



Cycling

Around

Taiwan

| Pre-Ride Planning | Daily Schedule | Information |

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Preface

Driving is too fast, walking is too slow; change your speed and perspective at a speed of 20 km/h on a bicycle so you can experience the natural beauty of Taiwan.

Riding a bike allows you to cruise along a bike path and enjoy both the sights and smells.

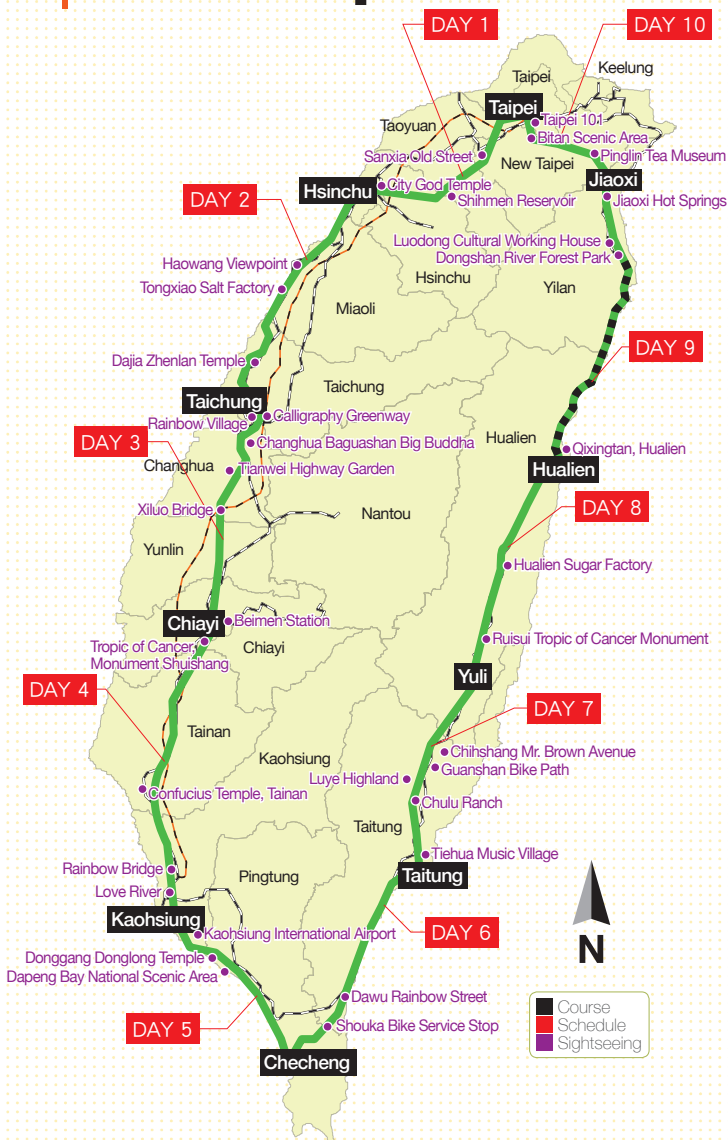
If you want a great way to challenge your body and mind, and to experience the true beauty of Taiwan's mountains and the friendliness of its people, you could make no better choice than to ride your bike around the island.

This book contains basic information for people who have a moderate level of fitness and ride more than fifty kilometers a week or can ride more than 100 kilometers a day. In addition to preparing your body, you need to prepare your bike and your route if you want to successfully complete a trip around Taiwan.

We hope that this book will encourage you to make a plan and hit the road on your bike tour of Taiwan. We hope that everyone who completes this trip does it safely and happily, and stores up some of the most joyful memories of his or her life.



Taiwan Map





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- 14 Day 1 Taipei→Hsinchu
- 18 Day 2 Hsinchu→Taichung
- 22 Day 3 Taichung→Chiayi
- 26 Day 4 Chiayi→Kaohsiung
- 30 Day 5 Kaohsiung→Checheng
- 34 Day 6 Checheng→Taitung City
- 38 Day 7 Zhiben→Yuli
- 42 Day 8 Yuli→Hualien City
- 46 Day 9 Hualien City→Jiaoxi
- 50 Day 10 Jiaoxi→Taipei City

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Round-the-Island Itinerary

The round-the-island route begins in Taipei and proceeds in a counterclockwise direction. By starting the route on the flat, west coast roads, you can improve your fitness and become more skilled and comfortable on your bike before you come to the more difficult sections. Along the west coast there are lots of rest stops, sightseeing spots and snacks. The first big challenge of the tour is on the sixth day when you climb the Shouka incline. After that you'll ride north along the east coast, over the rolling hills and into a headwind in the East Rift Valley. By the time you reach this point you'll have a good understanding of how to change gears and have enough fitness to climb the hills and tackle the headwind. The riding may be more challenging but the scenery is stunning and is a great reward for your hard work. On the final day when you ride along the Beiyi (Taipei – Yilan) Provincial Highway you will feel a rush of excitement as you tackle the final climbs and approach the finish.

This book has set the start and finish points at the city or county halls in the respective stopping places, as they are all located near accommodations.

Day 1

Route

Taipei > Sanxia > Daxi Old Street > Shimen > Guanxi > City God Temple > Hsinchu

Distance and Difficulty

81 km ; ★★★★★☆☆

Major Roads

Provincial Highway 3 > County Highway 118

Day 2

Route

Hsinchu > Zhunan > Houlong > Tongxiao > Yuanli > Dajia > Qingshui > Shalu > Taichung

Distance and Difficulty

100 km ; ★★★★★☆☆

Major Roads

Expressway 61 > Provincial Highway 2 > Provincial Highway 12

Day 3

Route

Taichung > Changhua > Yuanlin > Beidou > Xiluo > Dounan > Minxiong > Chiayi

Distance and Difficulty

94.3 km ; ★★☆☆☆☆☆

Major Roads

Provincial Highway 1

Day 4

Route

Chiayi > Shuishang > Xinying > Linfengying > Longtian > Shanhua > Yongkang > Tainan > Gangshan > Kaohsiung City

Distance and Difficulty

115 km ; ★★☆☆☆☆☆

Major Roads

Provincial Highway 1

Day 5

Route	Kaohsiung City > Xiaogang > Donggang > Jiadong > Fangliao > Fangshan > Fenggang > Checheng
Distance and Difficulty	87 km ; ★★☆☆☆☆
Major Roads	Provincial Highway 17 > Provincial Highway 1 > Provincial Highway 26

Day 6

Route	Checheng > Mudan > Shouka > Daren, Taitung > Dawu > Jinlun > Taimali > Zhiben > Taitung City
Distance and Difficulty	115 km ; ★★★★★★
Major Roads	County Highway 199 > Provincial Highway 26 > Provincial Highway 11

Day 7

Route	Taitung City > Chulu > Luye > Guanshan > Chishang > Fuli > Yuli
Distance and Difficulty	85 km ; ★★★★★☆☆
Name of Major Roads	Provincial Highway 9

Day 8

Route	Yuli > Ruisui > Fuyuan > Hualien Sugar Refinery > Fenglin > Fengtian > Zhixue > Jián > Hualien City
Distance and Difficulty	88 km ; ★★★★★☆☆
Major Roads	Provincial Highway 9

Day 9

Route	Hualien Train Station > Su'ao New Train Station > Dongshan > Luodong > Yilan City > Jiaoxi
Distance and Difficulty	Train ride 100 km > Bike 29 km ; ★★☆☆☆☆
Major Roads	Train > Provincial Highway 9

Day 10

Route	Jiaoxi > Beiyi (Taipei – Yilan) Provincial Highway > Shipai > Pinglin Tea Museum > Xiaogetou > Bitan > Xindian > Taipei City
Distance and Difficulty	72 km ; ★★★★★★
Major Roads	Provincial Highway 9

Note:

On the ninth day, should you decide to bike the Su'ao - Hualien Provincial Highway, please be aware that this section of road is very narrow and has many steep climbs and descents. Off one side of the road steep cliffs rise up and on the other side steep cliffs drop straight into the ocean below. Rock falls frequently occur along this road. Since the road is so narrow there are few places to stop for a rest or to find stores in which you can resupply. If you plan on riding this section, you should start early in the day; never attempt to ride this section at night.



Physical Training

If you have the dream of riding around Taiwan, your first two questions are probably, "Am I fit enough to complete the journey?" and "Am I too old to do this?" The most difficult part of riding around Taiwan is having the determination and self-confidence needed to do it. If you think that you lack either of these attributes just remember the story of King Liu, who is the president of Giant, the bicycle company. He was eighty years old when he completed a twelve-day trip around Taiwan. Of course, before you set out you should consult with your doctor; if he gives you permission, then you only need to worry about how much determination you have.

One of the advantages of riding around Taiwan is that you can determine your own itinerary, so if you feel tired you can take more time but if you feel strong you can ride longer. If you lack fitness or want to take your time for sightseeing, then plan for your round-the-island trip to take between seven and twelve days. The route and schedule that we outline in this book lays out a ten-day trip with a riding distance of 866.3 kilometers. If you average of about ninety kilometers per day, with an average speed of 20 km/h for 4.5 hours a day, you'll reach your goal of riding around the island. If you currently ride fifty or more kilometers per week then you shouldn't have trouble completing this trip.

If you don't exercise regularly, you should follow the "333 Rule." You should exercise three times a week for a minimum of thirty minutes a time, and your heart rate should be 130 or higher. On weekends it is best to extend the amount of time you exercise. You should be comfortable riding 100 kilometers a day before you attempt this trip. If you can follow the "333 Rule" for more than three months, then you shouldn't have a problem completing the tour of Taiwan.

If you don't have a bike or plan on renting a bike for the trip, you can start jogging as a way to get yourself in shape. If jogging is too uncomfortable or just doesn't interest you, swimming or exercising in a gym will help you to get in shape.



> *Climbing Is the Biggest Challenge*

When you ride around Taiwan, the two biggest climbs you face will be the Shouka climb and Beiyi (Taipei – Yilan) Highway. Also, on the east coast you'll likely face a headwind. When you train for this trip, you should practice riding up hills and practice bike control while descending. If possible, it is a good idea to try riding in a headwind or crosswind. If you are riding into a headwind, gear down and keep your legs moving quickly.

> *Keep Riding to Raise Your Spirits*



During a ten-day bike trip, your physical strength will fade out as the kilometers add up. You'll start to feel exhaustion kick in by the end of the trip. Every pedal stroke will become more and more difficult, so you need to train your cardiovascular endurance. Before the trip begins you'll need to blend your training into your life. For example, if you need to exercise seven hours a week, it is best to spread it out so you exercise daily. Don't be a weekend warrior and do all your training on weekends. You need to eat smart and try to be slim, and you can do that by eating healthy foods.



This touring bike can carry lots of luggage so it's the best choice for traveling around Taiwan.

Bike Equipment

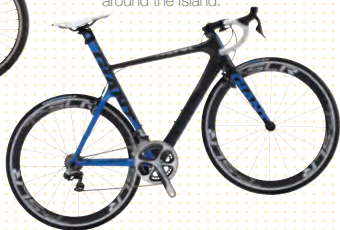
Having the right equipment will get you half way to your goal. If you want to succeed, you need to be determined.



Just add racks to this gravel bike and it is a great choice for a trip around the island.



A mountain bike can be modified with skinnier tires, which will make it almost as fast and comfortable as a road bike.



A racing-style bike won't be able to carry much luggage; so unless you have a support vehicle, this is not the bike you want for a tour of Taiwan.

Bicycle Equipment

If pick the right bike, you'll be able to enjoy your trip around Taiwan

There are different kinds of bicycles, including road, mountain, touring and folding. A touring bike has a geometry that makes it easier to carry loads and more comfortable to ride. If you already own a mountain bike, you can purchase racks and panniers, transforming it into a touring bike. Road bikes are built for speed and have limited carrying capacity and space. If you have a support van this is a decent option; but without one, it's best to avoid using a road bike. Folding bikes are not suitable for touring because they lack carrying capacity and are not as comfortable over long distances as other bikes.

Your bike is the most important tool you have when riding around Taiwan. Your bike requires you to pedal it constantly if you want to finish your trip. It is helpful to know the basics about how a bike works and what kind of parts you are looking for.



Gears

Changing the ratio between your front and rear sprockets allows you to change how much force you need to push the pedals. When riding around Taiwan, it is best to ride a bike equipped with 24 or more speeds (3 sprockets in the front, 8 in the rear). With so many gears, you will be able to select the gear that allows you to pedal comfortably no matter what speed you are traveling and how steep a hill is.



Brakes

Disc brakes or V-brakes can provide reliable stopping, but you need to check your brake pads for wear before you set out.

Racks and Panniers

If you want to ride your mountain bike around Taiwan, you can turn it into a touring bike by adding racks and panniers.



Fully waterproof saddle bags are available.



Water Bottles and Cages

Water bottles have standard sizes but the water bottles you buy in stores aren't standardized, so they may fall out if you put them in your bottle cage.

Saddles

Seats are where you rest your rear end while riding, so it's important to pick the right one. There are a multitude of options, and high-end saddles can be tested for comfort at your local bike shop.



