

Best of Hokkaido 13 days 2018



Itinerary at glance

ITINERARY (13 days / 12 nights)				
Day 1	Meeting in Abashiri	Hotel	PO	D
Day 2	Cycle 88km (altitude gain 668m) Abashiri to Kussharoko	Ryokan	PO	B,D
Day 3	Cycle 84km (874m) Kussharo to Nakashibetsu	Hotel	PO	B,D
Day 4	Cycle 65-113km (298-400m) Nakashibetsu to Rausu	Ryokan	PO	B,D
Day 5	Cycle 46km (1139m) Rausu to Utoro	Ryokan	PO	B,D
Day 6	Cycle 84km (357m) Utoro to Abashiri	Hotel	PO	B,D
Day 7	Free day in Abashiri	Hotel	PO	B
Day 8	Cycle 84km (200m) Abashiri to Saromako Lake	Ryokan	SO	B,D
Day 9	Cycle 90km (400m) Saromako Lake to Hinodemisaki	Hotel	PO	B,D
Day 10	Cycle 95km (284m) Hinodemisaki to Hamatonbetsu	Ryokan	SO	B,D
Day 11	Cycle 91km (216m) Hamatonbetsu to Wakkanai	Hotel	PO	B
Day 12	Cycle 63km (342m) Wakkanai – ferry – Rishiri Island	Hotel	PO	B,D
Day 13	Departure			B

P private bath **S** shared bath **O** onsen spa **B** breakfast **D** dinner

Ryokan traditional Japanese inn

Price per person

#of people	Service	price	Includes
4+ clients	Guide, Van	JPY 444,000	See below

Single room supplement **JPY 49,400**

Includes

- 12 breakfasts and 10 evening meals
- 12 nights' accommodation on a twin share basis
- All transfer described in the itinerary
- All water and snack food whilst cycling
- English speaking guide & mechanic
- Support vehicle(s)
- Rental bikes (Hybrid bike or Road bike)



- Rental bike come with bag including (Spare tube, pump, tire lever, multi tool, water bottle)



Front bag for hybrid bike
(8 litter volume)



Seat post bag for road bike
(6 litter volume)

- 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

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.

Detailed itinerary

Day 1 Meeting in Abashiri

We meet at 5:00pm at our hotel in Abashiri. After a tour briefing and bike fitting we 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 to visit the Okhotsk Ryuhyo Museum, and Hokkaido Museum of Northern Peoples. These attractions are accessible by bus from the hotel.

Accommodation - Hotel (3 stars quality)

Private bath / Onsen Spa / Wifi / Laundry / meal (D)



Day 2 Abashiri to Lake Kussharo-ko

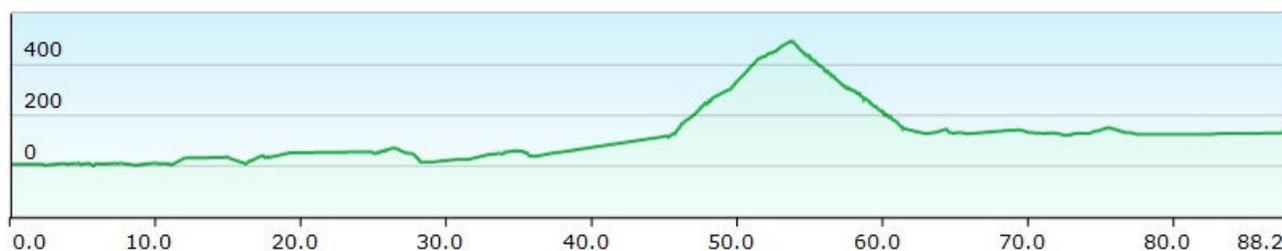
From Abashiri, we head south to a beautiful caldera, Lake Kussharo-Ko via Bihoro Pass, which

looks over the lake and surrounding mountains. At the top of the pass we have a lunch at the rest house and then enjoy riding the downhills to the shore of Lake Kussharo-Ko. It is the second largest lake in Hokkaido, one of the three lakes in the Akan National Park. The area is known for its abundant hot springs due to the volcanic activities. 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 - 88km / Altitude gain - 688m

Accommodation - Ryokan (3 stars quality)

