South Korea by Bicycle

Trip Code: KOMB

Version:

CYCLE	GUIDED GROUP	MODERATE
		4



HIGHLIGHTS

- Spend time in Seoul and in Andong, South Korea's 'spiritual capital'
- Five days of quite leisurely cycling on excellent, well-surfaced bike trails
- Visit the UNESCO-listed, 600 year-old Hahoe Folk Village
- Wonderful South Korean cuisine and most meals included

AT A GLANCE

- 5 days biking
- 293 kilometres
- 100% road - 100% vehicle supported
- Join at Seoul

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Join us on this delightful South Korean cycling journey, showcasing some of the country's finest inland cycling routes and scenery. South Korea seamlessly blends age-old tradition with state-of-the-art modernity. Dubbed the 'Land of the Morning Calm,' this peninsular nation evokes images of misty mountains, serene rivers, and ancient heritage. Yet, alongside this tranquility throbs the electrifying pulse and metropolitanism of its bustling cities and the technological dynamism that is apparent in all things from commerce to transport.

This tour has been designed to provide a taste of the real South Korea as we complete a series of quite leisurely rides along the country's world-class cycling paths to discover both the old and the new. Starting in Seoul, we hit the ground running with a ramble through its historic core before spending five days cycling beside wide rivers that meander through rolling hills, fertile farmland and thriving towns. Before returning to Seoul, we have 2 nights in Andong and a day off the bikes as we explore nearby Hahoe Folk Village, a UNESCO World Heritage Site dating back 600 years. Most nights are spent in small cities hardly visited by foreign tourists, and during mealtimes we can sample the diverse and delectable world of Korean cuisine.

Is this holiday for you?

This trip is suitable for anyone with a reasonable level of fitness who includes cycling amongst their leisure activities. There are 5 cycling days averaging 60 kilometres each day with accumulated ascents each day totalling no more than 400 metres. The cycling is predominantly on the country's world-class cycling paths, for the most part following rivers and generally quite level with only minor undulations. At times our route will divert onto rural roads where low levels of traffic may be expected. At the beginning of the cycling route in Seoul we'll be riding in bike lanes. On some days we'll be using the support vehicle to get to the cycling start point or get from the end point to the day's hotel. Your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Itinerary

Version:

Holiday Information

What's Included

- An experienced local English-speaking cycling guide
- Support vehicle and driver
- All accommodation as described
- Meals as per the Meal Plan
- Snacks and drinks when cycling
- All activities as described

What's not Included

- Travel insurance
- Visa (if applicable)
- Airport transfers
- Tips for local crew and drivers
- Some meals as per the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc
- Bike Carriage on the flights - please check with your carrier for charges
- Bike hire

Joining Arrangements & Transfers

The group will meet at the hotel in Seoul. Airport transfers on arrival and departure are not provided, because there is a reliable taxi service which provides the most cost-effective way of getting from the airport to the group hotel and vice versa.

Clients booking a Land Only Package MUST provide the KE office with full details of their flights.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

Meals are included with the exception of lunches on Days 2, 8 and 9 and dinner on Day 8.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

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. Soft drinks and other beverages during meals are not included. Beer is available everywhere in Korea, but is not included in the price.

Accommodation

Accommodations range from 3-star city hotels in Seoul to Korean-style pensions in smaller towns. These high-comfort, low-frills digs offer a clean room, hot water, and AC/heating, but don't expect extras like a swimming pool, English-speaking staff, or a Western breakfast (sometimes there is no breakfast at all, and we'll need to go elsewhere). Room sizes may be smaller, and beds can be firmer than you're used to. A special experience is spending the night in a traditional hanok (guesthouse) where there are private rooms but the facilities (including the bathrooms) are shared. Instead of Western-style beds, we sleep on thick mattresses on traditional heated floors. For larger groups, we may need to use more than one accommodation and, in case of limited availability, switch to an alternative property from the one listed in the itinerary.

Group Leader & Support Staff

The group will be accompanied throughout by a professional English-speaking local biking leader. Groups of 9 persons or more will have a second biking leader. 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 en route.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

A total of about $250 (or equivalent in sterling or euros) should be allowed for miscellaneous expenses, soft drinks and beer. The currency in South Korea is the won. ATMs with a 'Global' sign often accept foreign cards and usually have basic instructions in English. 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.

Guidance on Tipping

Tipping is not commonly practiced or expected in South Korea. But you might want to consider tipping your local guide(s) and driver(s) depending on the service they provide. The best way to do this is as a group at the end of the holiday with each member of the group contributing $40 to $50 in local currency.

Your Bike

If you are taking your own bike, we suggest that a 'hardtail' mountain bike with front suspension is appropriate for this holiday. It should have a good range of gears and we recommend you fit fast-rolling all-rounder or semi-slick tyres which work well on the surfaced roads and non-technical trails typically found on our **Adventure Cycling** holidays.

Since you are depending on your bike to transport you throughout your holiday, it's important to ensure it is in good working order. If you are not mechanically minded, get your local bicycle dealer to service it for you.

