



Nagasaki to Hiroshima 13 days 2020

Tour map



Introduction

We cycle from Kyushu (west island) to Honshu (Main island). This cycling route has many highlights not only cycling but also Japanese culture, Of course, delicious Japanese foods. Biking along beautiful coastlines, visiting pottery workshop in Kyushu. Passing the undersea tunnel, connecting Kyushu and Honshu, is a unique experience. Riding with great ocean view is brilliant. Soaking in hot spring bath is amazing as to recover exhausts and relax. We visit World heritage town Hagi which is well preserved samurai town. Finally, we finish cycling in another world heritage site, Miyajima island, Hiroshima.

Highlights

- Ride in remote and quiet backroads with Japan's beautiful scenery
- Eat fresh seafood

- Soak in great natural hot springs
- Visit to pottery workplaces
- Visit to world heritage historical towns

Itinerary at a glance

ITINERARY (13days/12nights)				
Day 1	Meeting in Nagasaki	Ryokan	TSO	D
Day 2	Cycle 87km (total ascent 1100m) to Sasebo	Hotel	TS	B
Day 3	Cycle 61km (t.a.1000m) to Matsuura	Ryokan	TO	B
Day 4	Cycle 75km (t.a.800m) to Karatsu	Ryokan	TSO	D,B
Day 5	Cycle 79km (t.a.800m) to Kurume	Ryokan	TO	D,B
Day 6	Cycle 98km (t.a.1000m) to Hikosan Onsen	Ryokan	TO	D,B
Day 7	Cycle 87km (t.a.800m) to Shimonoseki	Hotel	TO	B
Day 8	Rest day	Hotel	TO	B
Day 9	Cycle 105km (t.a.1100m) to Tawarayama Onsen	Ryokan	TO	D,B
Day 10	Cycle 74km (t.a.600m) to Hagi	Ryokan	TSO	B
Day 11	Cycle 88km (t.a.1400m) to Muikaichi	Hotel	TO	D,B
Day 12	Cycle 97km (t.a.1400m) to Miyajima	Ryokan	TO	D,B
Day 13	Finish after breakfast			B

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 468,000	See below

Single supplement JPY 17,000

Includes

- 12 nights' accommodation on twin share basis
- 12 breakfasts and 7 evening meals
- Rental bike (road bike or hybrid bike)



- Other equipment comes with 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 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.

- All transport detailed in the below itinerary
- Snacks and refreshments
- English speaking guide(s)
- Spare parts and mechanic services

Does not include

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

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 Nagasaki (°C)	10	11	12	21	24	27	31	33	30	25	20	14
Lowest in Nagasaki (°C)	4	5	8	12	16	20	25	26	22	17	11	7

What we offer as our services

- Our guides are all cyclists, we know what you need during your ride. We are trained to be a bike mechanic and cycling leader.
- 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; our guides are all very knowledgeable in the region and Japanese culture.

Itinerary details

Day 1 Nagasaki

we meet at 5pm at our hotel in Nagasaki. we have an introduction meeting and bike fitting at the hotel and then go for dinner. We try Nagasaki Cham-pon which well known as special local ramen noodles. Access to Nagasaki by air takes about 75 minutes from Kansai international Airport (Osaka), 125 minutes from Haneda airport (Tokyo). It is 2.5 hours by train from Fukuoka airport.

Accommodation - (3 stars quality)

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



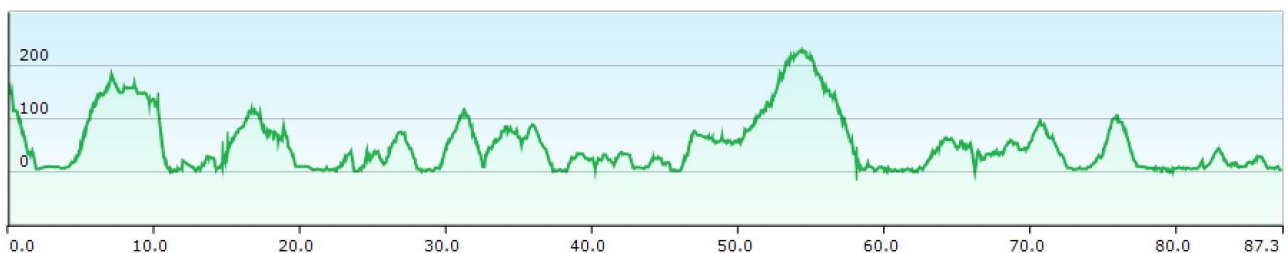
Day 2 Nagasaki - Sasebo

Start cycling from Nagasaki. we head to coastline after some hill climbs. we enjoy riding along the coast with blue ocean. we pass some churches on the way as Nagasaki had affected from European culture in the 15th Century. After decent morning ride, we have lunch at local restaurant, there are several nice local foods you can choose from. We see Hario radio wave towers surrounded by orchards on the hill and continue cycling to Sasebo. We stay at the Hotel in Sasebo.

