area > San Diego Lighthouse > Mao'ao Fishing Village > Fulong Station

i Fulong Visitors Center
No. 38, Xinglong St., Fulong Vil., Gongliao Dist., New Taipei City
02-2499-1210

bike Bike sharing and renting services
There are several shops offering bicycles for hire at the northern end of the Old Caoling Tunnel.

福隆海水浴場 Fulong Beach

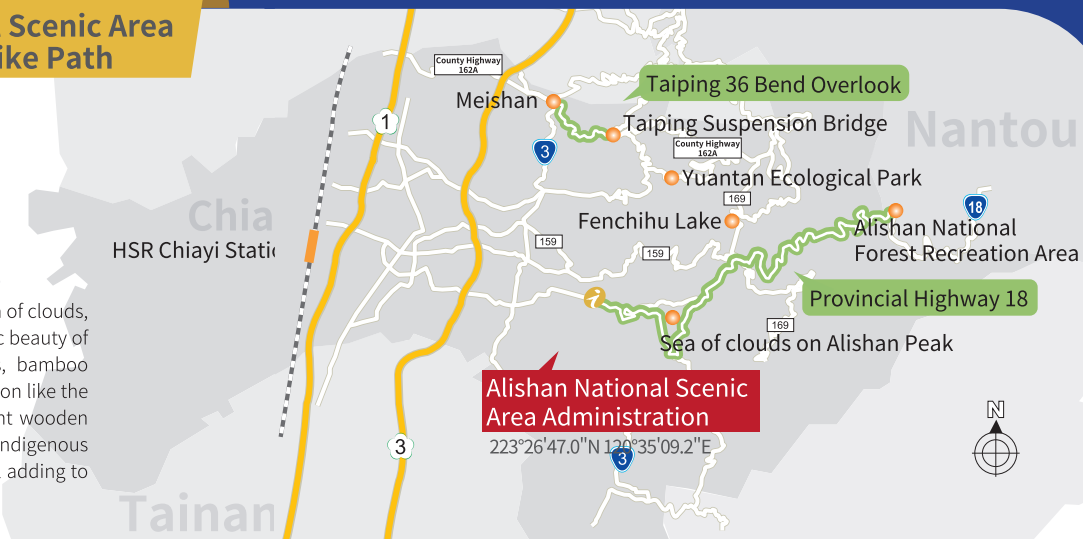
25°01'19.3"N 121°56'35.4"E

Shuangxi River enters the sea here, forming a dual landscape of inland river and outland sea. The meniscus arched bridge links the two places, making it suitable for water sports. Every year, the International Sand Sculpture Art Festival is held here to showcase the works of sand sculpture masters from home and abroad.



Challenge Bike Path Alishan National Scenic Area Challenge Bike Path

Alishan is known far and wide for its sea of clouds, sunrise and sunset, as well as the scenic beauty of its alpine waterfalls, cherry blossoms, bamboo forests and the areas under its jurisdiction like the "Z"- switchback forest railway, the giant wooden plank road, the Fenchihu Lake, the indigenous land and culture of the Tsou people, all adding to the unique beauty of the region.



Travel Information Service

Alishan National Scenic Area
Travel Information Web



圓潭生態園區 Yuantan Ecological Park

23°31'44.2"N 120°39'33.7"E

There are three waterfalls in the park: Yuantan, Xiangshan, and Xinhu. The water quality is crystal clear, the forest physiognomy is perfect, and the chirping of the birds and insects along the way make it an ecologically rich mid-altitude valley.



太平雲梯 Taiping Suspension Bridge

23°33'34.6"N 120°36'00.3"E

The Taiping Suspension Bridge is 281 meters long and roughly 1,000 meters above sea level, making it the longest and highest scenic suspension bridge in Taiwan. The bridge stretches across Taiping Village Lookout in Meishan over the San Yuan Rainbow Waterfall to Guishan, where visitors can enjoy the scenery of the Chiayi-Tainan Plain and the natural beauty of the sea of clouds and the red glow from the sun.



