

SPICE ROADS

CYCLING



CYCLING SEOUL TO BUSAN

Tour Code
KOR-STB

9 DAYS
8 NIGHTS

	Destinations	South Korea
	Tour Meets Tour Ends	Seoul Busan
	Fly in to Fly out of	Incheon International Airport (ICN) Gimhae International Airport (PUS)
	Group Size Minimum Age	4-12 riders 18 (on scheduled departures)

ACTIVITY PROFILE



8 Cycling days	565 _{km} Total cycling distance
71 _{km} Avg distance / day	602 _m Avg climbing / day

PRICING



Price	US\$ 3,950
Bike Hire (Hybrid)	US\$ 295
Single Supplement	US\$ 560

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Lunch
- ✓ Entrance fees

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



21 September - 29 September 2025
12 October - 20 October 2025
05 April - 13 April 2026
10 May - 18 May 2026

TRIP PROFILE

We ride a total of 565 km over 8 cycling days. We begin in Seoul with a fantastic cycling loop through the city centre. The tour is then divided into stages based on South Korea's west-to-east geography and its extensive network of cycling paths. Stage 1 follows the Han River Bicycle Path (days 2 and 3), Stage 2 takes us along the Saejae Bicycle Path (day 4), Stage 3 traces the Nakdong River Bicycle Path (day 5, days 6 and 7, and the first half of day 8), and the final stage leads us over the Busan Alps to reach Busan (second half of day 8). South Korea's cycling infrastructure makes this journey across the peninsula a joy to ride, and best of all, the entire route is point-to-point, with no required vehicle transfers (unless you choose to, of course!).

But it's not just about cycling. This tour has been carefully crafted to showcase Korea's rich cultural heritage, with visits to ancient Buddhist sites, a hands-on paper-making workshop, and plenty of unique stops at quirky cafes, war memorials, art installations, and more. Food is a highlight of the tour, and you can expect to taste a wide variety of the country's cuisine (hint: it's much more than just BBQ and kimchi, though there's plenty of that too).

Your guide's expert knowledge of the area and terrain ensures 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.

Suitability: This is an active-level tour, and riders can expect to be challenged by both the route and terrain in various ways. South Korea's hilly landscape means there's plenty of ascent and descent each day, though only a few challenging passes (see days 4 and 8) throughout the entire tour. Aside from the short 10 km city ride in Seoul, daily distances are fairly consistent, averaging around 70 km per day, with the longest stretches along the Han River Bicycle Path, where we reach 80 - 100 km. The roads are mostly paved, so no technical riding is required, but good handling skills to navigate rougher sections and occasional traffic will be helpful. Riders with less experience are welcome, and this is a fantastic intermediate-level tour to help push your boundaries — just be sure to prepare by building stamina for the distances and strength for the climbs. While a support vehicle will always be on hand to provide refuge for weary riders, please note that passenger seats are limited and it rarely follows the group directly due to the separation of cyclist and motorist infrastructure. Rendezvous points will always be communicated.

Biking Conditions: Our route primarily follows the Han River and Nakdong River Bicycle Paths, with a short stage along the Saejae Bicycle Path as well. At times, these paths feel like dedicated cycling highways, with smooth tarmac and split lanes. Other sections wind through embankments, rural roads, or alongside main roads, where the surface can be bumpier with loose debris. While many of the paths are separate from motorised traffic, some sections merge with roads where vehicles, including cars and buses, are present. On a few occasions, we'll also go off-piste from the bike paths, such as the backroads in Seoul on Day 1 or the switchbacks up the Busan Alps on Day 8. Rainfall is not uncommon in South Korea at any time of year. We generally ride rain or shine, but based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!

Hotels: Accommodations range from 3-star city hotels in Seoul and Busan to Korean-style pensions in smaller towns. These high-comfort, low-frills digs offer a clean room, hot water, 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, where we sleep on the floor in a beautiful wooden house typical of pre-modern Korea.



