JAPAN’S NOTO PENINSULA

Destinations
Japan

Tour Meets
Kanazawa

Tour Ends
Takayama

Fly in to
Komatsu Airport (KMQ)

Fly out of
Toyama Airport (TOY)

Group Size
4-8 riders

Minimum Age

PRICING

Price
US$ 4,200

Bike Hire (Hybrid)
US$ 165

Single Supplement
N/A

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

ACTIVITY PROFILE

7 Cycling days
512 km Total cycling distance
73 km Avg distance / day
995 m Avg climbing / day

DEPARTURES

10 May - 18 May 2020
21 June - 29 June 2020
05 July - 13 July 2020
23 August - 31 August 2020
16 May - 24 May 2021
20 June - 28 June 2021
04 July - 12 July 2021
TRIP PROFILE

The cycling around Noto Peninsula is moderately challenging with a few climbs. We ride 512 km on quiet roads with amazing views. The first few days riding are undulating, giving you ample time to warm up for the inclines towards the end of the trip, but averagely fit cyclists will have no problems.

Suitability: This trip is suitable for anyone with a reasonable level of fitness. This trip is not too arduous, so riders with less experience are more than welcome, although the fitter you are, the more you will enjoy it.

Biking Conditions: This trip is along tarmac roads in good condition, and there is no technical riding. The trip is fully supported; an air-conditioned bus follows us for the entire journey, so exhausted riders can skip the tougher sections if they wish.

Day 1 Kanazawa City

Upon arrival, the group meets at Dormy Inn, a two-minute walk from Kanazawa Station. If you arrive much earlier before the check-in time, you can leave your luggage at the hotel and familiarise yourself with this fantastic city. Visit Kenroku Gardens, former samurai houses, and Machiya, traditional Japanese townhouses dating back to the Heian Period (8th-12th centuries) before returning to check in and enjoy a welcome dinner and trip briefing.

Dormy Inn
Dinner

Day 2 Kanazawa – Togi
After a short transfer to the coast, we start cycling on a flat bike path and do a stretch along the beach as well. We have a short stop at the 2,000-year-old Keta Taisha Shrine and also check out Ganmon Cave, a natural arch in the sea. The last 20 kilometres of the ride will be undulating as we enter the Noto Peninsula. We finish and spend the night in Togi Town, where a hot spring awaits us at the hotel.

**Day 3 Togi – Wajima**

We ride along the Sekinohana coast to Minazuki and have a filling lunch of soba noodles. As we head along the ocean towards the fishing port of Wajima, we’ll take the time to cool off and take in the rugged coastline and strange but beautiful formations shaped by wind and waves. Tonight, we stay at a traditional Japanese Minshuku, where we sleep on futons and can bathe in a hot spring. We’ll enjoy some excellent local seafood at our lodging, where dinner is a communal affair and guests are expected to be on time.

**Day 4 Wajima – Noto**

Before leaving Wajima town, we wander through the Asa-Ichi morning market, famous for lacquerware and fish, before we start the longest cycling day of the trip. Today, we ride around the tip of Noto and see the terraced rice fields of Senmaida and for those interested, make a quick stop at Old Tokukuni House, a former feudal lord’s house. We pass Mitsuke Island before riding into Tsukumo Bay. Here we stay the night at a fantastic Japanese ryokan (inn) with hot springs inside caves and magnificent views of the bay.
Day 5 Noto – Notojima Island – Wakura

An easy coastal ride before we cross to Notojima Island, where we spend the day riding around the island with the snow-covered peaks of the Japanese Alps in the background. Upon arrival at Wakura, one of Japan's famous onsen towns, we check into the wonderful Umi to Niji Inn with plenty of time to relax in the baths that Wakura is famous for.

Umi to Niji Inn
Breakfast, Lunch, Dinner

Ride 78km
+822m
-827m

Day 6 Wakura – Takaoka

From Wakura, we ride along more beautiful coast before turning inland and entering Takaoka through Kanayamachi. It is a well-preserved area with traditional warehouses and houses from the Meiji Era and known for its copperware manufacturing roots. Once we check into our hotel, it’s worth going for a short walk to visit the National Treasure, Zuiryū-ji Temple, and Takaoka’s Great Buddha.

Hotel New Otani
Breakfast, Lunch, Dinner

Ride 73km
+541m
-530m

Day 7 Takaoka – Shirakawago

We follow a bike path along the Oyabe River to the base of the mountains and stop to check out Zuisen-ji Temple, one of the largest wooden structures left standing in Japan. Next, we head into the mountains for a few good climbs. After arriving, we can spend the afternoon exploring Shirakawago, a UNESCO World Heritage Site famous for its gassho zukuris, nail-free “clasped hands” thatched roof houses. We spend the night at a 200-year-old gassho zukuri and eat traditional mountain food, again with other guests at one sitting. An after-dinner dip at the local onsen is recommended.

Moegomon. Ride
Breakfast, Lunch, Dinner

Ride 77km
+2185m
-1714m
Day 8 Shirakawago – Takayama

It will be an early start for the last day of riding. The route today takes us beside an impressive dam before a nicely graded road takes us over two pleasant passes. We spend the afternoon looking around Takayama’s old city, where narrow lanes are lined with wooden buildings housing sake breweries and quaint boutiques.

Spa Hotel Alpina
Breakfast, Lunch, Dinner

Day 9 Departure

This morning we’ll assist you with planning for your onward travels. You can jump on a morning train to Nagoya and then transfer to a bullet train for Kyoto or Tokyo.

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. The bikes are well-known makes of hybrid bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes and Shimano components and front suspension. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, 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 and 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.

Health
No vaccinations are needed.

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

Booking
If this is the tour for you here’s what you need to do to confirm your place: Read our Booking Conditions

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. 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 you are unsure about the trip status, please email us or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers, height, 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). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, please send us an email, or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

**Deposit**

When booking your tour, you'll be required to pay a deposit to guarantee your place. For tours priced US$ 2,000 and lower, the deposit amount is US$ 200 per tour, per rider. For tours priced US$ 2,001 and above, the deposit amount is US$ 500 per tour, per rider. For tours priced US$ 500 and below, full payment is required upon booking.

Read more about booking and paying for your trip [here](#).

All SpiceRoads trips require proof of travel insurance when booking your holiday. Besides covering you during your trip, travel insurance will also enable you to claim any fees that you have paid to us, including your deposit, if you have to cancel your trip.

**Balance**

Tours priced below US$ 500 require full payment at the time of booking. For tours priced US$ 500 and above, full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

**Cancellation Policy**

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read 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 can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for 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.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary.