

Enjoy activity in southern Hokkaido (Matsumae • Esashi), Cycling, Sea kayaking and Standup Paddleboard



Hakodate has an exotic retro townscape that exude a refined harmony of Japan and the West where you can feel the historic romance of the end of the Edo Period.

Experience with long histories of Matsumae, Esashi, and Hakodate, that having thrived since olden days as the gateway from the south.

In particular, Esashi (the terminus for Sea of Japan shipping routes) thrived so much that it was popularly said to be even busier than Edo in May. The herring meal fertilizer carried by Kitamaebune vessels was used for the cultivation of cotton and other plants, and thus contributed to Japan's industrial development.

You can learn the history and culture of southern Hokkaido through the experience and interacting with locals.

5 Days Brief Itinerary

Day 01: Warmly greeted in Hakodate and enjoy the local ingredients at Matsue (D)

Day 02: 65 km cycling along scenic byway(B, L, D)

Day 03: Sea kayaking and stand-up paddleboard at Esashi - 6hrs/(B, L, D)

Day 04: Strolling around Inishie Streets and enjoy the night view of Hakodate(B, L, D)

Day 05: Squid fishing experience at Hakodate (B, L)

Meals as mentioned in the itinerary (B = Breakfast, L = Lunch, D = Dinner)

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Highlights:

- Cycling along Donan-Oiwake scenic byway
- Followed the route of Kitamae-bune trading ship by Sea kayaking and stand-up paddleboard
- Through the squid fishing experience to interacting with locals

Location:

Hakodate is a city and port located in Oshima Subprefecture, Hokkaido. It is the capital city of Oshima Sub prefecture with beautiful sceneries, historical buildings, you can feel this city abounds with both urban charm and natural beaut

Main Activity: Cycling and Sea kayaking

Difficulty: 3

Availability: Recommended from June until September

Tour Durations: 4 Nights 5 Days

Pax: Minimum 4 Maximum 10

Price: JPY 300,000 ~ JPY 340,000

[Route map](#)

[Day-by-day Itinerary](#)

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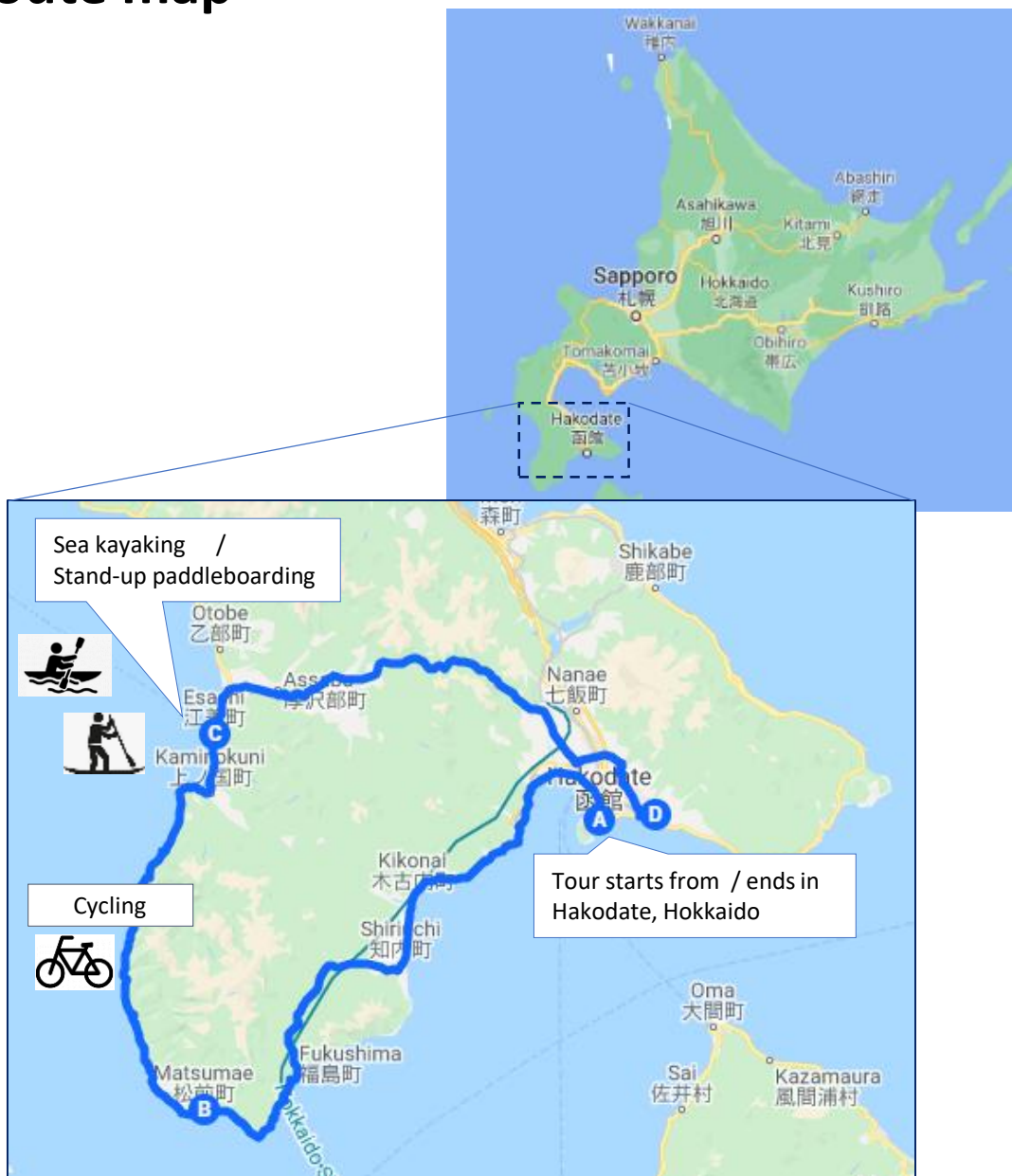
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Route map