Day 1 Meet in Seoul - Afternoon City Ride

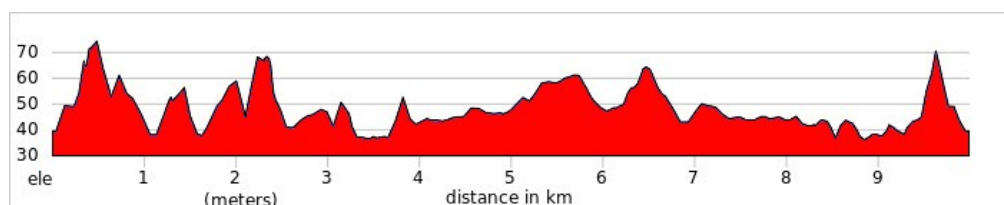
Welcome to Seoul! We meet at our tour hotel in the early afternoon and waste no time diving into South Korea's electrifying capital by bike. Sticking to designated bike lanes, car-free zones, and hidden back alleys, we avoid traffic and really feel the pulse of the city's historic heart, where tradition and modernity are interwoven. Our route takes us past iconic sites such as the grand entrance of the former imperial palace, the presidential Blue House, and the national hero statues at Gwanghwamun Square. We also explore a local market to sample street food and ride through beautifully preserved traditional neighbourhoods etched into the city's hillsides (be prepared for some short but spicy climbs!). To cap it off, we visit Jogyesa Temple, one of Seoul's most beautiful Buddhist temples. After this fun inaugural ride, you'll have time to freshen up before we gather for a welcome dinner — the first of many Korean feasts on this tour! But go easy on the beer and soju; we've got a big ride ahead tomorrow.



Shilla Stay Gwanghwamun



Dinner



Ride 10km



+100m



-100m

Day 2 Seoul - Yeoju

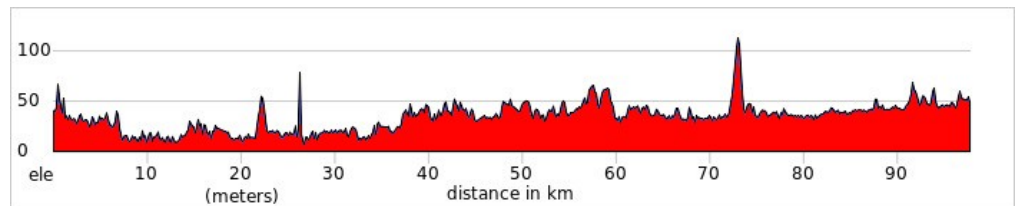
Our first day of riding involves a striking visual shift from mega city to countryside. Starting from the heart of metropolitan Seoul, we manoeuvre our way to the Han River Bicycle Path where we share the road with local cycling enthusiasts enjoying rides of their own along Seoul's waterfront. The further we press forward, however, the crowds thin out and Seoul's skyline and urban sprawl begins to fade in the distance. Once we have passed the iconic Paldang Dam and the bridge at the confluence of the Han and Bukhan River (around 45 km), it will be as if we have been transported to a different world. From here, the bike path follows the wide, gently flowing river, flanked by farmland and forested hills. Thanks to a series of cyclist-exclusive tunnels burrowing through the hills, we avoid steep climbs and make good time, reaching the town of Yeosu by mid-afternoon. Along the way, we stop for lunch to refuel with a comforting bowl of Kalguksu (Korean Knife-Cut Noodle Soup) and we saddle off for the day at Silleuksa Temple, a splendid riverside Buddhist temple complex dating back to the 6th century AD. We spend the night at cosy hotel nearby,



