SPICE ROADS
CYCLING



TOURING

COASTAL JAPAN: SAN-IN EXPLORER

Tour Code **JPN-JSI**

10 DAYS 9 NIGHTS

Destinations	Japan
Tour Meets	Tottori
Tour Ends	Izumo
Fly in to	Tottori Airport (TTJ)
Fly out of	Izumo Enmusubi Airport (IZO)
Group Size	4-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

9 Cycling days	**446** km Total cycling distance
50 km Avg distance / day	**677** m Avg climbing / day

PRICING

Price	US$ 7,290
Bike Hire (Hybrid Bike)	US$ 500
Bike Hire (E-Bike)	US$ 750
Single Supplement	US$ 740

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

09 May - 18 May 2027
24 Oct - 02 Nov 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Ferry/boat fares
- ✓ Train rides

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

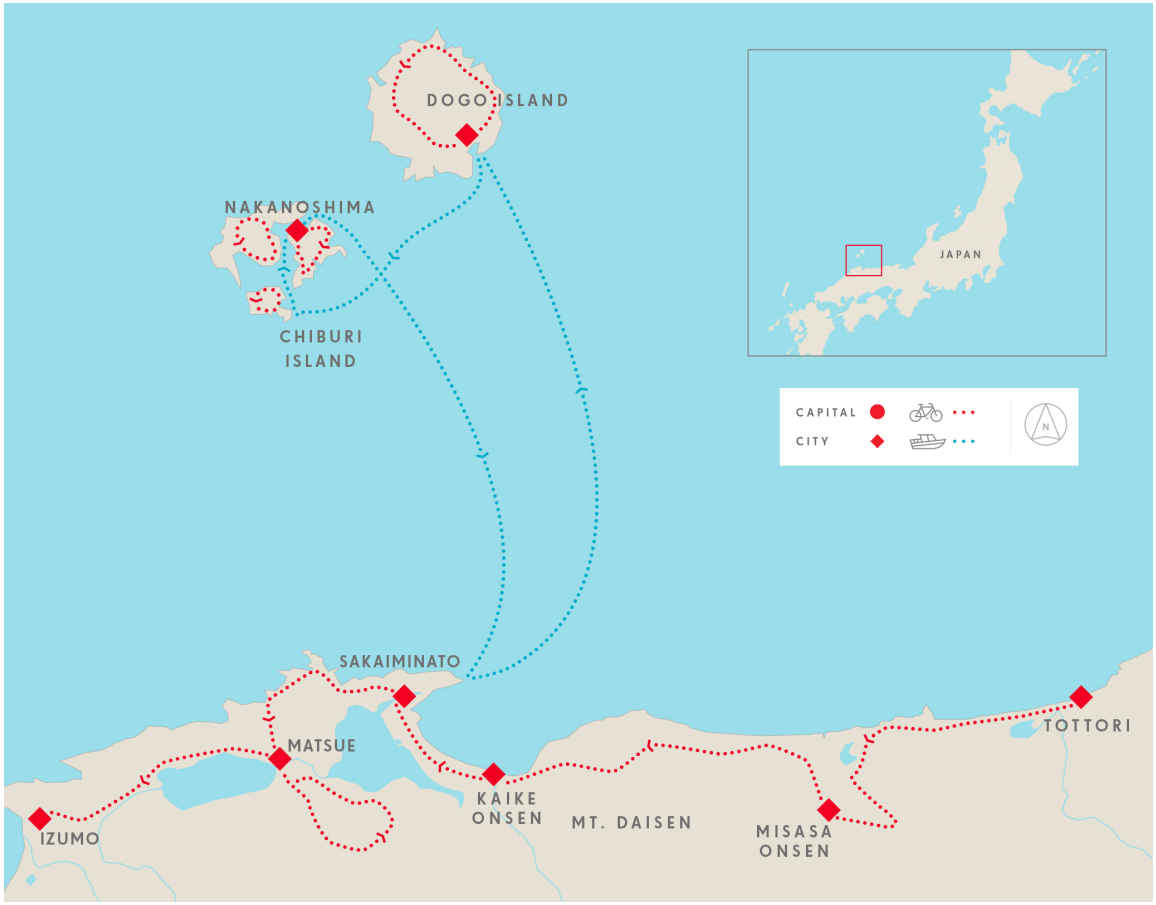
We ride a total of 446 km over 9 cycling days. The cycling in San-in is moderately challenging, with some gradual climbs on most days. There are no rest days, but downtime is to be expected in the afternoons and evenings. All rides are point-to-point, except for a series of ferry rides to and from the Oki Islands, some quick drives to the ports, and a short train ride on the last day to get into Izumo. While biking is the focus of the tour, we also dedicate plenty of time to immersing ourselves in the culture, traditions, spirituality, cuisine, and wellness practices of Japan.

