

# EXPLORE!



## Why book this trip?

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Explore the landscapes, flavours and character of rural South Korea on this off-the-beaten-track cycling holiday. Visit historical temples, cycle scenic coastlines and stop at sleepy fishing villages along the way.

- **Jeju** - Explore the natural beauty, historic and volcanic sites of Jeju Island
- **Gyeongju** - Ancient Korean capital, filled with atmospheric temples, ponds and historic treasures
- **Seoul** - South Korea's present-day capital, one of the world's great and fast-changing modern metropolises.



**INCLUDED MEALS**  
Breakfast: 10  
Dinner: 3



**TRIP STAFF**  
Explore Tour  
Leader / Cycle  
guide  
Driver(s)



**TRANSPORT**  
Bus  
Bicycle  
Flight  
Train



**ACCOMMODATION**  
1 nights basic  
cabins  
9 nights standard  
hotel



**CYCLING GRADE:**  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join tour on the island of Jeju

Arriving in Jeju today we will transfer a little out of Jeju City to our hotel, in a lush landscape between spectacular beaches and the imposing Hallasan volcano. Jeju is a volcanic island home to some of South Korea's most beautiful coastal landscapes. Formed, as legend would have it, by a mystical grandmother shovelling dirt, and whose sons, turned to stone in grief at her death, form the 360 parasitic cones around the central Mount Hallasan shield volcano. Jeju has seen recent increases in popularity, although very few European visitors make it to the island. Jeju is perfect for coastal and country cycling where travelling by bicycle enables us to see the best of the island, enjoying relaxed riding whilst dipping into some of Jeju's many impressive historic and geological sites.



**ACCOMMODATION:**  
Raon Hotel (or similar)

**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

### DAY 2 - Cycle Jeju's south coast via Hyeopjae Beach and Songaksan Mountain

This morning, after collecting and fitting our bikes, we will ease slowly into our cycling, enjoying a day riding along Jeju's coastal bike path to the white sand beach and cobalt sea at Hyeopjae Beach, continuing through the potato fields to a prominent headland, offering impressive views of Mount Hallasan and the neighbouring islands. We visit the temples at the foot of Sanbongsan mountain, each with its own character in murals, statues and Chinese characters. From here, we wind through the jagged headlands to the quirky artistic town of Seogwipo, staying on a peaceful seafront out of town where the old lava flows tumble into the sea.

Our total cycling distance today is approximately 67 kilometres (total 420 metres accumulated ascent)



ACCOMMODATION:  
Hotel Sumorum (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 3 - Cylce to Jeongbang Waterfalls, Pyoseon-Myeon beach and the Jeju Folk Museum**

Taking in the colourful seaside sculptures through town, the coastal road through Seogwipo enjoys natural wonders en route - where we may stop to see the famous Oedolgae Rock or Jeongbang Waterfall. You might even see a Korean pop (K-pop) celebrity on holiday, before we continue eastwards across the picturesque Soesokkak Estuary. Next we cycle to Jeju's Folk Museum and discover more about the stone harubangs (statues) that have guarded the island since the eighteenth century. Continuing northwards, we ride on a narrow causeway to Seongsan, where the sheer sides of the vast volcanic plug of Seongsan Ilchulbong rise from the sea, overlooking the Haenyo grandmothers freediving for seafood.

Our total cycling distance today is approximately 62 kilometres (total 190 metres accumulated ascent)



ACCOMMODATION:  
Blue Mountain Hotel (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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#### **DAY 4 - Cycling Jeju Island's north coast to Manjanggul Caves and Jeju City**

An impressive sunrise over the sea is usually the reward for those who rise early to hike the volcanic peak of Seongsan Ilchulbong. Our ride continues westwards through the coastal wetlands, rich with local bird life, and dipping inland to explore the spectacular lava tubes at Manjanggul Caves - watch out for the natural 'Stone Turtle' in the shape of Jeju Island. Approaching Jeju City from the north, we will wind through the small coastal settlements alongside Jeju's traditional stone walls, where Borimsa temple, damaged and rebuilt following the 1948 Jeju uprising, is juxtaposed against the bustling modern day port below the hillside cycle path. We spend the night in Jeju City.

