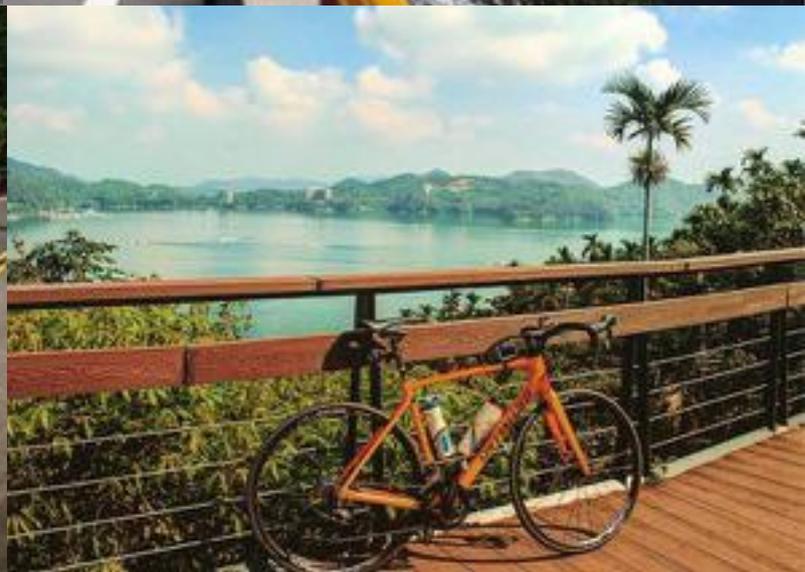




**PEDAL
Taiwan**

Dulwich Paragon & Friends - 14 Day Tours 2018

29 Sept - 13 Oct



Pedal Taiwan with Dulwich Paragon - Discover Taiwan Tour

After a hugely successful Dulwich Paragon trip to Taiwan in the autumn of 2017 with Pedal Taiwan supporting, we are pleased to announce we will be offering the opportunity for Dulwich Paragon members and friends to discover Taiwan in 2018 with two more amazing trips!

The 14-day, 1055km cycling tour offers a unique opportunity to ride stunning and challenging routes, in one of the most beautiful and undiscovered corners of the world. With its imposing mountain ranges (Jade Mountain stands at nearly 4000m), rolling paddy fields, gorgeous ocean roads, ultra-modern cycle lanes and world-famous cuisine, Taiwan provides the perfect blend of safety, comfort and adventure to make it an ideal location to explore by bike.

Starting in the capital, Taipei, you'll head east through the lush hills surrounding Taiwan's capital, finding natural hot springs, waterfalls and hidden mountain communities along the way. You then hit the coast, where the East China Sea meets the Pacific, and from here hug the rugged coastline until we begin one of South East Asia's most beautiful and challenging climbs, high into Taiwan's central mountains.

But what goes up must come down, so after reaching the peak you'll enjoy the once in a lifetime opportunity to glide more than 3000 vertical metres down through the iconic marble cliffs of Taichung County before reaching the idyllic Sun Moon Lake.

After a short transfer, we'll reach Taiwan's southernmost tip, Kenting. A surfing hot spot, grab a board or simply chill on the beach with an ice cold beer.

Back on the bike, you'll head north through pristine Kenting National Park, before beginning a 3 day journey along stunning tropical coastline, as well as miles of ancient paddy fields and farming villages in Taiwan's Rift Valley.

A final foray into the mountains will let you take on the route of the Taiwan KOM, and what is probably the toughest road climb in the world - Taroko Gorge. This is the exact route from the world famous race (won in 2017 by Vincenzo Nibali and Emma Pooley) and a ride that British pro-rider Lee Rodgers described as "a cycling pilgrimage". 100km and 4000m of climbing, it's certain to challenge even the greatest riders.

From the top, it's a breeze back into Taipei, with a few stops at hot springs and a world class whiskey distillery along the way of course!

With a vastly experienced guide and air conditioned support vehicles with you at all times, you can simply relax and enjoy the ride, as well as savour the delights Taiwan has to offer – think night markets, national parks, temples, waterfalls, natural hot springs and so much more!

A huge part of Taiwan's incredible natural beauty comes from the severity and scale of the central mountain range that rises straight up from the Pacific Ocean. So whilst you'll cover between 65km - 147km a day, expect to climb an average of 1500m on ascents that will match and better anything to be found in Europe. See the full itinerary below for more details.

