

Cycling in Japan's National Park 12 days



Challenge cycling for 12 days in Japan through Japan's National Parks in Shikoku, Hokkaido and Nagano.

Shikoku : Cross the pirate-infested Inland Sea to reach the sacred mountain of Shikoku

Hokkaido : Cycle touring around the lakes and mountains of Shikotsu-Toya National Park

Nagano : Gran Fondo Nagano: through the 3 National Parks in Nagano Prefecture

Itinerary at a glance

- Day 1** Meet at Onomichi in the afternoon and explore the alleys and temples on foot (D)
- Day 2** Guided cycling the first half of the Shimanami Kaido (B, L, D)
- Day 3** Guided cycling the second half of the Shimanami Kaido (B, L, D)
- Day 4** Ride up Mt. Ishizuchi and cycle the UFO line road, hiking a peak or two (B, L, D)
- Day 5** Transfer to Kochi APT and fly to New Chitose APT via Haneda (Tokyo) APT (B, D)
- Day 6** Guided cycling around Lake Toya (B, L, D)
- Day 7** Guided cycling from Lake Toya to Niseko Konbu Onsen (B, L, D)
- Day 8** Transfer to Sapporo Okadama APT and fly to Matsumoto APT (B, L, D)
- Day 9** Guided cycling from Matsumoto to Hakuba (B,L,D)
- Day 10** Guided cycling from Kinasa to Lake Nojiri via Togakushi Shrine (B, L, D)
- Day 11** Guided cycling from Shiga Kogen to Shibu Pass (B, L, D)
- Day 12** Walk to Snow Monkey Park | Transfer to Tokyo, farewells (B)

B: Breakfast, L: Lunch, D: Dinner

Highlights:

- Cycle the renowned Shimanami Kaido and take a boat ride into the racing currents that flow between the islands of the Seto Inland Sea.
- Climb 940 m up Mt. Ishizuchi on an e-bike and ride the loopy UFO Line along the mountain ridge.
- Cycle around the lakes and mountains of Shikotsu-Toya National Park
- Cycle around the bottom of Mt.Youtei and taste the bounty of the Niseko mountains
- View the Japanese Alps and its valley from the top of Matsumoto Castle and understand the topographic character of the area.
- Final attack to Shibu Pass (1300m of vertical ascent), the highest point on the national highway in Japan

Location: Ehime and Kochi prefecture in Shikoku region
Toya and Niseko in Hokkaido prefecture
Nagano prefecture

Main Activity: Cycling

Difficulty: 5

Availability: Recommended May to June, and September to October

Tour Duration: 11 Nights 12 Days

Pax: Minimum 4 Maximum 8

Price: JPY 798,000 per person with 8 people incl. tax
JPY 914,000 per person with 6 people incl. tax
JPY 1,098,000 per person with 4 people incl. tax
Single supplement: JPY130,000

[Route map](#)

[Day-by-day Itinerary](#)

[What's included](#)

[We provide & What to bring](#)

[About us](#)

[Information and Requirements](#)

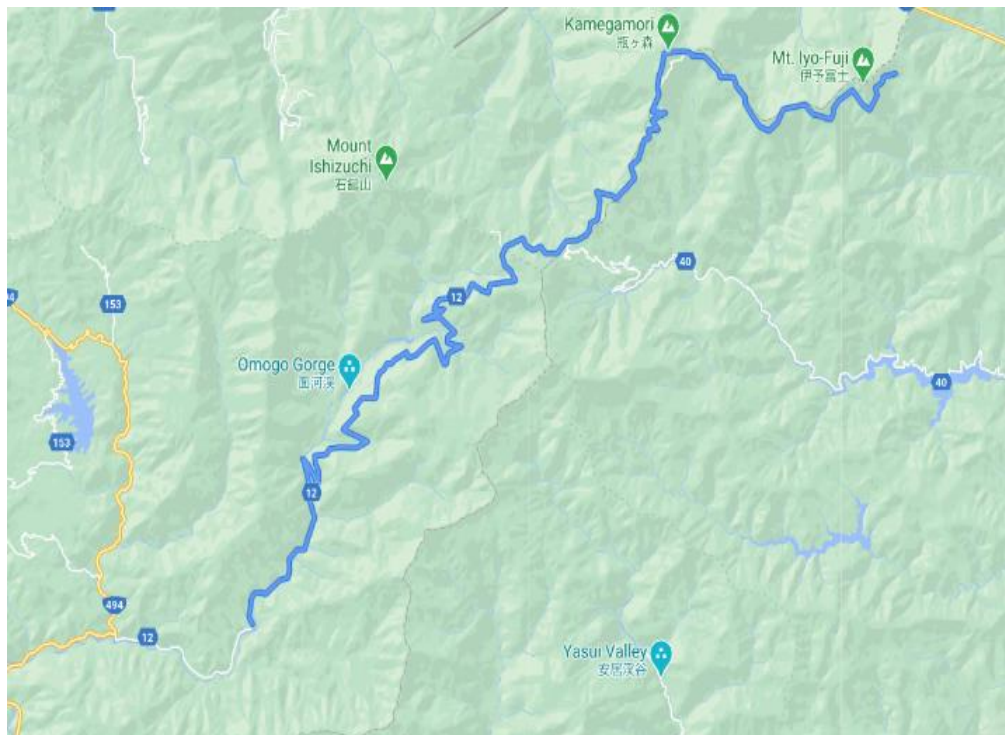
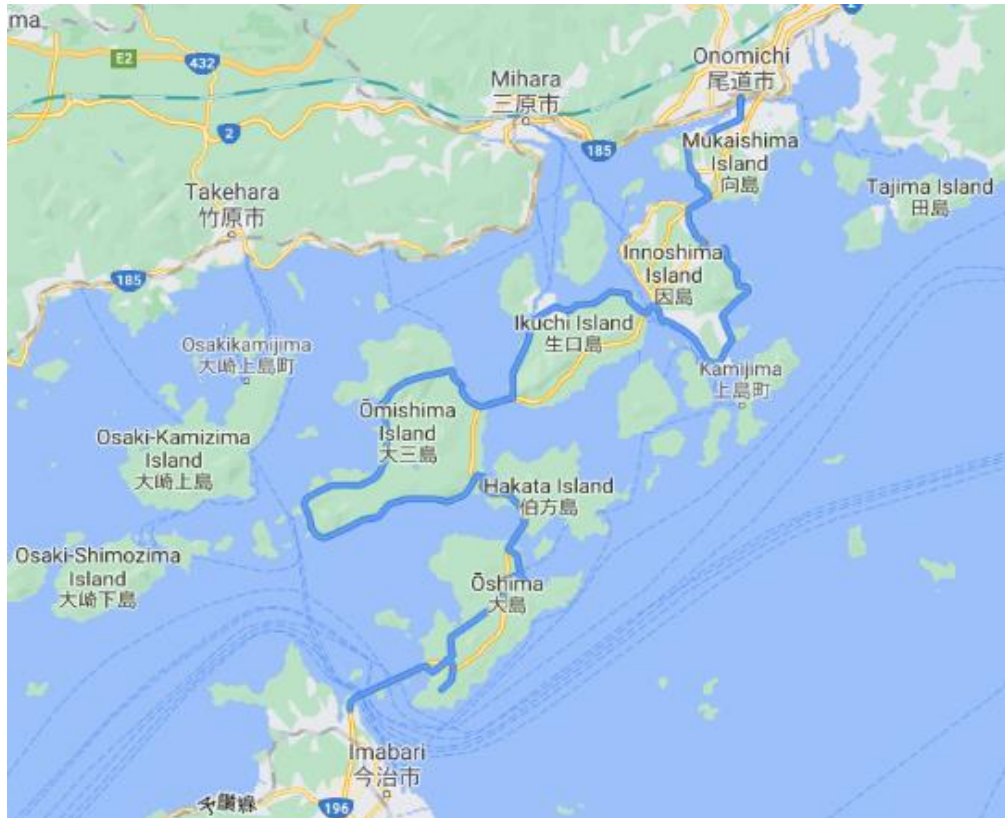
[Reservation & Cancellation policy](#)

Route map



Source: Google My Maps

Route map/Shikoku



Source: Google My Maps

Day-by-day Itinerary

Day 1 Meet at Onomichi in the afternoon and explore the alleys and temples on foot

You arrive in Onomichi, Hiroshima, and check your luggage into your hotel, Onomichi U2, a hotel designed for cyclists. Then you have a guided tour of the temples and historic sites of Onomichi on foot and by cable car. From Senko-ji Park, you can see the islands of the Shimanami Kaido below you.



Accommodation - Onomichi | twin room with ensuite

Included meal - Dinner

Activity:

◆ Guided walk around Onomichi

Distance: 5 km/3.1miles

Time required: 3:00 hours

Elevation: 40 m/131ft,

Down 130 m/426ft

Difficulty: 1

Day 2 Cycle the first half of the Shimanami Kaido

We meet our guide, e-bikes, and support car. We take a short ferry ride to the start of the Shimanami Kaido. Today's route takes us over three islands, Mukaishima, Innoshima, and Ikuchijima to Omishima. On the route, we see traces of pirate heritage such as castles and active shipyards. We stay the night at Wakka, glampsite for cyclists by the sea.



