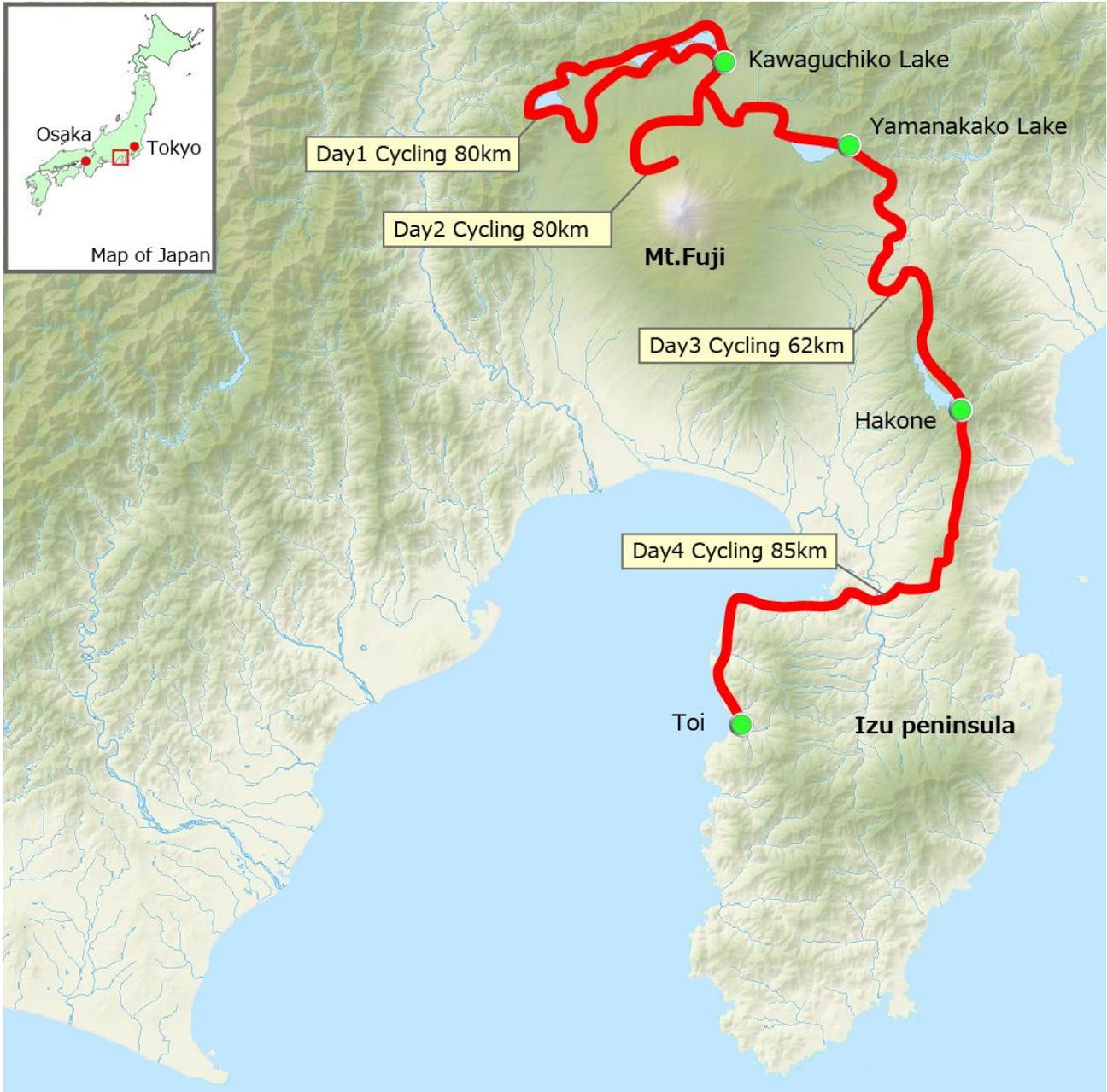


Mt. Fuji Hakone Izu 5 days 2017

Tour map



Proposed itinerary

ITINERARY (5days/4nights)				
Day1	Cycle 80km Fuji 4 Lakes	Ryokan	TS	D
Day2	Cycle 80km 4th station to Lake Yamanakako	Hotel	TS	B,D
Day3	Cycle 62km Lake Yamanakako to Hakone	Hotel	TS	B,D
Day4	Cycle 85km Hakone to Toi	Ryokan	TS	B,D
Day5	Finish after breakfast			B

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

Price per person

#of people	Service	price	Includes
2 clients	1van, 1guide	JPY 187,300	See below
3 + clients	1van, 1guide	JPY 154,200	See below

Single room supplement 15,500yen

Includes

- 4 nights' accommodation on twin share basis
- 4 breakfasts and 4 evening meals
- Rental bike (Cross bike or Road bike)



- Other equipment 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 (Jun-Jul is rainy season)

Average temp. in a month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Highest in Yamanakako (°C)	5	6	9	15	20	22	26	27	23	18	13	8
Lowest in Yamanakako (°C)	-7	-6	-2	3	8	13	17	18	14	7	1	-4
Rain fall in Kawaguchiko(mm)	54	57	102	105	123	162	162	250	253	176	78	42

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.
- We guide in English basically, but we can get Chinese translator ready if you need.

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



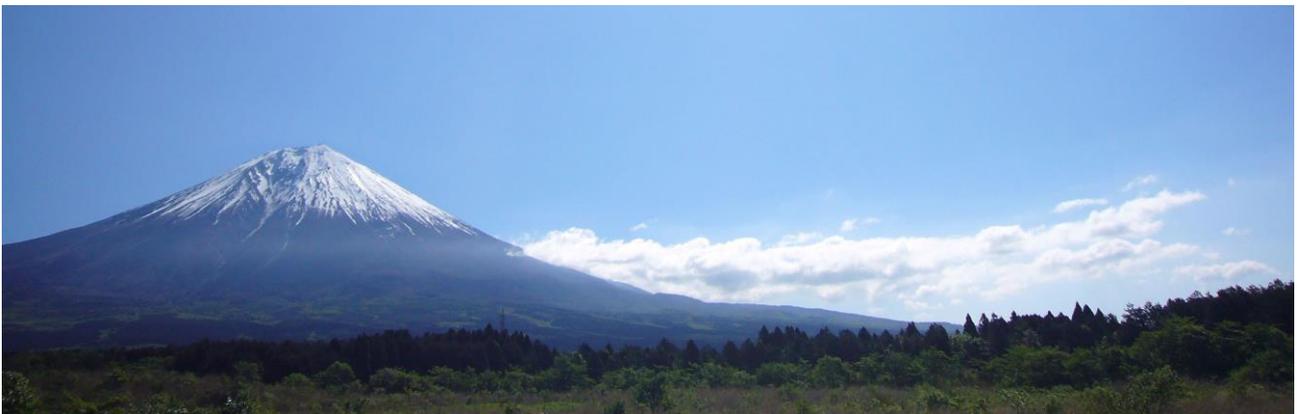
Onsen hot spring



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.

Detailed itinerary



Day1 Fuji 4 Lakes ride

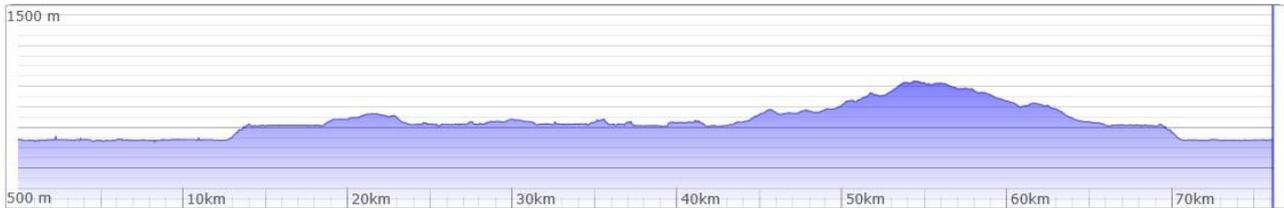
Highlights Fuji 4 Lakes, Traditional village, view from Motosuko Lake

Our guide will meet you at accommodation or Kawaguchiko train station at 9:00am. We cycle around Lake Kawaguchiko, Lake Saiko, Lake Shoujiko and Lake Motosuko. After enjoying quiet Saiko lake side ride, we visit traditional Japanese village where you can see thatched roof houses and try Kimono on. If the weather is nice, you will see beautiful Mt. Fuji over Lake Motosuko which is pictured on Japanese 1000yen bill.

Cycling Distance – 80km, Total ascent 642m

Accommodation - Ryokan (3 stars quality)

Ryokan, Traditional Inn / Private bath (B,D)



Day2 Hill climb to Mt. Fuji

Highlights View from 4th station, Sengenjinjya shrine, Lake Yamanakako

After hitting gradual climb up to foothill of Mt. Fuji, we cycle through the forest and beautiful way up to 4th station of Mt. Fuji. Spending some time at top, we start to go down to visit Sengenjinjya, one of the oldest of 1300 related shrines in Japan, which enshrines god of Mt. Fuji, and pray for safety of the trip. Oshino Hakkai is the next stop where we can taste natural spring water from Mt. Fuji. We cycle by Lake Yamanakako to finish the day.

Cycling Distance – 80km, Total ascent 1200m

Accommodation – Hotel (3 stars quality)

Hotel/ Private bath (B,D)



Day3 Cycle to Hakone

Highlights View from Yamanakako Lake, Quiet back road to Hakone

From Yamanakako Lake, we cycle up to Mikuni pass and expect to see beautiful Mt. Fuji over Yamanakako Lake on the way. After enjoying long down hill to Oyama town, we start to climb up to another pass called Nagao-toge where we can see magnificent view of Lake Ashinoko. We cycle down to old Hakone check point and enjoy surrounding area the rest of the day.

Cycling Distance – 62km, Total ascent 1240m

Accommodation - Hotel (3 stars quality)

Hotel / Private bath (B,D)



Day4 Cycle down to Ocean

Highlights Cycling road along river, Rugged coastline

After a short hill climb to the pass, we cycle all the way down to Izu peninsula. Then we cycle along beautiful Kanogawa river to get to ocean. Our cycling route starts to view Mt. Fuji over ocean. West coast of Izu peninsula is less populated, it has quiet old road along the coast. We finish riding at Toi Town where you can enjoy natural hot spring. Tonight, we enjoy fresh sea food caught just out of Toi port for our dinner.

Cycling Distance – 85km Total ascent 1016m

Accommodation - Ryokan (3 stars quality)

Ryokan, Traditional Inn / Private bath (B,D)



Day5 Finish after breakfast

We finish at Toi town, where you can take bus (1750yen) to Mishima, and take train to continue your trip. This is time table for example.

Toi 8:02am –(bus)- Mishima 9:22am Mishima 9:56am –(Train)- Tokyo 10:40

Mishima 9:58am –(Train)- Kyoto 12:44

(B)

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.