Your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is an active level tour and riders can expect to be challenged by the route and terrain in a variety of ways. We climb an average of 677 m per day, with two days going beyond 1000 m (max 1250 m). Riding distances vary (min 23 km, max 73 km) and we aim for a comfortable pace with frequent cultural and scenic stops. The main challenge of the tour is keeping up stamina over back-to-back riding days and tackling consistently hilly terrain (at times exacerbated by headwinds). Less experienced riders are welcome but should prepare in advance to manage the terrain at a reasonable pace. A support vehicle is available at all times to provide refuge for weary riders.

Biking Conditions: This trip is on paved roads which are mostly in good condition, though broken asphalt, road debris, and potholes do present themselves. San-in is one of Japan's least urbanized regions, so traffic tends to be minimal at all times. However, we still regularly share the road with cars, motorbikes and buses. There are a few unavoidable sections along busier main roads, particularly when entering and exiting cities or near popular attractions. Rainfall is not uncommon in Japan during the spring and fall and, being near the coast means that strong winds and storms can also make an appearance. We generally ride rain or shine, but depending on the guide's discretion or your comfort level, modifications to the planned route can be made. It's all part of the adventure!

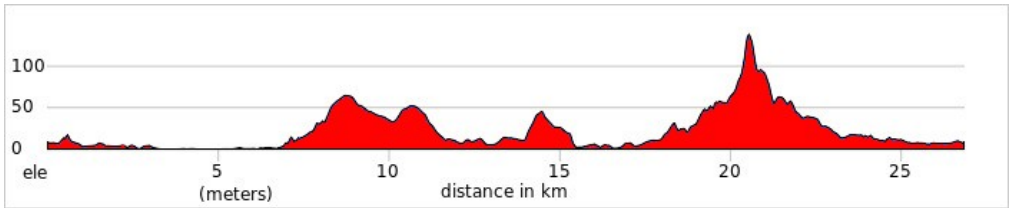
Accommodations: Accommodations on this tour are a carefully vetted mix of Japanese and Western style hotels. In the cities - i.e. Tottori, Sakaiminato, Matsue, and Izumo - you can expect conventional comforts like Western-style beds, spacious layouts, and more varied breakfast options. In rural areas - i.e. Misasa Onsen, Kaike Onsen, Oki Islands – we stay in traditional ryokans, known for their minimalist aesthetic, featuring tatami mats, shoji screens, and futon bedding. Room and ensuite bathroom sizes are likely smaller than you may be accustomed to, breakfasts tend to be local-style (i.e. fish, rice and miso soup), and English is not widely understood. But, you can always expect cleanliness, comfort, an enriching cultural experience, and special amenities like onsen facilities or stunning views.



Day 1: Meet in Tottori

The meeting point for our tour is Tottori City, the gateway to the San-in region. We meet at our hotel by 12:00 hrs. (12:00 PM) for a bike fitting and an easy 27 km warmup ride to the Tottori Sand Dunes, the largest and most visually striking of their kind in Japan. We will also visit the Sand Museum with its impressive sand sculptures. In the evening we convene for a trip briefing and welcome dinner at a local izakaya restaurant. Please let us know if you require assistance with pre-tour hotel bookings.

