



TEAMAX ADVENTURE

**Seoul to Busan 600km Bike Challenge**

# I . Intro

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## SEOUL TO BUSAN BIKE JOURNEY

After four river restoration, Korea government decided to build bike paths along four rivers for bike path network all over South Korea. The four rivers are North and South Han River, Geum River, Youngsan River, and Nakdong River. Bike travelers can cross 600km Seoul to Busan through North & South Han River and Nakdong River Bike Path.

The most attractive fact about Seoul to Busan Bike Challenge is that you can discover not only Seoul and Busan which are Korea's two most developed cities but also Korea's mountains, rivers, culture and folk villages on the way to Busan. Bike travelers can also enjoy various Korean foods as passing different cities everyday and meeting various Koreans.

It's not just bike tour! It is discovering Korea and experiencing Korea!



- 6 N 7 D

Day 1 Seoul to Yeosu (105km)

Day 2 Yeosu to Suanbo (89km)

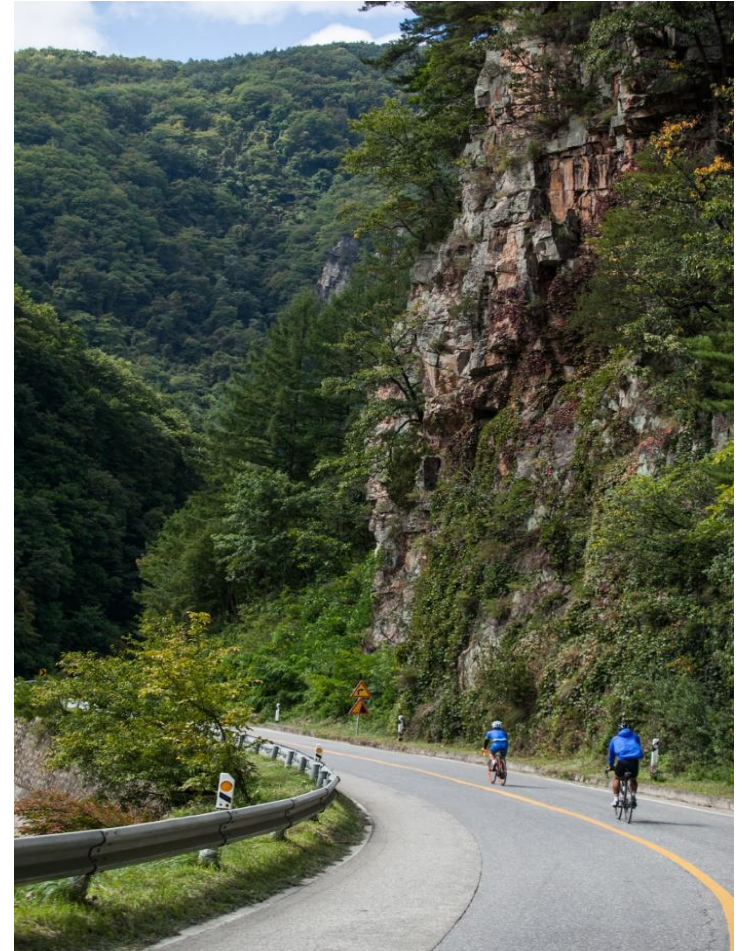
Day 3 Suanbo to Sangju (84km)

Day 4 Sangju to Daegu (105km)

Day 5 Daegu to Namjjeup (102km)

Day 6 Namjjeup to Busan (97km)

Day 7 Departure day from Busan



# 03 Route map



Red color route is for Seoul to Busan bike tour. It is 100% well paved bike path and it is totally separate from car road which means it is super safe bike route for bike travelers.

This red color route leads us to all the way to Busan city as passing Seoul, Gyeonggi Province, Gangwon Province, Chungcheong Province, Gyeongsang Province and Busan.

## II. Detail Info

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# 01 General Information



## TOURING



### DURATION

7 Days/ 6 Nights



### CYCLING DISTANCE

600 km (6 full)



### DESTINATION

Seoul-Busan of Korea



### RENTAL BIKE

Hybrid or Road Bike



### DIFFICULTY

Intermediate



### TOUR MEETS/ENDS

Seoul /Busan

## PRICES

<b>TOUR COST:</b>	1,750,000 KRW
<b>BIKE HIRE:</b>	Included
<b>SINGLE SUPPLEMENT:</b>	350,000 KRW

## HOW TO BOOK

Please make a reservation through our website and contact us to discuss further detail for you and your group members.

## TOUR INFORMATION

<b>GROUP SIZE:</b>	6-20 riders
<b>MINIMUM AGE:</b>	18 years
<b>INCLUDED:</b>	English speaking bike tour guide/Support vehicle and drivers/Meals(as indicated) /Accommodation/Day snacks, seasonal fruits and water
<b>EXCLUDED:</b>	International/domestic flights/ Visa fees/ Personal snack and alcohol drinks

On this Seoul to Busan 600km Bike Challenge, we cycle 600km in six cycling days on well paved bicycle trails. These paths are separated from vehicles and are very safe. A support vehicle follows us on this tour to carry our luggage, bike mechanic support and has seats available in case of an emergency. However, the spaces in the vehicle are limited so cyclists will be expected to ride the daily distance listed.

Please note this join-in tour is open to riders from other tour companies or other groups unless it is a private group tour only for your group. This helps us to gather together sufficient numbers of cyclists to guarantee a departure quickly.

## Conditions for luggage



**Max number of luggage per person:** 1 small day backpack & 1 suitcase or luggage



**Weight of luggage:** Max 25kg per suitcase or luggage

**Bike Cargo bag:** If you bring your bike and ask us to carry your bike cargo bag, we are happy to carry your bike cargo bag in our support vehicle to our destination. But if there's not enough space in the vehicle and in case that we need to hire a truck to deliver your bike cargo bag to our destination or we keep your bike cargo bag in our office or hotels, extra charge for this service will occur and you are responsible for this extra charge. So please communicate us to find the best solution in that kind of situation before you come to South Korea.



