



Shikoku Pilgrimage 13 days 2018

Tour map



Proposed itinerary

| ITINERARY (13days/12nights) | | | | |
|-----------------------------|--|-------------|-----|-----|
| Day 1 | Meeting at Koyasan | Temple | | D |
| Day 2 | Cycle 65km Koyasan to Wakayama, Ferry to Tokushima | Hotel | TSO | B |
| Day 3 | Cycle 67km Tokushima to Hiwasa | Ryokan | TSO | B,D |
| Day 4 | Cycle 83km Hiwasa to Muroto | Hotel | TSO | B,D |
| Day 5 | Cycle 87km Muroto to Kochi | Hotel | TO | B,D |
| Day 6 | Rest day in Kochi | Hotel | TO | B |
| Day 7 | Cycle 88km Kochi to Matsubagawa Onsen | Ryokan | TO | B,D |
| Day 8 | Cycle 82km Matsubagawa Onsen to Shimanto | Ryokan | TSO | B,D |
| Day 9 | Cycle 94km Shimanto to Cape Ashizuri | Hotel | TSO | B,D |
| Day 10 | Cycle 94km Cape Ashizuri to Ainan | Guest House | | B,D |
| Day 11 | Cycle 54km Ainan to Omishima | Ryokan | TSO | B,D |
| Day 12 | Cycle 74km Omishima to Onomichi | Hotel | TS | B,D |
| Day 13 | Departure after breakfast | | | 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 |
|------------|------------|-------------|-----------|
| 4+ clients | Guide, Van | JPY 485,000 | See below |

Single room supplement JPY 35,900

Includes

- 12 nights' accommodation on twin share basis
- 12 breakfasts and 10 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

Detailed itinerary

Day1 Meeting in Koyasan

Highlights Buddhism temple stay

We meet at temple in Koyasan at 16:00. 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

Temple / Shared bath / meal (D)



Day 2 Koyasan to Wakayama, Ferry to Tokushima

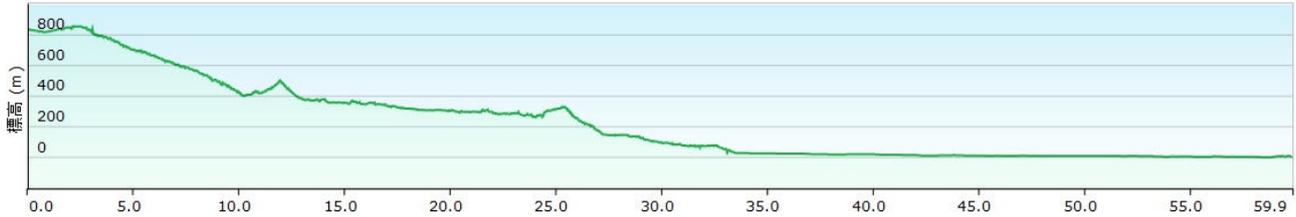
Highlights Downhill to Wakayama, Ferry to Shikoku Island

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 on traditional pilgrimage route. 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 – 65km Altitude gain: 266m Ferry – 2 hours Van-0.5hours

Accommodation – 3 stars accommodation

Hotel / Private bath / Onsen hot spa / Wifi / Laundry / meal (B)



Day 3 Tokushima to Hiwasa

Highlights Quiet river side road

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 Hiwasa 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 – 67km Altitude gain: 403m

Accommodation – 3 stars accommodation

Ryokan / Private bath / Onsen hot spa / Wifi / Laundry / meal (B,D)



Day 4 Hiwasa to Muroto

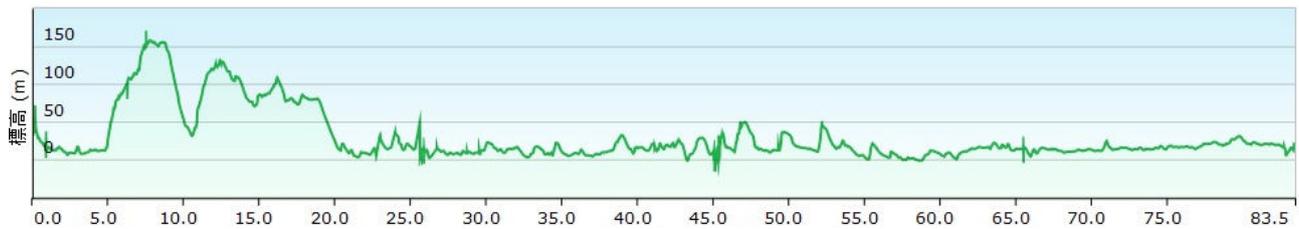
Highlights Coastal ride

We stay on the beautiful shorelines throughout the day today. There are many chances to meet walking pilgrims on the way as we cycle same traditional route. Our accommodation is at Cape Muroto, where you can visit 24th of Shikoku 88 temples, Hotsumisakiji temple. There is also nice walking trail on coast by our accommodation.

