SPICE ROADS
CYCLING



TOURING

# JAPAN HERITAGE

Tour Code
**JPN-JHB**

**7** DAYS
**6** NIGHTS

| | |
|---|---|
| Destinations | Japan |
| Tour Meets | Kyoto |
| Tour Ends | Kyoto |
| Fly in to | Kansai International Airport (KIX) |
| Fly out of | Kansai International Airport (KIX) |
| Group Size | 4-14 riders |
| Minimum Age | 18 (on scheduled departures) |

## ACTIVITY PROFILE

| | |
|---|---|
| **6** Cycling days | **274** km Total cycling distance |
| **46** km Avg distance / day | **405** m Avg climbing / day |

## PRICING

| | |
|---|---|
| Price | US$ 5,390 |
| Bike Hire (Hybrid Bike) | Included |
| Bike Hire (E-Bike) | US$ 280 |
| Single Supplement | US$ 450 |

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

## DEPARTURES

05 Apr - 11 Apr 2027
10 May - 16 May 2027
27 Sep - 03 Oct 2027
04 Oct - 10 Oct 2027

## WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Bike and helmet
- ✓ Snacks and drinks
- ✓ Entrance fees
- ✓ Cooking class

## WHAT'S EXCLUDED

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

## TRIP PROFILE

This trip is 274 kilometres entirely on tarmac in good condition and on a mixture of secondary roads and paved bicycle paths. Some of the days cycling in Kyoto and Nara are on primarily flat terrain, however the countryside surrounding Kyoto can be hilly with some steep sections. The support van will always be nearby if you need a rest or a lift to the top! 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**: The route has been designed with manageable distances and terrain, and can be done by anyone with a reasonable fitness level. A support truck is always available to help when necessary, except on Kyoto city days and while riding on dedicated bicycle paths.

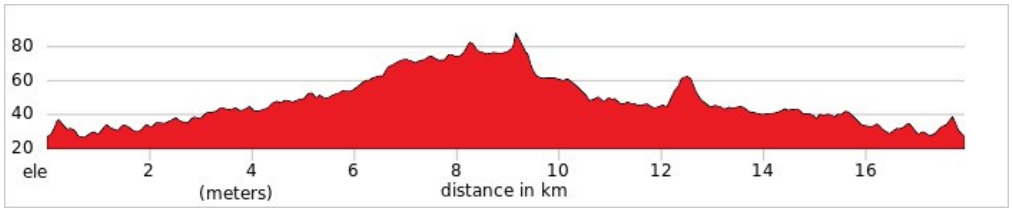
**Biking Conditions**: The roads are smooth tarmac in excellent condition. The distances aren't long, but some smaller roads in the mountain areas outside the city may be a bit rough and steep in places.




## Day 1: Kyoto by Bike

On this adventure we hit the ground running (well, cycling)! Meeting at our tour hotel at 09:00 AM we'll waste no time and head out on an inaugural 18 km ride to discover Kyoto which, for over a millennia, has been the cultural center of Japan. The city's flat terrain, excellent bike paths, and treasure trove of heritage sites makes for wonderful urban riding. We visit Heian Shrine for a look at its massive red tori gate and wander the grounds of two of Kyoto's most picturesque Zen temples: Ginkaku-ji (Silver Pavilion) and Nanzenji Temple. Before concluding the ride we'll also swing by the Gion District, famous for its tea houses and traditional Geisha culture. Along the way we'll stop for lunch at a local restaurant and, in the evening, we'll enjoy a welcome dinner.

