



JAPAN BIKE TOUR

DISCOVERING A LAND OF ANCIENT AND MODERN

There are few cultures, countries and people as unique and magical as Japan's. Here, stark contrasts come together and create a majestic, disciplined and beautiful destination that's truly best seen from a bicycle. Your mind's eye most likely goes to the bustling electricity of Tokyo or the solemn quiet of the rice paddies, but that's barely scratching the surface. We'll show you a completely different side of Japan, steeped in traditional arts, nature and history. We'll go deep into the hidden world of Buddhist pilgrims, ancient temples, and the Nara region—the cradle of Japanese civilization. It's here where the first Japanese Emperors established their capitals and where many of the country's oldest shrines, temples, tombs, stone monuments and archaeological excavations can be found. In between we'll enjoy the country's numerous natural hot springs for a truly traditional Japanese unwinding, and of course visit local markets for a deep dive into the undiscovered riches of Japanese cuisine. Sushi is only the beginning, as we'll taste matcha tea, sake and fish prepared so fresh, you'll never want it any other way. Discover this world of contrast where modern sophistication meets ancient cultures meets natural beauty. [Book your trip with confidence »](#)

TRIP WOWS

Bike through tea fields, visit temples and UNESCO World Heritage sites

Spend a night in a temple on the holiest mountain in Japan and experience a ritual morning meditation with Buddhist monks

From
\$8499

Rider Type
Active

Hotel Style
Explorer

Duration
7 days | 6 nights

Start | End
Kyoto, Japan

Dates
**2021/Oct
2022/Oct**

Discover Nara, one of the oldest regions in Japan

Experience a traditional Japanese accommodation in Ryokan and enjoy a bath in a traditional hot spring Onsen

Learn how to make a traditional sushi and taste a Japanese rice wine sake



DAILY ITINERARY

2021

Day

1

TODAY'S RIDE:

Uji to Nara

Approximately 25 miles with 2,400 feet of climbing

DESCRIPTION:

Welcome to Japan! Your trip starts in Kyoto, where you'll meet your guides at 09:45 AM at Hotel Granvia. We'll board a one-hour shuttle to Uji, one of the oldest cities in the country, located on the banks of the Uji-gawa River and famous for matcha green tea production. Then we'll prepare for our first ride of the trip. Your guides will familiarize you with your Trek bike, including an informal fit session along with safety talks and expectations for the week. We'll enjoy a bite for lunch and finish with a matcha ice cream before we roll out. This first ride winds its way on beautiful roads through lush forest and rolling hills polka-dotted with tea terraces. We'll stop for a sip of a tea in Wazuka, a small town in the countryside famous for tea fields and many tea farms. Our destination is Nara, which will also be our home for next two nights. Don't be surprised if you see deer roaming through the town, as they are practically domesticated and a common sight in Nara deer park. This evening we'll gather for a social hour and conclude with a Japanese traditional dinner at a local restaurant.

HOTEL:

Hotel Setre Naramachi

INCLUDED MEALS:

Lunch | Social Hour | Dinner

Day

TODAY'S RIDE:

Nara Loop

Approximately 30 miles with 3,300 feet of climbing

AVID OPTION:

Nara with a climb

Approximately 38 miles with 4,500 feet of climbing

2

DESCRIPTION:

Good morning in Nara! This vibrant city was once the first permanent capital of Japan and to this day remains an important historical and cultural center for the country, with eight temples and a former palace of the empire. Today it's recognized as a UNESCO World Heritage Site and is truly one-of-a-kind. After a traditional Japanese breakfast of miso soup, rice, and grilled fish, we'll warm up our legs with the first climb of the day. We'll then descend on quiet, pleasant backroads through the countryside. On the way back we'll spot a few temples nestled throughout the rolling farmland. We'll return to our hotel with plenty of time to explore the historical center of Nara before we head to our sushi making class where we'll roll traditional sushi then enjoy the delicious results!

HOTEL:

Hotel Setre Naramachi

INCLUDED MEALS:

Breakfast | Dinner

Day

TODAY'S RIDE:

Nara to Yoshino

Approximately 36 miles with 3,300 feet of climbing

3

DESCRIPTION:

This morning we say goodbye to the town of Nara and its green tea backdrop to continue south on small roads surrounded by local farms, rice fields and tumulus. We will first make our way to Sakurai and Asuka, where we'll visit the oldest official temple in Japan with the oldest statue of Buddha as its signature symbol. We'll have a light lunch and treat ourselves to a favorite ice cream shop. Our ride then continues, and the hills start to increase until we arrive at the foot of Mt. Yoshino—our home for the next two nights. Mt. Yoshino is truly majestic, set high on a ridge with a collection of temples as its crown. We'll stay in a ryokan well-known for its beautiful 300-year old traditional Japanese garden, where you can relax or walk on trails against the backdrop of Kinpusenji Temple, the main temple of Mt. Yoshino. Tonight we'll dine together and enjoy a traditional multi-course meal featuring local fresh ingredients such as Yoshino arrowroots from the mountains and Japanese trout from the Yoshino river.

