

2026 環花東國際自行車賽

2026 Tour of East Taiwan TTT and Road Race

行前注意事項 Pre-race Notice

※大會代訂花蓮台東住宿及鐵道專開列車之注意事項，詳另公告。The notices for accommodation bookings and event transportation will be announced separately.

壹、活動報到 Event Check-in

4/10(Fri.) 花蓮新天堂樂園 [Hualien Paradise Mall Google map](#)

- 13 : 00 ~ 18 : 00 報到、領取下列物品：號碼資料：晶片、帽貼、號碼車架牌、號碼布*2、紀念衫 Check-in, taking race materials: chips, number stickers/plates, race bibs, event shirts.
- 13 : 00-14 : 30 媒體記者會歡迎車友們一同出席 Press conference. Riders' participation welcomed.
- 17 : 00 領隊會議/各車隊務必參加 Team manager meeting

貳、活動流程 Event Schedule

活動流程：4/10 (Fri.) 團隊計時賽 Team Time Trial, TTT.

- 13 : 00-13 : 30 報到、領取物資及隊車貼紙
Team check-in, taking materials and team car stickers.
- 13 : 30-14 : 00 記者會-各車隊介紹，請著團隊車服。
Press conference and team presentation (please wear team Jerseys)
- 14 : 30-15 : 00 與會貴賓合影、暖身出發移師至起點鹽寮
Photo shooting and move to the start point – Yanliao
- 15 : 00-15 : 30 團隊計時賽間隔出發
TTT Start.
鹽寮-跳浪隧道折返-鹽寮終點
Yanliao – Tiaolang Tunnel – Yanliao.
- 15 : 25-16 : 00 團隊陸續進鹽寮終點/賽後移師花蓮新天堂樂園
Yanliao finish / Move to Hualien Paradise Mall
- 17 : 00 團隊計時賽頒獎，或成績揭曉後即可進行頒獎
TTT Awarding Ceremony.

- 4/11 (Sat.) 花蓮新天堂樂園-台 11-長濱-成功-都歷/東管處 Road Race Day 1,
Hualien Paradise Mall – No.11 hwy – Changbin – Chenggong –
Tulik – ECNSA finish.**
- 06 : 00 鳴槍出發/花蓮新天堂樂園
Gunshot start / Hualien Paradise Mall
- 09 : 15 預計第一名選手抵達終點
ETA of first arriving rider.
- 09 : 45 頒獎、午餐領取/都歷-東部海岸風景區管理處
Prize giving, lunch / ECNSA Parking.
頒發公路賽總排名前六名、累計總排名男女前六名，12 分組前六名
Men/Women Top 6 prize giving. Other prize givings on 4/11 too.
- 10 : 30 領隊會議於終點處召開，結束後領取次日隊車號碼貼。
Team manager meeting, and taking Day 2 team car stickers.
- 11 : 30 終點關門/都歷；結束後選手自行移師至台東住宿
Finish point closed/Duli. Teams move to Taitung City.

- 4/12 (Sun.) 臺東娜路彎大酒店-關山-台 30 線-長濱-豐濱-鹽寮
Race Day 2, Taitung – Guanshan – No.30 hwy – Changbin
– Fengbin – Yanliao finish.**
- 06 : 00 鳴槍出發/臺東娜路彎大酒店
Gunshot start / Naruwan Hotel & Resort Taitung.
- 10 : 23 預計第一名選手抵達終點
ETA of first arriving rider.
- 12 : 30 終點關門/鹽寮-台 11 線 10K 處；結束後選手移師花蓮新天堂樂園
Finish point closed / Yanliao No.11 hwy 10K. Teams move to
Hualien Paradise Mall.
頒獎、午餐、退晶片/花蓮新天堂樂園
Prize giving, lunch, chip return/ Hualien Paradise Mall.

競賽路線 Race route :

4/10 TTT 團體計時賽：鹽寮(出發)-跳浪隧道前/折返-鹽寮終點，約 20 公里。
Hualien Paradise Mall - Yanliao - Tiaolang - U-turn - Yanliao finish. 20km.