Please contact us if you are unsure about the suitability of your bike.

Bike Hire

Bike hire is available on this holiday. Our local agent has Giant Escape 2 (or similar) hybrid bikes with lightweight alloy frames, 700C (road bike) wheels and Shimano components including a full range of gears and V brakes. The hire cost is $300 (Subject to change). If you use clip-in pedals normally you should take these with you and if you want to use your own saddle, this can also be fitted. A helmet must be worn at all times when cycling and you should take your own. There is also a limited number of e-bikes (Giant Fast SR E+ or similar) for hire at a cost of $495. If you want to hire a bike, please contact the KE office and we will pass on your request to the local agent. Payment must be made before travel and should be made directly with the local agent via the following payment link www.spiceroads.com/pay. You must first notify KE of your preferred bike option along with your height and we will make the reservation on your behalf. Once the reservation is confirmed, we will email to you a unique reference code which you need to use when making your payment. Your payment for bike hire does not cover you if you lose the bike or damage it beyond 'fair wear and tear'. We must stress that your hire contract will be with the local hire company and that KE cannot be held responsible for any issues arising from bike hire.

Travelling With Your Bike

Airlines require that you pack your bike properly for travel and for this holiday we recommend that you use either soft bike bag or a purpose-made bike box or case. Whether you are using a bag or a case, you will need to partially dismantle your bike to pack it. Please note that bike bags or boxes will be placed in secure storage and will not travel with us during the course of the trip.

Please contact us if you have any questions about travelling with your bike.

Vehicle Support

Throughout this trip we have the back up of a support vehicle which wil carry the group's baggage and shadow the group on the day's ride. The van can not always directly follow the bikes on the bike paths, but it is never too far away. The support vehicle carries water, energy-restoring local fruit and soft drinks which are freely available on cycling days. The support vehicle can pick up any group members who wish to take a break from cycling at any time. 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.

Baggage Allowance

Apart from your bike in its bag or box (if you are taking your own bike), you should travel with one main item of luggage, such as a robust holdall or similar, with or without wheels. You should also take a small day pack to carry valuable items such as cameras and GPS devices whilst travelling. This can also carry minimal essentials during the rides.

Your baggage allowance on the flights will depend on your airline. When choosing your flights, whether booking them directly or through KE, you will need to consider the cost of carrying your bike. These costs are your responsibility.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa South Korea

A visa is not required by citizens of more than 100 countries including the UK, US, Canada, Australia and New Zealand for a stay of less than 90 days.

A full list of countries not requiring a visa can be found on the Korea Visa Portal https://www.visa.go.kr/

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

The better shape you are in, the more you will enjoy your trip. We suggest that you follow a sensible weekly exercise regime and fit in a number of long cycle rides before your holiday. This will also provide you with an opportunity to make sure your riding kit is tried and tested before you travel. Whilst cycling is obviously the best activity to prepare you for this trip, running and swimming are also good for developing aerobic fitness and stamina.

Climate

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 colours. Spring, from April to June, is another beautiful season, with generally mild temperatures and cherry blossoms spreading north across the country in April.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Lonely Planet - Korea

Maps

Korea & Seoul Country Map. Periplus.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling).

Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare (700C) tube and puncture repair kit.

Bike Wear

- Cycling helmet (the EN1078 safety standard is a requirement).
- Cycling shoes
- Daypack or mountain bike-specific hydration pack (e.g. Camelbak)
- Water bladder or bottle
- Padded cycling shorts
- Long leg cycling trousers or leg warmers
- Base-layer - short sleeve cycling tops
- Mid-layer - long sleeved cycling tops
- Fleece jacket or jumper
- Lightweight windproof gilet
- Lightweight waterproof jacket
- Regular biking gloves
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

Other Stuff

- Travel and off-the-bike clothing and footwear
- Wash bag, towel, toiletries, including anti-bacterial handwash
- Headtorch and spare batteries
- Swimwear
- Basic First Aid kit and personal medication
- Insect repellant
- Chamois cream (e.g. Assos/Ozone)
- Water purification tablets
- Reusable cloth bag for shopping (to avoid plastic bags)

Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. You may be asked to pay directly for any spares used, especially in the case of crash damage or damage by mis-use.

If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/ chain connector, rear derailleur hanger and any non-standard parts specific to your bike.

Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

Hydration and Energy Snacks

You should take suitable water bottle(s) (one is provided) or a hydration pack and you should also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting and ending at the hotel in Seoul. Airport transfers both on arrival and departure are not provided. Taxis are readily available and low cost.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Seoul. Outbound flights usually depart from the UK in the early evening, arriving in the afternoon of the following day (Day 1 of the Land Only itinerary). Return flights depart in the early afternoon of the final day of the Land Only itinerary, arriving in the UK later that same evening.

Why Choose KE

Why KE

New Horizons If you're looking for something fresh, something different with a flavour of the far east, then this relatively short and yet perfectly-formed South Korean cycle tour is one to consider!

Please Note This document was downloaded on 12/11/2026 and the trip is subject to change