



## Trip dates

<b>2025</b>	14 – 22 April
	27 May – 04 June
	08 – 16 September
	06 – 14 October
	03 – 11 November

## Tour Price

Per person for double/twin: JPY 550,000

Single supplement: + JPY 66,000 (limited to 2 spots)

\*Early bird booking discount 5% - see website for details

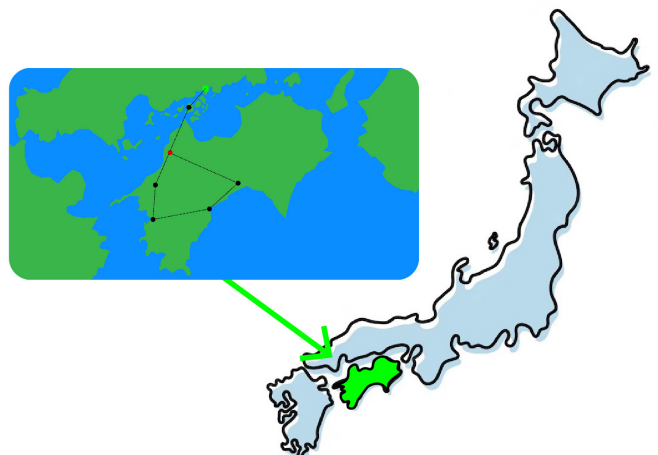
## Highlights

- ✦ Cycle on the islands and bridges of the famous Shimanami Kaido and explore the mystical islands of the inland sea
- ✦ Explore stunning Shikoku island, it's beautiful coastline, emerald green river valleys and ancient temples and shrines
- ✦ Relax with a soak in hot-spring and fantastic meal at our wonderful range of accommodation

## The trip

Shikoku Island is rapidly emerging as one of Asia's top cycling destinations, and for good reason. Renowned worldwide for its 88-temple pilgrimage, Shikoku is brimming with beautiful forests, deep river valleys, and dramatic coastlines, where history and culture can be discovered at every turn. It's also where we are proud to call home, and we'd love to share it with you!

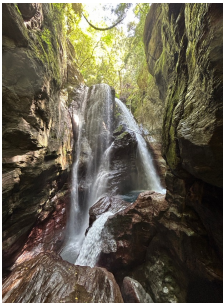
Join us on this fully supported cycling tour as we delve deep into the Shikoku region, pausing to explore historic towns and villages, ancient temples, and Shinto shrines along the way. Immerse yourself in the delightful tapestry of local life, savouring wonderful Japanese cuisine crafted from the finest local ingredients. All this, while enjoying some of the finest cycling that Japan has to offer!



**Trip duration:** 9 days / 8 nights

**Grade:** Level 2/5 - Moderate

**Accommodation:** 8 nights in premium Japanese and Western style accommodation



## Grading: Level 2/5 Moderate

This tour is graded level 2. A leisurely pace that allows us to explore shrines, capture viewpoints and enjoy conversations. Perfect for a recreational level cyclist who is comfortable with 4-5 hours/ 50-60 kms of cycling. There are some hills that can be challenging but we avoid the big mountain climbs.

## Important notes:

**Single travellers:** If you are travelling alone, we will arrange for you to share accommodation with another traveller of the same gender. However, if we are not able to find you a rooming partner by 60 days prior to the trip departure date, you will be required to pay a single supplement for the trip.

**Getting to and from:** The starts in Onomichi, a city in Hiroshima prefecture. You will need to arrive here by the afternoon of day 1 of the tour. Onomichi is on the shinkansen (bullet train) line, 1.5 hours from Osaka. The tour's finishes in Matsuyama city in the afternoon of day 9. Here you can easily connect by air, train or ferry to anywhere in Japan.

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For more information, please see the FAQ below.

