

Taiwan east coast cycling tour



Monday 16 to Friday 20 October 2023

Day 1: Hualien to Taroko Gorge via Qixingtian and return via Highway 9 花蓮至太魯閣 63km

The first day of my cycling tour in Taiwan started with an out and back ride to Taroko Gorge in the afternoon. I picked up the bike path along the river in Hualien and then followed the bike path along the coast past Qixingtian Beach. After I got to Taroko Gorge I only rode in a few kms to the Changchung Temple. It was enough to get a taste of Taroko's spectacular scenery. I rode back to Hualien along Highway 9 and saw some paragliders landing in a field near Xincheng.

Day two: Hualien to Yuli 花蓮至玉里 95km

It took about an hour to get out of Hualien but then I got onto some roads with little traffic. I passed by Mukumugi but didn't go into the village. The next stop was Liyu Lake. It was very quiet on a Tuesday morning with not many shops open. My first stop for coffee was at the Family Mart in Shoufeng. I rode along Route 9 to Ruisui. It was fine to ride in the motorcycle lane and there was a dedicated bike path most of the way, too. I had lunch in Ruisui. I then rode to Yuli via Route 193, a beautiful ride through the rice fields.

Day three: Yuli to Taitung 玉里至台東 106km

There were a few spots of rain as I started riding in the morning. I planned to take Route 23 across to the coast but it was blocked by a landslide at the 8 km mark so I rode to Taitung via Route 9. The

landslide occurred as a result of heavy rain brought by Typhoon Koinu. Still I did get to ride through a beautiful small gorge on Route 23 just before the road was blocked. The ride to Taitung via Route 9 was pretty uneventful. I stopped for a break in Chishang and then had lunch in Luye. I arrived in Taitung at about two o'clock.



Day four: Taitung to Ruisui 台東至瑞穗 115km

I had a glorious view of the sun rising over the Pacific Ocean as I crossed the bridge heading out of Taitung in the early morning. There were plenty more magnificent views as I took Highway 11 along the coast. I visited the "Water Flowing Uphill" and it was good to see it early in the morning before it was besieged by crowds of tourists. Next I stopped for coffee at Dulan and took some photos at the Creative Art Park. I stopped again in Chenggong where I discovered a beautiful cafe and bakery called "One Day" (一日). I rode down to the fishing harbour and visited the Marine Education Centre where a very friendly woman told me all about dolphins.

After having lunch in Changbin I crossed the mountains via Route 30 which connects Changbin on Taiwan's east coast with Yuli in the Rift Valley. This was the only significant climb of the tour to reach the 2.6km long Yu-Chang Tunnel. The ride down the other side was fast and fun. After I got to Yuli I continued to Ruisui via Route 9.



Day five: Ruisui to Hualien 瑞穗至花蓮 70km

The last day was an easy morning ride along Route 9. I stopped at the Family Mart in Fengtian for coffee. I got to Hualien Station around eleven o'clock to return the bike and end the tour

Total distance: 449km

* It's worth noting that although there are constant mountain views on this ride, the route is fairly flat. The only significant climb was the 300 metre ascent over ten kms from Changbin to the Yu-Chang Tunnel.

** I hired the bike from A-sheng (阿勝單車出租) in Hualien. The cost was TW\$1500 for five days. They also have a shop in Taitung and it is possible to hire at one location and return it to the other. <https://ashengbike.com/rentbike/>

*** More information about cycling in Taiwan: <http://davidonformosa.wordpress.com/cycling>

花蓮↔台東

自行車長途旅遊挑戰

完成證明



協力單位
阿勝單車
HENG

