

Korean Heritage Bicycle Tour



Immerse yourself in the rich heritage, spectacular historical, cultural diversity, next generation economic vitality and splendid natural beauty of South Korea.

- ◇ Travel in a small group.
- ◇ Go places few tourist go.
- ◇ Learn fascinating things.
- ◇ Gain special insights from locals.
- ◇ Get exercise.
- ◇ Leave the air as clean as you found it.
- ◇ Have a hoot of a time!

Who: Participants on Ibike programs have ranged from pre-teen to seventy-something.

When: September-October; after the summer heat and before the winter chill. Check the website for this years dates.

Duration: 2 weeks

Route: We alternate between several itinerary (over), each offers beautiful bicycling and experience with the rich heritage. Check the website for this years details.

Philosophy: Educational, enriching, environmental-friendly, self-contained, cultural immersion, bicycle tour.

For more information:
Website: ibike.org/ibike/korea
Email: ibike@ibike.org



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Korea People-to-People Tours

General Features: The tours explores the depth, beauty and complexity of this gem of a country. South Korea has many contrasts: Bustling modern urban centers and tranquil elegant traditional villages; the latest high tech industry and infrastructure and age-old labor intensive agriculture and fisheries; dramatic picturesque mountain ranges and scenic coastlines; generous hospitality and reserved, private people; all night discos and reflective Buddhist monks; 1500 year old structures (many of which are World Heritage Sites) and modern skyscrapers. The juxtaposition and interaction of these characteristics, with spectacular scenery and bicycling conditions, is enchanting.

Route: We rotate between several Korean itineraries:

- ◇ **Four Rivers** - We touch much of the national riverside trail system; along the Han, Nokdong, Yangsan and Geum rivers, Even as flattest route there are still hills.
- ◇ **Central Cultural Heartland** - The first half is similar to the Four Rivers route, but then keeps heading south over some hills to islands off the south coast, before finishing in Korea's second largest city, Busan..
- ◇ **Exploring Eastern Korea** - This route has the most mountains, forests, narrow river canyons and rocky coastal cycling. It finishes in historical Gyeongju. It is rewarding on many levels.
- ◇ **Sojourn to the South Sea** - This tour starts in historical Gyeongju and cross valley, mountains and islands at the south end of the peninsula, before circumnavigating and finishing on Jeju Island.

Mileage: 40-100 km, 25-60 miles per day.

Cycling Conditions: Almost all of the roads and paths are beautifully paved. Sections along the rivers and in valleys tend to be flat to gently rolling. Sections between valleys tend to be long climbs and descent — the different itineraries are distinguished by this last aspect.

Accommodations: Mostly small Korean-style hotels, no tent camping. Traditionally, Koreans slept with pads and quilts on heated floors.

Van Support: None but the local bus system is extraordinary and can be used as a back-up.

Meals: Includes two Korean-style meals per day, generally breakfast and dinner (rice, noodles, soup, stew, beef, pork, chicken, eggs, soybean, bean curd (tofu/dubu), kimchi, seaweed, shrimp, squid, mackerel, etc.)

Other Activities: Discussions, visits, walking excursions.

More information and registration is available online: www.ibike.org/ibike/korea

"10 out of 10. I was interested in seeing a new country and learn about its people, history, culture, economy. Your program fulfilled all my expectations"
Hanruedi S. (Korea program participant)

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