

JTO Hokkaido vertical horizontal across Bicycle Journey

2025 August 1st(Fri)~11th(Mon·Hol) 5days+5days

Distance:1166km Total gain:9717m

Vertical Erimo cape~Obihiro~Nukabira spa~Kenbuchi spa~Toyotomi spa~Wakkanai 611km+4405m
Horizontal Otaru~Shinyubari~Kuttari spa~Akanko spa~Betsukai~Nemuro 555km+5312m



2025 Sumer Hokkaido Vertical Horizontal across 5Ride&5Ride

- Vertical 1st 1st(Fri) Erimo cape~Taiju~Obihiro 127km+514m
- Vertical 2nd 2nd(Sat) Obihiro~Shibetsu lake~Nukahira spa 82km+1214m
- Vertical 3rd 3rd(Sun) Nukahira spa~Sounkyo~Kenbuchi spa 136km+1093m
- Vertical 4th 4th(Mon) Kenbuchi spa~Otoineppu~Toyotomi spa 160km+631m
- Vertical 5th 5th(Tue) Toyotomi spa ~Soya cape~Wakkanai 106km+953m
- Moving out day 6th(Sun) Wakkanai→Otaru

Horizontal 1st 7th(Thu) Otaru~Sapporo~Kitahiroshima~Shinyubari 104km+793m
 Horizontal 2nd 8th(Fri) Shinyubari~Shimokap~Kuttari spa 119km+1557m
 Horizontal 3rd 9th(Sat) Kuttari spa~Ashoro~Akanko spa 131km+1401m
 Horizontal 4th 10th(Sun) Akanko spa~Nijibetsu~Bekikai 100km+795m
 Horizontal 5th 11th(Mon·Hol) Bekikai~Nosappu cape~Nemuro 101km+766m

Erimo cape August 1st(Fri) Sunrise at 4:22 Sunset at 18:45

July 31st(Thu) Pre stay recommend Erimo cape

Cliff house Yanagida ryokan ☎058-0342 Erimo tow Erimo misaki TEL:01466-3-1314

Possible to pick up and carry to Erimo town bus stop(Only stay guest Need reservation Please let know your moving way to organizer



Other stay recommend Erimo cape Sansuikaku Ryokan Misakiso 旅館みさき荘

Means of transportation for pre stay in Erimomisaki cape

Tokyo · all over Japan to Erimomisaki Haneda airport · Othe airport in Japan→Shin Chitose airport

Shin Chitose airport to Erimomisaki cape

A : By bus Please use soft bicycle carrying bag Carry in the bus under trunk space

(1) Donan bus Shin Chitose airport(1 3:4 9)→Numanohashi Kitaguchi(1 4:1 5分) : 5 0 0 JPY~ 1 8 k m

(2) Express Bus Tomamo Numanohashi Kitaguchi(1 4:2 5)→Erimo town Honmachi(1 7:5 0) : 3000JPY~ 1 5 7 k m

※Need reservation Access : J R Hokkaido bus Samani office 0146-36-3432 ※Some bus have toilet need check one day one bus

(3) Erimo town Homachi→Erimo cape 1 4 k m Stay hotel bus or Taxi or Self ride moving

Taxi(Nikko hire Erimomisaki office 01466-2-2165) In cas of taxi : cost about : 5 0 0 0 JPY~

B : By taxi

Distance : 1 8 0 k m Time 3 hours more possible to have sightseeing as you wish

General taxi(Per one taxi) : 5 0 0 0 0 JPY~ Yamato Kotsu : 0 1 1 - 8 1 1 - 2 1 5 1

Jambo taxi(Per one taxi) : 6 0 0 0 0 JPY~ Green guide : 0 1 1 - 8 2 4 - 3 9 0 0

※The price will change up to the local situation.





August 1st(Fri)~5th(Tue) Vertical across
Erimomisaki cape~Obihiro~Nukahira spa~Kenbuchi spa~
Toyotomi spa~Wakkanai
5 Days 611km+4405m

<https://www.navitime.co.jp/coursebuilder/course/4fcd52c0b3664f3fa9a8299a4bb956c0>



August 1st(Fri) Gather at 7:30 Cliff house Yanagida ryokan

•Before starting , have explain of course , stay , meal , please gather after breakfast and bicycle setting.

Vertical 1st 1st(Fri) Erimomisaki cape~Tajju~Obihiro 127km+514m

<https://www.navitime.co.jp/coursebuilder/course/9bef90af198b422ebb8d7967113b578e>



Lunch recommend Daiju(59km)

Chinese Sairinshuka Ryugetsu Grill meat Daiju Soba noodle Isshu Michinoeki Comall Daiju ramen noodle Horieya



Michinoeki Churui(77km) Restaurant Kyori Churui



Sightseeing recommend Erimomisaki cape Naumann's elephant memorial hall Michinoeki Nakasatsunai Obihiro Green park



Stay Obihiro Tokachi gardens hotel 〒080-0012 Obihiro city Nishi Nijo Miami11-16-16 TEL: 0155-26-5555



