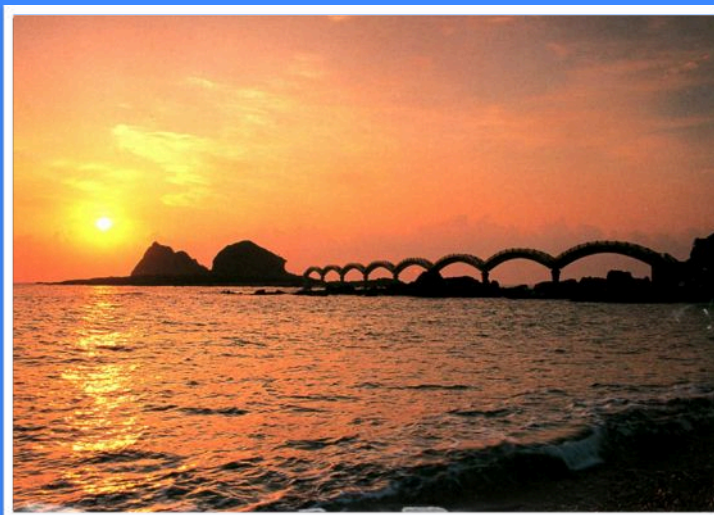
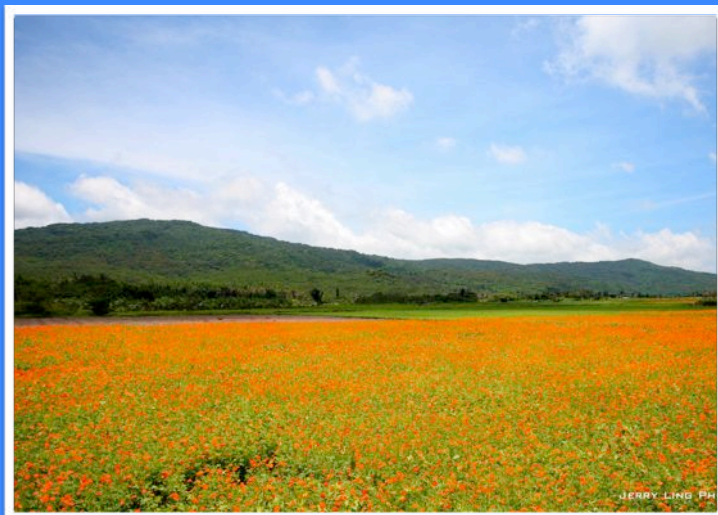
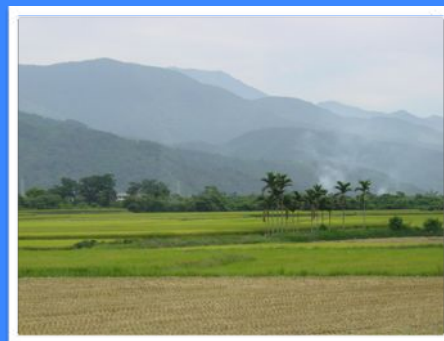


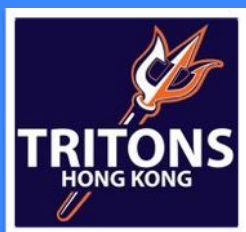
TRITONS HONG KONG

TOUR DE EAST TAIWAN 2013!!

EASTER BREAK - THURS MARCH 28 to MON APRIL 1



Get set for a smorgasbord of world-class cycling & jaw dropping scenery on the TRITONS 2013 EASTER TOUR DE EAST TAIWAN! A magical region that is famous for stunning ocean views, lush rift valleys, fast terrain and soothing hot springs! This 4 stage cycling tour will cover around 450km, is suitable for both road or tri bikes, includes numerous post-ride swimming & running options, terrific food, comfortable accommodation, a wicked beach finish in Kenting and a super time with the TRITONS HONG KONG!!



Definitely one tour you do not want to MISS!!

