

SPICE ROADS

CYCLING



UNSEEN CENTRAL JAPAN: FROM THE COAST TO THE JAPANESE ALPS

Tour Code
JPN-UCJ

9 DAYS
8 NIGHTS

	Destinations	Japan
	Tour Meets	Kanazawa
	Tour Ends	Takayama
	Fly in to	Komatsu Airport (KMQ)
	Fly out of	Toyama Airport (TOY)
	Group Size	4-14 riders
	Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE



8 Cycling days	407 km Total cycling distance
55 km Avg distance / day	754 m Avg climbing / day

PRICING



Price	US\$ 6,200
Bike Hire (Hybrid Bike)	US\$ 360
Bike Hire (E-Bike)	US\$ 630
Single Supplement	US\$ 510

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

DEPARTURES



17 May - 25 May 2026
31 May - 08 June 2026
25 October - 02 November 2026
08 November - 16 November 2026

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)

WHAT'S EXCLUDED

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

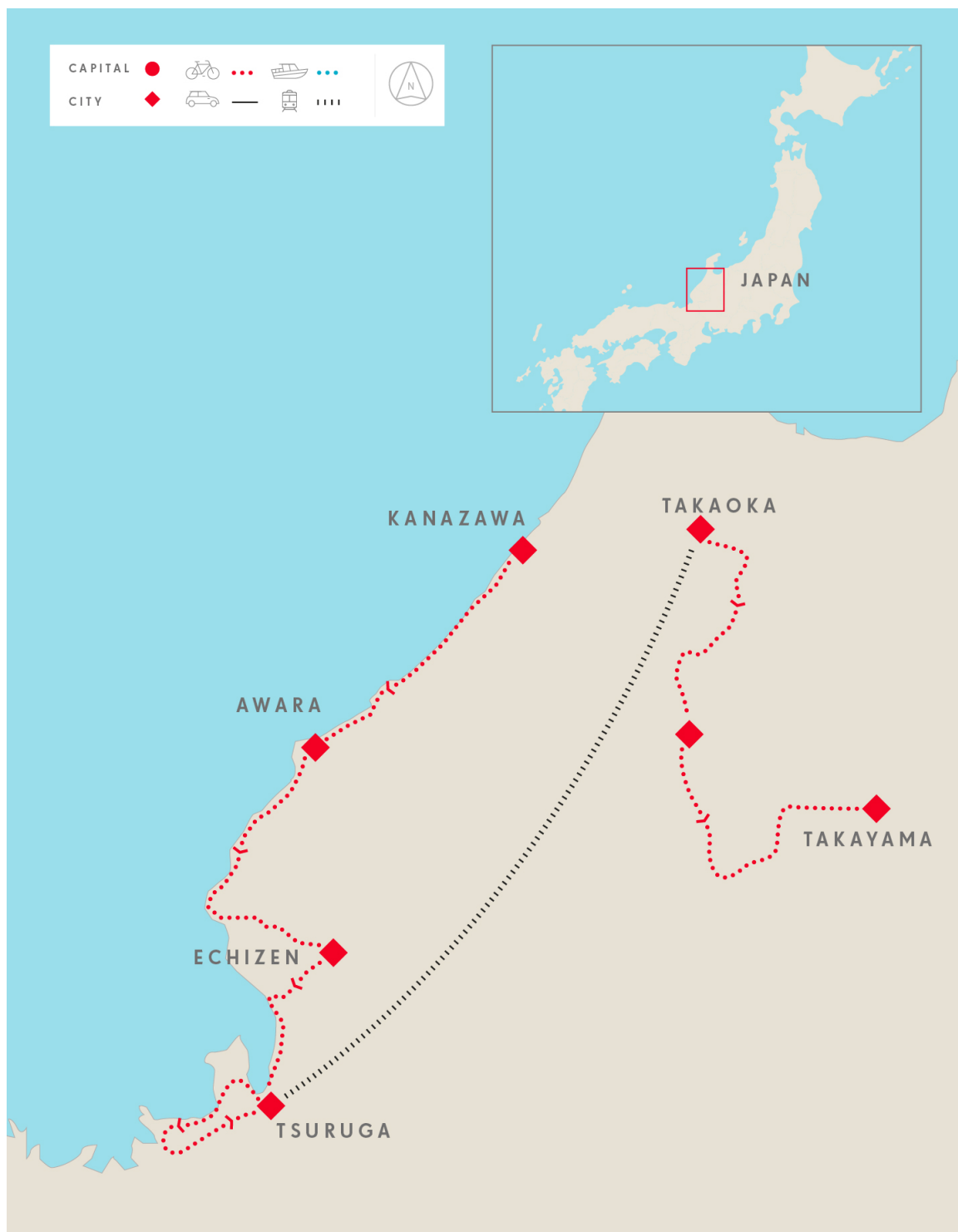
TRIP PROFILE

We ride a total of 418 km over 7 cycling days. The tour begins in Kanazawa, easily reachable by high speed rail from major airports, as well through its own smaller airport. All the rides are from hotel to hotel except a transfer from the coast to the Japanese Alps by high-speed rail on Day 6. The trip begins with several days of riding on or near the coast, with stops to explore the region's long sea-faring heritage amid striking scenery. These rides have moderate, rolling climbs. On Day 6, after the train transfer, we have a short city ride in Takaoka, giving our legs a respite. Days 7 and 8 feature the most climbing (more than 1000 m of elevation gain), including some longer sustained climbs with pretty mountain vistas. While there is plenty of cycling on the trip, we add depth by visiting a variety of local sites for a true feel of the region. Day 9 is our departure day from Takayama.

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 is an active level tour and riders can expect to be challenged by the route and terrain in a variety of ways. There is the possibility of high winds along the coast, and several days feature significant climbing. Though a support vehicle with water, refreshments and empty seats is always nearby, good cycling fitness and solid climbing experience is recommended for full enjoyment of this trip. Cyclists should also be prepared to cycle in some tighter roads with traffic.

Biking Conditions: Most of the routes are on smooth pavement, with some sections on hard-packed gravel trails. We have chosen bicycle-friendly routes, though we will share paths and roads with other cyclists, pedestrians, and motor vehicles of various sizes. It is important to have bike-handling skills to negotiate crowded sections of road that we may pass through. We generally ride rain or shine, but 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!



Day 1 Meet in Kanazawa