## Tour inclusions

- ✦ 8 nights in a variety of premium hotels and traditional high quality Japanese ryokan
- ✦ 8 dinners 7 breakfasts
- ✦ Support vehicle and full mechanical support
- ✦ 2-3 local guides depending on group size. Min 4 max 12 guests
- ✦ Printed maps and GPX files for each day
- ✦ Scenic train ride
- ✦ Tasty and nutritious drinks, snacks and treats to keep you fuelled for the ride.

## What's not included?

- Arrival and departure airport transfers, including any bike transfers to the hotel
- Most lunches (budget JPY 1500 per day)
- Cycle and helmet hire.
- Travel insurance – Please arrange your own

## Hire Bikes

We have a range of high-quality Specialized and Giant rental bikes in all sizes available for hire. Bikes come fully serviced and the rental price includes a helmet. Prices per bike for the duration of the tour:

Hybrid/Cross Bike:	¥27500
Carbon Road Bike:	¥66000
E-Bike:	¥44000



## Detailed Itinerary: (Please note this itinerary is subject to adjustment.)

### Day 1: Meet and greet in Onomichi

Cycle distance 0km

Meet your guides and fellow guests in the afternoon at our hotel in Onomichi, close to the station. Afternoon debrief and bike setup followed by an explore of fascinating Onomichi city, famous for its narrow alley ways and lanes connecting temples built into the hill-side. Later we head out for an evening meal where we get to know each other and eat some great local food.

Meals included: D

### Day 2: Shimanami Kaido

Cycle distance: upto 45km/250m

After breakfast we jump onto our bikes and cycle right from our accommodation. A very short ferry ride gets us to the start of the Shimanami Kaido. Today is a stunning cycle on one of the best cycling routes in the world! We explore the islands, jumping off the beaten path and visit a local shrine to pay our respects and wish for a safe journey ahead.

We finish up the days cycle at our beautiful accommodation in the small town of Setoda. You will have time to explore the town and relax in the hotel's spa, before we get back together for a delicious dinner.

Meals included: B,D

### Day 3: Setoda to Matsuyama

Cycle distance: upto 55km/400m

Another day of fantastic cycling as we complete the Shimanami Kaido route. Today, we get off the main path to explore some of the islands in depth. We visit one of the oldest and most prestigious shrines in the region, known for its ancient camphor trees. We also ride across Kurushima Bridge, a spectacular 4 km suspension bridge that takes us to Shikoku Island. Here, we have lunch and then take a short drive to Matsuyama City, where we stay in Dogo, home to the oldest hot spring spa in Japan.

Meals included: B,D

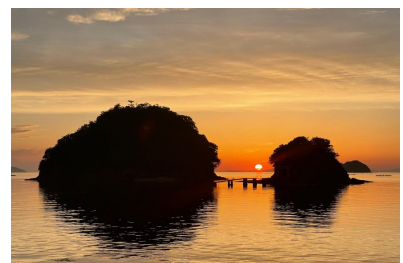
### Day 4: Matsuyama to Uchiko

Cycle distance: upto 60km/400m

We start today with a short drive from Matsuyama into the mountains. Cycling on beautiful rural roads, we stop in at one of Shikoku's most beautiful temples. After exploring the temple, we get on our bikes and cycle to a small village alongside an emerald, green river where we'll have lunch. From here, we follow the river on a beautiful ride through quintessential Shikoku countryside.

Uchiko is a beautiful town in a lovely setting. Here we stay in a selection of traditional houses within the historic district that have been refurbished into modern Japanese-style accommodation. Here you can feel at home away from home, enjoying the great local atmosphere and exploring this beautiful area.

Meals included: B, D



## Day 5: Uchiko

Cycle distance: upto 45km/300m

We have some fantastic optional activities for you to choose from today, including some excellent ride options, a visit and hands-on experience at a Japanese washi paper factory, and a kimono fitting experience. These activities are designed to provide a deeper appreciation of Japanese culture and offer unique experiences. Whether you choose to relax and unwind or partake in one or more of the optional activities, we guarantee you'll have a great day. In the evening, we will regroup for a sake tasting and enjoy a meal at a local izakaya—a Japanese-style pub.

