

# Untouched Japan

Pedal deep to the mystic areas



## Eastern Hokkaido Bike Tour

7 Days with English-speaking Guides



# Tour Overview

This tour covers the northeastern region of Hokkaido, departing from Abashiri and finishing in Akanko Onsen, a journey of about 370km across the 2 national parks in Hokkaido.

Classified as road cycling, the leisurely route follows mostly cycle paths and tarmac roads along fairly flat terrain, with some longer, hilly days.

This trail covers the most scenic sections of Hokkaido, offers diverse natural environment, such as fierce volcanoes, beautiful lakes, primeval forests which is home to a wide variety of wildlife.






It also features top food, good quality hot springs, unique Japanese-style accommodations, and plenty of off-bike activities including local-sake tasting, wildlife watching, and Ainu cultural experience.

English-speaking guides are provided, luggage transfers and en suite hotel accommodation along the way, as well as generous breakfast to keep you well fueled.

**Tours available: June ~ October**



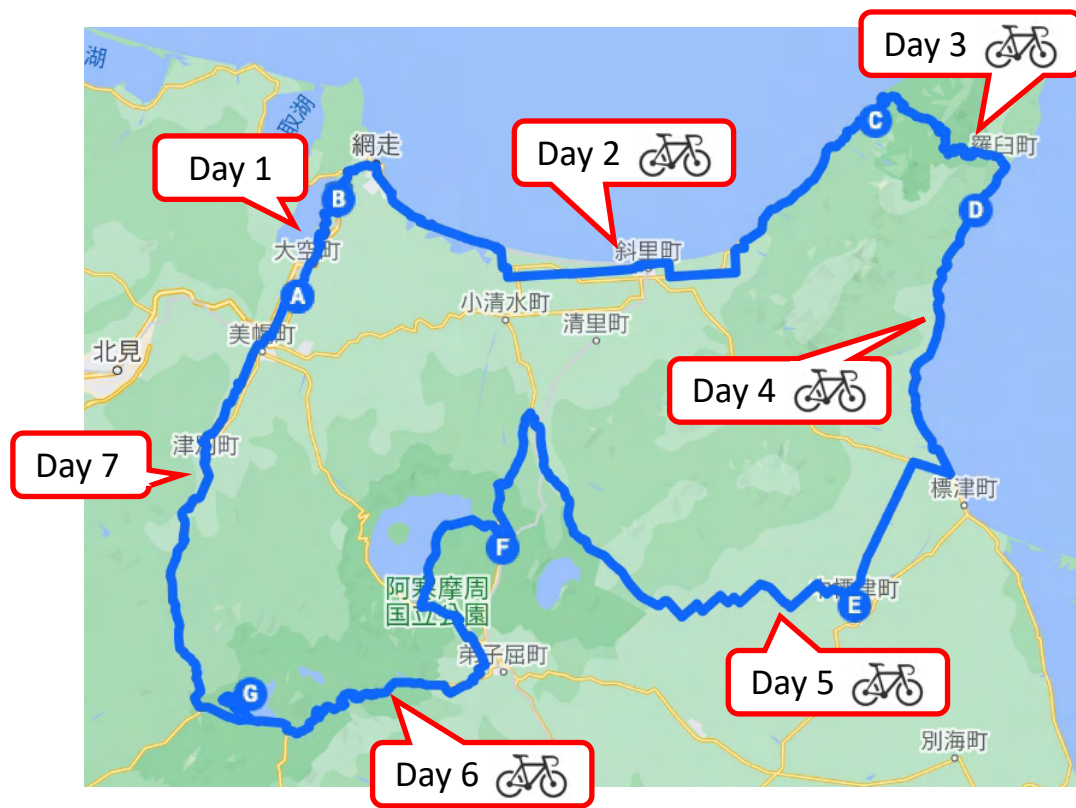
# Trip Wows

-  Ride across eastern Hokkaido, through two national parks – Shiretoko National Park, Akan-Mashu National Park
-  Scenic landscapes included active volcanoes, one of the world clearest beautiful lake, stunning sunset
-  Enjoy fresh and tasty local unique dishes - Hokkai shrimp, oysters, roast deer, fish soup ramen, soba, sake-tasting
-  Experience indigenous Ainu culture in Lake Akan – Traditional dancing (UNESCO intangible cultural heritage), untouched forest walking our
-  Relax with different features of hot springs – Kawayu (Strong acidic), Youroushi (High temperature), Akanko (Alkaline), Kotan (Outdoor)



# Route Map

- Day 1 📍 Memanbetsu Airport to Abashiri
- Day 2 📍 Abashiri to Utoro
- Day 3 📍 Utoro to Rausu
- Day 4 📍 Rausu to Nakashibetu
- Day 5 📍 Nakashibetsu to Kawayu Onsen
- Day 6 📍 Kawayu Onsen to Lake Akan
- Day 7 📍 Lake Akan to Memanbetsu Airport



Durations: 7 days 6 nights  
Activity: Cycling  
Intensity: Low / Moderate  
Total distance: 370km

# Accommodations

- 📍 Six nights of accommodation at handpicked hotels
