

Taiwan Cycle: Mountains, Culture & Coast



trip highlights

Experience Taiwan from the saddle, cycling through a remarkably varied landscape of mountains, tea country, rural villages, tropical coastline and historic towns

Enjoy the freedom of cycling with a support vehicle provided on cycling days, offering practical assistance as you explore the island

Cycle the shores of Sun Moon Lake, surrounded by forested mountains

Get a feel for rural Taiwan as you ride through farming communities, small villages and the winding 36 Bends

Explore Tainan, Taiwan's historic former capital, and discover its renowned food culture

Ride from the mountains to the Pacific coast, with rewarding descents through lush valleys and time to soak in natural hot springs

Discover Taiwan's tropical southern peninsula by bike, passing beaches, grasslands and coastal cliffs overlooking the Bashi Channel



Trip Duration	7 days	Trip Code: ESC
Grade	Moderate	
Activities	Cycling	
Summary	6 nights in hotels	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the Taiwan Cycle: Mountains, Culture & Coast, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

Our Taiwan cycling journey combines rewarding riding with the support and logistics needed to make exploring the island by bike straightforward. An experienced English-speaking guide accompanies the journey, while a support vehicle is available during the cycling, providing added flexibility across the longer riding days. Routes have been selected to avoid busy roads and focus on quieter country lanes, valleys and coastal roads wherever possible.

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Cycle Taiwan from Sun Moon Lake through tea country, mountain landscapes and spectacular Pacific coastal roads.



Single travellers are required to pay a single supplement when joining this adventure. Please refer to our website for the additional cost.

the trip

Experience Taiwan at the perfect pace on two wheels, combining rewarding days in the saddle with the island's distinctive landscapes, rich culture and celebrated food. Cycle from the forested shores of Sun Moon Lake through tea-growing countryside, rural communities and mountain valleys before discovering the temples, historic streets and renowned food culture of Tainan. Continue south through lush valleys, with time to soak in natural hot springs, before riding beside the Pacific Ocean and around Taiwan's tropical southern peninsula, where beaches, grasslands and coastal cliffs provide an ever-changing backdrop. A support vehicle accompanies the group on cycling days, providing practical assistance along the way and allowing you to concentrate on the riding and experiences around you. Daily rides range from 30 km / 19 miles to 66 km / 41 miles, with vehicle transfers linking the different cycling regions and helping you make the most of Taiwan's best riding, local flavours and cultural experiences.

at a glance

DAY 1	JOIN TAICHUNG HIGH SPEED RAIL STATION & CYCLE TO SUN MOON LAKE (30KM / 19MI)
DAY 2	CYCLE SUN MOON LAKE TO NANTOU VALLEY (65KM / 40MI)
DAY 3	TO MEISHAN AND THE 36 BENDS (60KM / 37MI)
DAY 4	TAINAN CYCLE PATH AND THEN TO THE HOT SPRINGS (46KM / 28MI)
DAY 5	CYCLE THE HOT SPRINGS TO THE SOUTHERN COAST (66KM / 41MI)
DAY 6	SOUTHERN MOUNTAINS TO THE PACIFIC COAST (42KM / 26MI)
DAY 7	CYCLE THE SOUTHERN PENINSULA (40KM / 25MI), RETURN TRANSFER TO TAINAN, TRIP CONCLUDES

what's included

- 6 breakfasts
- 24 speed GIANT aluminium-framed bike
- Bike mechanic and support vehicle on cycling days
- Private departure transfer
- 6 nights in 3* hotels with ensuite facilities, lakeside and ocean views
- Sightseeing and entry fees as listed in itinerary
- Drinking water, snacks and fruit whilst cycling
- Medical kit for group use
- Expert bilingual cycle guide

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- International airfares and departure taxes
- Visa
- Arrival Transfers
- Travel insurance
- Tips and gratuities
- Meals and beverages not mentioned in the itinerary
- Items of a personal nature
- Bike Helmet (compulsory)
- e-Bike upgrade available

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trip dates

2026 16 Nov - 22 Nov

2027 02 Mar - 08 Mar
21 Mar - 27 Mar
23 Apr - 29 Apr
16 May - 22 May
14 Jun - 20 Jun
17 Oct - 23 Oct
06 Nov - 12 Nov

fast facts

Countries Visited:
Taiwan

Visas:
Please check visa requirements with your reservations consultant*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Singles:
A single supplement is available for this trip*

Leader:
Expert local leader

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

*Ask our staff for more information.

