

# **TOUR OF TAIWAN BIKING CAMP 2013**

**12<sup>th</sup> July - 1<sup>st</sup> August**

**Sponsored by  
Rotary International  
D3480 & D3500**



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# Rotary International District 3480 and District 3500

## Tour of Taiwan Biking Camp 2013

Session	Friday, 12 <sup>th</sup> July ~ Friday, 1 <sup>st</sup> August, 2013		
Host Country	Taiwan, Republic of China		
Sponsor District	D3480 and D3500		
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Session and Achievement	Duration of the camp is to be 21 days in total including home. The participants will stay with host families for the first 4 days after arrival and the last 5 days after biking. The participants for the biking journey will travel around Taiwan for 12 days and 11 nights to discover the beauty of Taiwan, (Formosa, the beautiful island), including 10 days on bike and two days for touring.		
Language	English and Mandarin		
Important Dates for Applications	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>12<sup>th</sup> April 2013 22<sup>nd</sup> April 2013 30<sup>th</sup> May 2013 12<sup>th</sup> ~ 15<sup>th</sup> July 2013 16<sup>th</sup> ~ 27<sup>th</sup> July 2013 28<sup>th</sup> July ~ 1<sup>st</sup> August 2013</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Deadline for applications Announcement of acceptance or rejection Deadline for receipt of personal and flight information Warm up and stay with host families Biking To cool down and stay with host families enjoying family life in Northern Taiwan</p> </td> </tr> </table>	<p>12<sup>th</sup> April 2013 22<sup>nd</sup> April 2013 30<sup>th</sup> May 2013 12<sup>th</sup> ~ 15<sup>th</sup> July 2013 16<sup>th</sup> ~ 27<sup>th</sup> July 2013 28<sup>th</sup> July ~ 1<sup>st</sup> August 2013</p>	<p>Deadline for applications Announcement of acceptance or rejection Deadline for receipt of personal and flight information Warm up and stay with host families Biking To cool down and stay with host families enjoying family life in Northern Taiwan</p>
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Costs	US\$300.00 per person
Bike System	To be provided by Giant Manufacturing Co. Ltd. (A well-known bike manufacturer)
Route:	Taipei→Hsinchu→Lukang (Taichung)→Chiayi → Kaohsiung→ Kending (Pingtung)→Chihpen (Taitung)→Hualien→Taroko Gorge→ by train to Lodong (Yilan)→Xindian (Taipei)
Insurance	The participants must be insured covering illness, accident and third party damages in accordance with Rotary International recommendations for Short Term Youth Exchange Program (STEP). Your insurance-coverage must be in accordance with RI recommendations, e.g. US\$ 500,000.00 for illness and accident, US\$ 100,000.00 for emergency repatriation, and US\$ 10,000.00 for death remains.
Clothing and Equipment	The equipment or clothing should orientate itself to following activities: <b>Biking, bathing, recreation, a small rucksack for biking and rainwear.</b> <b>All participants have to bring their own cycling gears, such as gloves, sun glasses, cycling suits and changes, shoes, sun protection cream and other items for cycling use</b> A free-rent FCR27 variable-speed bike with helmet is to be offered by Giant Manufacturing Co. Ltd. Plus free gift of professional bike suit and a water bottle.
Arrival/Departure	<b>To arrive at Taiwan C.K.S Airport (TAIWAN TAOYUAN International Airport) on 12<sup>th</sup> July 2013 (Friday) but no later than 13<sup>th</sup> July (Saturday), and to depart on 1<sup>st</sup> August 2013 (Thursday).</b>
Pickup:	By Designated Host family
Age of Participant	18 to 25, no gender restrictions
Participant's requirement	Up to 20 participants; no more than 2 participants from each country, no limitation of gender, on first come first served basis. However the camp will be subject to cancellation if total of applicants is less than 15. <b><u>Important Note:</u></b> Please do not apply for the event if you have the following illness! Epilepsy, heart disease, hypertension (high blood pressure), or physical problems for cycling.



# Tour of Taiwan Biking Camp Route and Schedule ★

Days	Date	Content/ Route	Lunch	Dinner
7/12~15 will stay with host family and start to experience culture of this beautiful Island and visit places of interesting in Metropolitan Taipei.				
7/16~26 Biking round the Beautiful Island				
Day1	7/16	Taipei (Tataocheng) →Hsinchu	Shihmen Restaurant	Local cuisine
Day2	7/17	Hsinchu→Lukang (Taichung)	Pizza at Giant Co., Tachia	Dinner at Hotel
Day3	7/18	Lukang (Taichung)→Chiayi	West Solenoid with Chinese bowl rice cake	Chiayi turkey dishes
Day4	7/19	Chiayi→Kaohsiung	McDonald	Hotel Chinese cuisine
Day5	7/20	Kaohsiung→Kending (Pingtung)	Local seafood resturant	Kending night market (at your own expenses)
Day6	7/21	Kending→Checheng <b>Spend whole day at Beach</b>	Light lunch at beach	Hotel Chinese cuisine
Day7	7/22	Kending→Chipen (Taitung) <b>Enjoy hot spring</b>	Shunwu Seafood Restaurants	Hotel Chinese cuisine
Day8	7/23	Chihpen→Chengkong (Taitung)	Chishang Lunch Box	DIY BBQ
Day9	7/24	Chengkong→Juisui (Hualien)	An Tong Restaurant	Hotel Chinese cuisine
Day10	7/25	Juisui→Hualien City	Fenglin Chinese Knuckles	Hualien Night Market
Day11	7/26	Hualien City→Taroko→Hualien City <b>Hualien Lodong (Yilan) by train</b>	Tienshiang Youth Recreation Center	Hainan Restaurant
Day12	7/27	Lodong → Xindian(Taipei)	Ho Huan Restaurant	At your own expenses
7/28~31 will be hosted by individual family, further visit places of interesting and enjoy wonderful cuisine in northern Taiwan				
8/01	Leaving Taipei for home			