Accommodation – Omishima | Cottage or Dome tent

Included meal - Breakfast, Lunch, Dinner

Activity:

◆E-biking the Shimanami Kaido

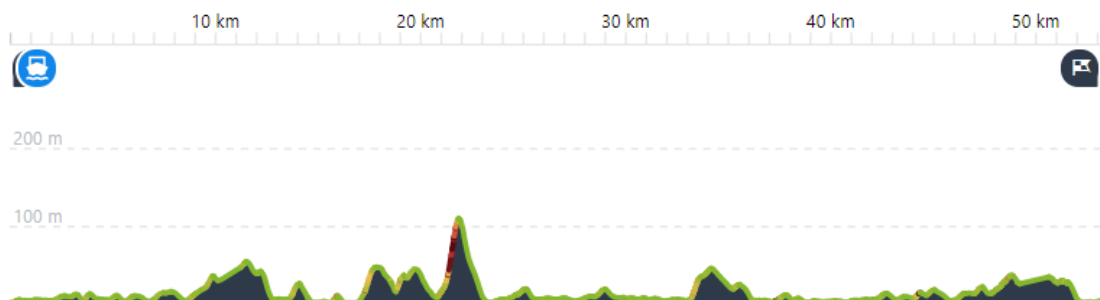
Distance: 53km/32.9miles

Time required: 3:00 hours

Elevation: 520 m/1,706ft

Down 520 m/1,706ft

Difficulty: 1

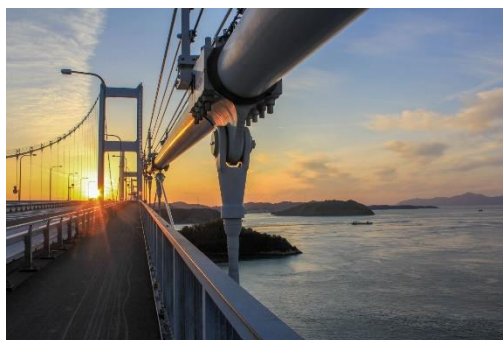


△ **Highest Point** 110 m

▽ **Lowest Point** 0 m

Day 3 Cycle the second half of the Shimanami Kaido

We visit Oyamazumi Shrine where for time immemorial, Japan's warriors have prayed for victory, then head around Omishima and over two more islands, Hakatajima and Oshima. We drop into a museum about the lives of the pirates and take a fast boat out into the racing currents around an island castle. If we're feeling fit, we can cycle up Mt. Kiro to the dramatic lookout over the Kurushima Straits Bridge, which we cross to enter Shikoku. From here we drive to Dogo where you can relax in the hot spring.



Accommodation - Dogo Hakuro | twin room with ensuite | Onsen spa

Included meal – Breakfast, Lunch, Dinner

Activity:

◆E-biking the Shimanami Kaido

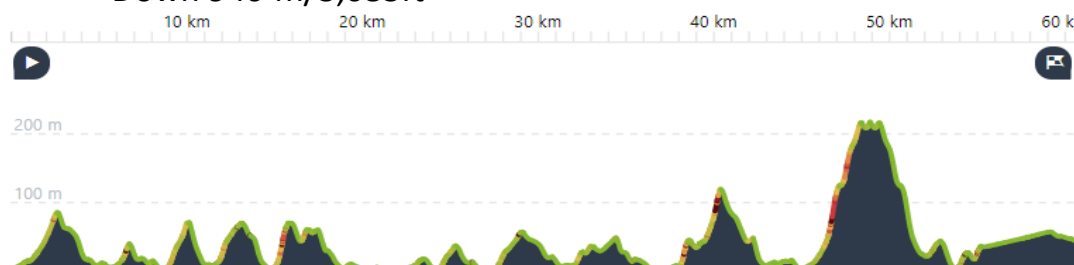
Distance: 60km/37miles

Time required: 3:30 hours

Elevation: 980 m/3,215ft

Down 940 m/3,083ft

Difficulty: 1

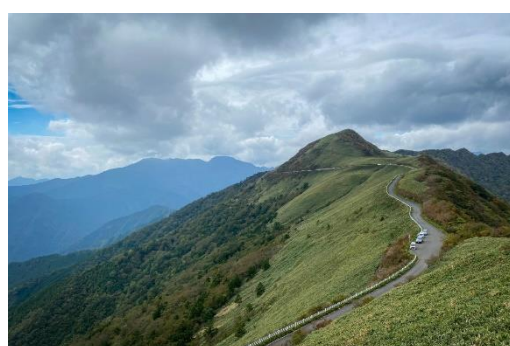


▲ **Highest Point** 220 m

▼ **Lowest Point** 0 m

Day 4 Ride up Mt. Ishizuchi and cycle the UFO line road, hiking a peak or two

This is your last chance for a dip in the waters of Dogo. After breakfast, we drive from Dogo through the lovely scenery of Kuma Highland to the foot of Mt. Ishizuchi where we meet our e-bikes again. From the pretty Omogo River valley at 600m/1968feet, we make a long ascent by paved road that winds up through deciduous woodland before emerging above the tree line at 1,500m/4921feet. Here, weirdly shaped peaks rise above slopes cloaked in dwarf bamboo. At the Tsuchigoya rest stop, we're greeted by mountain priests blowing conch shells and receive a traditional Shinto blessing. After lunch, we cycle the dramatic UFO Line, a largely flat traverse across the shoulder of the mountain to Mt. Kamegamori, with views of Ishizuchi and vistas stretching over much. We get off our bikes to hike up over and down the peak. The support vehicle meets us at the other end with our bikes. After the hike we cycle mostly downhill to the Kanpuzan rest stop. At the next rest stop, we meet the bus for the drive to Kanpo no Yado, an inn with Japanese-style rooms beside a reservoir on the Niyodo River.



Accommodation - Kanpo no Yado Ino |Single room with ensuite| Onsen spa
Included meal – Breakfast, Lunch, Dinner

Activity:

◆E-biking from Omogo to Kanpuzan

Via Tsuchigoya and Kamegamori

Total Distance: 47.41km/29miles

Total Time required: 4 hours

Elevation: 940 m/3,083ft

Down 680 m/2,230ft

Difficulty: 3

E-bike from Omogo to Tsuchigoya

Distance: 22.2 km/13.7miles | Time: 2:00 | Up: 940 m/3,083ft, Down 250 m/820ft



▲ **Highest Point** 1,510 m

▼ **Lowest Point** 570 m

E-bike from Tsuchigoya to Mt. Kamegamori trailhead

Distance: 9.81 km/6.09miles | Time: 1:00 | Up: 390 m/1,279ft, Down: 250 m/820ft

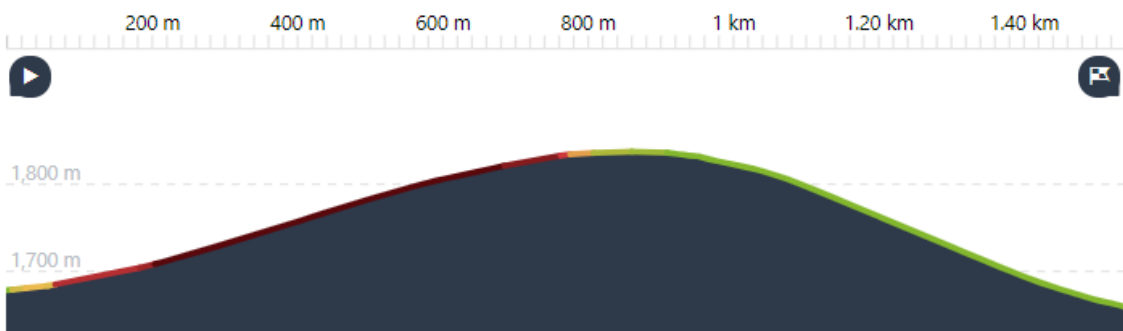


▲ **Highest Point** 1,670 m

▼ **Lowest Point** 1,360 m

Hike over Mt. Kamegamori

Distance: 1.54 km/0.95miles | Time: 1:00 | Up: 160 m/524ft, Down: 180 m/590ft

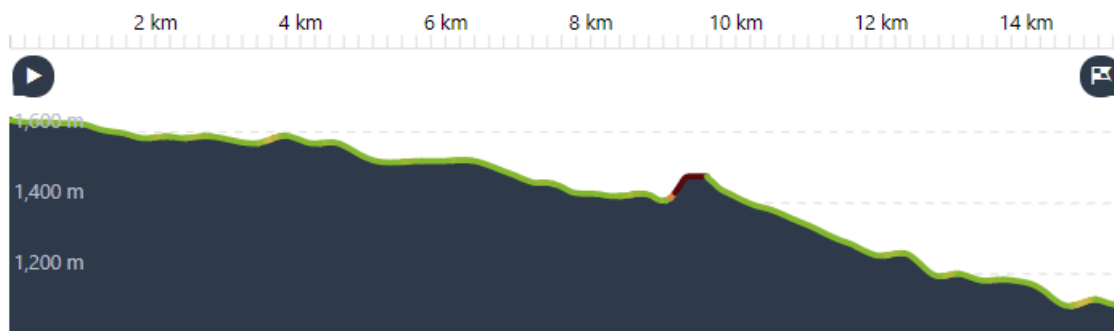


▲ **Highest Point** 1,840 m

▼ **Lowest Point** 1,660 m

E-bike from Mt. Kamegamori to Kanpuzan

Distance: 15.4 km/9.56miles | Time: 01:00 | Up: 160 m/5,24ft, Down: 680 m/2,230ft



▲ **Highest Point** 1,630 m

▼ **Lowest Point** 1,110 m

Day 5 Transfer to Kochi APT and fly to New Chitose APT via Haneda (Tokyo)

After breakfast at the hotel, we drive to Kochi Airport for 40min by a van and fly to Haneda Airport with ANA 564 at 10:10 and arrive at Haneda Airport at 11:25. Change the flight to New Chitose Airport with ANA 63 at 12:00 and arrive at New Chitose Airport at 13:35.

After arriving at New Chitose Airport, we will hold a short meeting to introduce ourselves and to brief everyone on our upcoming 3-day cycling adventure. From Chitose we head for Lake Toya via Noboribetsu. An hour and a half drive from the city get us to the volcanic hot spot with abundant thermal springs and geysers which provide the most dramatic of landscapes. Here we take a leisurely stroll in Jigokudani (Hell Valley) and soak your feet into a natural outdoor foot spa before we continue on to today's destination of Lake Toya. Our accommodation is located right on the lakeshore where we enjoy the famous night-time fireworks display right above the lake.