Our total cycling distance today is approximately 56 kilometres (total 150 metres accumulated ascent)



ACCOMMODATION:

Hotel Whistle Lark (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 5 - Fly to the mainland and visit the historic temples and ponds at Gyeongju**

Today we enjoy a rest day from cycling, flying from Jeju to the mainland at Busan, Korea's second city, before a short drive to the historic city of Gyeongju, once capital of the ancient kingdom of Silla. In the afternoon, we will explore the UNESCO World Heritage site of Bulguksa Temple, an important site for Korean Buddhists, and home to seven of Korea's designated 'National Treasures' from the golden age of Buddhist art. Although historically Buddhism was the principle religion, according to the 2015 census the majority of South Koreans have no formal affiliation with religion. In the evening, we will relax in the beautiful night-time scene at Anapji Pond, before experiencing our first night in a traditional Korean house or hanok. The rooms are twin share with full bedding provided, with every two rooms sharing one shower room and toilet.

No cycling today



ACCOMMODATION:  
Hwangnamguan Hanok Village (or similar)

Grade: Basic Cabins



MEALS PROVIDED: BREAKFAST & DINNER

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### DAY 6 - Ride inland country lanes to Gyeongju Yandong Village

Setting out from Gyeongju, today we experience the scenery and landscapes of Korea's inland hills and valleys - riding across the wide rivers and through the rice and wheat fields, we will arrive in the traditional folk village of Gyeongju Yangdong, before taking back country lanes to our overnight destination of Pohang, famous for its spectacular golden sand beach and corniche.

Our total cycling distance today is approximately 48 kilometres (total 180 metres accumulated ascent)



ACCOMMODATION:  
Galaxy Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 7 - Cycle the scenic east coast to the crab fishing town of Yeongdeok

Riding northwards along the scenic coastal road, we will enjoy peaceful cycling along quiet coastal roads and bike paths, under impressive cliffs and through traditional fishing villages, before arriving in Ganggu Port, famed home to both Korean classical scholars, and a thriving crab industry - already famous over one thousand years ago in the Goryeo dynasty. Here, enjoying the view to the mountains and the Sea of Japan, we will wander the fish markets and enjoy the traditional delicacies on offer in the town's many local seafood restaurants.

Our total cycling distance today is approximately 48 kilometres (total 350 metres accumulated ascent)



ACCOMMODATION:

Ocean View Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 8 - Pedal the coastal road, visit Seongryugul limestone caves and pagoda

From Ganggu Port, we will continue along the peaceful east coast cycle path to Hupo. We leave the bikes along a beautiful covered lakeside walkway under the cliffs, to venture underground for the impressive stalactites, stalagmites, caverns, passages and rock formations of the limestone caves at Seongryugul. Back in the open air, we follow the coastal road past golden sand beaches and coastal wetlands to our beachfront accommodation in the small hamlet of Gisyong Mangyang.

Our total cycling distance today is approximately 70 kilometres (total 700 metres accumulated ascent)



ACCOMMODATION:  
Uljin 207 Mile (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 9 - Cycle to Jangho Beach

Our final day of cycling, past old military fortifications and observation posts, will see us continuing up the east coast to the beautiful rock formations, crystal clear water and enclosed bay of Jangho Port, known as 'the Naples of South Korea', where we will enjoy our last night on the coast overlooking the fishing port and white sand beach of the bay.

Our total cycling distance today is approximately 66 kilometres (total 790 metres accumulated ascent)





**ACCOMMODATION:**

Yong Hwa Hotel (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

**DAY 10 - Sightseeing in Seoul's bustling centre**

An early start from Jangho Port will see us catch a fast train (approx. 2.5hrs) from Gangneung to South Korea's capital Seoul, home to approximately a fifth of the country's population, and where a fast-growing economy and rapidly improving quality of life contribute to a fascinating time for Korea's social and cultural development. With a history stretching back over two thousand years, the city boasts impressive modern architecture and public services, alongside traditional temples and mountains that rise out of the urban districts. After enjoying a brief sightseeing tour and a free afternoon's shopping, we will enjoy a farewell meal together in a traditional Korean restaurant. Korean food is full of flavour and variety with many interesting dishes, stews and colourful, intricate deserts. Meals are very healthy; largely based on rice, supplemented with vegetable and meat side dishes and usually accompanied by Kimchi, fermented cabbage. Tonight let your tour leader guide you through the menu and perhaps try something a little more unusual.