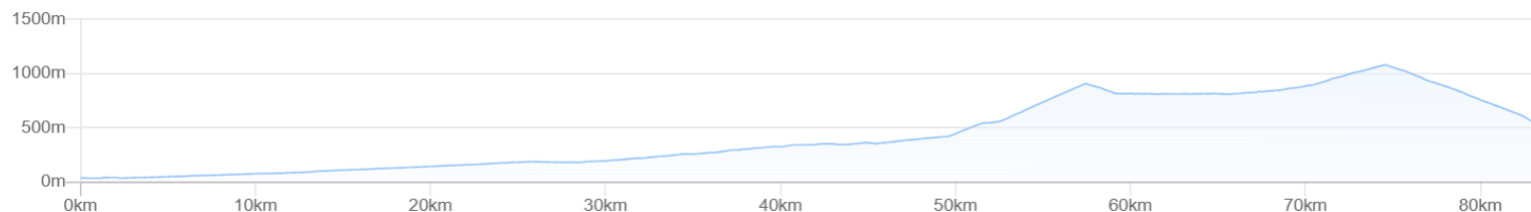
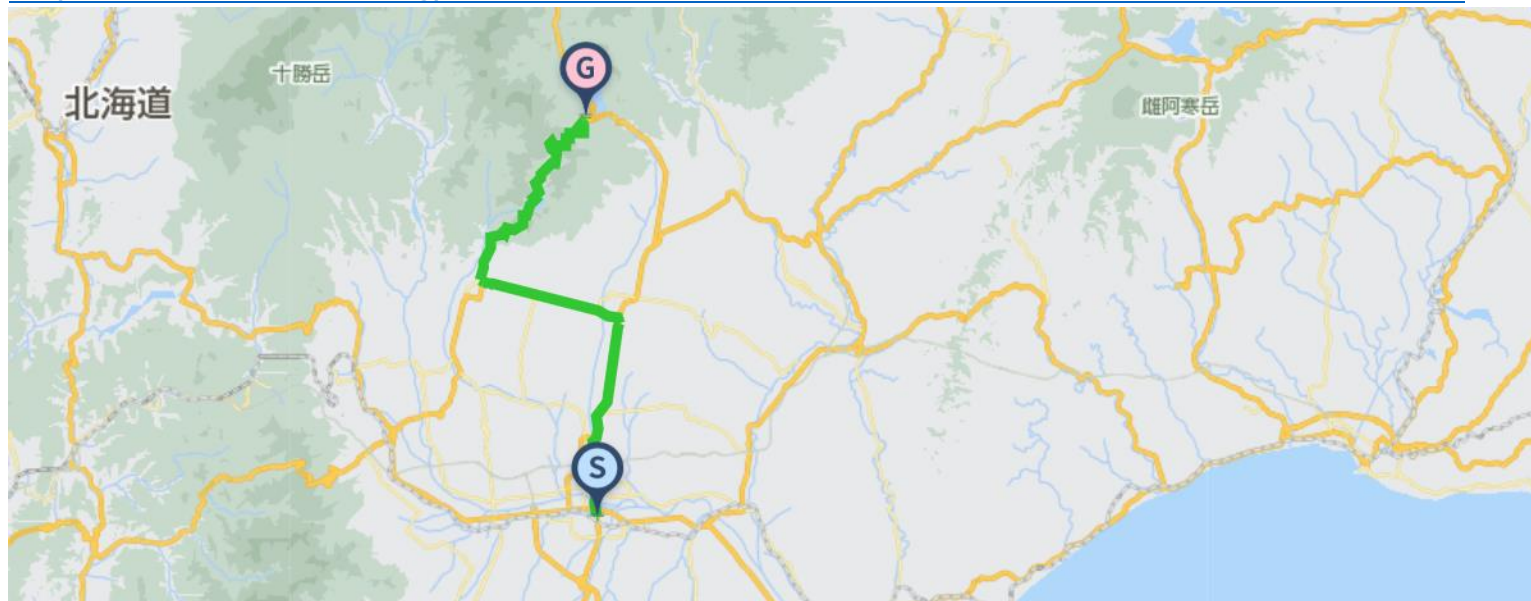
Other stay recommends Dormy inn Obihiro Fukui hotel Hotel grand terrace Obihiro Hotel Sun park
 Outside dinner recommends Izakaya Danran Pork rice bowl Butahage Obihiro Hageten Italian Yakohai



Public Bicycle carry moving recommend: Erimo→Hiroo→Obihiro: Tokachi bus
 JR Hokkaido bus Hikachi line Erimomisaki cape 8:15→Hiroo 9:18 Tokachi bus Hiroo→Obihiro 9:57→12:17

Vertical 2nd 2nd(Sat) Obihiro~Shikaribetsu lake~Nukahira spa 83km+1239m

<https://www.navitime.co.jp/coursebuilder/course/3e4f1887b40746789bc37924fa01393f>



Lunch recommend Shikaoi(36km) Soba noodle Shikamen Osakaya Genghis Khan BBQ Hayakawa Shinkiitten



Shikaoi north(44km) ROADHOUSE. NEST Forrest kitchen Kawai Bozuyama Forresu oasis Kurumenosato



Sightseeing rec Michinoeki Shikaoi Ogigahara field observation deck Shikaribetsuko lake Nukahira lake Train musium



Stay Nukabira onsen spa Nukabira sighrseeing hotel 〒080-1403 Kamishihoro town Nukabiragensenkyo48-1 TEL:01564-4-2210



Other stay recommend Nukabira Onsen hotel JL Nukabira soa Nakamura Y Pension Morinofukuro Ymakoso Nakamura Y Nukabira gensenkyo Yumotokan

Public Bicycle carry moving recommend: Obihiro station bus terminal→Shihoro→Nukabira onsen koenmae: Tokachi bus
7:05→7:55→8:52 13:45→14:35→15:32 16:55→17:45→18:42

Vertical 3rd 3rd(Sun) Nukabira spa~Sounkyo~Kenbuchi spa 136km+1093m

<https://www.navitime.co.jp/coursebuilder/course/03543aef0b5c4723b6f69a62b5a7c54d>





Lunch Sounkyo spa(68km) 山 Mt.Italian Beer Grill Canyon Ramen noodleTozanken Daisessan Fratell di Mikuni



Kamikawa station(83km) Asahi dining Kiyoshi dining Yoshino Hakusen



Sightseeing rec Daisetsuko lake Sounkyo Daisetsu observation deck Espoir Bell Mt.Daisetsusan



Stay Kenbuchi spa lake side Sakuraoka Kenbuchi town Higashimachi5141 TEL:0165-34-3100 (6km from Kenbuchi St.)



