

JAPAN – HONSHU & THE NOTO PENINSULA

7-days / 6-nights inn-to-inn **SELF GUIDED** cycle tour from Kanazawa to Notojima Island



The Noto Peninsula on the Japan Sea coast of Ishikawa Prefecture, on Japan's largest island Honshu, offers some of the most unspoiled scenery in the country. Just a few short hours' travel from Tokyo and Osaka it is home to the country's finest seafood production. The peninsula has a rugged, rocky coastline and picturesque, well-preserved fishing ports and villages. Cycling around the Noto Peninsula is a unique experience, ride on mainly flat coastal plains and peaceful mountain roads, soaking up the atmosphere of a mostly untouristed area.

We provide modern folding bikes for this tour, easy to collapse so you can easily use public transport. Cycle unguided, at your own pace to see terraced rice fields, dramatic rock formations and pretty fishing ports. Experience the real Japan in so many ways, meeting local people and delighting in the warm hospitality of your accommodation hosts. Learn about local village life and gain an in-depth understanding of regional culture staying in traditional family-run lodgings - including hot-spring Ryokan inns - sampling the local cuisine. Finish each day's ride savouring traditional Japanese dishes made from fresh, local produce.

Dates: Daily departure from April to November, 2019

Cost from: \$2925 per person twin share. Single room supplement on request

Includes: 2 nights in comfortable 3 or 4-star hotel accommodation in en-suite rooms; 4 nights in traditional Ryokan and Minshuku, which usually have shared facilities; 6 breakfasts, 5 dinners; return train tickets between Kyoto and the Noto Peninsula; pre-paid taxi journey on day 6; hire of high quality *Brompton* folding bike, including helmet, tool kit, inner tube, spare tyre and bicycle lock; GPS device rental with detailed route information, detailed custom day-by-day itinerary and topographical maps; local support by telephone.

Not Included: Flights or airport transfers, meals not mentioned, drinks, entrance fees, personal expenses. Luggage transfer is not included but this can be booked locally at extra cost – see overleaf.

Grading: Easy to moderate. Daily cycling routes are 13km up to 66km, with average daily ascent of around 485m, over undulating terrain. Some longer cycling routes can be shortened by using local trains or taxis (paid locally). Luggage transfers are not included but can be organised locally at extra cost – ask for details.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested Itinerary:

Day 1: Meet in Kyoto and travel to Kanazawa

Meet our local representative in central Kyoto for an orientation session with your handy folding bike and other gear for your journey. Travel by train to Kanazawa where you can explore cultural treasures such as Kenrokuen Garden, preserved teahouse and Samurai districts and the Omicho food market, a mecca for food lovers. Seat of the powerful Maeda Clan during the Edo Period, Kanazawa had a castle and grew to become a city of arts and crafts, rivalling Tokyo in its heyday. The bike paths alongside the Kamogawa River are a favourite. Overnight in a Western-style hotel in Kanazawa.

Day 2: Kanazawa to Togi

Cycling distance @ 45km (4 hours)

After breakfast take the train to Houdatsu then cycle on country lanes past beaches, rice fields and rural villages along the rugged coastline. Visit Keta Taisha Shrine, a holy place for over 2000 years and the nearby Myojoji Temple. Just before arriving in Togi, your destination for tonight, there are lovely coastal stretches with unique rock formations. There is the option of using local trains to shorten today's route (at your own expense). Overnight in a family-run Minshuku in Togi with a home-cooked dinner, or at a comfortable Western-style hotel.

Day 3: Togi to Wajima

Cycling distance @ 51km (4 hours)

In the morning cycle along more coastal lanes through small villages. Leaving the coast, the road passes through mountains to Wajima – a charming port-town producing some of the finest lacquerware in Japan. En route is the famous Sekinohana, a dynamic rock formation created by waves. Visit Soujiji Temple, one of the two 45 head temples of the Soto school of Zen Buddhism. Accommodation is a charming traditional Minshuku with breakfast and dinner included. The area is renowned for the quality of its fish, tonight's dinner is a seafood feast.

