

Shikoku 9 days / 8 nights for advanced cyclists 2018

Tour map



Shikoku offers fantastic cycling experience. This is designed for advanced cyclist who enjoys mountain road. We choose small quiet country side road, with riding over beautiful mountain passes. You will stay in some traditional Japanese inns called Ryokan, and experience Onsen hot spa on the site. If you look for challenging ride in beautiful scenery and Japanese traditional culture, this trip is for you.

Joining instruction

We meet at 17:00 (5:00pm) at Hotel in Tokushima.

From Kansai airport (KIX), take direct bus to Tokushima station. It takes 3 hours, costs JPY 4,100. You can also fly to Tokushima airport (TKS) and take bus to Tokushima station, it takes 30 min., costs JPY 440. Our hotel will be walking distance from Tokushima station.

Itinerary at glance

ITINERARY (9days/8nights)				
Day1	Meeting in Tokushima	Hotel	TSO	D
Day2	Cycle 113km total ascent 2461m Tokushima to Iya	Ryokan	TO	B,D
Day3	Cycle 108km t.a. 1983m Iya to Ochi	Ryokan		B,D
Day4	Cycle 77km t.a. 2384m Ochi to Yusuhara	Hotel	TSO	B,D
Day5	Cycle 82-150km t.a. 1081-1717m Yusuhara to Shimanto	Hotel	TSO	B,D
Day6	Cycle 90km t.a. 801m Shimanto to Ashizuri	Hotel	TSO	B,D
Day7	Cycle 119km t.a. 1800m Ashizuri to Tsushima	Hotel	TSO	B,D
Day8	Cycle 110km t.a. 1948m Tsushima to Uchiko	Ryokan	TSO	B,D
Day9	Departure			B

T toilet in each room **S** shower in each room **B** breakfast **D** dinner

Ryokan traditional Japanese inn **Minshuku** traditional guest house

Price per person

#of people	Service	price	Includes
4+ clients	Van, Guide	JPY 324,000	See below

Includes

- 8 breakfasts and 8 evening meals
- 8 nights' accommodation on twin share
- All water and snack food whilst cycling
- English speaking guide & mechanic
- Support vehicle(s)
- Rental bike



- Other equipment come with bike





Seat post bag for road bike
(6 litter volume)

Does not include

- Other meals
- Personal expenses
- Drinks with included meals

Recommended season

- April – May, Oct - Nov

Average temp. in a month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Highest in Tokushima (°C)	10	11	14	15	20	24	31	33	29	23	18	13
Lowest in Tokushima (°C)	3	3	6	10	15	20	24	25	22	15	10	5

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.

Detailed itinerary

Day 1 Meeting in Tokushima

We meet 17:00 at our hotel. We have tour briefing and go out for dinner together.

Accommodation – 3 stars

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

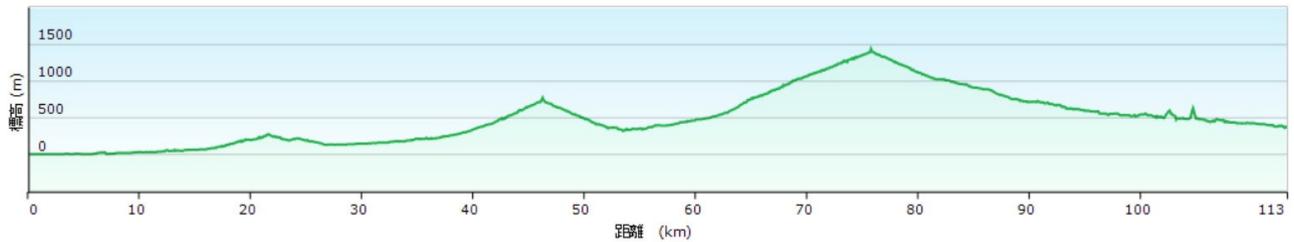
Day 2 Tokushima - Iya

This is hilly but rewarding day. From Tokushima, we cycle into mountain area. We cycle over mountain pass near Mt. Tsurugi, and cycle down through forest to Iya valley.