Dates and Weather

Spring and Autumn in Taiwan are ideal for cycling. Average highs top out at around 25°C in Taipei and 32°C to the south in Kenting. Overnight temperatures usually dip to between 13-19°C.

The tour will run from Saturday 29th September - Saturday 13th October, with the first day of riding taking place on the 1st.

For more information or to book your place, email rob@pedaltaiwan.com or visit pedaltaiwan.com

Flights and Insurance

Although we are more than happy to recommend flight options, we are not able to offer flights as part of the tour package. You'll need to arrive into Taipei at the latest by the evening before the first day of riding, when we'll hold a full tour briefing and set up everyone with their bikes and kit. However, we would recommend getting a Friday evening flight out of London, in order to arrive on the Saturday. This will allow you an extra day to explore Taipei and acclimatise.

The included accommodation for both tours runs Saturday night on the day of arrival, to the Friday night at the end of the trip. Because of time differences, flights from Taipei to London will land on the same day as they left, so it is possible to fly out of Taipei on the Sunday and be back in London for Sunday evening. If you would like us to arrange an additional night's accommodation for you in Taipei on the final Saturday night, please let us know. See the full itinerary below for more details.

No visa is required by UK, EU, US, Canadian, Australian or New Zealand nationals for up to 30 days in the country. If you hold a passport from a different country or need more information, visit the Taiwanese Bureau of Consular Affairs website – www.boca.gov.tw.

It is a condition of the tour that you must hold adequate travel insurance to cover you in case of any accidents. By participating in the tour it is understood that you accept all responsibility for your health and any accidents that may occur.

Bringing your own bicycle

Although we can provide you with rental bikes for an additional cost, bringing your own bike is usually included in your baggage allowance, and very convenient because we will collect you from the airport. We cannot, however, accept any responsibility for any loss or damage to personal bikes, so would highly recommend obtaining bike insurance if you plan to bring your own.

Food

Taiwan is world renowned for its food. An incredible blend of Indigenous, Chinese and Japanese flavours, we know that you'll find it a real highlight of your trip. Breakfast, cycling snacks, lunch and water are included in the cost of the trip. We will also provide you with some local recommendations for dinner in the evening, as well as organising a few trips to night markets to really get a taste of authentic Taiwanese street food.

If you have any special dietary requirements we will do our utmost to accommodate, however, please do let us know in advance.

Cost

The total cost of 14 nights accommodation, breakfast and lunch, local guide/ride leader, support vehicles, and internal transport will be £1849pp. Giant TCR Advanced bike hire is available for the trip through Pedal Taiwan, for an additional cost of £300pp. Singles are more than welcome, however, unless you are willing to share a twin room, there will be a single-room supplement of £150.

A £500 non-refundable deposit is required to secure your place on the trip, which will be subtracted from the total cost when the final balance is due 4 weeks before the start of the trip. To confirm your place on the trip or for any questions, please contact Rob from Pedal Taiwan at rob@pedaltaiwan.com / 07768699479 or Gary MacGowan from Dulwich Paragon at garymacgowan@hotmail.co.uk / 07979598060.

For more information or to book your place, email rob@pedaltaiwan.com or visit pedaltaiwan.com

Full Itinerary

Day 1 (Saturday 29th September) :

Arrival and transfer from TPE International Airport to accommodation in Taipei.

Day 2:

Acclimatisation, bike building and sightseeing in Taipei. There will be optional visits available to Yangmingshan National Park and Tamsui River Market. Evening briefing on the tour.

Day 3:

Start: Taipei

Coffee: Shiding

Lunch: Shifen

End: Keelung

Total Distance: 65.2km

Total Climb: 1195m



We'll ease you into the adventure on Day 1 with a 15km cruise through the eastern suburbs of Taipei, passing the world's 3rd highest building Taipei 101, and climb into the foothills surrounding the city before stopping for a coffee at Shiding.

From here we'll gently climb through lush forest to Shifen Old town where we'll eat lunch at a local restaurant. After refueling, we'll head a couple of kilometers up the valley to visit Shifen Waterfall – perhaps the most famous in Taiwan. From the waterfall, the road climbs a up into the hills before we hit the day's high point of just under 500m.

The final 25km stretch takes us down into the port city of Keelung, where our recommended restaurant offers some of the finest seafood in the country.