Bike Lights



LED lights are your best option because they are both bright and don't use much electricity. Spend time choosing the right light, as it will help you see in dark tunnels and at night as well as be seen by cars on the road.

TIPS

What to do when you have a flat tire

Flat tires are the most common problem faced by bikers riding around Taiwan. It's easy to change a flat tire. All you need to fix a flat tire is a tube, tire levers and a pump. There are many techniques and tricks you need to know when fixing a flat tire. You can learn these yourself through practice, or you can ask a local shop to show you how to change a tire.

Accessories for your body

Helmet

Bike helmets are usually lighter and have better ventilation than motorcycle helmets, so you can comfortably wear bike helmets for a long time. Just make sure you buy one with a government safety certification label on it. The helmet will include an instruction manual and you should follow the manufacturer's recommendations.



Sunglasses

Sunglasses are protection for your eyes. Cycling sunglasses protect your eyes from UV rays, wind and dust.



Cycling Jerseys and Shorts

Cycling jerseys and shorts are designed specifically for cyclists. They use breathable material and have padding so you'll be more comfortable on long rides. If you choose to use regular clothing, avoid baggy garments as they can become entangled in your chain and gears.

Cycling Computer

A cycling computer can display your speed and distance travelled, among other kinds of data. High-end computers are equipped with GPS receivers so they can be used for navigation.



Cycling Shoes



High-quality cycling shoes have stiff soles and use Velcro or buckles to secure your feet. Stiff soles keep their shape and allow you to pedal more efficiently than with regular shoes. If you wear street shoes, remember to tighten your laces so they don't get caught in your chain and cause you to crash.

Bandanas, Gloves, Arm Warmers

These protect you from the sun's rays and from scrapes.





What to Carry

In Taiwan, because the population density is so high, it is easy to find shops that sell food and other essentials so you only need to bring cycling gear. If you are riding in the winter, bring warm clothes.



A light cycling windbreaker suitable for all seasons.

Personal Items

You should bring two or three sets of clothes. It's best to check the weather forecast to see if it is necessary to bring winter or summer gear. Regardless of the season, you should bring a windbreaker and a rain poncho. Most hotels and B&Bs do provide basic toiletries, but it's best to bring your own toothbrush, toothpaste and soap.

Cellphones, cameras and batteries should be stored in waterproof bags. The voltage in Taiwan is 110V / 60Hz and the plugs have two flat prongs which are the same as the ones found in Japan and North America. Remember to check that your electronics are in working order before you leave home.

No matter which season it is, your skin will be exposed to the sun and it is essential to wear sunblock. Most restaurants and hotels on the west coast accept credit cards, however, cash is the only method of payment accepted at night markets and in businesses outside of major cities. It is advisable carry New Taiwan Dollars (NTD), as foreign currency is often not accepted.

Approximately every 20 kilometers, the route that is laid out in this brochure passes by a spot that allows you to buy food or drinks. Long-distance riding requires a lot of energy so you should pack a banana, cookies or a bun in case you run low on energy or feel hungry.



High-tech energy food is small, lightweight and easy to carry, and it provides a quick boost.



Depending on how many days you plan to spend on the road, you might want to bring a small bottle of chain oil.

Must-Have Tools

A multi-tool is a great tool to take when riding. Some multi-tools on the market have up to 25 tools, and these are perfect if you are riding around Taiwan. In addition to a multi-tool, you should pack a tire lever and a mini pump.

Cycling around Taiwan is very challenging, so riders who attempt this journey should have travel insurance in case of emergency.



Route Details

For your ride around Taiwan, you can travel either clockwise or counterclockwise. In this book we have arranged an itinerary which is a short version of the trip around the country, clocking in at 866.3 kilometers. The longer version of a tour of Taiwan is about 1200 kilometers in length. The short version takes 10 days. The longest distance you'll need to ride during a day is 115 kilometers. If you average 20 km/h, then you should be able to complete the longest daily ride in about six hours.

The route distances are calculated from the government offices in the start and destination cities. The route follows provincial highways for ease of navigation. It is suggested that you depart at 8 a.m. and take a break every hour or two at the best sightseeing spots. It is best to avoid riding from 11 a.m. to 1 p.m. Keeping these suggestions in mind, you should be able to arrive at your destination by 5p.m. If you are riding counterclockwise from Taipei the ride will become gradually more difficult after you reach the southern tip of the island. The first five days will help you build up your fitness and allow you to become accustomed to riding in traffic. There are three big challenges you will face when riding around Taiwan. Your first challenge is the long Shouka climb. Your second challenge will be on the seventh day, when you ride from Taitung to Yuli and, depending on the season, could face a headwind. The third and final challenge will be the ride along the Beyi (Taipei – Yilan) Highway.



Certification for Cycling Around Taiwan

Riders aspiring to bike around Taiwan, can apply for a GPS tracker from the Cycling Lifestyle Foundation; upon completion you will receive an official certificate from the Taiwan Cycling Certification program. Furthermore, through GPS tracking technology, you can let friends and family know of your whereabouts in real time, putting them at ease. Website: www.cycling-lifestyle.org.tw/Certify/



Riding Partners Can Make Your Trip Even Better

How to Find Riding Partners ?

How can you find riding partners? Whether you ride around Taiwan by yourself or with others you will have fun, but it will be a different kind of fun depending on which option you choose. If you have never done a trip like this before, then finding four to eight friends is a great way to travel. If you ride with too many people, then it will be difficult to organize and complete your tour. If you ride with three others, it will be easy to book hotels and develop camaraderie. It is a good idea to invite friends with different skills such as an ability to fix bikes or plan routes.

How to Choose Accommodations

Your biggest cost during this trip will be accommodations, and options range from US \$20 per night bed-and-breakfasts to US \$200 per night luxury hotels. The most economical option is to stay with friends or family around the island. For those who love the outdoors, camping is also a great option; but for safety reasons, don't camp on the roadside or far from dwellings and amenities.

The most popular accommodations are hotels and B & Bs.

B & Bs are cheap and most of them welcome cyclists.

Hotels, if you can afford them, offer four- or five-star service but most don't like bikes in the lobby or in the rooms.

TIPS



Information about Accommodations

The Tourism Bureau has created a website which lists accommodations around the island:

<http://taiwanstay.net.tw>

Useful Apps



Android

Tour Taiwan

Tour Taiwan is a free app created by the Tourism Bureau that includes, among other things, information about food, lodging, attractions and local businesses. This app includes augmented reality that will help you navigate and plan your route.



iOS



Android

Yahoo Weather

This app provides detailed weather information, including weather reports, 24-hour temperature readings and 10-day forecasts.



iOS



Taipei 81 KM Hsinchu

Route

Taipei > Sanxia > Daxi Old Street > Shimen > Guanxi > City God Temple > Hsinchu

Distance

81 km

Main Roads

Provincial Highway 3 > County Highway 118

Difficulty

★★★★☆

Route Guide

This route is filled with twists and turns among rolling hills; for riders who are comfortable with climbing then this route, with its total ascent of 300 meters in elevation, will be an easy ride. Today's journey is a great one, with numerous places to stop along the way to grab a tasty snack. The longest old street in Taiwan, which dates to Japanese colonial times, is found in Sanxia, along this route.

After leaving Sanxia, the route heads to Shimen Reservoir where you can stop for a rest and a bowl of herbal-jelly shaved ice in Guanxi.

After riding for 80 km, you arrive in Miaokou, Hsinchu, which is known at the Windy City. The City God Temple, grade-three national historic site, welcomes you. Renowned snack stands await you and your tired legs near this famous monument.





DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

Q & A**If I don't have a bike, can I still ride around Taiwan?**

Yes, you can! Giant bike shops, as well as other bike shops, rent all kinds of bikes at reasonable prices. In the back to this brochure there is a list that gives the addresses of every Giant bike shop in Taiwan. Also, there are well-known bike-themed coffee shops called Frog Café, one in Taipei and another in Bali, New Taipei City, that lends out bicycles and equipment for free; up to April 2014 they had already helped more than 1200 round-the-island bikers. The free bike selection is limited, so check out the details online before you plan on using this service: <http://www.eyetaiwan.com.tw> (Chinese only).

Route Profile**Rest Stops****Convenience Stores****29**
km**Hi Life**

No. 331-1, Sec. 2,
Zhongzheng Rd.,
Sanxia Dist., New
Taipei City

59
km**7-11**

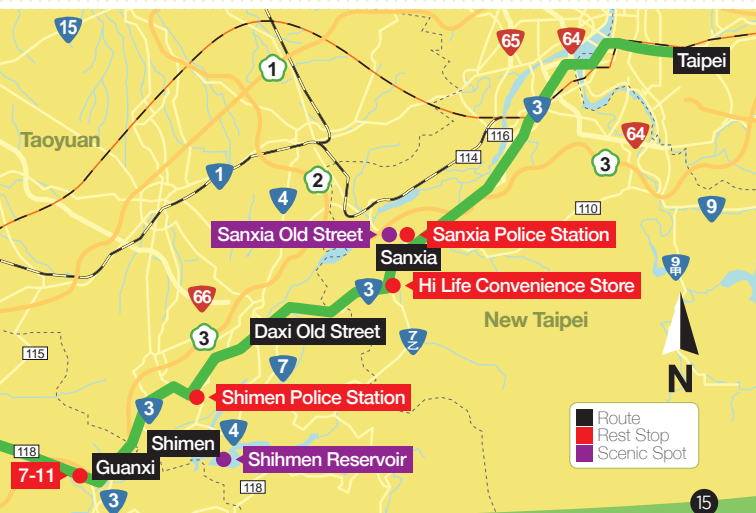
No. 126, Zhengyi Rd.,
Guanxi Township,
Hsinchu County

Bike Service Stations**28**
km**Sanxia Police Station**

No. 38, Minguang St., Sanxia
Dist., New Taipei City
02 2671 1254
Services: Water, pump

48
km**Shimen Police Station**

No. 230, Wenhua Rd., Longtan
Township, Taoyuan County
03 471 2021
Services: Water, pump



24.8 km **New Taipei > Sanxia Old Street**

Sanxia Old Street, at 260 meters long, is the longest and best-preserved Old Street in the country. The buildings that line the street date back more than a century. The most famous part of the street is the red brick wall that reminds people of simpler times. This is Sanjiaoyong Street, the first street in Sanxia, which was built to accommodate

an influx of immigrants from China. It is the main commercial street in the area. Beginning in 1922, this street was the center of tea making, fabric dyeing and camphor oil production. You can try to imagine the noise from all the industrial activity that used to occur there. Interestingly, this area used a canal system to transport goods within Taiwan and for sending goods abroad.



48 km **Taoyuan > Shimen Reservoir**

This is the biggest reservoir in northern Taiwan, and all year round lush mountains provide it with a scenic backdrop. The reservoir has a recreation area full of attractions including a park, bike paths and several operators that provide boat tours. The most famous spots in the recreation area are the dam, spillway, plum orchard, viewing platform, dock, Xizhou Park, Qilin Park, Jiadongling Park, Luanshu Park and Water Fountain Park, among others. The reservoir is also a great place to view maple trees. In the fall, the trees turn a magnificent gold. In the winter, plum, peach and cherry blossoms overwhelm visitors with their beauty. During the rainy season, when excess water is released from the dam, tourists flock to the area for the spectacle.



DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

81

km

Hsinchu > Hsinchu City God Temple

Hsinchu's City God Temple is a grade-three national historical site. In 1891, astrologer Ting Zhang predicted a catastrophe and it was recommended that a ceremony be held at the temple to ward off the upcoming disaster. Beside the temple you'll find a lively market filled with vendors selling local snacks including meatballs, rice noodles and other delicacies.

**Where to Stop and Eat****Pineapple Cake**

This treat is made of a golden colored shortbread that covers a sweet and sour pineapple stuffing and is loved by gourmands both in Taiwan and abroad. These cakes are particularly loved because the Taiwanese language homonym of pineapple, *wang lai*, is used to summon good luck. For cyclists, pineapple cakes are a great treat to keep up energy levels.

0 km Pineapple cakes, Taipei City

24.8 km Taiwan-style croissants, Sanxia

37.6 km Dried tofu, Daxi

48 km Three-flavor fresh fish, Shimen

60 km Herbal jelly, Guanxi

81 km Night market snacks,

Hsinchu night market

TIPS**What to eat when riding**

What should you eat before, during and after your ride? Cycling takes a lot of endurance, and like a car, the human body needs the best fuel to get the best performance. While you are riding, you should avoid greasy foods. Instead, you should aim to eat light foods and do it frequently. One to two hours before you ride, you should eat some natural foods like whole-grain bread, lean meats, vegetables and fruit. While on your bike, processed food will give you quick energy. Foods like energy jelly, sports drinks and pineapple cakes are a great way to keep your body fueled. It's very important to drink 150 ml of water every fifteen minutes or a bottleful every hour. Your focus shouldn't be on trying to lose weight, and you should eat within thirty minutes of finishing your bike ride. Fruit and bread can quickly replenish your energy stores. If you don't refill your body with energy, then it will be difficult to ride the next day.



