SPICE ROADS
CYCLING

ROAD

OKINAWA BY ROAD BIKE

Tour Code
JPN-OKR

8 DAYS
7 NIGHTS

Destinations	Japan
Tour Meets	Naha
Tour Ends	Naha
Fly in to	Naha Airport (OKA)
Fly out of	Naha Airport (OKA)
Group Size	4-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

6 Cycling days	**387** km Total cycling distance
65 km Avg distance / day	**755** m Avg climbing / day

PRICING

Price	US$ 4,695 to US$ 4,995
Bike Hire (Road Bike)	US$ 320
Bike Hire (Carbon Road Bike)	US$ 520
Single Supplement	US$ 460 to US$ 475

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

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

DEPARTURES

15 Nov - 22 Nov 2026
17 Jan - 24 Jan 2027
07 Mar - 14 Mar 2027
04 Apr - 11 Apr 2027
14 Nov - 21 Nov 2027
05 Dec - 12 Dec 2027

TRIP PROFILE

We ride a total of 387 km over six cycling days. This is a true point-to-point journey from hotel to hotel with no required vehicle transfers, culminating in a complete clockwise loop of Okinawa Island. This tour has been designed for road cyclists looking for a mildly challenging route complemented by comfortable resorts, leisurely meals, and ample time to relax. You will be fully immersed in the coastal landscapes and fusion culture of Okinawa, with a key highlight being the time spent in Yanbaru National Park, a UNESCO World Heritage Site renowned for its subtropical rainforests and rare wildlife. For racing enthusiasts, you will appreciate riding on the same legendary tarmac used for the UCI Tour de Okinawa.

The trip is fully supported, and 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 tour is ideal for experienced road cyclists comfortable with back-to-back riding days. Daily distances range between 46 km and 80 km with consistently undulating terrain. Days 4 and 5 are the most demanding as we climb across the forested hills of the north, with daily elevation gains of between +950 m and +1,500 m. Riders with less experience are very welcome; this is a fantastic intermediate-level tour to help push your boundaries — just be sure to prepare by building stamina for a week of cycling without a rest day and strength for the climbs. As Okinawa does not have dedicated bicycle paths, you should be comfortable cycling in urban traffic and sharing the road with other vehicles. While a support vehicle follows the group at all times to transport luggage, supplies, and refreshments, please note that passenger seats are limited and you should come prepared to ride the full daily distances.

Biking Conditions: The roads in Okinawa are mostly in excellent condition. The south of the island, home to sprawling and densely populated urban zones, features busier traffic and more frequent intersections, especially around Naha and Okinawa City. In the north, the environment shifts to quieter, more rural and forested landscapes. While the majority of the tour follows high-quality asphalt, the secondary roads and narrower country lanes in these more remote areas can occasionally feature crushed coral, limestone debris, or patches of gravel. While we have scheduled our departures to avoid the wettest months of the year, subtropical showers can occur at any time. We generally ride rain or shine; however, based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!

Accommodations: Okinawa is a prime Japanese holiday destination and is home to many resorts and hotels. On this tour, we have curated a selection of stays that transition with the landscape of the island. You will experience everything from sleek, modern hotels in or near the vibrant cities to expansive seaside resorts offering panoramic ocean views and soothing spa facilities. As we venture into the remote north, we retreat to a tranquil, nature-focused lodge nestled within the UNESCO-listed rainforest. Throughout, you can expect clean rooms, hot showers, professional service and, depending on the particularities of each property, extras such as inviting pools, gorgeous views, and delectable cuisine. Do not expect all hotel staff to speak English. For larger groups, we may need to use more than one accommodation and, in case of limited availability, switch to an alternative property from the one listed in the itinerary.

Day 1: Meet in Naha

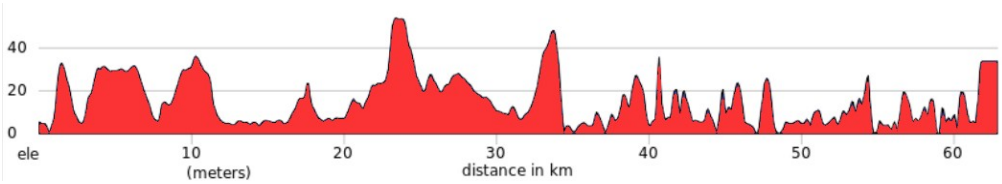
Welcome to **Naha**, the energetic gateway to Okinawa! Try to arrive as early as possible to explore this **tropical yet cosmopolitan city**, totally different from other urban centres in Japan. Make sure to visit the legendary Shuri Castle, the former royal palace of the Ryukyu Kingdom for over 400 years, and stroll down Kokusai Street, the city's main 1.6km thoroughfare lined with shops, bars, and restaurants. In the evening we meet for a trip briefing and **welcome dinner**. Please let us know if you require assistance with pre-tour hotel bookings.

