

SHIKOKU ISLAND CYCLING ITINERARY

Tour map



Proposed itinerary

ITINERARY (11days/10nights)				
Day1	Meeting at Koyasan	Temple		D
Day2	Cycle 48km Koyasan to Wakayama, Ferry to Tokushima	Hotel	TS	B
Day3	Cycle 98km Tokushima to Shishikui	Lodge	TS	B,D
Day4	Cycle 106km Shishikui to Kouchi	Hotel	TS	B
Day5	Cycle 78km Kouchi to Yusuhara	Minshuku		B,D
Day6	Cycle 59km Yusuhara to Shimanto River	Lodge	TS	B,D
Day7	Cycle 122km Shimanto River to Cape Ashizuri	Hotel	TS	B,D
Day8	Cycle 93km Cape Ashizuri to Ainan	Minshuku		B,D
Day9	Cycle 48km Ainan to Ohmishima	Minshuku		B,D
Day10	Cycle 72km Ohmishima to Onomichi	Hotel	TS	B
Day11	Departure after breakfast			B

T toilet in each room S shower in each room B breakfast D dinner

Tour price for 11 days

282,000yen

Includes

- 10 nights accommodation on twin share basis
- 10 breakfasts and 7 evening meals
- Rental bike, **TREK7.3FX cross bike**
- All ferry & train transport detailed in the below itinerary
- Snacks and refreshments
- English speaking guides and support vehicles
- Spare parts and mechanic

Does not include

- Lunches
- Airport transfers
- Upgrade to road bikes 10,000yen
- Single supplement 12,000yen

Detailed itinerary

Day1 Meeting in Koyasan

Highlights Buddhism temple stay

Situated at 900m above sea level, Koyasan was founded 1,200 years ago by Kukai as the main temple of Shingon Buddhism. It remains as a holy place and was designated as the World Heritage. There are more than 120 temples scattered throughout the area, one of which will be our accommodation for the night. It is a truly unique experience that you cannot undertake at ordinary inns. Here you can glimpse the daily lives of Buddhism monks by participating in religious services and eating the traditional vegetarian food.

Cycling Distance - 0km

Accommodation - Temple/Shared Toilet & Shower (D)



Day2 Koyasan to Wakayama, Ferry to Tokushima

Highlights Downhill to Wakayama, Ferry to Shikoku Island

This morning you have an option to take part in the Buddhist service before breakfast. On leaving our temple lodging we will visit Kongobuji Temple, which is the main temple of the 3600 Shingon temples throughout Japan. We begin our cycling journey with a pleasurable downhill ride to the outskirts of Wakkanai, and then transfer by van to a ferry terminal near Wakayama City to sail across the Seto Inland Sea. The comfortable 2-hour ferry takes us to Tokushima in Shikoku Island, where we traverse in the next 7 days. Shikoku Island is noted for 88-temple Pilgrimage, and here you can expect to see a number of 'ohenro' pilgrims in white clothing.

Cycling Distance - 48km Altitude gain: 266m Van-0.5hours Ferry - 2 hours

Accommodation - Hotel/Ensuite (B)



Day3 Tokushima to Shishikui

Highlights Quiet river side road, Coastal ride

The tranquil ride along the limpid Naka River leads us through inland Tokushima to the Anan coastal area in the south of Tokushima. The coast facing the Pacific Ocean is very attractive with the deep blue sea containing the Japan Current. Long way away from cities & factories, the seawater is extremely clean and the area is abundant of marine life including rare sea turtles visiting the coast in crowds to lay their eggs every summer. We stop at Hisawa for lunch and a visit to Yakuou-ji, the 23rd of the 88 temples that many pilgrims come to pray for protection from evils.

Cycling Distance - 98km Altitude gain: 901m

Accommodation - Lodge/Ensuite (B,D)



Day4 Shishikui to Kochi

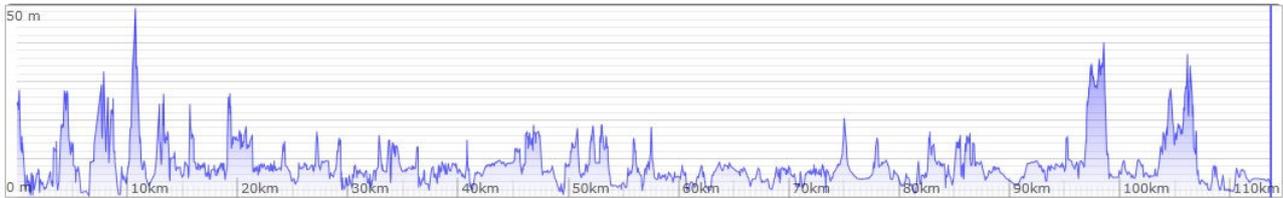
Highlights Coastal ride, Kochi City

We stay on the beautiful shorelines throughout the day today. Along the way we encounter Shinshouji, the 25th temple of the Shikoku 88, and the old townscapes of Kiragawa, where remain a number of heritage architectures with stonewalls and tiled roofs. Thanks to the taihoon-proof architecture, the heritage buildings have survived well and kept in good condition to this date. In the last 15km to Kochi, we will enjoy riding on the designated cycling path that used to be a railway. Situated in the inner Kochi city, the 400-year-old Kochi Castle rises gloriously above the Kochi skyline, symbolising the spirit and heritage of Kochi.