**B= Breakfast L= Lunch D= Dinner**

## **Day 0- Arrival at Seoul of South Korea**

One day before starting the journey. You should be in Seoul at least one day before we start riding Seoul to Busan. We recommend you to stay around Yeoido of Seoul because all the hotels in Yeoido area has easy access to Han River Bike path leading us to all the way to Busan.

If you need airport pick up and accommodation on Day 0, please contact us in advance to discuss about airport pick up and finding good accommodation for your group because the price for those service might differ depending on your taste for your group size, vehicle, accommodation level and etc.

## **Day 1- Seoul to Yeosu**

We meet you at your hotel in Seoul, check bikes and we will have brief orientation about the journey. Right after the orientation, we start riding in the middle of Seoul as seeing Yeoido, Gangnam, Jamsil which are highly developed areas in Seoul. Once we pass Seoul boundary, we will have lunch at Paldang Dam area. After lunch, we start enjoying view of Korean mountains and rivers with few bike rider traffic in Yangpyeong and Yeosu area.

Meals: L, D

Dinner info

[https://en.wikipedia.org/wiki/Korean\\_table\\_d%27h%C3%B4te](https://en.wikipedia.org/wiki/Korean_table_d%27h%C3%B4te)

Hotel info (Yeosu Sun Valley Hotel in Yeosu)

[http://www.sunvalleyhotel.co.kr/\\_ENG/index/index.asp](http://www.sunvalleyhotel.co.kr/_ENG/index/index.asp)

# 03 DAY 1 SEOUL - YEOJU



## Day 2- Yeosu to Suanbo

We start riding from the hotel and we pass Chungju city which is one of main cities of Chungcheong Province in South Korea. We will have lunch at Chungju city. After lunch, we meet new bike trail, and that is Saejae Bike Path crossing Chungcheong Province. Our destination is Suanbo town, the most famous Hot Spring town in South Korea. Suanbo town is used to be called 'King's Hot Spring Town' since King Sejong got better for his eye disease from this Hot Spring in Josun Dynasty. After dinner in Suanbo town, you have a chance to enjoy Korean Hot Spring before going to bed.

Meals: B, L, D

Dinner info

<https://en.wikipedia.org/wiki/Shabu-shabu>

Hotel info (Josun Hotel in Suanbo)

<http://www.suanbo.co.kr/>



# 03 DAY 2 YEOJU - SUANBO





## Day 3- Suanbo to Sangju

Today is uphill day. There are two hills waiting for riders to push their limits. One is Sojoryung(362m) and the other one is Ihwaryung(548m). Ihwaryung has been a boundary between Chungcheong Province and Gyeongsang Province since Dynasty(1392-1910). We meet the first uphill, Sojoryung after riding 6km from the hotel in Suanbo town. Sojoryung uphill is 2.5km. We start climbing Ihwaryung right after a long down hill riding from Sojoryung. Ihwaryung uphill is 5km. After Ihwaryung, we head to Sangju city which starts Nakdong River, and we will have a chance to stay in Korean traditional house.

Meals: B, L, D

Dinner info

<https://en.wikipedia.org/wiki/Samgye-tang>

Hotel info (Korean Traditional House stay)

<http://xuronghao.tistory.com/602>

# 03 DAY 3 SUANBO - SANGJU





## Day 4- Sangju to Daegu

Nakdong River is crossing Gyeongsang Province and Nakdong River bike path starts from Sangju city. We will start the first paddling on 325km Nakdong River bike path leading us to Busan which is the end of Nakdong River bike path. Today course is relaxing cruising riding mostly except for the first 15km riding. The first part is like rolling, lots of small up & down hills. After passing 15km, we will meet this peaceful and quite bike trail leading us to Daegu city which is the second biggest city in Gyeongsang Province.

Once we arrive at Daegu city, we will check in a Korean motel which will give you new experience. You will have one double bed room for one person. So if you are couple and want to have one room for two of you, please let us know in advance.

Meals: B, L, D

Dinner info

<http://www.hansik.org/hongkong/uk/hsarticle/hkuk0203000000/view.do?searchKey=&searchString=&searchCategory=?amp;stfoodCd=&seq=37046>

Hotel info (Korean motel)

<https://cafe.naver.com/chocol>

# 03 DAY 4 SANGJU - DAEGU





## Day 5- Daegu to Namjieup

Relaxing cruising bike route is continued on 5<sup>th</sup> day. However 5<sup>th</sup> day would be the hardest riding day because it's not only longest distance but also there are two crazy up-hills waiting for riders. Tour guides will challenge both up-hills or only one hill depending on riders condition with the group. The group will pass south part of Daegu city, Hapcheon, and Changnyeong city. Then we will have a lunch in Changnyeong city nearby Changnyeong Hapcheon Weir. After lunch, we will keep riding toward to two hill part. We will meet those two hills almost end of the day. Maybe that's why riders feel more tired. After two hills, we arrive at Namjieup town which is really small downtown of Changnyeong city.

We will check in Geumsil Motel. One double bed room for one person. So if you are couple and want to have one double bed room for two of you, please let us know in advance.

Meals: B, L, D

Dinner info

<https://en.wikipedia.org/wiki/Gamja-tang>

Hotel info (Korean motel)

<https://blog.naver.com/jimil0925/221250674818>

# 03 DAY 5 DAEGU - NAMJIEUP



## Day 6- Namjieup to Busan city

Today is the last riding day. We need all riders' last energy to ride about 90km to reach Busan city. It's the end of the journey. Fortunately Namjieup to Busan bike route is flat with beautiful Nakdong river view. So you don't need to worry about the last day riding. The closer riders is getting to Busan, the more riders will see tall buildings located at the entrance of Busan city.

Once we arrive at the end of bike path, it's South sea of South Korea and there's no more to go. We will have chill out time to dry your sweat and we will have ceremony time right in front of Seoul to Busan bike challenge statue.

After all ceremony, we will put on bikes on the vehicle and get on the vehicle to go to a hotel located at Haeundae Beach which is the most developed area to have big dinner as give you certificates proving that you rode Seoul to Busan on two wheels by your own power. These certificates are certified by Korean government.

