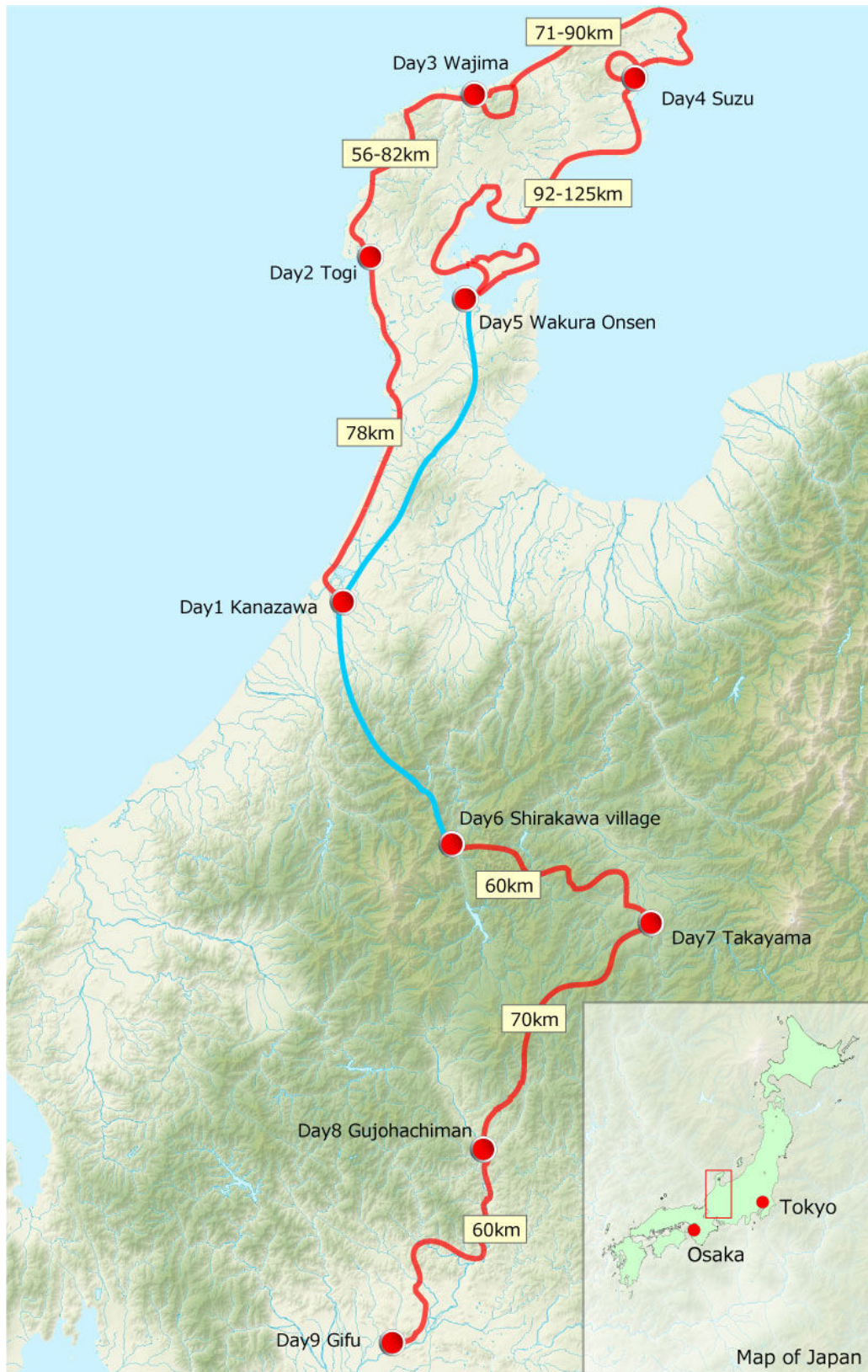




Noto peninsula and Gifu 10 days 2015

Tour map



Itinerary

Noto Peninsula, situated in the middle of mainland Honshu, is our newest cycle touring destination in Japan. The region offers a perfect opportunity for rural cycling and experiencing all the cultural attractions you expect of Japan, from heritage sites to kimono weaving! Almost the entire peninsula has been recently registered as agricultural heritage by UNESCO for the long-established methods of fishing and cultivation activities, which you can observe from the saddle of your bike. The landscapes formed by the rich history tracing back to the feudal times still remain today, and that's what makes the region a culturally interesting ground for overseas visitors. The 6 day itinerary allows ample time to fit in non cycling activities, and if you want more physical challenge the 5 day extension option is available for you.

