

# 2025 環花東 160 自行車挑戰

## 2025 Tour of East Taiwan 160 Challenge

### 行前注意事項 Pre-event Notice

1. 花蓮工務段通知，因台 11 甲線 4.5K 處橋梁施工，活動路線改道如下：

[https://www.google.com/maps/d/u/0/edit?mid=11IFmJ8v4fW\\_IQnu01IGfQwLIWdYtY-8&usp=sharing](https://www.google.com/maps/d/u/0/edit?mid=11IFmJ8v4fW_IQnu01IGfQwLIWdYtY-8&usp=sharing)

Notice from the Hualien Public Works Section:

Due to bridge construction at the 4.5 km mark on Provincial Highway 11A, the event route has been changed as follows:

[https://www.google.com/maps/d/u/0/edit?mid=11IFmJ8v4fW\\_IQnu01IGfQwLIWdYtY-8&usp=sharing](https://www.google.com/maps/d/u/0/edit?mid=11IFmJ8v4fW_IQnu01IGfQwLIWdYtY-8&usp=sharing)

2. 天氣狀況多變，出發前請特別注意防雨、防曬等氣候應變。 The weather conditions could be changing. Please be well prepared on your rain / sun-proof measures.
3. 如有代訂花蓮台東住宿及台鐵專開列車者，詳另公告事項。 The notices for accommodation bookings and the event transportation will be announced separately.
4. 衣物袋/OneDayBag 托運：一天小行李，僅需帶台東換洗衣物等。個人行李請寄放於花蓮住宿飯店。衣物袋托運請貼上大會發「行李吊牌」。 Event daybag transportation: Please keep your carry-on daybag compact for Taitung and leave your heavy luggage in Hualien. Please tie the tag on your luggage for event truck transportation.

## 壹、活動流程 Event Schedule

活動日期：2025 年 4 月 11-13 日（五-日）

Event Date: April 11<sup>th</sup> ~13<sup>th</sup> (Fri.~Sun.)

報到時間：4/11（五）13：00-18：00 現場領取物資/花蓮日出大道 <https://reurl.cc/QYb660>

13：00-14：30 媒體記者會歡迎車友們一同出席

Event Check-in Time: 4/11 (Fri.) 13:00~18:00 Participant check-in / Sunrise Boulevard  
(Location <https://reurl.cc/QYb660>)

13:00~14:30 Press conference. Riders welcomed.

行前說明 Final event update：4/11 (Fri.) 17：00 花蓮日出大道 Sunrise Boulevard

活動流程 Event Schedule：

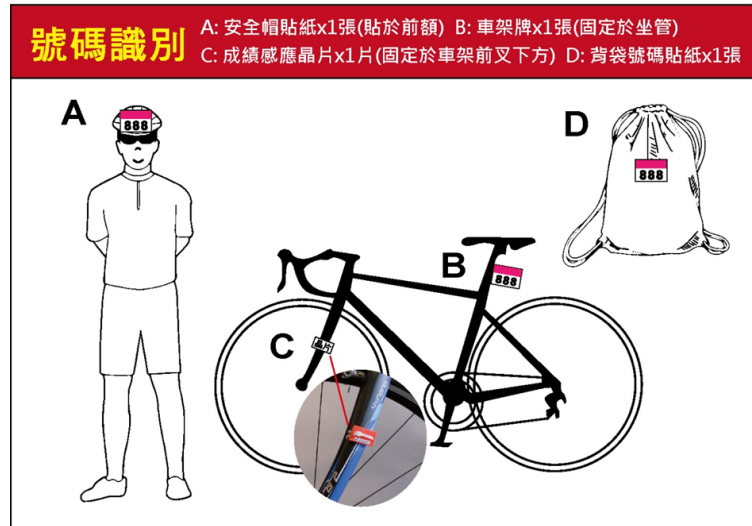
- 4/12 花蓮-瑞穗·花東海岸公路(台 11 線)及 193 縣道·約 96 公里·限時 9.5 小時**  
**Hualien-Ruisui, No.11 & No.193 highway, 96kms, time allowance 9.5 hrs.**
- 06 : 30 託運行李放置/花蓮日出大道/大卡車  
Handover luggage transportation/Sunrise Boulevard/Event truck.
- 07 : 30 出發/鳴笛出發 Event start  
放行/過花蓮大橋左轉後放行  
Flying start / At the left turn after crossing the Hualien Bridge.
- 12 : 00 午餐/花蓮糖廠光復展售中心-座位區  
Lunch / Hualien Sugar Factory Kwangfu (70.3kms from start.)
- 14 : 00 終點/領取完成獎牌·行李領取-瑞穗蜜滋賀溫泉飯店  
Finish /daybag claim: Hotel Mizuho Ruisui.
- 15 : 00 終點關門 Finish closed.
- 4/13 瑞穗-花蓮·花東縱谷線(台 9 線)及台 11 丙線·約 65 公里·限時 7.5 小時**  
**Ruisui-Hualien, No.9 & 11C highway, 65kms, time allowance 7.5 hrs.**
- 09 : 00 託運行李放置-蜜滋賀溫泉飯店/  
Handover luggage transportation/Misuho Hotel/
- 09 : 30 出發/Event start
- 10 : 30 午餐/光豐地區農會 - 花蓮縣光復鄉中華路 193 號  
Lunch / Kwangfong Farmer' s Association (22.2kms from start.)
- 15 : 00 終點/領取完成獎牌·行李領取-花蓮日出大道  
Finish /daybag claim: Sunrise Boulevard Hualien.
- 17 : 00 終點關門 Finish closed.