Date	Visiting area	Distance to travel
Day 01	Hakodate->Matsumae	approx. 94 km
Day 02	Matsumae -> Esashi	approx. 87.7km
Day 03	Esashi	Nishikun -> Esashi approx. 23.7 km Esashi -> Nishikun approx. 23.7km
Day 04	Esashi ->Hakodate	approx. 73.1km
Day 05	Hakodate	

Day-by-day Itinerary

Day 1 – Exploring Matsumae

Welcome to Hokkaido! On your arrival in Hakodate Airport or JR Hakodate Station at 12pm, we will warmly greet you and start the journey.

First, will have lunch at Hakodate city. After lunch we leave for a hotel in Matsumae town, arriving in 3 hours by bus. The former home of the Matsumae Han, it has an Edo period castle, Matsumae is a former castle town , it has an Edo period castle, Matsumae Castle, the only one in Hokkaido. Onsen Ryokan Yano is the oldest in the town of Matsumae, Hokkaido. They provided fresh seafood and northern local food as well as a natural hot spring.

Dinner

A dinner using local ingredients served at the hotel restaurant.

Activity: N/A

Meals provided: Lunch ,Dinner

Accommodation: Onsen Ryokan Yano

Day 2 - Cycling along Donan-Oiwake scenic byway

You will spend the whole day enjoying the activity that starts from 8:30 am to evening. Breakfast served at hotel at the hotel, then to start a cycling day.

The cycling starts from Matsumae to Esashi through the Donan-Oiwake Scenic byway.

The total cycling time is around 6 hrs, total distance in around 65km via Kaminokuni

Monju and we break the route it into 2 parts. The first part is Matsumae to Michi-no-Eki Kaminokuni Monju. We will take a break at Chiisago Lighthouse and Shiofuki park.

Lunch

You will have one of Matsumae's specialties Matsumae seaweed DANDAN lunch box at Michi-no-Eki Kaminokuni Monju Restaurant.

After the lunch, we start the second part. The second half from Michi-no-Eki Kaminokuni Monju to Esashi Donan-Oiwake Scenic byway . You can experience the long history and culture from the Paleolithic and enjoy an exhilarating cycling trip that satisfies intellectual curiosity along a route with fewer hills that goes through both coastal and inland areas. If you feel tired and want to skip the second half, a support car is ready for you.

After ride we will visit Esashi Oiwake Hall. Esashi oiwake is music or poetry sung in praise of the people born and raised in the harsh surroundings of the northern lands. Esashi Oiwake Hall was built in 1982 in order to preserve this local culture.