Via Inn Kyotoeki Hachijoguchi (Western-style)  Lunch, Dinner

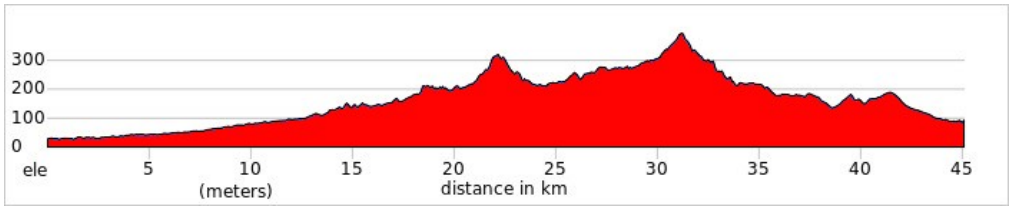



Ride 18km +92m -92m

## Day 2: Kyoto – Ogoto

Today we trade the hustle and bustle of central Kyoto for the serenity of its rural hinterland. The ride is one of the hilliest of the trip, but our efforts will be rewarded when we arrive in Ogoto, an area renowned for its hot springs (onsen)! Cycling out of Kyoto, we head for the forested, northeastern hills where we'll stop in the ancient farming village of Ohara. The village is home to a lovely collection of historic Buddhist temples, chief among them being Sanzen-In. Founded by the influential monk Saicho in the late 8th century, this Tendai Buddhist temple consists of imposing stone walls, tea rooms, halls, and gardens. We'll take our time to stroll around Ohara and Sanzen-In and, after lunch, complete the ride to Ogoto, located near the shores of Lake Biwa. We aim to arrive in time for a refreshing soak in the hot spring waters and, for dinner, we'll enjoy kaiseki - a traditional multi-course Japanese meal known for its artful presentation and use of seasonal ingredients.

Komorebi Ryokan (Japanese-style) Breakfast, Lunch, Dinner

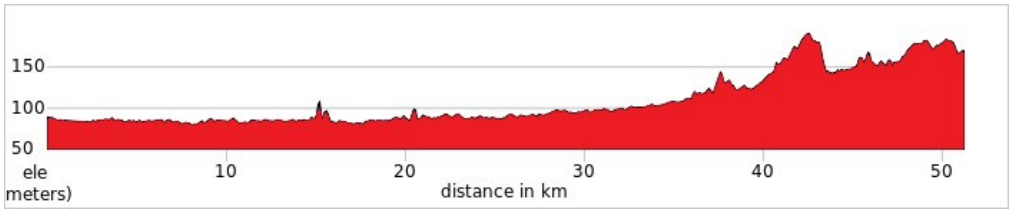



Ride 45km +712m -649m

## Day 3: Ogoto - Lake Biwa - Koka

After breakfast we jump on the saddle for a great day of riding along the shores of Lake Biwa, Japan's largest lake, and its surroundings. Our route takes us straight across the kilometer and a half long Biwako Ohashi Bridge. As we pedal, enjoy wonderful views across the expansive waters. Once we have reached the other side of the lake we will skirt along the shores until we reach the picturesque town of Omihachiman. Here we'll explore the medieval canal flanked by cobbled walls and traditional houses. We then continue to traverse the scenic countryside until we reach the town of Koka where we'll spend the night.

Route-Inn Koka Minakuchi (Western-style) Breakfast, Lunch, Dinner



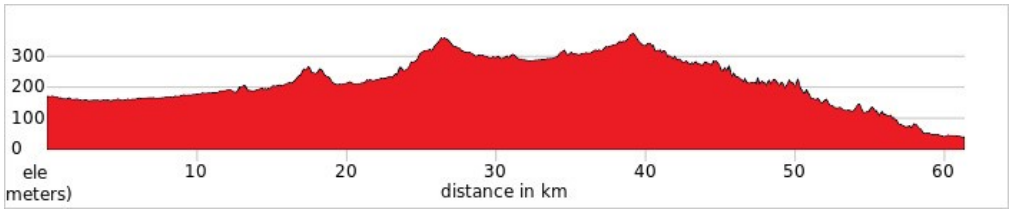

Ride 55km +228m -107m

## Day 4: Koka - Nara

In the morning we'll ride to Shigaraki, an area that made its name creating ceramic statues of tanuki (raccoon dogs). These ceramic figurines can still be found in many gardens, restaurants

and drinking establishments in the area. From there, we will embark on an incredibly scenic stretch of riding as we head to Wazuka, one of Japan's premier tea growing regions. We ride along small, winding back roads that dissect the expansive patchwork of perfectly manicured tea fields carved into the rolling hills of Wuzaka. The route is hilly but there will be plenty of opportunities to stop and enjoy the views. As we emerge from the tea fields of Wazuka we'll complete the final stretch to Nara. For the last 15 km, we will be hopping on a local train in order to avoid the city traffic. Nara is another of Japan's former capitals, but one which is now a small and compact city with some of the oldest and most impressive temple complexes in the country.