For more information or to book your place, email rob@pedaltaiwan.com or visit pedaltaiwan.com

Day 4:

Start: Keelung
Coffee: Jiufen
Lunch: Sandiaojiao Cape
End: Jiaoxi

Total Distance: 86.6km
Total Climb: 1122m



Day 4 starts with a gentle cruise along the Pacific coastline, before we climb 250m upwards to the historic mining town of Jiufen. Built back in the gold rush at the turn of the 20th century, the narrow lanes, tearooms and views of the ocean will make for a perfect morning break.

A further 250m of climbing takes us to the day's high point before we meander down through the forest before rejoining the coast just above Sandiaojiao Cape Lighthouse, also known as the 'Eye of Taiwan'. This spot, which was also a battlefield during the Pacific campaign of WW2, marks the most easterly point of Taiwan and offers stunning 270 degree views of the ocean below.

From the cape, we head south along the coastal road before turning off to head up to the Wufengchi waterfalls. If you're feeling brave enough, bring your swimmers and take a dip in pool at the bottom of the 100m, three-stage waterfall! From there it's a leisurely glide down through paddy fields to our B&B in Jiaoxi. After dropping off the bikes we'll head up to the local hot springs (one of more than 100 in Taiwan) for a post-ride soak and to prepare your legs for the day ahead.

For more information or to book your place, email rob@pedaltaiwan.com or visit pedaltaiwan.com

Day 5:

Start: Jiaoxi
End: Lishan

Total Distance: 118.2km
Total Climb: 3636



After a gentle couple of days by the coast, Day 3 brings the first big challenge of the trip – the 102.2km ride up to Lishan. Starting in Jiaoxi, we head south past the Kavalan whiskey distillery (incidentally home to the world's best single malt in 2015!) and then begin to track the mighty Lanyang River. Carved out by monsoon and typhoon rains that can top 2000mm in a day – three times what London receives in a year – this vast river is a true reminder of the power of nature in Taiwan.

As we gently climb at an average gradient of 2%, the valley narrows and the hills begin to rise ever higher. A coffee at Chilan Forest marks our first crossing of the river. The climb ramps up slightly as we cross the river once more to ride through cabbage and spring onion fields. We'll take lunch at Nanshan, at around 1100m, before the final stretch to Lishan.

It's not all uphill as there are two downhill sections, but the switchbacks out of Nanshan and the final stretch to Lishan are certainly big climbs. Once at the summit, you'll have climbed over 3000m and reached almost 2000m – time to enjoy a big bowl of steaming noodles and enjoy a well-earned rest!

If this sounds too much then speak with the organising team and we can arrange for you to perhaps cycle some of the route, or head straight up to Lishan for a hike through the tea plantations and apple orchards above the village to a spectacular viewpoint over the valley.

For more information or to book your place, email rob@pedaltaiwan.com or visit pedaltaiwan.com

Day 6:

Start: Lishan
Coffee: Wuling Pass
End: Sun Moon Lake

Total Distance: 113.7km
Total Climb: 1800m (descent of 3000m)



Having climbed for the entire ride the day before, you would think that the only way was down, and you'd be right. After a little bit more climbing first though. From Lishan we continue onwards and upwards towards the highest road in Taiwan, Wuling Pass.

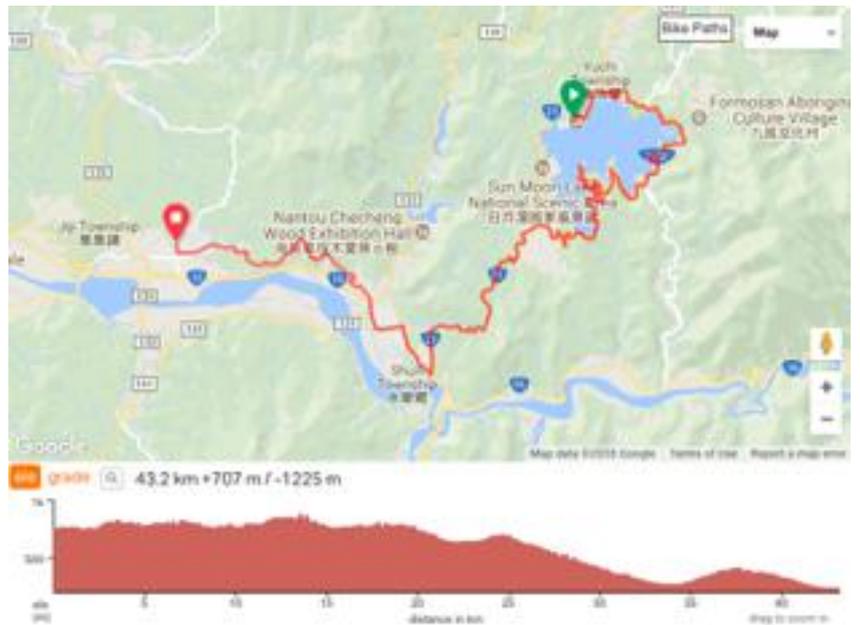
35km and about 1200m of climbing will be well worth the effort. Breathtaking views await us, as well as a stunning descent towards Sun Moon Lake.

