



*Women's Guidance on
Cycling Around Taiwan*
(Sample Pages)

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PREFACE

INTRODUCTION

Women's Guidance on Cycling Around Taiwan is designed to help female cyclists who want to cycle around Taiwan. Cycling around Taiwan has been a male oriented activity that emphasized masculinity for a long period of time. As a result, there are a bunch of cycling guidance on the market. However, most are designed for male cyclists who tend to pursue higher speeds and longer cycling durations rather than recreation, safety, and experience. In addition, given the physical differences between males and females, the extant guidance lacks proper training and preparation for female cyclists. Therefore, we need cycling guidance specifically designed for women.

The guidance we designed aims to promote a new vision for Cycling Around Taiwan. We focus more on women's needs, preferences, joy, and safety. It comprises four main sections: **Self-Test and Training**, **Preparation**, **Route Information** and **Safety**. We hope that this guidance can help female cyclists complete their Cycling Around Taiwan and encourage more women to join long-distance cycling tours. It is an interactive PDF that you can read on any digital device. You can follow the content to learn cycling and bicycle knowledge, take your own training and prepare for a tour of cycling around Taiwan. When you are ready to take on this challenge, we recommend you print it out and take it with you on tour.

TARGET AUDIENCE

Women who want to take a tour of Cycling Around Taiwan, both experienced and non-experienced, are welcome to use this guidance.

CYCLING AROUND TAIWAN

Cycling Around Taiwan is a long distance cycling tour in which cyclists ride their bicycles through the whole of Taiwan. This is a great challenge that requires cyclists to have plenty of physical training and preparation. During the tour, cyclists will experience impressively beautiful landscapes and the culture and history of the country. The basic information for Cycling Around Taiwan is described below.

Distance

The average cycling distance is 900 – 1,000 Kilometers, depending on the places that cyclists visit or if they add additional cycling routes.

Elevation

Taiwan is an island containing multiple terrains, including plains, hills, mountains, valleys, and coasts. Cyclists will experience different types of elevation change within a few days of cycling. Overall, the Western Taiwan is relatively flat while the Eastern Taiwan features more ups and downs.



Direction

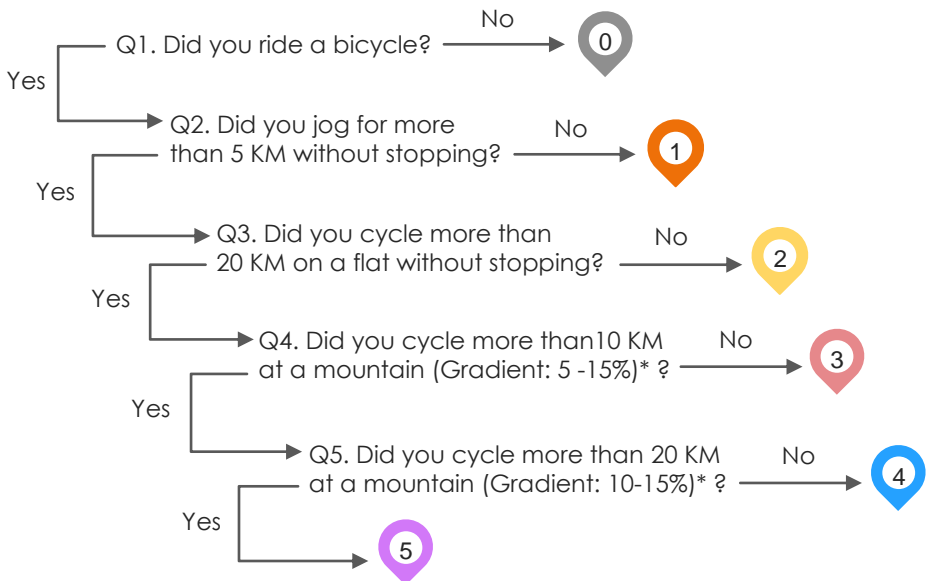
Either counter clockwise or clockwise is available. If you are new to long distance cycling, we recommend you take the first half in Western Taiwan, which is more flat than Eastern Taiwan. For example, if you start your tour from Taipei, it would be easier for you to cycle down to the western part first and then turn to the east a few days later.

SELF-TEST AND SELF-TRAINING

SELF-TEST

Before you take this test...

We would like to let you know why this test should be taken. This test will help you to know how your current physical condition is and how you can train yourself to reach the requirements of Cycling Around Taiwan. By doing this test, you can also anticipate the kinds of challenges you may encounter during your cycling journey. Please answer the questions below and find out what level you are at.