Accommodation – Lake Toya | twin room with ensuite | Onsen spa**Included meal** – Breakfast, Dinner**Activity:**

◆Walking

Distance: 1.2km/0.74miles

Condition: Unpaved

Difficulty: 1**Day 6 Guided cycling around Lake Toya**

After breakfast we get our bikes ready and fitted for everyone to start pedalling for the day. We start right from our hotel on a lakeside path designated for pedestrians and cyclists, then eventually get on a quiet road which goes all the way around Lake Toya. We cycle clockwise around this caldera which is over 30km/19miles in circumference. Since Lake Toya was formed as a result of a volcanic eruption, the adjacent areas enjoy vibrant agriculture and horticulture which we will take in from the saddle during the day. Another geographic feature of this area is, of course, an active volcano. We visit Mount Showashinzan and Mount Usu located on the southern side of Lake Toya which form Toya-Usu UNESCO Global Geopark. We take a cable car to the observatory on Mount Usu. On a fine day, we can enjoy the panoramic view from Lake Toya to Mount Yotei. Hop on a van and drive 1 hour to Niseko Konbu Onsen at the foot of Mount Niseko Annupuri.

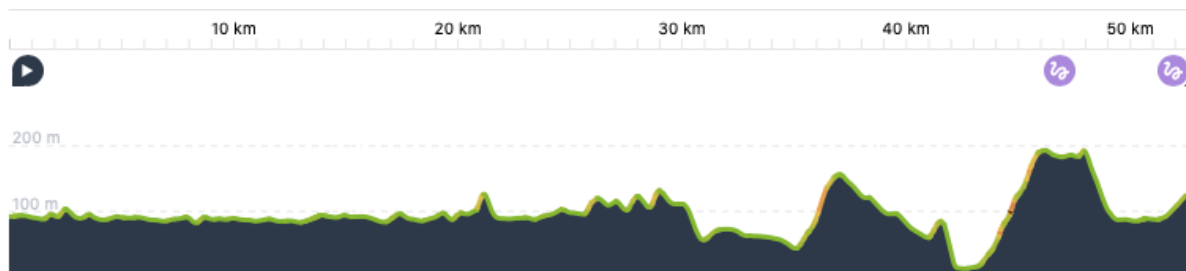
Accommodation – Niseko Konbu Onsen | Private room with ensuite | Onsen Spa**Included meals** - Breakfast, Lunch, Dinner**Activity:**

◆Cycling

Distance: 53km/33miles

Time Required: 6 hours

Altitude Gain - 630m/2,067ft

Difficulty: 3▲ **Highest Point** 190 m / 623 ft▼ **Lowest Point** 10 m / 33 ft

Day 7 Guided cycling tour around Mount Yotei

Mount Yotei, also known as Ezo Fuji because of its resemblance to Mount Fuji, will be in our sight all day. The heavy snowfall makes this area of Niseko a world-famous snow resort. We first peddle to the center of this famous Niseko snow resort called Hirafu street which is lined up with luxurious hotels, located in peaceful local small town. We keep peddle to the northern fringe of Mount Yotei and through the potato capital Kutchan Town. Our lunch will be at a popular natural spring water park where local people and visitors come to fill their water bottles with natural mineral-rich water. This special water, proudly denominated as one of "Japan's 100 Best Spring Waters". After our refreshing visit, we continue to cycle around the Mt. Yotei and back to our ryokan.

Accommodation – Niseko Konbu Onsen | Private room with ensuite | Onsen Spa
Included meals - Breakfast, Lunch, Dinner

Activity:

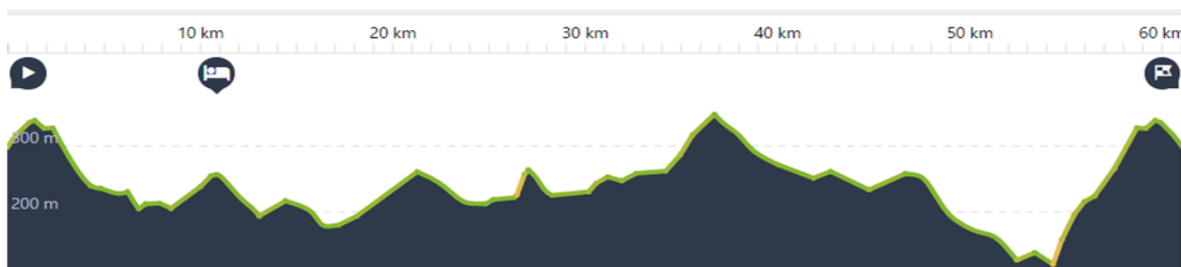
◆Cycling

Distance: 61km/ 37 miles

Time Required: 6hours

Altitude Gain - 630m/2,067ft

Difficulty: 3



▲ Highest Point 350 m

▼ Lowest Point 120 m

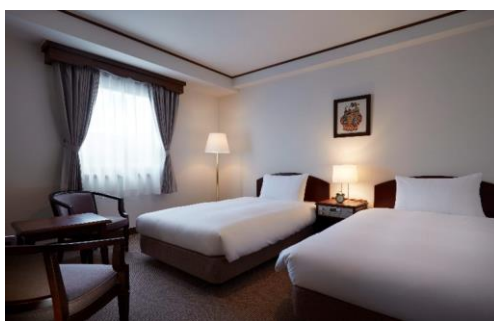


Day 8 Transfer to Sapporo Okadama APT and fly to Matsumoto APT

After checking out of our hotel we leave Niseko Konbu Onsen by van for Yoichi. We celebrate the completion of our tour at Nikka Whisky Distillery, founded in 1934 by Masataka Taketsuru who was the first Japanese person to serve as an apprentice in whisky-making in Scotland. Our last meal in Hokkaido will be the perfect local ala kart dish with a glass of whisky at Nikka Whisky Distillery.

The transfer to Sapporo takes approximately 1 hour, and we say our goodbyes around noon at Sapporo Okadama airport and fly to Matsumoto airport with JDA225 at 14:45. Enjoy 2 hours flight to Nagano prefecture.

Meet your guide at the airport and take the private transfer to check in at a modern classic hotel near Matsumoto Castle. After orientation in the lobby, the guide will take you out for a walk around the castle town. Dine out at a famous tonkatsu (pork cutlet) restaurant nearby to build up stamina for the final challenge of your journey.



Accommodation – Matsumoto|Western twin room with ensuite

Included meals - Breakfast, Lunch , Dinner

Activity: N/A

Difficulty: N/A

Day 9 Ride from Matsumoto to Hakuba

Start riding from the hotel to the Matsumoto Castle, a National treasure of Japan. The view from the Castle Tower will tell you the topography and history of the area. Cycle 70km/43miles on the best routes through to Hakuba Valley, with relatively few minor ups and downs. Enjoy the views of Japanese Alps lining which are big and bold in your forward view throughout the day. Encounter the timeless scenery of Japan and taste fresh wasabi from the fields in Azumino area. Enjoy lunch at the Lakeside Café at Lake Kizaki. Reaching Hakuba you will find it to be a rich friendly and enchanting village. Catch up on the latest news, Engage the friendly locals and enjoy the friendly banter whilst you get ready for BBQ dinner.



Accommodation – Hakuba | Western twin room

Included meal – Breakfast, Lunch, Dinner

Activity:

◆Cycling

Distance: 70km/ 43miles

Time Required: 6hours

Altitude Gain - 300m/ 984ft

Difficulty: 4

Day 10 Ride from Kinasa to Lake Nojiri via Togakushi Shrine

Move from the Chubu sangaku National Park through to Myoko-Togakushi Range. Private transfer from the hotel to the starting point, Kinasa village, famously known for Oyaki dumplings, will take about 50 minutes. Then attack a challenging 500m/1,640ft uphill climb through to the Togakushi shrine. Explore the mythical shrine and its sacred forested woods with cedar trees well over 800 years old. Have a galette with buckwheat flour, another signature dish of the area at picturesque Kagami-ike Pond. Stop by the bamboo craft workshop, and Ninja Museum to see the masterful Ninja tricks and mazes of trap door and hidden rooms in the Ninja Mansion. Continue cycling down which offers sweeping descent on well-paved tarmac roads with lite traffic until reaching Lake Nojiri. At the lakeside guesthouse, wood-burning sauna and hot-pot dinner will condition and recover the ached muscle, along with a great bonfire and a nightcap under the stars.



Accommodation – Lake Nojiri | Japanese/Western Twin Room shared bathroom

Included meal - Breakfast, Lunch, Dinner

Activity:

◆Cycling

Distance: 60km/ 37miles

Time Required: 6hours

Altitude Gain - 500m/ 1,640ft

Difficulty: 5

Day 11 Ride from Shiga Kogen to Shibu Pass

Ride towards the Joshinetsu Kogen National Park area. The biggest challenge awaits - a 850m climb from Shiga Kogen, UNESCO'S Biosphere Reserve, to the highest point of the country's National Highway, the Shibu Pass (2172m/7,125ft). After the big climb it is time to refuel, lunch at the highest located bakery/cafe in Japan at the top of Mt. Yokote, with 360 degree views. Enjoy panoramic view of Shiga Kogen's topography before descending to Shibu Onsen. Once back in the saddle it is a super long decent and great fun, but if you prefer and depending on your condition, we can arrange you a transfer through to the hotel. You will also visit the Tamamura Honten, which is famous for brewing popular craft beers and also make a tour of the 9 outdoor hot springs in Shibu Onsen.



Accommodation – Yudanaka Onsen |Japanese Room with shared bathroom **Included meal** - Breakfast, Lunch, Dinner

Activity:

◆Cycling

Distance: 15km/ 9,3miles

Time Required: 6hours

Altitude Gain - 850m/ 2,788ft

Difficulty: 5

Day 12 Walk to Snow Monkey Park | Transfer to Tokyo, farewells

Walk to the world famous Snow Monkey Park where the monkeys soak in the thermal spring onsen in the winter and learn about the history of peaceful coexistence between humans and wild animals. Proceeding this private transfer to Yudanaka Railway Station where you depart and connecting with the express train to Nagano station at 10:30am.

