

JAPAN – HONSHU & THE NOTO PENINSULA

7-days / 6-nights inn-to-inn **SELF GUIDED** cycle tour from Kanazawa to Notojima Island



The Noto Peninsula located on the Japan Sea coast of Ishikawa Prefecture, on Japan's largest island Honshu. It offers some of the most unspoiled scenery in the country and just a few short hours' travel from Tokyo and Osaka. The peninsula has a rugged, rocky coastline and well-preserved fishing ports and villages, home to the country's finest seafood production. Cycling around the Noto Peninsula is a unique experience, ride on mainly flat coastal plains and peaceful mountain roads and soak up the atmosphere of a mostly untouristed area.

We provide quality, light-weight bikes for this tour, designed to pack into a 'Rinko' carry bag so you can easily use public transport. Cycle past terraced rice fields, dramatic rock formations and pretty fishing ports and experience the real Japan in so many ways. Meet the local people, learn about local village life and gain an understanding of the regional culture. Stay in traditional family-run lodgings, including hot-spring Ryokan inns, and be delighted by the warm hospitality. Finish each day's ride savouring traditional local cuisine and Japanese dishes made from fresh, local produce.

Dates: Daily departure from April to November, 2021

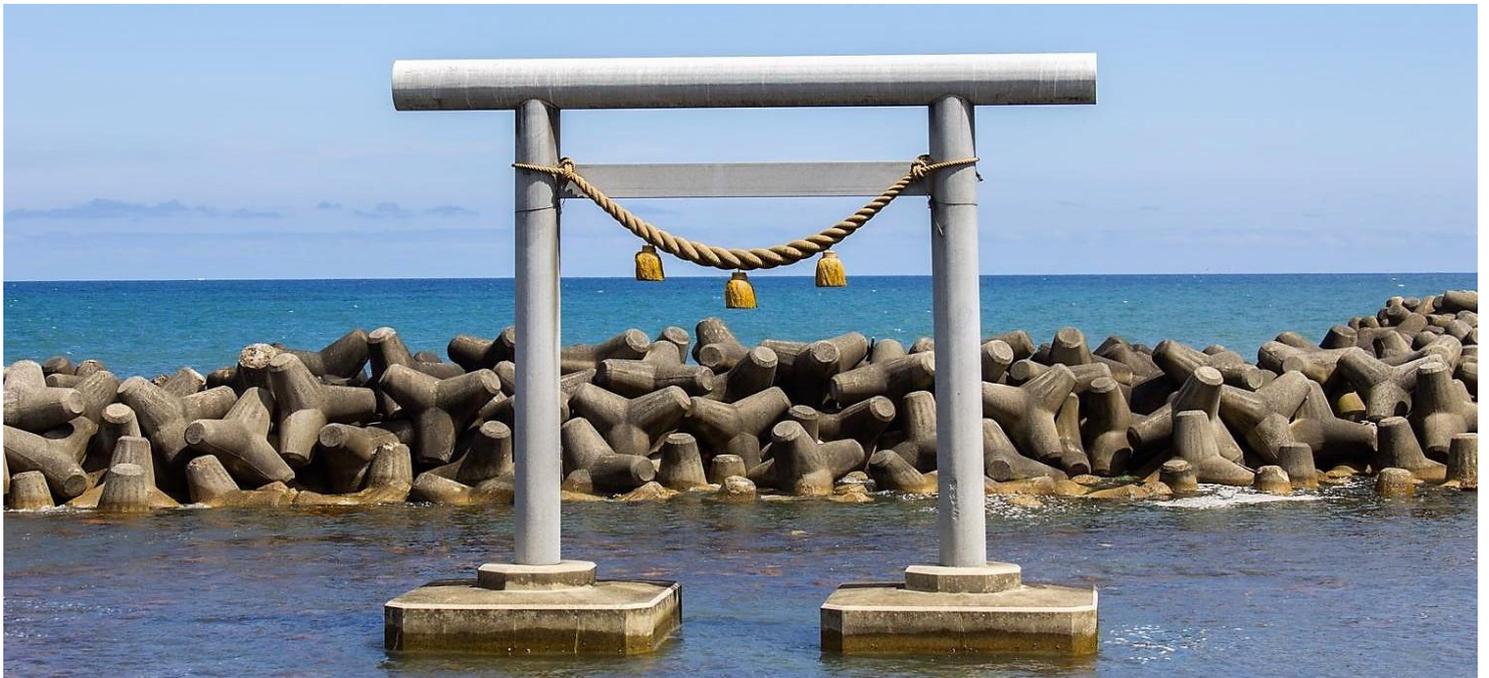
Cost from: \$3460 per person twin share. Single room supplement on request

Includes: 2 nights in comfortable 3 or 4-star hotel accommodation in en-suite rooms; 4 nights in traditional Ryokan and Minshuku, usually with shared facilities; 6 breakfasts, 5 dinners; return train tickets between Kyoto & the Noto Peninsula; pre-paid taxi journey on day 6; hire of high quality multi-geared hybrid bike including helmet, pannier, tool kit, inner tube, spare tyre, bicycle lock & Rinko bag; GPS device rental with route information, detailed day-by-day itinerary & topographical maps; local telephone support, optional briefing in Kyoto.

Not Included: Flights or airport transfers, meals not mentioned, drinks, entrance fees, personal expenses. Luggage transfer is not included but this can be booked locally at extra cost – see overleaf.

