

## Dulwich Paragon & Friends

### Road Bike Tour of South Korea - 15 to 29 September 2018

---



With relationships between North and South Korea improving, now is the perfect time to explore the beautiful country of South Korea by road bike. It's a country of mountains and plains, ancient temples and super modern cities, forests, jungles and lush farmland. South Korea also has an amazing network of asphalt long distance fast rolling cycle routes and quiet smooth roads, with a rapidly growing and enthusiastic road cycling culture.



Our road bike exploration of South Korea will be 14 nights and 15 days (including arrival and departure days), nine days fully supported cycling (just under 1000km), one day on a bullet train at over 300kph, an organised day trip to the DMZ (the Demilitarised Zone) between the north and South, and two days either side of the trip to enjoy the sights of Seoul.

Here's a link to the road bike route (<https://ridewithgps.com/routes/27070752>)

**For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060**

# Dulwich Paragon & Friends

## Road Bike Tour of South Korea - 15 to 29 September 2018

---

We will be supported by Pedal Travel (<http://pedaltravel.com>) and the trip is open to all Dulwich Paragon members, our friends and partners, offering you the chance to ride your bike at your speed and your level of experience in one of the least known, but proudly cultural and beautiful countries in the world. We are also looking into the possibility of bringing your non-cycling partner with you if you wish to share the experience – if you are interested in this option, please let us know.

### **COSTS**

Our South Korea cycling trip for two weeks (14 nights) is a trial trip, with a sense of exploration and adventure. As such, your upfront costs will be for your hotels and the support vehicle. You will pay for your flight independently and the remainder of the costs for food & water, support driver and fuel, we will pay as we go.

Upfront costs for 14 nights are approximately:

- £990 per person for a single room
- £670 per person for a twin or double room approximately
- The support vehicle hire will be approximately £2000 to be divided between the group – we hope to have 12+ people

Hotels are 3\* or 4\* with en-suite rooms, double beds and air con.

### **FOOD**

- Breakfast is provided at some hotels but at others, we will need to provide our own either purchased the evening before or on departure from the numerous 7 Eleven or Family Mart stores.
- We will eat locally each evening or at the hotels.
- Food while we are cycling will be in local restaurants or 7 Eleven / Family Mart stores.

### **HOW HARD IS THE CYCLING?**

This cycle trip is both a tour of the spectacular South Korean peninsula and an opportunity to test your cycling legs at whatever speed you want to cycle. The trip will cater for riders of all abilities, and it is suitable for your best road bike.

There are some incredible climbs in the mountains that will match anything you have undertaken in the Alps, Dolomites and Pyrenees, or anything you may have seen in professional cycling, with climbs of 10km+ long and 7%+ average gradient. When it's flat in the river plains, it is pan flat!

You will need to bring your own bicycle with you, within your airline baggage allowance. Your bike boxes/bags will be stored at our start/finish hotel in Seoul.

**For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060**

## Dulwich Paragon & Friends

### Road Bike Tour of South Korea - 15 to 29 September 2018

---



#### THE ROADS

The roads in South Korea are in good condition and are surprisingly quiet outside of the towns. Speed limits are strictly adhered to and drivers are polite and respectful.

South Korea also has an incredible network of cycle routes that cross the country. They are fast, wide (up to 5m) and perfectly smooth, and we will be making the best use of these.



For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060

# Dulwich Paragon & Friends

## Road Bike Tour of South Korea - 15 to 29 September 2018

---

### SUPPORT AND GEAR WAGON

Our support and gear (SAG) wagon will be a large modern six seat air-con crew cab pick-up, which will be with us for the duration of the trip. If anyone is not up to riding a full day or wants to jump in the SAG wagon at any time during the day, it will take both bikes and riders.

### FLIGHTS

The itinerary below is arranged to give you some flexibility with arrival times on either Saturday or Sunday, depending on how much time you want in Seoul at the start of the trip. The proposed outbound and inbound days for the trip, are:

- Outbound - fly London Heathrow to Incheon International Airport (Seoul) on Friday 14<sup>th</sup> September 2018
- Inbound - fly Incheon International Airport (Seoul) to London Heathrow on Saturday 29<sup>th</sup> September 2018

Flight prices range from £600 upwards, depending on airline, but most require a short stop-over. Korean Air, Asiana Airlines and British Airways are slightly more expensive, but the only airlines that fly direct from London to Seoul, with a flight time of 11+ hours.