奮起湖 Fenchihu Lake

23°30'18.5"N 120°41'41.8"E

At an altitude of 1,450 meters above sea level, Fenchihu is famous for its old street, lunchboxes and natural scenery. It is the Alishan Forest Railway's suspended stop. The peripheral trail is surrounded by lush greenery and bamboo, and is quiet and beautiful.



Taiping 36 Bend Overlook



From Prefectural Highway Chia 162 to Taiping District, after leaving Meishan Street, the road gradually begins to wind and climb twistingly. The scenic route is beautiful, with a spectacular view of the Chiayi-Tainan Plain. During the ride, after each 180-degree rotation, no matter whether the mountains are competing for greenery or the vastness of the plain is of thousands of hectares, there is always something surprising to discover.

Total length is 13 kilometers

Meishan Park Parking Lot > Meishan Catholic Church > Meishan Observation Deck > Taiping Suspension Bridge

i Lung Jung Store

No. 17, Taiping Vil., Meishan Township, Chiayi County 05-2571278

竹林茶坊-孝子路步道

Taiping Zhulin Tea Shop – Xiaozi Road Pathway

23°33'34.1"N 120°36'19.9"E

When you walk along Taiping Old Street, you will find the Taiping Zhulin Tea Shop in front of Taiping Elementary School, and the most famous bamboo grove in Taiping is located on a stone walkway past a suspension bridge. On both sides of the trail, the Moso Bamboo Grove rises to the sky, as if entering a quiet scene from an ancient Chinese chivalry novel.



Provincial Highway 18

Provincial Highway 18 or the Alishan highway is the main road that runs through the scenic area and is also the most classic one. From the flatlands up to the high mountains, the following sights can be seen along the way, namely the Qing Dynasty reclaimed and cultivated large areas of wasteland, Japanese type, and the railroad for transporting timber.

Total length: 55.2 kilometers

Tourist Service Center > Shizhao > Alishan National Forest Recreation Area

i Tourist Service Center

No. 51, Checheng, Chukou Vil., Fanlu Township, Chiayi County 05-259-3900

石棹步道群 Shizhao Trail Group

23°28'26.3"N 120°42'10.0"E

The trail group is composed of six trails: fog, tea, cloud, summer, cherry blossoms and love, and you can enjoy the beautiful scenery of misty mom, cloudscape, rays of evening sunshine, tea plantations and cedar forest.



Traffic Lane for Remote Island Penghu National Scenic Area

Located in the middle of the Taiwan Strait, Penghu consists of more than 100 islands of different sizes with a coastline of 320 kilometers. Whether it is the historic old houses, temples and other cultural relics, the magnificent basalt wonders, or the ever-changing underwater seafloor landscape, the beauty is truly unforgettable.

Travel Information Service

Penghu National Scenic Area
Travel Information Web



Scenic Spots

澎湖跨海大橋 Penghu Trans-Oceanic Bridge

23°39'28.3"N 119°33'16.3"E

The 2,494-meter long bridge connecting Baisha and Xiyu was the longest trans-oceanic bridge of its kind in the Far East at the time of its completion, spanning over the turbulent Hou Men Channel.



二崁聚落保存區 Erkan Historical Village

23°36'18.8"N 119°31'10.6"E

It is the first traditional settlement conservation area in Taiwan, which retains the traditional overstep coral stone architectural construction method of Penghu and is the epitome of history.



池東大菓葉玄武岩 Daguoye Columnar Basalt, Chidong

23°35'43.5"N 119°30'59.0"E

The seafloor magma that rises due to changes in the earth's crust rapidly cools and contracts to form a special pentagonal- or hexagonal rock mass, which, under the erosion of the sea breeze, presents a magnificent appearance.