Dinner

Before heading out for dinner at Guild Endeavour craft beer brewery, we go back to our hotel to take a short break. For the dinner tonight local beer and western style meals with local ingredients will be served. After a delicious dinner, we return to the hotel to spend the night.

Activity: Cycling from Matsumae to Esashi

Activity details: Difficulty: 3
Time required: approx. 6hr

Rest space: Chiisago Lighthouse and Shiofuki park

Meals provided: Breakfast , Lunch , Dinner

Accommodation: Barrier Free Hotel Asunaro

Day 3 – Exciting Sea kayaking and stand-up paddleboarding

You will spend the whole day enjoying the activity that starts from 9:00am. By a 30-min bus ride, we will arrive at the Kamome Island.

You will spend a day on Kamome Island and enjoy sea kayaking and standup paddleboarding. Before we start , we will have a lecture and explanation of how to board the kayak and use the paddle. After lecture you will go round the Kamome Island. Glide over the water on a stable SUP board, and discover why this fun sport is rapidly growing and explore the gorgeous oceans of Japan.

Kamome Island is an island in the Sea of Japan just off the coast of the town of Esashi, Hokkaido. The island serves as a breakwater for the Esashi port. It has several historical sites and is protected as a part of the Hiyama Prefectural Natural Park. The island once served as a natural port for Edo period ships trading with Hokkaidō or for fishermen seeking to catch Pacific Herring

Lunch

We will have a lunch with local ingredients BBQ near Kamome Island.

Dinner

Enjoy a fun hands-on cooking experience and enjoy the seafood cuisine at Manabikku. Cuisine instructor Ms.Fujitani will let you know how to cook , through the experience and interacting with locals. After a delicious dinner, we return to the hotel to spend the night.

Activity: Sea kayaking and stand-up paddleboarding

Activity details: Difficulty:3
Time required: approx. 3hr

Meals provided: Breakfast , Lunch , Dinner

Accommodation: Barrier Free Hotel Asunaro

Day 4 - Feel the historic romance of the end of the Edo Period

To start our day, breakfast served at hotel and leave the hotel at 8:30am.

By a 30-min bus ride, we will arrive at Inishie Kaido Street

You will dress in a beautiful kimono and strolling through the 1.1 kilometer-long Inishie Kaido Street .

Esashi is a town with a historic flair which prospered from herring fishery and cypress wood through the Kitamae-bune merchant ship trade until the early Meiji Period. At the time, many commercial ships visited Esashi and the town was so busy that it coined the phrase, "Even Edo isn't as busy as Esashi in May." There are a number of historical and cultural heritages that still remain, giving the town a distinctive atmosphere reminiscent of an ancient town. After strolling we leave for a lunch in Hakodate, arriving in 1.5 hours by bus.

Lunch

We will have a lunch with Onuma beef and local ingredients at Hakodate-Onuma Prince Hotel.

Dinner

Before heading out for dinner at Hakodate Sushikin Main store , we go back to our hotel at 4:00pm to take a short break. For the dinner tonight local assorted sushi and hand roll sushi. Also you can through the Sushi making experience learn how to make sushi.

After a delicious dinner, you will have a sightseeing tour of Hakodate night view. The view from Mt. Hakodate is highly acclaimed, with a three-star rating in the "Michelin Green Guide Japan, the view from Mt. Hakodate is described as "worth taking time out to see." In the autumn, the days are often fine and the air clear, offering visitors a sweeping panoramic view.

Activity: Kimono dress up ,night view sightseeing

Activity details: Difficulty:1

Rest space: Kohone's House , Onuma Bird House

Meals provided: Breakfast , Lunch , Dinner

Accommodation: Hakodate Danshaku Club Hotel & Resorts

Day 5 – Catch your own squid

It is the last day of this tour, you will have a chance to experience a variety of squid fishing experience. Hakodate being a squid fishing town, you can enjoy the breezes from the boat ride and the satisfaction of catching squids

Lunch

We will have a lunch with raw squid and taste the squid you have caught at Gaya restaurant. The trip ends after lunch and our tour guide will escort you to the Hakodate railway station. We hope that you enjoy the trip and we are delighted to see you again.