Onyado Nono Nara (Japanese) Breakfast, Lunch, Dinner

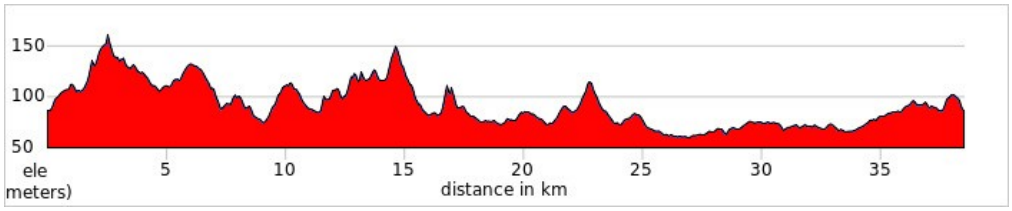



Ride 61km +666m -760m

## Day 5: Nara

With a couple of days of cycling behind us, this morning we take it easy as we discover Nara and its cultural gems. We start with a visit to Kasuga Shrine, one of Nara's most prominent Shinto shrines known for its iconic vermilion-colored buildings, numerous stone lanterns, and sacred deer that roam the surrounding forest. We'll also check out Todaiji Temple, one of Japan's most famous temples housing a colossal bronze Buddha statue. Rounding out our heritage-inspired morning, we'll participate in a traditional Japanese tea ceremony before enjoying lunch. In the afternoon we'll head out for a scenic cycling loop along the Yamanobe-no-Michi trail. The trail passes through some of Nara's most historic areas and is part of Japan's oldest road. Dinner is on your own tonight - our crew will be happy to make some recommendations.

Onyado Nono Nara (Japanese) Breakfast, Lunch

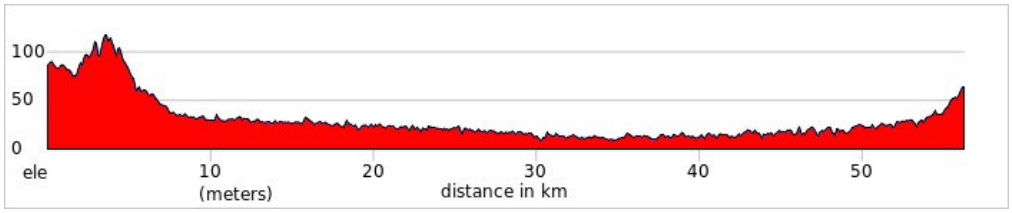



Ride 39km +420m -420m

## Day 6: Nara - Kyoto

Soak in the tour's final views of the Kansai countryside as we return to Kyoto via the plains of the Kizu and Katsuragawa rivers. The route is predominantly flat and we'll skirt around Kyoto to end our ride at the foot of the mountains in the western outskirts of the city. Here we discover one of Japan's most beautiful Zen temples ,Tenryu-ji, renowned for its elegant architecture and garden. And just around the corner we'll find the famous Arashiyama bamboo grove where we'll stroll through rows of towering green bamboo stalks piercing into the sky. After this iconic end to our cycling adventure we return to central Kyoto via a quick metro ride. In the evening we reconvene for a farewell dinner.

Via Inn Kyotoeki Hachijoguchi (Western-style) Breakfast, Lunch, Dinner




Ride 56km +317m -339m

## Day 7: Kyoto Departure

You are welcome to stay at the hotel until it is time to check-out. Feel free to extend your stay in Kyoto or head to the airport or the train station for your onward travel.

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

This trip is entirely on tarmac, and utilizes hybrid bikes.

Bike and helmet hire is included in this trip, however you are welcome to bring your own seat and/or pedals, and we'll fit them to your bike for the tour.

### 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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