Meals included: B, D

## Day 6: Seiyo to Uwajima

Cycle distance: upto 58km /800m

After a short drive south to the town of Uwa, our Shikoku journey continues as we make our way to the port town of Uwajima. Today's ride is challenging but very rewarding with incredible views of the Uwa sea and surrounding mountains, adorned with terraced orange orchards. The scenery here is some of the best in Shikoku and with very few foreign tourists visiting, you'll be sure to get a few surprised smiles from the locals!

Meals: B, D

## Day 7: Uwajima to the Pacific coast via the Shimanto river

Cycle distance: upto 45km/400m

We start the day with a scenic train journey that takes us from Uwajima to the beautiful Shimanto river in Kochi prefecture. The 'Yodo line' covers around 75km of gorgeous Shikoku scenery, crossing over dramatic bridges, through river valleys, passing by rice fields and stopping in at some adorably retro local train stations. We alight the train at Kubokawa, where we meet our support van and jump on the bikes for an afternoon of cycling along one of Japan's most beautiful rivers, the mighty Shimanto.

Finish the day in a beautiful setting with a soak in a natural hot spring and another wonderful meal.

Meals: B,D

## Day 8: Kure Bay to Kochi

Cycle distance: upto 63km/800m

Our final ride of tour is a great one. Pacific coast cycling at its best as we make our way north towards Kochi city. Today's ride is a challenging one with a few climbs and a real adventure, with a mixture of coastal shrines, a beautiful temple and an old forgotten highway.

Our goal, Kochi city, where we'll check-in to our riverside hotel and hit the town for a fantastic meal and, if you feel like, a sake bar to finish off a truly epic day.

Meals: B,D

## Day 9: Kochi to Matsuyama

Cycle distance: 0km

Today, we drive to Matsuyama, stopping enroute at a stunning gorge for a short walk and lunch. We will be arriving in Matsuyama around 4pm. Here your guides can drop you at the train station (city centre), airport or ferry terminal depending on your onward travel plans.

Meals: B

Please note this itinerary is subject to adjustment.



## FAQ: Here are some common questions we get asked:

### How do I get to and from the start and finish of this tour? Where should I fly into?

Onomichi city is located in Hiroshima prefecture. It is on the Shinkansen (bullet train) line and can be easily accessed by train from any major city. Hiroshima airport (HIJ) is the closest to the start of the trip. Flying into Osaka Kansai (KIX) or Fukuoka (FUK) are also good options. On the other end of the trip, we finish in Matsuyama city. While Matsuyama is not connected by shinkansen, regular train services leave for Osaka and take around 3.5 hours. Matsuyama also has an airport (MYJ) with regular flights to most major cities. Another option is the ferry to Hiroshima. There is a fast and slow option 1hr/2hrs accordingly. It's a super scenic crossing and a nice way to finish the trip.

### What kind of bikes do you hire?

We have a great range of rental options available including carbon road bikes, hybrid/cross bikes and E-bikes. Our carbon road bikes are Specialized Aethos and Tarmac; beautiful lightweight and comfortable bikes with compact gearing for the hills, 28mm tyres and disc brakes. We have 2 models of electric bike; Specialized Vado or Giant Escape RE+. Comfortable, well integrated and great battery life, these bikes work great if you are looking for some support on the hills. (Please note e-bikes are limited to 25kmph in Japan). Our hybrid bikes are Giant RX Disc or Specialized Sirmus. These bikes are light, comfortable with plenty of gears for the hills. All rental bikes include a helmet, 2 bottle cages and optional small handlebar bag for carrying accessories.