Accommodation - NA

Included meal - Breakfast only

Activity:

◆Walking

Distance: 2km/ 1,24miles

Time Required: 1.2 hours

Difficulty: 1



Food & Accommodation

Accommodations :

Dates	Location	Type	Room	Spa
Day 1	Onomichi		twin room with ensuite	
Day 2	Omishima		Cottage or Dome tent	
Day 3	Dogo	Ryokan	twin room with ensuite	Onsen spa
Day 4	Ino	Hotel	Single room with ensuite	Onsen spa
Day 5	Lake Toya	Ryokan	Private room with ensuite	Onsen spa
Day 6	Niseko Konbu Onsen	Ryokan	Private room with ensuite	Onsen spa
Day 7	Niseko Konbu Onsen	Ryokan	Private room with ensuite	Onsen spa
Day 8	Matsumoto	Hotel	Western Twin Room with ensuite	
Day 9	Hakuba	Log Cottage	Western Twin Room with ensuite	
Day 10	Lake Nojiri	Guesthouse	Western/Japanese Room shared bathroom	
Day 11	Yudanaka onsen	Guesthouse	Japanese Room shared bathroom	

Breakfast & Dinner

All breakfasts and some dinners on this tour will be served at our accommodation. It is a typical way for Japanese travellers to indulge by staying in lodgings with "onsen" natural hot springs on site. The meals will be set menus, containing traditional Japanese dishes beautifully presented in separate plates & bowls. If you are a master of chopsticks, these skills will be handy, otherwise western utensils are usually available on request. Eating at the accommodation allows us to relax and enjoy the local cuisine dressed in "yukata" (a casual cotton kimono), which takes away the hassle of packing a change of evening and/or morning clothes. We can make arrangements for any dietary requirements so please be sure to let us know your needs in advance.

Travel to the Meeting Point

The tour begins at JR Onomichi Station on Day 1.

What's included

- 11 nights accommodation, single occupancy basis
- 11 breakfasts, 9 lunches, 11 dinners
- Rental bike (hybrid with flat handlebar or road bike with drop bar handle)
- Other bike accessories
- All transport as described in the itinerary
- All activities and admission fee as described in the itinerary
- Snacks and refreshments
- English speaking Japanese guide(s) & mechanic(s)
- Spare parts and mechanic services
- Support vehicle(s)
- Baggage transfer during cycling

Not included

- Airfares and train tickets
- Personal expenses
- Alcoholic drinks with included meals

What we provide & What to bring

We provide

- Rental bike, road bike or hybrid bike of your choice
- Helmet on request
- Repair tools/parts to be carried by the support vehicle
- All the bikes are equipped with front and rear lights
- Support vehicle
- Water and snacks
- First aid kit

Please note that you will be asked to show your passport when checking into accommodation in Japan. It is a requirement for accommodation providers to take a photocopy of the passport of overseas guests.



What to bring

Essentials

- Adequate cycling clothing & high visibility items
- Waterproof jacket
- Fleece jacket or similar in case of cold weather
- Cycling gloves
- Front bag for hybrid bike or Seat post bag for road bike
- Sunglasses and sunscreen
- Water bottle or hydration system
- Personal medications
- Travel insurance
- Passport
- Cash in Japanese yen. Small restaurants and shops in rural parts of Japan do not accept credit cards. You can withdraw cash from an ATM at a post office and Seven Eleven convenience stores.

Recommended items

- Cycling shoes
- Your own seat and pedals; we have them fitted to bikes, but nothing is more comfortable than your own gear!
- Your own helmet. It is compulsory to wear one on our tour
- Camera

About us

Hokkaido Treasure Island Travel

We are Hokkaido Treasure Island Travel (HTIT), an award-winning team of creators of unique, perfectly tailored Hokkaido travel experiences. HTIT Team is deeply rooted in Hokkaido, North Japan. In 2004, HTIT started its journey as a pioneer of a new style of adventure travel by sharing the treasures of Hokkaido. We are constantly opening new doors and making local destinations previously inaccessible for travelers available all over Hokkaido. We provide a compelling combination of personal and professional travel advice, knowledge beyond that of the guidebook insider, and behind the scenes access to places and authentic local experiences generally not available for the public. Our mission is to create for you a journey of a lifetime, every time you travel with us.

What We Offer As Our Services

Vehicle Support

We will provide a vehicle to support cyclists and carry water, snacks and any other items needed for cycling. If you need to stop cycling at any point during the day, you are welcome to take a rest in the support vehicle. Please be aware that the number of seats may be limited depending on the number of people and the vehicle we use.

Small Group

We find value in maintaining friendly, small-group settings. That's why we cap the maximum number of our groups at 8 people on scheduled tours. This allows us to reduce the social and environmental impacts caused by our travels, as well as giving us the opportunity to visit smaller facilities, which often give us more interesting insights and unique experiences.

Shikoku Tours

Shikoku Tours was established with the goal of introducing adventurous people to the wonders of the smallest of Japan's main islands, and to help preserve its unique heritage and culture. We work closely with local stakeholders to craft tours that satisfy our international customers while contributing to regional economies.

We're constantly learning, from our partners and friends in Shikoku, and from the feedback that we receive from our customers. Our website is the most comprehensive library of Shikoku travel content, reflecting our decade-long effort to document and promote the island we call home.

Rod Walters – Tour guide

Rod has spent 30 years in Japan, 20 of those in Shikoku. A regular outdoorsman, he loves cycling, hiking, and just about anything involving water. He's scared of heights but likes to jump off high places nonetheless.

Rod regularly travels all over Shikoku, consulting to local government on inbound tourism, researching and planning tours, and of course guiding visitors. His interests include history and culture, the natural sciences, and food. He's qualified as a Sake Sommelier and Educator by the Sake Sommelier Academy.

Having developed a particular affinity with the heroic maritime clans of the Inland Sea, he could be accused of a bit of regional nationalism.

Aboshi Yuji – Cycling guide

Yuji is a cycling guide from Hiroshima. He's a licensed interpreter-guide and tour conductor. He's cycled around Japan three times, and around Taiwan once, among many other cycling and backpacking trips in Japan and overseas.

Yuji has worked with national and local government to design cycling tours and has served as guide to overseas media and VIPs for Shimanami Kaido cycling events.

Ochi Kenji – Cycling guide

Kenji owns a popular bicycle shop in Saijo and is certified as a guide by the Ehime Cycling Guide Association.

Based on the experience of attending cycling events for 35 years as a bike shop owner, he started developing guided cycling tours around the Ishizuchi mountain range. Although the slopes are many and steep, using e-bikes allows you to enjoy dynamic cycling in nature regardless of your physical fitness level.

Ski Japan Holidays

Ski Japan Holidays was established in 2003 and has been providing a comprehensive range of ski travel packages and services to the best snow resorts in Japan until today. We work together with some of the biggest and most well respected operators in the Japan travel industry, offering the best ski resorts, packages and tours.

Ski Japan Holidays works with Local, State and National tourism offices to better promote this beautiful area that we live work and play in and we very much look forward to showing off this great area to you.

Jon Daily, Lead Guide (Ski Japan Holidays)

Born and raised in Southern California, with a great passion for ocean sports. In 1980 he moved to Aspen Colorado, a famous North America ski area, where he learned to ski, snowboard and telemark in winter and biking and kayaking in summer. Moving to Hawaii in 1983, continuing his passions for the ocean, he then met and married a Japanese woman and moved to Japan in 1987 at age 24. After moving to Japan, he studied martial arts intensively, to the extent that he obtained his third degree black belt in Karate in Tokyo. Wanting to leave the city, he came to live in the small village of Ogawa in Nagano prefecture in 2005. Taking advantage of his bilingual ability, he then began his career as an outdoor and cultural guide based in Hakuba valley. Presently he has also taken up farming to self-sustain himself and his family raising two daughters on their home grown rice and vegetables. His present job involves taking foreign visitors on cultural tours around Nagano, especially to Jigokudani Snow Monkey Park for over 10 years. He is certified in Wilderness First Aid.

Toshu Arai, Cycling guide (Representative of Otari Fatbike Center)

He took his master degree in synthetic organic chemistry at Yamagata University and worked at a chemical company, involved in manufacturing technology. When he started riding a road bike it was as a training for snowboarding. Then his cycling mate invited him to try the Mt. Norikura Hill Climb Race which eventually fascinated him and since then he entered many hill climb races. In 2013, he moved to Otari village in Hakuba Valley (Nagano prefecture), wanting to live in the snow country. After moving there, he started new career as bike trip guide and owns a bike repair workshop at Otari Fatbike Center. His signature tour is fat bike ride in snow, and also offers road bike and e-bike tours in Nagano prefecture, preferring to ride on the back roads with less traffic and great the sceneries. He is the founder/manager of Otari Hill Climb courses, unique cycling courses that takes advantage of the valley with many hills and few flat areas. Occasionally he also works as a recyclable energy consultant at the village council.

He has qualification for Wilderness First Aid (50 hours). He is a member of the Japan Mountain Bike Association

Information and Requirements

Dietary Restrictions

We believe that eating like the locals is the best way of experiencing Hokkaido's unique culture. However, we understand that it's not possible for everyone to do this and we're more than happy to cater for food allergies, dietary restrictions and special requirements. If you have any diet restrictions or preferences, please tell us in the Registration Form at the time of booking, and we will do our best to accommodate your dietary needs. However, please note that soy sauce is an indispensable condiment in Japan and it often contains wheat gluten (which affects those who have celiac disease; in serious cases causing anaphylaxis). As gluten-free soy sauce is yet to be a common choice in Japanese restaurants in rural areas, you may have to substitute by one of the famous Japanese salt. In some rural areas particularly, we may ask you for some flexibility. For example, if you require halal food, we may be able to substitute for a vegetarian option instead. Please also be aware that for those who are allergic to MSG we may struggle to arrange a good alternative at every meal in Japan. Some of our overseas guests in the past found it difficult to find ready-made foods completely free of MSG, especially when buying from convenience stores. Most Japanese supermarkets sell simple foods like plain bread, boiled eggs, vegetables and fruits, so you should always be able to find something suitable. The most important thing about dietary requirements is to let us know in advance so we can prepare and organize the foods you need.