Meals: B, L, D

Dinner info

<http://www.hansik.org/hongkong/uk/hsarticle/hkuk0203000000/view.do?searchKey=&searchString=&searchCategory=?amp;stfoodCd=&seq=37046>

Hotel info (Korean hotel in Haeundae Beach)

<http://iamvillage.com/>



# 03 DAY 6 NAMJIEUP - BUSAN





## **Day 7- Busan city half day tour**

It's departure day. Before we going back to Seoul by transportation or you are flying out from Busan International airport, we will have a chance to discover the second biggest city, Busan city. It's quite different atmosphere and local culture because Busan city is based on harbor culture. We will go to Gamcheon cultural village, Jagalchi Fish Market and Nampodong street market for a half day tour, then you will have free time in Nampodong street. When we arrive at Nampodong street for free time, TEAMAX ADVENTURE will say good bye to the group as hoping to see you all again for next adventure in South Korea!

Meals: B

# 03 DAY 7 BUSAN CITY TOUR



## III. NUTS & BOLTS

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## **RENTAL BIKES:**

We provide this model of bike for rental bike as amenity for those joining our bike tour in South Korea.

Giant Escape 2 2019 model

<https://99spokes.com/en/bikes/giant/2019/escape-2>

## **BIKES REPAIRS:**

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

## **SAFETY:**

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leaders is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding.



**SUPPORT:**

A support vehicle follows us on this tour to carry our luggage and has seats available in case of an emergency. However, the spaces in the vehicle are limited so cyclists will be expected to ride the daily distance listed.

**GUIDES:**

You will be led by a local English-speaking guide. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs on route.

## IV. THE NITTY GRITTY

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## **ARRIVING AND DEPARTING:**

This tour begins and ends at our hotels in Seoul, South Korea. International and domestic flights to and from the start and finish points are not included in the tour price. Pick up and drop off to and from Incheon Airport is not included in this tour. The most popular ways to reach the city center are the Airport Railroad Express (AREX) railway line, Seoul Metropolitan Subway, airport limousine buses, and regular or van taxis. Please contact us for advice before arranging flights for the best arrival and departure times as well as the best way to reach the hotel. Also if you need pick up and drop off service, please let us know in advance.

## **PASSPORT AND VISAS:**

Passport holders up to 1010 countries do not require a visa to visit South Korea from 30-90 days. A complete list of visa-exempt countries is [here](#)

## **HEALTH:**

No vaccinations are needed.

## **WEATHER:**

Korea has four very distinct seasons: spring from mid-March to the end of May; summer from June to August can be very hot and sticky; September through end of November is fall; and winter from December to mid-March. The best time of year to visit is autumn, when skies are blue, the weather is usually sunny and warm and the forested mountainsides are ablaze with astonishing fall colors. Spring, from April to June is another beautiful season, with generally mild temperatures and cherry blossoms spreading north across the country in April. Winters in the north are colder than in the more southerly Busan or Jeju Island.



## **FOOD:**

Meals are included as per the itinerary where B=Breakfast, L=Lunch, D=Dinner. Korean cuisine is largely based upon rice, vegetables, and meats. Traditional Korean meals are noted for the number of side dishes. Kimchi (traditional fermented vegetables) is served often, sometimes at every meal. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

## **DRINK:**

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere in Korea, but is NOT included in the price.

## **ACCOMMODATION:**

When we stay in hotels, two riders in one twin bed room or double bed room. When we stay in motels, one rider in one double bed room except for couples. When we stay in Korean traditional hotels, we cannot guarantee single room usages or two rider in one room policy. Sometime it is required that 3-4 riders should be in one big room.

## **EXTRA EXPENSES:**

You might need cash in Korean currency in case that you might buy personal snack, souvenirs, coffee or others. Tipping is not customary in Korea. Guides have received and accepted tips on a voluntary basis.

## **MONEY:**

The currency in South Korea is the won (₩) ATMs with a 'Global' sign often accept foreign cards. Most Global ATMs have basic instructions in English and mostly have a ₩700,000 won limit. Motels, hotels, shops and restaurants in cities and tourist areas accept foreign credit cards, but there are still plenty of restaurants and small businesses that don't. Be prepared to carry around some cash, especially when we are touring outside the main cities.