La'gent Hotel Okinawa Naha Dinner

Day 2: Naha → Onna

Time to hit the road! Starting in Naha means navigating some traffic for the first 20 km, but we take a controlled, steady pace as we exit the city. We take our first break at **Araha Beach**, the perfect spot to transition from urban buzz to island vibes with its long stretch of white sand and clear waters. From here, the route begins to open up, and **Okinawa's famous blue, coastal scenery** takes centre stage as we push further north. By around 30 km, we curl around **rugged Cape Zanpa** with its iconic white lighthouse and continue along the west coast road to **Onna, renowned for its sea view resorts**. We spend the night at one of them! Dinner is on your own tonight, giving you the choice to eat at the hotel or venture out to an izakaya.

Okinawa Kariyushi Beach Resort Ocean Spa Breakfast, Lunch

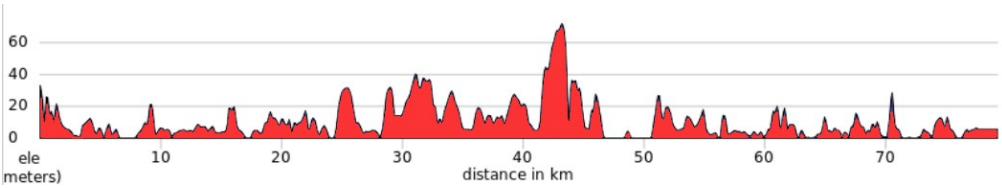


Ride 63km +536m -508m

Day 3: Onna → Okuma Beach

We leave Onna behind and head north along **Route 58**. After 10 km, we veer onto the **Motobu Peninsula**, riding through a string of seaside towns and fishing ports interspersed with farmland and forests. The highlight of the day arrives at 50 km where we cross the **spectacular Kouri Bridge**. Stretching nearly 2 km over shimmering emerald waters, it feels like riding across the ocean itself. Once across, we stop at a popular island food court to refuel with local delicacies like seafood bowls or taco rice while enjoying a front-row view of the bridge and beach (the cost for lunch is not included). We then cycle back across the bridge, cross the tiny Ojima Island, and rejoin Route 58 for a blissful **20 km coastal stretch** to today's seaside resort near **Okuma Beach**. The rest of the day is yours to lounge on the sandy beach, go snorkelling, and find a tasty dinner.

Okuma Private Beach & Resort Breakfast

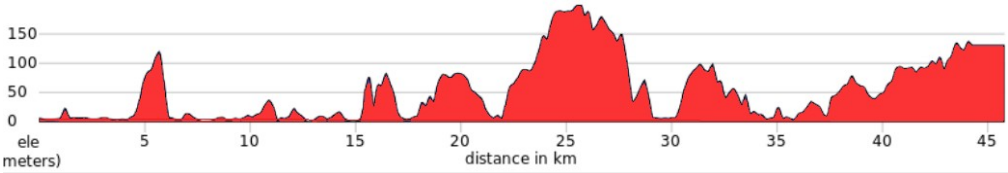


Ride 79km +616m -641m

Day 4: Okuma Beach → Yanbaru National Park

Continuing to follow Route 58, we begin the day by riding leisurely along the East China Sea coast, darting through tunnels and tackling a few short, punchy climbs. After around 21 km, we reach **Cape Hedo, a dramatic limestone cliff** marking the **northernmost point of Okinawa**, where the Pacific Ocean and the East China Sea meet in a spectacular display of foaming white water. From here, we head inland, ascending into the hilly forests of **Yanbaru National Park, a UNESCO World Heritage Site renowned for its subtropical rainforests and rare wildlife, including the flightless Okinawa rail**. A refreshing descent then brings us to lunch in a small town before riding along the east coast on a peaceful stretch of tarmac. A final series of climbs brings us back into the interior, where we end our ride at a secluded hotel on the edge of Okinawa's great, ancient forest. Dinner tonight is included at the hotel's excellent restaurant.