Registration Deadline FRI MARCH 22



Details

Location: Eastern Taiwan – Hualien to Kenting

Duration: 5 days / 4 nights

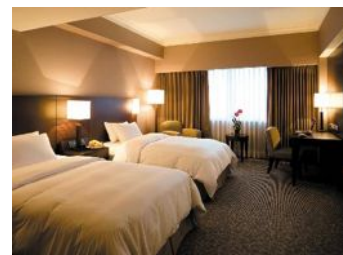
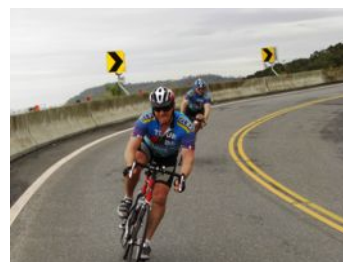
Dates: Thursday March 28 to Monday April 1, 2013

Accommodation: Downtown Taipei, Hot Spring Resorts & Beachside Hotel

Distance / Grading: 450km plus with running + swimming options / Intermediate

Arrival / Departure: Taoyuan International Airport / Kaohsiung International Airport

Terrain: Stunning coastal scenery, lush valleys and rolling mountains!



Highlights

- Hualien & Liyu Lake
- The Taiwan East Rift Valley
- Kenting National Park
- Vibrant downtown Taipei
- 4 epic riding stages including 3 triathlon bike courses
- Awesome beachside accommodation in Kenting!
- Soothing hot springs along East Coast!
- Lots of running + swimming options
- Yummy local cuisine & seafood
- Enjoy the festive mardi-gras style Kenting township
- Fully supported tour
- A whole lot of FUN!!

Arrivals – Thursday March 28

Riders arrive into Taoyuan International Airport on Tritons group flight early evening of Thursday March 28 where you'll be meet and greeted at the airport by Cam. Transfer directly with bike cases to downtown Taipei and the excellent Park Taipei. Assemble your bikes, grab a late bite to eat, check out Taipei and get ready for an awesome tour coming up!

Accommodation: Park Taipei

Meals: N/A

Cycling: N/A

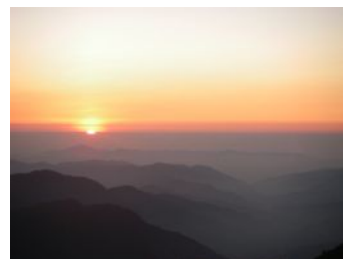
Stage One – Friday March 29

Your bikes will be picked up in advance by the support vehicles early morning and transferred to Hualien. After breakfast riders take the 7:30am train to Hualien and a transfer short distance to Liyu Lake (home to Hualien Triathlon) and the start of Stage one. Stage one is a fantastic stage jammed-packed with action as we cross through the Northern Quadrant of the East Rift Valley to the East Coast and a lovely route south along the ocean that offers superb riding & scenery. We stop for a rest at the excellent Baqi Observation Platform with panoramic views of Taiwan's east coast before heading west into the mountains at Fongbin and entering back into the lush East Rift Valley. Some awesome riding on a quiet foothill road leads us through picturesque agricultural farmland to the inviting hot springs of Antong & our destination for the evening. Time for a cold beer, hot springs and memories from a glorious day in cycling paradise!

Accommodation: Antong Hot Spring

Meals: Breakfast, lunch, dinner, riding snacks + refreshments

Cycling: 145km



Stage Two – Saturday March 30

After a big opening stage one with transfers and riding we enjoy a more relaxing stage two that takes us 120km south into Taidong County. From our overnight base at Antong Hot Springs we climb back over the Haian Mountain Range to the East Coast to be greeted with lush oceanside valleys full of betel nut trees and the crashing surf! A ripping section takes us south to our first rest stop at the distinctive Sanxiantai Bridge rest area before hitting the turnaround point for the new Challenge Taiwan bike course and some fast, scenic riding into Taidong. After lunch we continue south along the ocean to Jinlun Hot Springs and the end of stage two. Time to rest those weary legs in the natural hot springs, enjoy the coastal views and get ready for a great local dinner!