Activity: Squid fishing

Difficulty: 1

Activity details Time required: approx. 3hr

Meals included: Breakfast , Lunch

Accommodation: -

Accommodations :

	Hotel Name	Facility Type	Onsen/SPA	WiFi
Day 1	Onsen Ryokan Yano	Ryokan	Onsen	O
Day 2	Barrier Free Hotel Asunaro	Ryokan	Onsen	O
Day 3	Barrier Free Hotel Asunaro	Ryokan	Onsen	O
Day 4	Hakodate Danshaku Club Hotel & Resorts	City Hotel	X	O

*Basically en suite private rooms provided

What's included

- A well-experienced guide, and activity guides for cycling , sea kayaking and standup paddleboard
- Necessary equipment for cycling , sea kayaking and standup paddleboard , Kimono dress up , Squid fishing
- Meals included in the itinerary
- Transports included in the itinerary
- 4 nights accommodation as outlined in the itinerary

What's not included

- Costs of a Personal purchases
- Alcohol

We provide & What to bring

We provide

- Cycling: Bike, helmet
- Sea kayaking : Kayak gear , life vests
- Standup paddleboard : Paddleboard set, special footwear, life vests

BIKE information

Hybrid BIKE



e.g. Type : GIANT ESCAPE

Road BIKE



e.g. Type : MUUR A-670

What to bring

This tour includes different kinds of activities, and you might get wet during some activities. We strongly recommend you to bring clothes that are comfortable to move around in, dry quickly (materials such as Polypropylene, polar latex, etc.) and that allows you to adjust your body temperature (Windproof and protection against the cold). For footwear, waterproof sports shoes are preferred.

Cycling:

- Quick drying cycle tops and padded cycle shorts
- Long sleeve layering
- Tights for riding or rain pants
- Lightweight jacket(Windproof, Waterproof)
- Cycle shoes
- Water Bottle

Sea kayaking & Standup paddleboard :

- Waterproof performance shorts with a rash guard
- Swim wear , boardshorts
- River shoes or shoes that are okay to get dirty or wet
- Towel
- Neck-warmer

What to bring

Recommended/Optional items:

- Personal toiletries
- Personal first aid kit
- Sunshade hat
- Sunglasses
- Sunscreen
- Umbrella or rain wear
- If you wear glasses - eyeglass belts to prevent falling.

About us

ANA Sales Co., Ltd. was launched in 2003 to handle ticket sales and travel business operations for the ANA Group . Our mission is to provide high quality of service and products and to deliver the most satisfying travel experience.

The Leisure Travel Business Division develops and markets original tour products. We are committed to fulfilling the expectations of our customers and offering unique and attractive and original tour products.

ANA has been highly commended by SKYTRAX for its consistently superior quality of service and for its dedication towards the further improvement of the overall passenger experience, in order to meet the needs of global customers. Furthermore, ANA is currently the only airline in Japan that has achieved the exclusive 5-star status for 8 consecutive years.

Using the ANA Group motto “Trustworthy, Heartwarming, Energetic!” as the foundation of our operations, we will continue to treat our customers sincerely and provide safe travel products with high added value, while further improving our services through the united efforts of all of our employees.

Guides

Activities guide

Your activity guides are steeped in local knowledge and intimately familiar with the unique appeals of this area. They have professional skills and owned qualifications.

- Hakodate local guide Mr.Sanbongi with 15 years guiding experience
- Cycling guides are certified by Japan Cycle Tourism Association (JCTA) or Japan Cycle Tourism Association(JCA).
- Sea kayaking & Standup paddleboard guide are certified as Japan Sport Association
- Food hygiene manager cooking instructor Ms.Fujitani and Esashi local guide Ms.Saikaiya with 10 years experience of DMO Hokkaido Esashi Tourism Mirai Association

Tour coordinator

Our English-speaking experienced guide will provide you the best service, support and assistance as possible for all the time .

Gear

Knowing the height of the participant and relevant information in advance, we will prepare suitable bikes. Upon request, an electric assistant e-bike can be arranged.
(Registration required in advance/ Quantity limited)

Rode Bike: MUUR/Light-weight aluminum frame& Carbon fork /Shimano Claris 16 speed/
Shimano WH-R500/Panaracer (Category S)/Size:S,M,L/About10 KGs

Hybrid Bike: GIANT/Shimano Acera 24 speed/Size:XS,S,M/About 11 KGs

*Depending on the arrangements, above items are subject to change.