Hsinchu - 100 KM - Taichung

Route Hsinchu > Zhunan > Houlong > Tongxiao > Yuanli > Dajia > Qingshui > Shalu > Taichung

Distance 100 km

Main Roads Expressway 61 > Provincial Highway 1 > Provincial Highway 12

Difficulty ★★★★★☆☆

Route Guide With some luck the wind will be at your back on the West Coast Expressway (Expressway 61) and you'll ride with ease. Along the coastal road there are wind turbines that dot the landscape, but don't waste your energy being excited about this because you'll need it for the climb over Dadu Mountain. Although the route here tops out at only 200 meters above sea level, the final section of the climb is tiring because it comes at the end of a long day. As a reward for your hard work you'll be repaid with a great view of sunny Taichung City.

Route Profile



> Rest Stops

Convenience Stores

26 km 7-11
 No. 6, Longwen Rd., Houlong Township, Miaoli County

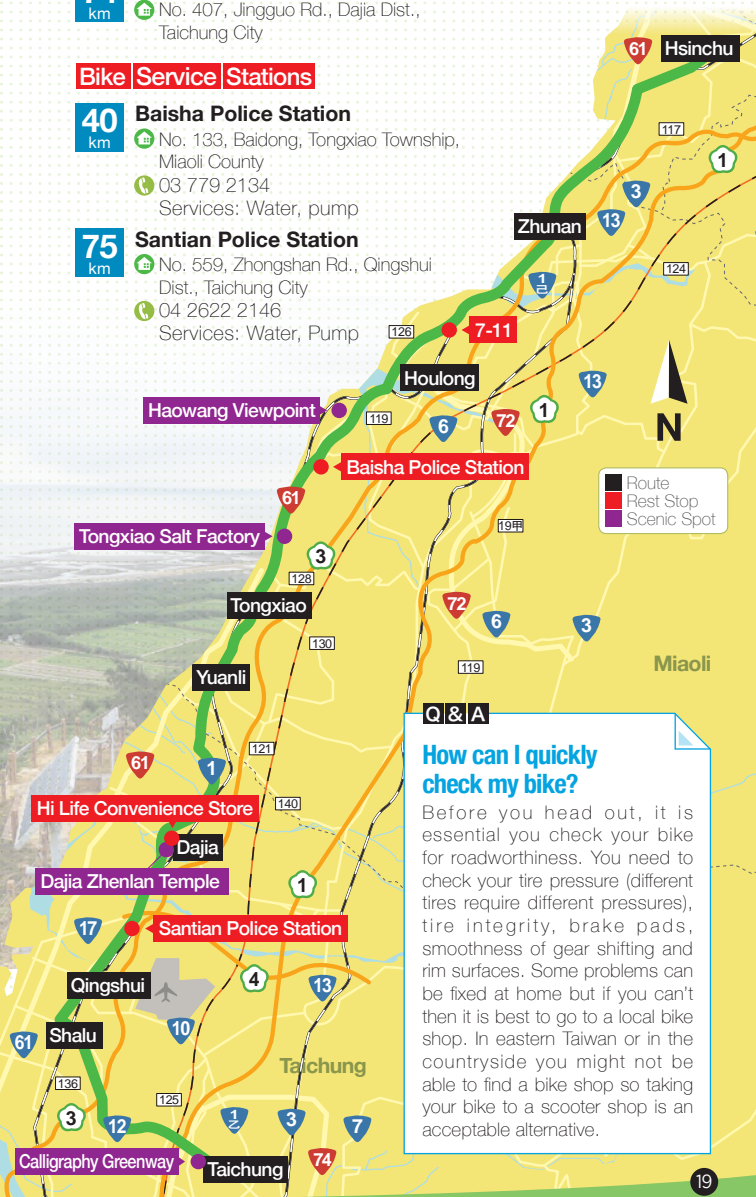
74 km Hi Life
 No. 407, Jingguo Rd., Dajia Dist., Taichung City

Bike Service Stations

40 km Baisha Police Station
 No. 133, Baidong, Tongxiao Township, Miaoli County
 03 779 2134
 Services: Water, pump

75 km Santian Police Station
 No. 559, Zhongshan Rd., Qingshui Dist., Taichung City
 04 2622 2146
 Services: Water, Pump

You can expect an 80 km ride with a tailwind the whole way. Don't ride too fast because you'll need to save your energy for the final climb.



Q & A

How can I quickly check my bike?

Before you head out, it is essential you check your bike for roadworthiness. You need to check your tire pressure (different tires require different pressures), tire integrity, brake pads, smoothness of gear shifting and rim surfaces. Some problems can be fixed at home but if you can't then it is best to go to a local bike shop. In eastern Taiwan or in the countryside you might not be able to find a bike shop so taking your bike to a scooter shop is an acceptable alternative.



> Scenic Spots

40.5 km **Houlong > Haowang Viewpoint**

This viewpoint is located on the northern tip of Baisha Mountain. From the top of the hill you can see wind turbines along the coast. This coast is often windy so it hosts the highest density of turbines in Taiwan. These turbines are used to produce electricity and if you're lucky, you'll have a chance to take a photo of clouds in the blue sky as they pass majestically over the wind turbines.



42 km **Tongxiao > Salt Factory**

At the salt factory you can learn about the unique process of salt production as you tour the facility. In addition, you can visit the salt museum or soak your feet in an ocean water salt bath in the only factory of its kind in Taiwan. There are numerous other activities and services at the factory and if all this makes you tired, then you can recharge by sampling some of the snacks for sale. Admission to the factory is free.

68 km **Dajia > Zhenlan Temple**

Built in 1730, the famous Zhenlan Temple is starting point for a Mazu pilgrimage in the third lunar month each year. This pilgrimage, which takes place over nine days and eight nights, attracts more than 100,000 devotees from around the island who pay their respects to the goddess Mazu. From Zhenlan Temple, the pilgrimage follows a winding route and stops at various temples along the way, ending at the Fengtian Temple in Xingang, Chaiyi. The pilgrimage has become a religious and cultural activity of national importance. Discovery Channel named this festival as one of the top three religious events in the world. There is a pure gold Mazu statue in Zhenlan Temple that weighs 276 kilograms and is unique in the world.



100 km Taichung > Calligraphy greenway

Calligraphy Greenway, with a total length of 3.6 km, is located in the center of Taichung City. You can start in the north end of the path at the National Museum of Natural Science and make your way to the Art Museum at the south end. Along the way you'll pass through People's Park and Qinmei Greenway. The Art Museum, Park and Greenway are popular places for activities. Sometimes the activities are held in close succession, while at other times there is a lack of activities so that locals have a chance to enjoy the quiet of the park. It is said that the mixture of activity and calm creates an atmosphere in the park like that of Chinese calligraphy.



> Where to Stop and Eat



Pearl Milk Tea

The pearls, made of sweet potato flour, are shaped into small balls and added to cream tea, and the drink is sold from ubiquitous stands. For the more health conscious, milk can be added instead of cream and the drink can be ordered with half sugar for a more refreshing taste.

0 km	Chu Qian cake, rice noodles and meatballs, Hsinchu	78 km	Steamed sticky rice, Qingshui
30.8 km	Snacks, Houlong	88 km	Chicken foot jelly, Tunghai
68 km	Taro snacks, Dajia	100 km	Fengchia Night Market

TIPS

How to keep your rear end comfortable on a long ride

If you are riding 100km every day, it means you will probably be spending five hours in the saddle. To ease soreness and pain in your lower back, you need to evenly distribute your weight between your hands, rear and feet. You also need to pick a saddle and shorts that fit your body. Changing your riding position while riding is another way to relieve discomfort. On hills you can stand up on the pedals, and it's a good idea to stop every hour or two and take a short walk.



Taichung 94.3 KM Chiayi

Route Taichung > Changhua > Yuanlin > Beidou > Xiluo > Dounan > Mingxiong > Chiayi

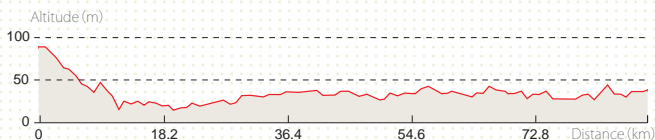
Distance 94.3 km

Main Roads Provincial Highway 1

Difficulty ★★☆☆☆☆

Route Guide Today's route is very flat and there are lots of sightseeing spots along the way, including Taichung's Rainbow Military Housing, Tianwei Highway Garden, Xiluo Bridge and Chiayi Park. The whole distance can be completed in five hours, leaving lots of time for sightseeing. The only thing you need to remember is that when you near city centers the traffic becomes a heavier so it is best to exercise caution. Remember to use hand signals to let other vehicles know of your intentions, obey traffic laws and be aware of the vehicles around you.

Route Profile



The route follows Provincial Highway 1. It is flat, easy and windless, which makes it perfect for taking in the sights along the way.



Rest Stops

Convenience Stores

27.2 km **7-11**
No. 86-1, Sec. 1, Zhongshan Rd., Dacun Township, Changhua County

71.6 km **Hi Life**
No. 582, Sec. 3, Yanping Rd., Dapi Township, Yunlin County

Bike Service Stations

34.3 km **Yongjing Police Station**
No. 17, Sec. 2, Zhongshan Rd., Yongjing Township, Changhua County
04 822 1813
Services: Water, pump

65.2 km **Xingwang Police Station**
No. 222, Sec. 1, Yanping Rd., Dounan Township, Yunlin County
05 597 2540
Services: Water, pump

Q & A

Do I need to warm up before I ride?

The west coast of Taiwan is flat, so just ride at a low speed for ten minutes to get warmed up. Riding slowly is a good idea in city areas because it is safer. However, for the Shouka climb and the Beyi Provincial Highway section, it is better to start with ten minutes of stretching before you hit the road so you can warm up your muscles before the climbs. Also, after you ride it is helpful to do ten minutes of light stretching and to massage your legs before sleep so you will feel better the next day.

6 km Taichung > Rainbow Village

This village is comprised of former military dependents' housing. Creative paintings by Yong Fu Huang adorn formerly drab walls. The paintings cover a section about fifty meters long and depict people, birds and buffaloes. On the ground Huang has painted rainbows and flowers, and has inscribed poems with lucky sayings. After Huang painted these walls they took on a magical, fairytale-like appearance.



18 km Changhua > Baguashan Big Buddha

The most remarkable landmark in Changhua is the Big Buddha, which was once Asia's largest Buddha statue. It was finished in 1966 and reaches a height of 23 meters. The statue sits on a ridge that is 74 meters above sea level and around the statue there is a recreation area where tourists and locals are often found taking in the great view of the plain upon which Changhua City sits.

40 km Tianwei > Highway Garden

The Highway Garden in Tianwei stretches between Yongjing and Tianwei townships. It is the largest area in Taiwan for growing cut flowers, which has earned this area the nickname "hometown of flowers." Different flowers are grown during different seasons and this attracts people who enjoy looking at the beautiful flowers and gardeners who want to buy them. December through February is the best time to visit, as the flowers will be at their peak.

52 km Yunlin > Xiluo Bridge

This landmark crosses Zhuoshui River. It is a steel-framed bridge with a concrete road surface, 1939 meters long. When it was finished in 1952, it was the second longest bridge in the world, second only to San Francisco's iconic Golden Gate Bridge.





DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10

94.3 km Chiayi > Beimen Station

Beimen Station is the starting point of the Alishan train railroad. This formerly important railway was used as the cargo depot for trains that carried food and other essentials up the mountain for the residents there. The Alishan railway is one of the three alpine railways left in the world, making this a unique attraction. The old station was abandoned after the new station was built in 1973; but it is historically significant, as it was built during the time of the Japanese occupation. Hinoki Village, just 200 meters from the Beimen Station, is Taiwan's first forestry culture park.

> Where to Stop and Eat



Turkey Rice

This dish has a simple taste. It is made using low-fat, high-protein turkey meat that is sliced and placed on steamed white rice and covered with gravy. This light, nutritious meal goes well with a couple of other small dishes and a bowl of soup.

0 km	Sun cakes, Taichung	51.3 km	Basil rice cakes, Xiluo
17 km	Warm & cold meatballs, Changhua	81.1 km	Meat buns, Mingxiang
40.4 km	Meatballs, Beidou	94.3 km	Turkey rice, Chiayi

TIPS

How to do your laundry while on a bike tour

It might be a little difficult to bring a washing machine with you while on the road so how are you supposed to do your laundry on a bike tour? After washing your jersey and shorts in a sink, roll your clothes in a towel and twist them tightly to wring out the water. After that, hang your clothes to dry and they will be ready to wear by morning.