Day 4: Daytrip from Wajima to Osawacho

Cycling distance @ 35km (3 hours)

Today, take a day trip to Osawacho about 15km west from Wajima along the coast. Osawacho is a small port with houses along the beach surrounded by bamboo fencing called 'Magaki', protecting houses from ocean storms and winds. The ride involves a challenging climb, rewarded with ocean views and the chance to witness the local way of village life. Head back to Wajima or take a circular route through the mountains to Wajima. Overnight in a Minshuku family-run guesthouse.

Day 5: Wajima to Suzushi

Cycling distance @ 62km (5 hours)

Cycle along a quiet coastal road to Shiroyone Senmaida, a hillside of two thousand terraced rice fields overlooking the Japan Sea. Continue on a flat road beside the sea then past the old houses of Tokikunike and sea salt farms. After some ups and downs, the route heads into the mountains and on to Suzushi, on the other side of the Noto Peninsula. Suzushi has a delightful atmosphere and is famous for its landmark Mitsukejima Rock. Overnight in a Ryokan or Minshuku.

Day 6: Suzushi to Notojima Island

Cycling distance @ 66km (5 hours)

After breakfast, a short taxi ride from Suzushi brings you to Ogi fishing village with its old fishermen's houses and narrow streets. From Ogi ride along a mostly flat coastal road through small hamlets towards Notojima Island. At Anamizu railway station you board a train for the brief trip to Nishigishi. From here cycle over the bridge to reach Notojima Island, where you stay overnight in a Minshuku.

Day 7: Tour ends in Kyoto

Cycling distance @ 13km (1 hour)

After breakfast cycle the final section to Wakura Onsen, a famous hot-spring resort on Nanao Bay with 1200 years of history. The town is dominated by large hotels and many Ryokan. Allow time to explore, perhaps enjoying a hot-spring Ryokan as a day visitor – before taking a train via Kanazawa to Kyoto (to return your bicycle) where the tour ends.

A note about luggage transfers: These are not included in the tour cost and for self-guided tours we recommend you adopt the Japanese way using the reliable **Takkyubin** courier service. During the tour, you can send larger items of luggage ahead by courier so you don't carry too much and to make the long-distance transfers by bus and train more relaxed (avoiding handling larger items of luggage through stations and on trains). Larger items of luggage do not re-join you on the same day, and you will not have access to them on certain nights so bring a daypack to carry your overnight items.

The inns we use provide soap, shampoo, towels, slippers and Yukata robes, which are worn inside after check-in. Wear your Yukata for dinner, in your room and when walking about, even outdoors. You do not need extra evening clothes and can travel light. Luggage lockers are often available while walking or sightseeing.



Outdoor Travel offers guided or self-guided cycling holidays in many parts of the world including China, Vietnam, New Zealand, the USA, Australia, the UK, in Ireland and in Europe. Popular trips in North America, include **Hawaii**, the Napa Valley in California, the **San Juan Islands** in Washington State and in **Oregon**. In Europe ask for details of our cycling holidays in **Umbria, Tuscany**, in France **Provence** or the **Loire Valley**, along the **River Danube**, around **Lake Constance**, coast to coast in England or on the Wild Atlantic Way in Ireland. For cycling on pilgrimage trails we offer the **Way of St James** or Camino de Santiago in Spain.

Outdoor Travel also offer guided or self-guided **Bike & Barge** cruises along the waterways of Europe, in many destinations including **France, Belgium, Holland, Germany, Venice** or the **Amalfi Coast** of Italy, the **Dalmatian Coast** of Croatia, the islands of **Greece**, the **Lycian coast** of Turkey, in **Romania** and even in Vietnam.

Contact Outdoor Travel for more details and reservations:

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