



Cycle Kyoto

Explore Kyoto and cycle this fascinating region

Kyoto and its surrounding region epitomise the essence of Japan through the ages - it is the historical capital of this ancient land.

This trip not only challenges the serious cyclist but also enables you to experience some unique parts of Japan's countryside.

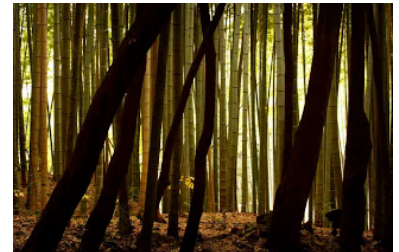
The itinerary: 8 Days/7 Nights

- Day 1 Osaka arrival
- Day2 Transfer to Koya san
- Day 3 Ride to Asuka (50 km)
- Day 4 Ride to Nara (30km)
- Day 5 Ride to Kyoto (66 km)
- Day 6 Arashiyama loop ride (50 km)
- Day 7 Ohara loop ride (50 km)
- Day 8 Departure



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Detailed Itinerary:

Day 1 Osaka arrival

This is arrival day and you are free to explore this fascinating city before our scheduled group meeting where we will go over all the formalities for the trip. There will be information at the local inn (ryokan) to let you know where to go for the group meeting and after that meeting we'll head out together for dinner.

Meals: D

Cycling: 0km

Day2 Transfer to Koya san

Today we transfer to the Buddhist mountain retreat at Koya san. We'll be staying in a working monastery and will have a chance to meet and talk to the resident monks. The vegetarian food prepared by the monks is a real treat.

Meals: B/D

Cycling: 0km

Day 3 Ride to Asuka

In Asuka we'll have a chance to see the remnants of Japan's first capital dating back to the 7th century and the huge burial mounds for which the area is famous.

Meals: B/L/D

Cycling: 50km

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Day 4 Ride to Nara

We leave Asuka to cycle one of Japan's few cycle paths to Nara. This is a flat ride with great views all the way and a good warm up to get the legs ready for the rest of the trip. Nara city predates Kyoto as a political centre and, like Kyoto, has many interesting temples and gardens to explore. We will have time to check out Nara's important sights such as Todaiji temple, the largest wooden building in the world, and its 7th century 250 ton bronze Buddha. Tonight we stay in a local ryokan.

Meals: B/L/D

Cycling: 30km

Day 5 Ride to Kyoto

We ride from Nara to Kyoto - a stunning ride along riverside bike path soaking in the mountains, the farmers' fields, and the rural life of Japan.

Meals: No inclusions.

Cycling: 66km

Day 6 Arashiyama loop ride

We embark on a very scenic cycling course tracking the Katsura River which is bordered by farmers' markets. This is a great part of the world - we'll stop occasionally to try some of the local sweets on sale in the traditional shops along the route.

Famous for its shrines, gardens and temples, highlights in this area include Tenryuji Temple (an outstanding example of Japan's ancient architecture). We also explore the bamboo forest that covers these hills before heading to Ryoanji in the east, famous for its zen-style garden.

We head back to our accommodation along the picturesque Kamo River.

Our dinner this evening is prepared by the ryokan's private chef - a superb meal awaits us!

Meals: B/L/D

Cycling: 50km

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Day 7 Ohara loop ride

At the foot of Mount Hiei-zan, Ohara is home to famous temples Sanzen-in and Jakko-in. Our cycle today is a relaxed pace and we can soak in the rural scenes that we pass through, stopping to take photographs and meet the local people of this region.

For our final meal together we embrace the izakaya! Izakaya is a shared meal that includes lots of small courses delivered to the table throughout the evening.

Meals: B/L/D

Cycling: 50km

Day 8 Departure

As this is departure day you are free to leave at any time.

Meals: B

Cycling: 0km

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What's Included:

This is a list of included activities on this trip. All other activities are optional and at your own expense. For a list of optional activities and sightseeing available on this trip, see the optional activities section below. If you choose not to participate in the included activities on this itinerary, the cost will not be refunded.

- Todaiji Temple Nara
- Ryokanji Zen Garden in Kyoto
- Gion night walk in Kyoto
- Okunoin cemetery walking tour in Koya san
- Ancient tomb walking tour in Asuka

Optional Activities

- Hot Springs
- Museums

Meal Inclusions

- 6 Breakfasts, 4 Lunches, 6 Dinners

Transport

- Train, Bus

Accommodation

- We stay in small family run ryokans with shared facilities
- We have a monastery stay in Koya san (including zazen and meditation service)

Physical Rating

- You are required to carry your pack on and off trains/buses and up hotel steps.
- This itinerary is an active itinerary and requires a high level of fitness and ability to cycle extended distances



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Fast facts

Grade:

- Advanced Level

Private Groups:

- Private group options are available for this trip

Singles:

- A single supplement is available for this trip (Ask our staff for more information)

Leader:

- Expert local leader

Trip dates. 2014

- TBC

Trip cost

- TBC

Options & supplements

- TBC

Important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

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