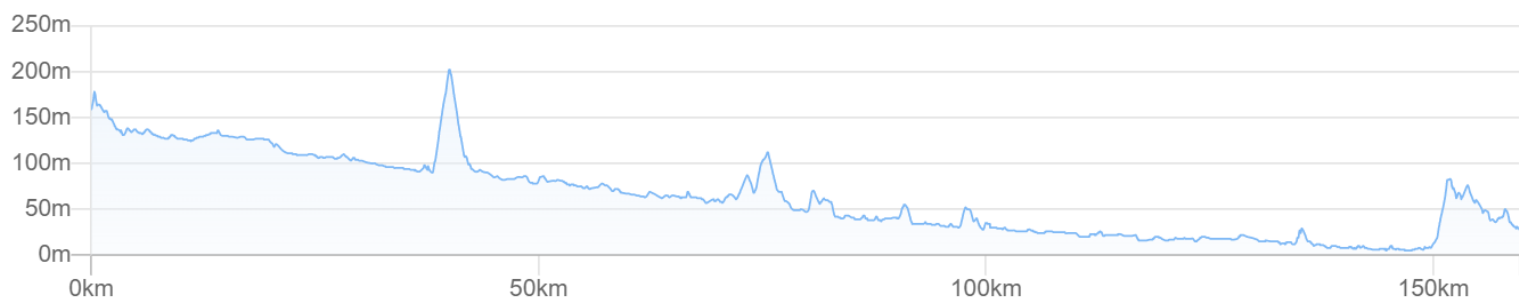
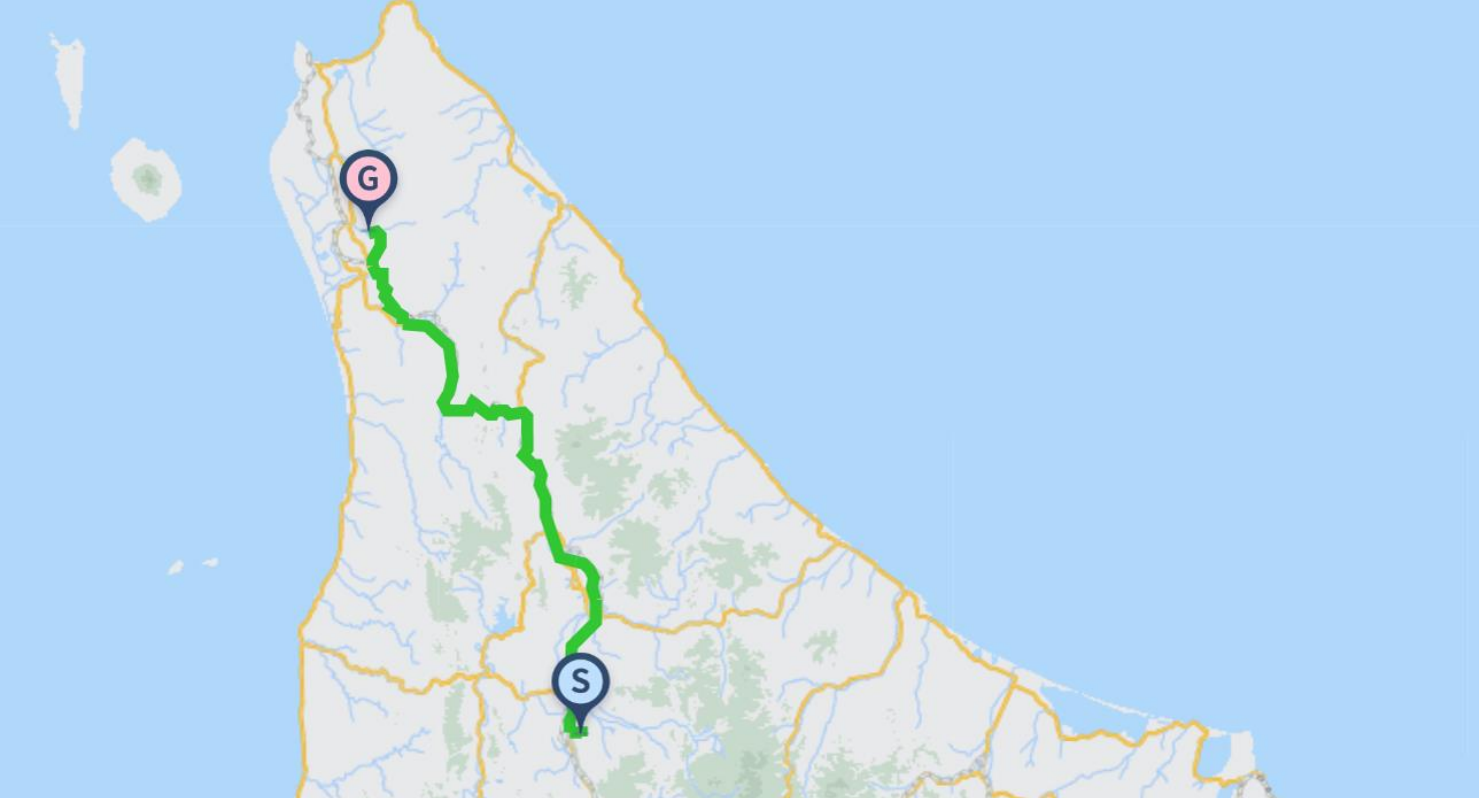
Other stay and outside dinner Near Kenbuchi station Kenbuchi station ryokan hotel Tasty Yoshitake Ibushiya smoke grill



Move Sounkyo→Kawakami station Sounkyo line Dohoku bus 10 buses per day Kamikawa station→Asahikawa→Kenbuchi:JR Sekihoku honsen JRSoya honsen Soya honsen 10 trains per day Nukabira Onsen Koenmae→Asahikawa 15:41→18:35:Hokkaido Takushoku bus(Need reservation)

Vertical 4th 4th(Mon) Kenbuchi spa~Otoineppu~Toyotomi spa 160km+631m

<https://www.navitime.co.jp/coursebuilder/course/f9221a1a09db4ea784b9e0436b12e2f3>



Lunch Otoineppu(82km) Sakura dining Manpuku Ikere Michinoeki Otoneppu Hokutenryu



Teshionakagawa(115km) Restaurant Well Be Sasaki (Michinoeki Nakagawa) Shosha otocafe+