TEAMAX ADVENTURE

**Seoul to Busan Elevation chart**

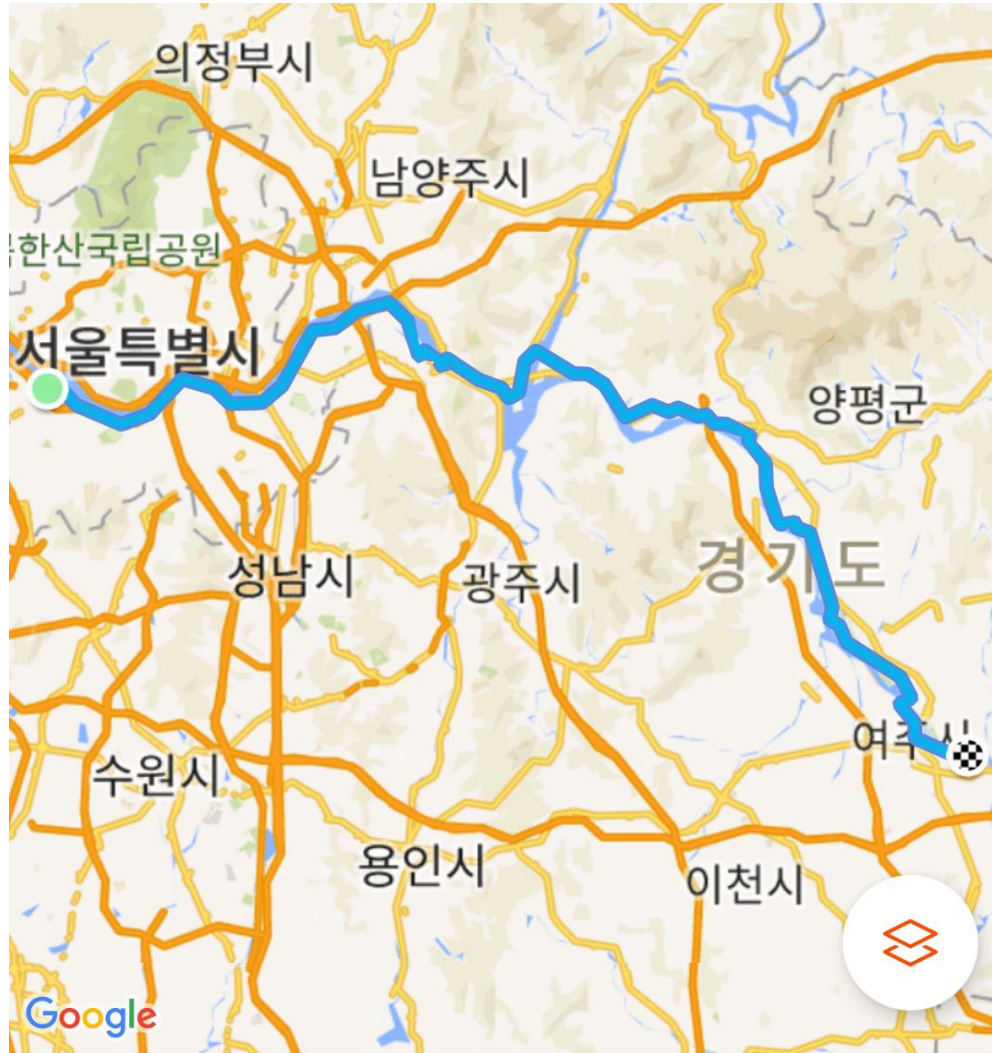


Day 1

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# Day 1: Seoul to Yeosu





# Day 1: Seoul to Yeosu

## 상승고도 Elevation



누적 상승고도

649 m

Gain

최대 상승고도

104 m

Max

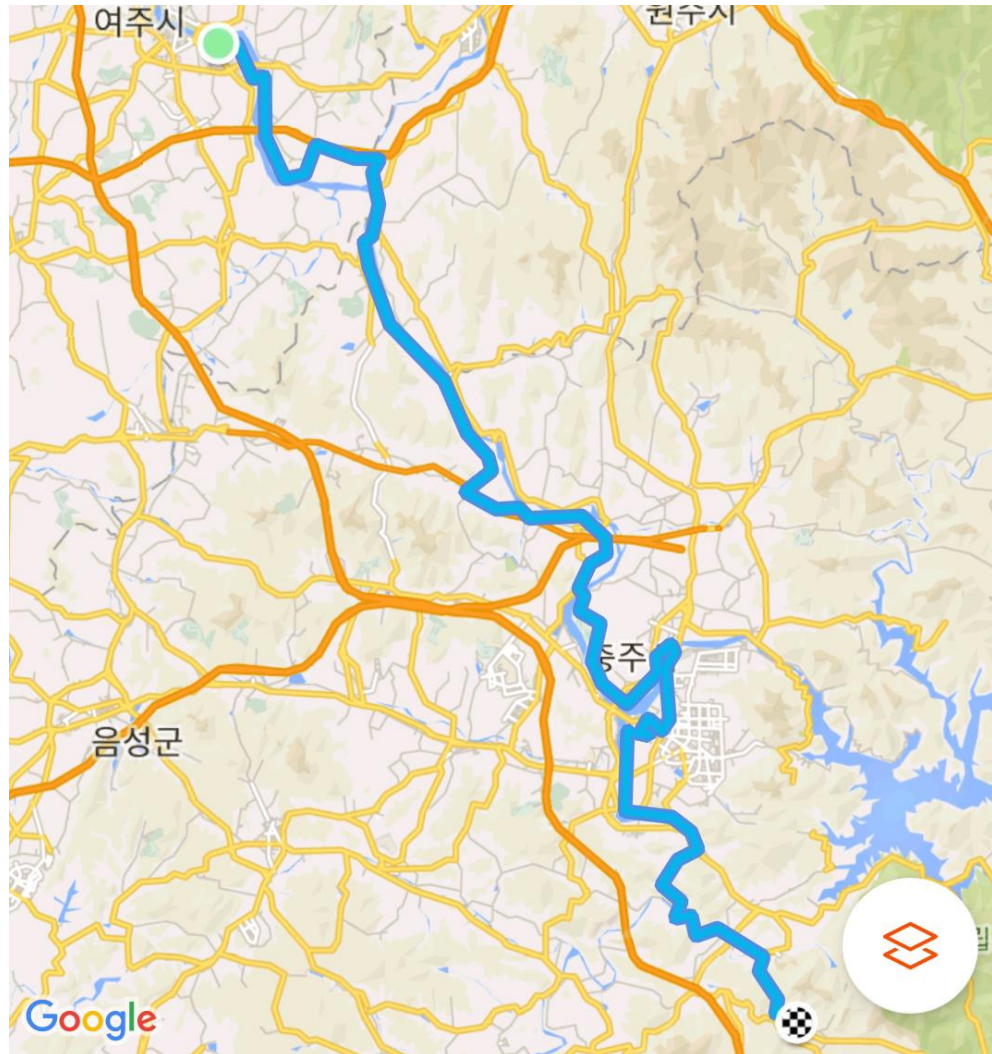
Day 2