Famous with tourists and locals alike, the lake is a perfect opportunity to relax with a beer, or take a swim in the crystal clear waters.

Day 7 (Half Day):

Start: Sun Moon Lake
End: Jiji Wuchang Temple

Total Distance: 43.2km
Total Climb: 700m



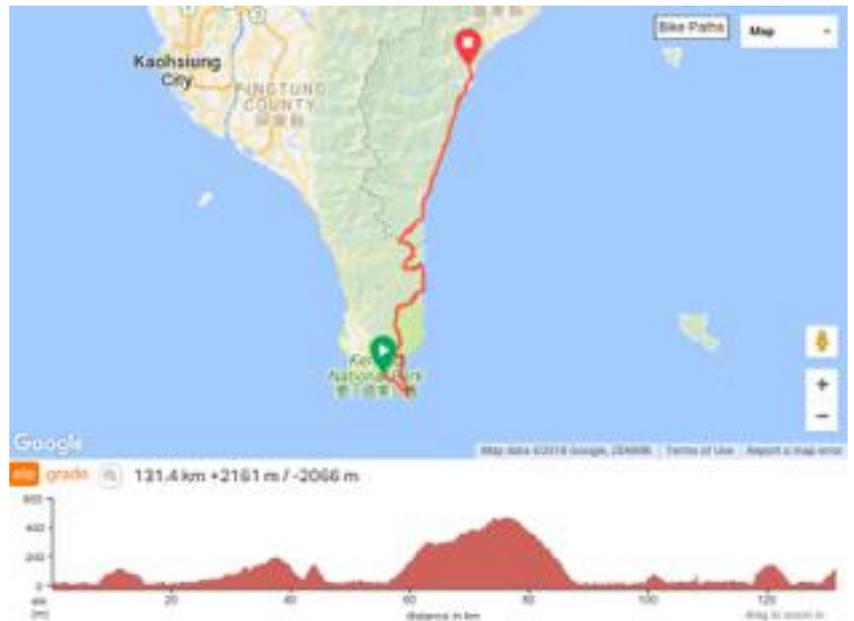
We'll enjoy the first of our rest days on day 5, but not without a short spin on the bikes first! From our hotel, we'll ride around Sun Moon Lake to take in all of the incredible vistas, before finishing with a stunning descent out of the valley to a temple in Jiji Township.

From here, we load up the bikes and travel to the very southern tip of Taiwan: Kenting National Park. It will take us approximately 4 hours to reach Kenting, and once we arrive, you can spend the afternoon relaxing on the beach, riding up the coast, hiking in the mountains, or sampling the vast array of street food!

Day 8:

Start: Kenting
Lunch: Daren
End: Taimali

Total Distance: 131.4km
Total Climb: 2161m



Back on the road after our day off (or back on the bike if you couldn't resist a spin of the pedals on Day 6!), we will be climbing up through picturesque Kenting National Park. Our route takes us meandering through jungle mountains, small farming villages, and stunning Pacific coastal roads.

After 3 short climbs, and a brief lunch stop in Daren, we rejoin the main road and follow the Pacific coast all the way up to the village of Taimali, where we can spend the evening getting a glimpse of authentic aboriginal culture as well as trying more than a few delicacies!

Day 9:

Start: Taimali
Coffee: Donghe
Lunch: Sansiantai Bridge
End: Rusui

Total Distance: 147.5km
Total Climb: 1459m



From Taimali, we continue north along the coast through Taitung County, flanked on either side by gorgeous tropical beaches and jungle covered mountains. After a stop at gawp at Taiwan's uphill river, and a quick refuel at the famous Donghe Bun Shop (which in our opinion sell the best Baoxi money can buy!) we ride on towards Sansiantai Bridge.