Accommodation: Junlin Hot Springs

Meals: Breakfast, lunch, dinner, riding snacks + refreshments

Cycling: 120km

Stage Three - Sunday March 31

Sunday sees us continue our journey to the waiting beaches of Kenting & the third leg down Taiwan's East Coast. We start the stage with a nice flat 40km oceanside roll before hitting the hills to the Capicorn Pass and some good climbing. From our rest stop we take a series of back roads that offer tremendous riding and picturesque vistas through a mixture of valleys and seaside villages. From our



last rest stop at the surfing village of Jialeshui we head for home on the old Kenting Tri Course that provides yet more top-notch riding and a fast finish into Kenting! Check into the Howard Resort, explore the beach & bar opposite, relax in the 50m swimming pool and celebrate an EPIC ride down Eastern Taiwan! Tonight walk a short distance into Kenting and some yummy Thai food!



Accommodation: Howard Resort Kenting

Meals: Breakfast, lunch, dinner riding snacks + refreshments

Cycling: 132km



Stage Four & Departures – Monday April 1

For those keen to ride more stage 4 is an out-and-back from the Howard that takes on the Taiwan Ironman 70.3 bike course plus a nice loop back over to the East Coast. For those that need some serious hills there is yet another option to climb the short but tough loop through the Kenting National Park area. Around 80km plus of riding is scheduled. Post-ride enjoy a nice coastal run or ocean swim before a late lunch and 90min transfer to Kaohsiung International Airport for departures.



Accommodation: N/A

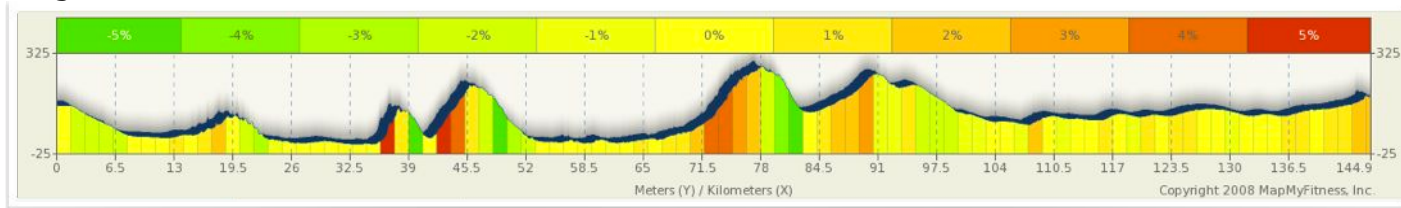
Meals: Breakfast, lunch, dinner riding snacks + refreshments