HOTEL:

Chikurinjin

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

TODAY'S RIDE:

Yoshino to Shimoichi Loop

Approximately 30 miles with 3,500 feet of climbing

4

DESCRIPTION:

Good morning! Enjoy a Japanese breakfast in your cotton yukata against a mountain backdrop. Today we discover more of this gorgeous landscape, starting with a descent from Yoshino toward Mitarai Valley. We'll stop at a market on the way for a friendly visit with the locals and a sample of delicacies, including fried shiitake (Japanese mushroom) or freshly made mochi. We head back to Yoshino on winding forest roads for a little rest and relaxation. Visit to the Niukawakami Shinto Shrine where a white or black horse was offered to stop or bring rain depending on the needs of the village. Talk an exhilarating walk across a suspension bridge across a deep valley. Yoshino, a UNESCO World Heritage site, is the sacred center of Shugando, a religion predating Buddhism, Shintoism, and Taoism. It's also the same of a pilgrimage to Japans most famous spring cherry blossom bloom. We'll regroup for our dinner together at our ryokan.

HOTEL:

Chikurin-in

INCLUDED MEALS:

Breakfast | Lunch | Dinner

Day

TODAY'S RIDE:

Yoshino to Koyasan

Approximately 38 miles with 4,600 feet of climbing

5

DESCRIPTION:

After another leisurely, delicious Japanese breakfast, it's time to hop on the bike and head down the mountain. The first section of our ride is flat, along the Yoshino river leading into the town of Hashimoto. Here is a good opportunity to grab a snack and coffee at one of their ubiquitous convenience stores or at local café at Red Iron Bridge. After fueling up, we'll start the climb to Koyasan on a picturesque road through the forest. You can re-charge on a small downhill before climbing to the top of the sacred mountain where the views will be well worth the effort. Mt. Koya is the holiest mountain in Japan and it's where you can spend the night in a 'shukubo', or temple pilgrim lodging. This is our chance to discover Buddhist living at its most authentic. We'll be hosted by monks and served a traditional vegetarian dinner, or shōjin ryōri.

HOTEL:

Sekisho-in

INCLUDED MEALS:

Breakfast | Lunch

Day

TODAY'S RIDE:

Koyasan to Hashimoto

Approximately 28 miles with 1,800 feet of climbing

6

DESCRIPTION:

Rise early today for a stroll through this picture-perfect town just as it's waking, or join choral chanting monks for their morning ceremony. After breakfast, take the time to visit the bright orange 150-foot tall Konpon Daito Pagoda and surrounding memorial grounds, or relax in the temple's Onsen before it's time hop back on our bikes. We descend on a beautiful and secluded, albeit rough narrow and winding road. At the bottom, we'll board a scenic shuttle back to Kyoto, where our luxury, western-style hotel nestled at the edge of a bamboo forest awaits. Tonight at social hour, we'll toast to a week of new experiences, discovering a new culture and meeting new friends. We will say our goodbyes over a final dinner together.

HOTEL:

Kyoto Yura MGallery

INCLUDED MEALS:

Breakfast | Lunch | Social Hour | Dinner

Day

TODAY'S ACTIVITY:

Departure

DESCRIPTION:

Enjoy a slow breakfast and relaxing morning. Departure is on your leisure before check-out at 10 AM.

7

INCLUDED MEALS:

Breakfast

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

What's Included

- 7 nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, 6 lunches and 6 dinners
- Two social hour of drinks and hors d'oeuvres
- Ride a Trek Domane SL 5 or Trek Electric-Assist Verve+ 2
- Up to three daily route options on riding days
- Snacks and drinks for each day's ride
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep

- Cinch sack day bag to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
- All gratuities for drivers, local experts and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized digital photobook of your trip
- Entrance fees for all activities, private tours and events

Gear

- Trek Domane SL 5 carbon road bike
- Trek Electric-Assist Verve+ 2 also available in a limited quantity
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bontrager helmet and saddle
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Coupon valued up to \$500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- *For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS



SETRE NARAMACHI

NARA, JAPAN

Small Boutique hotel Setre Naramachi is located in front of the Sarusawa Ike pond where you can view the Five-Storeyed Pagoda of the Kohfukuji Temple, a landmark of Nara. The hotel with only 10 rooms was constructed with an attention to detail, using cedars, Japanese cypresses, soil and stones of Nara, and also using various methods of construction. It's a truly unique experience.



CHIKURININ

YOSHINO, JAPAN

Traditional beauty is mixed with Japanese spirit in this magical hotel and garden. The old and new come together to welcome you onto its specially-made Yoshino cedar wood floor. The guest rooms of the main building feature traditional beauty while the new annex has modern facilities. The cultivated garden, together with a spacious Onsen, is a perfect place to relax after your day on the bike.



SEKISHOIN

KOYASAN, JAPAN

The Sekisho-in is a Buddhist temple at the Koya Mountain and is located conveniently near the main street. Natural beauty offers a unique escape and total serenity, while morning meditation, Buddhist vegetarian cuisine and sutra reading promise to calm your nerves and bring you back to your center.