Ada Garden Hotel Okinawa Breakfast, Lunch, Dinner

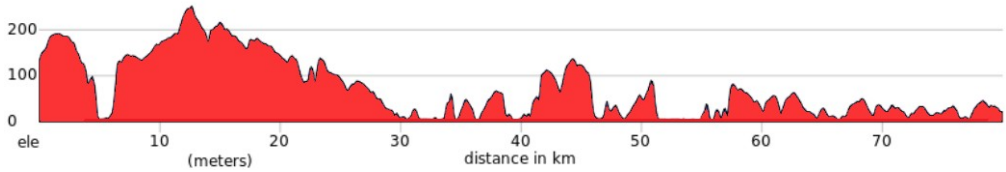


Ride 46km +975m -850m

Day 5: Yanbaru National Park → Kin

Having reached the far north of Okinawa, it is time to head back south — this time along the rugged east coast! The day begins in the wild forests of Yanbaru National Park where, after a short opening ascent, we plunge down to the **Aha River**. From here, the road veers inland with some **consistent climbs** (around 7 km with an average gradient of 5%) through a mix of tropical foliage and farmlands. Look out for **pineapple plantations** with their rows of spiky green crowns; these become ever more numerous as we approach **Higashi Village**, Japan's top producer of the fruit. From the 30 km mark onwards, we settle into a steady rhythm of "up-down-straight-repeat" as the road predominantly tracks the **Pacific coastline**, winding from one headland to the next. We end our ride at a sea view hotel near the town of Kin, having traversed nearly half of Okinawa's east coast in just one day. For dinner, we suggest indulging in the **Kin classic of Taco Rice**, invented in the 80s by combining Tex-Mex taco ingredients with Japanese white rice to satisfy hungry US Marines.

Asbo Stay Hotel Breakfast, Lunch

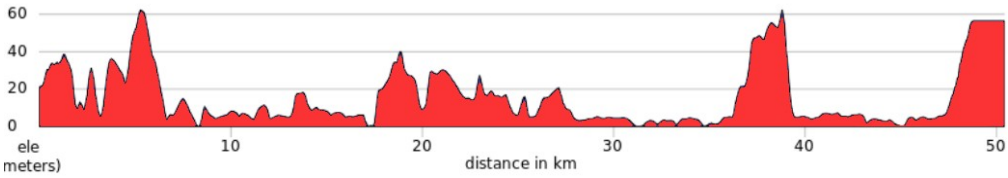


Ride 80km +1401m -1517m

Day 6: Kin → Okinawa City

After yesterday's epic traverse, we take it easier today with a gentle early morning ride into the **densely populated heartland of southern Okinawa**. The first half takes us around the sweeping bight of **Kin Bay** and through Uruma City. The highlight of the ride comes at around 37 km where we plant our wheels on the **Kaichu-doro, a spectacular causeway surrounded by the turquoise shallows of the Pacific Ocean**. We stop for a break here, cycle back to the mainland and transition into some gritty **urban riding** as we navigate the roads into the heart of **Okinawa City**. The afternoon is free to explore town, which still heavily reflects its 1970s heyday. Known historically as Koza, the city's identity was shaped as a "base town" during the Vietnam War. You'll see this in the vintage English signage, old-school rock bars, and the neon lights of **Gate 2 Street** where you can head for dinner.

Okinawa Grand Mer Resort Breakfast, Lunch

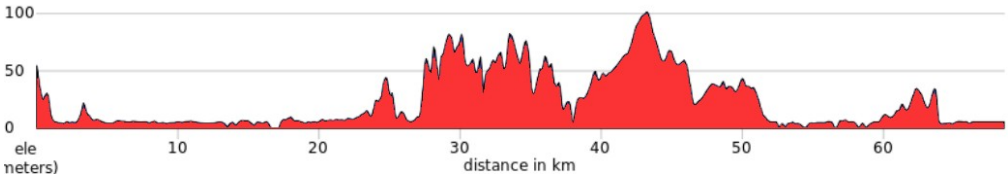


Ride 50km +396m -360m

Day 7: Okinawa City → Naha

Today we come full circle, looping around Okinawa's southern point back to Naha! Our final day on the bike takes us through the historic landscapes of Southern Okinawa, leaving the urban sprawl behind for the **rugged limestone cliffs and coastal roads of the Chinen Peninsula**. We'll hug the shoreline as we round the southern tip of the island, passing through the **Peace Memorial Park**, a moving and beautifully landscaped tribute to the island's history. The final leg is a scenic run through the fishing port of **Itoman** and around the Naha airport perimeter before the final push into the city centre. We finish our traverse in the capital, where we'll celebrate the end of our journey with a **farewell dinner** and some **optional bar hopping in true Okinawa style!**

La'gent Hotel Okinawa Naha Breakfast, Lunch, Dinner



Ride 69km +606m -652m

Day 8: Naha Departure

Our cycling tour has ended, but feel free to stay longer and discover other islands of the Okinawa Archipelago or travel elsewhere in Japan. From the nearby Kerama Islands with their world-class snorkelling to the remote, white-sand beaches of Kume Island, the ferry terminals in Naha are your gateway to the rest of the Ryukyu chain. Whether you choose to fly north to Tokyo or take a slow boat through the southern islands, Naha is the perfect springboard for your continued adventures. Please let us know if you need assistance with post-tour hotel bookings.

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 a road bike in good mechanical order.

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

145 Soi Pridi Banomyong 14 (Mee Suwan 3)
Sukhumvit 71 Road, Phra Khanong Nuea, Watthana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

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