- 📍 Stay at various types of accommodations – Japanese traditional Hot spring inn, Luxury hotel resort, etc.
- 📍 Enjoy the local Hokkaido ingredients through Japanese traditional course meal
- 📍 Take a break and enjoy the scenic view during hot springs and saunas
- 📍 Detail requests available



# Guides and staffs

- Experienced English speaking guides with abundant local knowledge
- Interpretation, camaraderie and other supports from our guides
- Cycling experts and local hospitality staffs provided
- Well relationships with the local connections
- Quick response against unexpected events (One-stop tour operator)



# Bikes and supports

- Ride a Yamaha YPJ-XC E-bike (battery range: 100km with full charge)
- Compact multi-function meter (Speed meter, trip meter, pedaling power meter, etc.)
- LED front and rear lights
- Cycling Helmets
- Bike gloves, elbow and knee guards



- Daily route support with both guides and support van
- All luggage transfers throughout the tour

**Day 1**



**Day 3**



**Day 2**





# Day to Day - 01

## Day 1 - Meet our guests at Memanbetsu Airport

Our guide will pick you up at Memanbetsu Airport, move to Abashiri City by chartered car. If it is in summer, you might have a chance to see a vast field of sun flowers blooming right in front of the airport.

After dinner, we will have an orientation meeting. Abashiri City faces the Sea of Okhotsk, It is well-known for its freshly caught seafood such as crabs, oysters, etc.

## Highlights – Abashiri local seafood dinner



Meals

Dinner: Seafood based local cuisine (local restaurant)



Hotel

Route-INN Abashiri

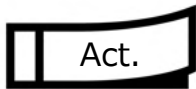
# Day to Day - 02

## Day 2 – Cycling starts from Abashiri to Utoro (87km)

Most popular Hokkaido cycling route which offers the most quintessential Hokkaido's landscapes. A very long straight track with very few interruptions runs through the rolling hills. You can see vast potato fields on both sides.

A relatively gentle ride allowing your leaders to gauge the average speed of the group and set the pace for the rest of the tour. After lunch, you can go along a beach, which a less steep track. Utoro is also known for fishing industry, offers local best cuisine.

