

Best of Hokkaido 10 days 2016

Tour map



Proposed itinerary

ITINERARY (10days/9nights)				
Day1	Meeting in Abashiri	Hotel	TS	D
Day2	Cycle 85km Abashiri to Kussharoko	Ryokan	TSO	B,D
Day3	Cycle 134-182km Kussharoko to Rausu	Ryokan	TSO	B,D
Day4	Cycle 130km Rausu to Abashiri	Hotel	TSO	B,D
Day5	Free day in Abashiri	Hotel	TSO	B
Day6	Cycle 150km Abashiri to Hinode Misaki	Hotel	TSO	B,D
Day7	Cycle 95km Hinode Misaki to Hamatonbetsu	Ryokan	TO	B,D
Day8	Cycle 95km Hamatonbetsu to Wakkanai	Hotel	TS	B
Day9	Cycle 55km Rishiri island	Ryokan	TSO	B,D
Day10	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 448,000	See below
3+ clients	1van, 1guide	JPY 326,740	See below

Single room supplement JPY 27,500

Includes

- 9 breakfasts and 7 evening meals
- 9 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 or Road bike on the right



- 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.

- 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 at 6:00pm (18:00hrs) at our hotel in Abashiri near the train station. After a tour briefing and introduction we take a stroll through the city and enjoy a welcome dinner in town. Abashiri is the largest city on the east coast of Hokkaido and is famous for the winter attraction ryuhyo, the huge ice that has drifted down from the Amur River. If you are arriving at Abashiri early, we recommend you visit the Okhotsk Ryuhyo Museum, Hokkaido Museum of Northern Peoples or Abashiri Prison Museum. All these attractions are accessible by bus from the hotel.

Accommodation - (3 stars quality)

Hotel / Private bath / Wifi / Laundry / meal (D)



Day 2 Abashiri - Kussharoko

After a bike fitting and briefing this morning, we head south from Abashiri to a beautiful caldera lake. The ride takes us via Bihoro Pass, which looks over the lake and surrounding mountains. At the top of the pass we have lunch at a rest house, it is then a pleasant ride downhill to the shore of Lake Kussharo-Ko. Lake Kussharo-Ko is the second largest lake in Hokkaido, and one of three lakes in the Akan National Park. The area is well known for its abundant hot springs, a result of the volcanic activity in the area. 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 - (3 stars quality)

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



Day 3 Kussharoko - Rausu

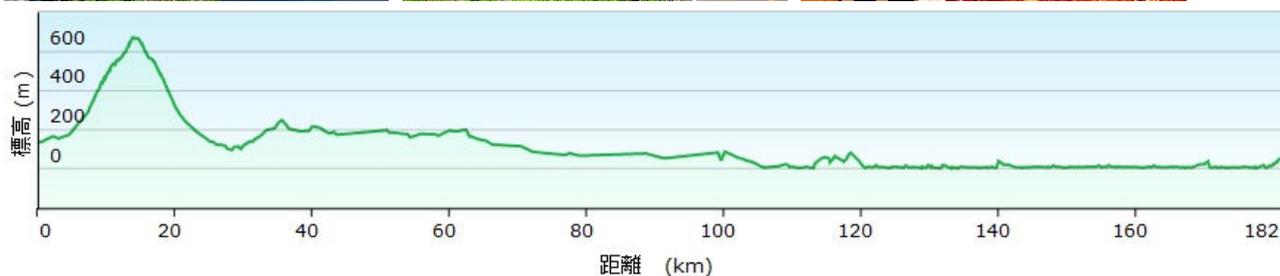
This morning we continue cycling along Lake Kussharo-Ko, passing the active volcano Iozan (or "Sulphur Mountain"), which erupted about 600 years ago but is still steaming and reeking of sulphur. After a gradual but long uphill ride we reach the lookout above Lake Mashu-Ko where the view is worth the effort. Lake Mashu-Ko, nestled in a deep caldera surrounded by high cliffs, is an amazing emerald blue colour due to its very high water clarity. It is believed the high cliffs prevent human activity on the lake which helps protect the water quality. A fine mist covers the lake itself for most of the time but if we are lucky we may catch a glimpse of the emerald blue. The rest of today's cycling is flatter and through the Nakashibetsu farming area - one of Japan's most productive dairy regions. We continue to the Rausu area on Shiretoko peninsula. This

afternoon, we have an option to ride a further 24km each way to the secluded Aidomari onsen. We will also cycle on the quiet coastal road into the Shiretoko National Park, passing by many fishermen's sheds, waterfalls and possibly sight some wild Shika deer on the way.