→ Any items not listed as included

detailed itinerary

DAY 1 Join Taichung High Speed Rail station & cycle to Sun Moon Lake (30km / 19mi)

On arrival at Taichung High Speed Rail station by 11am, you will be met and transferred approximately one hour to Sun Moon Lake, where the bikes are set up before the first ride which follows a circuit around Sun Moon Lake, Taiwan's largest body of water. Forested mountains and rolling hills frame the lake as the route follows its shoreline, providing an introduction to the landscapes of central Taiwan. After completing the ride, settle into your lakefront accommodation overlooking Sun Moon Lake.

Accommodation: Sun Fog Hotel or similar

Ascent/Descent: 379m / 1,243ft | 376m / 1,234ft

meals: NIL

DAY 2 Cycle Sun Moon Lake to Nantou Valley (65km / 40mi)

Departing from the hotel by bike, today's ride initially follows the southern shore of Sun Moon Lake before continuing alongside part of the Zhuoshui River and one of its tributaries. The route moves through rural communities and riverside towns, with mountain ranges rising on either side of the valley. This longer day on the bike provides an opportunity to experience Taiwan beyond its larger cities, travelling through the agricultural landscapes of the Nantou region. The ride concludes at a local eatery where we may be able to taste Stinky Tofu, a popular local dish, before a vehicle transfer of approximately one hour to the night's accommodation, set amid forest and tea plantations.

Accommodation: Hotel rural tea-growing mountain area

Ascent/Descent: 406m / 1,332ft | 943m / 3,094ft

meals: B

DAY 3 To Meishan and the 36 Bends (60km / 37mi)

Today's ride follows a winding road through Taiwan's tea-growing hills, including the distinctive section known as the 36 Bends. Cycling down the Taiping 36 Bends in Chiayi County is a legendary 11.8 km section of road featuring 36 numbered hairpin turns. The road descends through tea plantations with views across the surrounding mountains, rolling hills and coastal plain. Continue through country lanes and rural villages, passing local temples and agricultural communities along the way. After completing the ride around lunchtime, transfer approximately 1 hour 30 minutes to Tainan. Tainan is Taiwan's historic former capital and is known for its cultural heritage, temples and food traditions. The remainder of the day provides time to experience the city.

Accommodation: Taiping Suites or similar

Ascent/Descent: 1,131m / 3,711ft | 2,062m / 6,765ft

meals: B

DAY 4 Tainan cycle path and then to the Hot Springs (46km / 28mi)

Begin the day with a 26km / 16mi ride along a cycle path taking in Tainan's beachfront and waterways. After the morning ride and time for lunch in Tainan, transfer inland towards the Hakka area of Meinong. Back on the bikes, continue for another 20km / 12mi through a river valley towards the hot spring area. The route passes rural landscapes and Buddhist and Dao temples, with mountains forming

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thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

trip grading Moderate

The Taiwan Cycle trip is GRADE 5 - Moderate. The recommended route involves cycling on six of the seven days, with daily distances generally between 30km / 19mi and 66km / 41mi, plus an optional additional 22km / 14mi on Day 6. The terrain varies throughout the trip, with undulating sections around Sun Moon Lake, through the Nantou Valley, the 36 Bends and southern peninsula, as well as mostly downhill and flatter riding towards the southern coast; the itinerary also uses bike paths, country lanes and well-maintained roads. We recommend pre-trip training involving regular cycling to prepare for the daily distances and varied terrain. You should be a confident cyclist with a good level of fitness and comfortable riding on roads and handling a bike over undulating terrain. E-Bikes are available as an upgrade and can make the longer or hillier stages more manageable by providing pedal assistance when you need it; however, you should still be a competent cyclist who is comfortable handling, braking, cornering,

the backdrop to the ride. Seasonal sunflower fields may also be seen along the way. Tonight's accommodation is a hot spring hotel, providing an opportunity to soak and relax after the day's cycling.