Cycling Distance - 106km Altitude gain: 506m Van transfer - 20km

Accommodation - Hotel/Ensuite (B)





Day 5 Kochi to Yusuhara

Highlights Riverside ride

After leaving the city, we rejoin river landscapes that Kochi is renowned for. Today we ride along Niyodo River, popular among the local people for fishing, camping and canoeing. As we leave away from Niyodo River, the road begins to gain heights to secluded mountain villages with terraced rice fields. After conquering three hills, our ride ends at Yusuhara today, where we have an opportunity to experience traditional Japanese washi paper making. Washi is commonly made from the fibres of bark of trees and plants, and often seen used for shoji screens and some origami papers.

Cycling Distance - 78km Altitude gain: 1750m Van transfer - 15km

Accommodation - Minshuku/Shared Toilet & Shower (B,D)



Day 6 Yusuhara to Shimanto River

Highlights Japanese Washi paper making tour, River side ride

This morning we will learn the process of making washi paper and test our creativity to make our own! After completed the cultural activity, we get back on the saddle to ride the gentle downhill through the remote countryside of Kochi, and meet another tranquil river of Yusuhara. The area is abundant of untouched nature, and here you can relish the peace and lush mountain landscapes. Tonight we are staying in cottages near Taisho Onsen and Shimanto River.

Cycling Distance - 59km Altitude gain: 556m

Accommodation - Lodge/Ensuite (B,D)



Day7 Shimanto River to Cape Ashizuri

Highlights River side ride, Stay at Cape Ashizuri

This morning sees us cycling along the picturesque river Shimanto, known as Japan's last pristine river. There are a number of bridges with no guardrails spanning the Shimanto River, which are the well-known characteristics Japanese people associate the river with. It is to reduce resistance and to prevent the bridge from being washed away during the times of flood. The coastline we cycle today is part of the Ashizuri Uwajima National Park. We end our ride at Cape Ashizuri, the southernmost point of Shikoku, where we call in the 38th Kongofukuji temple.

Cycling Distance - 122km Altitude gain: 979m

Accommodation - Hotel/Ensuite (B,D)



Day 8 Cape Ashizuri to Ainan

Highlights Coastal ride, Small fisherman's village

We continue our journey through the Ashizuri Uwajima National Park and head inland for a change on a delightful countryside road. Entering the Ehime prefecture and sound landscapes, we encounter a different face of the calm Pacific Ocean. In a small town of Ainan, enjoy strolling on streets sided with neatly built stonewalls and the fresh bonito fished locally.

Cycling Distance - 93km Altitude gain: 1190m

Accommodation - Minshuku/Shared Toilet & Shower (B,D)



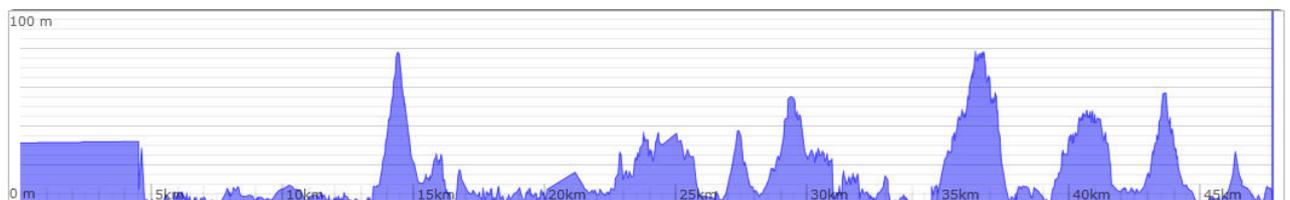
Day9 Ainan to Ohmishima

Highlights Bridge ride, Island stay

We rest our legs this morning while travelling to Imabari by van, and have lunch at a seaside restaurant with stunning views of the Seto Inland Sea. The road connecting Imabari and Onomichi in the mainland Honshu is known as Shimanami-Kaido (highway above the sea). The designated cycling paths and bridges have made the area a cycling Mecca of Japan, attracting a number of cycle tourists from other regions of Japan. Today we cycle across two islands and end up in the third island Omishima in the heart of Seto Inland Sea.

Cycling Distance - 48km Altitude gain: 822m Van transfer - 200km

Accommodation - Minshuku/Shared Toilet & Shower (B,D)



Day10 Ohmishima to Onomichi

Highlights Bridge ride, Quiet island road

Today we cycle across three more islands and finally land in Onomichi in the mainland Honshu. Before leaving Ohmishima Island we pay a visit to the Ohyamazumi Shrine that enshrines the gods of the ocean and mountains. For people interested in samurai culture, the neighbouring museum displays Japanese swords registered as national treasures. We stay with a coastal and island theme all day long, admiring the construction of bridges connecting the islands and the purpose built cycling roads.

Cycling Distance - 72km Altitude gain: 729m

Accommodation - Hotel/Ensuite (B)



Day11 Onomichi, departure after breakfast

Highlights

The tour finishes after breakfast in Onomichi, a scenic port town that has thrived as a centre for marine traffic over many years. We will transfer you to the train station and farewell to our tour.

Cycling Distance -0km

(B)



To Kansai airport 2.5 hours by train

To Kyoto 2 hours by train

To Osaka 2 hours by train