Cycling Distance - 87km / Total ascent - 1100m

Accommodation - (3 stars quality)

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



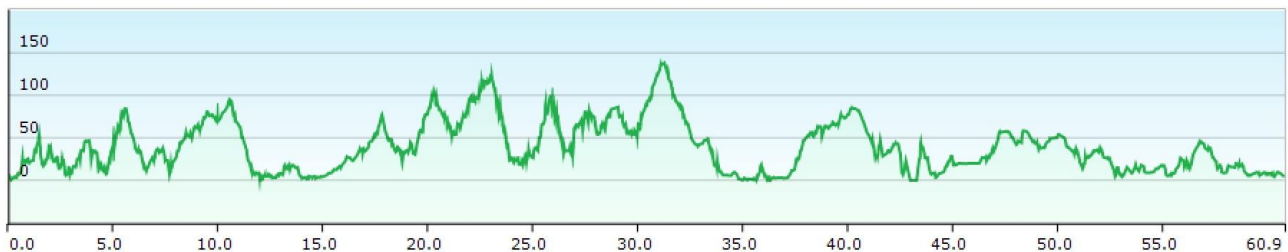
Day 3 Sasebo – Matsuura

We cycle to Sasebo ferry port and then take 45 minutes ferry boat ride to Hirado peninsula. As soon as we start riding, we cruise on nice and quiet paved road. We stop and have a look at the church and enjoy cycling in the remote area. We have fresh seafood lunch after Hirado bridge. We keep cycling to small port town Matsuura. This town is famous for Horse Mackerel.

Cycling Distance - 61km / Total ascent - 1000m

Accommodation - (3 stars quality)

Ryokan / Shared bath / Onsen Spa / Laundry / wifi / meal (B)



Day 4 Matsuura – Karatsu

We mainly cycle along the coast to Imari town where is well known for “Imari Pottery” We have lunch and visit some pottery workshop in Imari. In the afternoon, we continue cycling through Imari town and then head to Karatsu. we stop at observation lookout and “Karatsu pottery place located in remote area before we finish riding.

Cycling Distance - 75km / Total ascent - 800m

Accommodation - (3 stars quality)

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



Day 5 Karatsu – Kurume

As soon as we leave from Ryokan, we go riding on straight paved road in Pine tree forest along the coast. After nice ride, we climb up two peaks. Today, we have lunch at the local soba noodle restaurant, and continue good paced cycling to Kurume.

Cycling Distance – 79km / Total ascent – 800m

Accommodation - (3 stars quality)

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



Day 6 Kurume – Hikosan Onsen

Today is a challenging day. we start from Kurume. Take a small road to Hoshino village passing Yame where is famous for green tea leaves. We have a brief stop at the small tea factory. After decent climb, we visit to Hoshino pottery workshop. This pottery is more boorish from the Karatsu potter. Please see and feel! These potteries might be Japan made good souvenirs! We have lunch at a restaurant in Hoshino village and then continue climbing about 300m. go descending carefully to a town called Ukiha. Have a tea/coffee break and refresh yourself and head to Hikosan onsen. The last 10km is the hardest section, but the hot spring onsen recover your entire body exhaustion.

Cycling Distance –98km / Total ascent – 1000m

Accommodation - (3 stars quality)

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





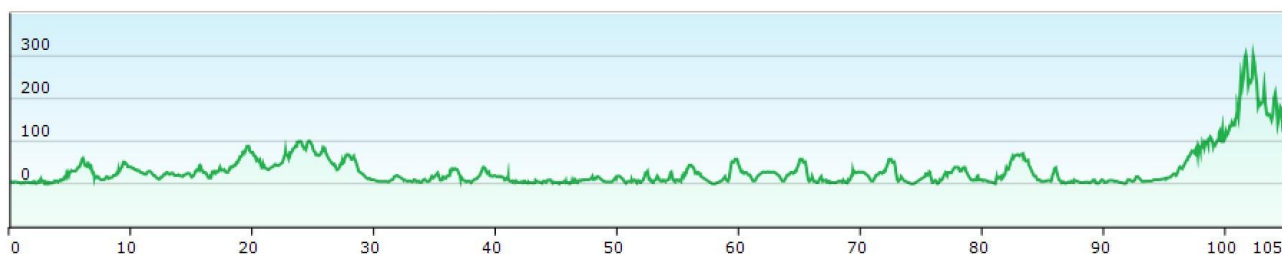
Day 7 Hikosan Onsen – Shimonoseki

Leaving from the hotel, we start climbing near Mt. Hikosan. We cycle down and head to Ocean side After the pass. We eat fresh seafood on the way to Moji where is the edge city of Kyushu. Moji and Shimonoseki are connected with the bridge and the tunnel. Today we take an undersea tunnel. It's about 800m walk. Now we are in Yamaguchi Prefecture, Japan. It's a Honshu main island. We've done half part of this cycling tour!!

