



Kyushu & Yakushima island 11 days 2018

Tour map



Introduction

Kyushu is the third largest island of Japan and most southwesterly of its four main islands. The island is mountainous, and Japan's most active volcano, Mt Aso at 1,591 metres (5,220 ft), is on Kyushu. There are many other signs of tectonic activity, including numerous areas of hot springs. We cycle across Kyushu and ferry to Yakushima island. Yakushima is Japan's wettest place and it is covered in dense forest noted especially for old growth *Cryptomeria* trees known as Sugi in Japan and magnificent Rhododendrons. Yakushima's unique remnant of a warm-temperate ancient forest is a natural World Heritage Site since 1993. In the Wilderness core area (12.19 square kilometres (3,010 acres)) of the World Heritage Site, no records of past tree cutting can be traced.

Itinerary in summery

ITINERARY(11days/10nights)				
Day1	Meeting at Yufuin	Ryokan	TO	D
Day2	Cycle 54km (total ascent 840m) Around Yufuin	Ryokan	TO	B
Day3	Cycle 76km (t.a.1386m) Yufuin-Aso	Ryokan	TO	B,D
Day4	Cycle 77-92km (t.a.1000-1251m) Aso-Kumamoto	Hotel	TSO	B
Day5	Cycle 101km (t.a. 924m) Kumamoto-Amakusa	Ryokan	TO	B,D
Day6	Cycle 84-110km (t.a.800-977m) Amakusa-Hioki (train90min)	Ryokan	TO	B,D
Day7	Cycle 78km (t.a.853m) Hioki-Makurazaki	Hotel	TSO	B
Day8	Cycle 62km (t.a.651m) Makurazaki-Ibusuki	Hotel	TSO	B,D
Day9	Free day in Yakushima (Ferry80min) Ibusuki-Yakushima Island	Hotel	TSO	B
Day10	Cycle 100km (t.a.1444m) around Yakushima Island	Hotel	TSO	B,D
Day11	Van to airport			B

Ryokan: Traditional Japanese inn.

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

Tour price per person

#of people	service	price	includes
4 + clients	1van, 1guide	JPY 410,000	See below

Single supplement 36,600yen

Includes

- 10 nights' accommodation on twin share basis
- 10 breakfasts and 6 evening meals
- Rental Hybrid 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 500-1000yen for each lunch)
- Single room supplement

Recommended season

- April – May, Oct – Sep

Average temp. in a month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Highest in Yufuin (°C)	7	9	12	18	17	25	29	30	26	21	16	10
Lowest in Yufuin (°C)	-3	-2	1	6	11	16	20	20	14	16	9	4
Highest in Yakushima (°C)	14	15	18	21	24	27	31	31	29	25	21	17
Lowest in Yakushima (°C)	9	9	11	14	17	20	24	24	23	19	15	11

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, our guides are all very knowledgeable in the region and Japanese culture.

Itinerary details

Day 1 Yufuin

We meet at Ryokan(traditional Japanese inn) at 18:00pm in one of the most popular Onsen town in Japan, Yufuin. You can take direct bus from Fukuoka airport to Yufuin around 90min., it departs every 90min. Located in a green valley beneath the spectacular Mount Yufu, a short walk from the town centre is a mix of paddy fields, traditional housing and hot spring lake, with a few temples. Japanese cuisine and Onsen (hot spring spa) will welcome you after your long travel. We stay in 2 places, find instruction for your accommodation in final detail from us.

Accommodation - (3 stars quality)

Ryokan / Private toilet / Onsen Spa / meal (D)



Day 2 Yufuin

For the first day of riding, we cycle up towards Mt. Yufu to overlook magnificent view of Yufuin basin. Then carry on to small country road which is winding through quiet mountains around

Yufuin. Coming back to town, we visit Japanese green tea cafe that serves top quality green tea with traditional manners. All afternoon is free for you to cruise around beautiful Yufuin basin and walk through street with modern Japanese cafes and shops.