ITINERARY(6days/5nights)(10days/9nights)				
Day 1	Meeting at Kanazawa	Hotel	TSO	D
Day 2	Cycle 78km Kanazawa to Togi	Ryokan	CO	B,D
Day 3	Cycle 56km Togi to Wajima	Hotel	TSO	B
Day 4	Cycle 71km Wajima to Suzu	Ryokan	CO	B,D
Day 5	Cycle 92km Suzu to Wakura Onsen	Ryokan	TO	B,D
Day 6	Departure			B
Extension trip				
Day 6	Train and Bus to Shirakawago village(4hours)	Guest House	C	B,D
Day 7	Cycle 60km Shirakawa to Takayama	Hotel	TS	B
Day 8	Cycle 70km Takayama to Gujohachiman	Hotel	TSO	B
Day 9	Cycle 60-120km Gujohachiman to Gifu	Ryokan	TSO	B,D
Day 10	Departure			B

T room with toilet only **TS** room with toilet & shower **C** communal facility **O** onsen spa
B breakfast **D** dinner

Price per person for Noto 6 days

#of people	Service	price	Includes
2 clients	1van, 1guide	256,800yen	See below
3 + clients	1van, 1guide	199,400yen	See below

Single room supplement 11,900yen

Price per person for Noto Gifu 10 days

#of people	Service	price	Includes
2 clients	1van, 1guide	421,000yen	See below
3 + clients	1van, 1guide	329,800yen	See below

Single room supplement 23,500yen

Includes

- 5 nights accommodation on twin share basis (for Noto 6 days)
- 9 nights accommodation on twin share basis (for Noto Gifu 10 days)
- 5 breakfasts and 4 evening meals (for Noto 6 days)
- 9 breakfasts and 6 evening meals (for Noto Gifu 10 days)
- Rental bike (Cross bike or Road bike)



- Other equipments come with bike



Front bag for hybrid bike
(8 litter volume)



Helmet on request



Seat post bag for road bike
(6 litter volume)



Gloves on request

Spare tube, tyre levers, multi tool, pump, and flat patches are in the bag.
All the bikes are equipped with front and rear lights, and cycle computers.

- All transport detailed in the below itinerary
- Snacks and refreshments
- English speaking guide(s)
- Spare parts and mechanic services
- Support vehicle with seats and bike rack



Does not include

- Lunches (It cost 1000-1500yen for each lunch)
- Single room supplement

Recommended season

- April to November

Average temp. in a month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Highest in Kanazawa (°C)	7	7	11	17	22	26	30	30	27	22	15	9
Lowest in Kanazawa (°C)	1	1	3	8	14	20	23	24	19	14	7	3
Rain fall in Kanazawa(mm)	270	171	160	136	155	151	231	139	225	177	264	282

What we offer as our services

- We have support vehicle to follow cyclists to back up water, snacks, and other necessary things for the ride. If one of you wants to stop riding at some point of the day, he or she will be welcome to have seat in our support vehicle.
- Our guides are all cyclists, we know what you need during your ride. We are trained to be a bike mechanic and cycling leader. We also completed 40 hours wilderness first aid training.
- In case of heavy rain, strong wind or other fierce weather conditions for cycling, we may change plan and give you other activities option like hiking, sightseeing, and so on.
- Guides speaks English, and all the information during the tour will be given in English.