4/11 Day 1 花蓮-臺東，花東海岸公路 / 台 11 線，約 121 公里。

花蓮新天堂樂園/起點-193 線海岸路-遠雄海洋公園-牛山隧道-磯崎-北迴歸線-長濱-
成功-都歷-東部海岸國家風景區管理處/終點頒獎。 Hualien Paradise Mall– No.193
hwy-Hualien Bridge-Niushan-Jici-Chengkong-Tulik-ECNSA/Finish.121kms.

4/12 Day 2 臺東-花蓮，花東縱谷-台 9 線-玉長 / 台 30、花東海岸-台 11 線 184KM。

臺東娜路彎大酒店/起點-台 9 線關山-池上-台 30 線玉長公路-台 11 線長濱-豐濱-花
蓮鹽寮/終點，於花蓮新天堂樂園頒獎。 Naruwan Hotel Taitung/Start – No.9 hwy
Guanshan – Chihshang – No.30 hwy YuChang Highway – No.11 hwy Changbin
– Fengbin – Yanliao/finish. Around 184kms.

參、 競賽規定 Race regulations

1. 本賽程參考採用國際自由車總會正式競賽規定，除此之外主辦單位依據安全考量之需求得增列其他條款。 This race schedule refers to the official UCI competition regulations. In addition, the organizer may add additional terms based on safety considerations.
2. 本賽事為單向動態管制，所有路段嚴禁選手超越道路中心線逆向騎乘。 This event has a one-way dynamically control process. Competitors are strictly prohibited from crossing the center line of the road and riding in the opposite direction in all sections.
3. 選手號碼識別：安全帽正前方貼紙 1 張、號碼布 2 張，別於正後腰背 2 處；成績感應晶片束於自行車前叉、車架牌 1 張，請固定於座墊桿後方。 Race number identification: 1 sticker on the front of the helmet, 2 number cloths, pinned at 2 places on the back; the chip to be attached to the front fork of the bicycle, 1 frame plate, please fix it behind the seat post.
4. 放行點：第一日於台 11 線遠雄海洋公園後開始放行，暖身段約 6 公里；第二日為台 9 線綠色隧道後中油特新加油站，暖身段約 7 公里。 Flying start point: For Day 1, turn left after passing through the Hualien bridge (warm-up 7 kms). For Day 2, at the CPC gas station after the green tunnel (warm-up 8kms).
5. 部分路段路幅狹窄，請選手務必注意安全。 Some sections may be narrow. Please proceed with care.
6. 賽道沿線及轉彎處設有指示牌-如右圖，依照指示前進。 Please follow the Organizer' s directional signs (shown right) set along the route and at major turns.
7. 此賽事為集體出發公路賽，所有參賽者限使用標準彎把公路車、需有完整之煞車系統；禁止裝設休息把、計時車牛角把、全封閉式之碟輪、刀輪。 This race is a group-start road race. Riders have to use standard road bikes with a complete brake system. Aerobars, handlebar ends, full disc wheels and are prohibited.
8. 賽事嚴格執行沒有參賽選手，不得混雜於競賽集團中。 The event strictly enforces that non-contestants are not allowed to mix in the competition group.



肆、 補給及維修規定 Notices for team feeding and maintaining.

1. 4/11 Day1:定點補給路段：開賽後 45K 開始；新社/台 11 線 43.5K 至 110.5K 三仙隧道前。
Fix feeding section: No feeding in first 45kms. Fixed feeding section – Xinshe/No.11 hwy 43.5K~110.5K Sanxian Tunnel.

2. 4/12 Day2: 定點補給路段：開賽後 54K 開始；池上/台 9 線 319K 至 156K 芭崎/台 11 線 30K。
No feeding in first 54kms. Fixed feeding section – Chihshang/No.9 hwy 319K~156K Bachi/No.11 30K.

伍、注意事項 General notices

比賽前 Before the race

1. 參加選手請按大會指示時間出席並排列出發。Participants are requested to arrive the start line and line up to start at the time indicated by the Organizer.
2. 本賽事為高強度長距離的賽事，有高血壓、心臟血管疾病、糖尿病、癲癇症、氣喘等疾病者不得參加本賽事活動。本賽事投保「大會公共意外責任險」，自認保險不足者請自行投保其他險種。This event is a high-tension long-distance ride. Riders who have hypertension, cardiopathy, asthma, cardiovascular diseases, diabetes, epileptoid, are not allowed to join this event. Participants will be covered with the Public Liability Insurance. Participants should apply for extra personal insurance at his/her own cost when considering that the aforementioned insurance is insufficient.
3. 為選手安全，限定使用自行車競賽專用水壺，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。Only the cycling water bottle can be used for safety concerns. Riders must make sure that the water bottle is firmly and properly fixed on the bike to avoid the sudden dropping of bottle causing potential risk to riders behind.