Cycling Distance – 83km Altitude gain: 614m

Accommodation – 3 stars accommodation

Hotel / Private bath / Onsen hot spa / Wifi / meal (B,D)



Day 5 Muroto to Kochi

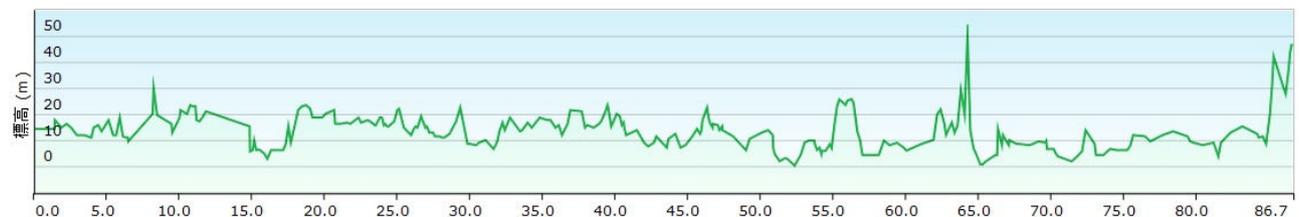
Highlights Kiragawa town, Shinshouji temple

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 typhoon-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.

Cycling Distance – 87km Altitude gain: 296m

Accommodation – 3 stars accommodation

Ryokan / Private toilet / Onsen hot spa / Wifi / Laundry / meal (B,D)



Day 6 Rest day in Kochi

Your accommodation is 5 min walk to famous Katsurahama sandy beach. You can enjoy leisurely walk on the beach and Onsen hot spa in your hotel after walk. City center of Kochi (population of 340,000) is 30min bus ride from hotel, walking around shopping street of Kochi is another interesting option. In the inner Kochi City, there is the 400-year old Kochi Castle.

Accommodation – 3 stars accommodation

Ryokan / Private toilet / Onsen hot spa / Wifi / Laundry / meal (B)

Day 7 Kochi to Matsubagawa Onsen

Highlights Quiet mountain road

Leaving Kochi with cycling along the coast, then we cycle into mountain region. Riding upstream of small river, 450m (1500feet) mountain pass is today's challenge. After the pass, we will enjoy gradual downhill to our accommodation with Onsen hot spa by the river with tranquil atmosphere in Matsubagawa village.

Cycling Distance – 88km Altitude gain: 698m

Accommodation – 3 stars accommodation

Ryokan / Private toilet / Onsen hot spa / Wifi / Laundry / meal (B,D)



Day 8 Matsubagawa Onsen to Shimanto River

Highlights Iwamotoji temple, River side ride

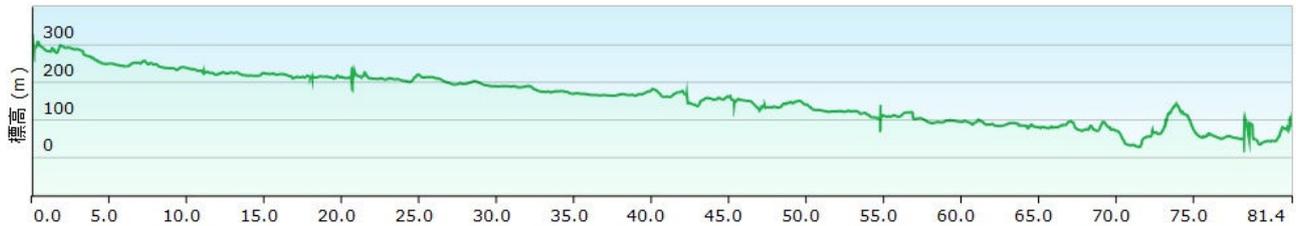
After short morning ride, we visit 37th of Shikoku 88, Iwamotoji temple. The series of painting art on ceiling of the temple is interesting to see. The rest of the day, we cycle by Shimanto river. Shimanto river is famous for its tranquil water running from riverhead to ocean without any dam. It reserves natural landscape all the way along the river. We cycle along the river and finish at our hotel with beautiful river view.