Emergency Response Plan

Your safety is our top priority, closely followed by fun and comfort! All our tour guides have years of guiding experience in the outdoors under their belt. We require all our activity guides are trained in first aid (including wilderness first-aid) and aware of the health regulations as well as tour operators' practices and protocols. At all times, our guides will carry a first-aid kit, as well as have an extra kit in our vehicle. We will follow all procedure to ensure the journey is safe. Everyone involved in running the journey follows governments health and safety guideline, including regular staff health and temperature monitoring. Our office is experienced in handling emergencies and have the contacts and knowledge to support guests 24/7 in the event of accidents and medical challenges.

Depending on the terrain and the potential risks it poses on each trip, our guides will also have the necessary safety and climbing equipment. In case of heavy rain, strong winds or other unsafe weather conditions for hiking or cycling, there may be times when we have to change our tour plan. In such cases, we will try to substitute the original activity with other alternatives such as sightseeing, visiting museums or hot springs. We take charge of turning a bad day around into a fun day!

Weather Conditions

Shikoku Region

May to June and September to October are generally warm and light clothing is enough for most people, but evenings can be cooler, so having a fleece is recommended. Whatever you prepare for Hokkaido will also serve you well in Shikoku. In the autumn, typhoons sometimes sweep through Shikoku bringing wind and heavy rain. If conditions permit, we'll still cycle, so good waterproofs are essential

Hokkaido Region

Hokkaido's pleasant summer attracts many visitors from other regions of Japan escaping from the unbearable summer heat and humidity. May to June and September to October are a perfect time for sightseeing as the sunny days continue. In this season short-sleeved shirts are good for some days, but long-sleeved shirts are a must for some chilly days, especially in the morning and evening, it gets cold, so you need a jacket, sweater.

Nagano Region

High mountains of Nagano all receive their fair share of snow but in general, the Japan Sea side of Honshu has much harsher winters than the Pacific coast. Thus the North Alps get a lot more snow than the Southern Alps. Winter snow can last through November to early April. Cherry Blossom front advances to Nagano from mid-April to early May, when the last frost is observed and the riding season starts. The mountains are affected by a rainy season from early June until mid-July, around 20 July. While mountains are subject to changeable weather and must be respected, in general, summer in Nagano is pleasant. Summer mornings tend to be better than the afternoons when thunderstorms are common. After mid-August, the temperature in the morning and the evening drops significantly, and typhoons may develop occasionally. In mid-October the first frost is observed, and autumn foliage is at its peak by the end of October.

What is an *onsen*?

Most *ryokan* have an *onsen* spa, that is, natural hot springs. As a volcanically active landscape, Japan has well over 25,000 natural hot springs scattered throughout the country. Since ancient times, the people of Japan have loved onsen and will travel far and wide to visit famous onsen establishments.

Please keep in mind that there are certain protocols that go with bathing in an onsen, however they're super simple!

- You bathe in your birthday suit, that's right, no clothes or swimwear is allowed in the bath. Don't worry, no one is looking!
- Take a shower before you enter the water. It's important for the onsen waters to stay clean so make sure to rinse all soap off and long hair should be tied up. You can take a small towel in if you're feeling shy, but the towel cannot touch the waters.
- Be respectful of others. Do not run, talk too loudly, drink alcohol, or splash around while in the onsen.

Don't forget to take in a hand towel, so that you can lightly dry yourself before returning to the changing room. We're quite fussy about keeping the floors of the changing room dry. Last but not least, relax and enjoy yourself!

What is a *ryokan*?

On our tours, we use *ryokan* as much as possible to support local tourism businesses. A *ryokan* (旅館) is a traditional Japanese inn and it is the epitome of Japanese hospitality and cuisine. They are often located in natural surroundings and feature Japanese style rooms with tatami mats with rice paper partitions and futon (sleeping mattresses). Each *ryokan* prides itself on its cuisine and features seasonal local ingredients. Many *ryokan* also have on-site natural hot springs for their guests to enjoy during their stay.

Here are some good-to-know facts about *ryokan* to avoid unwelcome surprises.

- You are sleeping on the floor. A traditional Japanese room does not have western beds, instead *futon* bedding is provided. Often *ryokan* staff enter your room and prepare your *futon* while you are out for dinner.
- *Ryokan* provide "*yukata*", which is a traditional night robe that looks like a *kimono*. You can wear it to the hot spring spa and also to dinner, basically anywhere within the *ryokan* facility. Because in the evening we mostly dine in house, you don't have to bring a lot of evening clothes as long as you think you will be comfortable hanging around in your *yukata*. Our guides will explain how to wear *yukata* properly if you are unsure.

Reservation & Cancellation Policy

Reservation

When we receive your reservation request, we will send you an email with a link to a page on our website, where it asks you to fill in the Registration Form. We will ask for your contact details and personal information such as your height and dietary requirements etc., in order for us to adequately organise and arrange the tour service. Once the Registration Form is completed, you will be taken to the Shopping Cart to review your booking, and finally onto the Check Out page to make the payment (Deposit/Full) to secure the booking.

Payment Methods

We will send a booking confirmation by email with an invoice requesting a deposit

- * A 20% Deposit is required for the confirmation of the booking.
- * The remaining cost(Balance Payment) is due 21 days before your arrival.
- * Payment is acceptable by Credit card or Bank Transfer:

A. Credit card

- * We will send you a link with a form to fill in your credit card details

B. Bank Transfer

- * Please process the payment from your local bank in Yen.
- * All Transaction Fees will be paid by remitter

Cancellation

If you wish to cancel a tour reservation, please notify us in writing. Our Cancellation Policy is as follows.

- Cancelled more than 21 days prior to departure: Zero fees
- Cancelled between 20 and 8 days prior to departure: 20% of the Tour Price
- Cancelled between 7 days and 48 hours prior to departure: 30% of the Tour Price
- Cancelled between 48 and 24 hours prior to departure: 40% of the Tour Price
- Cancelled within 24 hours of departure: 50% of the Tour Price
- Cancelled on the day of departure: 100% of the Tour Price
- **No refunds will be given after the tour has commenced**

Disclaimer

Public Notice No. 1593 by the Ministry of Land, Infrastructure and Transport
This is an official announcement of the following revision concerning all terms and conditions of the standard general conditions of travel agency business (Public Notice No.790 by the Ministry of Transport dated December 19, 1995) as stipulated in Article 12 -3 of the Travel Agency Law (Law No. 239 of 1952) December 16, 2004
Kazuo Kitagawa, Minister of Land, Infrastructure and Transport

Final revision: March 29, 30th Year of Heisei – 2018

Public Notice No. 9 by the Japan Tourism Agency (Effective from April 1, 30th Year of Heisei – 2018)

Standard General Conditions of Travel Agency Business

Subscription Type Organized Tour Contract Part

Chapter 1 - General Provisions

(Scope of Application)

Article 1 The Contract of our Company (hereinafter referred to as “We,” “Us,” or “Our” as the case may be) concerning the subscription type organized tour to be executed with the traveler (hereinafter referred to as the “Subscription Type Organized Tour Contract”, or “Contract”) shall be based on the General Conditions. In the case that any matter not stipulated in the General Conditions arises, ordinance or generally established practice shall be applied.

2 In cases where we execute a special contract (hereinafter referred to as the “Special Contract”) with the traveler in writing without violating the relevant law and harming the interests of the traveler, such Special Contract shall be given priority, notwithstanding the provision of the preceding paragraph.

(Definition of Terminology)

Article 2 In the General Conditions, “Subscription Type Organized Tour” or “Tour” shall mean such tours for which we prepare beforehand for subscription by travelers, travel plans including destinations, itineraries, transportation services and accommodation services to be offered to travelers, as well as the Tour Price amount (as defined in Article 12 below) payable to us by travelers, which shall be implemented as planned.

2 In the General Conditions, “Domestic Trip” shall mean trips within Japan only, and “Overseas Trip” shall mean those trips other than a Domestic Trip.

3 In this Part, the “Communication Contract” shall mean the Subscription Type Organized Tour Contract, which is executed between us and a card member of the credit card company affiliated with us or the company marketing our Subscription Type Organized Tour on behalf of us (hereinafter referred to as an “Affiliated Company”) by subscription through telephone, mail, facsimile, or other means of communication, subject to prior consent of the traveler to the effect that the claims or obligations held by us, such as the Tour Price to the traveler based on Subscription Type Organized Tour Contract are settled on or after the due date of such claims or obligations according to card membership rules as provided separately by the Affiliated Company, and also subject to payment of the Tour Price, etc. payable under the said Subscription Type Organized Tour Contract according to the methods specified in Article 12, paragraph 2, the latter part of Article 16, paragraph 1 and Article 19, paragraph 2.

4 In this Part, the “Electronic Consent Notice” shall mean a notice issued in acceptance of the subscription for the Contract, and is conducted by means of transmission, among the methods utilizing information and communication technologies, via telecommunication lines connecting the computer, facsimile, telex or telephone (hereinafter referred to as the “Electronic Computer, etc.”) used by us, or the company marketing our Subscription Type Organized Tour on our behalf, with the Electronic Computer, etc. used by the traveler.

5 In the General Conditions, the “Date Card Used” shall mean the date when the traveler or our Company becomes obligated to pay the Tour Price, etc. or executes refundable liability under the Subscription Type Organized Tour Contract. (Content of Tour Contract)

Article 3 We undertake to make arrangements and administer the itinerary under the Subscription Type Organized Tour Contract so that the traveler can be provided with transportation, accommodation and other services as offered by transportation and accommodation businesses, etc. (hereinafter referred to as the “Tour Service”) according to the itinerary provided by us. (Business Agent)

Article 4 There are cases where we may engage other travel agents, professional arrangers or other helpers in or outside Japan, in order to have them make arrangements in whole or in part on our behalf for the execution of the Subscription Type Organized Tour Contract.

Chapter 2 – Execution of Contract

(Subscription for the Tour Contract)

Article 5 A traveler who wishes to subscribe to our Subscription Type Organized Tour Contract shall fill in the necessary information in the application form as designated by us (hereinafter referred to as the “Application Form”), and shall submit it to us together with the required payment to apply for the Subscription Type Organized Tour Contract (hereinafter referred to as the “Application Fee”) as separately specified by us.