Cycling distance - 134-182km / Altitude gain - 1175-1275m

Accommodation - (3 stars quality)

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



Day 4 Rausu - Abashiri

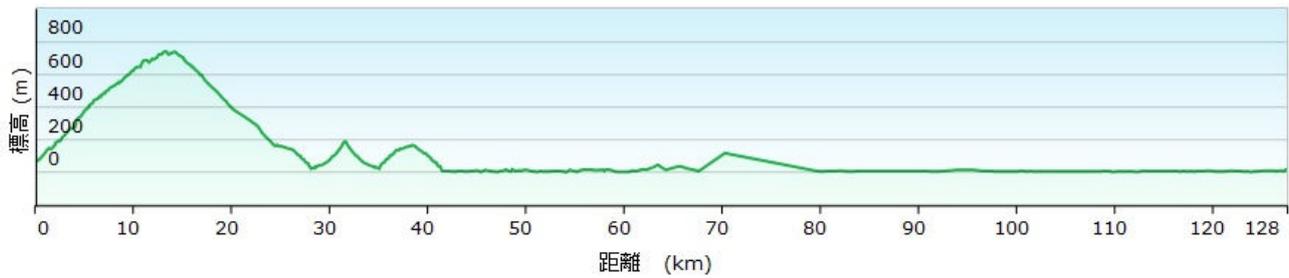
From Rausu at the sea level we cycle up and over the Shireoko Crossroad to the other side of the Peninsula. It's about 16km to the summit of the pass at 738m, with a spectacular view of Mt. Rausu. If you wish to explore more onsen in the national park, we recommend you take a side trip to Iwaobetsu Onsen. The rock pools set in the beautiful native forest are a popular sight for local hikers. Utoro provides a great stop for lunch and visiting the information centre, a great place to learn about the wildlife and the area's ecological significance. Tonight we are back in Abashiri, staying at a lakeside inn this time, where awaits you with an outdoor onsen with superb lake views.

Cycling distance - 130km / Altitude gain - 1380m

Accommodation - (3 stars quality)

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





Day 5 Free day in Abashiri

Today is a rest day in Abashiri. Relax at our quiet lakeside accommodation with a nice onsen on site, or explore Abashiri at your leisure. There are a visitor centre, shopping and museums within easy cycling distance of our accommodation. Whale watching boat is departing from Abashiri too.

Accommodation - (3 stars quality)

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



Day 6 Abashiri – Hinode Misaki

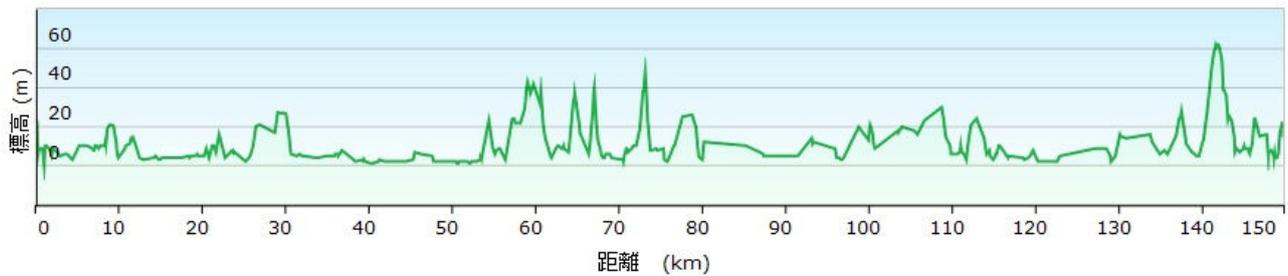
This morning we start cycling on the designated cycling path, which takes us to Lake Notoro and then onto Lake Saroma, Hokkaido’s largest lake. The area is well known for the scallop farming so you have many chance to taste the local specialty today. After Saroma we bypass the town of Monbetsu and continue our journey north on the Okhotsk Line to Hinode Misaki. Our accommodation is located near the sea in Hinode Misaki, which translates “Sunrise Cape”. Here you can observe the beautiful sunrise from the sea horizon in the following morning.