Cycling distance - 113km / Total ascent - 2042m

Accommodation – 3 stars

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



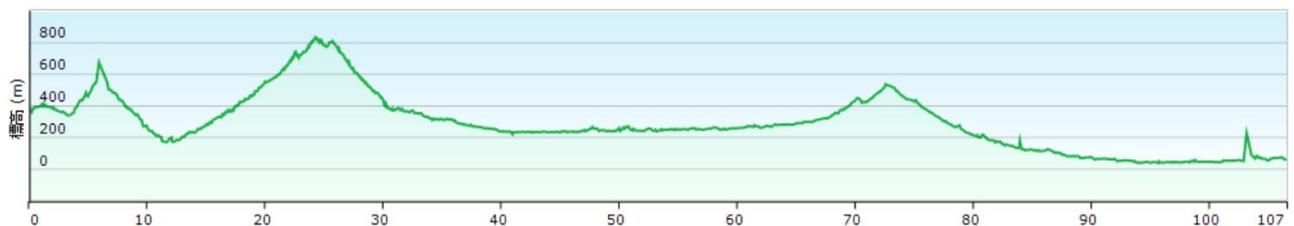
Day 3 Iya - Ochi

Leaving Iya valley, after finishing first mountain pass, we start to climb on narrow winding road to biggest mountain pass today. The road is paved but not well maintained, it is adventure part of the day. We continue cycling along the river and hit last mountain pass then finish at traditional Ryokan.

Cycling distance - 108km / Total ascent - 1983m

Accommodation – 3 stars

Ryokan / Shared bath / meal (B,D)



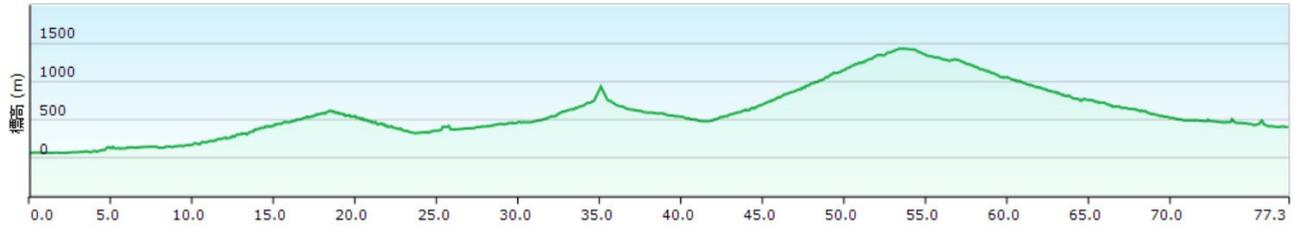
Day 4 Ochi - Yusuvara

This is another big climbing day, we cycle up to 1500m above sea level where we cycle on the Shikoku Karst terrain. After enjoying scenery, we cycle down to quiet town, Yusuvara.

Cycling distance - 77km / Total ascent - 2384m

Accommodation – 3 stars

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



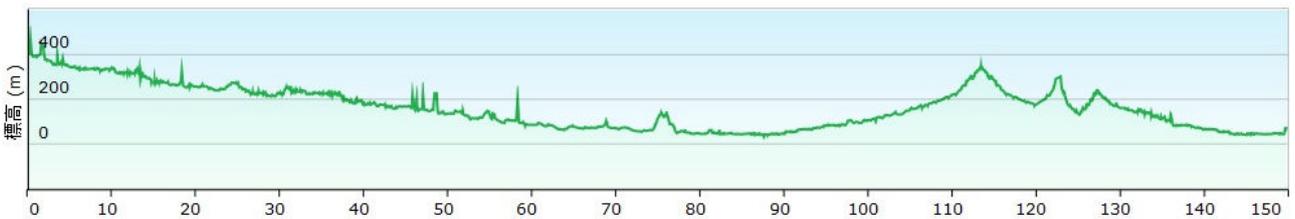
Day 5 Yusuhara - Shimanto

We cycle along the river down to our accommodation. You can relax in Onsen at hotel or ride to beautiful Nametoko valley as option. The road to the valley is quiet back road, and you will have chance to see autumn leaves in the forest.

