

SPICE ROADS

CYCLING



JAPAN'S NOTO PENINSULA

Tour Code
JPN-JNP

9 DAYS
8 NIGHTS

	Destinations	Japan
	Tour Meets Tour Ends	Kanazawa Takayama
	Fly in to Fly out of	Komatsu Airport (KMQ) Toyama Airport (TOY)
	Group Size Minimum Age	4-16 riders

ACTIVITY PROFILE



7
Cycling days

512^{km}
Total cycling distance

73^{km}
Avg distance / day

995^m
Avg climbing / day

PRICING



Price	On request
Bike Hire	N/A
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

DEPARTURES



There are no scheduled departures for this trip at the moment. Please contact us to arrange a private departure.

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 the hotel. 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.

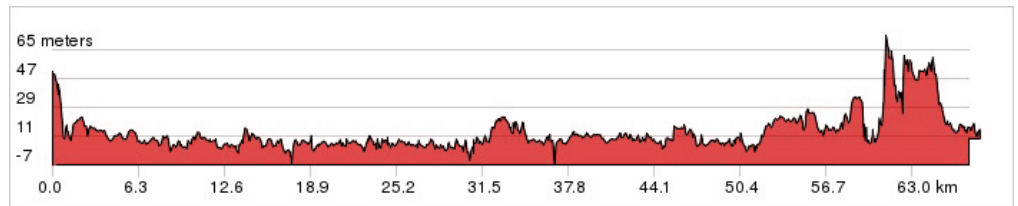
 Garden Hotel Kanazawa

 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 an onsen awaits us at the hotel.

 Seaside Villa Bokkai  Breakfast, Lunch, Dinner

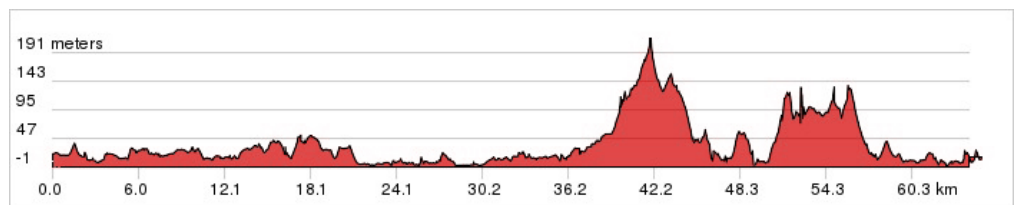


 Ride 68km  +441m  -479m

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 hotel close to the ocean and enjoy some excellent seafood for dinner.

 Hotel Route Inn Wajima  Breakfast, Lunch, Dinner

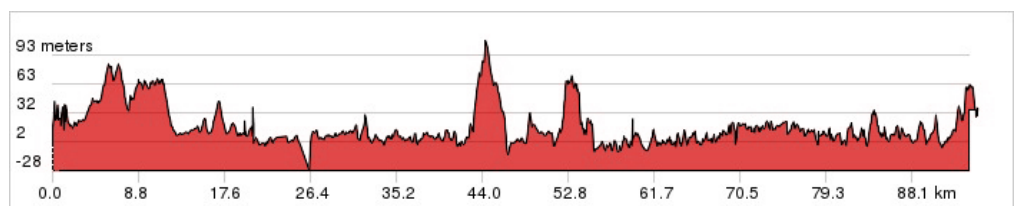


 Ride 64km  +814m  -822m

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 lovely hotel with a magnificent views of the bay.

 Notojiso  Breakfast, Lunch, Dinner

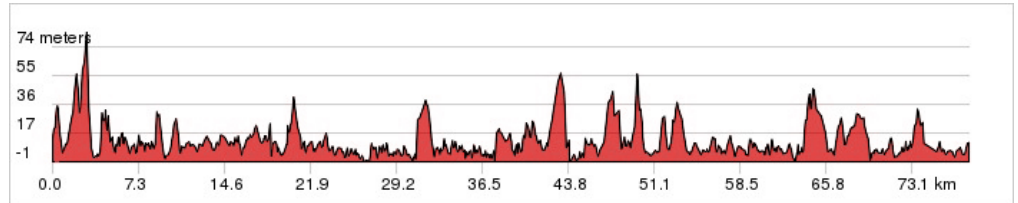


 Ride 92km  +956m  -945m

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.

 Niji to Umi  Breakfast, Lunch, Dinner

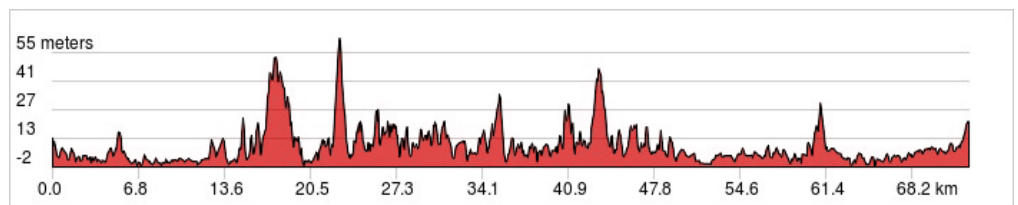


 Ride 78km  +822m  -827m

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 Takaoka  Breakfast, Lunch, Dinner

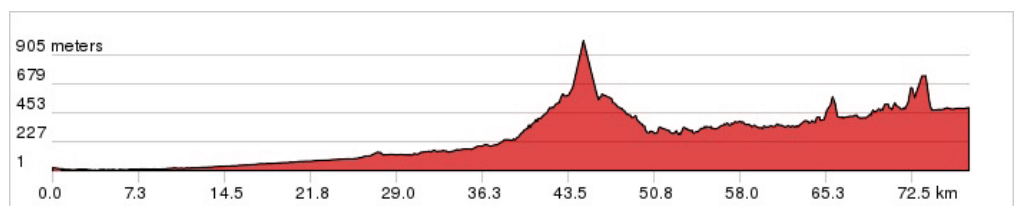


 Ride 73km  +541m  -530m

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.

 Gassho B&B Otaya  Breakfast, Lunch, Dinner



 Ride 77km  +2185m  -1714m

Day 8 Shirakawago – Takayama

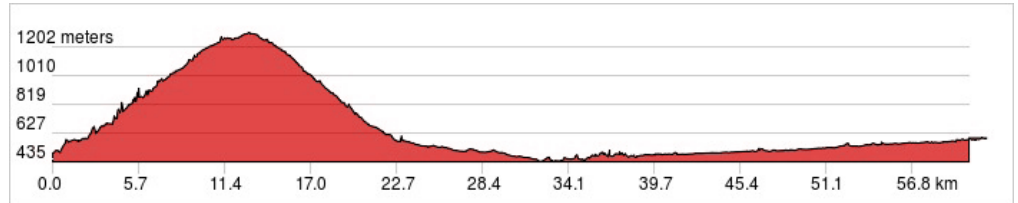
It will be an early start for the last day of riding. The route today takes us beside an impressive dam before a nicely graded road takes us over two pleasant passes. We spend the afternoon looking around Takayama's old city, where narrow lanes are lined with wooden buildings housing sake breweries and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



Spa Hotel Alpina



Breakfast, Lunch, Dinner



Ride 60km



+1206m



-1111m

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.

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.

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

CONTACT US

45 (Sub Soi Pannee) Soi Pridi Banomyong 26
Sukhumvit Soi 71 Klongtan Nua, Wattana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

FOLLOW US

 twitter.com/spiceroads
 youtube.com/user/spiceroads
 instagram.com/spiceroads
 facebook.com/SpiceRoad