



**OK CYCLE &  
ADVENTURE  
TOURS** SINCE 1995

**Taiwan – Taiwan Bike, Hike and Paddle (2025-2026)**

**8 Days / 7 Nights**

**Group Guided**



This classic route takes you from Taipei in the north of the island, all the way to the very southern tip of Kenting. The first day's ride out through Taroko Gorge down to the Pacific Coast and into the majestic East Rift Valley is hard to beat, but it is just the beginning!

Riding quiet but amazingly well-maintained roads through the idyllic tropical countryside you'll pass through sleepy indigenous villages, pomelo orchards, and endless rice paddies.

At day's end, the island offers yet more surprises: whether marveling at the sheer power of the Pacific, soaking away the stresses of life in one of the island's numerous hot springs or just slurping down a hearty bowl of delicious noodles, Taiwan assaults your senses and leaves you hungry for more!

**OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9**

**[www.okcycletours.com](http://www.okcycletours.com)** Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



Day to Day

#### **DAY 1: TAIPEI - TRAIN JOURNEY & WARM UP RIDE**

**Riding:** 10km **Meal:**L,D

We'll meet up early in Taipei for introductions before a beautiful train ride along the dramatic east coast to breathtaking Taroko Gorge which forges its way through the Central Mountain Range. Whether shrouded in mist or glowing in sunlight, this sheer marble gorge is a captivating sight. From the station, it's a short but beautiful drive to our luxurious overnight lodgings, situated deep into the heart of the gorge. On arrival, we'll check in and then have a bike fitting and take a short warm-up ride deeper into the gorge (part of the famous King of the Mountain route!)

**Special Announcement:** *Taroko National Park is currently closed until further notice due to earthquake damage and the subsequent repair work to make it safe for visitors again. We have adjusted our programs to offer alternative experiences and eagerly await the park's reopening to resume our regular operations.*

#### **DAY 2: CYCLE TO SHOUFENG**

**Riding:** 57km **Meal:**B,L,D

We have an early start to make the exhilarating ride down through Taroko Gorge, stopping for a short but stunning hike along the aquamarine waters of Shakadang stream, a tributary of the main Liwu River. On pedaling out of the gorge, we'll emerge onto the Pacific Coast, and avoiding the main highway we ride narrow lanes lined with banana palms and temples, taking beachside rest stops on our way south. After lunch in Hualien we'll move away from the city and into the picturesque but little visited East Rift Valley, a land of lush green rice paddies and small indigenous communities. We'll spend the night in cabins magically set over the water set on the edge of the Rift Valley. In the evening we can enjoy a hearty BBQ dinner and campfire.

#### **Special Information:**

Today's ride from Taroko to Shoufeng covers 56.9 km (35.4 mi) with an elevation gain of 493m throughout the day. You'll mostly be on paved roads, with some unpaved and off-road trails. With our support vehicle close by and plenty of stops along the way, the journey is both manageable and enjoyable.

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### **DAY 3: CYCLE TO FUYUAN & BUTTERFLY VALLEY HIKE**

**Riding: 44km Meal:BLD**

Today it's a shorter ride as we continue our journey down through the Rift Valley, with towering mountains on either side. We'll stop for lunch at a community-run organic farm restaurant in an Amis village and have the chance to meet some of the friendly locals. In the afternoon we'll move on south through prime tropical fruit growing country to our lovely resort set in the beautiful Fuyuan Forest Reserve. The reserve has numerous hiking trails through lush jungle to waterfalls and suspension bridges. Monkeys, deer, eagles and huge butterflies are commonplace, and Swinhoe's Pheasant are occasionally spotted! When you get back from your hike soothing hot springs await! Dinner tonight is at the resort.

#### **Special Information:**

The trail today is a bit more challenging, with a 43.7km (27.2mi) ride and an elevation gain of 701m throughout the day. You'll have two riding segments: the first takes you from the hotel to the Rift Valley, followed by lunch at a community-run organic farm restaurant.

Afterward, you'll hop back on your bike for the second stretch, leading to a light hike through the Fuyuan Forest Reserve.

The trail today is fully paved, with the support van always at hand should you wish to sit back and enjoy the view instead.

### **DAY 4: CYCLE TO FULI, SAOBA MONOLITHS, TROPIC OF CANCER & TEA TASTING**

**Riding: 65km Meal:BLD**

This morning's ride is interjected with a trio of interesting stops, first the Saoba Monoliths (Taiwan's mini version of Stone Henge), then on to the Tropic of Cancer Monument, and finally for a well-earned cuppa' amidst the tea farms of Wuhe. We then take a lovely little cut through road back to highway 193, and now officially in the tropics, bear south through the ever-widening Rift Valley, stopping for a delicious dumpling lunch. After lunch we continue on to our overnight stop perched atop a hill on the edge of the Rift Valley. It's a great spot to sit back, relax and enjoy the views and in the evening our host will put on a gourmet feast for dinner.