We can arrange only one collection from the airport, based around the flights below. If you decide to arrive earlier and wait, we can collect you after the arrival of the Asiana Airlines flight. However, if you decide to arrive later or on a different day, you will need to make your own way to our hotel in Seoul – there are excellent train links from Incheon to Seoul.

Outbound			11 hrs 0 mins	Economy Class
<b>KOREAN AIR</b>	Departs: London Heathrow (LHR)	KE908	14/09/2018, 19:35	£593.31 Average price per person
Economy	To: Seoul Incheon (ICN)	KE908	15/09/2018, 14:35	
Return			11 hrs 55 mins	Total
<b>KOREAN AIR</b>	Departs: Seoul Incheon (ICN)	KE907	29/09/2018, 13:30	£593.31 inc. airport taxes and fees.
Economy	To: London Heathrow (LHR)	KE907	29/09/2018, 17:25	
				<a href="#">Book Now</a>

Flight information provided by Omega Flight Store – [www.omegaflytstore.com](http://www.omegaflytstore.com)

### TOUR ITINERARY

**Friday 14 Sep** – departure from the UK

**Saturday 15 Sep** - land at Incheon International Airport and transfer to hotel in Seoul (approx. one hour). We will stay for the first three nights in the 3\* Morning Sky Hotel in the centre of Seoul.

For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060

## Dulwich Paragon & Friends

### Road Bike Tour of South Korea - 15 to 29 September 2018

---

**Sunday 16 Sep** - build bikes and sightseeing in Seoul. Our hotel is perfectly positioned for local markets, restaurants, craft beer pubs ... and the historical sights, of course!



**Monday 17 Sep** - Seoul - Suwon - Seoul (91km) one day return ride to the UNESCO World Heritage hillside fort town of Suwon - <https://ridewithgps.com/routes/27152112> - flat, fast ride on amazing cycle lanes by the rivers/canals.

A great day to see some local sights, shake-out the legs and wonder at Seoul's amazing cycle lanes. On our return, we will stop at the Rapha Café in Seoul.

For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060

## Dulwich Paragon & Friends

### Road Bike Tour of South Korea - 15 to 29 September 2018

---



**Tuesday 18 Sep** - Seoul to Chuncheon – (110km) a flat, fast ride on dedicated cycle lanes following the rivers. We stay the night in the 3\* OST Hotel in the centre of Chuncheon.

We will be passing a few of South Korea's new high-rise cities on our daily routes. As the country is keen to expand but with limited space, they have decided to build high! All high rise buildings are the same height, but with different architects for blocks of six+, and connected with roof gardens, walkways, shopping malls etc. The South Koreans are proud of this modern development and they are immaculately maintained. The result has meant that more land has been freed for local farming and South Korea is now almost self-supportive in its agricultural system.

For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060

**Dulwich Paragon & Friends**  
**Road Bike Tour of South Korea - 15 to 29 September 2018**

---



For more information or to book on our Dulwich Paragon road bike trip to South Korea  
contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060

## **Dulwich Paragon & Friends**

### **Road Bike Tour of South Korea - 15 to 29 September 2018**

---

**Wednesday 19 Sep** - Chuncheon to Pyeongchang – (131km) we ride straight into the mountains from Chuncheon, with five passes to cross. We finish close to the 2018 Winter Olympics resort in Pyeongchang and stay in the 4\* Kensington Hotel.

**Thursday 20 Sep** - Pyeongchang to Donghae – (89km) continuing our ride through the mountains during the morning, then a 13km descent and a fast flat session along the coast. We stay the night in the 3\* Hyunjin Tourist Hotel.



**Friday 21 Sep** - Donghae to Jeongseong – (80km) both flat and mountainous, we start with a short ride along the coast before a 13km climb back into the mountains and two more passes before reaching the mountain resort of Jeongseong, and the 3\* Jeongseong Province Pension.