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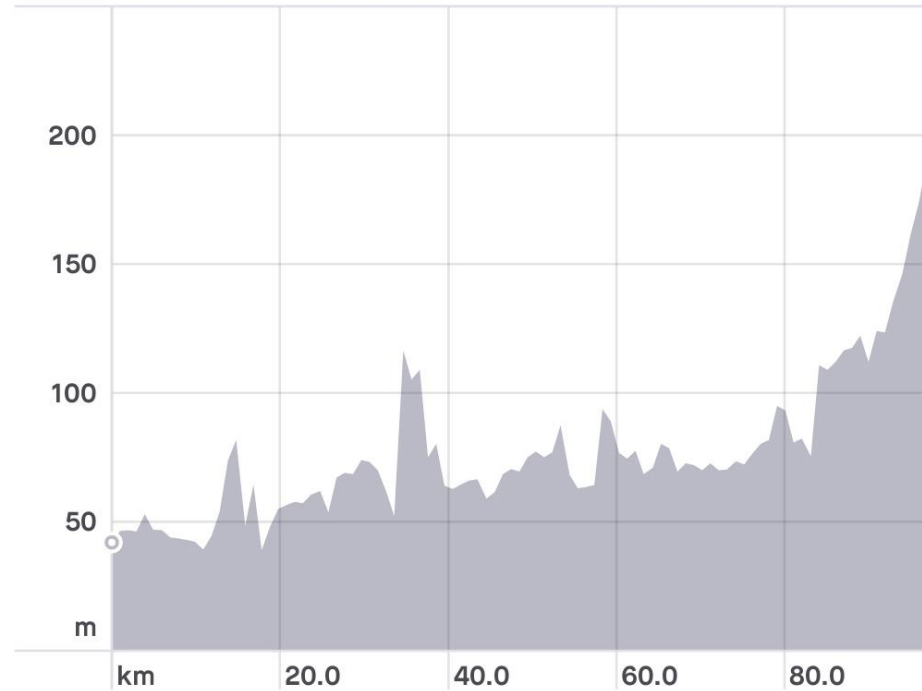


## Day 2: Yeosu to Suanbo



# Day 2: Yeosu to Suanbo

## 상승고도 Elevation



누적 상승고도 1,039 m

Gain

최대 상승고도 216 m

Max

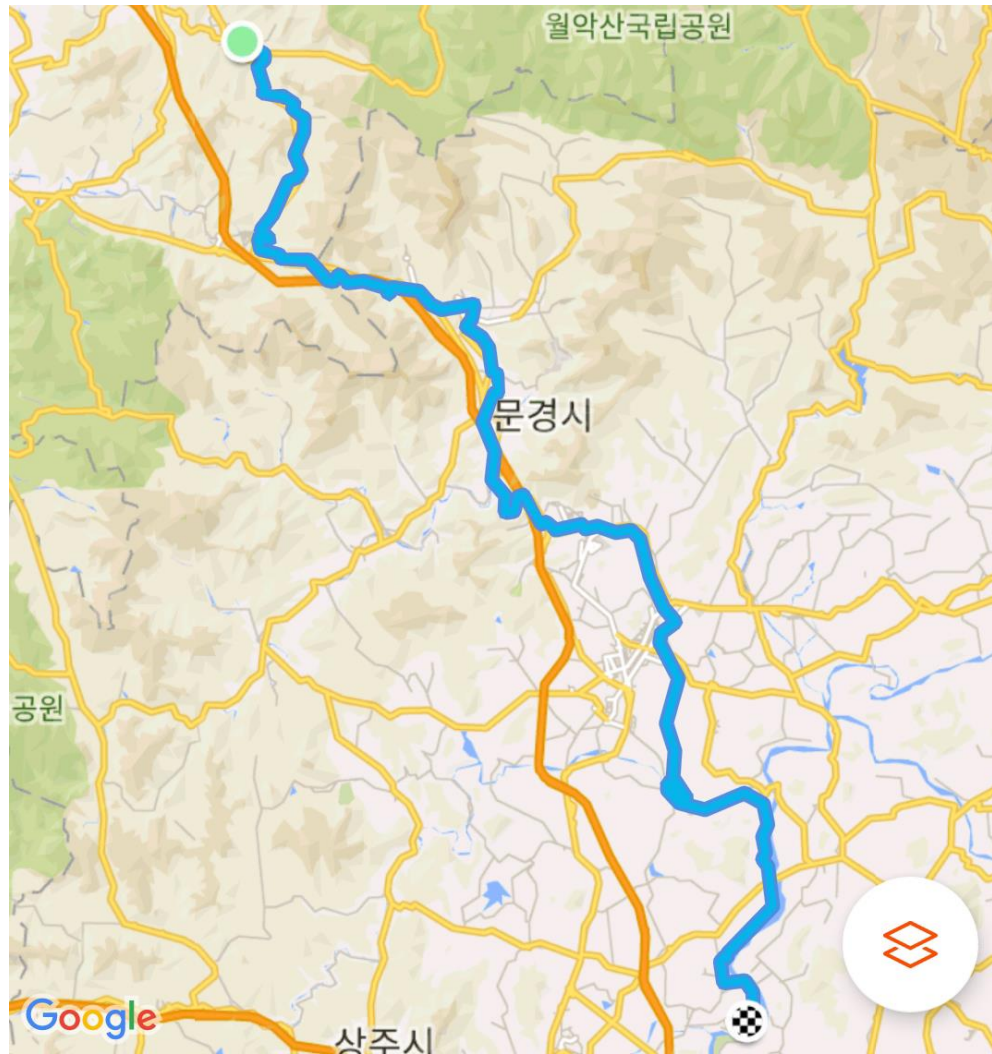
Day 3

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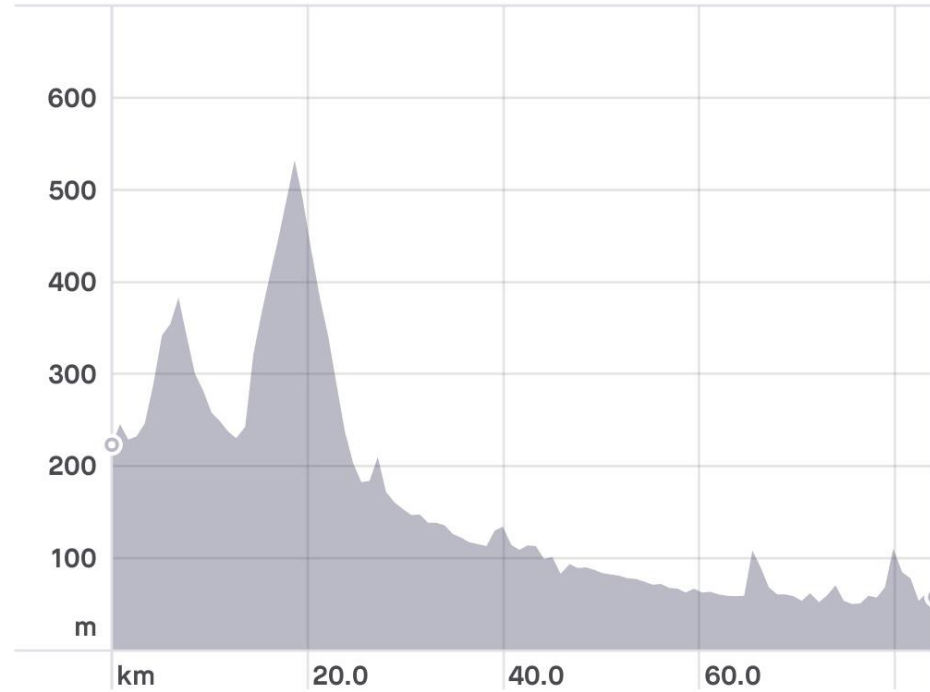