2 Notwithstanding the provision of the preceding paragraph, a traveler who wishes to subscribe to our Communication Contract will be required to notify us of the name of the desired Subscription Type Organized Tour, the start date of the Tour, the traveler's membership number and other information as required (hereinafter referred to as the “Membership Number, etc.”).

3 The Application Fee as specified in paragraph 1 shall be treated as part of the Tour Price, a cancellation fee or a penalty charge.

4 In cases where the traveler participating in the Subscription Type Organized Tour requires special attention, the said traveler shall mention such a request to us at the time of application for the Contract. In this case we will try to accommodate such a request as far as possible.

5 Any expenses incurred as a result of the special arrangements made at the request of the traveler under the preceding paragraph shall be borne by the said traveler. (Subscription by Telephone, etc.)

Article 6 Subscriptions for the Subscription Type Organized Tour Contract are accepted by means of telephone, mail, facsimile and other means of communications. In such cases, the Contract is not executed at the time of subscription, and the traveler for the said Tour will submit an Application Form and Application Fee, or notify us of his or her Membership Number, etc. within the period as designated by us, in accordance with the provision of paragraph 1 or paragraph 2 of the preceding Article 5, after we have notified the said traveler of our acceptance of his or her subscription.

2 Upon the submission of the Application Form and Application Fee as specified in the preceding paragraph, or when we have been notified of the traveler's Membership Number, etc., the order in which we execute the Subscription Type Organized Tour Contract with the said traveler shall be subject to the order in which we receive his or her Application Form and Application Fee, or the traveler's Membership Number.

3 In cases where the traveler fails to submit the Application Fee, or to notify us of his or her Membership Number, etc. within the period specified in paragraph 1 above, we will consider such a subscription as not having been received and treat it accordingly. (Rejection of the Execution of the Contract)

Article 7 Any one of the following is a case upon which we reserve the right to decline the execution.

- a. In cases where the sex, age, qualifications, skills or other conditions of the traveler in question do not meet such conditions as specified by us in advance, as required of travelers participating in the Tour;
- b. In cases where the number of travelers subscribing for the Tour has already reached the maximum number of participants as scheduled for the Tour;
- c. In cases where the traveler in question subscribing for the Tour is likely to create a nuisance for other travelers or hinder smooth implementation of the Tour as a group;
- d. In cases where the Communication Contract is about to be executed, and the traveler is unable to settle in whole or in part, the liability related to his or her Tour Price, etc. as stipulated in the card membership rules of the Affiliated Company. Such reasons may be due to, but not limited to, the credit card as held by the traveler in question, being found to be invalid;
- e. In cases where the traveler is recognized as a gang member, an associated gang member, a person or a company related to crime syndicates, a corporate racketeer or any other antisocial forces;
- f. In cases where the traveler has made claims through forceful behavior or unjust claims to us or acted in a threatening manner or made threatening statements, or has conducted violent acts or behavior in connection with any transaction between the parties, or other acts or behavior equivalent to these;
- g. In cases where the traveler committed acts which may damage our reputation or obstruct our business by spreading false rumors, the use of fraudulent means or by force, or other acts or behavior equivalent to these; or
- h. In cases where there is an inconvenience related to our business.

(Time that the Tour Contract is Executed)

Article 8 The Subscription Type Organized Tour Contract shall be executed when we have accepted the execution of the Contract and have received the Application Fee as specified in the Article 5, paragraph 1.

2 Notwithstanding the provision of the preceding paragraph, the Communication Contract shall be executed when we send out a notice to the effect of communicating our acceptance of the execution of the Contract, except when an electronic notice of acceptance is sent out for the said Contract, in which case the Contract shall be executed when the said electronic notice has reached the traveler. (Delivery of Contract Document)

Article 9 We will promptly deliver to the traveler, a document (hereinafter referred to as the "Contract Document") detailing the itinerary, content of the Tour Service, Tour Prices, and other conditions of the Tour, as well as matters concerning our responsibility with regards to the Tour, promptly after the Tour Contract has been executed as defined in the preceding Article.

2 The scope of our responsibility for the Tour Service in making arrangements and administering itineraries under the Subscription Type Organized Tour Contract shall be based on the details stated in the Contract Document as specified in the preceding paragraph. (Determinate Document)

Article 10 In cases where it is not possible to state the determinate itinerary, or the names of transportation or accommodation facilities in the Contract Document as specified in the preceding Article, paragraph 1, we will list, on a limited basis, in the Contract Document, the names of facilities scheduled for accommodation and the names of transportation facilities important and to be shown in the Contract Document, and after we have delivered such a Contract Document, we will also deliver a document with descriptions of determinate conditions (hereinafter referred to as the "Determinate Document") on or before the date as specified in the said Contract Document, but no later than the day immediately preceding the starting date of the Tour (or the starting date of the Tour, in cases where subscriptions for the Subscription Type Organized Tour Contract are made on or after the 7th day immediately preceding the start date of the Tour).

2 In the case of the preceding paragraph, when an enquiry is received from a traveler who wishes to confirm the status of arrangements, we will respond promptly and properly to such an enquiry before delivery of the Determinate Document to the said traveler.

3 In cases where the Determinate Document has been delivered as specified in paragraph 1, the scope of our responsibility for the Tour Service in making arrangements and administering itineraries shall be limited to the scope described in the said Determinate Document. (Method of Utilizing Telecommunication Technology)

Article 11 When, instead of physically delivering to the traveler the document, the Contract Document or the Determinate Document to be delivered at the time when the traveler is about to execute the Subscription Type Organized Tour Contract which describes details such as the itinerary, the Tour Service content, the Tour Price, other conditions of the Tour, and matters regarding our responsibility, we have provided the traveler, with his/her prior consent, with such details to be described in the said document(s) (hereinafter referred to in this Article as the "Described Details") by means of utilizing telecommunications technology, we will confirm that the Described Details have been recorded on a file as equipped in the communications equipment used by the traveler.

2 In the case of the preceding paragraph, when the communications equipment used by the said traveler is not equipped with a file for recording the Described Details, we will record the Described Details on a file (confined for exclusive use of the said traveler) as equipped in the communications equipment used by us, and confirm that the said traveler has viewed the Described Details. (Tour Price)

Article 12 The traveler will be required to pay to us the price for our providing of the Tour Service (hereinafter referred to as the "Tour Price") in the amount specified in the Contract Document on or before the date specified in the Contract Document prior to the starting date of the Tour Service.

2 When the Communication Contract has been executed, we will receive payment of the Tour Price in the amount specified in the Contract Document by the credit card of our Affiliated Company without obtaining the traveler's signature on the designated voucher. In this case, the date on which the card is used shall be considered as the date the Tour Contract is executed.

Chapter 3 - Alteration of the Contract

(Alteration of the Contract Content)

Article 13 In cases where there arise causes beyond our control, such as acts of God, acts of war, civil commotion, suspension of the Tour Service by transportation and accommodation facilities, etc., orders from government and other public agencies, the need to use transportation services not based on our original transportation plan, and other causes, and when it is considered unavoidable in order to effect the safe and smooth implementation of the Tour, we may be required to change the itinerary, content of the Tour Service and other content of the Subscription Type Organized Tour Contract (hereinafter referred to as the "Contract Content") by promptly explaining to the traveler beforehand the reasons for the nature of such causes being beyond our control and the correlation between such causes and subsequent changes. This shall be the case except at the time of an emergency, in which case, when unavoidable, we will explain to the traveler after such changes have been made. (Alteration of Tour Price)

Article 14 In cases where the transportation fare and charge applicable to the transportation facilities being used for the implementation of the Subscription Type Organized Tour (hereinafter in this Article referred to as the "Applicable Fare and Charge") are increased or reduced considerably beyond price levels as normally assumed, due to significant changes to economic or other conditions, compared with the Applicable Fare and Charge made public as effective rates at the time when the Subscription Type Organized Tour was originally offered, we will be permitted to increase or reduce the amount of the Tour Price within the range of the amount so increased or reduced.

2 In cases where we increase the Tour Price as provided for in the preceding paragraph, we will inform the traveler to that effect before the 15th day immediately preceding the starting date of the Tour.

3 In cases where the Applicable Fare and Charge are reduced as provided for in paragraph 1, we will decrease the Tour Price by the amount so reduced in accordance with the provision of the said paragraph.

4 If any change in the Contract Content according to the provisions of the preceding Article, causes any increase or decrease to accrue in the expenses required for the implementation of the Tour (including the cancellation fee, a penalty charge or other expenses already paid or payable from now for the Tour Service unreceived due to changes in the said Contract Content), we may change the Tour Price within the range of the amount increased or decreased when such Contract Content is changed (except when such increase of expenses is caused by a lack of seats/rooms in the transportation and accommodation facilities, etc. or other facilities, despite the fact that the relevant Tour Service is provided by the transportation and accommodation facilities, etc.).

5 In cases where we have stated in the Contract Document that the Tour Price varies with the number of persons utilizing the transportation and accommodation facilities, etc., and when the number of persons participating in the Tour changes due to causes not attributable to us after the execution of the Subscription Type Organized Tour Contract, we reserve the right to change the amount of the Tour Price as described in the Contract Document. (Change of Traveler)

Article 15 A traveler who has executed a Subscription Type Organized Tour Contract with us may assign his/her status under the said Contract to a third party, subject to our consent.

2 In cases where a traveler wishes to obtain our consent as provided in the preceding paragraph, the said traveler shall fill in the necessary information on the form designated by us, and submit it to us together with the handling fee in the designated amount to us.

3 The assignment of the said status under the Contract, as provided in paragraph 1, shall take effect when approved by us. After such approval, the third party who has acquired such status under the Tour Contract shall succeed to all rights and obligations concerning the said Subscription Type Organized Tour Contract as originally executed by the traveler.

Chapter 4 - Cancellation of the Contract

(Traveler's Rights to Cancel the Contract)

Article 16 A traveler may, at any time, cancel the Subscription Type Organized Tour Contract by paying to us the cancellation fee specified in Schedule I. In cases where the said traveler wishes to cancel the Communication Contract, we will accept payment of the cancellation fee by using the card of the Affiliated Company without obtaining the said traveler's signature on the designated voucher.