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



Day 3 Lake Kussharo to Nakashibetsu

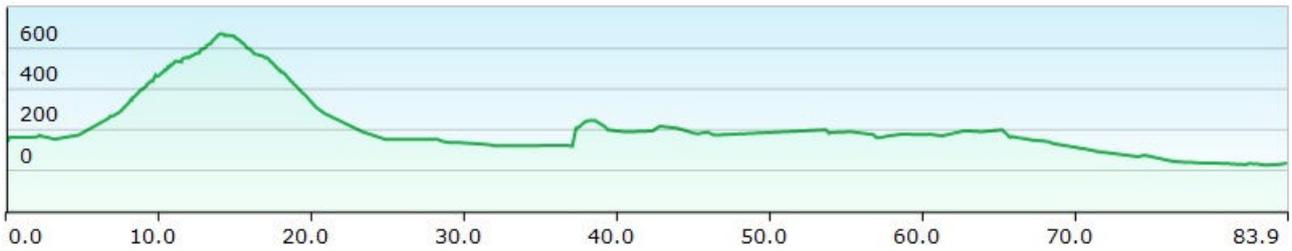
Today we continue cycling alongside Lake Kussharo-Ko, which takes us to an active volcano Iozan "Sulphur Mountain". It erupted 600 years ago, but is still steaming and reeking of sulphur! After a gradual but long uphill, we reach the lookout of Lake Mashu-Ko, known to have the highest level of water clarity in the world. The high cliffs surrounding Mashu-Ko prevent people from going down to the lakeshore, which is believed to help protect the water quality up to present. Most of the time the lake is covered with mist, but if we are lucky we will be able to view the emerald-coloured lake surface. The rest of cycling section is easy, downhill and flat into the farming area of Nakashibetsu.

Cycling distance - 84km / Altitude gain - 852m

Accommodation - Ryokan (3 stars quality)

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





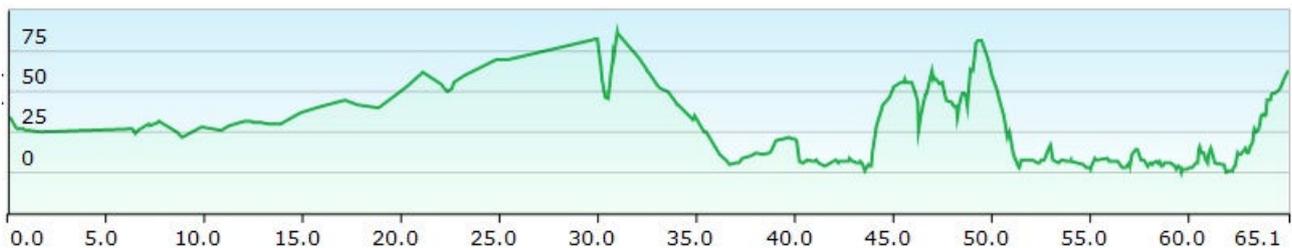
Day 4 Nakashibetsu to Rausu

This morning we ride through farmlands, enjoying the changing scenery as we approach Shiretoko Peninsula, known as the last unexplored region of Japan. We cycle along the east coast of the Peninsula, heading to our today's destination, a small fishery village called Rausu. Famous for its sea kelp production, it's here that you can also enjoy fresh seafood and king crab. This afternoon, you have an option to ride or drive further 24km on coast to a secluded onsen Aidomari, offering a perfect seaside setting.

Cycling distance – 65-113km / Altitude gain - 298m-400m

Accommodation - Ryokan (3 stars quality)

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



Day 5 Rausu to Utoro

Shiretoko peninsula is designated as UNESCO world natural heritage site, you will enjoy its beauty and wilderness today. From Rausu, we cycle the Shiretoko Crossroad to the other side of the Peninsula. It is approx. 15km to the top, gradual & long but a scenic ride with a spectacular view of Mt Rausu, the highest peak in the Shiretoko Mountains Range. After a leisurely downhill and lunch at the Shiretoko Nature Centre, we have optional short walk to waterfall. Side trip to Shiretoko 5 lakes is also recommendable, it is 9 km round trip. Total cycling distance of the day will be 46km. We cycle to Utoro for our accommodation tonight, there is a chance to see beautiful sunset from our accommodation.

