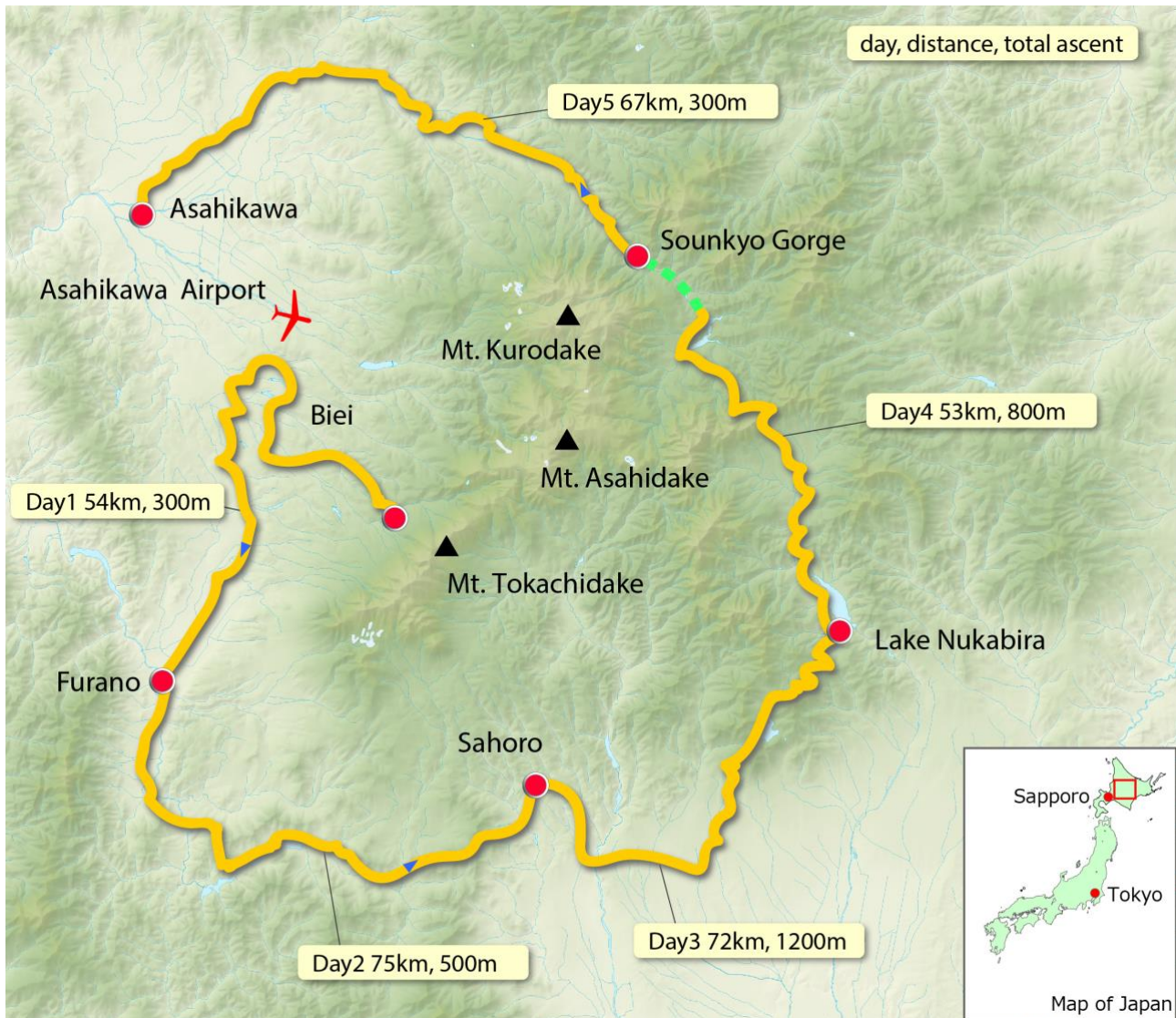




Hokkaido, Daisetsuzan National Park 7 days 2024

Tour map



Introduction

Situated in the central part of Hokkaido, Daisetsuzan is the largest National Park in Japan. Ministry of the Environment of Japan claims it as, "A chain of 2000m-class mountains standing like an immense "roof of Hokkaido", and expansive clusters of alpine plants on the mountains, it is a highly primeval park. It is home to various wild animals including the brown bear." We will cycle just outside of the National Park, and ride around Daisetsuzan mountain range with enjoying the fantastic view of the mountains. There are several active volcanoes in the area, we will enjoy the geothermal Onsen hot spring spa at our accommodations. We would also recommend a hiking trip in the National Park before or after our cycling tour.

Joining instruction

Our guide will meet you at 6:00 pm at the hotel in Shirogane Onsen. The closest airport is Asahikawa Airport (AKJ). You can take a free shuttle bus from Asahikawa airport to Shirogane Onsen, it departs 1:00pm, 3:00pm, and 5:00pm, will take around 40 min. You can also take a direct bus from Asahikawa station to Shirogane Onsen for 77 min. The bus departs 4 times a day, from 8:35am to 4:35pm, it will cost JPY 1,220 per person.