Cycling Distance – 82km Altitude gain: 445m

Accommodation – 3 stars accommodation

Ryokan / Private bath / Onsen hot spa / Wifi / Laundry / meal (B,D)





Day 9 Shimanto River to Cape Ashizuri

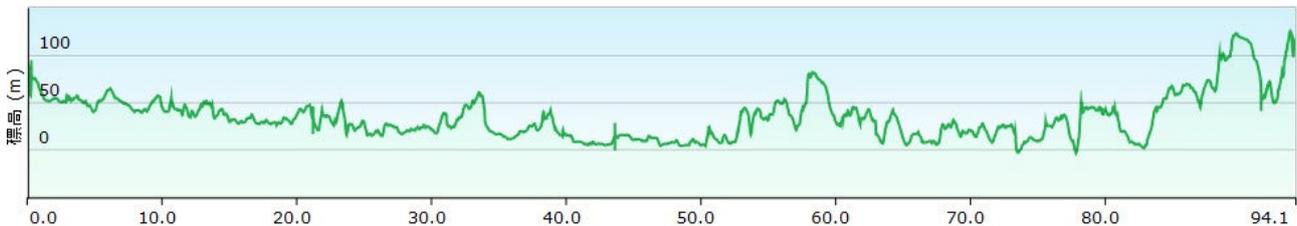
Highlights River side ride, Stay at Cape Ashizuri

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 – 94km Altitude gain: 848m

Accommodation – 3 stars accommodation

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



Day 10 Cape Ashizuri to Ainan

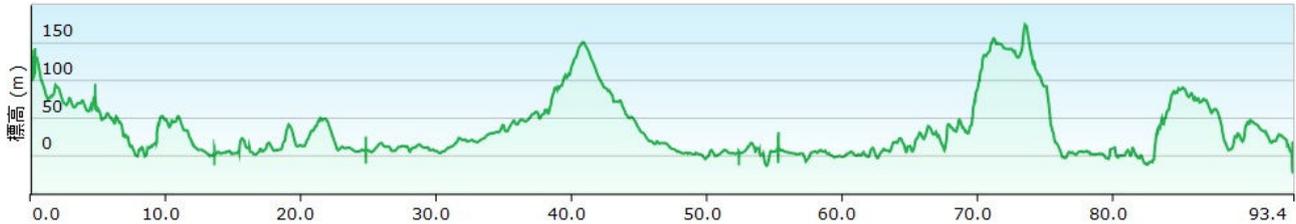
Highlights Coastal ride, Small fisherman's village

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 – 94km Altitude gain: 938m

Accommodation – Guest house

Guest house / Shared bath / Wifi / meal (B,D)



Day 11 Ainan to Omishima

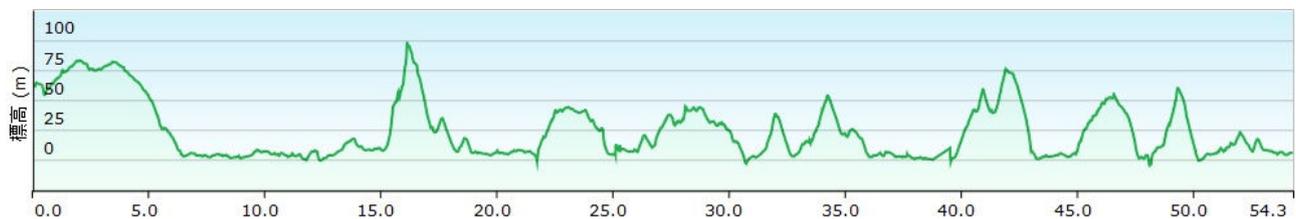
Highlights Bridge ride, Island stay

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 – 54km Altitude gain: 539m Van transfer – 200km

Accommodation – 3 stars accommodation

Ryokan / Private bath / Onsen hot spa / Wifi / meal (B,D)



Day 12 Omishima 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 Omishima Island we pay a visit to the Oyamazumi Shrine that enshrines the gods of the ocean and mountains. For people interested in samurai culture, the neighboring 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 – 74km Altitude gain: 818m

Accommodation – 3 stars accommodation

Hotel / Private bath / Wifi / meal (B,D)



Day11 Onomichi, departure after breakfast

The tour finishes after breakfast in Onomichi, a scenic port town that has thrived as a centre for marine traffic over many years. Train station is within walking distance for your continuing travel.

Cycling Distance –0km

(B)



To Kansai airport 3 hours by train, **To Kyoto, Osaka** 2 hours 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.