Cycling distance - 150km / Altitude gain - 670m

Accommodation - (3 stars quality)

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





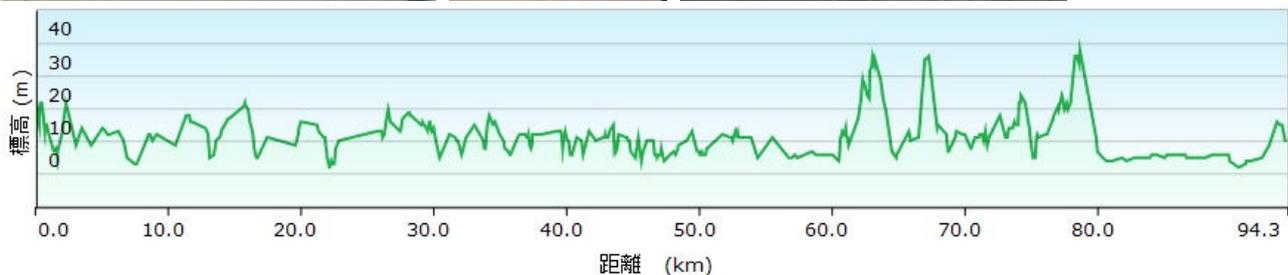
Day 7 Hinode Misaki - Hamatonbetsu

Today we stay close to the shore all day taking in the gentle sea breeze from the Okhotsk Sea. We will cycle through small fishing towns, Oumu and Esashi, famous for the large production of hairy crabs, considered as a delicacy by many Japanese. As we travel further north, the road becomes very quiet with little traffic. There are a couple of nice swimming spots on the sandy beach before settling into our lodging at Hamatonbetsu tonight.

Cycling distance - 95km / Altitude gain - 280m

Accommodation - (3 stars quality)

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



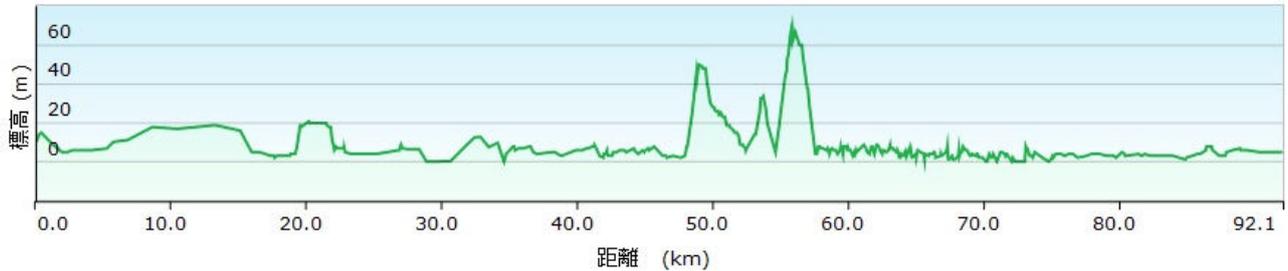
Day 8 Hamatonbetsu - Wakkanai

On leaving Hamatonbetsu, we cycle by Lake Kutcharo, home to thousands of swans making their winter migration from northern Siberia. Lake Kutcharo is a registered Ramsar Wetland, being the staging ground for migratory waterfowl. We continue travelling north along the coast to Wakkanai today, aiming for Japan's northern most point, Cape Soya. On a clear day you can see the outline of Sakhalin Island of Russia only 43kms away.

Cycling distance - 95km / Altitude gain - 210m

Accommodation - (3 stars quality)

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



Day 9 Ferry to Rishiri island

This morning we take a 1.5 hour ferry to the Rishiri Island. The island is Japan’s cycling paradise with a circumference of 60km. The quiet coastal road is all fantastic riding, with the majestic Mt. Rishiri in sight all day along. What makes the island special for cycling is the purpose built cycling paths, which last for about 25km, and include a couple of spectacular viaducts. If you wish to keep riding you are welcome to go around twice!

Cycling distance - 55km / Altitude gain - 350m

Accommodation - (3 stars quality)

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



Day 10 Ferry to Wakkanai, tour finishes

After a hearty breakfast we farewell the island and board the ferry that takes us back to Wakkanai, where trip concludes. There are regular shuttles and trains departing from Wakkanai to Sapporo, and daily flights to Sapporo and Tokyo.

meal (B)

Ferry will arrive 10:10 at Wakkanai, and you can take..

Flight: Wakkanai 11:50 – Sapporo 12:45 (ANA)

Flight: Wakkanai 13:00 – Haneda(Tokyo) 14:55 (ANA)

Train: Wakkanai 13:45 – Sapporo 19:08 (JR)

Bus: Wakkanai 11:30 – Sapporo 17:20 (Hokuto Kotsu)

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.