Detailed itinerary

Day 1 Meeting at Kanazawa

In the early afternoon we meet at our hotel in Kanazawa, the gateway to our newest adventure playground Noto-hanto Peninsula! After an introductory meeting and bike fitting, we take a leisurely walk to the Kanazawa Castle that was once home to the famous feudal lord Toshiie Maeda. We tour the Kenrokuen Garden and also visit the traditional tea house within the park to taste matcha green tea. Kanazawa is home to traditional high cultures and activities, such as handicrafts, tea ceremony, Noh theatre and Kaga cooking, offering you plenty of options for cultural experiences. Kanazawa can be reached in approximately 3.5 hours by express train from Osaka Kansai International Airport. **(D)**

Accommodation: Hotel/Ensuite (3 stars quality)

Include activities: Kanazawa Castle, Kenrokuen Garden and afternoon tea at the Tea house

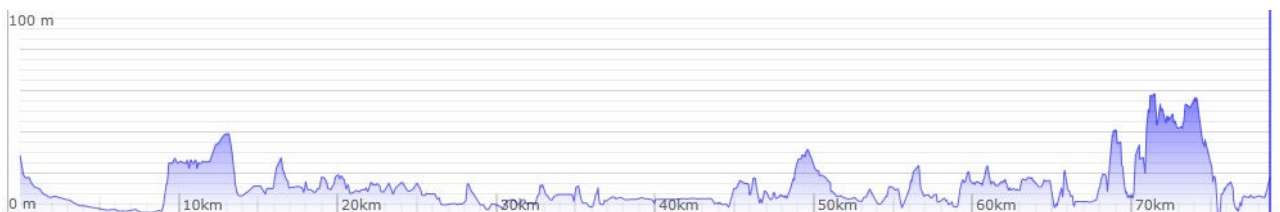


Day 2 Kanazawa to Togi

This morning we cycle out to join the cycling path near the coast, which leads us onto the popular Chirihama Beach driveway. Here you can cycle comfortably on the hard packed sand beach for about 8km. We have a brief stop at Keta Taisha Shrine, known as the first shrine of Noto-hanto Peninsula, and then continue on the coastal cycling path to Togi. Be sure to check out the world's longest bench on the beach in Togi at dusk! **(B,D)**

Accommodation: Ryokan/Shared bathroom (3 stars quality)

Cycling distance: 78.8km Total ascent 367m Total descent 367m



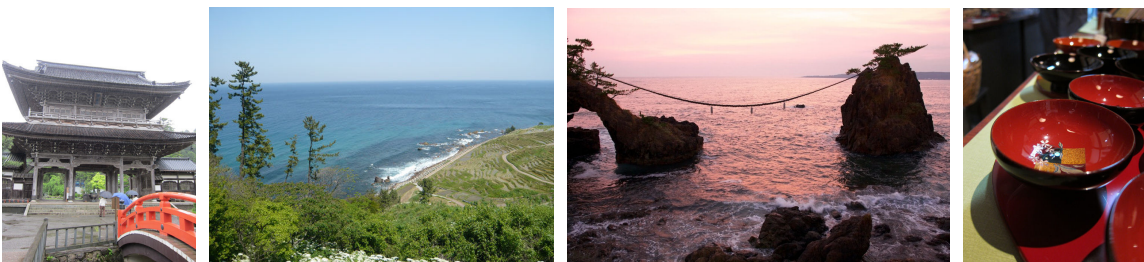
Day 3 Togi to Wajima

Today we follow the beautiful coastlines on quiet back roads, lined by traditional wooden houses with black tiled roofs – as if we are cycling through a movie set! Terraced rice fields are another noticeable feature of this region, and today we pass by a couple of them. For a change of scenery, we call in to experience weaving Noushu Tsumugi this morning. Tsumugi is very durable silk fabric preferred for the daily outfits by farmers in the past. The Kadomi heritage house is also worth a stop. Here you can view the interior of wooden houses you have cycled pass so far. Although the coastal journey to Wajima is challenging, the oceanic views from the roads are rewardingly fantastic! Before settling into our hotel, we will pay a visit to the lacquer ware art museum to learn about the crafts the region is famed for. **(B)**

Accommodation: Hotel/Ensuite (3 stars quality)