No cycling today



**ACCOMMODATION:**

Kensington Yeoido Hotel (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

**DAY 11 - Tour ends Seoul**

The tour ends this morning after breakfast in Seoul.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

#### South Korea

##### Climate

South Korea has four distinct seasons: long, cold winters; short summers which tend to be hot and humid; autumn and spring offer pleasant weather but tend to pass quickly. Jeju Island tends to have a warmer climate due to its southern location, temperatures usually reach up to 25 degrees during the summer months.

Time difference to GMT	Plugs	Religion	Language
+9	2 Pin Round	Buddhist, Christian	Korean

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### Budgeting and packing

#### Clothing

When cycling: quick drying cycle tops, padded cycle shorts, lightweight wind and water proof jacket and warmer breathable layers where local conditions require.

General: Pack essentially for hot or mild weather depending plus some warmer clothes for cooler nights. You may want to pack a swimsuit and towel, as there will be some opportunities to swim.

#### Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

#### Luggage

20kg

#### Equipment



On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

### Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow £25 for tipping.

In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

## South Korea

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£10	£15	£4	£1

### Foreign Exchange

<b>Local currency</b>	<b>Recommended Currency For Exchange</b>
Won	Either EUR, USD or GBP.

#### Where To Exchange

In all towns - your Tour Leader will advise you on arrival.

#### ATM Availability

All major towns.

#### Credit Card Acceptance

Most major restaurants and stores.

#### Travellers Cheques

We do not recommend to take travellers cheques as these can be difficult to exchange.

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## Transport, Accommodation & Meals

### Transport Information

Bus, Bicycle, Flight, Train

### Accommodation notes

Standard - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

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## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa and Passport Information

South Korea: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens for a stay of less than 90 days. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

### Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

## Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

## Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport. On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

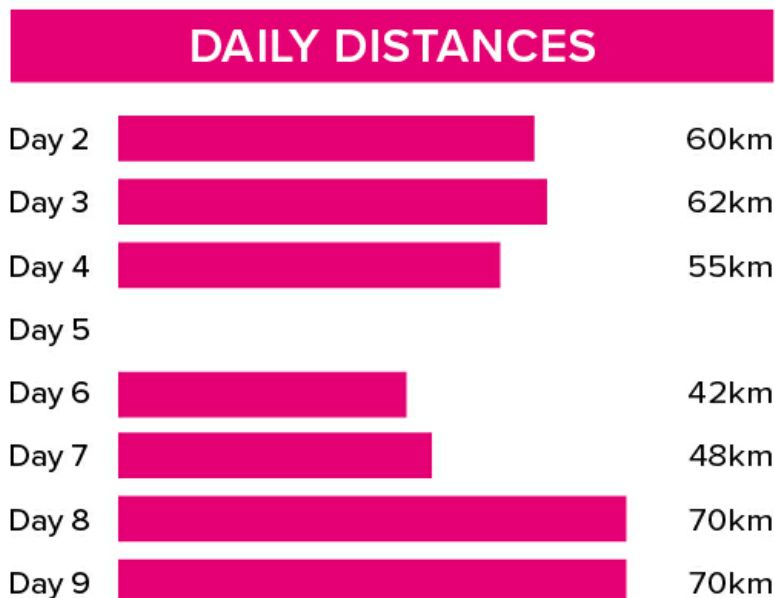
## South Korea

### Vaccinations

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, typhoid, tetanus and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Travellers may wish to take immunisation against Japanese Encephalitis. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## Cycling information



### General cycling information

On this tour we cycle 407 km over seven days (an average of 58 km per day). We cycle mainly on paved bike paths (95%) and quiet country roads. The terrain is relatively flat on the coastal sections, with the occasional hillier stretches as we turn inland on Jeju. A support vehicle

accompanies the riders throughout the tour. We have graded the route as moderate. This trip is graded as moderate - but your comfort and enjoyment will be considerably improved by undertaking some training prior to the trip. We recommend comfortable completion of at least three rides of 70km on flat and moderately hilly terrain in the weeks leading up to the trip.

### **Bike included**

24 gear Giant ToughRoad hybrid bike or similar

### **Bike information**

Your included bike is a 24 gear Giant ToughRoad bike or similar hybrid bike and will be the correct frame size for your height. There is the facility to fit your own pedals or saddle if you wish to bring them. As close as possible to the bike paths, a support vehicle accompanies the rides throughout. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

### **Cycling grade**

Moderate



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**