2 Notwithstanding the provision of the preceding paragraph, the traveler may cancel, in any of the following cases, the Subscription Type Organized Tour without paying the cancellation fee before the start of the Tour.

- a. In cases where the Contract Content has been changed by us, but limited only to such cases where the changes listed in the left column of Schedule II and other important changes;
- b. In cases where the Tour Price is increased under the provision of Article 14, paragraph 1;
- c. In cases where there arise such causes as acts of God, acts of war, civil commotion, suspension of Tour Services by transportation and accommodation facilities, etc., orders from government and other public agencies, and other causes, whereby it becomes impossible or highly unlikely to carry out the safe and smooth implementation of the Tour;
- d. In cases where we fail to deliver the Determinate Document to the traveler on or before the date specified in Article 10, paragraph 1; or
- e. In cases where the implementation of the Tour has been precluded as scheduled according to the itinerary described in the Contract Document as a result of causes attributable to us.

3 Notwithstanding the provision of paragraph 1, when the traveler has been unable to receive the Tour Service as described in the Contract Document after the start of the Tour due to causes not attributable to him/her, or when we inform him/her to that effect, the said traveler may cancel the Contract for that portion of the Tour Service which he/she has been unable to receive, without paying the cancellation fee.

4 In the case of the preceding paragraph, we will refund to the traveler the portion of the Tour Price related to the portion of the Tour Service that has become unavailable. However, when the case of the preceding paragraph is not due to causes attributable to us, we will refund to the said traveler after deducting from the said amount the cancellation fee, penalty charges and any other amount related to the expenses already paid or payable on or after the cancellation for the said Tour Service. (Our Right to Cancel the Contract - Cancellation before the Start of the Tour)

Article 17 In any of the following events, we may cancel the Subscription Type Organized Tour Contract prior to the start of the Tour by explaining to the traveler the reason for the cancellation:

- a. In cases where it becomes known that the traveler does not meet the conditions required of Tour participants, such as sex, age, qualifications, skills, etc., as specified by us beforehand;
- b. In cases where the traveler is considered unable to participate in the said Tour due to illness, the absence of a necessary aide/helper or other such causes;
- c. In cases where the traveler is likely to cause trouble to other travelers or interfere with the smooth implementation of the Tour as a group;
- d. In cases where accommodating the traveler is burdensome and exceeds the responsibility provided for in the Contract Content beyond a reasonable extent;
- e. In cases where the number of travelers participating in the Tour does not reach the minimum number of participants for the Tour as specified in the Contract Document;
- f. In cases where it is highly likely that conditions required for implementation of the Tour as described at the time of the execution of the Contract, such as the sufficient amount of snowfall necessary for a ski Tour, may not come into being;
- g. In cases where there arises causes beyond our control, such as acts of God, acts of war, civil commotion, suspension of Tour Services by transportation and accommodation facilities, etc., orders from government and other public agencies, and other causes, whereby it becomes impossible or highly unlikely to carry out the safe and smooth implementation of the Tour as scheduled according to the itinerary described in the Contract Document;
- h. In cases where the Communication Contract has been executed, and the traveler is unable to settle in whole or in part the liability related to his or her Tour Price, etc. as stipulated in the card membership rules of the Affiliated Company due to such causes as the credit card held by the traveler becoming invalid; or
- i. When it is found that the traveler falls under any of Article 7, items e through g.

2 In cases where the traveler does not pay the Tour Price by the due date specified in the Contract Document as provided in Article 12, paragraph 1, the traveler shall be considered to have cancelled the Subscription Type Organized Tour Contract on the day immediately following the said due date. In this case, the said traveler shall pay a penalty charge in the amount equal to the cancellation fee as specified in the preceding Article, paragraph 1.

3 In cases where we cancel the Subscription Type Organized Tour Contract due to reasons specified in paragraph 1, item e, we will inform travelers participating in the Tour that the said Tour is to be cancelled before the 13th day immediately preceding the starting date of the Tour in the case of a Domestic Trip (before the 3rd day in the case of a day trip) and before the 23rd day in the case of an Overseas Trip (before the 33rd day, if the starting date falls within the Peak Season as defined in Schedule I).

(Our Right to Cancel the Contract - Cancellation after the Start of the Tour)

Article 18 In any of the following cases, we may cancel part of the Subscription Type Organized Tour Contract even after the start of the Tour by explaining to the traveler about the reason for the cancellation:

- a. In cases where the traveler is considered unable to continue the said Tour due to the absence of a necessary aide/helper or other causes;
- b. In cases where the traveler interferes with the safe and smooth implementation of the said Tour by not following our instructions as given by our tour escort or other staff, or by disrupting the disciplinary order of group activities by physically assaulting or threatening the said staff or other travelers;
- c. When it is found that the traveler falls under any of Article 7, items e through g; or
- d. In cases where there arise causes beyond our control, such as acts of God, acts of war, civil commotion, suspension of Tour Services by transportation and accommodation facilities, etc., orders from government and other public agencies, and other causes, whereby it becomes impossible to continue the Tour.

2 In cases where we have cancelled the Subscription Type Organized Tour Contract under the provision of the preceding paragraph, the contractual relationship between our Company and the traveler shall cease to exist from the cancellation thereof. In such a case, it shall be deemed that our liability related to the Tour Service already provided to the traveler has effectively been redeemed.

3 In the case of the preceding paragraph, we will refund to the said traveler the amount remaining after deducting the cancellation fee, penalty charge and any other amount related to the expenses already paid or payable from the cancellation thereof for said Tour Service from the amount covering the portion of the said Tour Service which has yet to be offered to the traveler out of the Tour Price.

(Refund of Tour Price)

Article 19 In cases where a refundable amount becomes due to the traveler as a result of the Tour Price being reduced under the provisions set forth in Article 14, paragraphs 3 through 5 or due to the cancellation of the Subscription Type Organized Tour Contract under the provisions of the preceding Articles 16 through 18, we will refund to the traveler the amount by which the Tour Price is reduced, within 7 days from the day immediately following the date of cancellation, in cases where the refund is due to cancellation prior to the start of the Tour, or within 30 days from the day immediately following the last day of the Tour as stated in the Contract Document, in cases where the said refund is due to a reduction of the Tour Price or cancellation after the start of the Tour.

2 In cases where the Communication Contract has been executed with the traveler, we will pay a refund to the traveler according to the card membership rules of the Affiliated Company, if a refundable amount becomes due to him/her as a result of a reduction of the Tour Price under the provisions set forth in Article 14, paragraphs 3 through 5, or due to the cancellation of the Communication Contract under the provisions of the preceding Articles 16 through 18. In this case, we will notify the traveler of the refundable amount due within 7 days from the day immediately following the date of cancellation in the case of a refund due to cancellation prior to the start of the Tour, or within 30 days from the day immediately following the last day of the Tour as stated in the Contract Document, in the case of a refund due to a reduction of the Tour Price or cancellation after the start of the Tour. The day upon which we notify the traveler shall be considered as the Date Card Used.

3 The provisions of the preceding two paragraphs shall not prevent the traveler or our Company from exercising the right to claim compensation for damages suffered under the provisions of Article 27 or Article 30, paragraph 1. (Arrangement for Return Trip after Cancellation of the Contract)

Article 20 In cases where we have cancelled the Subscription Type Organized Tour Contract after the start of the Tour under the provisions of Article 18, paragraph 1, items a or d, we will undertake to make arrangements for the Tour Services as needed for the traveler to return to the place of departure of the said Tour at the request of the traveler.

2 In the case of the preceding paragraph, all expenses required for the return trip to the departure place shall be borne by the traveler.

Chapter 5 - Contracts with Organizations and Groups

(Contracts with Organizations and Groups)

Article 21 We will apply the provisions of this Chapter to the execution of the Subscription Type Organized Tour Contracts in cases where we receive subscriptions from two or more travelers who are to travel the same route at the same time, provided that each traveler appoints a responsible representative (hereinafter referred to as the "Contract Representative"). (Contract Representative)

Article 22 Unless a Special Contract is executed, we will consider the Contract Representative as the person holding all power of representation concerning the execution of the Subscription Type Organized Tour Contract for travelers who compose his/her organization or group (hereinafter referred to as the "Constituent Members"), and we will handle all transactions concerning the Tour business related to the said organization or group with the said Contract Representative.

2 The Contract Representative is required to submit a list of the Constituent Members on or before the date as specified by us.

3 We will not be held responsible for the liabilities or obligations which the Contract Representative assumes to the Constituent Members at present, or liabilities or obligations which the Contract Representative is likely to assume in the future.

4 In cases where the Contract Representative does not accompany his/her organization or group during the Tour, one of the Constituent Members appointed by the Contract Representative beforehand shall be deemed by us to be the Contract Representative after the commencement of the Tour.

Chapter 6 - Administration of Itinerary

(Administration of Itinerary)

Article 23 We will make efforts to secure the safe and smooth implementation of the Tour for the traveler and carry out the following services for the said traveler, except where we have executed a special contract which differs from these services:

- a. In cases where it is considered that the traveler is unlikely to be able to receive the Tour Service during the Tour, to take necessary measures to ensure that the traveler will receive such Tour Service as specified in the Subscription Type Organized Tour Contract; and
- b. In cases where alteration of the Contract Content becomes unavoidable despite the measures taken as described in the preceding paragraph, to make arrangements for alternative services. In cases where the Tour itinerary is to be changed, we will make efforts to make an alternative itinerary after the change measure up to the purpose of the original Tour itinerary. Also, in cases where we are required to change the content of the Tour Service, we will try to minimize alterations to the Contract Content by making the content of the Tour Service after the change as close to the originally planned content as possible.

(Instructions by Our Company)

Article 24 The traveler shall be required to follow the instructions of our Company while the Tour is conducted as a group during the Tour from start to finish, in order to implement the Tour safely and smoothly. (Services of Tour Escort, etc.)

Article 25 There are cases where we will ask tour escorts or others to accompany the Tour, depending on the content of the Tour, and handle the services described in each item of Article 23 in whole or in part or any other services we consider necessary in connection with the said Subscription Type Organized Tour.