Chiayi 115 KM Kaohsiung

Route

Chiayi > Tropic of Cancer, Shuishang > Xinying > Linfengying > Longtian > Shanhua Sugar Refinery Popsicles > Yongkang > Tainan Confucius Temple > Gangshan > Kaohsiung City

Distance

115 km

Main Roads

Provincial Highway 1

Difficulty

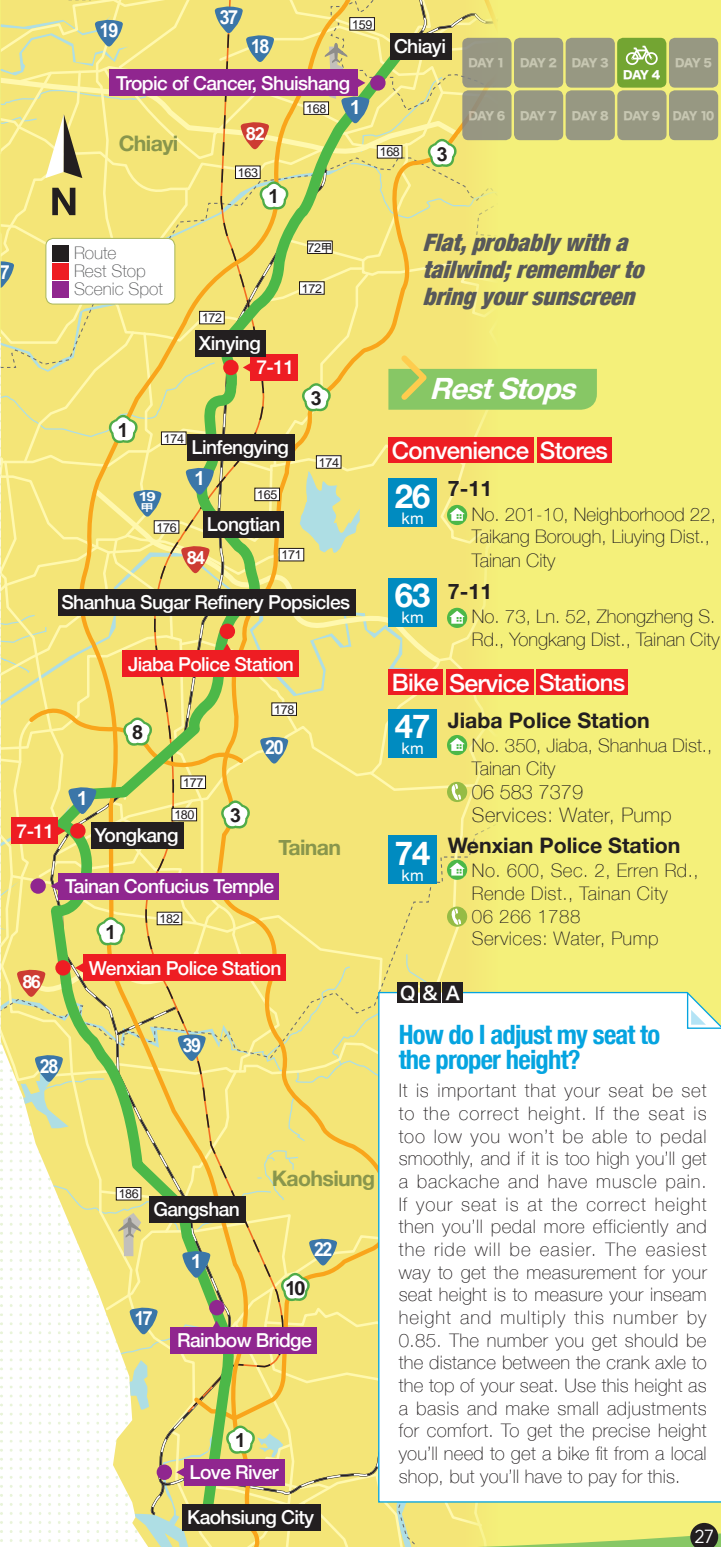
★★☆☆☆

Route Guide

Provincial Highway 1 connects northern Taiwan to southern Taiwan. It passes through the ancient, historical city of Tainan and the biggest city in southern Taiwan, Kaohsiung. As you head farther south, you feel more passion from the people who live there. Provincial Highway 1 has heavy traffic, so it's important that you are aware of what's going on at all times. As a reward for your tired mind and body you can eat some snacks in the Tainan and Kaohsiung night markets.

Route Profile





5 km **Chiayi > Tropic of Cancer, Shuishang**

On a bike trip around Taiwan, you'll pass over the Tropic of Cancer twice, once in Chiayi and once in Hualien.

The Tropic of Cancer Square is located in Shuishang Town, Chiayi. In this special park there are many areas that are must-sees, including Sun Square, Eight Planets Water Playground Section, Time Orbit Section, Green Tunnel, 12 Zodiac Constellations Section, and Chronological Tropic of Cancer Landmarks

Display Section. In 2013 the Tourism Bureau decided to use the unique latitude of 23.5 degrees north as the centerpiece for a series of cycling events to attract both locals and people from around the world. The inaugural event was held on June 21, 2014 and will be an annual event that kicks off every June 21st.



71 km **Tainan > Confucius Temple**

The Confucius Temple was built with traditional, Taiwanese-style craftsmanship and is listed as a Grade 1 National Historic Site. It was built in 1665, during the Qing Dynasty. It was the first cultural (as opposed to religious) temple in Taiwan, and even today is used for ceremonies celebrating Confucius' birthday.

98 km **Qiaotou > Rainbow Bridge**

Located on Provincial Highway 1; you can stop here to take some color-filled photos.





115 km Kaohsiung > Love River

With a total length of 16.4 km, Love River is Kaohsiung City's landmark river. Long ago the river was used for, among other things, transportation and sightseeing. It has been transformed into a relaxing area with the help of the government, artists, local companies and others. One of the biggest attractions is the bridge connecting East and West Lakes. The bridge has the appearance of an arrow-pierced heart and contributes to the beauty of Love River.

> Where to Stop and Eat



Tainan Milkfish Soup

Milkfish, as its name implies, has a milk-white color and is highly nutritious. In southern Taiwan it is often boiled into a soup into which finely chopped ginger is added. The combination of the slightly fatty meat and ginger creates a dish with a fresh taste. The more adventurous eaters will want to sample milkfish intestine and skin dishes.

0 km Square pastry, Chiayi

92 km Gangshan lamb, Gangshan

47 km Popsicles, Shanhua

115 km Ruifeng Night Market,

Sugar Factory

Kaohsiung

69 km Milkfish & beef soup, Tainan

TIPS

Preventing Heat Stroke

Cycling around Taiwan is a test of physical strength. Sometimes you will need to cover 100 km in five hours, which means you'll be on your bike during the hottest hours of the day. If you are unprepared for the heat it's possible to get heat stroke. To prepare yourself, you should get a breathable, UV-proof jersey, arm covers, head covering and sunglasses. During the ride, you need to drink frequently and that means about 150ml every 15 minutes. You should plan hourly stops to stretch your body. After you ride, you should take a cold shower to lower your body temperature. Remember to drink lots of water and eat fruit to replenish the fluids in your body.



Kaohsiung 87 KM Checheng

Route

Kaohsiung City > Xiaogang > Donggang > Jiadong > Fangliao > Fangshan > Fenggang > Checheng

Distance

87 km

Main Roads

Provincial Highway 17 > Provincial Highway 1 > Provincial Highway 26

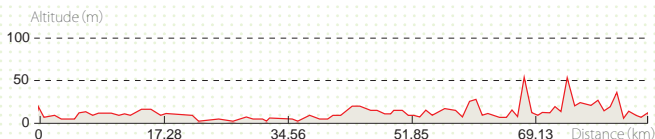
Difficulty

★★☆☆☆☆

Route Guide

Kaohsiung, known as "Passionate Harbor City," is ranked by CNN as one of the best cities in Asia for bike riding and is also the best city for riding in Taiwan. The ride starts out flat and with a little luck, after Fangliao, there will be a tailwind to help push you along the Coastal Highway. On the left of this gently undulating route you'll see mountains and on the right you'll see the ocean. The combination of mountains and sea makes for an enjoyable ride with beautiful scenery.

Route Profile





Q & A

How can I go downhill more safely?

After you do a lot of hard work getting up a hill, your reward is the descent. Riding uphill tests your strength while riding downhill is fun but can be dangerous. It requires skill and concentration. Let's start with how to brake. There are two ways to brake. This first way is to pump your brakes and the second is to apply steady pressure. If you apply a lot of force to the brakes, it is easy to lock them up and skid out of control, so don't pump your brakes. The safest way to slow down is to use both your front and rear brakes at the same time and apply steady pressure. When turning be careful about where your pedals are. While turning left, raise your right pedal, and vice versa. If you center your body weight, you'll be more stable. When descending, safety should be your priority so keep your speed under control.



> Scenic Spots

8

km

Kaohsiung > Kaohsiung International Airport

Open-air coffee shops on a raised area 150 meters from the runway at Xiaogang International Airport provide a comfortable and clean place to watch planes take off and land. The area attracts lots of people who feel the thrill when they hear the roar of the planes taking off.

30

km

Donggang > Donglong Temple

Donglong Temple is a beautiful structure with doors that have been covered in gold leaf. The temple is four stories tall and is a steel-reinforced building decorated with stone and wood sculptures. It is one of the biggest temples in Taiwan and is unusual because of its traditional style architecture that was built using modern construction techniques. The total cost of building the temple was more than 80 million NTD (2.5 million USD). Donglong Temple plays host to the triennial Donggang Boat-Burning Festival which, in traditional thought, sends off the plague gods, and with them pestilence and disease.



34 km Pingtung > Dapeng Bay National Scenic Area

Dapeng Bay is the largest lagoon in Taiwan. The shore of the lagoon is lined with mangroves that provide a wonderful habitat for beach morning glory and 95 species of birds, including several species of migrating birds that stop in for a rest on the way to their destination. Also, this area is home to Taiwan's only drawbridge. You can see the bridge being raised when boats approach.

> Where to Stop and Eat



Sakura Shrimp

Sakura shrimp are native only to Donggang Town, Pingtung and Shizuoka, Japan. They can be cooked and eaten as healthy treats. In Taiwan and Japan, chefs often use them to make Sakura shrimp fried rice. They are also deep-fried then packaged and sold in shops. After a long, hard bike ride, the shrimp taste great when washed down with a beer.

0 km Kaohsiung stuffed buns

57 km Pinweixuan Rest Stop

35 km Donggang sakura shrimp
and two-layer cake

87 km Checheng mung
bean cake

TIPS

How to ride in the rain

It is hard to predict the weather for a ten-day ride. Some days will be sunny and hot while others may be rainy. On rainy days, 100% waterproof bags are a great friend because they can be used to protect phones, wallets and other necessities. On the bike, you need to be careful because your brakes won't work as well as on dry days. It's necessary to have good brake pads, so you should check them before you head out. Once you are on the road, just keep calm on long downhill, lower your tire pressure by about 10 psi to get better grip and avoid the slippery road stripes.

It is important to stay warm on rainy days. It is best to wear both waterproof gear and a windbreaker. If you ride in the winter then you can take a shower cap from your hotel and put it on your helmet to keep the rain off and heat in. If it really rainy or there is a typhoon, take the day off; you want this trip to be an adventure, and you don't want to get hurt.



Checheng 115 KM Taitung

Route

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

Distance

115 km

Main Roads

County Highway 199 > Provincial Highway 26 > Provincial Highway 11

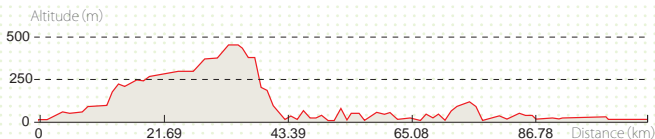
Difficulty

★★★★★★

Route Guide

The most difficult climb you'll face when riding around Taiwan is called Shouka. The day begins by taking County Highway 199 inland from the coast of southern Taiwan, heading toward the mountains. The climb is long, making it both a physical and mental challenge; but if you keep a positive attitude and believe you can do it, then you'll soon be at the top. You need to keep calm and use your low gear to climb the slope; but there is lots of beautiful scenery along the way, so it makes it worth the hard work.

Route Profile



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10

Rest Stops

Convenience Stores

6
km

7-11

No. 125, Wenquan Rd., Checheng Township, Pingtung County

49
km

7-11

No. 216, Senyong, Daren Township, Taitung County

90
km

Family Mart

No. 316, Taimali Township Street, Taimali Township, Taitung County

Bike Service Stations

38
km

Shouka Bike Service Stop

Km 455, Provincial Highway 9, Shizi Township, Pingtung County
08 877 1129
Services: Water, Pump

80
km

Jinlun Police Station

No. 439, Jinlun Village, Taimali Township, Taitung County
08 977 1086
Services: Water, Pump

The biggest challenge of the trip is the Shouka climb which rises 500 meters above sea level.



Q&A

How can I make my mountain bike faster?

Most of the roads you ride on when touring Taiwan are paved. Mountain bike tires are wide and knobby which makes them heavy and slow on the road. Check with your local mechanic, as you may be able to use narrower, smoother tires. Narrower tires have lower rolling resistance but you might get more flat tires. Your mechanic will be able to suggest an ideal solution for you.