★ Subject to change with notice

# General Information of Taiwan

Area : 36,000 square kilometers

Population : 23 millions

Languages :

Mandarin /Taiwanese  
Hakka and Indigenous  
Languages

Religion : Buddhism /Taoism /  
Christianity / Mormonism  
Hinduism and Islam

Electricity : 110 Voltages

Temperature in summer :

28-35 degree Celsius

Capital :Taipei City





## **INTRODUCTION OF TAIWAN**

Taiwan's total land area is only about 36,000 square kilometers; it is shaped like a tobacco leaf that is narrow at both ends. It lays off the southeastern coast of the mainland Asia, across the Taiwan Strait from Mainland China--an unmatched island on the western edge of the Pacific Ocean. To the north lies Japan; to the south is the Philippine. Many airlines fly to Taiwan, helping make it the perfect travel destination.

Taiwan lies on the western edge of the Pacific “rim of fire,” and continuous tectonic movements have created majestic peaks, rolling hills and plains, basins, coastlines, and other wonders. Taiwan sees climates of many types: tropical, sub-tropical, and temperate, providing clear differentiation between the different seasons. There are about 18,400 species of wildlife on the island, with more than





20% belonging to rare or endangered species; among these are the land-locked salmon, Taiwan mountain goats, Formosan rock monkey, Formosan black bear, blue magpie, Mikado pheasant, Hsuehshan grass lizard, and many more.

The government has established 7 national parks and 13 national scenic areas to preserve Taiwan's best natural ecological environment and cultural sites.

Take a hike in the splendor and sheer heights of the cliffs at Taroko Gorge; take a ride on the Alishan forest railway - one of only three mountain railways in the world--and experience the breathtaking sunrise and sea of clouds; hike up to the summit of Northeast Asia's highest peak, Jade Mountain.

You can also soak up the sun in Kending, Asia's version of

Hawaii; stand at the edge of Sun Moon Lake; traipse through the East Rift Valley; or visit the offshore islands of Kinmen and Penghu. It's fun in capital letters as well as an awesome journey of natural discovery!

Take a cycling Round The Island of Taiwan is most exciting and challenging leisure activity during summer in Taiwan, you will traveling through most of the beautiful scenery spots island wide, visiting various tribes, experiencing different cultures, taking various foods, enjoying sun shining and a lot more. We will cruise from north to south and from west to east, and try to cover the place of interesting in Taiwan as many as possible for you to bring back a life long memory.

You should not miss the culture aspects here in Taiwan either. The integration of Hakka, Taiwanese (Ming-Nan), indigenous -- has led to variety of Taiwanese culture. Whether it is religion, architecture, language, living habits, or food, it's just one big exciting melting pot! Food is the best representative of this cultural mixing and matching.

Aside from cuisine from different parts of the Mainland China such as Zhejiang, Hunan, Guangdong, Yunnan, Shanghai, Beijing,

Sichuan, and others, there is also the local Taiwanese cuisine as well as the local delicacies of each area.

The Island of Taiwan is unique in geographical features and landforms. We are able to reach seashore or mountains of 1,500 meters altitude in an hour drive. So why not apply for the Tour of Round the Island of Taiwan Biking Camp in Summer 2013. Come to explore the Beautiful Island Formosa on Bike. En route we are riding through three national parks out of the seven mentioned, they are Taijiang National Park, Kending National Park and Taroko National Park.

The duration of Camp will be lasting for three weeks, cycling trip takes 12 days in total, however one day each at Southern tip (Kending beach) and East Coast (Taroko Gorge-Hua Lien) will have no biking but offer



campers extra time enjoying suntan on white sand beach, seeing more the nature beauty of gorge and admiring the power of rain force as well as stream.

Besides biking you will stay with host family in Taipei city or northern Island for nine (9) days, four days before biking and five days after. All participants will have ample time to experience convenience of local public transportation, such as subway, bus and taxi at reasonable fare; you can almost go anywhere without transportation problem. Enjoy hospitality and enthusiasm of people on the island. Visiting different night market tasting various cuisines and doing shopping.



# 2013 Tour of Taiwan Biking Camp Organizing Office

## 2013-2014 District Governor

District 3480	District 3500
DG Computer/CHIU, Chiu-Lin	DG ENT/ CHEN, Hung-Shue

## Youth Exchange Committee Chair 2013~14

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## Youth Exchange Committee Chair 2012-2013

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## Biking Camp Coordinators

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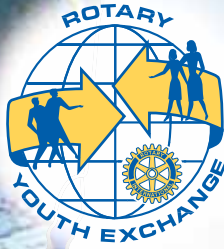
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**TAIWAN**  
*Touch Your Heart*