Sightseeing Michinoeki Mochikomenosato☆Nayoro Michinoeki Bifuka Forrest park Bifuka Island Raindeer sightseeing farm



Stay Toyotomi spa Hotel Toyotomi 〒098-4100 Toyotomi town Toyotomionsen TEL:0162-82-1055 6km from Toyotomi station



Toyotomi spa Kawashima ryokan 〒098-4132 Toyotomi town Onsen TEL:0162-82-1248

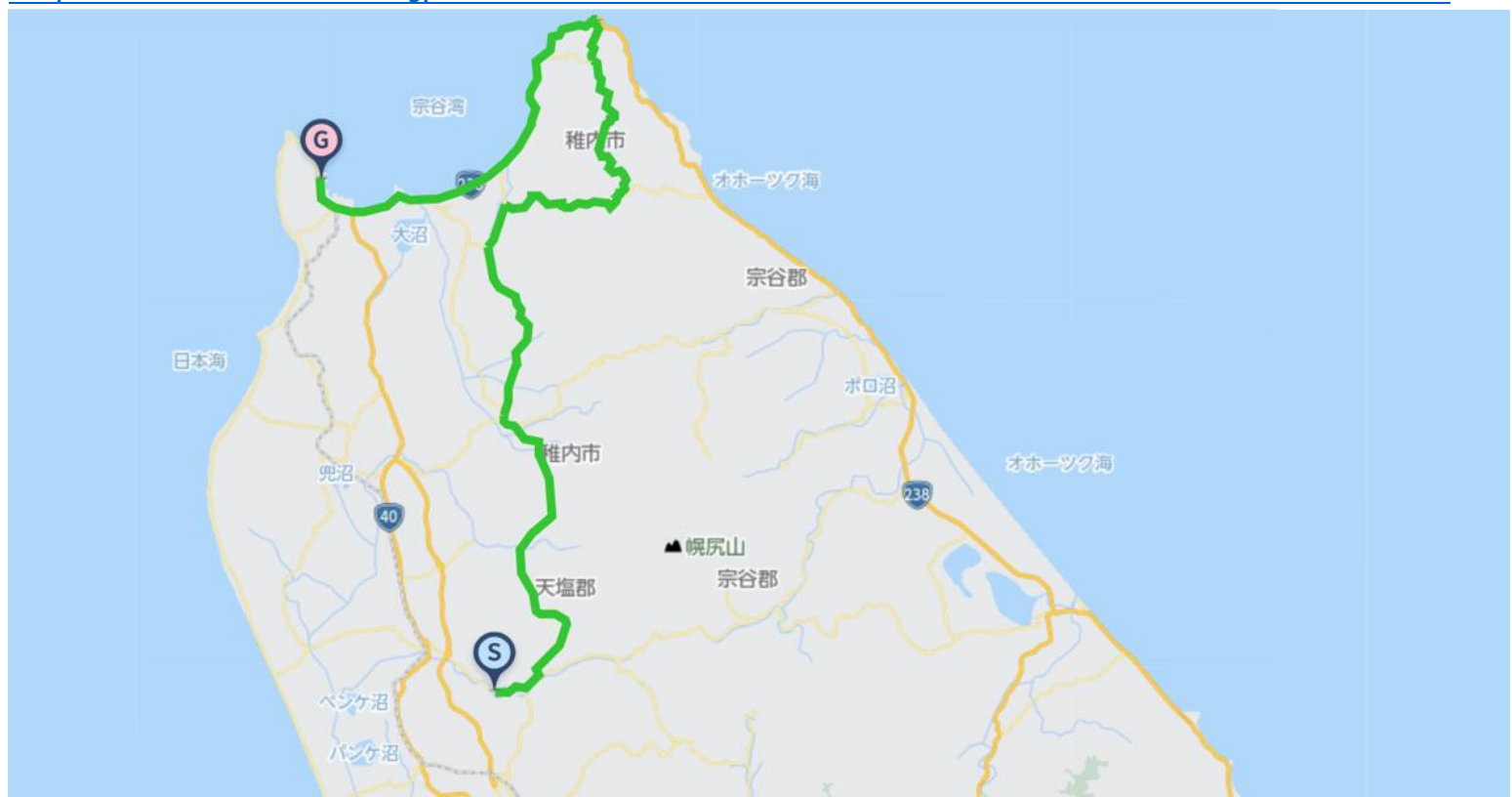


Other stay recommend New Onsenkaku hotel Hotel Win

Public Bicycle carry moving : Kenbuchi→Shibetsu→Toyotomi : JR Soya honsen 07:02→11:13 09:02→12:00 13:24→16:43

Vertical 5th 5th(Tue) Toyotomi spa~Soya cape~Wakkanai 106km+953m

<https://www.navitime.co.jp/coursebuilder/course/5133021ad6d043a295852c6ea6b5e2d9>





Lunch Wakkanai airport(44km)

Sarubobo dining•Ehoku Wakkanai airport restaurant Soya cape(74km) Mamiyado Saihokutan Hamaiso



Sightseeing Soya cape park Onuma nature bird observation hall Wakkanai city Noshappu cold current aquarium Noshappu cape



Stay Hokuten spa Dormy inn Wakkanai Wakkanai city Chuo2-7-13 TEL:0162-24-5489

(Breakfast 5:30~ 300m from Wakkanai station)



Other stay recommend Ryokan Imotoi Hotel Sahalin Kokuminshukusha Hyosetsuso Wakkanai grand hotel Hotel Trunk Wakkanai

Outside dinner recommend Kurumaya Genji Kitanoajidokoro Genchan Nara sushi Amimoto



BISTRO U Keito Steakhouse Van Volume tei Yoshioka Hanaraku



Outside bath recommend Yam Wakkanai port spa (10~22 1.1 km from Wakkanai station on south)



Public Bicycle carry moving Horonobe→Wakkanai: JR Soya honsen 10:56→12:06 11:46→12:42 16:30→17:25

Moving out day 6th(Wed) Wakkanai→Otaru Move recommend(Need check)

