

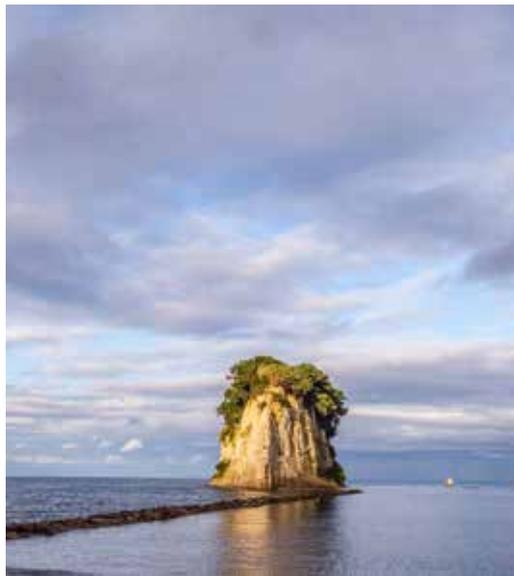
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Noto Peninsula Self-guided cycling 7 days

Introduction

The Noto Peninsula on the Japan Sea coast of Ishikawa Prefecture offers some of the most beautiful and unspoiled scenery Japan has to offer. Home to Japan's finest seafood production, the peninsula is known for its breathtaking coastline and its abundant nature. There are pristine landscapes and picturesque, beautifully-preserved small villages to explore. Cycling around the Noto Peninsula is a unique experience, on mainly flat coastal routes and also some peaceful mountain roads, to enjoy the serene atmosphere of this lovely area. Cycle at your own pace past terraced rice fields, spectacular rock formations, and engaging fishing ports. On this 7 day tour you'll experience the real Japan in so many ways - seeing beautiful places, meeting local people, staying in lovely lodgings, including hot-spring Ryokan inns, and delighting in the friendliest of welcomes. There is no better way to learn about local community lifestyles in Japan and to gain an in-depth understanding of regional culture

than to sample the local cuisine. And there is no better way to finish a day's cycling day than savouring the traditional dishes made from the freshest and tastiest local ingredients at your inn, while you dream about what tomorrow's cycle ride will bring. Your 7 day tour provides you with a day in Kanazawa, a former castle town at the base of the Noto peninsula, which is famous for its delicate handicrafts, and once-powerful lords. The city still bears the traces of its proud place in Japanese history with 3 preserved teahouse districts where Geisha still entertain, and a preserved Samurai district. Kanazawa's many museums showcase this cultural history and the works of centuries of skilled craftsmen and women. The tour includes two nights in Wajima, the most significant town on the Noto peninsula. On your day at leisure in Wajima, enjoy a side trip by cycle, or simply take additional time to explore the local market and downtown area.



DETAILS

TOUR LENGTH

We offer 5 day, 6 day and 7 day versions of our Noto Peninsula self-guided cycling tour.

TYPE AND LEVEL OF TRIP

Village-to-village cycling along the Noto Peninsula coast. Six days of road cycling from 13km/8

miles to 66km/41 miles per day.

CYCLING SEASON

March until December

WHAT'S INCLUDED

6 nights at hotels and Japanese inns in the Noto Peninsula; 6 breakfasts

& 5 dinners; Round-trip train tickets from Kyoto to the Noto Peninsula and a pre-paid taxi journey on Day 6; High-quality folding bike rental, plus helmet, tool kit, inner tube, bicycle lock; GPS device rental with detailed route information; Detailed day-by-day itinerary; Topographical maps; Local support by telephone

ITINERARY

DAY 1 ► Meet in Kyoto and travel to Kanazawa

Meet an Oku Japan team member in central Kyoto for an orientation session with your handy folding bike and other gear for your journey. Travel by train to Kanazawa and explore its cultural treasures such as Kenrokuen Garden, preserved teahouse and Samurai districts, as well as the fascinating Omicho food market, a mecca for food-lovers. Seat of the powerful Maeda Clan during the Edo Period, Kanazawa had a grand castle and grew to become a city of arts and crafts, even rivalling Kyoto and Tokyo in its heyday. If you prefer, your orientation session can be on the previous day - receive your bike one day early (at no extra charge!) and enjoy extra time cycling around Kyoto. The paths along the Kamogawa river are particularly beautiful and are a favourite of local cyclists.

Accommodation: Hotel

DAY 2 ► Kanazawa to Togi

Travel by train to Houdatsu. Today's ride begins here at Houdatsu station. Discover the unique Chirihama Driveway. A portion of the route travels on hard-packed beach sand. On your journey you will pass beaches and follow country lanes past rice fields, charming rural villages and rugged coastline. Visit Keta Taisha Shrine whose sacred power was regarded as having great national importance by the old central government. Nearby is atmospheric Myojoji Temple, another historically significant spot. Just before arriving in Togi, your destination for tonight, there are



particularly lovely coastal stretches with unique rock formations. Spend the night at a family-run Minshuku in Togi with delicious home-cooked meals, or at a comfortable local western-style hotel.