2 In general, the service hours for the said tour escorts or others to engage in the services as described in the preceding paragraph shall, range from 8:00 to 20:00 local time. (Protective Measures)

Article 26 In the case that a situation arises where we consider the traveler to be in a condition requiring protection due to sickness, injury, etc. during the Tour, we may take the necessary measures. In these cases, if the cause is not attributable to us, the expenditure required for the said measures shall be borne by the said traveler and shall be payable by the traveler on or before the date set by us by the method designated by us.

Chapter 7 - Responsibility

(Responsibility of Our Company)

Article 27 We will be responsible for the compensation of damages caused to the traveler intentionally or negligently by us or by our agent (hereinafter referred to as the "Business Agent") who has been engaged by us to make arrangements on our behalf under the provision of Article 4. Such compensation shall be limited to cases where notice has been given to us within two years from the day immediately following the day when the damages occurred.

2 In cases where the traveler has suffered damages due to causes beyond the control of our Company or our Business Agent such as acts of God, acts of war, civil commotion, suspension of Tour Services by transportation and accommodation facilities, etc., orders from government and other public agencies, and other such causes, we will not be responsible for compensation, except in the case of the preceding paragraph.

3 With regard to damages caused to baggage as described in paragraph 1, notwithstanding the provision of the said paragraph, we will compensate the traveler up to ¥150,000 as a maximum amount per traveler (except in cases where the damages were caused by us intentionally or by our gross negligence), only in cases where we have been notified of the damages within 14 days in the case of the Domestic Trip, and within 21 days in the case of an Overseas Trip, from the day immediately following the day when the damages have occurred. (Special Indemnity)

Article 28 We will pay an indemnity and a solatium of the amount set beforehand for certain damages caused to the life, body or baggage of the traveler while he/she is participating in the Subscription Type Organized Tour, in accordance with the provision of the separate Rules of Special Compensation attached hereto, regardless of whether or not we are responsible for causing the said damages under the preceding Article, paragraph 1.

2 In cases where we are responsible under the provision of the preceding Article, paragraph 1 for damages caused as described in the preceding paragraph, the indemnity payable by us according to the preceding paragraph shall be, within the limit of the amount of damage compensation payable based on the said responsibility, considered as the compensation for the said damages.

3 In such cases as provided in the preceding paragraph, our responsibility to pay the indemnity based on the preceding paragraph 1 of this Article shall be reduced by an amount equal to the damage compensation money payable by us, under the provision of the preceding Article, paragraph 1 (including the indemnity considered as the damage compensation money according to the provision of the preceding paragraph).

4 The Subscription Type Organized Tours which we implement by collecting a separate Tour Price from the traveler participating in our Subscription Type Organized Tour shall be handled as part of the content of the principal Subscription Type Organized Tour Contact. (Guarantee of Itinerary)

Article 29 In cases where a major alteration is made to the Contract Content described in the left column of Schedule II (except the alterations described in each of the following items (excluding alterations caused by the lack of seats/rooms in the transportation and accommodation facilities, etc. or other facilities, despite the fact that the said Tour Service is provided by the transportation and accommodation facilities, etc.)), we will pay an indemnity for such alterations which is equal to or in excess of the amount reached by multiplying the Tour Price by the percentage as specified in the right column of the said Schedule within 30 days from the immediately following the last day of the Tour, except in cases where it is clear that we will bear the responsibility under the provision of Article 27, paragraph 1 regarding the said alterations.

a. Alterations due to the following causes:

- (1) Acts of God;
- (2) Acts of war;
- (3) Civil commotion;
- (4) Orders from government and other public agencies;
- (5) Suspension of Tour Services by transportation and accommodation facilities, etc.;
- (6) Offering a transportation service not included in the original travel plan; or
- (7) Measures required to ensure the safety of the life and body of the tour participants

b. Alterations relating to the cancelled portion of the Subscription Type Organized Tour Contract its cancellation based on the provisions of Article 16 through Article 18.

2 The maximum amount of indemnity payable by us for such alterations per traveler for one Subscription Type Organized Tour shall be the amount reached by multiplying the Tour Price by the percentage set by us equal to or in excess of 15%. However, in cases where the amount of indemnity per traveler for one Subscription Type Organized Tour falls below 1,000 yen, we will not be obliged to pay the indemnity for the alteration.

3 In cases where it becomes clear that we are liable for the said alteration, based on the provision of Article 27, paragraph 1, after we have paid indemnity for the alteration in accordance with the provision of paragraph 1 of this Article, the traveler will be required to repay such indemnity paid for the said alteration. In such a case, we will pay the balance by offsetting the amount of compensation payable by us based on the provision of the said paragraph by the amount of indemnity due to be repaid by the traveler.

(Responsibility of the Traveler)

Article 30 In cases where we have suffered damages due to the willful misconduct or negligence of a traveler, the said traveler shall be required to compensate us for the damages.

2 When the traveler executes the Subscription Type Organized Tour Contract, the traveler will be required to make efforts to understand the content of the said Subscription Type Organized Tour Contract, such as the rights and obligations of the traveler, etc., by utilizing information as provided by us.

3 Should the traveler realize that the Tour Service being offered differs from that as stated in the Contract Document after the start of the Tour, in order for the traveler to smoothly receive the Tour Service as described in the Contract Document, the traveler shall promptly report to us, or our Business Agent or the provider of the said Tour Service at the touring point.

Chapter 8 - Business Guarantee Bonds (In Cases of not Being a Security Member of the Association of Travel Agents) (Business Guarantee Bonds)

Article 31 The traveler or the Constituent Member who has executed the Subscription Type Organized Tour Contract with us is entitled to be reimbursed from business guarantee bonds deposited by us under the provision of Article 7, paragraph

1 of the Travel Agency Law in conjunction with claims as arising from the said transaction.

2 The name and location of the deposit office where we have deposited the business guarantee bonds are as follows:

- a. Name
- b. Location

Chapter 8 - Compensation Business Guarantee Bonds (In Cases of Being a Security Member of the Association of Travel Agents) (Compensation Business Guarantee Bonds)

Article 31 We are a Security Member of the All Nippon Travel Agents Association located at Akasaka, Shasta • East building 4-2-19 Minato-ku, Tokyo

2 The traveler or the Constituent Member who has executed the Subscription Type Organized Tour Contract with us is entitled to be reimbursed from compensation business guarantee bonds as deposited by the All Nippon Travel Agents Association as described in the preceding paragraph, up to the maximum amount of 11,000,000 yen in conjunction with claims as arising from the said transaction.

3 As we have paid our share of the compensation business guarantee bonds to of the All Nippon Travel Agents Association in accordance with the provision of Article 49, paragraph 1 of the Travel Agency Law, we have not deposited the business guarantee bonds based on Article 7, paragraph 1 of the Travel Agency Law.

Schedule I - Cancellation fees (related to Article 16, paragraph 1)

1. Cancellation fees related to Domestic Trip

Classification Cancellation	Cancellation Fee
a. Subscription Type Organized Tour Contract excluding the following column b	
(1) In cases where the Contract is cancelled on or after the 20th day (the 10th day in the case of a day trip) from the day immediately preceding the starting day of the Tour (except in the following cases from (2) through (5)).	Up to 20% of the tour price
(2) In cases where the Contract is cancelled on or after the 7th day from the day immediately preceding the starting day of the Tour (except in the following cases from (3) through (5)).	Up to 30% of the Tour Price
(3) In cases where the Contract is cancelled on the day immediately before the starting day of the Tour.	Up to 40% of the Tour Price
(4) In cases where the Contract is cancelled on the starting day of the Tour (except in the following case (5)).	Up to 50% of the Tour Price
(5) In cases where the Contract is cancelled after the start of the Tour or the traveler does not participate in the Tour without notice (no show).	Up to 100% of the Tour Price
b. Subscription Type Organized Tour Contract with the use of a chartered vessel	Based on the rules of the cancellation fee for the said vessel
Remark: ① The amount of the cancellation fee shall be specified in the Contract Document. ② In applying this Schedule, "After the Start of the Tour" refers to after "The time when the traveler starts receiving the service" stipulated in Article 2, paragraph 3 of the Rules of Special Indemnity as attached hereto.	

Schedule II - Monetary Indemnity for Alterations (related to Article 29, paragraph 1)

Alterations Requiring Payment of Indemnity Percentage	Percentage per Case (%)	
	Prior to the start of the Tour	After the start of the Tour
(1). Alterations to the starting or final days of the Tour described in the Contract Document	1.5	3.0
(2). Alterations of sightseeing locations or facilities (including restaurants) and other destinations of the Tour	1.0	2.0
(3). Alterations to the class or facilities of transportation facilities to those of lower rates than those described in the Contract Document (but limited only to cases where the total charged amount for altering the said class and facilities falls below the total amount for that as specified in the Contract Document)	1.0	2.0
(4). Alterations to the class of the transportation facilities or in the names of companies as specified in the Contract Document	1.0	2.0
(5). Alterations to different flights at the departure airport or destination airport in Japan from those as specified in the Contract Document	1.0	2.0
(6). Alterations/additions to connecting or indirect flights as needed to supplement/replace direct flights scheduled to fly between Japan and outside of Japan as specified in the Contract Document	1.0	2.0
(7). Alterations of the type or name of accommodation facilities as specified in the Contract Document	1.0	2.0
(8). Alterations to the conditions of guest rooms as specified in the Contract Document, such as the type of guest rooms, equipment, scenery, etc.	1.0	2.0
(9). Alterations in the items as specified in the tour title of the Contract Document, among the alterations specified in each item listed from (1) through (8) above.	2.5	5.0
Note 1. "Prior to the Start of the Tour" shall refer to cases where the traveler has been notified of the relevant alteration, no later than the day prior to the starting day of the Tour, and "After the Start of the Tour" shall refer to cases where the traveler has been notified of the relevant alteration on or after the starting day of the Tour.		

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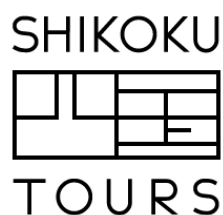
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