By TRAIN Wakkanai : 6 : 3 6 →(Change two times : Asahikawa・Sapporo)→Otaru 1 2 : 4 7
 Wakkanai : 1 0 : 2 9 →(Change three times : Nashoro・Asahikawa・Sapporo)→Otaru 1 8 : 1 7
 J R Soya honsen J R Hakodate honsen

By BUS Wakkanai→Sapporo→Otaru :Some Bus each day
 6 : 3 0 → 1 3 : 4 4 8 : 3 0 → 1 5 : 4 9 (Change one time : Sapporo) Express bus Wakkanai line

By AIRPLANE ANA Wakkanai Airport(1 1 : 4 5)→Shin Chitose Airport(1 2 : 4 5)
 Wakkanai station~Wakkanai airport : 1 2 k m(Bus 3 0 min) Shin Chitose airport→Otaru(Move by train about 90min)



In case finish at Eakkanai(Ex : Back to Tokyo)
 Wakkanai airport→Haneda airport 2-lines each day 1 3 : 1 0 → 1 5 : 1 0 1 5 : 1 0 → 1 7 : 1 0 (Need check)
 ※If wish buying meals , Seiko Mart Wakkanai station shop is the recommend(6 ~ 2 3)

Horizontal across pre stay Otaru station
 Natural spa Shionoyu Dormy inn PREMIUM Otaru 〒047-0032 Otaru city Inaho3-9-1 0134-21-5489



Other sta recommends Otaru green hotel ALPHABED INN Otaru station Otaru YaDo Orcent hotel Otaru
 Pre stay sightseeing Otaru canal stone warehouses Tenguyama mt. herring palace Blue cave



Pre stay meal recommend Otaru station Sea grill Hokkaido Woman Katsuya Shimazaki Otaru Bine Young Chicken Naruto



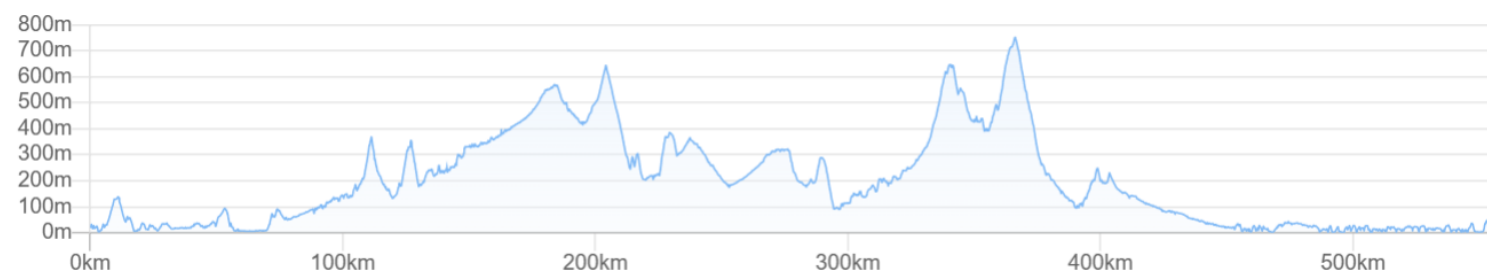
Breakfast outside recommend Sankaku market fresh seafood Kawashima・Takeda (At Otaru station 7:00~)
 Rinyu asaichi(1.7km from Otaru station 4:00~)



August 7th(Thu)~11th(Mon·Hol) Horizontal across
Otaru ~ Shinyubari ~ Kuttari spa ~ Akanko spa ~ Bekkai ~
Nemuro

5days 555km+5312m

<https://www.navitime.co.jp/coursebuilder/course/153da6a31b40472e8cfd3d3ec498d630>



August 7th(Thu) Gather at 8:00

Otaru station

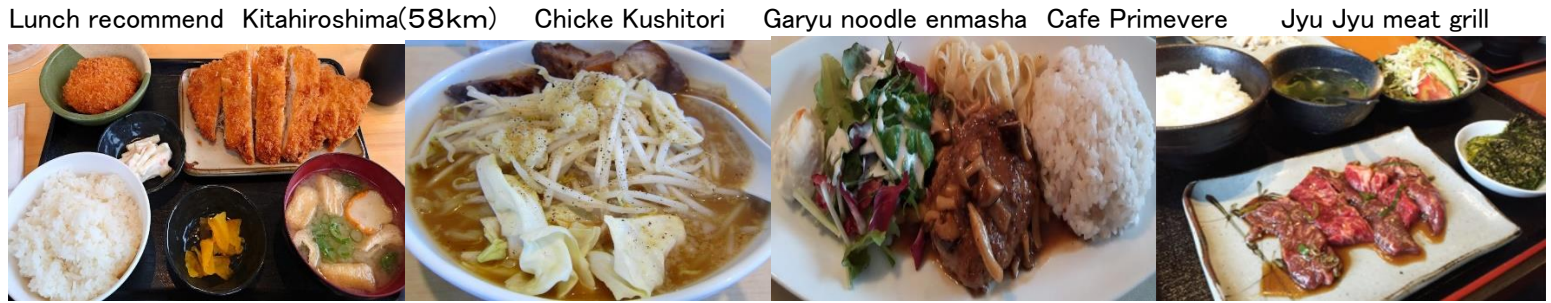
Natural spa Shionoyu Dormy inn PREMIUM OTARU

•Before starting , have explain of course , stay , meal , please gather after breakfast and bicycle setting.