**Saturday 22 Sep** - Jeongseong to Andong – (140km) continuing through the mountains with three more passes, before a rolling descent to the town of Andong and the 3\* Goryeo Hotel.

**For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060**

## Dulwich Paragon & Friends

### Road Bike Tour of South Korea - 15 to 29 September 2018

---

#### **Sunday 23 Sep** - Andong to Daegu

(123km) gently undulating through rural farmland, a café stop at the UNESCO World Heritage ancient village at Ha-Hue and on to the trendy city of Daegu. We stay in the 3\* Hotel Top.

#### **Monday 24 Sep** - Daegu to Gyeongju

(111km) another flat fast day to the ancient city of Gyeongju. However, our ride today, finishes with a monster 12 km climb to the ancient temple at Gyeongsangbuk-do. We can spend the remainder of the afternoon at other temples in the area or relax in the pool at the 4\* Kolon Hotel.



For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060

## Dulwich Paragon & Friends

### Road Bike Tour of South Korea - 15 to 29 September 2018

---

**Tuesday 25 Sep** - Gyeongju to Busan – (100km) our last day in the saddle is a flat fast ride to South Korea's 2nd city and our 4\* hotel on city centre the harbour, the Bay Hound Hotel.



**Wednesday 26 Sep**- Busan to Seoul on the bullet train at 300+kph.



We take the bullet train in the afternoon for a four hour trip from Busan in the south, back to Seoul in the north. Our bikes will be transported back to Seoul in the support vehicle.

South Korea's bullet trains are some of the fastest in the world, reaching speeds well in excess of 300kph.

We return to our start hotel in Seoul city centre, the 3\* Hotel Morning Sky, for the last three nights of our trip

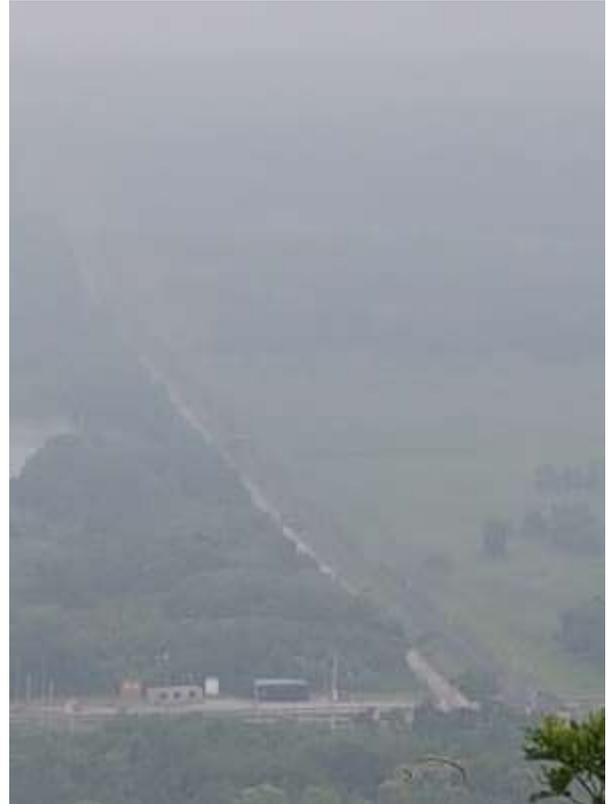
For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060

## Dulwich Paragon & Friends

### Road Bike Tour of South Korea - 15 to 29 September 2018

---

**Thursday 27 Sep** - A full day out on an organised coach trip to the Demilitarized Zone (DMZ) between North and South Korea. The trip will include a visit to the museum, war relics, some great views into North Korea and a trip into one of the four tunnels that the North has built in preparation for an invasion of the south.



**Friday 28<sup>th</sup> Sep** - rest day in Seoul

A chance to do some shopping and see more of the sights of this wonderful city.