Grading: Moderate. Daily cycling routes are 13km up to 66km, with average daily ascent of around 485m, over undulating terrain. Some longer cycling routes can be shortened by using local trains or taxis (paid locally). Luggage transfers are not included but can be organised locally at extra cost – ask for details.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested Itinerary:

Day 1: Meet in Kyoto and travel to Kanazawa

Meet our local representative in central Kyoto for an orientation session with your bike and other gear for your journey. Travel by train to Kanazawa where you can explore cultural treasures such as Kenrokuen Garden, preserved teahouse, Samurai districts and the Omicho food market, a mecca for food lovers. Base of the powerful Maeda Clan (Japanese Samurai group) during the Edo Period, Kanazawa had only a castle and grew to become a city of arts and crafts, rivalling Tokyo in its heyday. The bike paths alongside the Kamogawa River are a favourite. Overnight in a Western-style hotel in Kanazawa.

Day 2: Kanazawa to Togi

Cycling distance @ 45km (4 hours)

After breakfast take the train to Houdatsu then cycle on country lanes past beaches, rice fields and rural villages along the rugged coastline. Visit Keta Taisha Shrine, a holy place for over 2000 years and the nearby Myojoji Temple. Cycle along lovely coastal stretches with unique rock formations before arriving in Togi, your destination for tonight. There is the option of using local trains to shorten today's route (at your own expense). Overnight in a family-run Minshuku in Togi with a home-cooked dinner, or at a comfortable Western-style hotel.

Day 3: Togi to Wajima

Cycling distance @ 51km (4 hours)

In the morning, cycle along coastal lanes and through small villages, then leaving the coast behind, the road passes through mountains to Wajima – a charming port-town producing some of the finest lacquerware in Japan. En route is the famous Sekinohana, a dynamic rock formation created by waves. Visit Soujiji Temple, one of the two 45 head temples of the Soto school of Zen Buddhism. Accommodation is a charming traditional Minshuku with breakfast and dinner included. The area is renowned for the quality of its fish, tonight's dinner is a seafood feast.

Day 4: Daytrip from Wajima to Osawacho

Cycling distance @ 35km (3 hours)

Today, take a day trip to Osawacho about 15km west from Wajima along the coast. Osawacho is a small port with houses along the beach surrounded by bamboo fencing called 'Magaki', that protects the houses from ocean storms and winds. The ride involves a challenging climb, rewarded with ocean views and the chance to witness the local way of village life. Head back to Wajima or take a circular route through the mountains to Wajima. Overnight in a Minshuku family-run guesthouse.

Day 5: Wajima to Suzushi

Cycling distance @ 62km (5 hours)

Cycle along a quiet coastal road to Shiroyone Senmaida, a hillside of two thousand terraced rice fields overlooking the Japan Sea. Continue on a flat road beside the sea past the old houses of Tokikunike and sea salt farms. After some ups and downs, the route heads into the mountains to Suzushi, on the other side of the Noto Peninsula. Suzushi has a delightful atmosphere and is famous for its landmark Mitsukejima Rock. Overnight in a Ryokan or Minshuku.

Day 6: Suzushi to Notojima Island

Cycling distance @ 66km (5 hours)

After breakfast, a short taxi ride from Suzushi brings you to Ogi fishing village with its old fishermen's houses and narrow streets. From Ogi ride along a mostly flat coastal road through small hamlets towards Notojima Island. At Anamizu railway station you board a train for the brief trip to Nishigishi. Cycle over the bridge to reach Notojima Island, where you stay overnight in a Minshuku.

Day 7: Tour ends in Kyoto

Cycling distance @ 13km (1 hour)

After breakfast cycle to Wakura Onsen, a famous hot-spring resort on Nanao Bay over 1200 years old. The town is dominated by large hotels and many Ryokan. Allow time to explore, perhaps enjoying a hot-spring Ryokan as a day visitor – before taking a train via Kanazawa to Kyoto to return your bicycle and where the tour ends.

A note about luggage transfers: These are not included in the tour cost and for self-guided tours we recommend you adopt the Japanese way using the reliable **Takkyubin** courier service. During the tour, you can send larger items of luggage ahead by courier so you don't carry too much and to make the long-distance transfers by bus and train more relaxed (avoiding handling larger items of luggage through stations and on trains). Larger items of luggage do not re-join you on the same day, and you will not have access to them on certain nights so bring a daypack to carry your overnight items.

The inns we use provide soap, shampoo, towels, slippers and Yukata robes, which are worn inside after check-in. Wear your Yukata for dinner, in your room and when walking about, even outdoors. You do not need extra evening clothes and can travel light. Luggage lockers are often available while walking or sightseeing.

Travelling with a bike, Rinko style: You take your bike with you on trains and in taxis, using the uniquely Japanese practice of 'Rinko', where you click off the front wheel of your bike by its quick release lever and pack the bike up into its carry bag. You will be given full instructions of how to Rinko at your pre-tour briefing in Kyoto.



Outdoor Travel offers cycling holidays in many parts of the world including China, Vietnam, New Zealand, the USA, South Africa, in the UK, in Ireland and in Europe. Popular trips in North America, include **Hawaii**, the Napa Valley in California, the **San Juan Islands** in Washington State and in **Oregon**. In Europe ask for details of our cycling holidays in **Umbria**, **Tuscany**, in France **Provence** or the **Loire Valley**, along the **River Danube**, around **Lake Constance**, coast to coast in England or on the Wild Atlantic Way in Ireland. For cycling on pilgrimage trails we offer the **Way of St James** or Camino de Santiago in Spain.

Contact Outdoor Travel for more details and reservations:

- Call Toll free 1800 331 582 or (03) 57551743 or fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au/>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright 3741, Australia