Roaming in the Gold Coast Landscape



From the Penghu Visitors Center, go through the Penghu Recreation Area, attack Fenggui first, then turn back and drill into the fishing village to explore the beautiful beaches such as Shanshui, Aimen, Lintou, etc., before heading north towards the windmill to "Moses Parts the Sea" on Kueibishan of Huxi and then, return to Magong City easily and comfortably.

Total length: 50 kilometers

Penghu Visitor Center > Penghu Recreation Area > Fenggui Cave > Shili Beach > Shanshui Wetland, Beach > Suogang N/S Tower > Aimen Beach and Lintou Park > Beiliao Kueibishan and Nanliao Community > Magong City

i Penghu Visitors Center
No. 171, Magong City, Penghu County 06-921-6445

b Bike-sharing and renting services
There are bicycle rental shops in Magong City.

蒔裡海岸 Shili Beach

23°31'32.5"N 119°34'01.0"E



Cycling to Yuweng Island Geopark

The island-hopping tour is a must-do trip in Penghu, which is composed of many islands. In addition to the "island-hopping of Beihuan Road", which is connected by a bridge, the experience of going out to sea with a bicycle is even more vivid.

Total length: 80 kilometers

Magong City > Dongwei Stone Carving Park > Zhongtun Wind Power Area > Tongliang Great Banyan > Trans-Oceanic Bridge > Whale Cave > Erkan Historic Village > Daguoye Columnar Basalt > Xiyu Western Fort > Yuweng Island Lighthouse > Magong City

b Bike-sharing and renting services
There are bicycle rental shops in Magong City.

漁翁島燈台 Yuweng Island Lighthouse

23°33'45.2"N 119°28'08.8"E

The Yuweng Island Lighthouse is located at the southwest end of Yuweng Island in Penghu County and lights up every night. It is the only lighthouse originally established in the country that is well documented and it is the only one that is well-marked by the navigation signs along the Taiwan coast.



Before you set out, no matter how well prepared you are for your trip, please master all the resources at your disposal to deal with whatever comes up during your trip.

Cyclist's Essentials



Central Weather Bureau
<https://www.cwb.gov.tw/eng/>

Taiwan on 2 wheels
<https://www.taiwanon2wheels.com/>



Formosa Lohas Cycling Association
Round-the island tour advisory services
<http://eng.flca.tw/>

Tips: Practical gadgets sharing

The use of wireless internet has become so ingrained in our lives that this booklet also provides some practical internet resources to help our round-the-island cycling friends! Make use of various tools to make your trip around the island smoother.



**Central Weather Bureau W
-Life Weather**
Weather Forecast –
Weather Condition



iOS



Android



Google Map
Map Searching/
Satellite Navigation



iOS



Android



Strava
Bike riding and
journey tracking



iOS



Android

Bicycle sharing and renting around the island



GIANT Bicycles
[https://www.giantcyclingworld.
com/news.php?id=20476461](https://www.giantcyclingworld.com/news.php?id=20476461)

Rikulau
<http://www.rentabike.com.tw/>





Transport, boarding and lodging

Taiwan's cuisine is famous all over the world, so take advantage of the round-the-island bike tour to taste the local food.

Enjoy life as much as possible



Taiwan Stay
<https://taiwanstay.net.tw/>

Backpackers

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



Muslim-friendly environment
<https://eng.taiwan.net.tw/m1.aspx?sNo=0020308>

Michelin Guide

<https://guide.michelin.com/tw/en>



Tourism Bureau, MOTC
<https://eng.taiwan.net.tw/>

Taiwan Railways Administration, MOTC
https://tip.railway.gov.tw/tra-tip-web/tip?lang=EN_US



Travel Taiwan
Travel Information Tips



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Android



Tip: How to eat before, during and after the ride?

Round-the-island cycling tour is a long-term endurance exercise, requiring a sports diet that prioritizes the avoidance of high greasy food. Strength is maintained by taking small and frequent light meals.

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