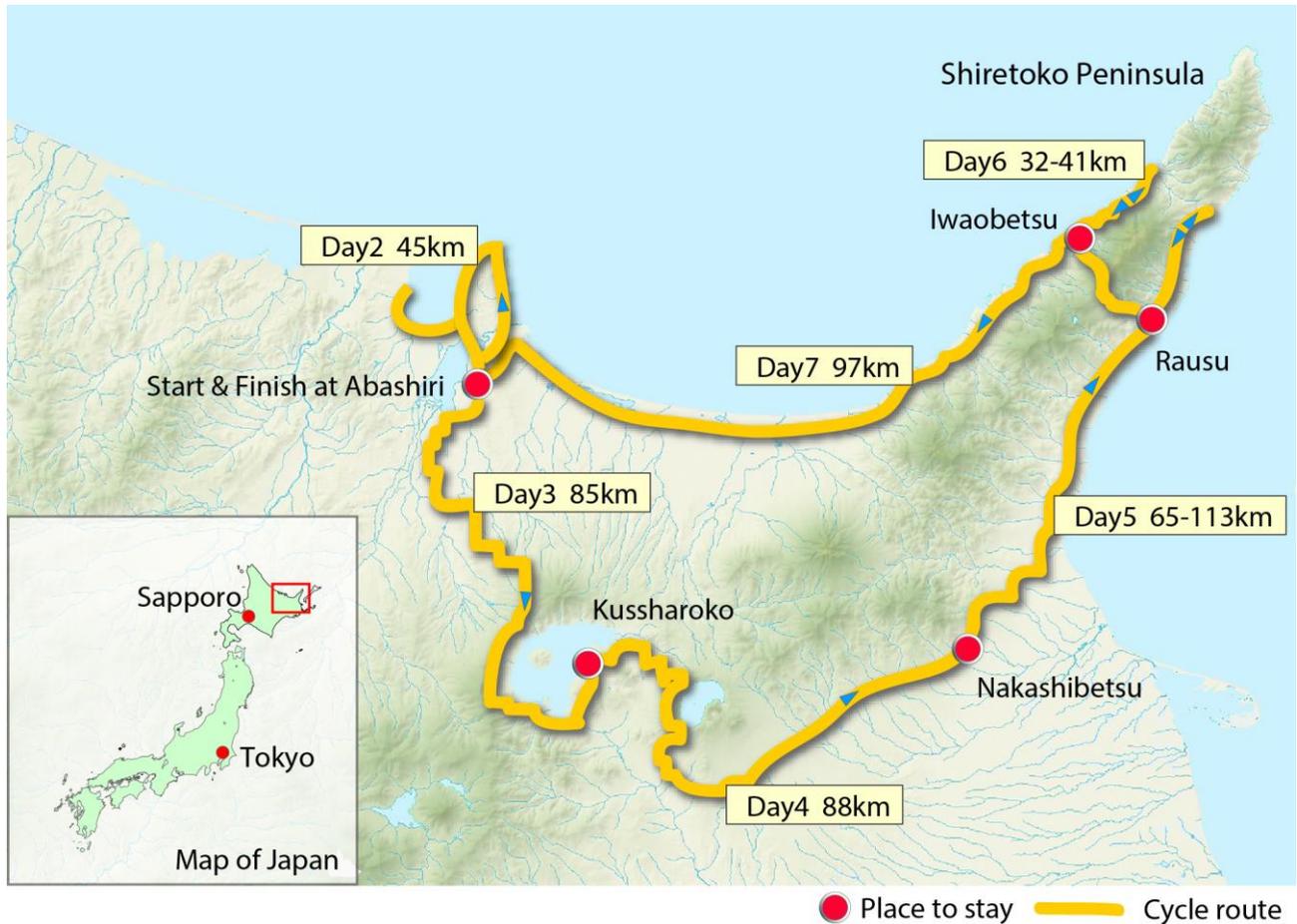


HOKKAIDO SHIRETOKO 8 days 2017

Tour map



Proposed itinerary

ITINERARY (7days/6nights)				
Day1	Meeting in Abashiri	Hotel	TSO	D
Day2	Cycle 45km Abashiri Loop ride	Hotel	TSO	B,D
Day3	Cycle 85km Abashiri to Kussharoko Lake	Ryokan	TO	B,D
Day4	Cycle 88km Kussharoko Lake to Nakashibetsu	Ryokan	TO	B,D
Day5	Cycle 65-113km Nakashibetsu to Rausu	Hotel	TSO	B,D
Day6	Cycle 32-41km Rausu to Iwaobetsu	Ryokan	TSO	B,D
Day7	Cycle 97km Iwaobetsu to Abashiri	Hotel	TSO	B,D
Day8	Departure			B

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

Ryokan traditional Japanese inn

Price per person

#of people	Service	price	Includes
2 clients	1van, 1guide	JPY 344,000	See below
3+ clients	1van, 1guide	JPY 268,300	See below

Single room supplement JPY 23,000

Includes

- 7 breakfasts and 7 evening meals
- 7 nights' accommodation on a twin share basis
- All water and snack food whilst cycling
- English speaking guide & mechanic
- Support vehicle(s)
- Rental bikes (Hybrid bike on the left) Extra 10000yen for Road bike on the right



- 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.