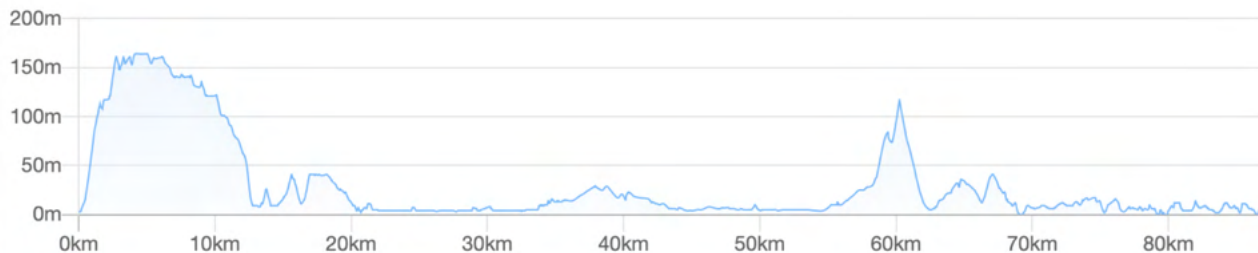
## Highlights – Road to heaven (long straight route), Sunset at Utoro, Kitahama (local old railway station), Koshimizu flower garden, Fish soup ramen



Cycling distance: 87km (Estimated time 5hr 35mins)  
Level: Easy (★ ★ ☆ ☆ ☆ )



Breakfast: Hotel  
Lunch: Fish soup ramen  
Dinner: Kaiseki course meal (Hotel)



Shiretoko Village  
(Japanese style room,  
hot spring)

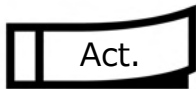
# Day to Day - 03

## Day 3 – Hillclimbing track to Rausu(35km)

A very popular track for cyclists and athletes with some spectacular views on the way, this ride will take your breath away! Test your strength on this 16km hill climbing with 700m elevation from sea to sky. The views from the outlook on the top is magnificent!

Taking a Kumano-yu, a natural outdoor hot spring bath, is a well deserved reward for the hard work. Whale watching cruise after lunch, Shiretoko Peninsula is the Japan's premier place for wildlife watching. Rausu faces the Nemuro Straits and well-known for the finest quality konbu-kelp.

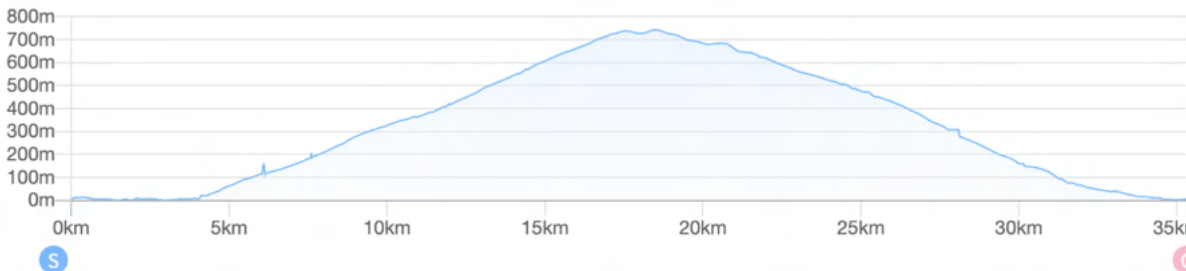
## Highlights – Breathtaking views at Shiretoko pass, Whale watching Natural outdoor hot spring in kumano-yu



Cycling distance: 35km (Estimated time 2hr 30mins)

Intensity: Easy (★ ★ ☆ ☆ ☆ )

Whale watching tour: Last for 2hr 30mins



Breakfast: Hotel

Lunch: Local cuisine

Dinner: Western course meal  
【Local seafood and ingredients will be offered】



Shiretoko Sarai (Western style room)



Day 4



Day 5



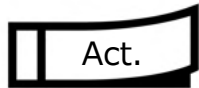
# Day to Day - 04

## Day 4 – Ride across from the seaside to farmland area in Nakashibetsu (85km)

Always accompanied by the ocean, the track is mostly flat. The area is popular for salmon fishing. You might see many fishermen on the shore.