Hotel Monarque Tottori (Western style) Dinner

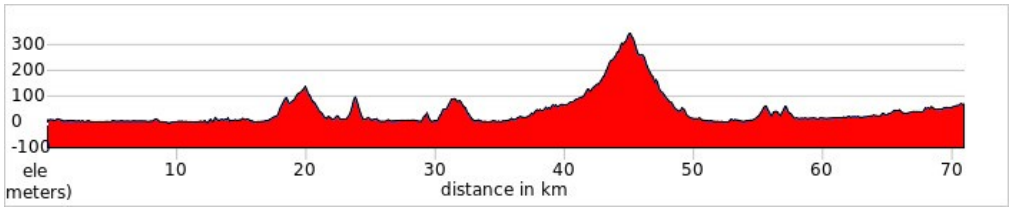


Ride 27km +282m -281m

Day 2: Tottori City - Misasa Onsen

Starting from our city hotel, we weave our way out of Tottori and within 10 km find ourselves riding along the shores of Lake Koyama, a picturesque lagoon with a shrine at its centre. From there, we head towards the Sea of Japan but don't linger on the coast for too long (yet!). Instead, we wind through small, quiet country roads that pass through farmlands and forested hills. At 35 km, the day's major climb begins: a steady 9 km ascent with a 4–5% gradient up to a forest-clad pass. After a well-earned breather at the top, we enjoy an exhilarating descent to Lake Togo, followed by a flatter stretch to the historic city of Kurayoshi. Here, we take a break from cycling for an exclusive temple visit and a stroll through the beautifully preserved warehouse district. From there, it's just 10 km to Misasa Onsen, home to renowned 'miraculous' hot springs — an ideal place to soak and unwind after an exciting day on the bike!

Kiya Ryokan (Japanese style) Breakfast, Lunch, Dinner

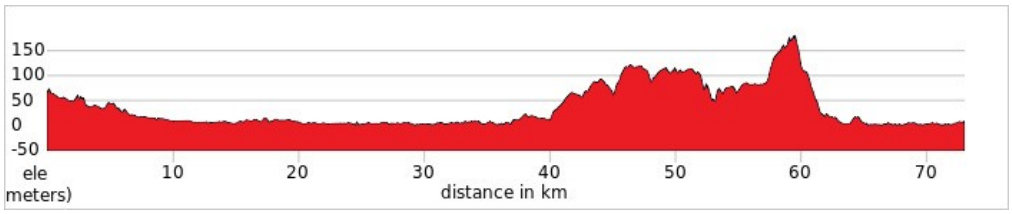


Ride 71km +1005m -944m

Day 3: Misasa Onsen - Kaike Onsen

We head back to the coast by following the course of the Tenjin River for 20 km. Then we veer west, alternating between coast-hugging roads and rural stretches through pear farms and rice fields. Eventually we will begin to catch glimpses of the towering Mount Daisen, a dormant volcano once referred to as the "Mountain of the Great God" and bearing resemblance to the more well-known Mount Fuji. We cycle along the undulating roads on the lower and middle slopes of the volcano, stopping regularly to appreciate the natural beauty of the area and take pictures. Tackling the slopes will involve some gradual as well as steep uphill bursts, though these are always rewarded with refreshing descents downhill. We spend the night in the seaside town of Kaike, known for its onsen and seafood! Make sure to catch the sunset at the sandy Kaike Onsen Beach.

Bayside Square Kaike Hotel (Japanese style) Breakfast, Lunch, Dinner

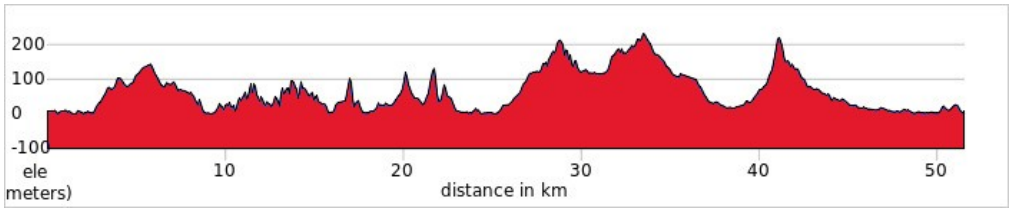


Ride 73km +556m -618m

Day 4: Kaike Onsen - Dogo Island

This morning, we transfer approximately 30 minutes from Kaike to the ferry terminal at Shichirui Bay. Here, we load our bikes and embark on a relaxing 2.5-hour boat journey to the Oki Islands. Consisting of 180 islands and inlets, this volcanic archipelago in the Sea of Japan will be our home for the next three days as we explore all four of its inhabited islands. First up is Dogo Island, the largest of the group, where we head out on a fantastic loop starting from our portside hotel. The first half of the route carries us up the east coast on a stunning stretch of asphalt; the road hugs the shore, glides through forests, and burrows through tunnels beneath the coastal hills. We then veer inland, tackling a steady succession of climbs through the heavily forested interior — home to towering, ancient Japanese cedars. By the 45 km mark, we are back on the coastal plains for the return leg to the hotel. We settle in for our first night in a truly remote and beautiful offshore corner of Japan.