Meet your guide at the hotel and go to dinner with your fellow travelers in Kanazawa, famous for its medieval castle with extensive gardens. The huddled houses and shops of the old town are also fun to explore on foot.



Dormy Inn Kanazawa or similar



Dinner

Day 2 Kanazawa - Awarazawa

We depart Kanazawa after breakfast and cycle to the Sea of Japan on a dedicated cycling path along the rugged coastline, passing through small fishing villages along the way, and arrive at Kaga, a town known for producing Kutani ware ceramics and a distinctive type of silk called kaga habutae. Here, we take a break from cycling to enjoy a local lunch and take a stroll through the town. Recharged and rejuvenated, we continue the journey towards the resort of Kyukamura, our final destination, with just a couple of small slopes along the way. Enjoy the

sunset at the nearby Oshima pedestrian bridge with its distinctive red-painted timbers, leading out to a small island with interesting geological features, shrines, and walking paths.



Kyukamura Eichizen Mikuni or similar



Breakfast, Lunch, Dinner



Ride 72km



+475m

Day 3 Awara - Echizen

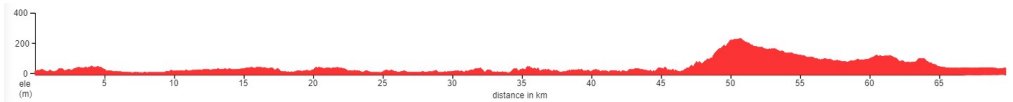
Today, we ride south along the picturesque Echizen-Kaigan coastline with its waterfalls and natural stone arches. En route, we stop by an Edo-era village constructed between the 17th and 19th centuries, and visit a ship museum where we will learn about the many interesting facets of maritime life hundreds of years ago. Lunch today will be the famed soba noodles, good fuel for our afternoon ride, where we will turn inland towards the town of Echizen. This is a city of artisans long known for producing blades, traditional washi paper, and textiles. The town was also an important strategic location in feudal Japan, with many fortresses and ruins still visible in the area.



Route Inn Echizen or similar



Breakfast, Lunch, Dinner



Ride 70km



+920m

Day 4 Echizen - Tsuruga

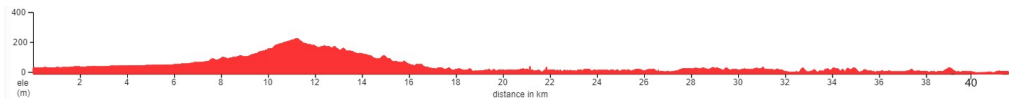
Begin your day with a fascinating tour of the Takefu knife factory, where the artistry of Japanese blade-making comes to life. After witnessing the craftsmanship of these renowned artisans, set out on a scenic ride back to the coast along a historic train line turned cycling route, offering a glimpse into Japan's transportation history. This was once the Hokuriku Railroad, a regional service which evolved in the 20th century out of former horse car lines. Today, it makes for a wonderful way to cycle through this region, revealing the history, culture, and natural beauty of Japan's coastal landscapes and historical landmarks. We pass through tunnels and quiet forested sections along the way. The path leads us to Tsuruga, where we will spend the next two nights. This has long been an important port, and it is the Sea of Japan coastal city nearest to the Pacific Ocean.



