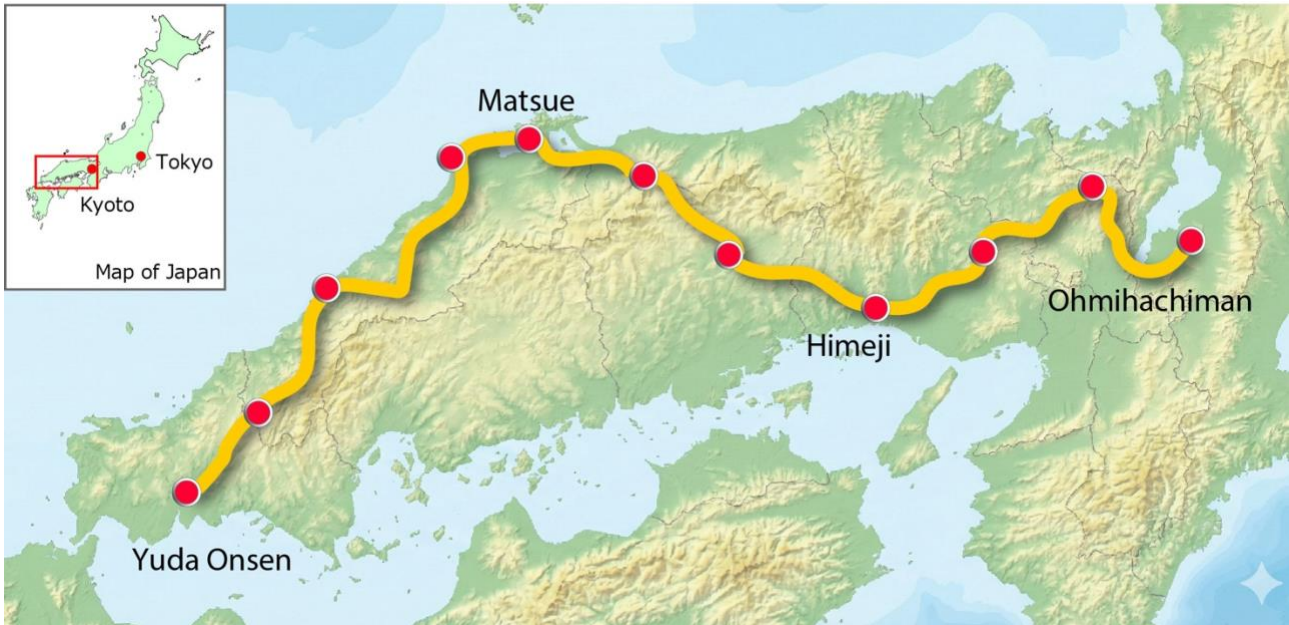




Yamaguchi to Ohmihachiman 14 days

Tour map



Introduction

This cycling tour takes you through the San-in and Kinki regions of Japan, including Yamaguchi, Shimane, Tottori, Okayama, Kyoto, and Shiga prefectures. These hidden areas offer not only famous shrines, temples, and castles, but also beautiful and quiet backroads.

Some sections of the route are challenging, but we include two rest days in the old merchant town of Matsue and in the historic castle town of Himeji, home to the world-famous Himeji Castle, a UNESCO World Heritage site. Along the way, you will cycle through peaceful countryside landscapes, following riversides and coastlines, crossing mountain areas, and riding through charming old streets.

Of course, you will also enjoy a great variety of local dishes and regional specialties. Don't miss the chance to relax in wonderful local hot springs (onsen) in the towns you visit. You will be inspired by everything you see, taste, and experience on this unforgettable cycling tour!