Cycling Distance - 55km / Altitude gain - 841m

Accommodation - (3 stars quality)

Ryokan / Private toilet / Onsen Spa / meal (B)



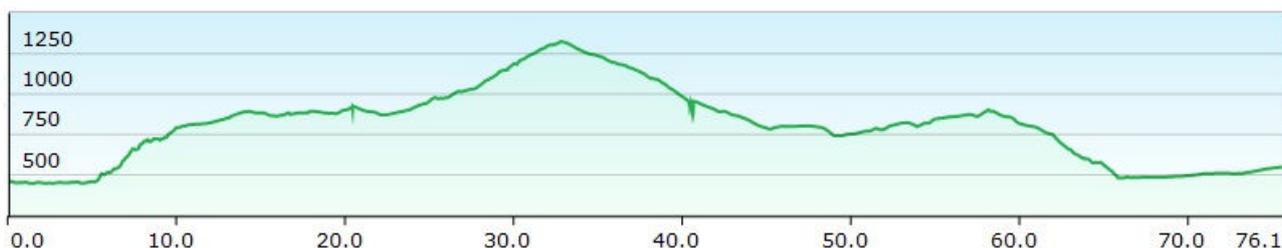
Day 3 Yufuin-Aso

This is hilly but rewarding day. We cycle into narrow winding old road to first mountain pass then onto “Yamanami highway” which is also one of the 100 best scenic roads in Japan. From the road, we can see active volcano with its steam. After overcoming second mountain pass on the edge of caldera of Mt.Aso, free wheel to quiet old Onsen town in caldera of Mt.Aso. We have option to visit Aso shrine where local farmers pray for their harvest to god of mountain. Tonight’s accommodation has natural outdoor Onsen, and traditional Japanese cuisine.

Cycling Distance - 76km / Altitude gain - 1386m

Accommodation - (3 stars quality)

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



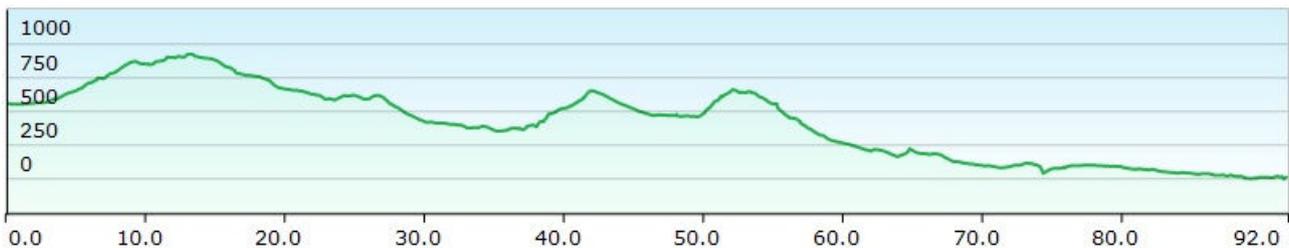
Day 4 Aso-Kumamoto

Leaving our hotel, we cycle up on beautiful road to mountain pass by Mt.Aso. This is a quite hill climb ride, but worth it as you are surrounded by beautiful caldera mountain ranges and breathe taking view of Mt. Aso. After pass, we cycle around Mt. Aso with amazing view. You can finish cycling just outside of Kumamoto city or cycle all the way to our hotel in city center. Tonight's dinner is free of your choices, our guide will recommend some good local restaurants.

Cycling Distance – 77-92km / Altitude gain – 1000-1251m

Accommodation - (3 stars quality)

Hotel / Private bath / Wifi / Onsen Spa / Laundry / meal (B)



Day 5 Kumamoto-Amakusa

Taking quiet river side track to get out of Kumamoto city, we cycle into Amakusa islands. One of the best Soy source factory is interesting stop on the way, we can taste organic Miso and Soy source if it is available. After enjoying scenic Amakusa 5 bridges, we ride with the view of Yatsushiro inland sea. Amakusa is famous for its Snapper farming, we are passing through small fisherman's villages on bike. Fresh seafood from the local port is a real treat for the night.

