



Fast track to **Formosa**

One of the best-kept secrets in Asia has to be the beautiful island of Taiwan that has some of the best riding and tri training terrain available anywhere in the world!

IMAGINE AN ISLAND with nearly 16,000km of coastline bisected by Northeast Asia's highest mountains and interspread with fertile rift valleys, national parks, forest reserves, glistening lakes, hidden waterfalls and rushing rivers that spill into the surrounding emerald ocean!

An island that has spectacular downhills, monster climbs, and miles of fast undulating coastline terrain that is surely custom-made for the triathlete. Put this together with the amazing geology, the warm hospitality that Taiwan is famous for, a fascinating history, ample wildlife and you truly have one of the best cycling & tri destinations on the planet!

Founded in 2005 by New Zealander Cam McLean, In Motion Asia is a Taiwan based outdoor adventure com-

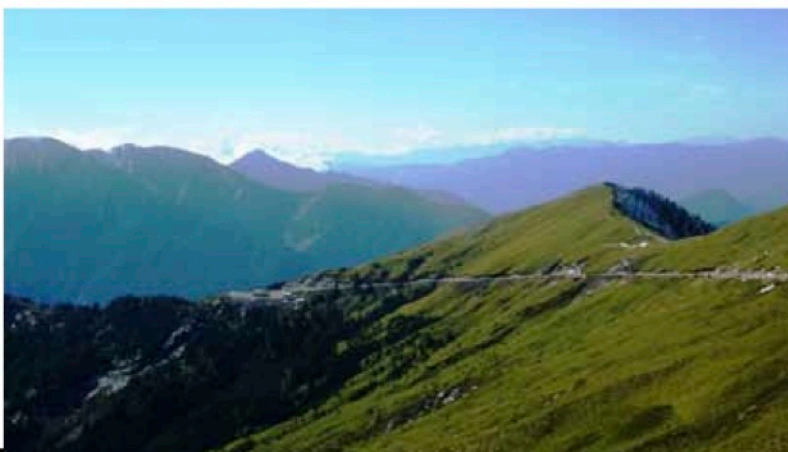
pany specializing in adventure services including customized road cycling and tri-training camps at a number of fantastic locations around Taiwan and Asia.

"One of the best holiday trips of my near twenty years in Asia with some of the best and most spectacular road biking that you will get anywhere in the world!"

One of the hallmarks of In Motion Asia is their ability to provide customized tours that match as close as possible the needs and requirements of the group in terms of the locations, desired distance, terrain, and level of comfort. Taiwan has around a months worth of high quality riding covering everything from flat coastline, to undulating valleys, to steep 40km long climbs. For the triathletes, In Motion Asia has customized 4 quality venues that provide an endless amount of fast riding, scenic running, and high quality swim training. One of the best venues is Kenting on the southern tip of Taiwan that provides

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Hong Kong Dragons Triathlon Club, (left). The epic scenery is just one reason to ride in Taiwan (above).

superb beachside accommodation, 3 days of tough riding including a morning on the Taiwan Ironman 70.3 course, great coastal running and a choice of ocean swimming or a fantastic 50m outdoor pool at the hotel. Oh, and did we mention the awesome beach less than 2 minutes away

"Epic" is the only single word we unanimously agreed upon, which came remotely close to defining the inaugural Dragon's Tour in Taiwan. "Epic" because the 280km of terrain is what makes Taiwan about the fourth most mountainous country on the planet. "Epic" because in a single two stop climb, we ascended 2,300 'Metres' (with an 8-15% increasing gradient) to reach Wuling Pass at 3,283m – the highest pass in North East Asia. And "Epic" because for two days of the ride we were bombarded with monsoon rain, which must have achieved a new observatory rating for rainfall. So, was this "Epic" rain storm considered a success at the end of it all? – Hell Yeah!



Tiawans first biker specific hotel

YOHO BIKE HOTEL is renowned for its thoughtful and detail-oriented designs. Bikers' exclusive check-in counter provides specially designed counters and shortened check-in procedures to keep bikers' feet off the ground and to extend outdoor cycling's feeling even after checking-in the bike elevator offers spacious standing space to help bikers to bring along their beloved bike into the elevator. Each bikers' suite is equipped with bicycle wall hangers, allowing bikes to be hung-up inside the room and avoid risks of being stolen; Bike Spa and Maintenance Shop, capable of making advanced repairs, assures bikers that every bike are in the best shape while staying at the hotel. In addition Yoho understands beginners' and professionals' diversified needs; hence, "Bike Training Camp" and "Off-Road Experience Center" that provide training courses and a professional outdoor learning field, hoping to make biking the most joyful and memorable experience.

Tseng Chung-Shin, President of YOHO Beach Resorts and Yoho bike hotel, said that bikers' attitude toward bike-traveling are gradually switching from pursuing mileages or treating biking as extreme sports to looking for something more relaxing.

Bicycles, service and accommodation are three essential elements while travelling with a bike. As bicycling becomes more popular, high-quality services are being strengthened, and island-wide bike tracks are being discovered and systematically constructed, the next trend of bike travel will be "the quality of accommodation." In past years, to travel by bike, travellers have to suffer poor quality of accommodation, such as camping or staying over-night in motels. Now, roughing may just be a thing of the past.

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