Highlights

- Ride in remote and quiet backroads with Japan's beautiful scenery
- Try fresh seafood and local Japanese Sake
- Soak in great natural hot springs
- Stop and visit great shrine "Izumo Taisha" where the gods in Japan gathering once a year
- Visit to National Treasure "Himeji Castle"

- Stay at a wide variety of accommodations

Itinerary at a glance

ITINERARY (14days/13nights)				
Day 1	Meeting in Yuda Onsen	Hotel	TSO	D
Day 2	Cycle 53km (total ascent 800m) to Tsuwano	Ryokan	TS	D,B
Day 3	Cycle 90km (t.a.1300m) to Hamada	Hotel	TS	D,B
Day 4	Cycle 90km (t.a.1200m) to Izumo	Ryokan	TSO	D,B
Day 5	Cycle 66km (t.a.1100m) to Matsue	Hotel	TSO	B
Day 6	Rest Day in Matsue	Hotel	TSO	B
Day 7	Cycle 77km (t.a.1450m) to Daisen	Hotel	TS	D,B
Day 8	Cycle 87km (t.a.1000m) to Tsuyama	Hotel	TO	D,B
Day 9	Cycle 85km (t.a.m) to Himeji	Hotel	TSO	D,B
Day 10	Rest Day in Himeji	Hotel	TSO	B
Day 11	Cycle 79km (t.a.1000m) to Tamba Sasayama	Hotel	TSO	D,B
Day 12	Cycle 83km (t.a.1300m) to Kyoto Miyama	Ryokan	TSO	D,B
Day 13	Cycle 85km (t.a.1500m) to Ohmihachiman	Ryokan	TS	D,B
Day 14	Finish after breakfast			

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	Van, Guide	JPY 729,000	See below

Single supplement JPY 97,000

E-bike charge: JPY 30,000

Includes

- 13 nights' accommodation on a twin-share basis
- 13 breakfasts and 10 evening meals
- Rental bike (road bike or hybrid bike)



*E-bike is available for an extra JPY 30,000



- Other equipment comes with a bike



Front bag for hybrid bike
(8 litter volume)



Helmet on request



Seat post bag for road bike
(16 litter volume)



Gloves on request

Spare tubes, tire 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

Does not include

- Lunches (It costs 500-1000yen for each lunch)

Recommended season

- April – May, Sep – Nov

Average temp. in a month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Highest in Yamaguchi (°C)	10	11	15	20	25	28	31	33	28	23	17	11
Lowest in Yamaguchi (°C)	1	2	4	8	14	19	22	23	19	13	7	2

What we offer as our services

- Our guides are all cyclists; we know what you need during your ride. We are trained to be bike mechanics and cycling leaders.
- In case of heavy rain, strong wind, or other fierce weather conditions for cycling, we may change the plan and give you other activities options 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 Yuda Onsen, Yamaguchi

We will meet at 5:00 PM at our hotel in Yuda Onsen, where we will have a short introduction meeting and bike fitting, followed by dinner together at the hotel restaurant. Access to Yuda Onsen takes approximately 4 hours and 15 minutes by air and train from Kansai International Airport (KIX), and about 90 minutes by train from Ube Airport.

Accommodation - (3 stars quality)

Hotel / Private bath / Onsen Spa / Laundry / wifi / meal (D)

Day 2 Yuda Onsen - Tsuwano

We start cycling from Yuda Onsen, leaving Yamaguchi City and heading into the countryside. We ride along quiet back roads and climb up to a mid-plateau area, stop to enjoy a local lunch, and then continue cycling toward the small and cozy town of Tsuwano, where you can enjoy a relaxing walk around town after the ride.

Cycling Distance - 53km / Total ascent - 800m

Accommodation - (3 stars quality)

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



Day 3 Tsuwano – Hamada

We cycle to Masuda in the morning, where a short but challenging hill climb will wake you up. After enjoying a local seafood lunch in Masuda, we head northeast along the coast toward Hamada, and in the afternoon ride you can enjoy beautiful views of the ria coastline from the saddle.

Cycling Distance - 90km / Total ascent - 1300 m

Accommodation - (3 stars quality)

Hotel / Private bath / Laundry / wifi / meal (B,D)



Day 4 – Hamada - Izumo

Today we mainly cycle along the coast from Hamada to Izumo, using a mix of main roads and backroads. You'll have the Sea of Japan on your left throughout the ride. Enjoy a morning tea or coffee break near the ocean before lunch. Along the way, you'll pass some beautiful beaches before arriving in Izumo, the home of Izumo Taisha Shrine.

Cycling Distance - 90km / Total ascent - 1200m

Accommodation - (3 stars quality)

Ryokan / Private bath / Onsen Spa / wifi / meal (B,D)



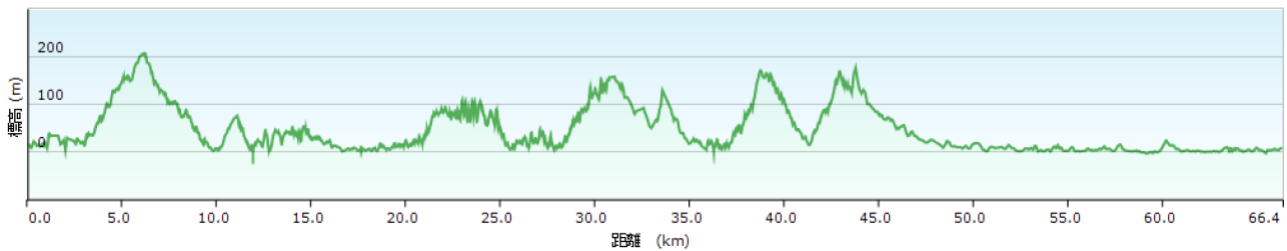
Day 5 Izumo – Matsue

Stopping at Izumo Taisha is one of the highlights of this cycling tour. In Shinto Buddhism, this shrine is very important to the Japanese, and here you can see the largest Shinto rope (shimenawa) in Japan. After visiting the shrine, we cycle along the coastline. The route is tough and undulating, but the scenery is stunning. We then cycle down to Shinji Lake and follow a cycling path to Matsue. In the evening, we go out for dinner and enjoy fresh seafood at a local izakaya restaurant.

Cycling Distance – 66km / Total ascent – 1100m

Accommodation - (3 stars quality)

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



Day 6 Rest Day in Matsue

We have a rest day in Matsue. Matsue is well-known as the “Water Town” of Japan. The city is home to Matsue Castle, a national treasure that has stood in the center of Matsue for over 400 years. One option is to hop on a sightseeing boat around the castle. The sunset over Lake Shinji is incredibly scenic!

Accommodation - (3 stars quality)

Hotel / Private toilet, shower / wifi / meal (B)

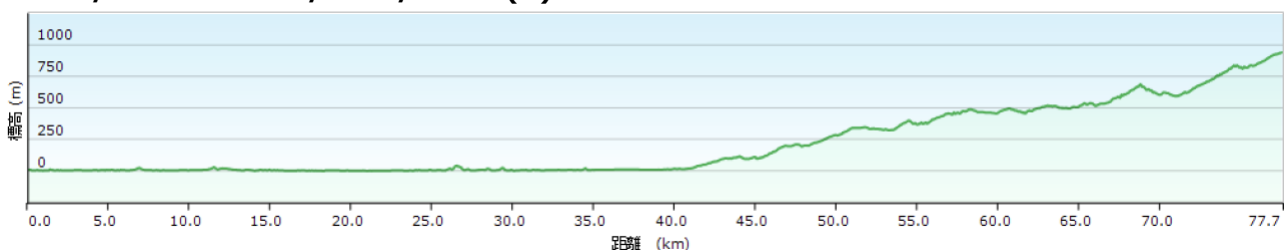
Day 7 Matsue – Daisen

Leaving the city of Matsue, we take some busy national roads before turning onto backroads toward the next town, Yonago. After having lunch in Yonago, we continue cycling to Daisen. Daisen is recognized as one of the top four mountains in Japan and is often called the “Mt. Fuji of the West,” while Mt. Fuji is the “Mt. Fuji of the East.” The area in and around Mt. Daisen is simply beautiful and breathtaking! Climbing Daisen is a bit challenging, but you can enjoy the stunning scenery as you ride your bike.