Cycling distance – 82-150km / Total ascent – 1081-1717m

Accommodation – 3 stars

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



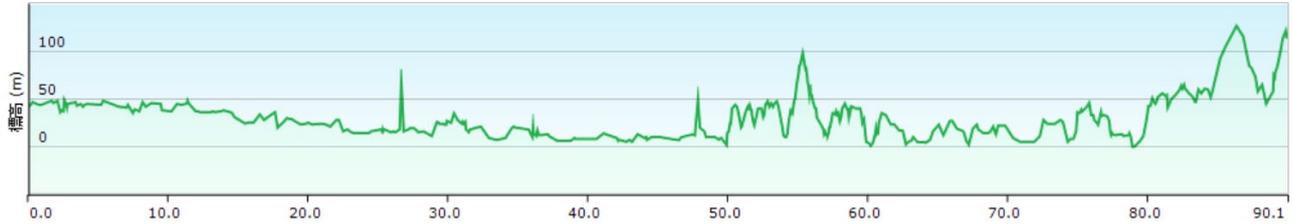
Day 6 Shimanto – Cape Ashizuri

Leaving Shimanto River, we take small road going by beaches and through fishing villages. As we approach to Cape Ashizuri, the coastline becomes 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 - 90km / Total ascent - 801m

Accommodation – 3 stars

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



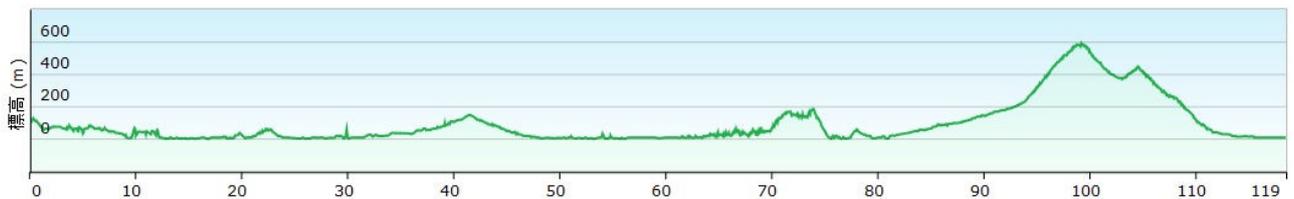
Day 7 Cape Ashizuri - Tsushima

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.

Cycling distance - 119km / Total ascent - 1800m

Accommodation – 3 stars

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



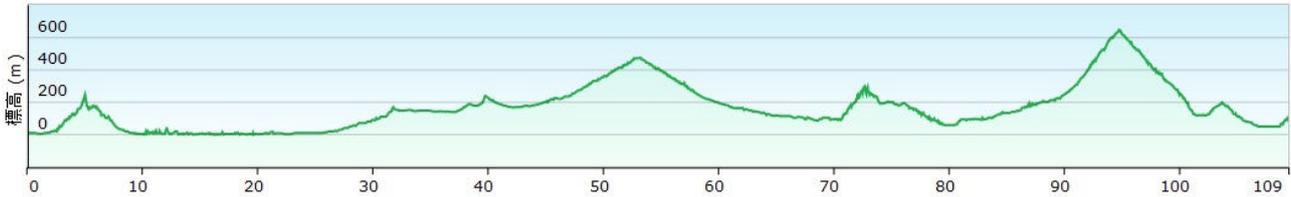
Day 8 Tsushima - Uchiko

We cycle along coast with passing some fishing villages, then ride into mountain area. It is all quiet back road, after last mountain pass, we cycle down to historical town Uchiko for our accommodation.

Cycling distance - 110km / Total ascent - 1948m

Accommodation – 3 stars

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



Day 9 Finish after breakfast

We take you to Matsuyama airport or arrange taxi to other places for your travel. It takes around 1 hours to Matsuyama airport, 3 hours to Hiroshima airport.

Cycling distance – 0km (B)

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.
- Bike and repair parts** Please bring spare tire and tubes too.
- Bright front and rear light** We have some tunnels on the route.
- 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.

Weather

This is weather forecast for day 1 in Tokushima. We climb to 1500m above sea level during the tour, the temperature can be below 10 degrees in Celsius, please prepare good jacket and warmers.

<https://www.yahoo.com/news/weather/japan/tokushima-shi/tokushima-shi-1118368>