

## **KOREA: T'anhomhada Tongjokui Korea Program (Explore Eastern Korea) (Coast route)**

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(subject to change)

Program: Small group, self-contained bicycle tour. Travel from the former capital of the Choson Dynasty (Seoul) to the former capital of the Silla Dynasty (Gyeongju) absorbing the lifestyles, history, and cultural diversity of the people of eastern Korea.

Cycling Conditions: 800km, 500 miles, 95% paved roads, 5% dirt and rocky; mix of relatively flat valleys and long climbs and descents.

Weather conditions: Highs up to 80s F (25 C), lows in the 50s F (10sC), chance of rain.

- DAY 1, Saturday**      SEOUL. Shuttle form Incheon Airport to Gangnam and take a taxi to the hotel.  
Lodging: Hotel, Gangnam-ku
- DAY 2, Sunday**      Seoul to SANCHEON (75km, 47mi) Start with a flat trail along the Han River; there are hills later.  
Points of Interest: Bongcunsa Temple, Olympic Sports Complex, Han River Valley, Paldang Dam  
Lodging: yeogwan
- DAY 3, Monday.**      Sancheon to HWACHEON (70km, 44mi) Valleys, farms and forest, with a couple major climbs.  
Points of Interest: Korean War memorials for Australia, New Zealand and Canada.  
Lodging: yeogwan
- DAY 4, Tuesday.**      Hwacheon to PALLANG-RI (65km, 40mi) Beautiful valleys separated by mountain passes (3).  
Points of Interest: Peace Dam, Bangsan Kiln, Jikyeon Falls, battle fields, northern defenses, Pallang-ri Folk Museum  
Lodging: yeogwan
- DAY 5, Wednesday.**      Pallang-ri to WONTONG (55km, 33mi) Very quiet roads – one huge climb. Beautiful views.  
Points of Interest: DMZ and North Korea, “Punch Bowl” and Korean War Memorial, infiltration tunnel #4.  
Lodging: yeogwan
- DAY 6, Thursday.**      Wontong to SOKCHO (80km, 50mi) Climb to Han-Gyeryong Pass (917m, 3000 ft) and descend or take the alternative route (which is flatter and has other tradeoffs).  
Points of Interest: Seoraksan National Park, Osaek mineral spring, fishing port  
Lodging: yeogwan
- DAY 7, Friday.**      Sokcho to YANGYANG (30km, 18mi) More rivers, forests and mountains.  
Points of Interest: Naksansa (temple), sandy beaches  
Lodging: yeogwan
- DAY 8, Saturday.**      Yangyang to SAMCHEOK (80km, 50mi). Nice small town with a fishing harbor  
Points of Interest: Gangneug is more of a resort town and government center.  
Lodging: yeogwan
- DAY 9, Sunday.**      Samcheok to ULCHIN (80km, 50mi).  
Points of Interest: Nuclear power plant  
Lodging: yeogwan
- DAY 10, Monday.**      Ulchin to GANGGU (95km, 59mi) We follow the often-flat coast, passing villages and over headlands.  
Points of Interest: Squid fishing villages, Wolsang Pavilion, sandy beaches, rocky coast, coastal defenses.  
Lodging: yeogwan.
- DAY 11, Tuesday.**      Ganggu-ANDONG-RI (95km, 59mi) Cycle along the highway, using secondary when practical.  
Points of Interest: Paleontology Museum, Marine Corps Memorial, Yangdong folk village /  
Lodging: templestay
- DAY 12, Wednesday.**      Andong-ri to GYEONGJU (50km, 30.mi) Linger at the temple and get a late start.  
Points of Interest: Bulguksa (temple) (a world heritage site)  
Lodging: yeogwan
- DAY 13, Thursday.**      GYEONGJU Explore this ancient capital of the Silla Empire.  
Points of Interest: Tombs, temples, royal capital, national museum  
Lodging: yeogwan
- DAY 14, Friday.**      End of program. **If you have the time you may want to stay on to do more exploration of Gyeongju. There are several days’ worth of sites to see in the city and surrounding region.**