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**Special Information:**

Today's adventure includes two rides totaling 66 km (41 mi) with 597m of elevation gain throughout the day. You'll cycle mostly on paved roads, with a few unpaved trails mixed in. Along the way, you'll enjoy plenty of stops for coffee, tea, local fruit, and lunch.

**DAY 5: CYCLE THE COAST TO DULAN**

**Riding:** 69km **Meal:**B,L,D

This morning we pedal away from the Rift Valley, along a magical little road (often with more monkeys than cars) which cuts its way southeast through the low jungly hills of the Coastal Mountain Range. We'll hit the coast at one of its most impressive stretches, often compared with Hawaii, and after some tasty local baozi (steamed buns) it's only a short hop south to the laid-back surf settlement of Dulan.

As well as being a mecca for surfers, Dulan is also famous for a recent indigenous arts revival which encompasses music, painting and sculpture which can be seen in the warehouse galleries around the focal point of the village, the old Sugar Factory. In the evening we'll meet for a traditional indigenous meal overlooking the ocean.

**Special Information:**

Today features two rides, starting with a scenic route to a charming lunch spot, then riding to your hotel. You'll cover 68.8 km (42.8 mi) with 882m of elevation gain throughout the day, the biggest climb of the tour. Expect plenty of snack stops along the way, and our support vehicle will be right there if you need a little extra help.

**DAY 6: PADDLEBOARDING & FREE AFTERNOON IN DULAN**

**Meal:**B

This morning we'll rise early to enjoy a sunrise SUP ride in Donghe River Gorge. Paddling the emerald green waters to a backdrop of giant white boulders and lush tropical forest makes for a magical start to the day. The rest of the day is free to relax on the beach, hike, surf, visit some of the local sights or just read a book and rest!



As well as Taiwanese and indigenous cuisine, Dulan has a host of Western-oriented cafés and restaurants serving food from around the globe, including authentic French, Indian and Vietnamese cuisine. There is also sometimes live music at the Sugar Factory on Saturday nights. Soak up Taiwanese life as you rest your legs!

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**DAY 7: CYCLE TO KENTING** Riding: 80km Meal:B,L,D

Today we'll transfer by vehicle along the beautiful but busy coastal highway to Dawu where we'll begin our epic final day's ride with a long, gradual ascent into the hills of the Hengchun Peninsula, taking a brief rest stop at an ornate temple with great views before we reach the top. For those keen to preserve their legs for later in the day there is also the option to transfer this first hill section. From the top we bear off the main east-west route and cycle a lovely little road through remote jungle dotted with the odd indigenous village before bringing us back down to the coast.

The coastal stretch here is one of Taiwan's finest, with the road running right alongside the ocean, passing windswept beaches and abandoned military bases before once again ascending into the jungle. The last leg of the ride takes us all the way to the island's southernmost point, from where it's just a short ride to Kenting, Taiwan's tropical playground. In the evening we'll explore Kenting night market and head out for a final dinner to celebrate our incredible Taiwan ride.

**Special Information:**

Today's adventure kicks off with a 2-hour transfer to Shouka, where your cycling journey begins. You'll be riding from Shouka to Kenting, covering 80.8 km (50.2 mi) with 690m of elevation gain throughout the day, on paved trails.

This is the longest ride of the tour and our last one together. The scenery is out of this world beautiful as your ride past indigenous villages.

Expect plenty of breaks along the way to enjoy the views, sip coffee, taste fresh fruit, and savor a lovely lunch.

**DAY 8: TRANSFER TO KAOHSIUNG, TOUR CONCLUDES** Meal:B

This morning is free for you to further explore Kenting's bounty of activities. A group transfer is available at noon back to Kaohsiung International Airport or the High-Speed-Rail Station. The tour ends on arrival in Kaohsiung.



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**Dates and Prices**-all prices are double occupancy in US dollars, subject to confirmation on booking

May 5	\$3979
July 7	\$3979
October 27	\$3797
Nov 24	\$3979
2026	
March 23	\$3979
Optional single room supplement	\$950
E-bike	\$375
Titanium Road Bike	\$240

**Included**

- 7 Nights accommodation in resorts & boutique B&B's
- Meals: Breakfast x7, Lunch x6, Dinner x6
- Quality well maintained bikes & equipment
- Stand up Paddleboard experience
- Experienced Guide
- Full vehicle support
- Snacks & Water while riding
- Complimentary cycling jersey and water bottle

**Bikes**



Quality, well maintained Cannondale Quick 4 Disc bikes in a full range of sizes are included in the price of your tour. These bikes are fitted-out to suit the conditions, with hybrid tires for smooth touring performance, a wide gear range to help you on any climbs and removable mudguards in case we encounter wet conditions.

***This is a partner tour***

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