

Ride Kyoto and Nara



2020 DEPARTURES TBA

PRICE TBA

 Osaka | **TYPE** Road | **DURATION** 6 nights, 7 days | **SKILL LEVEL** Level 1 | **FITNESS LEVEL** Level 4

Group participants up to 14 people

Experience the history of Japan's past by cycling from the ancient capital of Nara, to the former imperial capital of Kyoto.

WHY BIKE TOURS JAPAN?

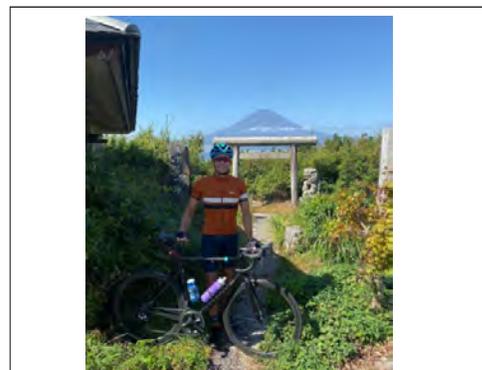
Local Knowledge We are based in Japan and have been in operation for 10 years. Having an intimate knowledge of the roads and locales enables us to craft amazing cycling journeys.

Flexibility Each day's ride allows for two or three distance choices for you to choose from.

Authentic Experiences Our routes take the back roads and are off the beaten path. You can be assured of seeing the real Japan.

Preparation We have excellent pre-trip support and each destination includes an information package specific to the area.

Travel Agency We are a registered travel agency and book all of your accommodation and transfer requirements.



OUR GUIDES bring together a collective experience gained from years of cycling in Japan and abroad. They are bilingual and reside full time in Japan.



BIKE TOURS JAPAN

Join our Community



ITINERARY Ride Kyoto Nara

Bike Tours Japan reserves the right to make alterations and substitutions to the itinerary as weather or terrain conditions dictate or as necessary to improve the trip quality or to accommodate the comfort, convenience, and well-being of our guests.



DAY 1 Nara Arrival

Arrive to Nara the ancient capital of Japan. We will fit the bikes and take a short test ride to the Todaiji Temple, the largest wooden structure in the world. Slink in to the thermal hot springs before enjoying a traditional dinner.

DAY 2 The Pilgrimage

You will ride part of the Omine Pilgrimage route and the ramp that leads up the ridge to the monastery. The route became part of the practice for Shugendo Buddhist monks, an arduous journey where meditation and purification rituals had to be made along the way. Temples, shrines and meditation points are sprinkled along the road. We will finish our own cycling pilgrimage in an old merchant town at a local sake distillery.

→ 60 km ↗ 1,707 m

DAY 3 The Temple

Today's ride will take us to Uji, which connected Kyoto and Nara. On the way, you will pass through the Heijo Palace grounds which was the site of the ancient emperor's residence. Uji is famous for the production of quality tea leaves and the world heritage 'Byodoin Temple.' Finish the ride by experiencing a traditional tea ceremony. Afterwards, visit the temple which houses the thousand year old Amida-Nyorai Buddha statue.

→ 53 km ↗ 664 m

DAY 4 Kameoka

You will ride a cycling road which runs along the Uji river. The route will take you through a shaded bamboo grove and then descend in to Kameoka. The town was an important gateway to the imperial capital of Kyoto, where a number of Japan's greatest artists and philosophers came from. You will stay in a hot spring which helped heal a samurai from a sword wound four hundred years ago.

→ 58 km ↗ 650 m

Day 5 The Castle Town

Ride to the castle town of Sasayama. The castle was built by Tokugawa Ieyasu who was the first shogun of the Edo period and the founder of Tokyo. Explore the castle and adjacent samurai homes. Have lunch at a sake brewery and try the local specialty boar stew. The sake is brewed to the harmonious vibrations of classical music to refine the final taste. Ride back to the hotel and finish the day soaking in the thermal hot spring.

→ 73 km ↗ 1,154 m

DAY 6 The Palace of Emperor Saga

Choose from two riding options. The long route will take you in to the forested mountains of Kyoto's north before descending an ancient road in to Arashiyama on the outskirts of Kyoto. The short route option you will ride to the Hozo River where you will cruise down to Arashiyama on a traditional boat piloted by an oar and bamboo pole. You will find the bicycles waiting at the end of the cruise to continue your cycling journey. Both options will take you to the former palace of Emperor Saga, built in the 8th century, where you can feel the ancient court atmosphere.

→ 52 km ↗ 778 m

DAY 7 Return Transfer

Farewell and airport transfer after breakfast.



TRIP LEVEL

The full days routes are approximately 100 km in distance with over 1,000 meters of vertical ascent. To fully enjoy this trip we recommend fitness levels where you are comfortable to ride these distances over multiple days. E-bikes are recommended for those wanting more leisurely days.



DETAILS



BICYCLES

Koga rental road bikes are available for this trip. These have an endurance geometry for full days in the saddle. E-bikes are also available to rent.

ROADS AND TERRAIN

There are a myriad of roads that criss cross the island of Honshu. Our daily routes are mainly on the back roads which are fairly traffic free. In the mountainous interior you will be ascending on roads that wind up to passes. The average inclines are typically 5 or 6 percent, but can be as steep as 9 percent in sections.

LODGING AND FOOD

You will be staying in traditional hot spring ryokan accommodations. These have indoor and outdoor hot springs. You will sleep in tatami rooms with futon bedding. The food is traditional cuisine. On some of the nights we will be eating out.

TRAVEL INSURANCE



Medical Insurance is mandatory on all trips and Travel Insurance is strongly

recommended. Please visit our recommended insurance provider World Nomads to learn more.

WHAT'S INCLUDED?

- 6 guided days
- 6 nights accommodation
- All meals
- Airport transfers & all transportation on guided days
- Detailed pre-departure information

WHAT'S NOT INCLUDED?

- Airfares
- Personal travel and medical insurance
- Optional tipping to guides
- Bicycle rental
- Drinks



WHY BIKE TOURS JAPAN

We are a Japan based guiding company in operation for ten years. Having an intimate knowledge of the roads and locales enables us to craft amazing cycling journeys. Japan is not just about the cycling but also the cultural and culinary experience, and it is this combination that truly makes for an unforgettable cycle journey.



DETAILS *continued*



BOOKING PROCESS

Call us at +81-167-225655 or email at info@biketoursjapan.com to confirm there's space on this trip. If Skype is preferred, please send us an email to arrange a time.

Make sure you have read and understand our 'Terms and Conditions' and also our 'Waiver' which we will send to you.

To confirm your spot please complete our secure 'Individual Form' on our website.

PAYMENT

Once you've completed our on-line registration form and we've confirmed that we have the number of participants for the trip, we will send you the booking policy. Please review our 'Terms & Conditions' for the full details on payment, cancellation and refund policies. The amount payable will need to be made in Japanese yen.

If you are paying with credit card there is a 5% processing fee. Another option is to pay via a bank remittance. Please contact us anytime to discuss your options.

SINGLE SUPPLEMENT

The single supplement is an additional fee for solo travelers who wish to have their own rooms during the trip.

QUESTIONS?

Feel free to call us at + 81-167-225655

or email info@biketoursjapan.com if you have any questions or need any additional information.

CONTACT US

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