### 活動路線 Event Routes:

- 4/12 : 花蓮日出大道→重慶路→中山路→193 縣道→太平洋公園→過花蓮大橋左轉放行→  
台 11 線→牛山→磯崎→豐濱→光豐公路→193 縣道→太巴壠→光復糖廠午餐→花  
52 縣道→西富路→瑞穗蜜滋賀溫泉飯店/終點·約 96 公里。Sunrise Boulevard  
Hualien – Chungching Road – Chungshan Road – No.193 hwy – Pacific Park –  
Hualien Bridge –No.11 Hwy - Nioushan – Jiqi – Fengbin – No.11A Kwangfong  
hwy – No.193 hwy – Taibalang – Hualien Sugar Factory/Lunch – No.52 hwy –  
Xifu Road – Mizuho Hotel Ruisui. Around 96kms.
- 4/13 : 瑞穗蜜滋賀飯店→光豐農會午餐→鳳林→右轉台 11 丙→花蓮日出大道/終點·約 65  
公里。Mizuho Hotel Ruisui– Kwangfong Farmers Association/Lunch –  
Fenglin – No.11C – Sunrise Boulevard Hualien. Around 65kms.

## 貳、號碼識別圖

### Riders' number identification:



## 參、參加注意事項 Participant Notices

1. 花東警察局特別聲明：若賽事行進中有隊車不當超車及逆向行駛，將加強取締及開立罰單，旨在為大家安全及活動的延續，請各車隊領隊加以宣導，勿觸犯交通法規及危害自身及他人之安全。

Special notice from police office Hualien/Taitung: In terms of safety and a smooth event operation, illegal/improper driving team cars will result in enforcement and issuance of fines. Team leaders must clearly promote for no violating traffic regulations and endanger the safety of yourself and others.

2. 單車須備有前後車燈或反光設備以維護安全。 Riders are only permitted to ride bikes with full braking system. The bicycle must be mounted with front and rear lighting for those sections without enough illumination.
3. 請預先檢視單車之變速器、變速撥桿、變速線、鏈條張力、BB 中軸、順暢度是否良好。煞車皮是否磨損、煞車線是否順暢，並請自備後備零件。 Please make sure that your bike is properly maintained prior to the event and remember to bring your spare parts.
4. 若於第二日可能會騎不完而去搭乘台鐵列車者，需使用攜車袋。If it is possible unable to complete the day 2 ride and may take the train as an alternative, bike bag is suggested to be prepared.
5. 因場地限制，第二日終點無法提供沖洗服務。Due to the site condition, shower and bike wash service are not available at the Day 2 finish area.
6. 請檢視各項人身部品如安全帽、手套、自行車鞋、自行車衣褲、雨具、防曬用品及個人補給品是否齊全。健保卡請隨身攜帶。Please check your personal items before the ride.