- Front bag or saddle bag with tool kit (Spare tube, pump, tire lever, multi tool)
- Water bottle
- Helmets by request only

- Bike tools and spare parts



Does not include

- Airfare
- Other meals
- Personal expenses
- Drinks with included meals

Recommended season

- June to September

Average temp. in a month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Highest in Abashiri (°C)	-3	-3	1	9	14	18	21	24	20	15	7	0
Lowest in Abashiri (°C)	-9	-10	-5	0	5	10	14	17	13	7	0	-6
Rain fall in Abashiri (mm)	54	36	43	52	62	53	87	101	108	70	60	60

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.

Detailed itinerary

Day 1 Meeting in Abashiri

We meet about 6pm at our hotel in Abashiri near the station. It takes 5.5 hours by train from Sapporo to Abashiri, 2 hours by flight from Tokyo to Abashiri. After a tour briefing & introduction we stroll the city of Abashiri and have a welcome dinner in town. Abashiri is the largest city in the east coast of Hokkaido and is famous for the winter attraction Ryuhyo, the huge ice that has drifted down from Amur River. Okhotsk Ryuhyo Museum, Hokkaido Museum of Northern Peoples, and Abashiri Prison Museum are the popular sights in Abashiri, all accessible by bus.

Accommodation - Hotel (3 stars quality)

Private bath / Onsen Spa / Wifi / Laundry / meal (D)



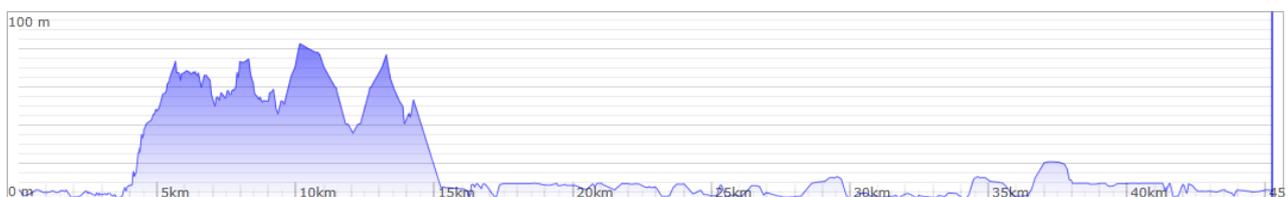
Day 2 Abashiri to Notoro Misaki loop ride

After bike fitting and safety briefing we head out to Notoro Misaki. Leaving the town we soon hit the Okhotsk Sea and ride along the coastline, passing by a few temples and fishing village. A short gradual hill towards the cape is a good preparation for tomorrow's ride. The Notoro Misaki lookout sees the ocean panorama, and thereafter awaits a pleasant downhill towards Lake Notoro. We cycle the lakeside road around Lake Notoro, which then links onto the cycling path to Abashiri. Tonight we go out to our favorite restaurant and try out Okonomiyaki (savory pancake) prepared & cooked right in front of your eyes!

Cycling distance - 45km / Altitude gain - 252m

Accommodation - Hotel (3 stars quality)

Private bath / Onsen Spa / Wifi / Laundry / meal (B,D)



Day 3 Abashiri to Lake Kussharo-ko

From Abashiri we head south to a beautiful caldera, Lake Kussharo-Ko via Bihoro Pass, which looks over the lake and surrounding mountains. At the top of the pass we have lunch at the rest house and then enjoy riding the downhills to the shore of Lake Kussharo-Ko. It is the second largest lake in Hokkaido, one of the three lakes in the Akan National Park. The area is known for its abundant hot springs due to the volcanic activities. We have a brief stop at sunayu, a popular foot spa site on the shores of Lake Kussharo-Ko. Tonight's accommodation is located on the lakeside of Kussharo-Ko.

Cycling distance - 85km / Altitude gain - 688m

Accommodation - Ryokan (3 stars quality) / Shared bath / Onsen Spa / meal (B,D)



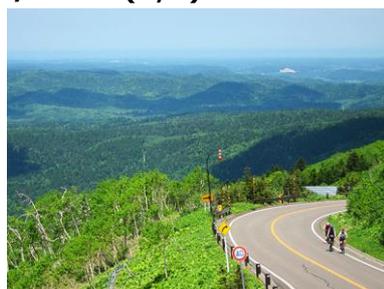
Day 4 Lake Kussharo-ko to Nakashibetsu

Today we continue cycling along Lake Kussharo-Ko, which takes us to an active volcano Iozan "Sulphur Mountain". It erupted about 600 years ago, but is still steaming and reeking of sulphur! After a gradual but long uphill, we reach the lookout of Lake Mashu-Ko, known to have the highest level of clarity in the world. The high cliffs surrounding Mashu-Ko prevents people from going down to the lakeshore, which is believed to help protect the water quality up to present. Most of the time the lake is covered with mist, but if we are lucky we will be able to view the emerald-coloured lake surface. The rest of cycling section is easy, downhill and flat into the farming area of Nakashibetsu.