Search train timetable <https://world.jorudan.co.jp/mln/en/>

Itinerary in summary

ITINERARY (7 days / 6 nights)				
Day 1	Meeting in Shirogane Onsen	Hotel	TSO	D
Day 2	Cycle 77km, total ascent 600m to Furano	Hotel	TSO	B,D
Day 3	Cycle 75km, t.a. 700m to Sahoro	Hotel	TSO	B,D
Day 4	Cycle 72km, t.a. 1200m to Lake Nukabira	Ryokan	TO	B,D
Day 5	Cycle 53km, t.a. 800m to Sounkyo Gorge (10km transfer by van at the end)	Ryokan	TSO	B,D
Day 6	Cycle 67km, t.a. 300m to Asahikawa	Hotel	TS	B,D
Day 7	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
2 clients	Guide, support van	JPY 440,000	See below
3+ clients	Guide, support van	JPY 344,000	See below

Single supplement JPY 33,000

Includes

- 6 nights' accommodation on a twin share basis
- 6 breakfasts and 6 evening meals
- Rental bike (Hybrid bike or Road bike)



*E-bike is available for extra JPY 20,000



- Other equipment comes 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.

- 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



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Does not include

- Airfare
- Lunches and 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 a 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 in the day, he or she will be welcome to have seat in our support vehicle. (The seats for clients can be limited depending on tour style)
- Our guides are all cyclists, we know what you need during your ride. We are trained to be bike mechanics and cycling leaders. We also completed 16 hours of wilderness first aid training.
- In case of heavy rain, strong wind, or other fierce weather conditions for cycling, we may change the plan and give you other activities options like hiking, sightseeing, and so on.
- We have bilingual guides who speak both Japanese and English.

Detailed itinerary

Day1 Checking in Shirogane Onsen

Our guide will meet you at 6:00pm at the hotel to fit the bike and explain about the tour. Tonight, we are staying in the famous Hot spring region called Shirogane Onsen which situates at the foot of the active volcano, Mt. Tokachi. If you arrive earlier, you can enjoy a short walk on the trail from our hotel.

Accommodation - (3 stars quality)

Hotel / Private bath / Onsen / wifi / meal (D)



Day 2 Cycle to Furano

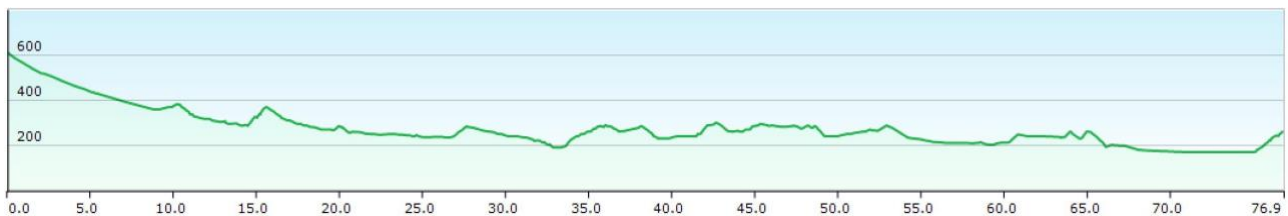
We start our day with a nice long downhill through the beautiful forest along Hokkaido silver birches towards the town of Biei. Biei is famous for its picturesque landscape of gently rolling

hills and vast fields. We will be visiting a few of the landmarks of the area, such as a beautiful flower park called Shikisai no Oka, a Unique set of trees on Mild Seven Hills, A single tree on a farm named Christmas tree, and many others along the way. After lunch, we will visit one of the lavender farms in the area. We continue riding backroads towards our accommodation in Furano.

Cycling Distance – 77km / Altitude gain - 600m

Accommodation - (3 stars quality)

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



Day 3 Cycle to Sahoro

Leaving Furano town, we cycle in a flat farming area and gradually into the mountains by the river. Going upstream, we come across beautiful Lake Kanayama and keep cycling along the lake. We stop at lakeside for morning tea with listening to the sound of the wind and birds singing. At the end of the lake, we have "Road Station" rest area which has restaurants and shops for our lunch to charge energy for the afternoon climb. This is the first mountain pass of the trip, called Karikachi Toge, from which we can enjoy the magnificent view of Tokachi plain. Tonight's accommodation has a natural hot spring Onsen, we can relax and heal our tension from the mountain ride.

