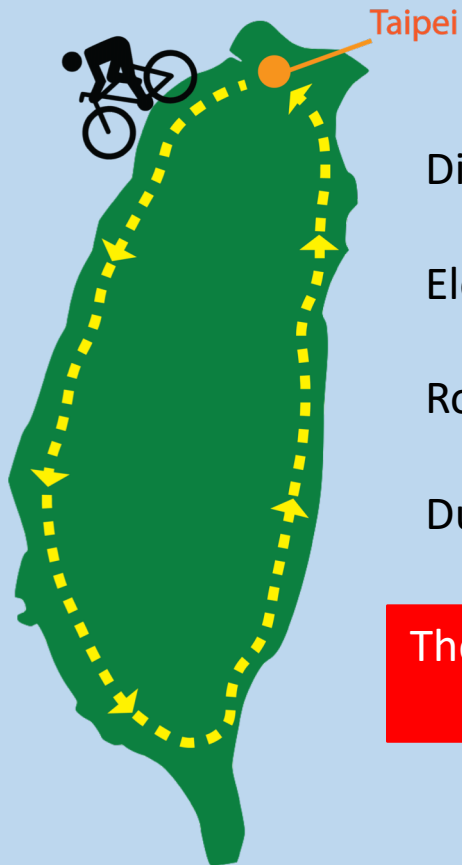


# Women's Guidance on Cycling Around Taiwan

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## What is Cycling Around Taiwan?



Distance – 600 miles

Elevation – Multi-terrain

Route – Counter clockwise

Duration – 10 days to 1 month

**The population of female cyclists is increasing!**

## Why Do Women Need This Guidance?

- Most of the extant cycling instructions are male cyclist oriented designs that focus too much on pursuing high speed and records.
- These materials did not consider the women's physical needs and training.
- A lack of consideration for safety.
- The suggested cycling routes are not flexible.

## What Do Female Cyclists Need?

### Self-Test of Cycling Experience

Interview

Content Analysis

Basic

Not be able to cycle for more than 30 min at plain.

Medium

Be able to cycle for more than 30 min at plain.

High

Be able to cycle for 4.5 HR plus at plain.

Pro

Be able to cycle for 4.5 HR plus at multi elevations.

### Preparation

Interview

Content Analysis

Self-Training

Physical training, long-term cycling training and multi-terrain cycling are required.

Packing

Equipment, clothes & shoes, daily commodities, medical supplies, and tools.

Basic Repair

Brake adjustment, tire and tube removal and installation, chain tightening and cleaning, etc.

### Route Information – 30 Modules

Illustrator

Google Map

1 Module = 18 – 22 miles

- Rating of challenge
- Route, distance, elevation, etc.
- Details of parts of the route.
- Note and caution