Cycling: 76km plus

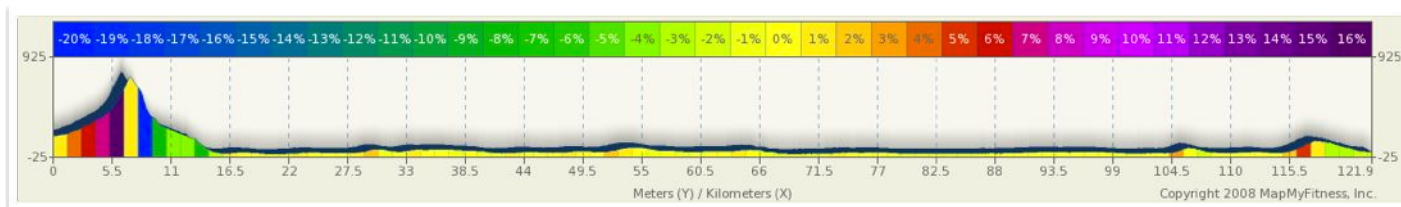


Ride Charts

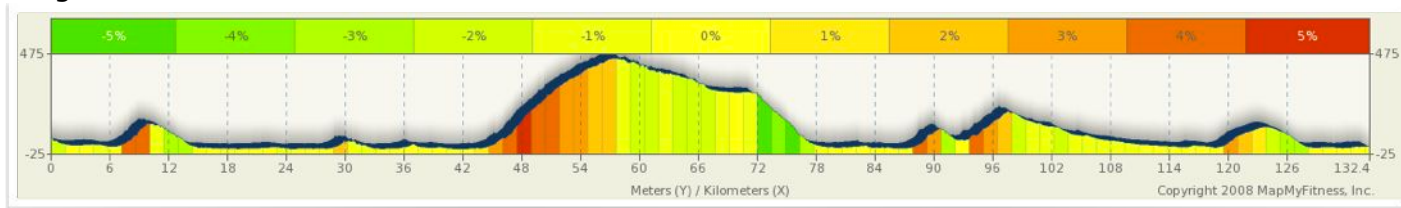
Stage One:



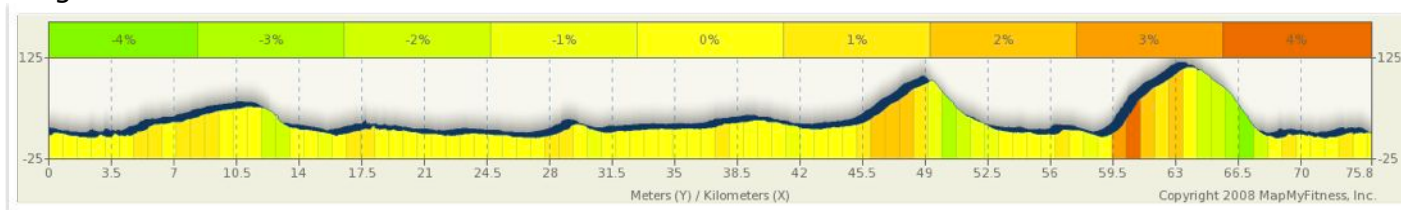
Stage Two:



Stage Three:



Stage Four:



Is it for Me

If you are reading this then the answer is YES! This year's tour is set to be one of the best yet! The route for the most part is undulating & fast with some mountains included & suitable for both road & tri bikes. This year's tour is graded intermediate meaning you should be a good cyclist capable of riding 100km comfortably a day. It's important that your train for this tour to get the most enjoyment from it. There will be rest stops along the way and the support vehicles will never be far away should you need assistance or a rest.

Useful Links

- Taiwan Facts - <http://wikitravel.org/en/Taiwan>
- Taiwan weather - <http://www.cwb.gov.tw/eng/index.htm>
- Taipei - <http://english.taipei.gov.tw/>
- Hualien - <http://tour-hualien.hl.gov.tw/en/>
- Taiwan East Coast - <http://www.eastcoast-nsa.gov.tw/>
- Kenting National Park - <http://www.ktnp.gov.tw/eng/index.aspx>

Accommodation

Accommodation is based on twin-share at excellent venues. Please list your preferred roommate on the sign-up form. If you prefer to have your own room please include the single room supplement. Thanks

- Taipei – Park Taipei – <http://www.parktaipei.com>
- East Coast – Antong Hot Springs – <http://www.an-tong.com.tw>
- East Coast – TML Castle – <http://tml-castle.ttnb.tw>
- Kenting – Howard – <http://kenting.howard-hotels.com.tw>



Meals

- Breakfast – local & international buffet & set-menu
- Lunch – Sandwiches, fresh fruit, snacks and refreshments to help yourself to as needed throughout the rides
- Dinner – Great mixture of local Taiwanese, seafood & Thai

Support

One to four customized support vehicles depending on final numbers. The vehicles will be with us the whole way to carry all the bikes, luggage, and gear as needed plus mechanic & drivers

Expected Weather

In late March you can expect the following mean/max/min temperatures:

- Taipei – 18.7 / 30.7 / 10.7
- Hualien – 20.8 / 28.9 / 13.2
- Taidong – 22.4 / 30.1 / 14.9
- Kenting – 23.9 / 31.2 / 17.2

Kit List...