KYOTO YURA HOTEL MGALLERY

KYOTO, JAPAN

Five star boutique hotel is the first property under MGallery brand, which is inspired by the destination, enriched through arts, history and cultural experiences. In Kyoto Yura MGallery East meets West and it's a perfect blend of old and new. Its location is close to all main city's attractions.



HOTEL VARIATION: NARA HOTEL

NARA, JAPAN

Boutique Hotel is located on the hillside overlooking Nara Park. Opened in 1909, it is one of the most historic hotels in Japan and features classic Japanese architecture and elegant rooms. You will stay at this property in place of Hotel Stre Naramachi on a select 2021 date.



HOTEL VARIATION: KATO RYOKAN

KATO, JAPAN

Ryokan Kato is located near the Senbon Park at the foot of Mt. Yoshino National Park and features panoramic views of the amazing natural scenery. You will stay at this property in place of Chikurin-inon a select 2021 date.



MEETING & DEPARTING

How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays.

We recommend you fly into Kansai International Airport. There are various ways to get from Kansai Airport Station to Kyoto Station, but the easiest and fastest option is taking "terminal-to-terminal" Haruka Express Train, operated by JR West and takes approximately 80 minutes. There are about 30 round trips between Kansai Airport and Kyoto. You can use the JR West Timetable and Fare Finder on www.westjr.co.jp/global/en/timetable/ to find a train time that suits your schedule. Please contact a Trip Consultant if you need assistance with flights or trains.

Meeting Time And Location

Your Trek Travel guides will meet you at 09:45 AM at Hotel Granvia. We'll board a one hour shuttle to Uji, one of the oldest cities in Japan, located on the banks of the Uji-gawa River and famous for matcha green tea production. Here, we'll prepare for our first ride of the trip. Your guides will familiarize you with your Trek bike, including an informal fit session along with safety talks and expectations for the week. If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Setre Naramachi (+81 0742 23 2226) and leave a message with your expected arrival

Departing Time And Location

You will say farewell to your guides at the last night dinner in Kyoto. Next day, on the last day you depart from the hotel at your leisure before check-out at 10 AM. The hotel is very close to the town center and walkable to all the famous sights in the area. If you fly out of the Kansai International Airport, please do not schedule departing trains or flights prior to 5:00 PM.

HOTEL GRANVIA

Before & After: Kyoto,

Hotel Granvia Kyoto is located in the renowned international train station in the heart of Kyoto and is within walking distance to many popular sites and facilities

Japan

Kyoto, once the capital of Japan, is famous for its numerous classical Buddhist temples, as well as gardens, imperial palaces, Shinto shrines and traditional wooden houses. It remains the cultural center of Japan and is also known for formal traditions such as kaiseki dining which consists of multiple courses of precise dishes, and geisha, female entertainers often found in the Gion district. You'll also see the iconic golden temple of Kinkakuji, encircled by a reflecting pool and beautifully manicured gardens. Despite its well-preserved heritage, Kyoto effortlessly embraces the future, with modern buildings, a high concentration of universities and a thriving technology industry. It's Japan's cultural treasure house. We recommend the following accommodations for your pre and post-trip hotel.

and a short bus, train or taxi ride to many others.

www.granviakyo.com | ~\$200

RITZ-CARLTON

The Ritz-Carlton, Kyoto pays tribute to the city's rich cultural heritage, while maintaining a level of luxury and service befitting a 5-star hotel. The downtown resort's design concept is based on five key words and feelings: Utage (Festive), Seido (serenity and movement), Miyabi (elegance), Hana (splendid) and Nagomi (harmony).

www.ritzcarlton.com/en/hotels/japan/kyoto | \$600

SOLARIA NISHITETSU

Solaria Nishitetsu Hotel Kyoto Premier is located in the city of Kyoto, along the Kamogawa river. The hotel features a fantastic view of Kamogawa river and a beautiful Japanese garden directed by Mr. Kazuyuki Ishihara who is a worldwide garden designer. Guests can enjoy Japanese cuisine with a touch of French-style cuisine at on-site restaurant.

solaria-kyoto.nishitetsu-hotels.com/en-gb/ | ~\$180

* Hotels listed above are local properties we love. We do not have special rates available.



FAQS

What Are The Daily Rides Like?

- Rider Type | 3 - Active
- Average Daily Mileage | 30
- Terrain | Hilly
- Average Daily Elevation | 3,200 feet
- Total Miles | 187
- Total Elevation | 18,900 feet

Averages and totals are calculated from our "Today's Ride" options.

The terrain is varied with rolling hills, mountainous areas and challenging climbs. Some days the hills are short and rolling while others include sustained climbing. Distance can be adjusted but difficulty of the rides is due to the elevation. The riding in Japan is technical since there are lot of small roads, steep winding descents, urban riding at the beginning and end of the ride and riding on the left side of the road. Japan is best suited for our Type 3 and 4 Riders. Tandem bikes are not allowed in Nara and Wakayama prefecture therefore we can not accommodate tandem bikes on our trip.

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Temple visits
- Sake tasting
- Sushi cooking class
- Relax in an Onsen
- Walk in a Japanese garden
- Spend the night at a temple and be a part of the monks' rituals

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.