Included activities: Kimono weaving, Wajima Art Museum

Cycling distance: 56 to 81.6km Total ascent 700-1273m Total descent 700-1299m





Day 4 Wajima to Suzu

This morning you have an option to visit the Wajima Morning Market or work your decorative skills on the lacquer chopsticks. For 1,500 yen, you can design your own chopsticks with gold powder and take them home as souvenirs! The market is filled with stalls selling local produce from the land as well as the sea, and is a good shopping opportunity if you wish to purchase any lacquer ware here. Today we stay on the coast throughout the day, checking out Senmaida (1,000 rice paddies on one slope) and many traditional salt works. A few salt works are spread out along the coastline, and are still carrying out the solar evaporation method from 400 years ago. The salt works are free to observe, and you can also try spraying seawater which takes years to master! As we approach the tip of the peninsula, the rest of the day leaves us cycling in the peaceful country setting. **(B,D)**

Accommodation: Ryokan/Shared bathroom (3 stars quality)

Cycling distance: 71.3 to 90km Total ascent 742-900m Total descent 742-900m

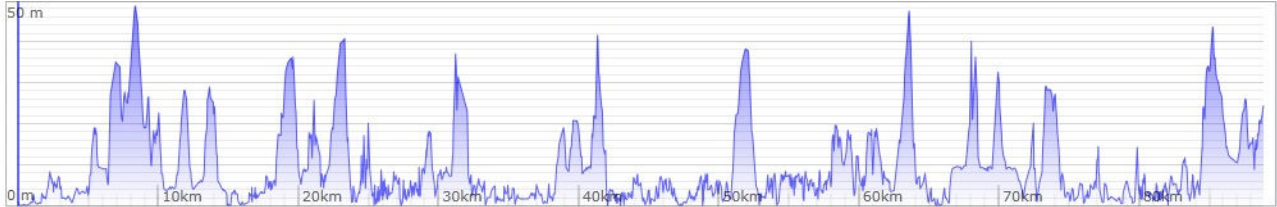


Day 5 Suzu to Wakura Onsen

Leaving Suzu, we continue cycling along the coastline around Toyama Bay. There are more fishing villages along the road, which gently climbs and descends the coastline of Noto Peninsula. We arrive at Noto-jima Island after crossing the Twin Bridge, from which you can enjoy the views of the bay and floating islands off the coast. We will complete the ride at our accommodation in Wakura Onsen, one of the best high-class hot spring resorts in Japan. If you would like more cycling today, there is an option to ride around the Noto-jima Island, which will make the day's total distance 125km. **(B,D)**

Accommodation: Ryokan/Ensuite (3 stars quality)

Cycling distance: 92 to 125km Total ascent 745-1000m Total descent 745-1000m



Day 6 Finish after breakfast in Wakura Onsen

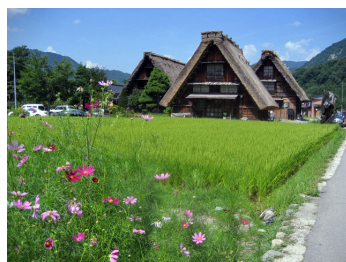
The tour finishes after breakfast in Wakura Onsen. You can train back to Kanazawa (1hr), Kyoto (3.5hr), or all the way back to Osaka Kansai (5.5hr).

Day 6 Extension to Shirakawago Village

This extension option is for people who want more strenuous rides with lesser sightseeing stops. As we head inland by van away from Noto Peninsula, we will experience a change of scenery from the ocean to mountain landscapes. Shirakawago Village is a secluded mountain village, like you read about in old Japanese tales! The village is situated at the foot of Mt. Haku-san in the northwestern part of Gifu. Surrounded by mountains, there are about 110 houses with A-shaped thatched roofs, designed to prevent heavy snow accumulation. The building style is so called Gassho Zukuri, originally started in the Edo period to allow silk cultivation in the attics. UNESCO registered the whole of Shirakawa-go as a World Heritage Site in 1995. Tonight we are staying at one of the Gassho Zukuri houses, run by a local farmer. **(B,D)**