The bridge is a phenomenal piece of architecture designed to resemble a dragon, which connects the main land to the 'Island of the Three Immortals'. After a walk around the island, we'll take a picnic lunch of local treats overlooking this incredible manmade structure.

Finally we ride on north, passing The Baxian Caves (large sea caves that have become famous for their Old Stone Age ruins) and the Tropic of Cancer, before ending our day with a sharp 200m climb over the Hai'an Range and into the rift valley.

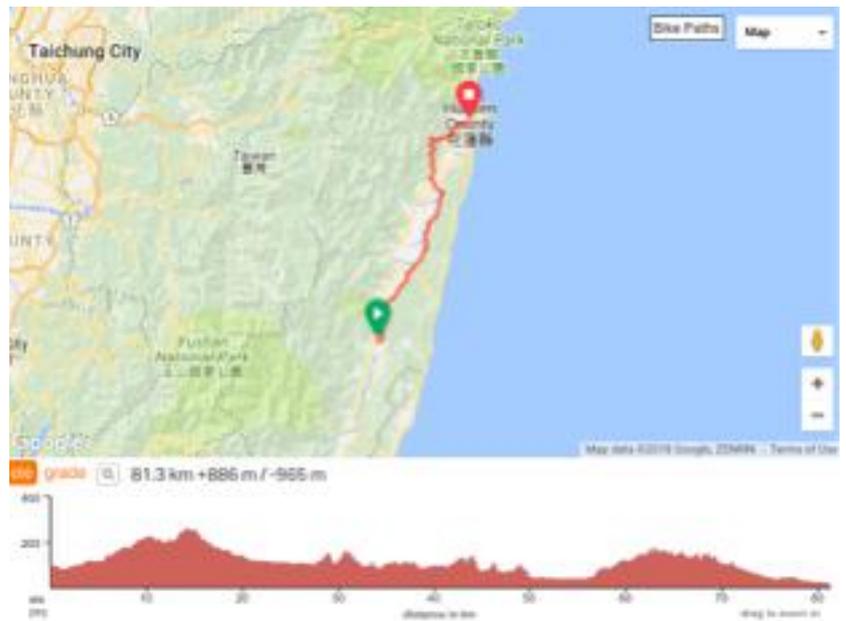
Just the other side of the range lies our rest stop for the night, Ruisui. Spend the evening enjoying the traditional Japanese Hot Springs, as well as one of the finest restaurants in Taiwan!

For more information or to book your place, email rob@pedaltaiwan.com or visit pedaltaiwan.com

Day 10:

Start: Ruisui
Lunch: Fenglin
End: Hualien

Total Distance: 81.3km
Total Climb: 886m



Having taken in the stunning ocean views the day before, Day 3 will see us ride through equally spectacular countryside in the rift valley. Largely untouched by Taiwan's development boom, these small farming communities continue in much the same way as they have for centuries.

We'll head north along one of Taiwan's most loved cycling routes, winding in between the paddy fields and the foothills to the east. Gorgeous food as well as landscapes await us in Fenglin, and the local dumpling restaurant should give us just the boost we need to propel us towards Hualien.

Before we get there, however, we will take a small detour west to gorgeous Liyu Lake, where weather permitting, we can spend an hour swimming and relaxing by the shore. From the lake, we then cut back across the rift valley, to the East Coast National Scenic View point, and if you're feeling brave enough, the steepest road climb in Taiwan.

In the evening we can explore Hualien's famous night market, with all sorts of taiwanese treats. Just what the doctor ordered to prepare us for the challenge of Taroko the day after!

For more information or to book your place, email rob@pedaltaiwan.com or visit pedaltaiwan.com

Day 11: (REST DAY)

Day 9 is the time to enjoy a well-earned rest! Explore the city of Hualien and the surrounding areas at your leisure. Head off to the beach for a spot of sunbathing, jump on a boat to watch the dolphins, hire scooters to ride up Taroko gorge or take a hike in the stunning mountains nearby.

Day 12:

Start: Hualien
End: Wuling Pass

Total Distance: 129.2km

Total Climb: 4245m



Perhaps the most iconic cycle road in the world, and certainly one of the toughest. No cycling trip in Taiwan would be complete without attempting to ride the route of the Taiwan KOM - up Taroko Gorge. Won in 2017 by Vincenzo Nibali and by Britains' Emma Pooley, this climb is guaranteed to push you to the limit.

Alarms will be set early for our huge day of climbing through the amazing Taroko Gorge. As we wheel out of town the first 20km is a flat warm up for what is to come – 80km of climbing, winding up through the gorge before the busloads of tourists arrive.