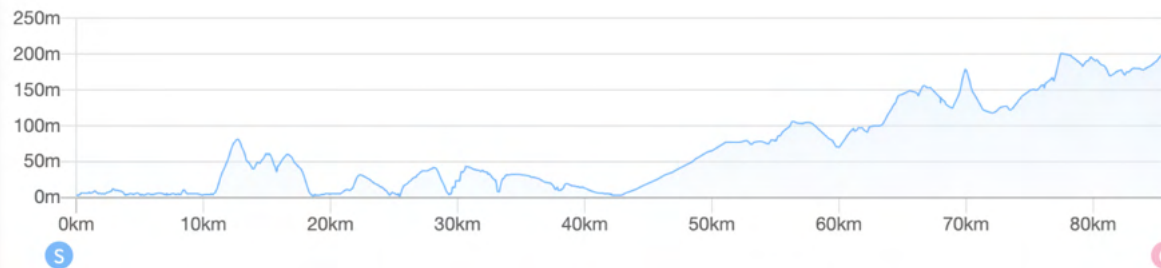
After 25km ride, the route turns inland area and runs through farmlands area. Take a rest at Kaiyodai, outlook point, stay at a hot spring inn. You might see a very rare bird at the hotel.

## Highlights – Panoramic view at Kaiyou-dai, Owl watching at hot spring bath, Pacific Ocean shore riding



Cycling distance: 85km (Estimated time 4hr 50mins)

Intensity: Easy (★ ★ ☆ ☆ ☆ )



Breakfast: Hotel  
Lunch: Local cuisine  
Dinner: Kaiseki course meal



Yuyado Daiichi  
(hot springs, sauna,  
yukata, mochi-making)

# Day to Day - 05

## Day 5 – Visit one of the clearest beautiful Lake Mashu (75km)

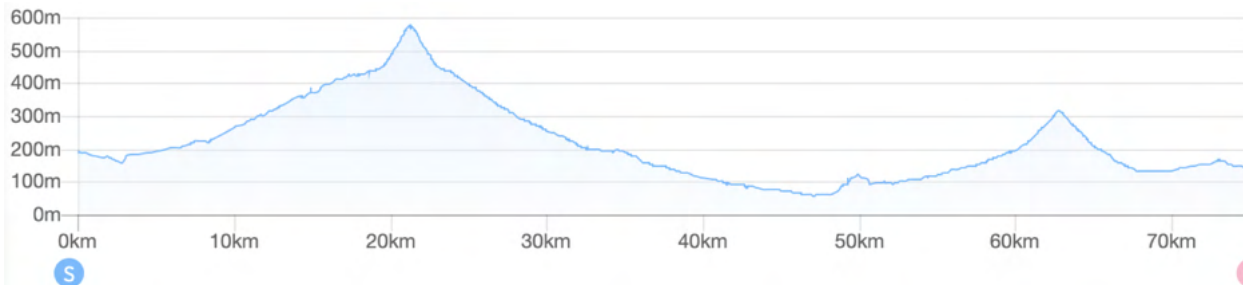
Starting from Nakashubetsu, ride through idyllic pastures, visiting several scenic place Lake Mashu Outlook, Kaminoko-ike Pond, Papas Land Sattsuru Rest Area, stay at Kawayu Onsen.

Kawayu Onsen is known with the finest quality hot springs. Enjoy 100% natural onsen with all your limbs stretched.

## Highlights – Scenic Lake Mashu, Mystic Kaminoko-ike pond, Foot bath at rest area, Acidic hot spring



Cycling distance: 75km (Estimated time 4hr 30mins)  
Intensity: Easy (★ ★ ☆ ☆ ☆ )