Cycling Distance –100km / Altitude gain –924m

Accommodation - (3 stars quality)

Ryokan / Private toilet / Onsen Spa / meal (B,D)





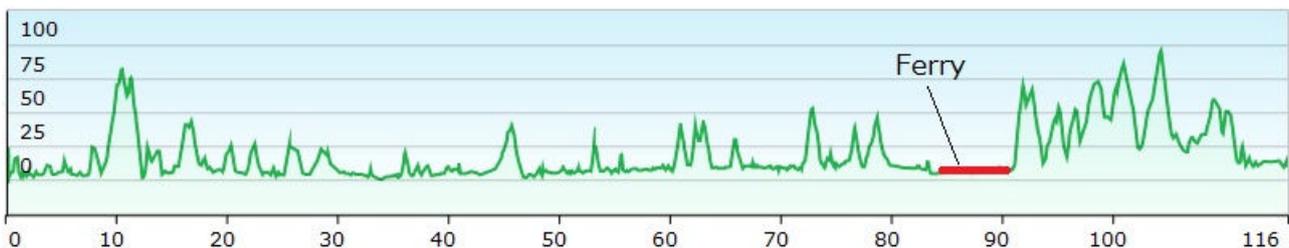
Day 6 Amakusa-Hioki

We enjoy next Amakusa island ride with crossing bridge made just for walkers and bikers. Riding along the coast with a view of beautifully calm inland sea brings you to the end of the road, then you will enjoy comfortable half hour ferry ride to the next island. Get back on your saddle and keep riding on the island to finish ride at train station. We transfer to hotel sitting just by the beach, and we taste modern Japanese style dinner at restaurant on site.

Cycling Distance – 84-110km / Altitude gain – 800-977m

Accommodation - (3 stars quality)

Hotel / Private toilet / Onsen Spa / meal (B,D)



Day 7 Hioki-Makurazaki

Getting out of Hioki, we ride into cycling path which spread along the coast for 25km. Relax and cruise on the cycling path with nice sea breeze on the sand dune. After 50km flat ride, one mountain pass will give you good energy consumption and appetite for today's dinner. We finish at Makurazaki town where famous Shōchū "Satsuma-Shiranami" is originally from. Shōchū is a distilled beverage native to Japan, and the one distilled from sweet potato is a local specialty around this area. We visit the 100 year's old brewery and of course get tasting of several kinds of excellent Shōchū.

Cycling Distance - 78km / Altitude gain - 853m

Accommodation - (3 stars quality)

Hotel / Private bath / Wifi / Onsen Spa / Laundry / meal (B)



Day 8 Makurazaki-Ibusuki

From Makurazaki, we cycle up to a hill where vast green tea farms are laid out. Fresh scents from tea leaves will give you a refreshing feeling all through the farm ride. The road around beautiful cone-shaped Mt. Kaimon brings you a nice quiet ride with ocean view. We have a break at natural sand Onsen on the beach. Put your whole body in sand warmed up naturally by geothermal activity and relax with hearing sound of waves, this is an unforgettable moment on this trip.

Cycling Distance - 62km / Altitude gain - 651m

Accommodation - (3 stars quality)

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



Day 9 Ibusuki-Yakushima Island

Taking 80 minutes jet ferry from Ibusuki leads us to the final destination, Yakushima Island. This island had been registered as UNESCO world heritage for a first time in Japan. As one of the wettest places in Japan, thick Yakusugi forest and deep valley with crystal clear water flowing through invite you to a gorgeous hiking trip through the forest. This day is a free day, but half day

hiking in Yakusugi forest is highly recommended.

Accommodation - (3 stars quality)

Hotel / Private bath / Wifi / Onsen Spa / Laundry / meal (B)



Day 10 Yakushima Island

Cycle around the island is a nice finish of this trip. We visit local citrus juice factory, farmer's market, so we can have tastes of this island. Having a break at natural Onsen on the rocky beach is a nice option. When we reach to west part of the island where sanctuary for wild animal is, we have many chances to meet wild monkeys and dears. We have a break on beautiful white sand beach and finish riding at Hotel with Onsen.

Cycling Distance - 100km / Altitude gain - 1444m

Accommodation - (3 stars quality)

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



Day 11 Departure

Time to say good by, we transfer you to the airport or ferry port.

Direction to go back to Fukuoka, Kansai, and Narita airport

*Take ferry & train

Ferry: Yakushima 10:45 - Kagoshima port 12:35 (10min taxi to Kagoshima-chuo station)

Train: Kagoshima-chuo station 13:42 - Hakata 15:07, Hakata - Fukuoka airport 6min.

*Take flight

JAC3672 Yakushima 14:10 (KUM) – Fukuoka (FUK) 15:10

MM158 Fukuoka 17:40 (FUK) – Kansai (KIX) 18:45

GK510 Fukuoka 18:30 (FUK)– Narita (NRT) 20:15

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.