Hotel Miyabi (Japanese style) Breakfast, Lunch, Dinner



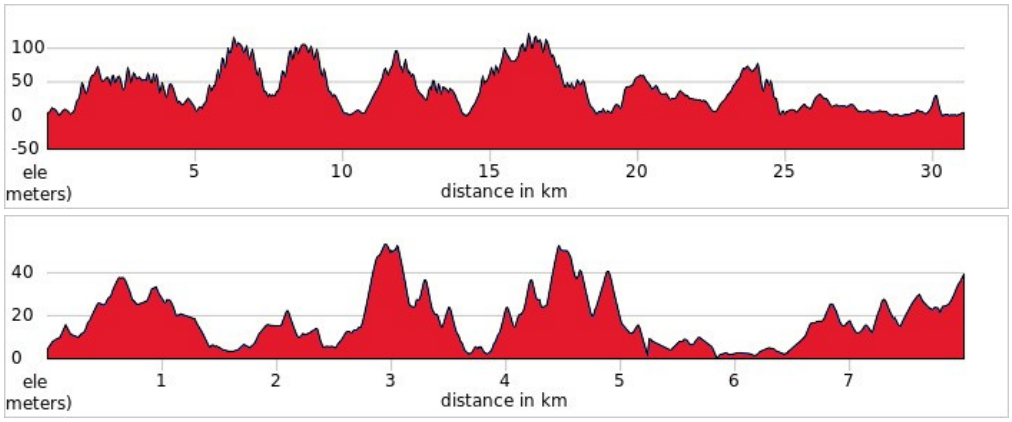
Ride 52km +1250m -1252m

Day 5: Dogo Island - Nakanoshima Island - Chiburi Island

The day begins with a 1 hr 15 min ferry ride across the Oki Strait to the island of Nakanoshima (the second of our four-island traverse). Upon disembarking, we spend the morning and early afternoon cycling around this stunning island. The ride offers a dynamic succession of 1–3 km ascents and descents with mostly gentle to moderate gradients, though be prepared for a few bursts creeping into double digits. We begin by riding down the east coast with lovely views over the bays of Oki's inner islands, before switching to the sparsely populated west coast, filled with dense forests of temperate broadleaf and cedar trees. Eventually, we reach the north of the island and complete our loop back to the pier, cycling through the patchwork of rice paddies sprawling around Ama Town. We then roll our bikes onto a public inter-island ferry to reach Chiburi Island, the southernmost and smallest of the four inhabited Oki Islands. A short 8 km ride across the width of Chiburi delivers us to our hotel, which offers breathtaking views of the ruggedly beautiful seascape.

Hotel Chiburino Sato (Japanese Style)