Activities Guide Qualification

Cycling

Yuya Ishitsuka (Master guide)



- Master cycling guide of JCGA
- Certificate of Basic First Aid
- Over 30 years of cycling experience



David Barnett(Leader guide)

- Elite cycling guide of JCGA
- Certificate of Basic First Aid
- Over 43 years of cycling experience

Information and Requirements

Dietary Restrictions

Please inform us of any food allergies or special dietary requirements and we will be happy to accommodate you. However, there is no guarantee that we will be able to accommodate all food intolerances/special diets.

Emergency Response Plan

First-aid kit is always be prepared during the tour. All activity guides had medical training and certified Red Cross Society First Aid Provider or Standard First Aid Course given by fire department of municipality of Japan. Also, our Asahikawa branch is located near activity spots, so our staff can provide appropriate assistance in an emergency.

Hospitals near activities spots are as follows.

- Cycling : Matsumae Community Hospital
- Sea kayaking & SUP: Hokkaido Prefectural Esashi Hospital
- Squid fishing: Hakodate Municipal Hospital

Weather Conditions

- Hakodate

The Hokkaido summer offers temperate weather from June through to September and Hakodate offers the perfect base to experience South Western Hokkaido area, with a range of activities to keep you occupied including: cycling, sea kayaking, touring the local area and much more as well as wide range of cuisine and fresh produce.

Reservation & Cancellation Policy

Payment Methods

Once booking is confirmed, we will inform you the payment procedure by mail. You can settle the payment by credit card(“Visa” or “Master”).

Cancellation

<u>Cancellation Date</u>	<u>Cancellation charge</u>
21 or more days prior to the starting day of the tour	Free
20 to 8 days prior to the starting day of the tour	20% of the Tour Fare
7 to 2 days prior to the starting day of the tour	30% of the Tour Fare
1 day prior to the starting day of the tour	40% of the Tour Fare
On the date of departure	50% of the Tour Fare
Cancelled after the start of the tour Failure to show without notice	100% of the Tour Fare

*Refund process may take up to 1 to 2 months depending on when the refund request is received, and the closing date and refund processing procedure conditions of the applicable credit card company. It will be credited to your credit card when the time you purchased the package.

Reservation & Cancellation Policy

Disclaimer

ANA Sales reserves the right to change these guidelines and disclaimers at any time.

- You specifically acknowledge that ANA Sales is not liable for defamatory, offensive, infringing or illegal materials of any third party, and ANA Sales reserves the right to remove such materials without liability.
- In performing its obligations under the terms of its tour contract, should ANA Sales cause damage to the customer through willful negligence or fault, ANA Sales shall be liable for such damages. However, this only applies if the damage report is made within 2 years reckoned from the day following the occurrence of the damage.
- ANA Sales should not be liable for damages incurred by customers as stipulated above if any of the following reasons applies.
 1. Nature disaster, war, civil unrest, and alteration or cancellation of tour itinerary due to such causes.
 2. Cessation of services related to transportation or accommodation facilities, and tour itinerary alteration or cancellation owing to such causes.
 3. Governmental orders, or isolation resulting from infectious diseases.
 4. Accidents occurring during free time.
 5. Food poisoning.
 6. Theft.
 7. Delays , stoppages, changes of schedule and route in relation to transportation facilities, and tour itinerary alterations and/or shortened stays at destinations owing to such causes.
 8. Any matter beyond ANA Sales's(or its licensees' or licensors') reasonable control. Even if such party has been advised of the possibility of such.
- Please be aware that you may encounter risks in the activities included in this tour. We do not guarantee that there will be no accidents on the tour. You must follow the attention and instructions of each guide. We reserve the right to terminate the travel contract if you cause a disturbance to other guests or interfere with the smooth conduct of group activities.

Partner Company

DMO Hokkaido Esashi Tourism Mirai Association

1-10 Ubagamicho, Hiyamagun Esashicho, Hokkaido 043-0041, Japan

Tour Operator / Contact

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