Accommodation: CDR Hot Spring Resort or similar

Ascent/Descent: 25m / 82ft | 21m / 69ft

meals: B

DAY 5 Cycle the Hot Springs to the Southern Coast (66km / 41mi)

Ride directly from the accommodation this morning, following a winding river valley through mountain scenery. The valley is known for its butterfly species, particularly during spring and summer. After the first riding section, transfer by vehicle towards Taiwan's tropical southern coast. Following lunch, visit a local temple before returning to the bikes for an afternoon ride beside the Pacific Ocean. Continue along the coast to Baisha Beach, a sandy bay used as a filming location for Life of Pi. The day's is along predominantly downhill and flat roads. Tonight you stay near Nanwan Beach on Taiwan's southern coast.

Accommodation: Dreamer Boutique Hotel or similar

Ascent/Descent: 567m / 1,860ft | 912m / 2,992ft

meals: B

DAY 6 Southern Mountains to the Pacific Coast (42km / 26mi)

Transfer approximately 1 hour 30 minutes into Taiwan's southern mountain ranges this morning. From the higher country, begin a predominantly downhill ride towards the coast. The route eventually joins quieter roads alongside the Pacific Ocean, contrasting mountain scenery with open coastal landscapes. The standard ride can finish near the beach. Those wishing to cycle farther can continue for an additional 22km / 14mi through coastal hills to an agricultural village. After the ride, return by vehicle to the same accommodation near Nanwan Beach for a second night on the southern coast.

Accommodation: Dreamer Boutique Hotel or similar

Ascent/Descent: 372m / 1,220ft | 787m / 2,582ft

meals: B

DAY 7 Cycle the Southern Peninsula (40km / 25mi), return transfer to Tainan, trip concludes

The final ride begins from the accommodation and explores Taiwan's southern peninsula. Cycle past bays, grasslands and sandy beaches, passing Taiwan's southernmost area as the route follows a coastline characterised by cliffs and views across the Pacific Ocean and Bashi Channel. After completing the ride, transfer approximately 2 hours 20 minutes to Tainan High Speed Rail station, where the trip concludes between 1-2pm. Tickets can be bought at the station on the day for your return to Taipei.

Ascent/Descent: 176m / 577ft | 213m / 699ft

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

country information

Taiwan, an island in East Asia with a semi-tropical climate, is a rapidly changing and captivating region. Much like other parts of Asia, Taiwan has a dense population and is highly developed in

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starting and stopping the bike safely.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information on our website, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

terms of economics, technology, and transportation. The people of Taiwan are well-educated and well-traveled. Despite this modernization, the island is home to diverse cultures, and its mountainous interior remains a haven of untouched natural beauty. While Taiwan was previously seen mainly as a destination for business travelers, its unique blend of Chinese tradition and modern influences, along with its stunning ecological wonders and incredibly friendly people, has endeared it to many outsiders.

climate

Located astride the Tropic of Cancer, Taiwan's climate is shaped by the East Asian Monsoon. Northern Taiwan experiences a humid subtropical climate, characterized by significant fluctuations in temperatures throughout the year. On the other hand, central and most of southern Taiwan have a tropical monsoon climate, where the temperature variations are less pronounced, ranging from warm to hot. During the winter months (November to March), the northeastern region witnesses consistent rainfall, while the central and southern parts of the island enjoy predominantly sunny weather. The summer monsoon, spanning from May to October, contributes to about 90% of the south's annual precipitation but only around 60% in the north. On average, the island receives approximately 2,600 mm of rainfall annually.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

equipment provided



The standard bikes used on this trip are modern GIANT aluminium-framed bikes, selected to provide comfortable and confident riding across Taiwan's varied terrain. Bikes are equipped with a wide range of gears to assist on climbs and descents, with the exact number of gears depending on the bike model supplied. Bikes also come equipped with a water bottle holder and a holder for carrying your phone and wallet.