Yeosu Ace Hotel at Shinreuksa Temple



Breakfast, Lunch, Dinner



Ride 98km



+766m



-756m

Day 3 Yeosu - Suanbo

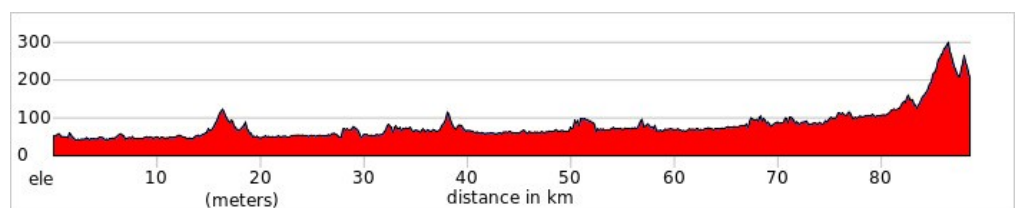
We tread deeper into the valleys of Korea's interior. The first half of the ride follows the Han River as it meanders and braids across plains filled with rice paddies, vegetable fields, and apple orchards, all framed by rugged hills. One of our first stops is a traditional tea shop set inside an abandoned elementary school! By around 50 km, we reach the more densely populated outskirts of Chungju City, where we pause for lunch and cool down with mak-guksu; buckwheat noodles served in a chilled, tangy broth, a local favourite and a refreshing treat for hard-working cyclists. Leaving Chungju behind, we head south and are once again immersed in the rustic countryside, with endless rice paddies blanketing the valley floor. We make one last stop at a striking suspension bridge hanging between two cliffs before preparing for a gradual, 6 km climb into the hot spring town of Suanbo. Nestled amidst the temperate forests of the Sobaek Mountains, Suanbo is renowned for its thermal springs and crisp air. Feel free to indulge in a rejuvenating soak.



Suanbo Hot Spring Healing Hotel



Breakfast, Lunch, Dinner



Ride 89km



+884m



-727m

Day 4 Suanbo - Sangju

Today we start things differently with a fun and educational activity: making hanji, traditional Korean paper. Early in our ride, we stop at a local museum dedicated to preserving this ancient craft and try our hand at it. Back on our bikes, we ascend around 4 km to the top of Sojoryung Mountain (262 m ASL), followed by a rewarding descent past an ancient Buddhist rock carving etched into a cliff. Next, we tackle the challenging Ihwaryeong Pass (548 m ASL), a 7 km climb with gradients ranging from 5-10%. Surrounded by peaceful forests and with plenty of rest stops, we pace ourselves to reach the top, following in the footsteps of scholars, officials, and merchants who once traveled this route during the Joseon Dynasty. At the summit, we're rewarded with panoramic mountain views before we descend into the plains for a well-deserved lunch at a charming heritage house. Afterward, we continue along rural roads through the scenic Nakdong

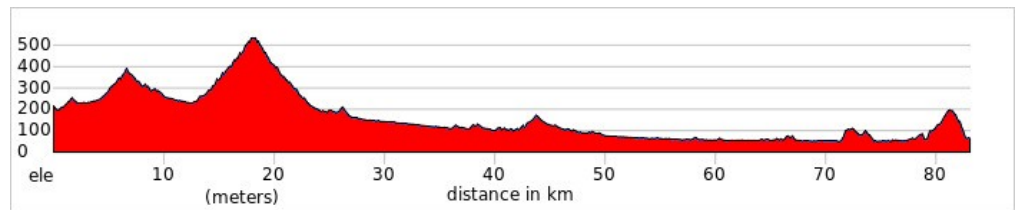
River valley. We wrap up our ride near Sangju, where we stay at a tranquil riverside retreat offering stunning sunset views. Tonight's accommodation is in a traditional hanok, a beautiful wooden house typical of pre-modern Korea.



Hanok Holiday Cottage



Breakfast, Lunch, Dinner



Ride 83km



+1083m



-1228m

Day 5 Sangju - Waegwan

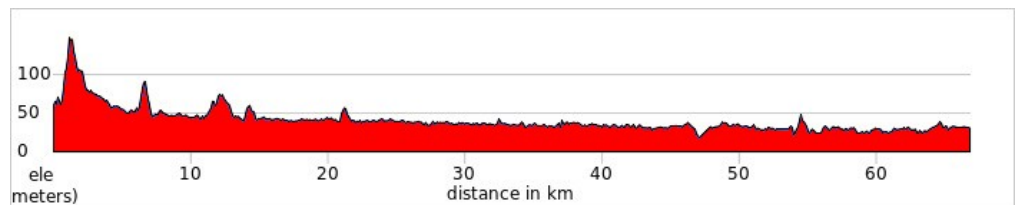
After the previous day's climbs, we take it easier today, following the Nakdong River Bicycle Path. Aside from a brief steep section at the start and some gentle undulations, our route is mostly flat, tracing Korea's longest river. We cross scenic bridges and weirs, passing through expansive rice fields and quiet rural communities. This tranquility is briefly interrupted around 45 km when we skirt Gumi, the "Silicon Valley of Korea," home to major electronics and tech industries. From the bike lane, we glimpse its many factories before continuing south to Waegwan. Despite the town's peaceful atmosphere, Waegwan witnessed fierce battles during the Korean War, as U.S. and South Korean forces fought to defend the vital Nakdong River crossing from North Korean troops. In the afternoon, you can explore this history at the Patriots & Peace Memorial or hike to the Hill 303 Korean War Memorial, a reflective spot with sweeping views. In the evening, we come together for another Korean feast.