Cycling Distance – 77km / Total ascent – 1450m

Accommodation - (3 stars quality)

Hotel / Private bath / wifi / meal (B)



Day 8 Daisen – Tsuyama

It's a great cycling day! Today's route takes us down to the castle town of Tsuyama, cycling through Okayama Prefecture. Maintain a steady downhill pace toward Lake Yuhara. The backroads are winding but very quiet. We make a quick stop by the lakeside before cycling down to the charming town of Maniwa for lunch and a visit to a local sake brewery. After

arriving in Tsuyama, a stroll through the preserved old streets is a nice option before dinner.

Cycling Distance - 87km / Total ascent – 1000m

Accommodation - (3 stars quality)

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



Day 9 Tsuyama – Himeji

After leaving Tsuyama, our first stop is for a coffee or tea break in Mimasaka. Then we tackle a short hill climb. Cycling along backroads, we make our way to another castle city, Himeji.

Cycling Distance - 85km / Total ascent –1000 m

Accommodation - (3 stars quality)

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



Day 10 Rest Day in Himeji

You have a rest day in Himeji. Himeji is famous for Himeji Castle, also known as Shirasagi Castle. Himeji is the second largest city in Hyogo Prefecture. Today is a perfect time to relax and explore the city.

Accommodation - (3 stars quality)

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

Day 11 Himeji to Tamba Sasayama

Today we go cycling north along the riverside, heading to Kasai, located in central Hyogo. Along the way, you can enjoy the typical scenery of the Japanese countryside. In the afternoon, there's a challenging hill climb after lunch, followed by a fast and careful descent to Sasayama, another castle town. Tamba Sasayama is famous for its black beans and chestnuts. Kawaramachi is a great area to wander and explore the town.

Cycling Distance - 79km / Total ascent - 1000m

Accommodation - (3 stars quality)

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



Day 12 Tamba Sasayama to Kyoto Miyama –

Today is tough, but it's another great cycling day. With less traffic, the scenery from your saddle is exactly what you imagine the rural Japanese countryside to be. Today's destination, Kyoto Miyama, is especially memorable—you'll never forget the sights from this ride.

Cycling Distance- 83km / Total ascent - 1300m

Accommodation - (3 stars quality)

Ryokan / Private bath / Onsen Spa / wifi / meal (B,D)



Day 13 Kyoto Miyama Ohmihachiman

In the morning, two big climbs wake you up. We take an old road to Kyoto—Kurama Kaido—which is narrow and quiet. The paved roads are smooth, and cycling through this remote area is very enjoyable. You'll tackle three climbs in total to finish this cycling tour. Along the way, you'll face Lake Biwa, the symbol of Shiga Prefecture. Lake Biwa is the largest lake in Japan and is also well known for its vast wetlands. Finally, we arrive at the historic merchant town of Ohmihachiman, where we all toast to celebrate completing the cycling tour from Yamaguchi to Ohmihachiman.

Cycling Distance- 85km / Total ascent - 1500m

Accommodation - (3 stars quality)

Ryokan / Private bath / Onsen Spa / wifi / meal (B,D)



Day 14 Finish after breakfast

The tour finishes after breakfast in Ohmihaciman. It is around 40 min to Kyoto by train.

About Accommodation

We choose Ryokan (traditional Japanese inn) as much as possible to support local tourism and the economy. Ryokan is a traditional Japanese-style inn 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 a 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 a bed, instead, it has a Futon mat on the "Tatami" straw-weaving floor to sleep on. The photo is what a typical Ryokan room looks like.
- Most of the accommodations 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 provides nice public Onsen hot spring to share, then some of the rooms do not have their own shower and bath. The public onsen has a washing place where you can wash yourself.
- Some Ryokans in the remote area do not have toilets in each room. They have a public toilet on site.

What to bring

- Passport** You need to show your 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 1000-2000yen, dinner 2000-3500 yen. ATM in the post office can work for the international card.
- Helmet** It is compulsory to wear a 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.

SPD Shoes are highly recommended as we walk around some sightseeing spots when you off the bicycle.