# Day 3: Suanbo to Sangju



# Day 3: Suanbo to Sangju

## 상승고도 Elevation



누적 상승고도 1,121 m

Gain

최대 상승고도 539 m

Max

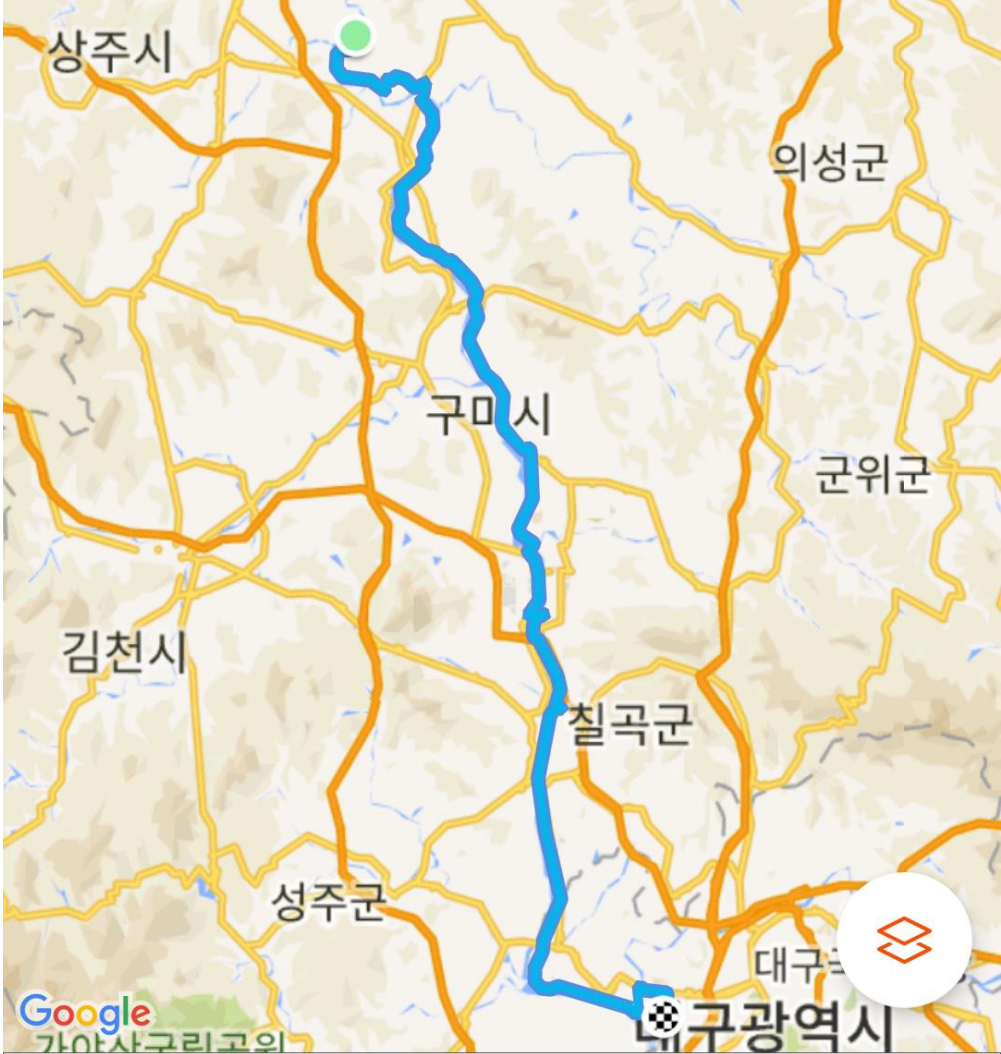
Day 4

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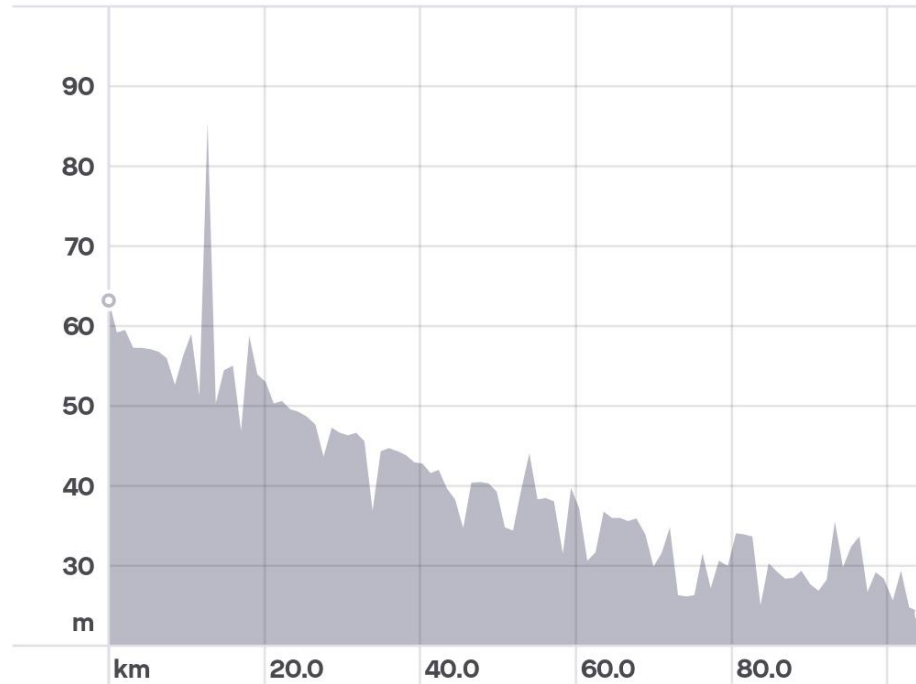