> Scenic Spots

38
km

Pingtung > Shouka Bike Service Stop

Shouka is a climb that rises to 460 meters above sea level, the highest point of the South-Link Highway. Over the past few years the popularity of cycling has increased and Shouka has become a must-see spot. Cyclists like to take photos in front of the service station at the peak as a great reminder of their trip. This service stop is at the intersection of Provincial Route 9 and 199, which demarcates the point between Pingtung and Taitung.



70
km

Taitung > Dawu Rainbow Street

The owners of every house in Dawu Town, in Taitung County, have allowed one of the walls of their house to be painted in vivid colors that are not usually found on houses in Taiwan. This has breathed life into this sleepy village, and you can feel the warmth and happiness as you ride through.



105 km Taitung > Zhiben Hot Springs (detour at 105 km)

Mountains surround Zhiben Hot Springs, so while you soak in the hot mineral water here you can take in the picturesque scenery. The hot springs are unusual because they lack the smell of sulfur that is often found in other hot springs. Soaking in these hot springs is a great way to relax your tired muscles after a long day of riding.

115 km Taitung > Tiehua Music Village

Tiehua Music Village was the first of the Tourism Bureau's "International Spotlights." The area attracts musicians, artists and local farmers and is considered the musical heart of Taitung. It is a popular place for listening to good music, and famous Taiwanese aboriginal singers often make appearances on stage. Tiehua Music Village has an abundance of creative energy, so remember to visit it and immerse yourself in this spectacle.



Photo provided by Lovely Taiwan's Xinyi Fu

> Where to Stop and Eat



115 km Taitung sweet rice noodles,
stinky tofu, glutinous rice balls

Stinky Tofu

Stinky tofu made of fermented bean curd is a local delicacy, but foreigners often avoid trying it due to its strong smell. People are polarized about this food – some say it is too smelly to eat while the rest say it is a delicious, crunchy treat. It is prepared by deep-frying tofu until the outside is golden and crispy while the inside remains soft. It is served with Taiwanese-style kimchi. Instead of frying

the tofu, some shops grill or steam it while others boil it in a spicy broth.

TIPS

How to make climbs easier

The most difficult part of a climb is not the distance but the change of elevation. To make things easier, you need to pedal steadily and not get so excited that you ride quickly at the beginning only to burn out later. Remember to use your gears so you can keep your cadence no lower than 70 rpm. Your goal should be to pedal at 80-90 rpm for maximum efficiency. Climbing is tiring, so focus on smooth pedaling and try to relax your upper body so you don't waste precious energy. When you come to a steep pitch, stand up and use your body weight to help you get over that point.



Taitung 85 KM Yuli

Route

Taitung City > Chulu > Luye > Guanshan > Chishang > Fuli > Yuli

Distance

85 km

Main Roads

Provincial Highway 9

Difficulty

★★★★☆

Route Guide

The East Rift Valley has beautiful scenery throughout the year. When you ride past the rice fields you'll feel refreshed. Sometimes you catch a glimpse of the trains passing on their way though the fields, leaving a fantastic memory that you'll treasure forever.



Route Profile



Rest Stops

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10

Convenience Stores

27 km 7-11
No. 430, Sec. 1, Zhonghua Rd., Luye Township, Taitung County

40.5 km Family Mart
No. 1-6, Minquan Rd., Guanshan Township, Taitung County

The smells of rice fields will make you want to slow down, take your time and enjoy the air.

Bike Service Stations

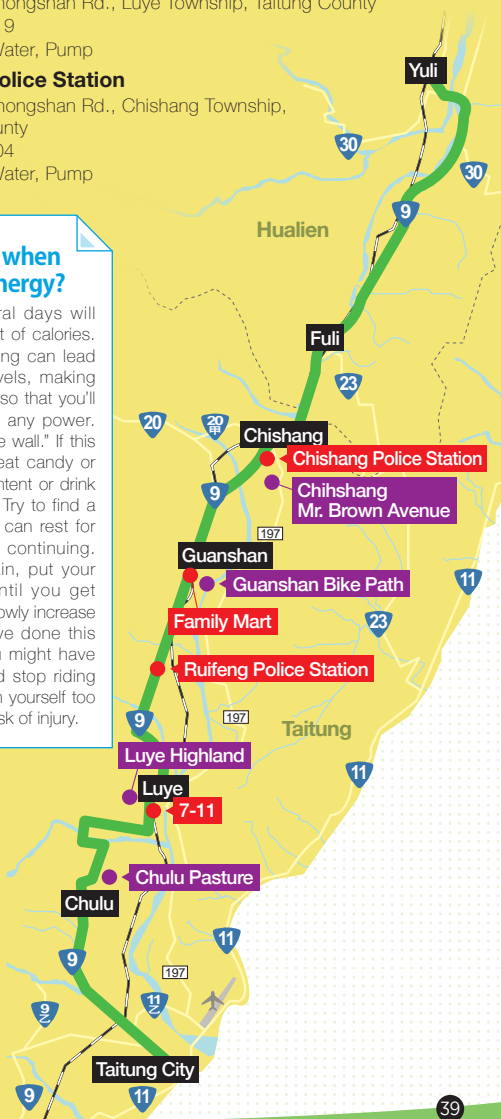
34 km Ruifeng Police Station
No. 171, Zhongshan Rd., Luye Township, Taitung County
08 981 1419
Services: Water, Pump

51.5 km Chishang Police Station
No. 211, Zhongshan Rd., Chishang Township, Taitung County
08 986 2004
Services: Water, Pump

Q & A

What should I do when I have very low energy?

Exercising over several days will cause you to burn a lot of calories. All of this calorie burning can lead to low blood sugar levels, making your muscles feel tired so that you'll be unable to generate any power. This is called "hitting the wall." If this happens, you should eat candy or fruit with high sugar content or drink a bottle of sport drink. Try to find a shady spot where you can rest for 10-20 minutes before continuing. When you set off again, put your bike in a low gear until you get comfortable and then slowly increase your speed. If you have done this but still feel weak, you might have heat stroke and should stop riding immediately. If you push yourself too hard, you run a higher risk of injury.



Route
Rest Stop
Scenic Spot



> Scenic Spots



17 km **Taitung > Chulu Ranch**

Chulu Ranch is the biggest ranch that is open to the public in Taitung County. It attracts lots of visitors to its 72 hectares, which provide enough land for 250 dairy cows. There is a large field on which people like to sit and rest, and a spot where people can feed the black and white cows as well as a path that meanders around the ranch and it is a great place for a relaxing stroll.

28 km **Taitung > Luye Highland**

The Luye Highland tea farming area is located above the convergence of the Beinan and Luye Rivers. Downstream from the confluence, the uplifting of the crust and downward erosion of the river have formed a terraced landscape. The terrain here creates wind that attracts colorful hang gliders that can be seen soaring through the sky. The area also plays host to the Taiwan International Hot Air Balloon Festival.



45 km **Taitung > Guanshan Bike Path**

The Guanshan Bike Path was the first bike path in Taiwan. It measures 15.2km in length and is divided into two sections: water and mountain. This area is famous for its pure water and fresh air, which make it a great place for a relaxing ride.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6


 DAY 7

DAY 8

DAY 9

DAY 10

53
km

Taitung > Chihshang Mr. Brown Avenue

This was once an ordinary rural road that passed through rice paddies and without utility poles, gave this area a feeling of endless space. Recently, a well-known actor, Takeshi Kaneshiro, starred in an airline commercial that was filmed at this location. This brought attention to the road, which has been nicknamed "Green Paradise Road" due to its natural beauty. Regardless of where you are on the road, there is a place to take a photo and make a cherished memory.



> Where to Stop and Eat



Chihshang Bento Box

Chihshang is known as Taiwan Rice Town, and the Chihshang bento box, made with the town's namesake rice, is famous throughout the island. Thin wooden strips are used to make the box and give the rice a distinctive flavor. The bento boxes often come with barbecued meat, sausage, a boiled egg and preserved white radish. This fresh, light bento box makes a nutritious meal after a long ride.

0 km

Taitung sweet potato chips

51 km

Chihshang bento box

17 km

Chulu Pasture ice cream

85 km

Yuli stinky tofu

TIPS

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's best to keep your cadence above 70 rpm, but for maximum efficiency you should aim for 80-90 rpm.

A 27-speed mountain bike is currently the preferred option for round-the-island bikers, whether beginners or experienced riders. When facing a climb or headwind, change to a lower gear (small in the front, large in the back). Try your best to keep your chain taught by not using both small front gear and small back gear at the same time, or vice versa. This will help prevent unwanted noise and wear and tear on the bike. If you know how to change your gears before the terrain changes, then you know you are a master.



Yuli 88 KM Hualien

Route Yuli > Ruisui > Fuyuan > Hualien Sugar Factory > Fenglin > Fengtian > Zhixue > Jián > Hualien City

Distance 88 km

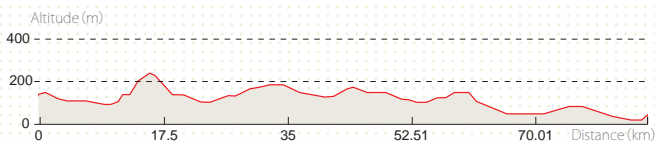
Main Roads Provincial Highway 9

Difficulty ★★★★★☆☆

Route Guide Provincial Highway 9 is a beautiful tree-lined road. The trees have been standing for years, and in some places they form a canopy over the road. Beyond the trees are fields of rice that have a fragrant smell. Once you get away from the hustle and bustle of the city, you can take in the true beauty of Taiwan along this road. Riding a bike in this area is a great way to experience real Taiwanese culture.

During this long journey you can stop and say “hi” to farmers and aboriginals, and revel in their slow pace of life.

Route Profile



When riding along Provincial Highway 9 you can see rice fields, orchards and tea plantations.

Rest Stops

Convenience Stores

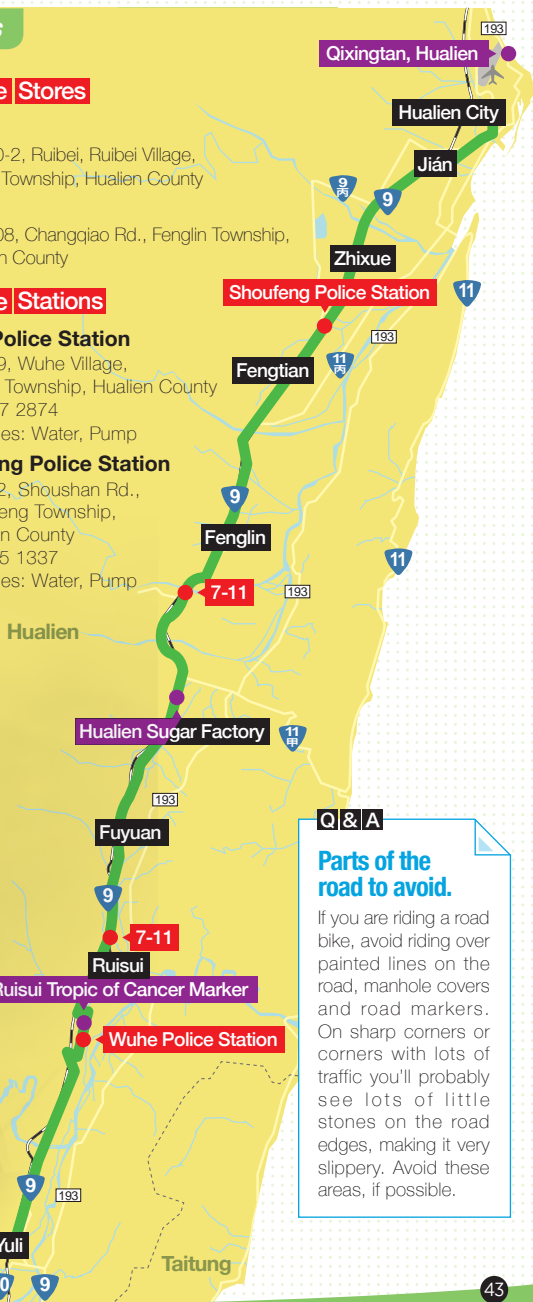
24 km 7-11
No. 30-2, Ruibei, Ruibei Village, Ruisui Township, Hualien County

49 km 7-11
No. 108, Changqiao Rd., Fenglin Township, Hualien County

Bike Service Stations

17.5 km Wuhe Police Station
No. 59, Wuhe Village, Ruisui Township, Hualien County
03 887 2874
Services: Water, Pump

70 km Shoufeng Police Station
No. 22, Shoushan Rd., Shoufeng Township, Hualien County
03 865 1337
Services: Water, Pump



Q & A

Parts of the road to avoid.

If you are riding a road bike, avoid riding over painted lines on the road, manhole covers and road markers. On sharp corners or corners with lots of traffic you'll probably see lots of little stones on the road edges, making it very slippery. Avoid these areas, if possible.



> Scenic Spots

17 Ruisui > Tropic of Cancer Monument

km There are nine Tropic of Cancer monuments in the world, and three are in Taiwan. One is in Shuishang Township in Chiayi; the other two are in Fengbin Township and Ruisui Township. This will be the second time you pass over the Tropic of Cancer and it is the point at which you will have finished two-thirds of your journey. Among the statues in the park are representations of four mythological animals, associated with the study of astrology, that represent the four directions. Canglong (dragon) represents east, Baihu (tiger) represents west, Zhuque (phoenix) represents south and Xuanwu (snake turtle) represents north.