比賽中 During the race

1. 本賽事採單向動態管制，嚴禁參賽者跨越雙黃線逆向騎乘，落後選手請靠邊小心騎乘。This event has a one-way dynamically control process. Competitors are strictly prohibited from crossing the center line of the road and riding in the opposite direction in all sections. Back markers please ride on the outer side of the road.
2. 4/12 過東里後右轉台 30 線進入玉長公路上坡路幅不寬，且下坡極陡急彎請參賽選手要特別注意賽程中之安全。On Day 2, the No. 30 Yuchang highway includes narrow sections and steep downhills. Please proceed with care.
3. 參賽經驗較不足的選手，請跟在集團後方前進，以防在集團中不穩定引發摔車。Competitors with less racing experience, please follow behind the group to avoid instability and falling.
4. 為顧慮安全及競賽時間之掌控，第一日關門時間為 11:30，第二日關門時間為 12:30。Considering the safety and time control, finish closing times are set 11:30 for Day 1 and 12:30 for Day 2.
5. 賽程中如有身體不適、抽筋等現象，請馬上到路邊休息，切勿超出個人身體負荷來競賽。If you feel unwell or have cramps during riding, please rest on the side of the road immediately. Do not exceed your physical capacity.

6. 參與者請隨時將個人之補給品及飲品丟棄物隨身帶走，切勿影響環境整潔。 Participants are requested to take their personal supplies and beverage discards with them at any time and do not affect the cleanliness of the environment.

陸、隊車注意事項 Notices for team cars

比賽前 Before the race

1. 領隊會議時請務必攜帶無線電對講機（頻率為 145.970）才可領取「隊車貼紙」。 Team managers participating the team manager meeting please bring your walkie talkie (channel 145,970MHz) as an identification to get your team car stickers.
2. 大會發給「隊車貼紙」，請貼在前後擋風玻璃最上緣處，前右後左各一張，以茲區別。 Please apply your 2 team car stickers on the upper side of the windshield (front right and rear left).
3. 請所有隊車尊重參賽選手競賽過程之安全，隊車不可穿梭於集團中，以免影響選手行進安全。 All team cars are requested to respect the safety of the participants during the competition. Team cars are not allowed to shuttle between the groups to avoid affecting the safety of the competitors.
4. 隊車排序方式：4/10 依參加車隊編號排列，並於 4/11 競賽終點處領取 4/12 隊車編號。 Team car ranking: Arranged according to the team numbers on 4/10, and receive the (re-ranked) team car numbers on 4/12 at the race finish line on 4/11.

比賽中 During the race

1. 4/11 終點-都歷/東管處，選手抵達終點後移師至台東市，由車隊自行負責。 4/11 finish point is at the EVNSA parking lot. Teams are responsible for the post-race transportation to Taitung City.
2. 4/12 終點-鹽寮，選手至終點後之移師，由各車隊自行負責。 4/12 finish point is at Yanliao. Teams are responsible for post-race transportation to Hualien Paradise Mall.
3. 選手機械故障時須舉手要求並退至集團後方，由裁判長以無線電呼叫隊車上前維修，隊車通過裁判長時需告知，經允許後才可以進行維修。 When a competitor encounters a mechanical failure, he/she must raise hand and retreat to the rear of the peloton. The Chief Commissaire will call his/her team car via radio to come forward for repairs. The team car must inform the Chief Commissaire when it comes, and repairs can only be carried out after permission is granted.
4. 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.

