



KYUSHU&YAKUSHIMA ISLAND CYCLING ITINERARY

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.



Proposed itinerary

| ITINERARY(11days/10nights) | | | |
|----------------------------|---|--------|------|
| | Description | Accomo | meal |
| Day1 | Meeting at Yufuin | Ryokan | D |
| Day2 | Cycle 48km total ascent 840m Around Yufuin | Ryokan | B,D |
| Day3 | Cycle 80km total ascent1386m Yufuin-Aso | Ryokan | B,D |
| Day4 | Cycle 68km total ascent987m Aso-Kumamoto (van30min) | Hotel | B |
| Day5 | Cycle 54km total ascent506m Kumamoto-Amakusa (van60min) | Ryokan | B,D |
| Day6 | Cycle 76km total ascent842m Amakusa-Kushikino (van90min) | Ryokan | B |
| Day7 | Cycle 71km total ascent954m Kushikino-Makurazaki (van30min) | Hotel | B |
| Day8 | Cycle 58km total ascent651m Makurazaki-Ibusuki | Ryokan | B,D |
| Day9 | Free day in Yakushima (Ferry80min) Ibusuki-Yakushima Island | Hotel | B |
| Day10 | Cycle 100km total ascent1444m around Yakushima Island | Hotel | B,D |
| Day11 | Van to airport | | B |

Ryokan: Traditional Japanese inn. You have to share toilet or shower room.

Hotel: Western style hotel. Each room has toilet and shower.

Proposed price

| #of people | service | price | includes |
|-------------|----------------|------------|-----------|
| 4-7 clients | 1van, 1guide | 342,300yen | See below |
| 8-14clients | 2vans, 2guides | 281,500yen | |
| | | | |

Single supplement 25000yen

Includes

- 10 nights accommodation on twin share basis
- 10 breakfasts and 6 evening meals
- Rental bike (**Cross bike**) extra 20000yen for Road bike



- 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 to November

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.

Itinerary details

Day1 Yufuin

We meet at Ryokan(traditional Japanese inn) in one of the most popular Onsen town in Japan, Yufuin. 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.



Day2 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.



Day3 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. Tonight’s accommodation has natural outdoor Onsen, and traditional Japanese cuisine.



Day4 Aso-Kumamoto

We start with visiting Japanese shrine where local farmers pray for their harvest to god of mountain. After getting out of sacred Torii gate from the shrine, we cycle up to the top of Mt.Aso. This is a quite hill climb ride all the way up to summit but because you are surrounded by beautiful caldera mountain ranges and breathe taking view of Mt. Aso, you will forget pushing your bike sometime. We observe crater which is still steaming from the top, and cycle down to Kumamoto city.



Day 5 Kumamoto-Amakusa

After transferring to Amakusa islands by taking scenic 5 bridges between islands, we come back

on the bikes for relax ride in quiet Amakusa island. Amakusa is famous for its Snapper farming in calm inland sea, we are passing through small fisherman's villages on bike. Fresh sea food from the coast line is a real treat for the night.



Day 6 Amakusa-Kushikino

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, then transfer to fisherman's town Kushikino which is biggest port in Japan for "Maguro" blue fin tuna. Maguro ramen is a local specialty we can enjoy here.



Day 7 Kushikino-Makurazaki

Getting out of Kushikino, 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 off course get tasting of several kinds of excellent Shōchū.



Day 8 Makurazaki-Ibusuki

From Makurazaki, we cycle up to a hill where vast green tea farms are laid out. Fresh scents from

tee leaves will give you refresh feeling all through the farm ride. The road around beautiful cone shape 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 in this trip.



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 place in Japan, thick Yakusugi forest and deep valley with crystal clear water flowing through invite you to gorgeous hiking trip through the forest. This day is a free day, but half day hiking in Yakusugi forest is highly recommended.



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 a many chances to meet wild monkeys and deers. We have a break on beautiful white sand beach and finish riding at Hotel with Onsen.



Day 11 Departure

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