Breakfast: Hotel  
Lunch: Local cuisine  
Dinner: Kaiseki course meal



Kinkyu Hotel



Day 6



Day 7



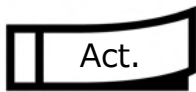
# Day to Day - 06

## Day 6 – Tough uphill riding throughout the national park (73km)

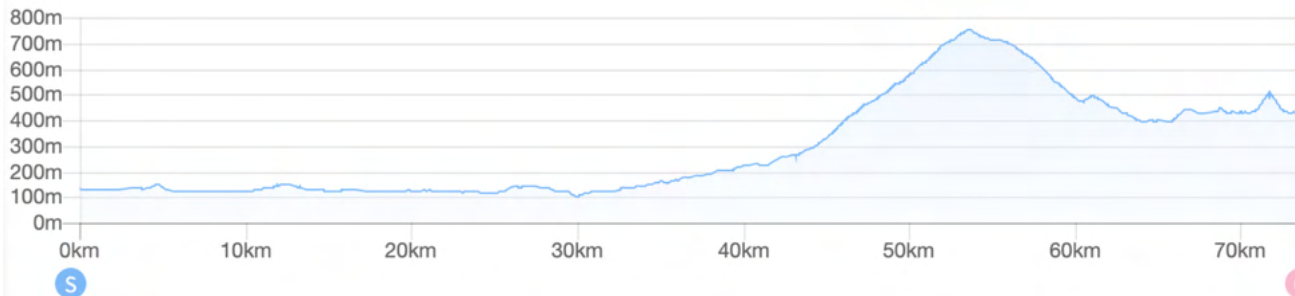
The route travels Akan Mashu National Park, a very tough ascents, roads that wind ways and impeccable views, requires strength, stamina and willpower. Starting from Kawayu Onsen (130m), and goes along the shore of Lake Kussharo.

Have a lunch at a local soba, or buckwheat noodle restaurant, then try a very tough and winding uphill riding. Stay at Akanko Onsen, a popular hot spring resort.

**Highlights – Japan’s largest caldera Lake Kussharo, Soba noodle, Sogaku-dai Unique outdoor kotan hot spring**



Cycling distance: 73km (Estimated time 4hr 30mins)  
Intensity: Moderate (★ ★ ★ ☆ ☆ )



Breakfast: Hotel  
Lunch: Soba noodle  
Dinner: Japanese-Western Buffet-style



Akan Yuku no Sato  
Tsuruga  
(hot springs, rooftop hot baths, sauna)



# Day to Day - 07

## Day 7 – Experience the indigenous Ainu culture (73km)

On the last day, we will take you to the special place around Lake Akan's forests that only authorized Ainu guides are allowed to enter.

Ainu is the Japan's indigenous group of people who have developed a very unique culture living in harmony with nature. You can learn their ways of thinking, which might remind you of the value of the nature. Also experience a traditional Ainu instrument, named 'mukkuri'. This place is also one of the best places to enjoy colors of autumn. Then, we'll take you to Kushiro Airport, which will take about 1 hour.

## Highlights – Ainu culture, UNESCO intangible cultural heritage traditional dance,



Mystic forest walking tour

Ainu experience tour

Level: Easy (★ ☆ ☆ ☆ ☆ )



Breakfast: Hotel

Lunch: Deer cuisine

# Tour Overview

**Locations** : East Hokkaido, Abashiri, Shiretoko Natural World Heritage Site, Nakashibetsu, Kushiro Marshland, Akan Mashu national Park

**Main Activity** : Cycling

**Difficulty** : 3/5 ( Intermediate)

**Pax** : Minimum 6 Max 10



**Tour dates recommended:**  
June to October



**Price** : For each person  
JPY ¥ 345,800 ~

# Organization Profile

Organization name: Akan Adventure Tourism Co., Ltd.

Head Office: 2-6-20 Akanko Onsen, Akan-cho,  
Kushiro-shi, Hokkaido, JAPAN

Establishment: April 2, 2018

Representative Director: Masayuki Onishi

Capital: ¥ 400 million

Our works: Organization of accommodations, meals, sightseeing, activities and transportations

Entertainments development and promotion

Development and management of adventure tourism based tours and programs

For any inquiry, please feel free to ask via [tour@akanat.co.jp](mailto:tour@akanat.co.jp)