Breakfast, Lunch, Dinner



Ride 39km

+857m

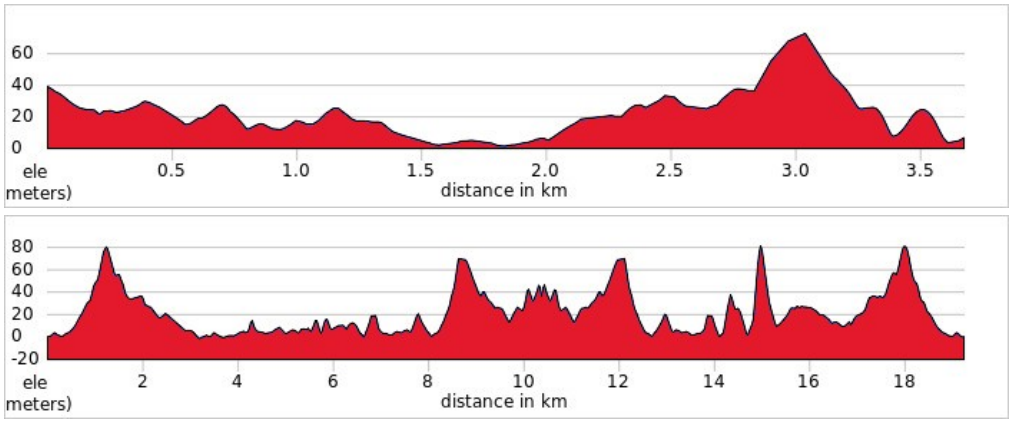
-831m

Day 6: Chiburi Island - Nishinoshima Island - Sakaiminato

We begin with a 4 km ride back to the port and board a ferry to the final of Oki's four inhabited islands: Nishinoshima. Coming off the boat with our bikes, we cut across the island's rolling terrain for 10 km until we reach the spectacular Kuniga Coast, characterized by rugged cliffs, turquoise waters, and unique rock formations. We will walk along a coast-hugging trail to the top of the Matengai Cliffs; towering walls of volcanic rock reaching 257 metres which offer beautiful views of the sea and coastline. We then cycle the 10 km back to the port and board our final boat of the tour, a relaxing 2.5-hour journey back to the Japanese mainland. We spend the night in Sakaiminato, a bustling maritime city with a deep-rooted deep-sea fishing heritage.

Onyado Nono Sakaiminato (Mixed Western/Japanese style)

Breakfast, Lunch, Dinner



Ride 23km

+481m

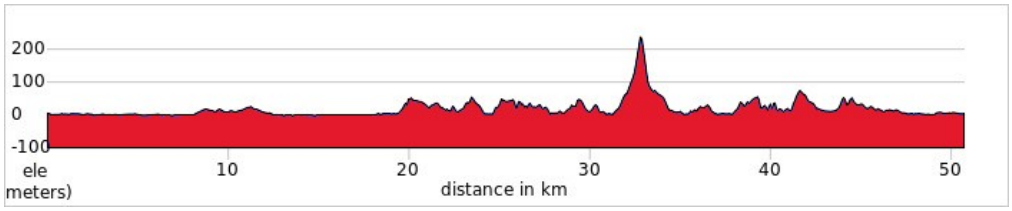
-507m

Day 7: Sakaiminato - Matsue

We make our way out of Sakaiminato which is sandwiched between the Sea of Japan to the east and the Nakaumi Inland Sea to the west. First we will cross the famous Eshima Bridge to the islands of Eshima and then Daikonshima where we will make a stop off at the Yuushien Gardens. These beautifully landscaped Japanese gardens are perfect for a peaceful morning stop before continuing north via a scenic road that seemingly floats on the Nakaumi Inland Sea. We cut across the hilly peninsula and cycle along the nature-rich coastline, climbing up and down for 35 km between a scenic string of headlands jutting out into the Sea of Japan, separated by bays sheltering fishing villages. The final 10 km of the route takes us through rural areas leading into the historic city of Matsue on the shores of Lake Shinji. We'll saddle-off and walk over to the "Black Castle", one of only 12 original feudal-era castles left standing in Japan! Perched atop a hill and surrounded by a moat and thick walls, visiting Matsue castle makes for a great finale to the day.

Matsue New Urban Hotel (Mixed Western/Japanese style)

Breakfast, Lunch, Dinner



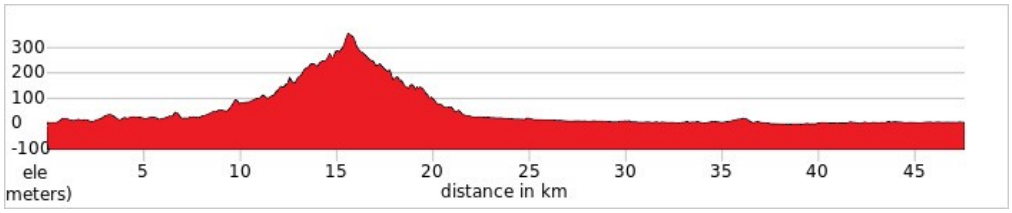
Ride 51km +705m -706m

Day 8: Matsue Rural Loop

With our hotel in Matsue as our base, we've got a fun loop today that covers a large swathe of the forest-covered rolling hills and flat farmlands of the surrounding countryside. For the first 15 km we've got some gradual climbing to do but after that it is all downhill and flat. The highlight of today's ride is a visit to the Adachi Museum of Art in the lovely village of Hirose. The Adachi Museum is renowned for its integration of Japanese art within meticulously maintained gardens that feature lush greenery, carefully arranged rocks and serene ponds. Truly zen! We'll spend some time here before circling back to Matsue via roads flanked by extensive farmlands. Back in Matsue the rest of the day is yours to explore more of the city or simply relax.