Cycling Distance – 87km / Total ascent – 800m

Accommodation - (3 stars quality)

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



Day 8 Rest Day – Shimonoseki

We have rest day in Shimonoseki. You can visit some nice places in Shimonoseki and relax in our hotel with Onsen spa. Our hotel is in the center of the city, there are many options for restaurants and bars at nights.

Accommodation - (3 stars quality)

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

Day 9 Shimonoseki – Tawarayama Onsen

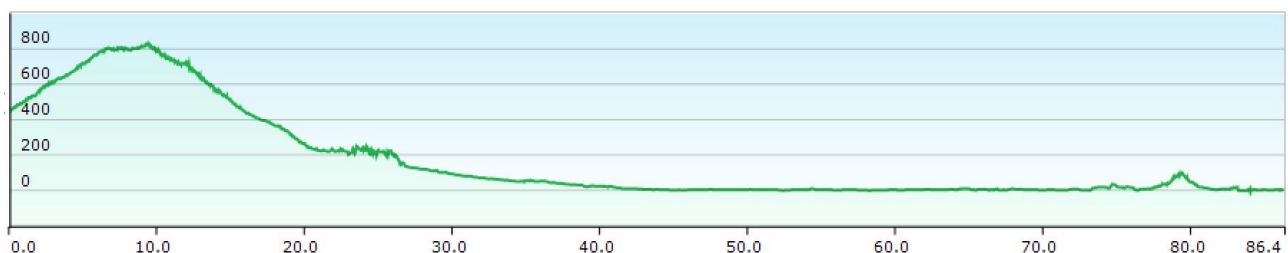
Today is another good cycling day. In the morning, we cycle along the coast and drop in Tsunoshima island. The bridge to Tsunoshima is so beautiful. This across bridge ride is one of the highlights of this cycling trip. we try fresh sea urchin or sashimi for today's lunch. In the

afternoon, we stop for coffee/tea break at a cycle station. Finally, head to Tawarayama Onsen which ranked the best Onsen in western Japan. This onsen is famous for Toji (hot spring cure).

Cycling Distance - 105km / Total ascent - 1100m

Accommodation - (3 stars quality)

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



Day 10 Tawarayama Onsen – Hagi

Leaving from great Onsen town, we go cycling on quiet road in the mountain side. Having a coffee break after one climb and then we go to Akiyoshidai, the biggest karst plateau in Japan. The view from your saddle would be great and so scenic!! Next, we cycle down to the old historical town, Hagi.

Cycling Distance - 74km / Total ascent - 600m

Accommodation - (3 stars quality)

Ryokan / Private toilet / Onsen Spa / Laundry / wifi / meal (B



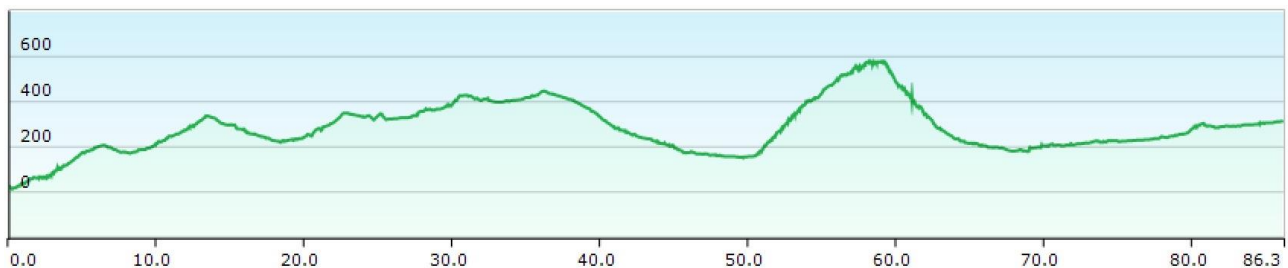
Day 11 Hagi – Muikaichi

In the beginning, we drop in to Shoin shrine and then start cycling to Tsuwano. The route is gradual climb. We stop for Lunch at old nice town Tsuwano. After having lunch we have hard climb for about 8km on the back road and cruise on your bicycle along the small river. Finally we arrive at Muikaichi town.

Cycling Distance - 88km / Total ascent - 1400m

Accommodation - (3 stars quality)

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



Day 12 Muikaichi – Miyajima

This is the last cycling day. We mainly cycle down to Hiroshima after short climb. Stopping by the lake in Miwa town for tea/coffee break is also nice. We continue cycling in the mountain side along the quiet river. We eat Japanese style rice and curry for lunch and be ready for climbing the last pass. Stopping at Banko-kei gorge is another option. This scenic valley gives us plenty of fresh misty air. Finally conquering the highest pass, we head to Miyajima-guchi and take 10 minutes ferry ride to the destination, Miyajima. There is a famous shrine, Itsukushima shrine. The red big Torii gate welcomes us!! We stay at a traditional Ryokan in Miyajima.

Cycling Distance - 97km / Total ascent - 1400m

Accommodation - (3 stars quality)

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





Day 13 Departure

The cycling tour finish after breakfast. It takes about 2 hrs to Hiroshima Airport by Ferry, JR Train and airport shuttle bus.

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.