Horizontal 1st 7th(Thu) Otaru~Sapporo~Kitahiroshima~Shinyubari

104km+793m

<https://www.navitime.co.jp/coursebuilder/course/87dd268341d343a5be464844bc415f6f>



Stay Yubari forest farm youth hostel 〒068-0751 Yuubari city Numanosawa554 TEL:0123-57-2535 (4km from Yuubari station)





Public Bicycle carry moving Otaru~Sapporo~Chitose~Shinyubari: JR Hakodate honsen JR Chitosesen JR Ishikatsusen
10:17→12:37 16:00→18:23 他一日10便以上

Suupport and outside early breakfast recommend :Seiko mart Momijiyama(1km from Shin Yuubari station)

Horizontal 2nd 8th(Fri) ShinYubari~Shimkappu~Kuttari spa

119km+1557m

<https://www.navitime.co.jp/coursebuilder/course/5a6e2261713642058526f49a5f8cf6ba>



Lunch Shimkappu(53km) Michinoeki Shizentaie Shimkappu Towarisoba noodle Seigankyo Chinese riceball RONRON
Milk Kitche Fry pan Shimkappu Yaokuma cafe



Tomamu(77km)In Hoshino resort Jingiscan king Pork bowl Kaitakumin Altezza Tomamu Soup Curry Garaku~Tomamu forest~



Sightseeing Hobetsu dam Niniu nature country Akaiwaseigankyo Tomamu Mt. Karikatsu pass observation deck



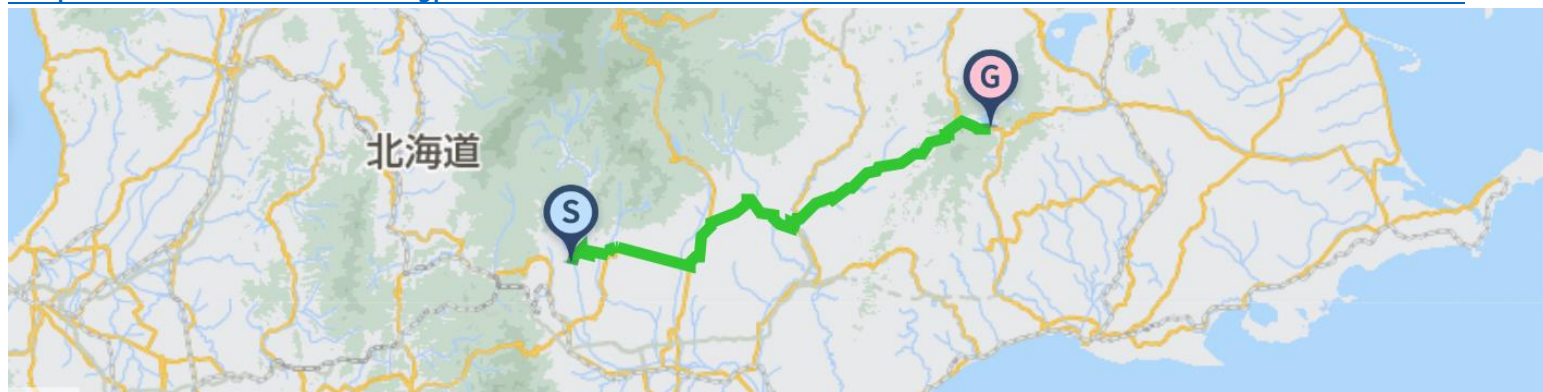
Stay Yuyado Kuttari spa lake inn 〒081-0154 Shimkappu town Kuttari808 TEL:0156-65-2141 (13km from Shintoku st.)



Other stay recommend Shintoku YORKSHIRE FARM(10km from Yuyado Kuttari spa lake inn) Daisoge small stay Komorebi(13km)
Public Bicycle carry moving ShinYuubari→Shintoku: JR Ishikatsusen 8:59→10:05 12:48→13:44 16:57→18:02 and other 10 per day

Horizontal 3rd 9th(Sat)Kuttari spa~Ashoro~Akanko spa 131km+1401m

<https://www.navitime.co.jp/coursebuilder/course/6068db5b038f4b499f295f50649c4861>



Lunch recommend Kamishihoro(46km) Four season Kinkamitei Piccoro Michinoeki Kamishihoro Hamberger shop Tobachi



Ashoro(73km) Ashoro ann Ryogoku dining Chinese Beijing dining Hisago Michinoeki Ashoro Galaxy hall 21



Sightseeing Michinoeki Urimaku Michinoeki Pia21 Shihoro Ashoroko lake Akanko lake



Stay Akanko spa Hotel Gozensui 〒085-0467 Kushiro city AkanchoAkankoonsen TEL:0154-67-2031



Other stay recommend New Akan hotel Akan yukunosato Tsurumasa Business hotel Matsuoka Ryogoku Sohonten
 Outside dinner recommend Ajishin Poronno Marukibune Bar de Pan Banya ramen noodle



Public Bicycle carry moving Shintoku→Makubetsu: JR Nemuro honsen 6:32→8:07 9:25→10:40 11:30→12:40
 Makubetsu→Ashoro→Rikubetsu 10:36→12:08→12:49 11:49→13:21→14:02 Tokachi bus Hokkaido Kitami bus
 Rikubetsu→Kitami→Akanko spa 14:24→18:28 Akan bus 阿寒バス

Horizontal 4th 10th(Sun)Akanko spa~Nijibetsu~Betsukai 100km+795m

<https://www.navitime.co.jp/coursebuilder/course/ef83b3fcb1db432ba010438f019750a1>



Lunch Mashu(40km) Dining café poppotei Teshikaga ramen noodle Kumaushi Chinese Shoryuken



Nijibetsu(60km) Kirari Café restaurant Country Green hill Tawa Hesel Graus Manner



Betsukai Nishishubetsu(69km) Restaurant Katsura Tomodachi Ichiriki Clover house



Sightseeing Kussharoko lake Mashuko lake(Attack ride from 39km point +55km+774m)

Michinoeki Mashu onsen spa Betsukai town train memorial park

<https://www.navitime.co.jp/coursebuilder/course/1fbc6820fa714494ae550c79e9b77d48>



Stay Betsukai town Ishikawaya ryokan 〒086-0203 Betsukai town Betsukainishihonmachi 1 TEL:0153-75-2077



Outside Bath recommend Betsukai town Furusato communication center Betsukai141-100 11~22 2.8km from Ishikawaya



Outside dinner recommend Izakaya sushi Kazu Home run Charcoal fire meat grill Ren Meat grill Shokudoen