### Cycling Safety

Content Analysis

Research review

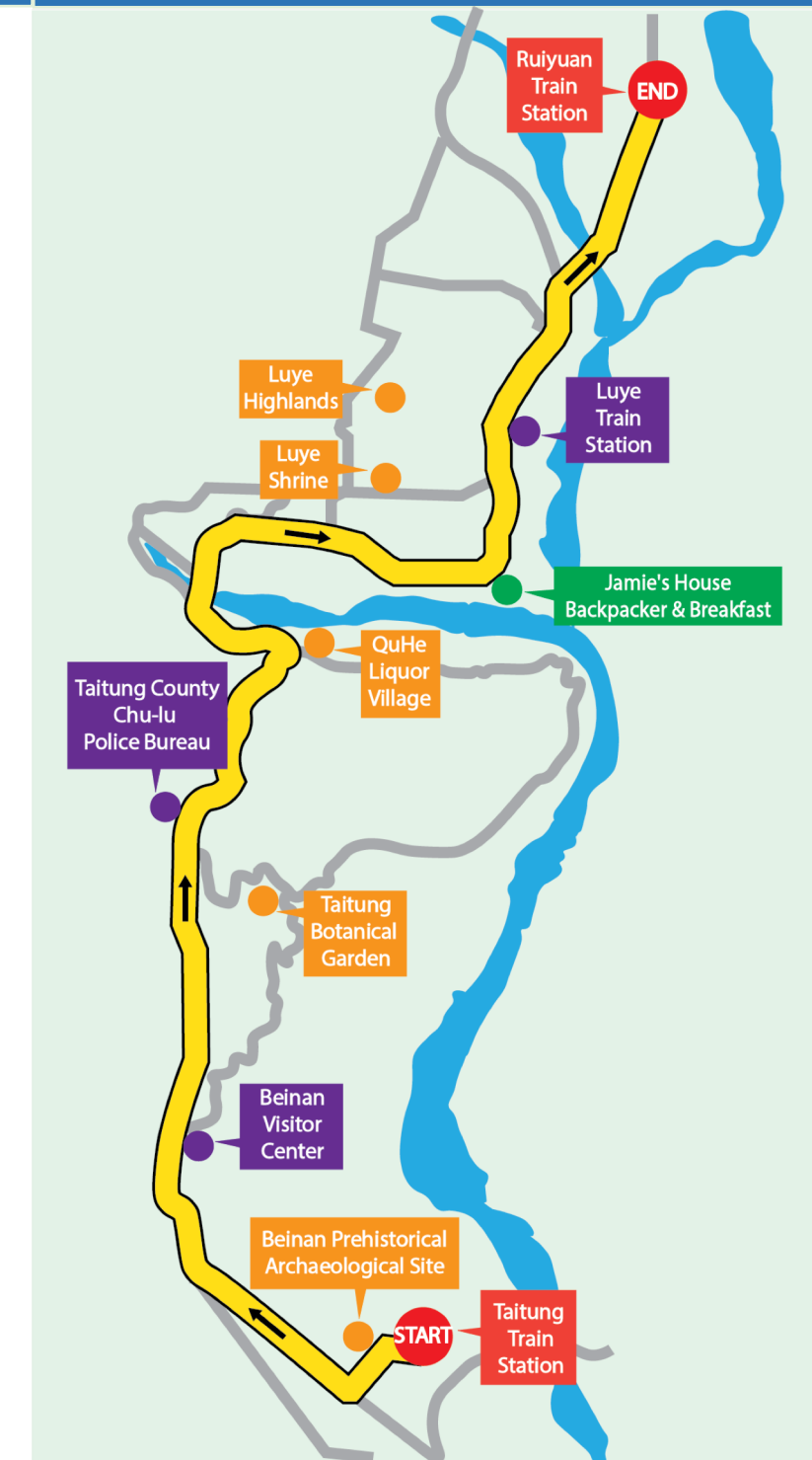
Traffic Regulation

Wearing & Equipment

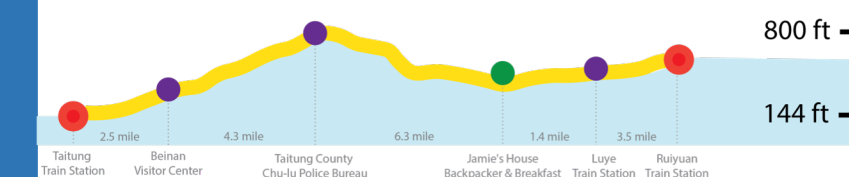
Cycling At Night

Emergent Events

## Route Module Sample



↑ 853 ft ↓ 416 ft



- Reference**
- Chen, Y.-C., (2010), *Solo of the Wind – The women cycling Around Taiwan by Herself*. Unpublished master dissertation, National Taipei University of Nursing, Taiwan.
  - Guide Cycling Around Taiwan (2016), Tourism Bureau, Ministry of Transportation and Communications
  - 2021 Let's Go Biking – The Year of Cycling Tourism Taiwan <https://taiwanbike-international.taiwan.net.tw/>
  - Bloomington Bike Project <https://btownbikeproject.org/>
  - My Bike Citizen <https://www.bikecitizens.net/top-5-bicycle-maintenance-tips/>