Waegwan Centro Hotel



Breakfast, Lunch, Dinner



Ride 67km



+432m



-461m

Day 6 Waegwan - Upo Wetland

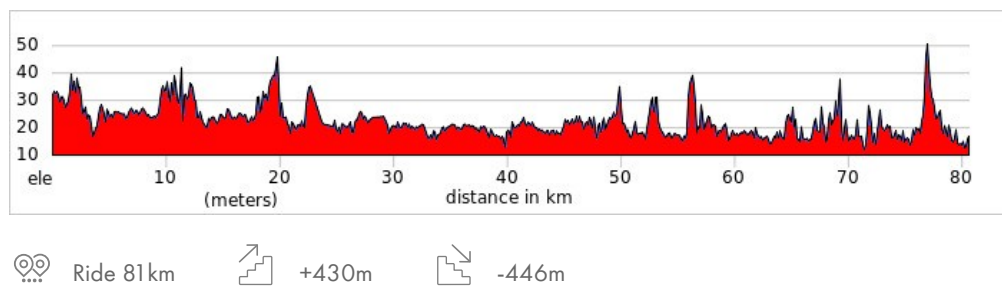
Departing from Waegwan, we continue meandering south along the Nakdong River. After around 25 km, we stop at "The Arc," a futuristic art installation that, at first glance, looks like a spaceship, but when seen in harmony with the surrounding rivers, reveals its more earthly design! We're now near Daegu, Korea's fourth-largest city, but we stick to the Nakdong Bicycle Path, riding through an agrarian hinterland and tackling a rapid succession of hills as we glide along elevated escarpments rising above the river. After lunch and treating ourselves to Korean desserts at an open-air market, the scenery shifts to wild marshes filled with tall reeds. This area is part of Korea's largest system of inland wetlands, many of which are being conserved as safe havens for migratory birds. We conclude our journey in Upo, renowned as the largest of these inland wetlands in South Korea, where we spend the night at an upscale upcountry B&B.



Upo Wetlands Luxury B&B



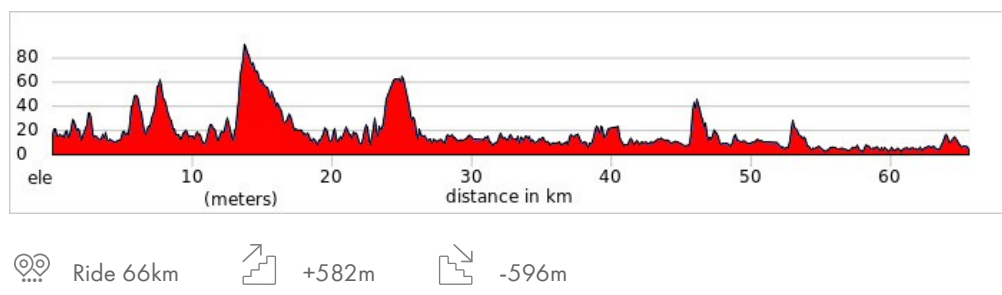
Breakfast, Lunch, Dinner



Day 7 Upo Wetland - Jinjeong

We start the day on quiet backroads in the beautiful Upo Wetland Nature Reserve, passing a network of lakes, ponds, and marshes inhabited by wild plants and wading birds. After around 5 km, we re-enter a rural world of rice, soybeans, corn, and vegetables grown in the small valleys of forest-clad, rolling hills. A series of short but steep climbs keeps our legs busy while we enjoy the scenery. By around 30 km, we're back on the banks of the Nakdong River, crossing it several times via scenic bridges as we follow the bike path south to the small city of Jinjeong. We stay in the heart of town, offering a glimpse into urban Korean life away from the major centres. For dinner, we head to a favourite BBQ spot, followed by an optional beer and karaoke session!