For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060

# Dulwich Paragon & Friends

## Road Bike Tour of South Korea - 15 to 29 September 2018

---



**Saturday 29<sup>th</sup> Sep** – departure from Incheon International Airport

### WEATHER

- **How hot or cold is it?** The temperature will range between 18° to 27°C. You will need sun screen and to ensure that you are hydrated at all times.
- **Wet and cold.** South Korea has a temperate climate and although September is warm, we can expect the occasional storm. If it rains when we are not in the mountains, it will be a typical UK type summer rain storm, but if it rains when we are in the mountains, it can be quite cold and you will need a good waterproof cycling jacket.
- **Evenings and early mornings.** In the lower lying areas, it can be both hot and humid or hot and dry during the night, mornings and evenings, dependent on whether we are near the coast or inland. In the mountains, the evenings can be chilly.

### TRAVEL INSURANCE

You must have your own travel insurance! Our activities are not regarded as extreme sports, but check your travel insurance.

For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060

# Dulwich Paragon & Friends

## Road Bike Tour of South Korea - 15 to 29 September 2018

---

### VISA

If you have a British Citizen passport you can enter South Korea as a tourist for up to 90 days without a visa. However, you must also have an onward or return ticket. Your passport should be valid for a minimum period of 3 months from the date of entry into South Korea.

If you have a different type of British nationality, or are travelling for any purpose other than tourism, you should check visa requirements with the Embassy of the Republic of Korea, London.

### HEALTH INFORMATION

South Korea is a very modern country, but while most travellers have a healthy and safe trip, there are always risks that are relevant. The main (albeit minor) risks are diseases transmitted by insects or ticks, transmitted by contaminated food and water, sexually transmitted infections, or health issues related to the heat or cold.

Make sure you are current on routine vaccines including measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis and polio. You might also be interested in the following:

- **Hepatitis A.** You can get hepatitis A through contaminated food or water.
- **Typhoid.** You can get typhoid through contaminated food or water, especially if you are an adventurous eater!
- **Hepatitis B.** You can get hepatitis B through sexual contact, contaminated needles, and blood products. If you are contemplating having sex with a new partner or getting a tattoo or piercing while we are away, you might want to consider a vaccination?!
- **Biting insects!** Ticks are the main biting insect in South Korea and the season is generally April. However, mosquitos are also prevalent and will bite in the evening. Lightweight longer sleeved shirts/tops and trousers can sometimes be more comfortable than heavy applications of insect repellent.
- **Group first aid kit.** There will be a large first aid kit for the group, which will be available in the SAG wagon.

For advice regarding safety and security please check the UK Foreign and Commonwealth Office (FCO) website.

You should ideally arrange an appointment with your health professional at least four to six weeks before travel - even if time is short, an appointment is still worthwhile.

### CURRENCY

The South Korean 'won' is the national currency (£1 = 1440 won) and most of your costs (drinks, presents etc) will need to be paid in won. However, credit cards are widely accepted and there are cash point machines in the larger towns for local currency withdrawals.

**For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060**

## Dulwich Paragon & Friends

### Road Bike Tour of South Korea - 15 to 29 September 2018

---

#### YOUR BICYCLE

- **What bike should I bring?** the trip is suitable for a good light road bike. You can take the bike that you would use on any other UK or European roads, summer day out or training camp – the roads are good enough for your best road bike!
- **What tyres for the conditions?** Normal road tyres that you would use for any summer day on the bike, training camp or club ride will suffice. Please ensure that the tyres are in good condition or relatively new and that you take a spare tyre.
- **Bike service!** We recommend a bike service and clean before you leave, to ensure everything has been checked.
- **Bike bag or box?** A bike box will fully protect your bike, whereas a bike bag may not offer the same protection, but is likely to be treated more carefully at airports. It is also possible to get a cardboard bike box from a bike shop (those provided for deliveries of new bikes) – however, these can get damaged and may not be in good enough condition for the return journey.
- **Bike box/bag storage?** The boxes/bags will be stored at our first hotel for our return.
- **Will bike spares be readily available?** South Korea has a thriving road biking scene (from the top-end clubs to general enthusiasts) and road bike specialists and spares are widely available. There are even pop-up mobile bike shops on the main cycle routes, selling parts and top end carbon and titanium road bike frames! In the unlikely event that someone breaks an irreparable part of their bike, the SAG wagon is the fall back until we can reach the nearest city.



For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060

## Dulwich Paragon & Friends

### Road Bike Tour of South Korea - 15 to 29 September 2018

---

- **Track Pump?** A track pump will be available in the SAG wagon.
- **Lights?** We should be in the hotel each night before dark (except in an emergency), but a small set of emergency lights would be useful in your bag and easily reached within the SAG wagon.