Cycling distance - 88km / Altitude gain - 852m

Accommodation - Ryokan (3 stars quality)

Shared bath / Onsen Spa / Wifi / Laundry / meal (B,D)





Day 5 Nakashibetsu to Rausu

This morning we ride through farmlands, enjoying the changing scenery as we approach Shiretoko Peninsula, known as the last unexplored region of Japan. We cycle along the east coast of the Peninsula, heading to our today's destination, a small fishery village called Rausu. Famous for its sea kelp production, it's here that you can also enjoy fresh seafood and king crab. This afternoon, you have an option to ride or drive further 24km on coast to a secluded onsen Aidomari, offering a perfect seaside setting.

Cycling distance – 65-113km / Altitude gain - 298m-400m

Accommodation - Ryokan (3 stars quality)

Private bath / Onsen Spa / Wifi / Laundry / meal (B,D)



Day 6 Rausu to Iwaobetsu

Shiretoko peninsula is designated as UNESCO world natural heritage site, you will enjoy its beauty and wilderness today. From Rausu, we cycle the Shiretoko Crossroad to the other side of the Peninsula. It is approx. 15km to the top, gradual & long but a scenic ride with a spectacular view of Mt Rausu, the highest peak in the Shiretoko Mountains Range. After a leisurely downhill and lunch at the Shiretoko Nature Centre, we have optional short walk to waterfall. Side trip to Shiretoko 5 lakes is also recommendable, it is 9 km round trip. We finish ride at Iwaobetsu Onsen, natural rock pools surrounded by trees. Our accommodation has nice outdoor Onsen spa too. (There is only one hotel in the area and rooms are limited. We have option to ride to next town Utoro for alternative accommodation.)

Cycling distance – 32-41km / Altitude gain – 1000-1200m

Accommodation - Ryokan (3 stars quality) / Private bath / Onsen Spa / meal (B,D)



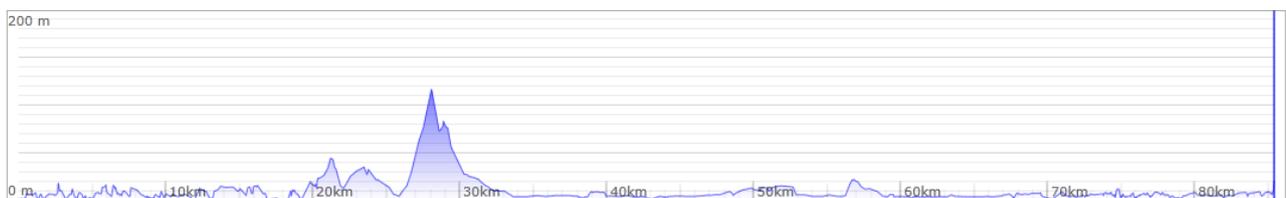
Day 7 Iwaobetsu to Abashiri

We continue riding along the coast and enter into farmland again. The long straight roads travel through potato farms, which will be in full bloom in early July. We have a brief stop at Koshimizu Gensei-Kaen (Koshimizu Wild Flower Reserve), where about 40 kinds of flowers bloom in spring and summer. We finish our ride back in Abashiri, at a different accommodation near the Lake Abashiri this time, where awaits you with outdoor onsen with a spectacular view of Lake Abashiri.

Cycling distance - 97km / Altitude gain - 357m

Accommodation - Hotel (3 stars quality)

Private bath / Onsen Spa / Wifi / Laundry / meal (B,D)



Day 8 Abashiri finish

The Hokkaido Shiretoko Cycle tour finishes after breakfast today, with a transport to airport/station in the morning.

Cycling distance – 0km (B)

Joining instructions

The nearest airport to the start and finish points is Abashiri Memanbetsu (Airport code: MMB). You can fly to Abashiri from Sapporo Chitose, Tokyo Haneda , Nagoya and Osaka Kansai. Alternatively you can take a train from Sapporo to Abashiri, which takes over 5 hours. To search transport routes, costs and schedules please use the below link.

<http://www.hyperdia.com/en/>

Booking Japanese domestic flights via foreign travel agents can be very expensive. You can avoid this by purchasing air tickets online yourself. There are All Nippon Airways (ANA), Japan Airlines (JAL), AirDo, and Skymark, and all are offering good services and English websites. Please be aware that in general online fares become available only two months prior to departure.

You will be also pleased to hear that there are excellent "airpass" discounts with oneWorld and Star Alliance, only available to foreign visitors. If you are travelling to Japan on an oneWorld carrier you are eligible for JAL's Yokoso Fare, and ANA has the similar discount scheme with Star Alliance. For more details please check the below links. To reserve the airpass you will have to contact your nearest office of JAL or ANA by phone.

<http://www.jal.co.jp/yokosojapan/>

http://www.ana.co.jp/wws/us/e/wws_common/fare/special/airpass.html

If you prefer to travel on trains, we suggest you consider purchasing Japan Railway Pass. Again this is only available for foreign visitors and has to be purchased outside Japan, before you leave. For more details please check

<http://www.japanrailpass.net/eng/en001.html>

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.