柒、晶片使用注意事項 Notices for chip

1. 晶片押金：於活動終點退還晶片並領回押金 500 元，若有遺失者每晶片須付 1000 元賠償金。請於 4/12 到花蓮新天堂樂園頒獎歸還晶片並退押金。The chip deposit is NT\$500 and will be returned to the participant at the 4/13 Day 2 finish area at Hualien Paradise Mall. Penalty payment for losing the chip is NT\$1,000 per chip.
2. 每位選手發給一片晶片使用於兩天之賽事，若有未克出賽之選手，先將該晶片於賽前繳回報到處，以防誤帶晶片。Every rider uses one chip for two day races. Riders not able to start the race must hand over his/her chip to the event helpdesk to avoid mis-sensing at the sensing area.
3. 所有選手成績以晶片成績為準。晶片未依規定裝置將不給予成績，請選手妥善裝置。All competitors' scores are based on chip records. If the chip is not installed according to the regulations, no score will be given. Please make sure you install the chip properly.
4. 起點設晶片感應區，作為選手出發檢錄之用途。選手依順序經過感應區並留下紀錄。Chip sensing area is located at the start/finish point for rider pass check. Riders need to pass through the sensing area and leave a record for time scoring.
5. 請各隊於領取晶片時，務必先行核對晶片號碼及選手號碼，以免影響參賽成績之判定。When receiving the chip, each team must check first. If the chip number and the Rider number are correct, to avoid affecting the determination of the competition results.

捌、申訴 Race appeals

1. 有關競賽所發生問題，應由單位領隊或教練，於賽後 30 分鐘內，以書面向大會審判委員會正式提出申訴，同時繳交保證金新臺幣叁仟元整，賽會將以審判委員會之判決為終決。提出申訴不成時沒收其保證金。Race appeal: for the race appeal please raise the document, together with a security deposit of NT\$3,000, to the Chief Race Commissaire within 30 minutes after the race finish time.
2. 如未經上述程序提出申訴，以致干擾比賽進行，將由審判團採取適當處分，以維競賽之進行。If a complaint/appeal is not filed in accordance with the above procedures, thus disrupting the competition, the Race Commissaire may take appropriate measures to maintain the progress of the competition.

※活動洽詢：中華民國自行車騎士協會 / 電話：02-8919-3595 / 傳真：02-8919-3311

官網：www.cyclist.org.tw / Line ID: @730qmryb / 手機：0928-025-778

地址：23146 新北市新店區中興路二段 100 巷 17 號 1 樓 / E-Mail：service@cyclist.org.tw

※Contact：Taiwan Cyclist Federation/ Tel: +886-2-89193595/ Fax: +886-2-89193311

Website: www.cyclist.org.tw E-mail: service@cyclist.org.tw

Address: No.17, Lane 100, Sec.2, Chungxing Road, Xindian District, Xinbei City, 23146, Taiwan.