#### CYCLING KIT

We will provide you with a kit list for suggested items to bring on the trip.

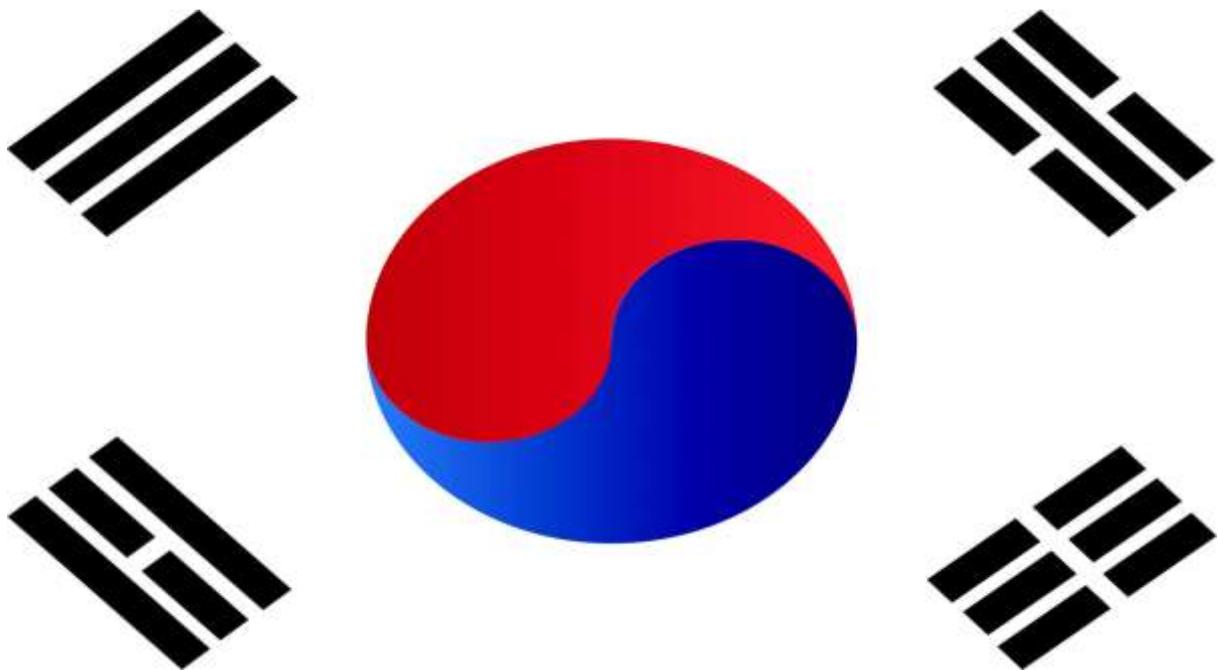
- **How much kit?** Two or three sets of main cycling kit – jerseys and shorts / bib shorts. Depending on our time of arrival each afternoon and departure in the morning, we can ask the hotel to wash kit, or wash it ourselves in the hotel room – most items will dry during the night and if it's spare, it can also dry on the SAG wagon during the day.
- **What to wear on the bike.** We will be very comfortable in cycle shorts and jerseys in the flat areas and during the climbs. Some of the climbs will take us to well over 1000m and the descents can be chilly, requiring arm warmers and a gilet/windproof. Early morning descents are often through the morning mountain mists and can be quite cold, requiring a waterproof or windproof jacket.

For more information or to book on our Dulwich Paragon road bike trip to South Korea contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060

## Dulwich Paragon & Friends Road Bike Tour of South Korea - 15 to 29 September 2018

---

- **What happens to my kit during the day?** As we will be leaving our bike boxes / bike bags at start, you will need a lightweight kit storage bag for your spare cycling kit, evening wear etc – this will be carried on the SAG wagon.



For more information or to book on our Dulwich Paragon road bike trip to South Korea  
contact: Gary MacGowan – [garymacgowan@hotmail.co.uk](mailto:garymacgowan@hotmail.co.uk) / 07979 598060