# Day 4: Sangju to Daegu



# Day 4: Sangju to Daegu

## 상승고도 Elevation



누적 상승고도

405 m

Gain

최대 상승고도

91 m

Max

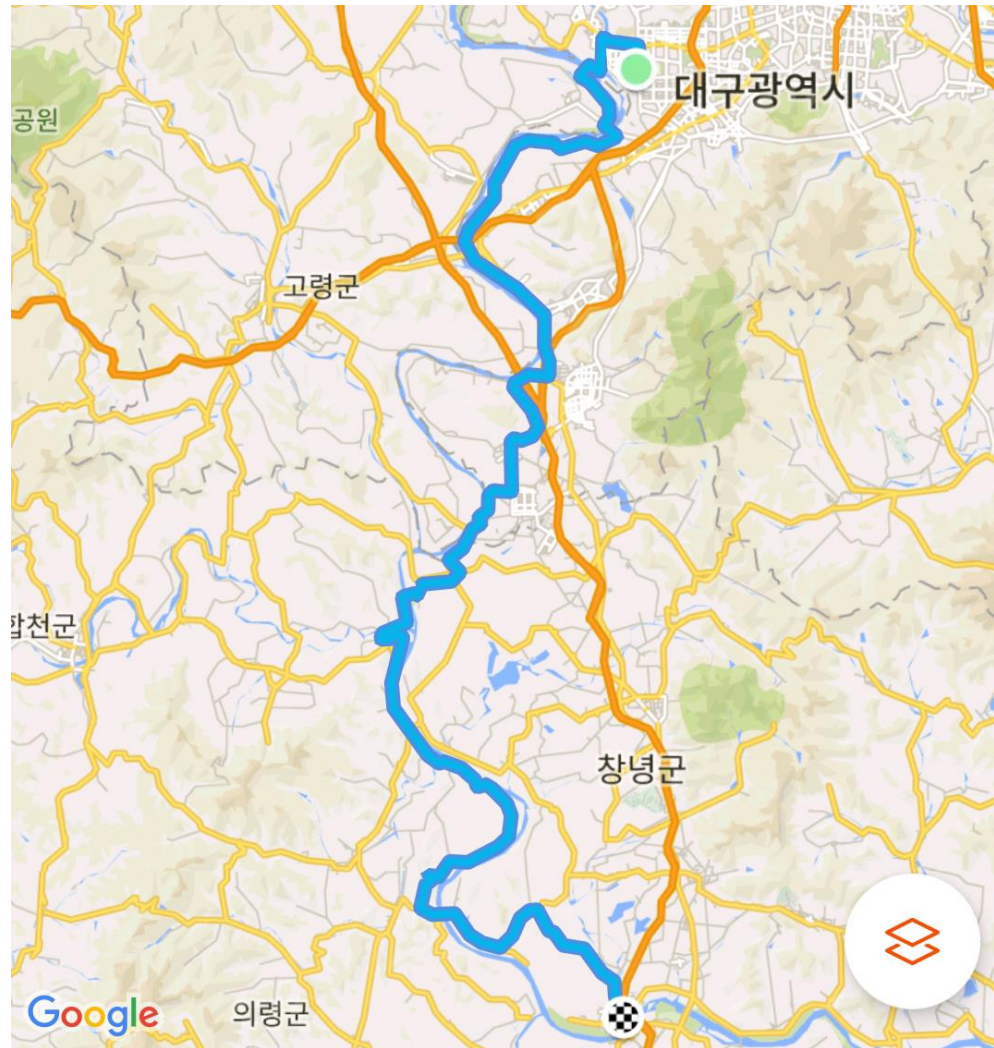
Day 5

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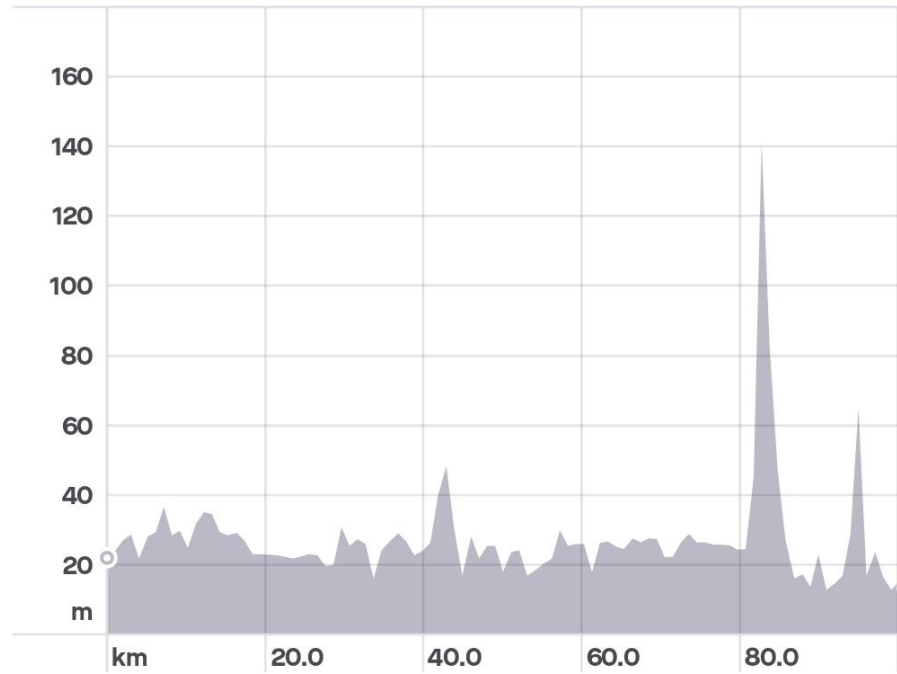