### If I bring my own bike, how can I get it to the start of the tour?

If your bike is in a bag or box, you can take it on the train services in Japan, including the bullet train. There is also a courier service, allowing you to ship your bike to and from the airports of your arrival/departure. This service is specifically accessible from Tokyo (Narita and Haneda) and Osaka Kansai airports. This can be useful if you're planning to extend your stay in Japan pre or post-tour, but you do need to allow at least 2-3 working days for your bike to arrive. The approximate cost for this service is JPY 10,000 or \$75 USD for a one-way shipment. Should you be interested in using this service, let us know and we'll provide you with more details.

### What is Japanese style accommodation?

In Japanese-style accommodation, commonly known as 'Ryokan,' you can expect to encounter tatami flooring in the rooms. Tatami is a traditional woven mat often found in Japanese bedrooms. The sleeping arrangement typically includes comfortable futon mattresses placed on the floor. Ryokan typically have a shared spa or onsen which you are free to use. Additionally, you'll be provided with a Yukata, a traditional dressing gown, which you can opt to wear during dinner and breakfast.

### What is an onsen?

'Onsen' refers to natural hot springs, typically in the context of a public spa. Some of the regions we traverse on this tour are famous for onsen and many of the places we stay have one that you can use. In Japan bathing is ingrained into the culture and can be a real highlight of a trip here, especially a cycling one. Public baths are segregated by gender and swimsuits are not worn. For those who aren't keen, all our accommodation options have a private shower.



## **How are the roads for cycling?**

The roads we ride on this tour are great cycling roads. Quiet, with very few cars. Japan drives on the left and drivers are incredibly courteous to cyclists. Standard cross/hybrid/road/gravel bikes with 28mm+ tyres are all suitable for this tour.

## **I'm worried about the climbing. What are the options?**

While we don't ride over any big mountain ranges there is still a fair bit of climbing on this tour – it's hard to avoid in Japan! If it is a real concern for you then why not consider hiring an e-bike? This can really take the worry out of your trip and makes the uphill's fun! With that said, the roads are built and graded to a very high level, so generally the gradients are not too steep. Of course, we want to encourage you to ride as much as possible, but you are always welcome to use the van support to skip a hill. Also, once our guides have assessed your ability, they will be able to advise you on any sections you may want to miss.

## **I'm not a cyclist but my partner is. Can I join the tour?**

Yes of course! While this is a cycling tour it's still a fantastic trip even without the riding. The great thing about Japan is there is always a beautiful shrine or temple to explore, a local market to peruse or a short hike to do. There will also be opportunity to check into the hotel early and unwind in the spa.

## **What kind of food do we eat on tour?**

Japanese cuisine has an incredible variety of fish, meat and vegetarian dishes and there are opportunities to sample many kinds of local specialities on this trip. At the hotels we stay at, dinner and breakfast are often buffet style. This is great because it allows you to try lots of different dishes and avoid the ones you don't like. If you have any dietary requirements, please let us know in advance and we will do our best to accommodate.

## **When is the best time of year to come?**

We run this tour in both the spring and autumn. Both seasons are extremely beautiful and perfect for cycling. Expect cooler temps in early April, especially up in the mountains. Average day time temps between 16 – 20 degrees Celsius (60 – 68F). In May and October/November it is a little warmer with temps often in the mid 20's (68-75F). To decide which season is best we suggest you come multiple times and let us what you think! We love cycling here all year round.

## **Yokoso! Welcome to We Ride Japan!**

We Ride Japan was founded by Will and Tamie Turner in 2023. After meeting in Japan in 2005 they spent 2 years travelling the world on bicycles before settling in New Zealand. In 2020 they returned to Japan to embark on a new adventure. Through their work and life experiences in both the cycle and tourism industries, and their current work in regional tourism development in Japan, Will and Tami offer professional well-planned and unique itineraries. Our goal is to give our guests once in a lifetime experiences in the country we love. Small groups, local guides and the spirit of adventure is what we're all about.

Thanks for your interest! We look forward to hosting you!