## ◎ 活動前注意 Before the event

1. 初次參加者請務必參加行前說明會，詳閱大會資料。本公告所有內容若有不清楚處，請於4/11(五)17:00 在花蓮日出大道舉行之行前說明會中提出洽詢。 First time participants must attend the final event update meeting scheduled on 4/11 17:00 at the event start. Any questions of this notice could be asked in the meeting.
2. 運動是保持健康身體的重要元素，請視自己活動日身體狀況量力而為，活動前一定要有充足的睡眠及當日出發前提早吃早餐，且以碳水化合物類的餐點為佳，忌喝牛奶。 Exercise is an important factor to maintain a healthy body. Please exercise according to your physical condition on the event day. Make sure you' ve got enough sleep before the activity and eat breakfast early before departure. Carbohydrate meals are preferred and avoid drinking milk.
3. 出發前注意自己的暖身運動，可先以輕齒比騎行小段待身體活熱 ( 血液升溫 ) 再進行拉筋伸展動作，可避免因熱身不足而造成的運動傷害。 Make sure you have enough warm-up before the ride.
4. 手機、健保卡、金錢等請隨身攜帶，如感身體不適切勿勉強騎乘，如需協助可就近告知大會工作人員。 Please bring your mobile phone, health insurance card and valuable items with you. Anytime when you feel uncomfortable, please stop the bike, and ask for the nearby event staff support if needed.
5. 車友請務必攜帶健保卡，活動當日如有受傷者，請當日就醫，並與醫院拿取正本診斷證明及收據，以利保險理賠。 For the medical insurance needs, if any hospital medical treatment is caused by an event accident, please keep all receipt and diagnosis certificates (issued by a doctor) and provide these later to the Taiwan Cyclist Federation for insurance payment application needs.
6. 請慎重考量自我健康狀況，身體如有高血壓、心血管疾病、心臟病、糖尿病、癲癇症、氣喘等病歷者，有上列疾病者不適合參加本活動，請勿報名。 This event is a physically challenging ride. Riders who have hypertension, cardiopathy, asthma, cardiovascular diseases, diabetes, epileptoid, are not recommended to join this event.
7. 本活動投保「旅遊平安險及意外醫療險」。參加者如有本身各項疾病史，請自重評估自身安全不可參加。如有考量保險保障範圍之不足，請自行加保其他有效之個人保險。「旅遊平安險」的承保內容，請參閱報名網頁中之保單網頁。本活動保險的最高理賠金額為保單所承擔之金額，主辦單位不提供超越保單理賠金額之理賠金額。如對於承保內容中之保險理賠範圍、項目、金額無法同意者，禁止參加。 The rider insurance of this event is Public Liability Insurance, in which any personal health problem during the event or any riding injury caused by personal health problem will not be included in this

insurance. Riders are recommended to buy personal health and medical care insurance.

8. 本活動投保「公共意外責任險」。「公共意外責任險」只承擔大會責任內所致之意外傷害理賠。參加者如有本身各項疾病史，請自重評估自身安全不可參加。如有考量保險保障範圍之不足，請自行加保其他有效之個人保險。「公共意外責任險」的承保內容，請參閱報名網頁中之保單網頁。本活動保險的最高理賠金額為保單所承擔之金額，主辦單位不提供超越保單理賠金額之理賠金額。如對於承保內容中之保險理賠範圍、項目、金額無法同意者，禁止參加。 Participants will be covered with the Travel Insurance and the Public Liability Insurance. The Public Liability Insurance covers the accident only that Organizer is responsible for. Each participant should evaluate his/her own safety regarding personal health conditions when deciding whether to participate in this event. Participants should apply for extra personal insurance policy at his/her own cost when considering that the aforementioned insurance is insufficient. Please refer to the Insurance Policy Website for the coverage details of the Travel Insurance and the Public Liability Insurance. The Organizer is only responsible for the indemnity amount with the maximum payment of claims per person as the insurance policy offers. Do not register the event if you do not agree with the coverage, items, and indemnity amount of insurance policy.
9. 依據保險法條文規定，未滿 15 歲之未成年人為被保險人投保之人壽保險或傷害保險保單，15 歲以前不能含有身故給付。 According to the Insurance Law, riders under 15 years old would not be compensated with death indemnity under Life or Injury Insurance policy.
10. 報名者承諾報名所填寫之個人資料均屬實，若有錯誤一切後果將由參加者自行承擔。 The registrant promises that all the information filled in during the registration is true. The registrant is responsible for all the consequences resulting in the mistakes that the registrant provided.

#### ◎ 活動中注意 During the ride

1. 路上請注意路況、路面坑洞及下坡轉彎之安全騎乘，並與前車保持一定距離。 Please pay attention to the road conditions, downhill safety, and keep distance with bikes ahead.
2. 本活動為挑戰非競賽活動，故無交通管制，請車友遵守交通規則行進，順向靠邊前進確保騎乘安全，並請詳讀活動路線及地圖。 This event is not a race. Please follow all traffic rules and ride on the right side. Read the event route and map in advance.