Chobei Inn or similar



Breakfast, Lunch, Dinner



Ride 42km



+465m

Day 5 Tsuruga

For our final coastal ride in Fukui prefecture, we embark on a stunning loop around the five lakes of Mikata and Wakasa Bay, including a break for lunch at a seafood restaurant in a tranquil setting. We also pass through Wakasa National Park with its striking rock formations and "ria coastline" (a submerged prehistoric river valley that opens to the sea). The park is sparsely populated, but it does hold several fishing villages and a feudal castle. Keep your eyes open for the wildlife: the park is also home to deer, wild boars, and various species of birds. This ride offers magnificent views throughout, and is the perfect way to conclude the maritime portion of

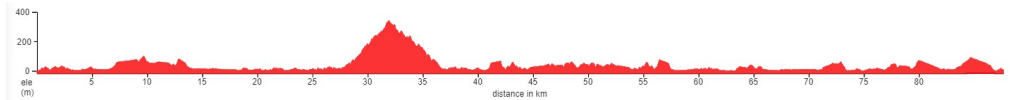
the tour. We finish the day riding back into town. Take some time to explore the city further before we meet again for dinner.



Route Inn Tsuruga Ekimae or similar



Breakfast, Lunch, Dinner



Ride 70km



+730m

Day 6 Tsuruga - Takaoka

Today, we experience a dramatic change of landscape as we travel inland by train. The “shinkansen” bullet train is an iconic form of transportation in Japan, so we appropriately use it to whisk us from Tsuruga to Takaoka. Once we have arrived and checked into our hotel, we will take a short city bike ride to visit key sites, including the Zuiryū-ji Temple, an elegant 17th-century wooden structure designated a National Treasure with its Great Buddha statue (ranked among the three most prominent in Japan) and sprawling grounds. Takaoka has long been known for its lacquer crafting and bronze casting, traditions that continue to this day, and we will see numerous impressive examples of the art forms during our ride around the city. After this day of trains, bikes and urban exploration, we will gather for dinner and try the local cuisine of this inland region.



New Otani Takaoka or similar



Breakfast, Lunch, Dinner



Ride 15km

Day 7 Takaoka - Shirakawago

This morning, we follow a bike path along the Oyabe River to the base of the mountains and stop to see Inami Betsuin Zuisen-ji Temple, one of the largest wooden structures left standing in Japan, with its intricate carvings. Next, we head into the mountains for a few good climbs and find ourselves in the pristine sylvan landscape of the Japanese Alps. After arriving, we can settle into our lodgings for the night and explore the village Shirakawago, a UNESCO World Heritage Site famous for its gassho zukuris, or thatched roof houses, which require painstaking labour, skill and preparation to maintain. They once housed multiple families each, with different sections of the houses also used to produce silk and gunpowder. We spend the night at one such 200-year-old house and eat traditional mountain food with other guests at one sitting. An after-dinner dip at the local onsen is recommended.



Shirakawago Gassho Zukuri or similar



Breakfast, Lunch, Dinner



Ride 60km



+1426m

Day 8 Shirakawago - Takayama

Today is our last day of cycling on the trip, and as a fitting finale, it begins with the longest sustained climb of all, leading us towards Takayama, deeper in the Japanese Alps. Riding out of Shirakawa-go, from an altitude of approx. 500 m above sea level, we gradually climb up 1100m for the first 45km of the route. There are some wonderful views to be enjoyed along the way, with the picturesque shores of Miboro Lake and quaint rural villages among forested hillsides and valleys. With most of the climbing done in the morning, we arrive at a section with gentler, rolling slopes, then enjoy two great descents before reaching our destination Hida Takayama, often named Little Kyoto because of the similarity of its architecture and quaint atmosphere. For hundreds of years, the city's remote mountain location led its unique culture to develop in isolation, and it still holds scores of distinctive pagodas, houses, shrines, and other protected heritage sites. Takayama is also known for its woodworking tradition and celebration of many

folk festivals throughout the year. Tonight, we will mark the final evening of our trip with a special dinner, reflecting on our journey in these special surroundings.



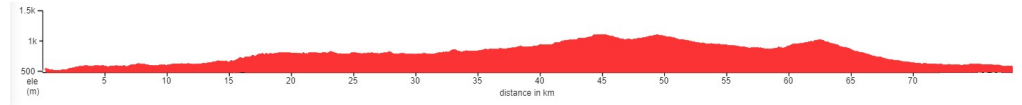
Tokyu Stay Hida Takayama, Takayama Dormy Ouan, or

Wat Hotel & Spa



Breakfast, Lunch,

Dinner



Ride 78km



+1249m

Day 9 Takayama Departure

Today, we depart for our onward travels, or spend more time in Takayama. From here, you can travel to other cities and airports in Japan 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

The bikes are well-known hybrid bikes. E-bikes are available upon request. You can bring your own pedals, (rail type) seat, and handlebar extensions which we can fit for you. If you bring your own bike, please make sure it is 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

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