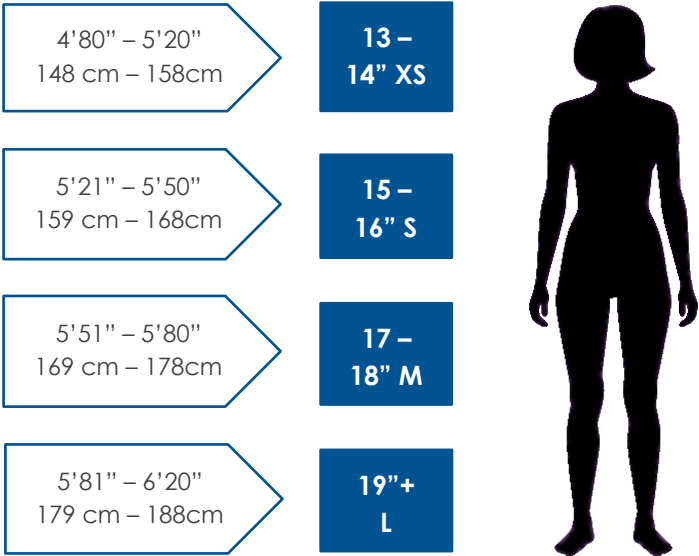


PREPARATION

BASIC BICYCLE KNOWLEDGE

Bicycle Selection Guide

We recommend female cyclists use a **Mountain Bicycle** to complete your Cycling Around Taiwan. Mountain bikes are more flexible in different terrains and easier to carry packages. It is important to choose a mountain bike that's the correct size for you. Mountain bikes are generally measured using inches (in) from the center of the crank axle, to the top of the seat tube. The most common sizes for female cyclists are from 13" to 19". Below is a standard size chart for your reference. Since the size chart might be a little different between different brands, we highly recommend you go to a bike shop and try the bicycles to find a suitable one.



PACKING CHECKLIST

Bicycle Equipment

Item	Pcs	Note
Bicycle front light & back light	1	It's important to turn the lights on when you must cycle at night.
Butteries for bicycle lights	2	
Bicycle water bottle	2	Each containing a minimum of 26 OZ.
Bicycle water bottle holder	1-2	
Bicycle mini pump	1	
Bicycle inner tube	2	
Bicycle tire lever	1	
Allen Wrench key set	1	For adjusting the brakes and removing the tires.
Bicycle luggage carrier	1	For placing your bags.
Bicycle bag	2	
Bungee cord rope	1	For wrapping your bags on your bicycle tightly.
Bicycle lock	1	
Cycling stopwatch	1	Optional.

ROUTE INFORMATION

EASTERN TAIWAN

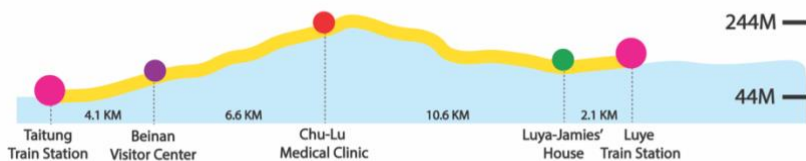
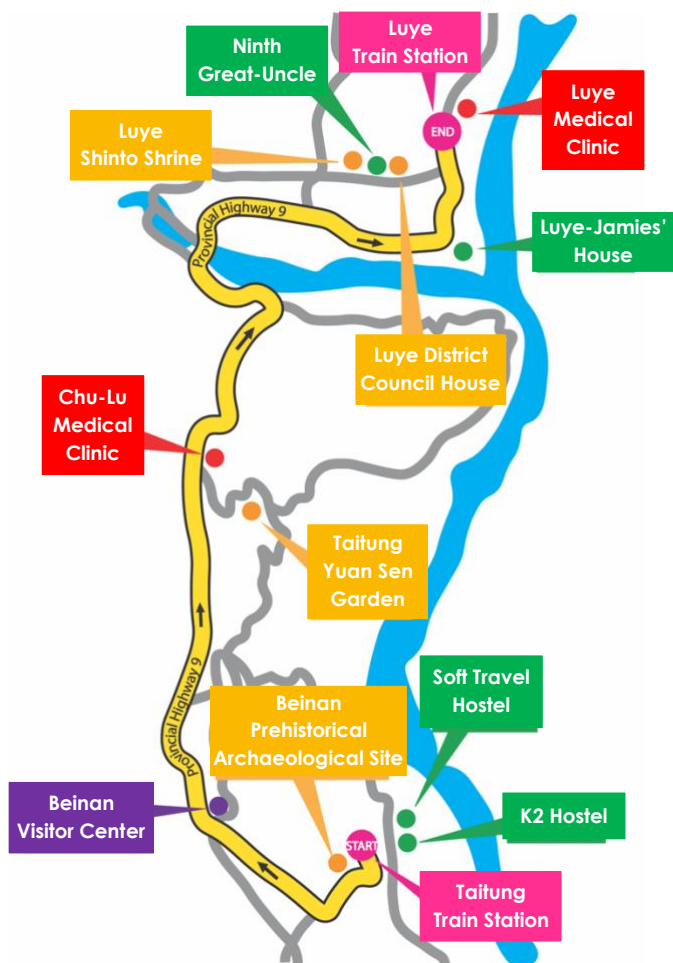
This section shows the eastern Taiwan cycling route of Cycling Around Taiwan. The route starts at Taitung and ends at Hualien, along the **Province Highway 9** at most of the time, totalling 178.5 KM. The route is comprised of **seven modules** and in each module we introduce basic information such as distance, duration, road & street. Each module also contains two infographics. The first infographic is a **cycling route map** which shows cycling routes and recommended lodgings, rest areas & cycling rest stops, tourist attractions, and medical cares. Users can click each tag to see further information of the spots in appendix pages. The second infographic is **elevation of the cycling route**. Users can see the ups and downs in each cycling module. In additions, we use the important sites as marks on the route, so the users can use these sites to see if they need to take a short break or look for supplies before starting a difficult climb. The colors of tags present different sites in the map:

	Cycling Route		Lodging
	Roads & Streets		Cycling Rest Stop & Area
	River		Medical Care
	Start & End (Train Station)		Tourist Attraction

Users decide how many modules they are going to complete each day by themselves, depending on how much time they have, how their physical conditions are and what kinds of cycling experience (e.g., visiting more tourist attractions or finish the tour as soon as possible) they want to have. Female cyclists obtain more flexibilities to build their own cycling experiences.

Module 1 Taitung – Luye

- Distance
23.4 KM
- Duration
1hr 17min
- Rating
★★☆☆☆



SAFETY

CYCLING SAFETY

Taiwan is a cycling friendly country, especially in the East. However, routes for cycling around Taiwan are usually high-traffic for locals. Therefore, cyclists have to pay attentions on cycling safety on the roads. In addition to following the traffic lights and signals on the roads, a few reminders are listed below:

- Hold the handlebar tightly and do not let go of it with both hands when you are cycling.
- Use gestures as signals before you turn or change lanes.
- Use your rear brake slightly before your front brake.
- Avoid cycling at night. If necessary, make sure the front light and back light are turned on.
- Proper cycling hydration. Drinking 2 or 3 big gulps every 20 minutes, or at least 3.5 liters of water every 5 hours.

WEARING & EQUIPMENT

Most of the required clothing and equipment for long distance cycling is introduced in the preparation section. Here are the details about how and why you have to use them correctly.

- **Helmet**

1. The front of the helmet should be one to two finger-widths above your brow.
2. Tighten the ratchet system so the helmet fits snugly around the circumference of your head, with minimal movement when you shake your head, but not so tight that it feels uncomfortable.

APPENDIX

TRAIN STATION

Taitung Train Station

No. 598, Yanwan Rd, Lane 101, Taitung City, Taitung County, 950

+886 08-922-9687

Mon – Sun 4:30AM-11:00PM

Luye Train Station

No. 38, Zhongzheng Rd, Luye Township, Taitung County, 955

+886 08-955-0217

Mon – Sun 6:00AM-11:30PM

Chishang Train Station

No. 30, Tiehua Rd, Chishang Township, Taitung County, 958

+886 08-986-2097

Mon – Sun 6:00AM-11:30PM

Yuli Train Station

No. 39, Kangle St., Yuli Township, Hualien County, 981

+886 03-888-2020

Mon – Sun 6:00AM-11:30PM

Ruisui Train Station

No. 13, Siwei St., Ruisui Township, Hualien County, 978

+886 03-887-5039

Mon – Sun 6:00AM-11:30PM

Guangfu Train Station

No. 2-1, Sec. 1, Zhongshan Rd., Guangfu Township, Hualien County, 976

+886 03-870-4143

Mon – Sun 6:00AM-11:30PM

Fengtian Train Station

No. 36, Zhanqian St., Shoufeng Township, Hualien County

+886 03-865-4251

Mon – Sun 7:20AM-5:00PM

Hualien Train Station

No. 100, Guolian 1st Rd, Hualien City, Hualien County, 970

+886 03-835-5941

Mon – Sun 6:00AM-11:30PM