Matsue New Urban Hotel (Mixed Western/Japanese style)

Breakfast, Lunch, Dinner



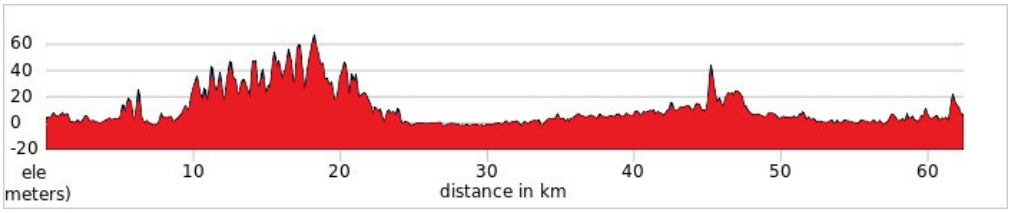
Ride 48km +507m -506m

Day 9: Matsue - Izumo

Time for the home stretch as we cycle east from Matsue to the coastal city of Izumo. After departing Matsue, we ride for 25 km through a tightly packed sequence of small valleys north of Lake Shinki. Expect some sharp bursts up and down complemented by blissful rural surroundings. As we curve around the lake, the roads flatten and we skirt along the banks of two rivers - first the Hii and then the Kando – for 30 km before we are greeted, for the last time on our tour, by the turquoise waters of the Sea of Japan. The remaining few km take us north along the coast to the endpoint of the day's ride: Izumo Taisha. This is one of Japan's oldest and most important Shinto Shrines and certainly one of the most impressive due to its grand architecture! We'll spend some

time exploring the beautiful grounds of the shrine and then hop on a local train for a 30 minute journey to our hotel near Izumo Train Station. We'll enjoy a final dinner together as we celebrate the completion of our San-in cycling exploration.

Green Rich Hotel (Western style) Breakfast, Lunch, Dinner



Ride 63km +446m -444m

Day 10: Izumo Departure

Time to say goodbye! Depending on your onward travel plans, either head to the nearby airport or the train station. Daily flights are available to Tokyo, Osaka, and Fukuoka. Kyoto and Osaka can be reached in half a day by train.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. If you bring your own bike, please make sure it is in good mechanical order. We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

All nationalities require a valid passport that must be valid for six months beyond the intended length of stay. Up to 62 countries have reciprocal visa exemption arrangements allowing nationals from those countries to enter Japan without a visa. Depending on the country, you are allowed to stay in Japan for a certain period of time, which can range from 90 days to six months. For more information, please visit here.

Health

There are no inoculations required for entering Japan though there are general recommendations which you can review here. Please speak to your doctor/physician for the most recent information.

Weather

Japan has a diverse climate. There are four seasons: from April to June is spring. The rainy season is from middle of June to the middle of July. July through end of September can be hot and humid temperatures in the big cities can go as high as 35 degrees Celsius.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, Most meals will be Japanese seafood; a typical breakfast would include rice, a piece of grilled fish, miso soup. We always carry some granola and Muesli with us for those in need. Dinners will include lots of different seafood - some cooked, some raw. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere in Japan, but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US$30 a day for incidentals. Tipping is not customary in Japan, although our guides have received and accepted tips on a voluntary basis.

Money

The currency in Japan is the yen (¥) and is pronounced as ‘en’, with no ‘y’ sound. Though ATMs are everywhere in Japan, it is not always easy to use them as most only work with Japan-issued bank cards and credit cards. The exception is Japan’s post office ATMs which accept cards that belong to the following international networks: Visa, Plus, MasterCard, Maestro, Cirrus American Express and Diners Club cards. In addition to postal ATMs, you will find a few international ATMs in big cities and at the major airports. International cards also work in Citibank Japan ATMs.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour

and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

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