Cycling distance – 46km / Altitude gain –1200m

Accommodation - Ryokan (3 stars quality)

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



Day 6 Utoroto Abashiri

We continue riding along the coast and enter into farmland again. The long straight roads travel through potato farms, which will be in full bloom in early July. We have a brief stop at Koshimizu Gensei-Kaen (Koshimizu Wild Flower Reserve), where about 40 kinds of flowers bloom in spring and summer. We finish our ride back in Abashiri, at a different accommodation near the Lake Abashiri this time, where awaits you with outdoor onsen with a spectacular view of Lake Abashiri.

Cycling distance - 85km / Altitude gain - 357m

Accommodation - Hotel (3 stars quality)

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



Day 7 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 – Hotel (3 stars quality)

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



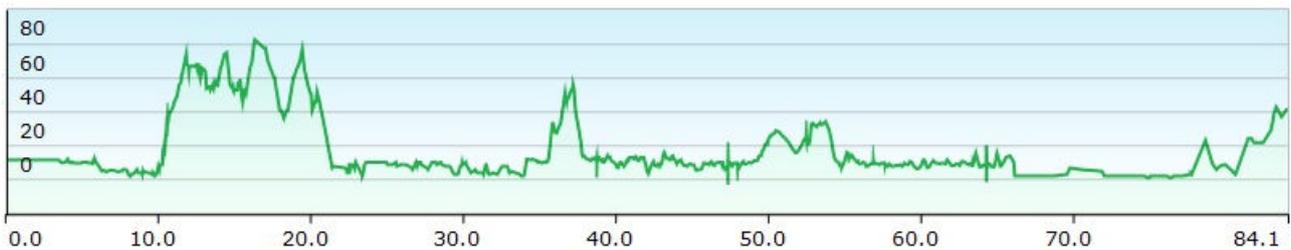
Day 8 Abashiri to Saromako Lake

From Abashiri we cycle out to Notoro Cape with a panoramic view of Okhotsuk Sea. Following the road around the peninsula, we rejoin the cycle path, which takes us to Lake Notoro and then onto Lake Saroma. Saroma is Hokkaido's biggest lake, separated from the sea by a 25km long thin sandbar. At the end of the lakeside road we finish ride at hotel by the lake. In this region you can expect to have good scallops and oysters produced in Lake Saroma.

Cycling distance – 84km / Altitude gain - 200m

Accommodation: Hotel (3 stars quality)

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



Day 9 Saromako Lake to Hinodemisaki

Along the way, we pass interesting fishery towns, one of which is Monbetsu famous for its massive drift ice in winter. The rich nutrient that the drift ice carries makes this area productive for its fishery, especially the crabs. Once we reach Oumu we get back on our bikes continuing our journey north all along the coastline to Hinodemisaki. Tonight we are staying at Hotel on cape called Hinode-misaki, it is famous for beautiful sunrise view.

Cycling distance – 90km / Altitude gain - 400m

Accommodation: Hotel (3 stars quality)

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



Day 10 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 – Ryokan (3 stars quality)

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



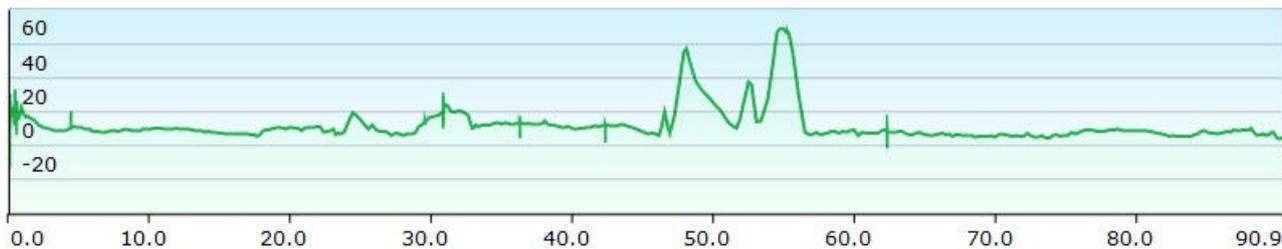
Day 11 Hamatonbetsu - Wakkanai

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 - 91km / 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 55km. 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 - 63km / Altitude gain - 350m

Accommodation – Hotel (3 stars quality)

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.