We'll pass over stunning bridges, through tunnels and on some spectacular stretches of tarmac as we climb ever higher. We'll stop frequently to refuel, take on water and simply to admire the views. After 65km there's a quick descent to take you to the base of the final climb – 1000m of high altitude climbing over 18km on one of the world's most stunning roads. Finally, from the top of the climb (the highest road in Taiwan), we'll descend back to familiar surroundings in Lishan, where we stayed on day 3.

For more information or to book your place, email rob@pedaltaiwan.com or visit pedaltaiwan.com

Day 13:

Start: Lishan
Lunch: Kavalan Distillery
End: Jiaoxi

Total Distance: 102.6km
Total Climb: 1630m



With the exertions of the day before, you'll no doubt be glad to hear that this will be one of the quickest 100km rides you'll do in your life. 2 small climbs are hidden in a day of descending, as we ride back down the mountain we came up on day 3.

The advantage of this quicker ride, is it will give us plenty of time to enjoy all the other treats of Yilan county. We'll finish at Kavalan Whiskey distillery, where we can enjoy a tour of the facilities, followed by whiskey tasting for those who'd like to.

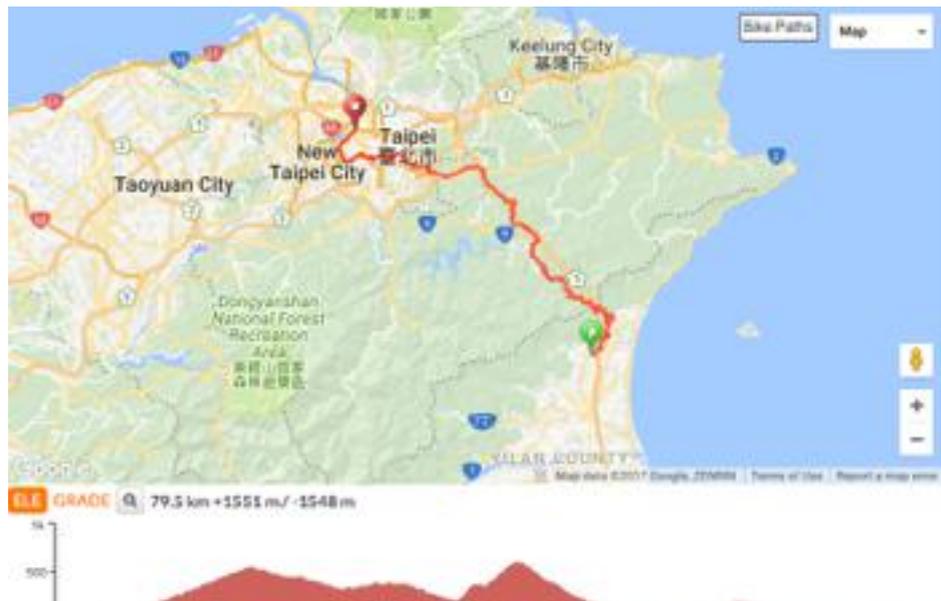
After a couple of first class single malts, you may be in the mood for a hot bath, and luckily Jiaoxi hot springs are just the place! Depending on just how much whiskey you've sampled, its a short 20km ride or even shorter drive back to our gorgeous accommodation in Jiaoxi.

For more information or to book your place, email rob@pedaltaiwan.com or visit pedaltaiwan.com

Day 14: (Friday 10th October)

Start: Jiaoxi
Lunch: Pinglin
Finish: Taipei

Distance: 79.5km
Total climb: 1551m



After some huge days on the road over the previous 2 weeks, our final day is a tad more leisurely in comparison. That being said, the day starts with a steady 12km climb out of Yilan County and into New Taipei City County.

The rolling road takes us through the forested Pinglin District to the final major climb of the tour, a sharp ascent up to our high point for the day of 600m. Some sections approach 18% so this really is a final sting in the tail!

Once at the summit it is downhill all the way into Taipei, where we'll finish our ride along the cycle path that runs along the bank of the Tamsui River. We'll arrive into town around mid-afternoon so feel free to catch an evening flight home, or stick around with us and we'll head out for dinner at a famous Taipei hotpot restaurant.

Total Tour Distance: 1055.2km
Total Tour Climb: 19685m

Elements of this route may change slightly due to weather conditions, road closures or unforeseen circumstances.

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