# Day 5: Daegu to Namji



# Day 5: Daegu to Namji

## 상승고도 Elevation



누적 상승고도  
Gain

648 m

최대 상승고도  
Max

170 m

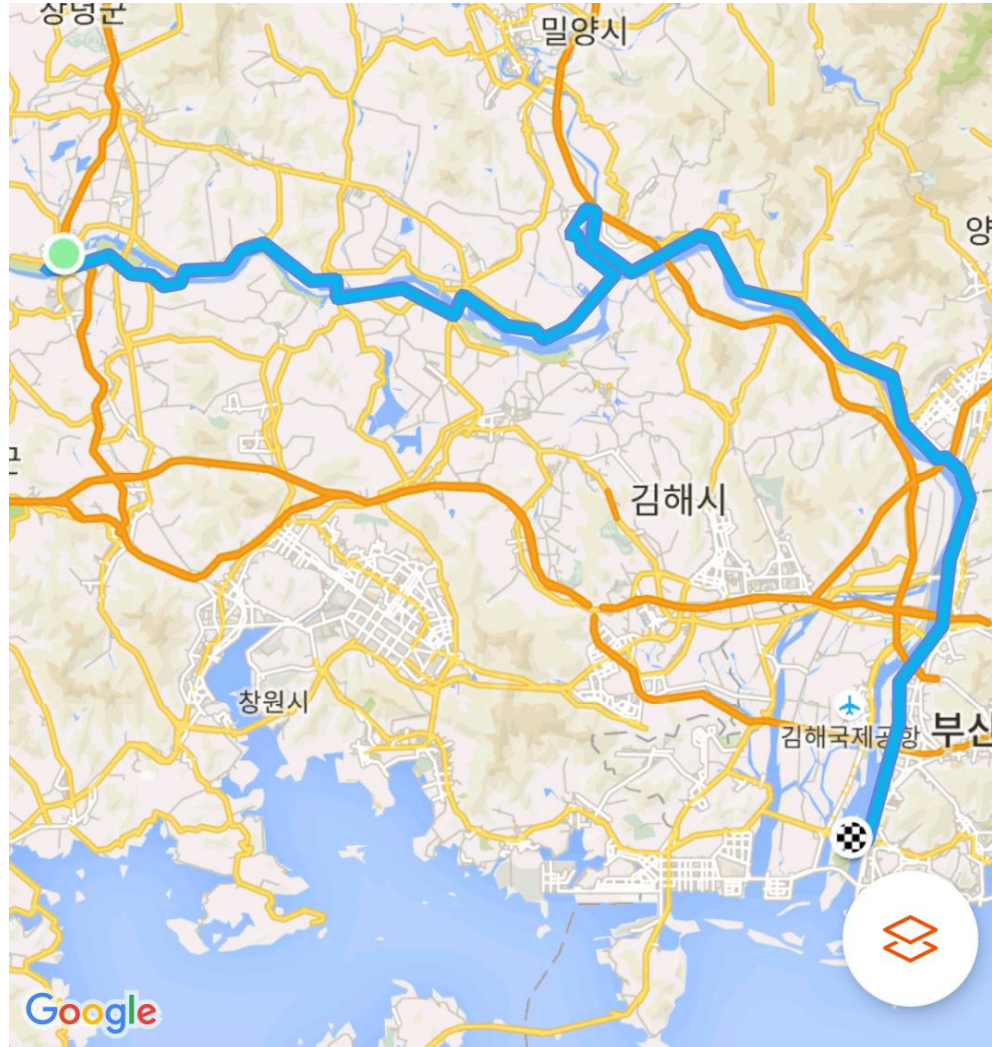
Day 6

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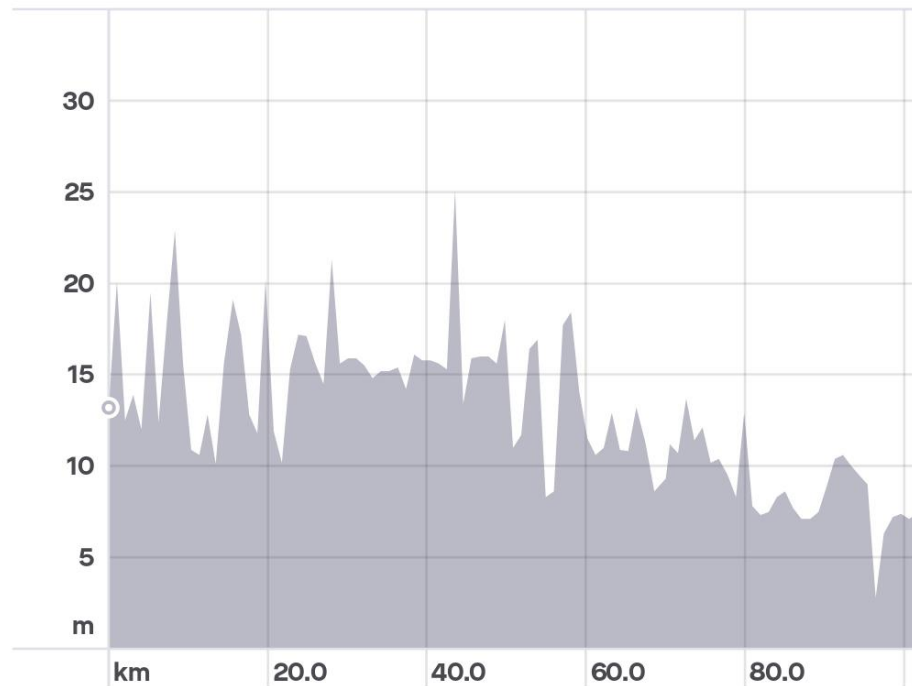


# Day 6: Namji to Busan



# Day 6: Namji to Busan

## 상승고도 Elevation



누적 상승고도  
Gain

329 m

최대 상승고도  
Max

49 m

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*The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary.*

*Sincerely,  
TEAMAX ADVENTURE team*

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## CONTACT US

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