- Road or Tri Bike. Check your bike thoroughly before you depart and take it into your local bike shop to ensure it is in 100% top-notch working mechanical order. Things you should especially check for:
 - Check wheel rims
 - Check and adjust all wheel spokes
 - Check and grease all bearings
 - Check brakes and brake cables, replace where necessary
 - Check gears and gear cables, replace where necessary
 - Check and tighten all nuts and bolts, especially bottom bracket / cranks and pedals
 - Check chain, quick release clamps, tires and tubes
 - Check handle bars and stem
 - Check derailleurs & cassette
 - Check seat clamp
- Helmet, bike gloves & sunglasses
- Bike lights
- Water bottles
- Basic personal bike repair kit – tubes x 3, pump & levers
- Riding shirts and shorts
- Riding shoes and socks
- For wet weather also bring a good lightweight riding jacket
- Casual clothes to wear when not riding – shorts & shirts – it will be warm to hot



- Toiletries including swimming cap
- Swimming & running gear as needed

Documents and Money

- Passport
- Travel insurance
- Airline tickets
- Shopping money

Recommended

- Camera, spare batteries & memory card
- Mobile phone – compulsory, you need to ride with your phone at all times.
- Energy bars, gels and drink mix as needed

Remember you will need clothes for riding, relaxing at the end of the day, in the support vehicle and walking around in warm to hot weather. Please be prepared for the possibility of rain.

Insurance

While we take every precaution to make sure our trips are 100% safe, the very nature of outdoor adventure activities means nothing is accident proof. It is important that you are aware of this and we will ask you to sign an 'assumption of risks & release and indemnity agreement' prior to commencing the trip.

We strongly recommend that participants have adequate emergency medical evacuation insurance and medical expense insurance prior to commencing the trip. Although optional, we advise that you also purchase trip cancellation, trip interruption as well as baggage & personal possession coverage for total protection and peace of mind.

What's Included

This is a fully supported tour and includes everything you will need from start to finish:

- Group airport pick-up & drop-off
- Support vehicles & transfers
- 4 nights' accommodation in twin-share rooms as listed
- All meals (4 breakfasts / 4 lunches / 3 dinners) as listed
- 4 superb cycling stages with running + swimming options
- Support staff & mechanic
- Riders booklet with altitude graphs and detailed info
- Local insurance
- Tour photos
- A totally AWESOME time!!



Cost

The trip price includes everything you should need for the duration of the trip **excluding** any international airfares, personal insurance requirements, additional drinks, any personal shopping, massages, & bike repairs & anything else not listed.

Tour Cost: 5 days / 4 nights – HKD\$9,500 per person

Single Room Supplement: HKD\$3,200 per person



What Next

1. Please confirm your attendance to Mira Christanto ASAP
2. Please fill-out & return the attached 'Personal Data Sheet',
3. Please transfer your tour payment by **Friday March 22 at the absolute latest** to confirm your place. Places are based on vehicle capacity. Please include any transfer fees at the remitter's side & take note of the booking and cancellation conditions at <http://www.inmotionasia.com>- Many thanks
4. Get training & get excited for an EPIC tour!!



Account Name	In Motion Asia Co., Ltd
Account No	848-349130-838
Beneficiary Bank Name	HSBC Hong Kong
Beneficiary Bank Address	1 Queen's Road Central, Hong Kong
Beneficiary Bank Code	004 (for local payment)
SWIFT Code	HSBCHKHHHKH (for telegraphic transfers)

Tour Riders Specials

In Motion Asia is proud to be the Taiwan distributor for Velocite Bikes, a high-end carbon bike manufacturer with a strong focus on speed & stiffness. We offer all tour riders our VIP 20% discount program plus free shipping.

We also have the In Motion Asia cycling team kit made from high quality fabrics with pro-level cut and trimmings. Available in all sizes with 20% discount.



Contact Us

Should you have any questions regarding the tour, accommodation, riding or locations please do not hesitate to contact me. Looking forward to seeing you all for a fantastic tour, world-class riding, some of the most captivating scenery in Asia, delicious cuisine, soothing hot springs & great fun with the Tritons HK!

Cam McLean

IN MOTION ASIA

www.inmotionasia.com