40.3 Hualien > Sugar Factory

km After 80 years of producing sugar, the Hualien Sugar Factory ceased production and has been transformed into an open space for people to visit. It sells popular frozen treats, which cyclists enjoy because they provide a cool break during long days in the saddle. Because the factory is no longer in use, there is extra space that now houses a cultural center. There are guided tours that introduce the factory and explain its history, and include a stop at Japanese-built dormitories. In addition, there is a workshop where visitors can create handicrafts. Although it is called a sugar factory, it hosts a program that helps local farmers develop organic rice and another program that works on developing cycling routes in the area. The factory also cooperates with local sightseeing spots to attract more visitors, especially cyclists, to the area.



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7



DAY 8

DAY 9

DAY 10

45
km

Hualien > Qixingtian

(7 km from the Hualien City Qixingtian stop)

Tomorrow's journey involves a train ride, so you can take a detour to visit this spot along County Road 193. Qixingtian is a must-see. Though it is called a lake, it is really a bay that is filled with beautiful pebbles that resemble goose eggs. Due to its location away from the lights of the city, you can see plenty of stars in the sky. Around Qixingtian there is a 21km bike path from which you can take in the scenic coastline. Stargazing and watching the ocean are romantic activities that you can enjoy at Qixingtian.



> Where to Stop and Eat



Dumplings

In Taiwan and southern Fujian, where Hokkien is spoken, "biansid" is the word for wonton dumplings. To make these treats, stuffing is created from finely minced pork and wrapped in a very thin flour skin. They are then boiled and served in a pork stock soup. The stock brings out the flavor of the dumpling and makes a tasty meal.

40 km

Hualien Sugar Factory

frozen treats

53 km

Fenglin twisted sweet roll

88 km

Hualien wonton soup

TIPS

Riding is a great way to get your body looking nice

Riding promotes circulation, and both women and men can benefit from this exercise to gain a great-looking figure. To attain this, you need to eat smart. If you ride 100km a day, you burn more than 2000 calories but that doesn't give you freedom to eat whatever you want. If you ride around Taiwan then you shouldn't have trouble losing a couple of kilograms. Remember these tips: eat fruit and vegetables, avoid deep fried foods, and eat less food but more frequently.





Hualien - 29 KM - Jiaoxi

Route

Hualien City Train Station > Su'ao New Train Station > Dongshan > Luodong > Yilan City > Jiaoxi

Distance

29 km

Main Roads

Provincial Highway 3 > County Highway 118

Difficulty

★★☆☆☆☆

Route Guide

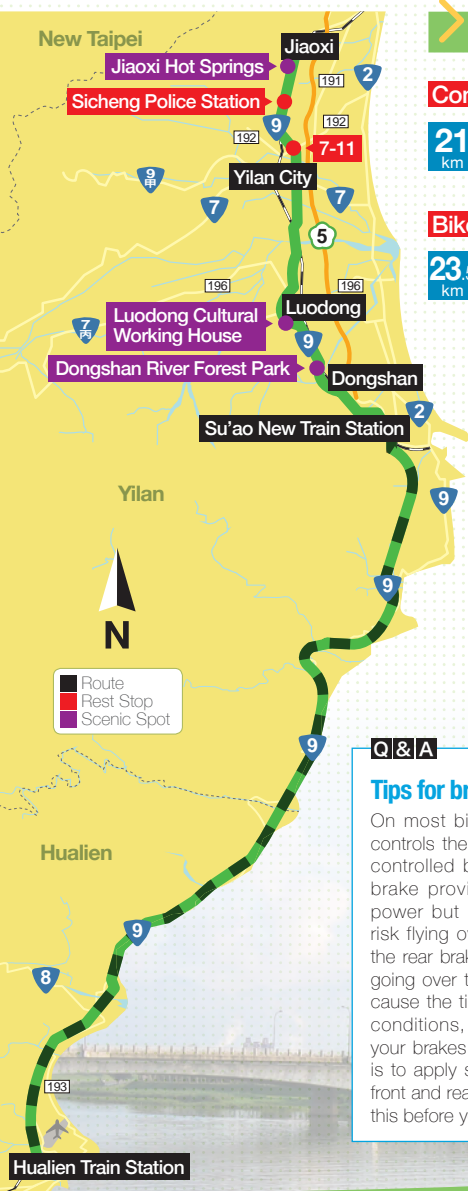
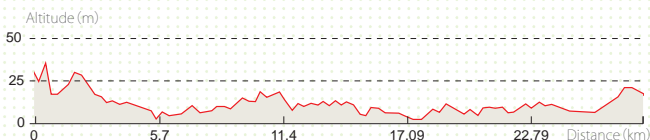
This is the easiest day of your trip around Taiwan. You will take the train for a hundred kilometers then ride for 29km to the hot spring town of Jiaoxi.

You might be wondering why this bike trips involves a train ride. The Suhua Provincial Highway is the most scenic highway in Taiwan but it is also the most dangerous. It is built along a cliff, on the coastline. Heavy rains, typhoons and earthquakes frequently cause landslides. In addition, the road is very narrow and filled with buses and gravel trucks that drive quickly, so it is better to avoid it for safety reasons. If you want to tackle it, you need careful planning and lots of experience.

Information about buying a train ticket for you and your bike:

Not every train is able to carry bicycles. You can get on and off the train only at the Hualien City and Su'ao New train stations. The ticket for your bicycle will be half the price of your ticket, which you also need to buy. There are nine trains that run from 5am to 8pm. The Taiwan Railway Administration posts the regular railroad schedule; but it can change due to weather, so it is best to check online before you head to the station. The total time for the train journey from Hualien City to Su'ao New Station is an hour and twenty minutes. Please note that the trains don't carry bikes during the Chinese New Year holiday or long weekends.

Route Profile



Rest Stops

Convenience Stores

21 km 7-11
 No. 43, Sec. 1, Dafu Rd.,
 Yilan City, Yilan County

Bike Service Stations

23.5 km Sicheng Police Station
 No. 157, Sec. 1,
 Jiaoxi Rd., Jiaoxi Township,
 Wusha Town, Yilan County
 03 928 4072
 Services: Water, pump

*Enjoy the great
 scenery of the Suhua
 Provincial Highway
 from the train.*

Q&A

Tips for braking your bike

On most bicycles, the left brake lever controls the front brake while the rear is controlled by the right lever. The front brake provides most of the stopping power but if you use it too much you risk flying over the handlebar. By using the rear brake you won't be in danger of going over the handlebar, but you could cause the tire to skid. Regardless of the conditions, you should never slam on your brakes. The correct way of braking is to apply smooth pressure to both the front and rear brakes. It is best to practice this before you start out.



> Scenic Spots

6

km

Yilan > Dongshan River Forest Park

This park is on the upper reaches of the Dongshan River covers an area of 16 hectares. It includes a forest park, sports area, farming education area, playground and hiking path.

11

km

Yilan > Luodong Cultural Working House

The Luodong Cultural Working House is set in a location with unobstructed views of the surrounding scenery. During construction a frame 18 meters off the ground was built and the building was placed upon it. The design of the center looks like a large spaceship when viewed from the outside. Sheng Yuan Huang and his team of architects designed this building, which won the 2008 Taiwan Architecture award. The concept of this this cultural center is to give people a space for imagining being surrounded by mountains and rivers. In the city of Yilan there are many houses and buildings that have been designed by Huang and his team. The Luodong Cultural Working House was commissioned by the Yilan government as a way to give back to the local residents.

29

km

Yilan > Jiaoxi Hot Springs

Jiaoxi Town is famous for its hot springs. The spring water is rich in calcium and magnesium and is rare in Taiwan because it is located on the plain, whereas most others are found in mountain areas. The water is unusual because it is clear, odorless and doesn't feel sticky to the touch. When it comes out from the rocks, it is 58 degrees Celsius and it is great for both soaking and bathing. In fact, it is so good that it can be purified and drunk. The hot-spring area lies within a 1.2-kilometer radius of the Jiaoxi Train





Station; if you want to experience the comfort of hot springs for free, you can go to the Tangweigo Park and soak your feet. This is a great way to get rid of the soreness caused by long days of riding.

> Where to Stop and Eat



Stuffed Sweet Rice Balls

Stuffed sweet rice balls are a dessert from Yilan. Soft, sweetened red beans are stuffed into balls of rice to make this dessert. The beans have a chewy texture while the rice is soft. These balls are served warm with shredded ice, sweet tofu and pudding or herbal jelly. The contrast of the warm and cold ingredients gives this dessert a wonderful taste and texture.

0 km	Hualien mochi	20 km	Yilan oxtongue cookies
3.5 km	Su'ao jelly	29 km	Jiaoxi peanut butter brittle ice
11 km	Luodong tapioca		

TIPS

Always smile and say “hi.”

The further out of the city you go, the more often you will hear people yelling “Jia you, jia you” which is a term of encouragement. Happiness comes from interacting with people so a simple nod, a wave or a “ni hao” are great ways to greet people and say hello. You’ll be surprised at how many people will give you a thumbs up, a hug or a cheer. This will bring a smile to even the weariest rider. Many visitors say that the most beautiful thing in Taiwan is not the scenery but the people that live here.



Jiaoxi 72 KM Taipei

Route

Jiaoxi > Beiyi (Taipei - Yilan) Provincial Highway > Shipai > Pinglin Tea Museum > Xiaogetou > Bitan > Xindian > Taipei City

Distance

72 km

Main Roads

Provincial Route 9

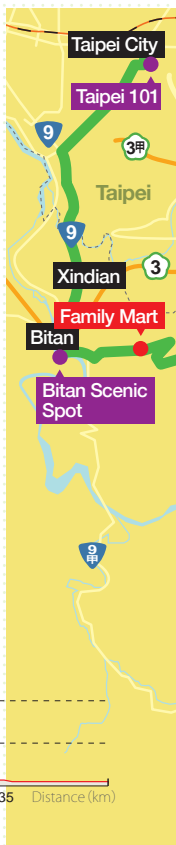
Difficulty

★★★★★★

Route Guide

Beiyi Provincial Highway is a heavenly route for all cyclists, with one climb having “nine turns and eighteen curves.” If you are heading up the highway, the challenge might seem unending. The maximum elevation on the day's route is 500 meters above sea level. On hot days you'll be sweating buckets, but the view of the mountains on the way up and the view of the sea from the top is a great motivator. Anyone can complete this climb; you just need self-confidence.

You need to be alert to the traffic on this road, as it is often heavy. If you get tired of the traffic then it's a great idea to stop at the Pinglin Tea Museum, where you can take in the fragrant smells of tea being made. When you arrive in Taipei, you should see the suspension bridge in Bitan then head to the Taipei 101 skyscraper for some memorable photos.



Route Profile



> Rest Stops

Convenience Stores

35 km **Family Mart**
 🏠 No. 133, Shuliujiao, Pinglin Dist., New Taipei City

58.8 km **Family Mart**
 🏠 No. 419, Sec. 2, Beiyi Rd., Xindian Dist., New Taipei City

Bike Service Stations

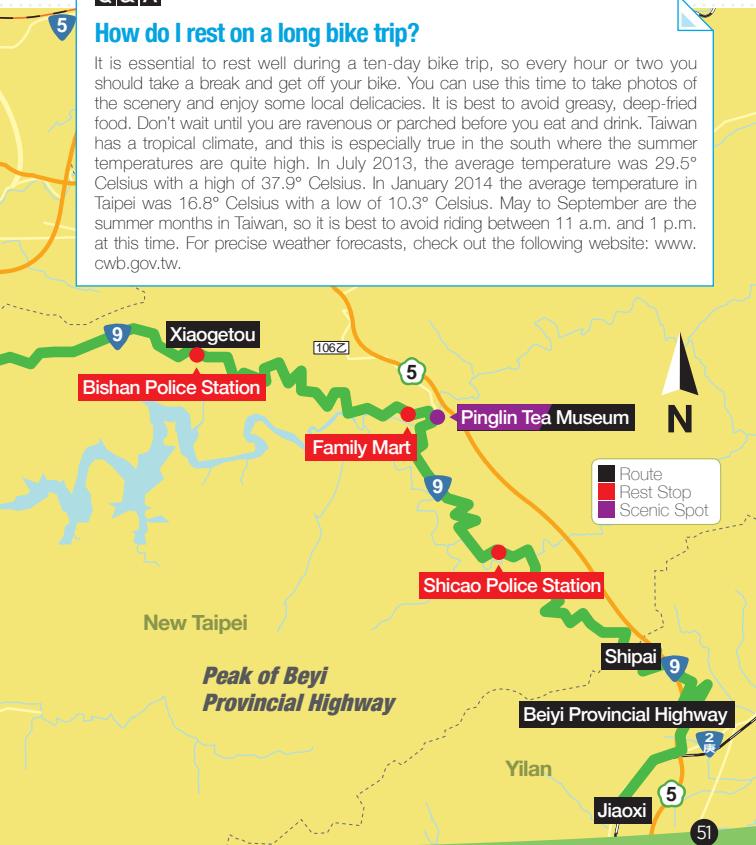
28 km **Shicao Police Station**
 🏠 No. 40, Shicao, Pinglin Dist., New Taipei City
 ☎ 02-2665 6343
 Services: Water, Pump

47.7 km **Bishan Police Station**
 🏠 No. 42, Sec. 5, Beiyi Rd., Shiding Dist., New Taipei City
 ☎ 02-2665 1835
 Services: Water, Pump

Q & A

How do I rest on a long bike trip?