活動路線圖與高度圖

活動路線圖—4/10

團隊計時賽路線：花蓮新天堂樂園-暖身移師至鹽寮

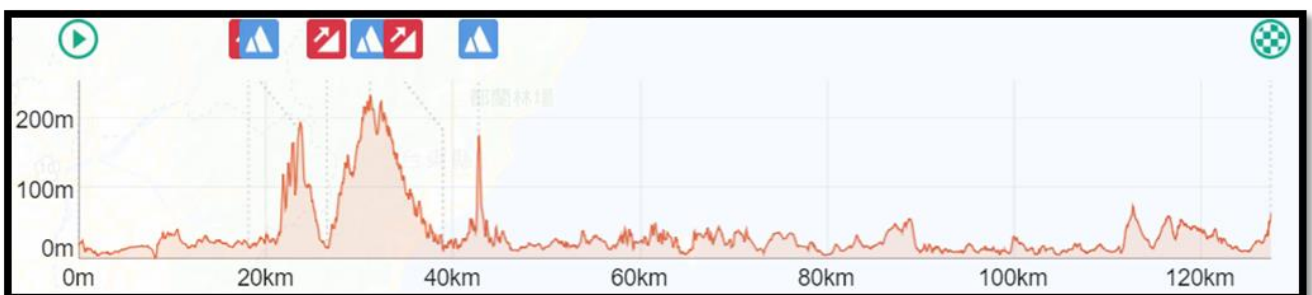
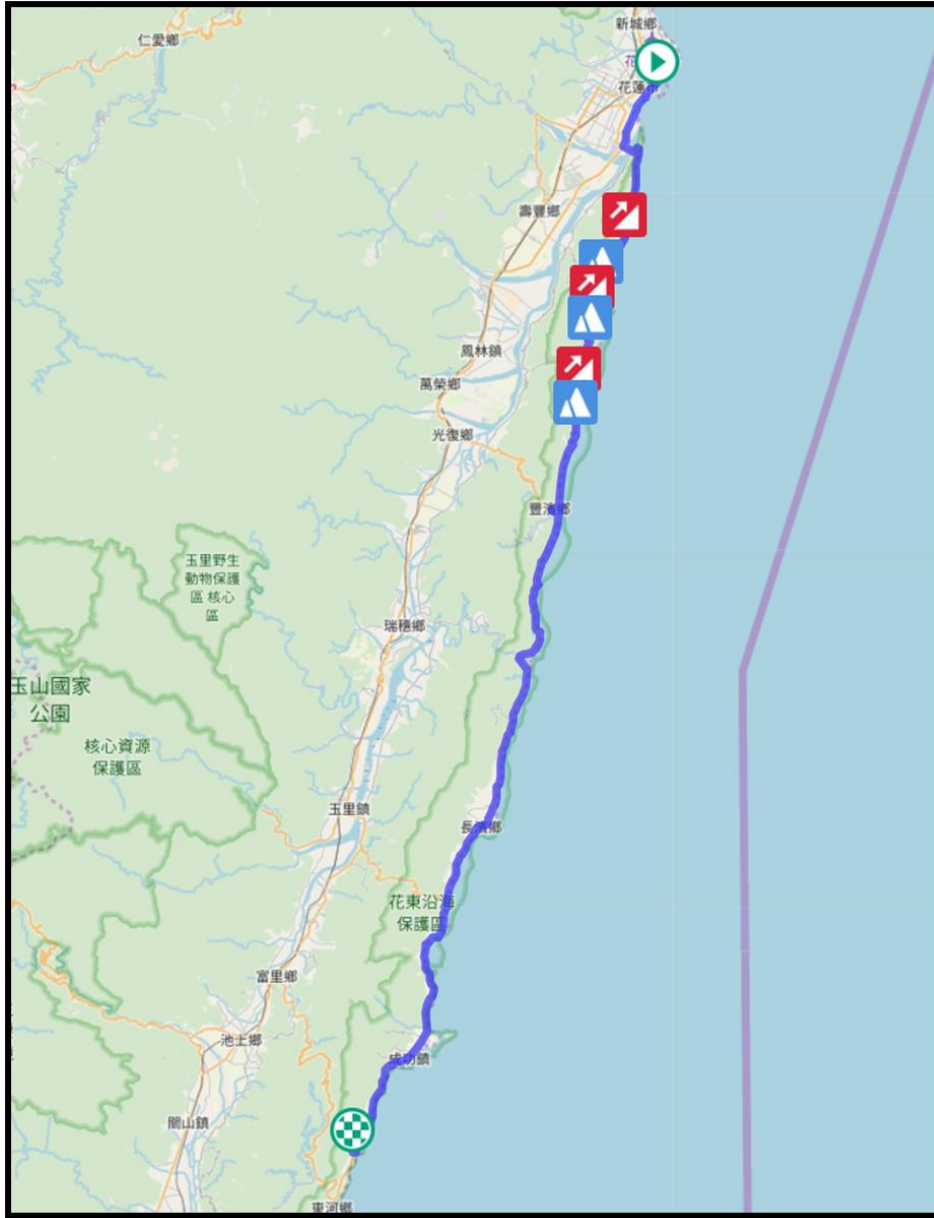
比賽路線：花蓮新天堂樂園(暖身)-鹽寮(出發)-跳浪隧道前/折返-鹽寮終點，約 20 公里。



活動路線圖—第 1 日 4/11

競賽路線：花蓮新天堂樂園→193 線→台 11 線→臺東都歷東管處，約 121 公里。

出發後至遠雄海洋公園/放行，沿台 11 線經牛山、磯崎、豐濱、長濱、成功、都歷後，進入終點東部海岸國家風景區管理處停車場。



活動路線圖—第 2 日 4/12

競賽路線：臺東→台9線→鹿野→關山→富里→玉長公路→長濱→台11線→花蓮鹽寮，184公里。
由臺東娜路彎大酒店出發，過卑南綠色隧道放行，經花東縱谷線(台9線)、玉長公路(台30線)、花東海岸公路(台11線)至終點鹽寮(台11線10k處)。