Cycling Distance – 75km / Altitude gain - 700m

Accommodation - (3 stars quality)

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





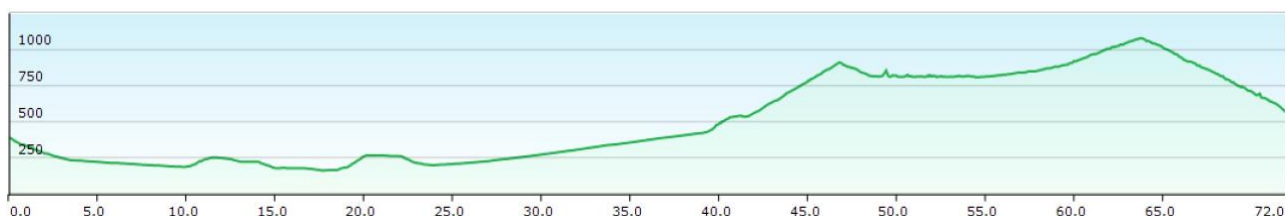
Day 4 Cycle to Lake Nukabira

We cycle through hills at the edge of Tokachi plain in the morning and have a break at Road Station for morning tea before start to climb. We take some back roads through farmland, then cycle up to Shirakaba pass. After the pass, we cruise by beautiful Shikaribetsu Lake and continue to Lake Nukabira. Our accommodation tonight is run by a lovely family, they renovated a historical hotel into modern Japanese-style accommodation. Outdoor Onsen here will be the highlight of the day.

Cycling Distance – 72km / Altitude gain - 1200m

Accommodation - (3 stars quality)

Ryokan / Private toilet / Shared bath / wifi / Onsen spa / meal (B,D)



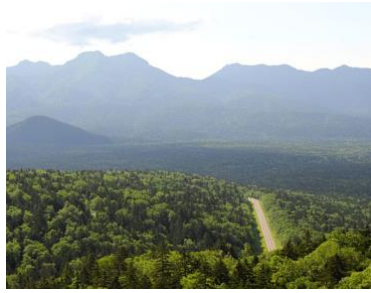
Day 5 Cycle to Sounkyo Gorge

Today, our challenge is conquering the highest mountain pass on the road in Hokkaido, called Mikuni Toge with an elevation of 1139m. From Lake Nukabira to the pass, we can enjoy a fantastic view of Kumaneshiri mountain range and dense woodland on its foothill. After having morning tea at the viewpoint of the mountain pass, we cycle down to Lake Taisetsu and start to climb up to Sekihoku mountain pass. Picnic lunch at the summit, then rewarding 10km downhill all the way to the finishing point of the day. We transfer by our van for 10km as there are a series of narrow, dark tunnels. Our accommodation is in the Sounkyo Gorge, where you can see many cliffs, rocks and waterfalls. It has also a geothermal hot spring, we soak ourselves in the onsen to relax all the muscles from the cycling.

Cycling Distance - 53km / Altitude gain - 800m

Accommodation - (3 stars quality)

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



Day 6 Cycle to Asahikawa

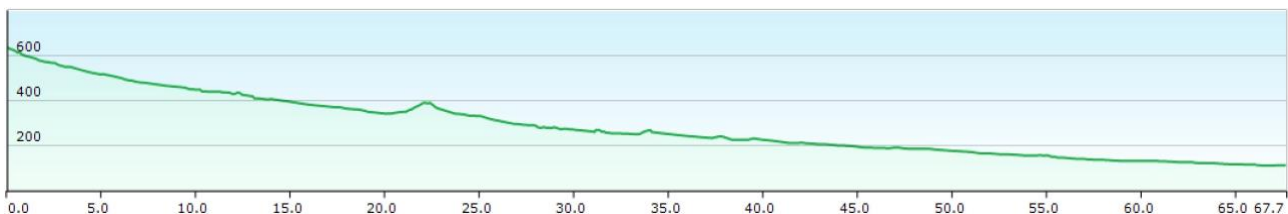
We say farewell to Daisetsuzan national park and cycle towards Asahikawa city.

We cycle along Ishikari river, which is the longest river with 268km. There is a cycling road by the river, we ride at a leisurely pace on a flat road. We will finish at one of the best Sake breweries in Japan to visit. You can learn how Japanese Sake is made and taste several best Sake from the brewery.

Cycling Distance – 67km / Altitude gain - 300m

Accommodation - (3 stars quality)

Hotel / Private bath / wifi / meal (B,D)



Day 7 Finish

The tour finishes after breakfast today. Our hotel is near Asahikawa station, you can take the airport bus to Asahikawa airport or take the train to Sapporo.

Cycling distance – 0km (B)

About Accommodation

We choose Ryokan (traditional Japanese inn) as much as possible to support local tourism and the 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 a 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 a bed, instead, it has Futon mat on "Tatami" straw-weaving floor to sleep on. The photo is what a typical Ryokan room looks like.
- Most of the accommodations 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 provides nice public Onsen hot spring to share, then some of the rooms do not have their own shower and bath. The public onsen has a washing place where you can wash yourself.
- Some Ryokans in the remote area do not have toilets in each room. They have a 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.

Please check detailed packing list on "Japan-genelar-info-CJ-2017.pdf" file.

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.

Weather forecast in Furano

<https://www.yahoo.com/news/weather/japan/furano-shi/furano-shi-1117112>

The highest pass on the route is 738m, it can be below 10C. Please prepare for the weather.