It is essential to rest well during a ten-day bike trip, so every hour or two you should take a break and get off your bike. You can use this time to take photos of the scenery and enjoy some local delicacies. It is best to avoid greasy, deep-fried food. Don't wait until you are ravenous or parched before you eat and drink. Taiwan has a tropical climate, and this is especially true in the south where the summer temperatures are quite high. In July 2013, the average temperature was 29.5° Celsius with a high of 37.9° Celsius. In January 2014 the average temperature in Taipei was 16.8° Celsius with a low of 10.3° Celsius. May to September are the summer months in Taiwan, so it is best to avoid riding between 11 a.m. and 1 p.m. at this time. For precise weather forecasts, check out the following website: www.cwb.gov.tw.





The Red House is located in Ximending, Taipei

The Red House was constructed in 1908 as the first public market built by the government in Taiwan. Due to its importance, it has been classified a third-grade national historic site. When you arrive in Taipei after your trip around Taiwan, take some time to go shopping there to get a feel of how things were a hundred years ago in Taiwan.

> Scenic Spots

25 km Pinglin > Tea Museum

The Pinglin Tea Museum was built in the Anxi style of southern Fujian. The museum has collected a great deal of knowledge and culture related to tea. The building itself is constructed mainly of brick and wood, providing a great atmosphere for visitors. The museum attracts people who love to drink tea and want to learn more about it.

61 km Xindian > Bitan Scenic Spot

Bitan is a sightseeing spot that shouldn't be missed, since it features a two-hundred-meter long suspension bridge that was constructed in 1937. On weekends, many families like to head here and paddle rowboats around.



71
 km

Taipei > Taipei 101

Taipei's most distinct landmark is Taipei 101 which is the tallest building in Taiwan. It stands 508 meters tall and has 101 floors. Discovery Channel named this building as one of the architectural wonders of the world, in part because it was the tallest building in the world between December 31, 2004 and January 4, 2010. The world's largest counterweight damper and fastest elevator are also found in Taipei 101. The building was designed to resemble bamboo and its exterior has the same notched appearance as the plant. You can buy a ticket and ride the elevator to the viewing platform on the 89th floor, where you'll have a wonderful view of Taipei City and the surrounding mountains. This is a great way to end your trip.



> Where to Stop and Eat



Beef Noodles

Beef noodles are a special Taiwan dish. Beef is boiled and served in a bone broth with noodles. There are two variations of beef noodle soup, one of which is served with braised beef over noodles and the other served with fried beef over noodles. Foreign visitors often love the taste of this delectable dish.

35 km

Pinglin tea ice cream

72 km

Taipei City beef noodles

62 km

Xindian fried twin buns

TIPS

Bicycle Care Tips

By taking care of your bicycle, you can prevent mechanical problems. If you spend ten minutes after you 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 you ride on a rainy day. You should oil the chain and use a dry cloth to wipe off excess oil. If you are having problems shifting or your tire is worn, you should take your bike into a shop for repairs.

5 Highly Recommended Cycling Routes

Outside of the round-Taiwan route, there are many other routes that are ideal for cycling. Below are five popular routes with information of particular use to cyclists. It is hoped that this will allow more people to have the confidence to ride their bikes, and that it will provide foreign visitors with some options for exploring Taiwan by bike and experiencing Taiwan's beautiful mountains and culture.



North



Luoma is the Chinese name for Rome and makes people think of Europe, but this provincial highway actually has nothing to do with Rome. This is a very popular cycling route in northern Taiwan. The route starts to the east of Luofu, Fuxing Township in Taoyuan and heads west to Mawudu, Guanxi Township in Hsinchu. If you combine the first syllables of Luofu and Mawudu, you end up with a word that sounds the same as the Chinese word for Rome.

This area is famous for the peaches. Its route has lots of rolling hills, so it is quite difficult. Luoma Highway is part of County Highway 118. The total length of the road is 33.5 km but it's much nicer to ride it as a loop that covers a distance of 70 km. The highest point on this route is only 460 meters above sea level and poses the challenge of Meitui and Zhenton Mountains. The entire 70 km route requires about 1100 meters of climbing. That makes it very challenging for casual riders but for riders who are strong, it makes a great detour for those who are crossing the Northern Cross Island Highway.



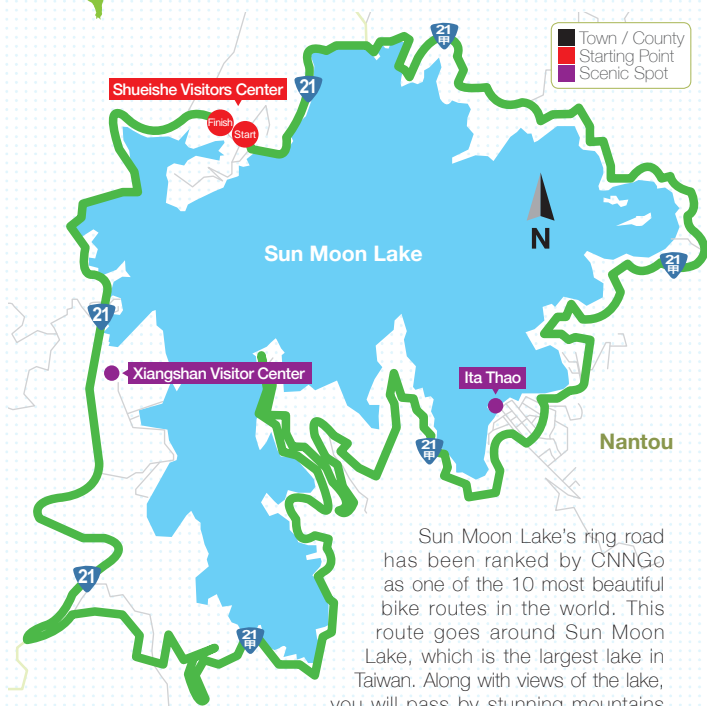
> Central Area



(Loop) Sun Moon Lake Round-the-Lake Road

Total Distance About 33 km

Difficulty ★★☆☆☆



Sun Moon Lake's ring road has been ranked by CNNGo as one of the 10 most beautiful bike routes in the world. This route goes around Sun Moon Lake, which is the largest lake in Taiwan. Along with views of the lake, you will pass by stunning mountains and through thick forests. This area is also home to the Thao tribe of aboriginals. Taking a ride in the cable car or on a boat will give you a different perspective of the stunning scenery.

Although it's only 33 km around Sun Moon Lake, the ride is deceptively challenging because the constantly undulating road can be steep in places, especially the section between Xuanzang Temple and Shuishe Tunnel. Pay particular attention to safety in this section.

It is best to start from the Shuishe Visitor Center and ride around the lake in a clockwise direction. The area around the visitor center has a lively shopping area and several bike rental shops. The clockwise direction is best because it allows you to stay close to the shore and makes taking photos more convenient. When you get back to where you set off, don't forget to stop at the visitor center, where the architecture of the building gives it the appearance of a work of art.



Central Area



Wuling

Total Distance 55 km

Difficulty ★★★★★★

At 3,275 meters above sea level, Wuling is the highest point of any paved road in Taiwan. This route starts at the Center of Taiwan Monument in Puli, at an elevation of 555 meters. That means you'll have to climb more than 2700 meters to reach the peak. The steepest pitches are greater than 10%. Because of the difficulty of this climb, it has been nicknamed the "Iron Ass Campaign." This route is the better known, more difficult and rises further than any other in Taiwan.

This route passes through some famous sightseeing spots including Wushe and Qingjing Farm. Be careful on weekends, as this is a popular getaway location and the roads are often filled with cars. The peak of the road is in the Mt. Hehuan Scenic Area. During the winter snow often falls here, making this one of the most popular places to go if you want to see snow; if you go at that time, be sure to take warm clothes. If you go to locations with high elevation, be aware of the symptoms of altitude sickness.



South



Anping - Qigu River Delta (Loop)

Total Distance 90 km

Difficulty ★★☆☆☆☆

Tainan is known as the ancient cultural capital of Taiwan. This route starts on Anping Old Street, travels straight down Sicao Boulevard then heads toward Provincial Highway 17 to the Black-faced Spoonbill Reserve. On the way there you'll pass by the fish farms of Qigu. From there you'll face a headwind as you travel north along Provincial Highway 17 towards the Tainan flatlands, which are home to rice paddies, then back to Anping. On the route you'll pass by shops selling Tainan foods and go past other special tourist areas including Taiwan's eighth national park, Taijiang National Park. This park includes both land and sea and has a wide diversity of flora and fauna. There are unique plant species that grow in the sand and saline soil here. Also of interest are the mangroves and the wetlands.

Qigu Black-faced Spoonbill Reserve

Qigu

Tainan

Anping

Hualien County Government

Start

Town / County
Starting Point
Scenic Spot



N

Hualien

Jiqi

11甲

11

9

193

11

30

Changbin

23

Sanxiantai

Duli

20

9

11

197

9

11

197

9

11



East



East Coast (Hualien to Taitung)

Total Distance About 170 km

Difficulty ★★★★★★

This is a long and difficult route that passes through the East Coast National Scenic Area. There are a limited number of places to get supplies or service your bike. Before you start riding, it is essential that you pack enough food, drink and tools. This should only be attempted by riders who are comfortable riding more than 100 kilometers in a day. Along Provincial Highway 11, on the east coast, you'll face the challenge of riding up Mt. Niu; but once you've conquered that, you have a flat road to Jiqi, Changbin and Duli. In the summer months it is very hot and in the winter it is very windy, with a combination of headwinds and crosswinds. The weather can make this route a difficult one.

Taitung County Government

Finish



Bike Rental Stations

You don't need to own a bike if you want to cycle around Taiwan. The shops listed below offer bikes and accessories for rent. The rates depend on the number of days the items are rented for.

Northern Taiwan Bike Rental Shops

-  1-3F., No. 1, Sec. 4, Zhongshan Rd., Luodong Township, Yilan County
 03-961-2127

-  1F., No. 278, Sec. 3, Nanjing E. Rd., Taipei City
 02-8771-4045

-  1F., No. 309, Dunhua N. Rd., Taipei City
 02-2716-0421

-  No. 38, Siyuan Rd., Xinzhuang Dist., New Taipei City
 02-2994-2655

-  No. 159, Museum Rd., Bali Dist., New Taipei City
 02-8630-4585

-  No. 42-1, Sec. 3, Zhongyang Rd., Tucheng Dist., New Taipei City
 02-2269-3362

-  1F., No. 192-8, Zhonghua Rd., Shulin Dist., New Taipei City
 02-8684-9639

-  1-2F., No. 116, Nankan Rd., Luzhu Township, Taoyuan County
 03-321-3782

-  1F., No. 128, Sec. 1, Zhuangjing Rd., Taoyuan City, Taoyuan County
 03-346-8016

-  1F., No. 124-126, Sec. 1, Zhonghua Rd., East Dist., Hsinchu City
 03-535-3398

-  No. 160, Sec. 2, Huanshi Rd., Zhunan Township, Miaoli County
 037-461-456

Central Taiwan Bike Rental Shops

- 


No. 482, Jingguo Rd., Dajia Dist., Taichung City 437

04-2676-5915

- 



No. 725, Yuanhuan E. Rd., Fengyuan Dist., Taichung City 420

04-2523-0887

- 



No. 166-81, Sec. 3, Xitun Rd., Xitun Dist., Taichung City 407

04-2461-5873

- 


1-2F., No. 117, Sec. 2, Henan Rd., Xitun Dist., Taichung City

04-2315-9436

- 


No. 656-1,2,3, Shizheng Rd., Xitun Dist., Taichung City

04-2251-2245

- 


1F., No. 9, Ln. 87, Fuxin St., South Dist., Taichung City

04-2285-1540

- 



1F., No. 696, Sec. 2, Guoguang Rd., Dali Dist., Taichung City

04-2482-0599

- 



1-2F., No. 339, Nanyang Rd., Nantou City, Nantou County

049-220-2300

- 


1F., No. 163, Zhongshan Rd., Yuchi Township, Nantou County

049-285-6713

- 


1F., No. 196, Minsheng Rd., Douliu City, Yunlin County

05-533-9163

- 


No. 297, Sec. 2, Yunlin Rd., Douliu City, Yunlin County

05-537-8283



Southern Taiwan Bike Rental Shops

- 


1F., No. 298, Linsen W. Rd., West Dist., Chiayi City
 05-225-0923

- 


No. 577, Zhongzheng S. Rd., Yongkang Dist., Tainan City
 06-243-8421

- 


No. 416, Sec. 2, Jiankang Rd., South Dist., Tainan City
 06-263-8597

- 


1F., No. 46-48, Qinan Rd., Nanzi Dist., Kaohsiung City
 07-352-0149

- 


1-2F., No. 238-240, Qingnian 2nd Rd., Lingya Dist., Kaohsiung City
 07-241-3040

- 


1-4F., No. 278-280, Jiuru 2nd Rd., Sanmin Dist., Kaohsiung City
 07-322-3267

- 


No. 2218, Zhonghua 1st Rd., Gushan Dist., Kaohsiung City
 07-553-1412

- 


No. 82, Ersheng 1st Rd., Qianzhen Dist., Kaohsiung City
 07-721-0618

- 



No. 180-8, Minsheng Rd., Pingtung City, Pingtung County
 08-732-7959

- 


No. 27-8, Wanli Rd., Hengchun Town, Pingtung County
 08-886-9009



Eastern Taiwan Bike Rental Shops

- 


No. 35, Guoxing 1st St., Hualien City, Hualien County
 038-336-761

- 


No. 4, Sec. 1, Zhongshan Rd., Ruisui Township, Hualien County
 038-870-910

- 


No. 6, Bo'ai Rd., Guanshan Town, Taitung County
 089-814-391

- 


No. 602, Ln. 101, Yanwan Rd., Taitung City, Taitung County
 089-235-879

Note:

Northern, Central and Southern rental stations are closed on Thursdays.
 The Ruisui shop in Hualien County is open only during the summer months.
 The Guanshan shop in Taitung County is open only on Friday, Saturday and Sunday.