3. 第一日出發後約 25 公里後為牛山爬坡，爬坡後為跳浪隧道及芭崎兩段長下坡約 10 公里，請車友特別注意放慢速度，以策安全。 On day 1, Niushan is followed by two long downhill sections. Please proceed with care.
4. 騎乘沿線及轉彎處設有大會指示牌（如右圖），請車友遵循前進。 Please follow the Organizer's directional signs set along the route.
5. 為選手安全，限定使用自行車專用水壺，一定要將水壺架向下壓緊，以免水壺於路途中彈掉落，危及其他選手安全。 Please make sure your water bottle is well fixed at all time. Suddenly dropping bottles may induce potential risk for riders behind.
6. 騎乘過程中如有身體不適、抽筋等現象，請馬上到路邊休息，切勿超出身體負荷，並就近聯絡大會工作人員及救護車。 If you feel unwell or have cramps during riding, please rest on the side of the road immediately. Do not exceed your physical capacity. Contact the nearest event staff or ambulance.
7. 挑戰車友請按各補給站開放時間前往補給，若提早到達恕無法提供服務。 Feeding station start/close time are scheduled. The service is not guaranteed for early arriving riders.
8. 騎乘中每隔 10~15 分鐘務必喝水保持口腔滋潤，確保身體供水。 Keep drinking water every 10 to 15 minutes in the ride to keep proper body demand.
9. 參加者務必貼識別貼紙。凡未報名者，請勿跟隨於集團中騎乘，並不可取用補給站物資。 Participants must be correctly identified. Non-registrants please do not ride in the participant group and are not allowed to use the event feeding materials.
10. 請配合前導及各站工作人員指示進出補給站，進入補給站後請以少量多樣化的方式選擇補給品，補充運動所需的營養，切忌暴飲暴食以免運動中發生嘔吐的情況。 Please follow the staff guide when entering and exiting the feeding station. After entering the supply station, please choose supplies in small amounts and in a variety of ways to replenish the nutrients needed for exercise. Avoid overeating to avoid vomiting during exercise.
11. 呼籲所有挑戰者「愛山敬山，不留下個人任何垃圾在山林間」，絕不亂丟垃圾，並可自備環保筷，以保山林環境美景時時在。 Riders should not dispose of any rubbish throughout the route and event area.



◎ 晶片使用注意事項 Notice for the time chip

1. 晶片押金：每一位參加者繳交晶片押金 500 元，4/13(日)挑戰結束後現場個人繳還即退回個人押金，若有遺失者每塊晶片需付 1,000 元賠償金。The chip deposit is NT\$500 and will be returned to the participant at the Day 2 finish area. Penalty payment for losing the chip is NT\$1,000 per chip.
2. 起/終點設有晶片感應區，挑戰者需經過該感應區並留下出發時間紀錄，以為成績排名。The chip sensing area is located at the start/finish point. Challengers need to pass through the sensing area and leave a record for time scoring and result ranking.
3. 成績將於活動結束後公告於本會網站，提供成績查詢及證書檔案列印。The results will be announced on the Organizer's website for query and certificate printing.

◎ **環花東 160 自行車挑戰徵文 Call for your event riding notes !**

參加環花東 160 挑戰後心得分享大眾，將分享於 BicycleClub 國際中文版雜誌或 BC FB，一旦採用，將贈送本會典藏活動自行車衣或活動紀念衫。投稿請註明姓名、電話、地址，E-mail 至 [service@cyclist.org.tw](mailto:service@cyclist.org.tw)，歡迎投稿。

We welcome you to share your notes about riding the Tour of East Taiwan 160km Challenge. The articles selected/published on the BicycleClub Magazine or on our Facebook page will be prized with our premium cycling wear. Please contact us via [service@cyclist.org.tw](mailto:service@cyclist.org.tw)

活動洽詢 Event query：中華民國自行車騎士協會: 0928-025-778、line ID:@730qmryb  
網址：[www.cyclist.org.tw](http://www.cyclist.org.tw) 臉書專頁：[www.facebook.com/tcf1999](https://www.facebook.com/tcf1999)

## 肆、補給站預定時間表 Feeding Station Schedule

日期 Date	補給站 Feeding Station	補給地點 Site	位置點 Location	累積里程 Accum. kms
4/12(Sat.)	FS1	磯碇海水浴場 Jici Sea Park	台 11 線 No.11-37K	36.7
	FS2	光復糖廠(午餐) Sugar Factory / Lunch	193 縣道 No.193	70.3
4/13(Sun.)	FS1	光豐地區農會/午餐 Kwangfong/Lunch	台 9 線 No.9-235K	22.2
	FS2	福德祠土地公廟 Fude temple	台 11 丙 No.11C -16.5K	44.3

## 伍、活動路線圖與高度圖 Route map / Road profiles