Accommodation: Guest house/Shared bathroom

Cycling distance: 0km



Day 7 Shirakawago to Takayama

Today we travel inland further to Hida Takayama, the foothills of the Japan Alps! Cycling out of the village, we soon start climbing to Amou Pass, which overlooks the Shirakawago Village and its rice fields. The road climbs through broadleaf forests freshened by occasional waterfalls. After a pleasant downhill, we will meet the Miya River where you will likely see local fishermen at work. The river flows through all the way to our destination Hida Takayama, often described as the little Kyoto because of the similarity of construction and atmosphere. We try some Hida

beef here, the local specialty known as one of the best beef in Japan! **(B)**

Accommodation: Hotel/Ensuite (3 stars quality)

Cycling distance: 60.2km Total ascent 1318m Total descent 1255m



Day 8 Takayama to Gujohachiman

Today we cycle the Hida Seseragi Highway, following the swift mountain streams. Riding past a few little villages, local shrines and more paddy fields, we arrive at Gujo-hachiman, a castle town with prospered in the 16th century. We take a leisurely walk on the atmospheric streets lined with old houses and waterways, to Gujo-hachiman Castle. Tonight we sample the local specialty, *Unagi* eels, fished from local rivers. **(B)**

Accommodation: Hotel/Ensuite (3 stars quality)

Cycling distance: 70.1km Total ascent 712m Total descent 1054m



Day 9 Gujohachiman to Gifu

Collecting water from melting snow and rain in the central mountain ranges, Nagara River is famed for the clear water and quiet beauty. Today we ride along the riverside to Mino City, home for Mino Washi, the best quality Japanese papers. Our final destination Gifu awaits us with a celebratory dinner cruise on the Nagara River, where you can observe Ukai, the traditional cormorant fishing from the boat. **(B,D)**

Accommodation: Ryokan/Ensuite (3 stars quality)

Cycling distance: 63km Total ascent 291m Total descent 475m



Day 10 Departure

The tour finishes after breakfast today, with a transfer to the Gifu train station.

From Gifu to Osaka Kansai Airport 2.5 hours by train

From Gifu to Nagoya Chubu Airport 70 min by train

About accommodation

We choose Ryokan (traditional Japanese inn) as much as possible to support local tourism and economy. Ryokan is traditional Japanese style inns often run by family and in many cases it has Onsen (natural hot springs) on site. You will sleep on a futon on the tatami floor in ryokan. It's definitely the best choice if you want to experience authentic Japanese accommodation. However, there are a few things to remember before staying there.



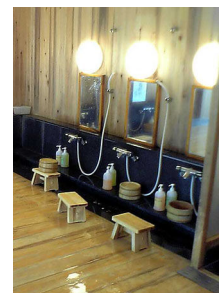
Room in Ryokan



Yukata



Onsen hot spring



Washing space

- Traditional Japanese room does not have bed, instead, it has Futon mat on "Tatami" straw weaving floor to sleep on. The photo is how typical Ryokan room looks like.
- Most of the accommodation provide "Yukata" traditional night robe, you can wear it to hot spring and restaurants on site. You don't have to carry your night clothing as much if you enjoy Yukata.
- Most of Ryokan provide nice public Onsen hot spring to share, then some of the rooms do not have their own shower and bath. Public onsen has washing place where you can wash yourself.
- Some of Ryokans in remote area do not have toilet in each room. They have public toilet on site.

What to bring

- Passport** You need to show passport when you check in accommodations.
- Travel insurance detail** Medical cost is expensive in Japan. You are strongly recommended to have comprehensive travel insurance.
- Cash in Yen** Credit card does not work in small restaurants and shops in Japan. Lunch costs 1000-1500yen, dinner 2000-3000yen. ATM in post office can work for international card.
- Helmet** It is compulsory to wear helmet on our tour. Rental on request.
- Gloves** Protect your hands.
- Cycling clothing** Bring appropriate clothing for cycling.
- Rain jacket** It rains in Japan.
- Warmers** It can be cold in the mountains.
- Casual clothing** to go out to restaurants at night.

Equipment required

Your bike will come with a front pannier bag for your camera, wallet, jumper etc. Although we have comfortable bike seat and helmet, we recommend you bring your own gear that you are used to at home.