A selection of GIANT brand bikes are available for your choosing:

1. Escape 2 - A lightweight and versatile hybrid bike featuring an ALUXX aluminium frame, fast-rolling 700c wheels and a comfortable upright riding position. It is well suited to the combination of paved roads and cycle paths encountered during the trip.
2. Road Bike - A performance-focused option for confident road cyclists. Its lighter, more responsive riding position is designed for efficient climbing, cornering and descending across both mountainous and flatter sections of the route.

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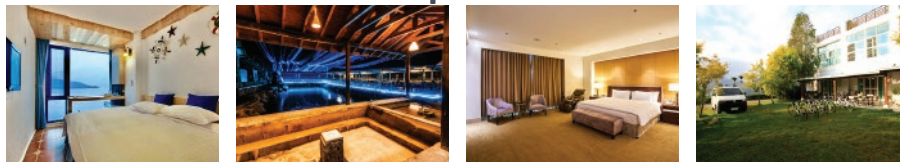
3. e-Bike Giant Fast SR-E+ - Combining characteristics of a road bike and mountain bike, the GIANT FastRoad E+ provides electric pedal assistance to help make longer and hillier sections more manageable. It is suitable for smooth roads, rougher roads and bike paths. E-Bikes are available as an upgrade for an additional cost.

If you prefer to use your own saddle and clip-in pedals, our mechanics will be more than happy to fit them for you.

Both the standard and the road bikes are used on all of the trips and therefore are used by many different people throughout a season. It is possible that your bicycle might need certain slight adjustments before you commence riding. However, additional adjustments or repairs may have to be made along the way and at least one additional bicycle is supplied for each group in case a replacement becomes necessary. Sets of basic tools are aboard the follow-up truck and your trip leader will assist with any difficulties. If you already have a saddle that you are comfortable cycling long distances on, you should bring this with you. A gel seat cover is also highly recommended and well worth the additional cost (available in cycling shops). If you are opting to use an eBike please note that these are heavier than standard mountain bikes and will need two people to lift it from the ground to the van.

*For safety reasons, we also insist that cycle helmets be included as a compulsory item.

accommodation on the trip



6 nights accommodation in hotels. All linen and hotel room towels are provided.

what you carry

In your daypack you will need to carry a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

A tourist visa on arrival is available to UK, NZ, AU, CAN and US Citizens for a maximum duration of up to 90 days. You must have at least 6 months validity on your passport at the time of arrival. It is your responsibility to check the current requirements with the Taiwanese Embassy or Consulate from your country of origin prior to departure.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

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webinars & events

Catch a Webinar – Live or On Demand - to learn more about a particular trip. Make sure the trip you choose is right for you. Watch them live, so you can ask our presenters a question, or catch the recording later at your leisure and watch it On Demand. Visit our website or keep an eye on our newsletter for upcoming presentations.

private groups

The adventures that you see on our website are just a starting point. We operate many of our trips, which means we can be flexible and create an itinerary to suit your interests and dates. Talk to our team, you'll be surprised how much more affordable it can be when you get a group of friends, colleagues, a club – you name it, to travel with you!

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Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

We operate small group adventures, which means availability is always worth checking early. Check trip availability online or call our team who might be able to dig a little deeper for you to find what you want, when you want.

Many adventures require services that, if not available at the time you book (like an internal flight or permit) could mean the trip is unavailable. So, book early to avoid missing out on your dream adventure.

how to book

Check trip availability and book your tour online, or call or visit one of our offices. To book a trip, you will need to complete a Booking Form (online or request a PDF) and pay a non-refundable deposit. Please note that when booking our tours to not confirm any additional arrangements until all services related to your tour are confirmed by your dedicated Reservations Consultant.