Bike Service Station Information

Hualien County Cyclist Rest Stops

- Xincheng Precinct Jiawan Police Station** Provincial Highway 9 (191K)
No. 128-6, Neighborhood 7, Jingmei Village, Xiulin Township, Hualien County 03-826-0769
● Drinking Water ● Water Refill ● Simple First Aid Kit ● Toilet ● Bathroom ● Pump
- Xincheng Precinct Fushi Police Station** Provincial Highway 8 (188K)
No. 135, Fushi, Fushi Village, Xiulin Township, Hualien County 03-861-1344
● Drinking Water ● Water Refill ● Simple First Aid Kit ● Toilet ● Bathroom ● Pump
- Xincheng Precinct Heping Police Station** Provincial Highway 9 (157K)
No. 121, Heping, Heping Village, Xiulin Township, Hualien County 03-868-1034
● Drinking Water ● Water Refill ● Simple First Aid Kit ● Toilet ● Bathroom
- Xincheng Precinct Tiansiang Police Station** Provincial Highway 8 (179K)
No. 22-1, Tianxiang, Neighborhood 13, Fushi Village, Xiulin Township, Hualien County 03-869-1139
● Drinking Water ● Water Refill ● Simple First Aid Kit ● Toilet ● Bathroom ● Pump
- Xincheng Precinct Hehuan Police Station** Provincial Highway 8 (117K)
No. 20-1, Guanyuan, Fushi Village, Xiulin Township, Hualien County 04-2599-1114
● Drinking Water ● Water Refill ● Simple First Aid Kit ● Toilet ● Bathroom ● Pump
- Jián Precinct Renli Police Station** Provincial Highway 9 (207K)
No. 38, Sec. 1, Zhongzheng Rd., Renli Village, Ji'an Township, Hualien County 03-852-7894
- Jián Precinct Jián Police Station** Provincial Highway 9 Spur
No. 122, Sec. 1, Ji'an Rd., Ji'an Village, Ji'an Township, Hualien County 03-852-5894
- Jián Precinct Zhixue Police Station** Provincial Highway 9 (217K)
No. 234, Sec. 2, Zhongshan Rd., Shoufeng Village, Shoufeng Township, Hualien County 03-866-1281
- Jián Precinct Shoufeng Police Station** Provincial Highway 9 (222K)
No. 22, Shoushan Rd., Shoufeng Village, Shoufeng Township, Hualien County 03-865-1337
- Jián Precinct Chinan Police Station** Provincial Highway 9C (18K)
No. 13, Sec. 2, Chinan Village, Shoufeng Township, Hualien County 03-864-1280
- Jián Precinct Yuemei Police Station** County Highway 193 (33K)
No. 42, Yuemei Sec. 3, Yuemei Village, Shoufeng Township, Hualien County 03-863-1001

Jián Precinct Yenliao Police Station

Provincial Highway 11 (13K)

No. 129, Yanliao, Yanliao Village, Shoufeng Township, Hualien County 03-867-1200

Jián Precinct Tongmen Police Station

Provincial Highway 11 (13K)

No. 65, Tongmen Village, Xiulin Township, Hualien County 03-864-1051

Fenglin Precinct Nanping Police Station

Provincial Highway 9 (235K)

No. 372, Ziqiang Rd., Fenglin Township, Hualien County 03-874-1594

● Drinking Water ● Water Refill ● Simple First Aid Kit ● Bathroom ● Pump

● Bathroom ● Pump ● Tools ● Internet Access ● Temporary Bike Storage

Fenglin Precinct Shanxing Police Station

County Highway 193 (54K)

No. 7-1, Shanwen Rd., Sanxing Barough, Fenglin Township, Hualien County 03-874-1014

● Drinking Water ● Water Refill ● Simple First Aid Kit ● Bathroom ● Pump ● Tools

● Internet Access ● Temporary Bike Storage

Fenglin Precinct Changqiao Police Station

Provincial Highway 9 (244K)

No. 91, Changqiao Rd., Changqiao Barough, Fenglin Township, Hualien County 03-875-1314

● Drinking Water ● Water Refill ● Simple First Aid Kit ● Bathroom ● Pump ● Tools

● Internet Access ● Temporary Bike Storage

Fenglin Precinct Dafu Police Station

Provincial Highway 9 (258K)

No. 23, Sec. 1, Zhongshan Rd., Dafu Barough, Guangfu Township, Hualien County 03-873-1093

● Drinking Water ● Water Refill ● Simple First Aid Kit ● Toilet ● Bathroom ● Pump

● Tools ● Internet Access ● Temporary Bike Storage

Fenglin Precinct Qimei Police Station

County Highway 64 (11K)

No. 20, Neighborhood 2, Qimei Barough, Ruisui Township, Hualien County 03-899-1071

● Drinking Water ● Water Refill ● Simple First Aid Kit ● Bathroom ● Pump ● Tools

● Internet Access ● Temporary Bike Storage

Fenglin Precinct Wuhe Police Station

Provincial Highway 9 (277K)

No. 59, Wuhe Barough, Ruisui Township, Hualien County 03-887-2874

● Drinking Water ● Water Refill ● Simple First Aid Kit ● Bathroom ● Pump ● Tools

● Internet Access ● Temporary Bike Storage

Fenglin Precinct Xinshe Police Station

Provincial Highway 11 (44K)

No. 160, Neighborhood 7, Xinshe Village, Fengbin Township, Hualien County 03-871-1329

● Drinking Water ● Water Refill ● Simple First Aid Kit ● Bathroom ● Pump ● Tools

● Internet Access ● Temporary Bike Storage

Fenglin Precinct Fengbin Police Station

Provincial Highway 11 (50K)

No. 53-4, Sanmin Rd., Fengbin Barough, Fengbin Township, Hualien County 03-879-1148

● Drinking Water ● Water Refill ● Simple First Aid Kit ● Bathroom ● Pump ● Tools

● Internet Access ● Temporary Bike Storage

Yuli Precinct Sanmin Police Station

Provincial Highway 9 (281K)

No. 26, Sanmin, Sanmin Barough, Yuli Township, Hualien County 03-884-1496

● Drinking Water ● Water Refill ● Simple First Aid Kit ● Toilet ● Bathroom ● Pump

Yuli Precinct Chunri Police Station

County Highway 193 (93K)

No. 74, Chunri Barough, Yuli Township, Hualien 03-887-1134

● Drinking Water ● Toilet ● Pump

Yuli Precinct Dongli Police Station

Provincial Highway 9 (303K)

No. 38, Dazhuang Rd., Dongli Village, Fuli Township, Hualien County 03-886-1114

● Drinking Water ● Toilet ● Bathroom

Yuli Precinct Yuli Police Station

Provincial Highway 9

No. 200, Bo'ai Rd., Taichang Village, Yuli Township, Hualien County 03-888-2245

● Water Refill ● Simple First Aid Kit ● Pump ● Tools

Yuli Precinct Guanyin Police Station

County Highway 193 (101.5K)

No. 14, Guanyin Neighborhood 16, Guanyin Barough, Yuli Township, Hualien County 03-885-1040



Taitung County Cyclist Rest Stops

Dulan Police Station

● Pump ● Simple Tools ● Bike Rack

No. 248, Dulan Village, Donghe Township, Taitung County

089-531-209

Douli Police Station

● Pump ● Simple Tools

No. 46, Duli Rd., Xin-Yi Barough, Chenggong Township, Taitung County

089-841-290

Ningpu Police Station

● Pump ● Simple Tools

No. 7, Ningpu, Ningpu Village, Changbin Township, Taitung County

089-801-257

Zhangyuan Police Station

● Pump ● Simple Tools

No. 10, Zhangyuan, Zhangyuan Village, Changbin Township, Taitung County

089-881-027

Meihe Police Station

● Pump ● Simple Tools

No. 84-1, Meihe, Meihe Village, Taimali Township, Taitung County

089-512-542

Taimali Police Station

● Pump ● Simple Tools

No. 142, Taimali St., Taihe Village, Taimali Township, Taitung County

089-781-134

Jinlun Police Station

● Pump ● Simple Tools

No. 439, Jinlun, Jinlun Village, Taimali Township, Taitung County

089-771-086

Duoliang Police Station

● Pump ● Simple Tools

No. 262, Daxi, Duoliang Village, Taimali Township, Taitung County

089-761-368

Dawu Police Station

● Pump ● Simple Tools

No. 52, Dawu St., Dawu Village, Dawu Township, Taitung County

089-791-125

Shangwu Police Station

● Pump ● Simple Tools

No. 11, Kezhuang Rd., Shangwu Village, Dawu Township, Taitung County

089-791-105

Daren Police Station

● Pump ● Simple Tools

No. 100, Fuxing Rd., Anshuo Village, Daren Township, Taitung County

089-702-247

Senyong Police Station

● Pump ● Simple Tools

No. 6, Senyong Rd., Senyong Village, Daren Township, Taitung County

089-702-297

Chishang Police Station

● Pump ● Simple Tools ● Drinking Water

No. 212, Zhongshan Rd., Fuyuan Village, Chishang Township, Taitung County

089-862-004

Ruifeng Police Station

● Pump ● Simple Tools ● Drinking Water

No. 61, Zhongshan Rd., Ruifeng Village, Luye Township, Taitung County

089-811-419

Luye Police Station

● Pump ● Simple Tools ● Drinking Water

No. 59, Sec. 2, Zhonghua Rd., Luye Village, Luye Township, Taitung County

089-551-114

Wenquan Police Station

● Pump ● Simple Tools ● Drinking Water

No. 343, Sec. 4, Qinghai Rd., Jiāngxīng Barough, Taitung City, Taitung County

089-512-379

Beinan Police Station

● Pump ● Simple Tools ● Drinking Water

No. 440, Binlang Rd., Binlang Village, Beinan Township, Taitung County

089-223-820

Taitung County Tourist Police Stations

Services : ● Free Water ● Pump ● Bathroom ● Tourist Info

Notes : ● Patrol cars have air pumps ● Jumper cables ● Tow cables
● Water container ● Gasoline can

Scenic Area	Precinct Name	Station Name	Phone
Jinlong Lake	Dawu	Shangwu Police Station	089-791-105
Jinlun Hot Springs	Dawu	Jinlun Police Station	089-771-086
Zhiben Hot Springs	Taitung	Wenquan Police Station	089-512-379
Forest Park	Taitung	Baosang Police Station	089-322-126
Xiaoyeliu	Taitung	Fugang Police Station	089-281-040
Shanyuan Beach	Taitung	Fugang Police Station	089-281-040
Water Flowing Upward	Chenggong	Dulan Police Station	089-531-209
Donghe Bridge	Chenggong	Donghe Station	089-896-010
Taiyuan Glen	Chenggong	Taiyuan Police Station	089-891-014
Sanxiantai	Chenggong	Xinfeng Police Station	089-851-054
Baxian Caves	Chenggong	SanJián Police Station	089-831-044
Green Tunnel	Taitung	Nanwang Police Station	089-223-817
Chulu Ranch	Taitung	Chulu Police Station	089-571-126
Gaotai Tourist Tea Plantation	Guanshan	Luye Station	089-551-114
Hongye Hot Springs	Guanshan	Hongye Police Station	089-561-146
Lidao Villa	Guanshan	Lidao Police Station	089-938-064
Xiangyang Sea of Clouds	Guanshan	Xiangyang Police Station	0988-095-763



Android

3 Seconds to Find a Police Station

This app is very useful as it helps you find the location of the nearest police station within three seconds, should you run into trouble.



iOS



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