Suiraku Maruta Teishaba Izakaya Shuhei Yattokosa



Other stay recommends: Betsukai town Mitsubachi no yado Hotel Mug House

Betsukai Nishushubetsu(23km West of Betsukai town)

Betsukai Park hotel Nishibetsukai soa Clover house Betsukai Makiba spaShimafukuro

Early morning breakfast recommend: Seven-Eleven Betsukai Miyamai

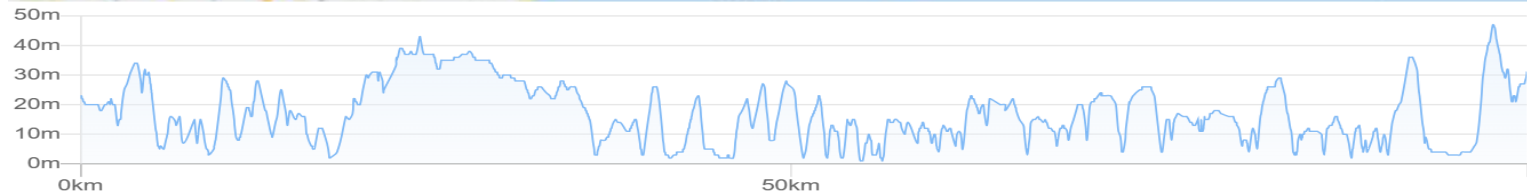
Public Bicycle carry moving Akanko→Kushiro: 7:30→9:30 10:20→12:20Akan bus

Kushiro→Kyoshun 11:20→12:53 13:45→15:18 16:05→17:38 Akan bus

Kyoshun→Betsuumi town communication hall Platto 15:28→16:06 Nishi Shunbetsu line

Horizontal 5th 11th(Mon·Hol)Betsukai~Nosappu cape~Nemuro 101km+766m

<https://www.navitime.co.jp/coursebuilder/course/1f6b390ce54e4029a99e6177716852eb>



Lunch Nemuro(55km) Dorian New Kaori Dosukoi Nakashibetsu airport PEA BERRY



Sightseeing Furenko lake Shunkunitai sand field Onneto swamp Kurumaishi rock



North arean primitive flower field Nostalgia Bokyo cape park northern territories hall Nosappu cape



Post stay Nemuro Minshuku Tokiwa 〒087-0021 Nemuro city Saiwaicho2-2-2 tel:0153-24-1427

※Possible to take shower and change wears before riding on the bus for Nakashibetsu airport(Need check)



Public Bicycle carry moving

Betsukai town communication center Plato→Nemuro station:Nemuro kotsu bus 10:18→11:29 14:23→15:34 15:35→16:46

Nemuro⇄Nosappumisaki cape:Nemuro kotsu bus

Nemuro→Nosappumisaki cape 8:20→9:04 13:35→14:19 16:10→16:54

Nosappumisaki cape→Nemuro 9:55→10:39 15:10→15:54 17:20→18:04

Outside public bath recommend Nemuro sento Minatoyu(15~22 2.2km from Nemuro station)

Other stay Hotel Nemuro Kiyotei Nimiki Nemuro grand hotel

Outside dinner recommend Nemuro fish dining Sushu Han Yushokusakana Ichiro Hamasaku

Grill meat Yanya Ramen noodle Sanpachi Uncle&Chibori Restaurant Kowa



Nemuro station→Nakashibetsu airport(8 2 k m) Local bus Nemuro kotsu

1 1 : 4 5 → 1 3 : 4 4 1 2 : 0 4 → 1 3 : 4 5 1 5 : 0 0 → 1 6 : 5 9

Nakashibetsu airport Flight schedule for Haneda airport : 1 4 : 4 5 → 1 6 時 4 0 分 (Straight flight one flight per day)

For Shin Chitose airport : 9 : 3 0 → 1 0 : 3 0 1 3 : 3 5 → 1 4 : 3 5 1 7 : 4 5 → 1 8 : 4 5

※Participates who wish to take flight on 11th(Mon•Hol) , please let us the wishing finish time at Nemuro station in advance.

We will arrange the early time starting and Nosappu cape attack ride.

Ride Join Fee(Per day) 14,000JPY(Include Tax)

Included ride join fee : Travel attendant , Support car accompanying Support food supply(fixed limited)

※NOT INCLUDE Moving fee between your home to the starting point , food , stay , support food more than the limited , public move fee , sightseeing fee are all not included at all.

※Joining on the way , Leaving midway , traveling with one's bicycle using public transportation , you should pay the ride join fee per day for each you made application.

Max Possible Join 13riders Minimum Number of riders;3-Riders(Full ride join)

※Allowed partial join

Contact E-Mail Adress : soma@jtourism.jp

Please apply with the information as below.

We make estimation as the days you ride , ride fee , stay , food , public moving , sightseeing , for total costs.

Up to the formal application as below , let you show the personal information.

•The day you ride •Your name •Sex •date , month , year of birth,age •Adress •Handy phone number •E-Mail address

•Stay and food wishes

※We select and reserve the stay and foods. Personal arrangements are not possible by each riders.

※Please give the wishes for shared room for men and women , single , twin , foods.

※Please stay in the stays at the organizer's designated stays.

In some case , we cannot meet your request and change the stays on designated.

•Please let me know the pre and post ride sightseeing wishes , settings.

•Possible to contact on the ride day (handy phone)&emergency contact (handy phone possible to contact to the substitute person ※Other than the person riders yourself)

•Experience of your biggest riding , distance(km), Elevation gained(m)

implementation(Western calendar) season(month, spring summer fall winter)

area(country , prefectures, course name)

If we judge that you do not have enough experience to participate in this project, we may decline your participation.

Rental bicycle

Possible to prepare rental road-bicycle , cross-bicycle

If you wish to have rental bicycle , please apply in advance. Request together for Tokyo cycling tour and rental cycle , the partnership ship company.

① Height(cm)②weight(kg) ③bicycle model you wish ④Helmet ⑤grab ⑥pedal (binding or flat) ⑦Bicycle receiving place

Please let me know them when apply. Sometime , it may not turn out as you wish. Prepare wears and shoes by yourself.