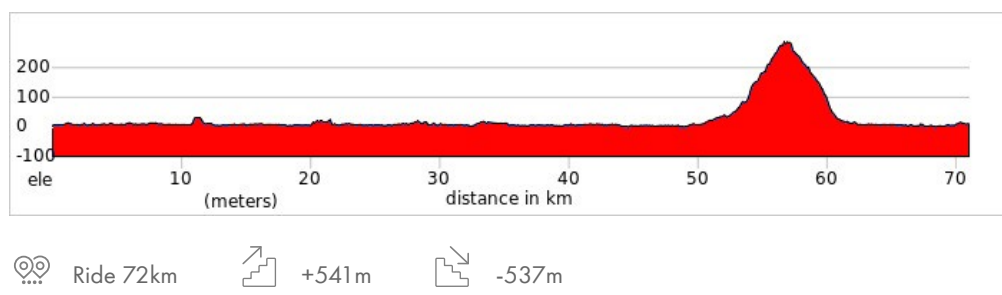
Jinjeong Grand Hotel Breakfast, Lunch, Dinner



Day 8 Jinjeong - Busan

It's time for the home stretch! Our final ride brings us to South Korea's east coast and the bustling seaside metropolis of Busan. Starting from Jinjeong, we make our way back towards the Nakdong River and follow its course south until, at around 50 km, we bid farewell to the waterway that has kept us company for several days. Separating the river valley from the coast is a hilly, forested spine of low-rising mountains colloquially known as the "Busan Alps." We climb to the top of a pass, tackling some switchbacks along a 6 km ascent with an average 5–6% gradient. After a breather at the summit, we enjoy a glorious descent punctuated with epic views over Busan city. The final 10 km take us mostly along bike paths that trace urban streams, sheltering us from traffic as we approach our final destination: Gwangalli Beach. One of Busan's most beloved urban beaches, it offers fine white sand to the front and a lively promenade to the back. After reaching our hotel, feel free to dip your toes in the East Sea before we reconvene for a farewell dinner nearby. Tonight, we let the beers and soju flow as we toast the achievement of traversing the length of South Korea by bike!

Hotel Miami Orangy by Gwangalli Beach Breakfast, Lunch, Dinner



Day 9 Busan Departure

Our cycling tour has ended, but we suggest extending your stay for a day or two to explore Busan. Check out more beaches, visit the famous fish market, wander through quirky hillside neighborhoods, explore an ancient temple by the sea, and ride in a sky capsule with ocean views! After you've had your fill of Korea's "Second City," you can return to Seoul by train or continue your journey to the beautiful volcanic island of Jeju by flight or ferry. You can even take a boat to Japan! If you need assistance with post-tour hotel bookings in Busan or securing tickets for the KTX high-speed train to Seoul, please let us know. If you plan to take the train to Seoul, we recommend booking well in advance as tickets can sell out quickly.



Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. We provide high-quality hybrid bikes from well-known brands. If you bring your own bike, please make sure it is a hybrid or gravel bike in good mechanical order.

E-Bikes are also available. Please enquire for the price and reservation. E-bikes are in limited supply.

Bike Repairs

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.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. 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.

THE NITTY GRITTY

Passports and Visas

Passport holders up to 101 countries do not require a visa to visit South Korea from 30 – 90 days. A complete list of visa-exempt countries is [here](#).

Update on K-ETA (Korea Electronic Travel Authorization): The South Korean government has announced that it will temporarily exempt travelers from 22 countries from the K-ETA requirement. Beginning April 1 to Dec. 31, 2024, travelers from 22 countries will no longer need to apply for K-ETA before entering the country. See [here](#) for more details and the list of exempt countries. The U.S, U.K. and Australia are on the exempt list. If you are on the exempt list then there is no need

to apply. However, if your passport is not on the exempt list then make sure to get your K-ETA approved before departure via [this website](#).

For more information on the Korean entry process, please see [this website](#)

Health

No vaccinations are needed.

Weather

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. Winters in the north are colder than in the more southerly Busan or Jeju Island.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. 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. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere in Korea, but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$30 a day for incidentals. Tipping is not customary in Korea. Guides have received and accepted tips on a voluntary basis.

Money

The currency in South Korea is the won (W) ATMs with a 'Global' sign often accept foreign cards. Most Global ATMs have basic instructions in English and mostly have a W700,000 limit. 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.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call

our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but

please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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