Distance: 44.5km / 27.7 miles

Elevation gain: 310m / 1,017 feet of ascent and 309m / 1,007 feet of descent

Time required: 3-4 hours

A shorter option is available by using local trains.

Accommodation: Minshuku (Family-run Guesthouse) or Western-style Hotel

Meals: Breakfast, Dinner

DAY 3 ► Togi to Wajima

In the morning cycle along more scenic coastal lanes through small villages. Leaving the coast, the road passes through mountains to today's destination, Wajima - a charming port-town producing some of the finest lacquerware in Japan. En route, you can stop at the famous Sekinohana, a dynamic rock formation created by waves. Visit Soujiji Temple, one of the two

head temples of the Soto school of Zen Buddhism. Your accommodation tonight is a charming traditional Minshuku. Wajima port is renowned for the quality of its fish and tonight's dinner will be an outstanding multi-course seafood feast.

Distance: 50.3km / 31.3 miles
Elevation gain: 409m / 1,341 feet of ascent and 410m / 1,345 feet of descent
Time required: 3.5-4.5 hours

A shorter option is available by using a taxi transfer.

Accommodation: Minshuku (Family-run Guesthouse)
Meals: Breakfast, Dinner

DAY 4 ► Daytrip from Wajima to Osawacho

Today, take a daytrip to Osawacho about 15km / 9 miles west from Wajima along the coast. Osawacho is a small port town with houses along the beach surrounded by bamboo fencing called 'Magaki'. Magaki protects the houses against winds from the ocean and this is a unique feature of this picturesque village. Today's ride involves a fairly challenging climb but the spectacular ocean views are rewarding, as are the opportunities to see the lovely village and its quiet local way of life. After strolling around Osawacho, you can head back along the same road to Wajima. Or, you can turn today's ride into a circular route by continuing onwards from Osawacho through the mountains and returning to Wajima along the road you travelled yesterday.

Distance: 34.2 km / 20.3 miles
Elevation gain: 613m / 2,011 feet of ascent and descent (613m / 2,011 feet of ascent / 617m / 2,025 feet of descent if returning via the mountain route)
Time required: 2.5-3 hours

Accommodation: Minshuku (Family-run Guesthouse)
Meals: Breakfast, Dinner

DAY 5 ► Wajima to Suzushi

Enjoy a lovely coastal road to Shiroyone Senmaida, a hillside of two thousand terraced rice fields overlooking the Japan Sea. A pleasant flat road beside the sea has scenic views and continues for about 30km / 19 miles past the old houses of Tokikunike and sea salt farms. After some hilly ascents and descents, the route heads into peaceful mountain scenery and today's destination - Suzushi - on the other side of the Noto Peninsula. Suzushi has a delightful atmosphere and is

famous for its landmark Mitsukejima Rock.

Distance: 61.8km / 38.4 miles
Elevation gain: 686m / 2,250 feet of ascent and 691m / 2,267 feet of descent
Time required: 4.5-5.5 hours

Short options are available by using local bus.

Accommodation: Ryokan (Travellers Inn) or Minshuku (Family-run Guesthouse)
Meals: Breakfast, Dinner



DAY 6 ► Suzushi to Notojima Island

After breakfast, your longest day on the Noto Peninsula is from Suzushi to Notojima Island in Nanao Bay. A half-hour taxi ride from Suzushi brings you to Ogi fishing village. There are old fishermen's houses on the small streets and it is a perfect area for gentle exploring. There's a real sense of early twentieth century Japan here! Today's cycling starts from Ogi along a mostly flat, pleasant coastal road through small hamlets towards Notojima Island. After riding along the coast for 50km/31 miles, come to Anamizu railway station and board a train for the brief ride to Nishigishi. From Nishigishi you cycle over the bridge to reach Notojima Island itself where you'll receive a warm welcome at your final inn.

Distance: 65.5km / 40.7 miles
Elevation gain: 677m / 2,221 feet of ascent and 686m / 2,250 feet of descent
Time required: 4.5-5.5 hours

A shorter option is available by using an additional taxi journey.

Accommodation: (Family-run Guesthouse)

Meals: Breakfast, Dinner

DAY 7 ► Tour ends

After breakfast, wave goodbye to your hosts and cycle your final leg of the tour to Wakura Onsen. Wakura Onsen is a famous Onsen hot-spring resort on Nanao Bay and has 1,200 years of history. The town is dominated by large hotels and a whole range of Ryokan. You are free to explore Wakura before heading

onwards by train via Kanazawa to Kyoto where our tour ends. Why not visit one of the hot springs inns as a day visitor before continuing on to Kyoto. In Kyoto, an Oku Japan team member will meet you to retrieve your bike and other rental equipment. We can happily arrange onward train tickets to your next destination for a supplement if you wish.

Distance: 12.5km / 7.8 miles

Elevation gain: 208m / 682 feet of ascent and 219m / 719 feet of descent

Time required: 1 hour

Meals: Breakfast