I estimate rental price up to the information

Implementation notification;After recruitment deadline to some days before the starting , number of riders , weather forecast , judge the implementation and contact directly to the riders.

Refund ; In case of impossible to hold the plan , we pay back Amount excluding expenses such as fees from ride participation fee.

If the participant is unable to participate due to circumstances , paid ride participation fees will not be returned.

If it becomes impossible to run due to weather or local situation judgment after the start , paid ride participation fees will not be returned.

- Take ride onto the tour recommended courses with group rides and solo freerides
- There is no competition for time. Riders work together to reach the goal. Awards will not be given based on ranking
- There will be no traffic control around the venue. Please follow the local traffic rules.
- Group rides/recommended course rides are the basics. Please notify in advance for your wish on solo free rides.
- It is also possible to switch to local wheeled transportation instead of riding due to physical condition etc.
- The support car transports unnecessary luggage while riding a bicycle, supply support food, follow finishing.
- The support car moves at the behind of the last rider, basically.
- If you ride out of the recommended course, we do not change the stay point.
- There is no support rider leading or tailgating.
- Those who can join that possible to reach their destination on their own using a smartphone, navigation system, or location search device, or possible on a group ride those who can accompany other members with cooperation.
- If there is a significant delay from the moving of other riders in the group, we will give you instructions on how to move your bicycle to the stopover point, accommodation on the day, and the goal.
- The organizer will present recommended courses in advance, but the support car will not be providing detailed guidance to riders while moving alongside them along the way.
- Bicycles, helmets, puncture kits, bike bags, clothing, cold weather gear changes, etc., please prepare what you need and bring it with you by yourself.
- Please wear brightly colored clothing such as red, yellow, and white. Never wear dark colors such as black or navy blue. We will lend you a red jacket if necessary.
- You are responsible for your own bicycle maintenance and repairs. Please prepare your own spare tubes, maintenance tools, etc.
- standing air pumps and tool boxes will be carried in the support car.
- Please carry a lightweight soft bicycle bag. Carry it with you while riding, so you can move around while riding.
- Depending on where we are staying, bicycle bags may also be used to store your bicycle inside the hotel. Please be sure to carry bicycle bag.
- If you wish to store your bicycle in the accommodation, please help us store it in a bicycle bag when you enter the stay and bring it into the building.
- Hard and semi-soft large cases compatible with airplane rides cannot be transported on the road by the support car.
- If you are joining with a large wheeled device with a hard case or semi-soft case that is compatible with airplane wheeling, after refilling the soft bicycle bag, check-in at the departure/arrival airport and advance transportation to the planned goal point are required.
- Please purchase your own travel insurance and bicycle insurance. Please purchase bicycle insurance with a personal liability amount of 200 million yen or more.
- Please bring your insurance card with you when participating. We check your carry-on the insurance before departure.
- We eat lunch around noon at the same near restaurant in the same area as possible, depending on the progress of the tour group.
- Lunch, dinner, breakfast, and bathing fees are not included in the ride join fee.
- Support food is also dependent on paid donations from past participants. When you use it, please donate to volunteers or goods.
- Toll road usage fees, sightseeing fees, and travel expenses are not included in the ride participation fee.
- Routes and expenses occurred for group transportation will be decided on-site after discussion, taking into account terrain, weather and progress.
- Transportation costs from your home to the meeting/dissolution location and use of public transportation midway are not included.
- To maintain your health and maintain hygiene, please take a bath, shower, and change of clothes before using public transportation after your ride before going back to your home.
- To avoid inclement weather or traveling in the dark after sunset, we may ask you to turn back, take a shortcut, or take a bicycle onto train move from a station along the way.
- Participants are responsible for safety, course management, bicycle maintenance, cold/heat resistant clothing, measures to prevent bicycle stolen, etc.
- If we decide that you cannot participate safely at your own risk, if you are causing a significant nuisance to other participants, or if you are unable to follow the instructions of the staff, you will be asked to leave the venue even midway through.
- Please note that the participation fee will not be refunded under any circumstances.

- Sightseeing recommendations: If you arrive early and have time, please go sightseeing on your own.
- If you have a request for sightseeing in advance, we will take time in advance and provide support, such as temporarily taking over your bicycle.
- If you consult with us in advance, we will be able to arrange and provide on-site guidance regarding recommended tours for the day before and after ride.

Accommodation, dinner and breakfast

- This is a ride tour in which the organizer decides in advance which lodgings to stay at and travels from one inn to another to sightseeing spots and famous places.
- Accommodation fees are not included in the ride participation fee. It will be included in the cost estimate as a necessary expense at the time of application.
- Recommended accommodation, dinner and breakfast will be arranged by the organizer. Subject to change.
- As much as possible, we prepare at lodging locations bicycle storage in or near the hotel, a large hot spring bath, yukata, dinner and breakfast, a sleeping room, and a power source.
- We eat dinner and breakfast generally as a group at stay, but, if you wish to eat food outside the stay, please contact us in advance.
- If you have dinner, breakfast, or bathing buying outside the building, we will not provide transportation by support car and not accompany. Please move on your own by walking or using public transportation.
- Each day, luggage will be loaded into the support car and the start will be from the meeting point at designated accommodation. Please come to the meeting point by the departure time
- The meeting departure time is basically 7:30 am every morning, but it changes depending on the breakfast service time and driving distance, and will be decided locally.

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Dealing BS Travel Service Co., Ltd
 Japan Tourism Agency Registered Travel Agent (No. 347) Regular member of the Japan Association of Travel

Planning by
 Japan Tourism Organization General Incorporated Association
 Representative Director Mikihiro Soma
 Kyowa-bld 2F, 3-2-7, Shimbashi, Minato-ku, Tokyo, 105-0004, Japan
 Inside BS Travel Service Co., Ltd
 Mobile 090-4568-1444
 E-Mail soma@jtourism.jp Home-Page <http://jtourism.jp/>

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