



Japan Hike & Cycle

Explore and experience this spectacular country



Japan is a dynamic, modern country within an ancient land steeped in tradition.

Plus Japan features some of the most spectacular and diverse environment – all easily accessible from major transport hubs.

Hiking and cycling are the ideal way to experience the complexity and contradictions of Japan first-hand.

At a glance:

1. The group

- 14–20 participants
- 1 leader
- 13 days

2. The itinerary

- **Stage 1:** Arrive into Tokyo and hike to explore Mount Fuji and the surrounding lakes
- **Stage 2:** Hike the Southern Alps mountain range and follow a ridge route that runs from Mt. Kita, Japan's second-highest mountain, to Mt. Kai-Komaga,
- **Stage 3:** Cycling around Kyoto's secret bike trails is the best way to explore this region rich in cultural heritage.



Welcome to Venture :

Venture specialises in small group travel – designing activities and itineraries tailored to ensure that you get the most out of your trip.

Whether you're a team, a school, a club, or a group of fiends looking for a bespoke experience or the adventure of a lifetime, challenge yourself with Venture!



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Detailed Itinerary

Day 1: Arrive into Tokyo.

- Your leader will host a dinner and a night tour of this amazing city.

Day 2: Conquer the picturesque volcanic cone of Mt. Fuji.

- From Tokyo we take the bus to Kawaguchi, a town at 1600 m above sea level that lies at the base of Mt. Fuji and start your walk along the oldest pilgrimage trail up the mountain. We stay in one of the famous mountain huts and wake for a final push to our view spot.

Day 3: Continue to hike and explore Mt. Fuji.

- At 3,776 metres high Mt. Fuji is Japan's tallest mountain and a national symbol. Snow-capped throughout most of the year, views from its majestic volcanic cone are breath-taking. We return to the base to enjoy some post-hike sake while soaking in the local hot springs.

Day 4: Travel high into the Southern Alps mountain range and trek to shoulder of Mt. Kita.

- We transfer to Yamanashi prefecture and start our uphill climb (7 hours) to just below the summit of Japan's second-highest mountain.

Day 5: Summit Mt. Kita, traverse to Mt. Senjo.

- We climb to the summit of Mt. Kita – if the weather cooperates we'll enjoy some unbeatable eye-level views of the summit of Fuji.

Day 6: Alpine trek from Mt. Senjo to Mt. Kai-Komaga.

- A stunning ridge trail from Mt. Senjo over to the summit of Mt Kai-Komaga (6 hours) in the late afternoon. We spend our last night in the mountains.

Day 7: Descend from Mt. Kai-Komaga to Hokuto Trailhead.

- Our route down from Kai-Komaga takes in a challenging mixture of knife-edged ridges, chains, and a vertical ladder down a sheer cliff-face (7 hours) then soak our weary muscles in the local public bath.

Day 8: Return to Tokyo.

- After a slow morning we transfer back to Tokyo and trade our hiking boots for bicycles for a relaxed cycling tour of the city.

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Detailed Itinerary – cont.

Day 9: Arrive and transfer to our ryokan (local guesthouse) 5 minutes walk from the Kyoto station.

- Once settled into our accommodation we bus to Kyoto station to catch the train to Fushimi Inari Shrine. We will leave all unnecessary things at the hotel. Starting from the Fushimi Inari Shrine, famous for thousands of Shinto “tori” gates lined up along the hill, we will walk to Tofukuji temple and visit the lovely moss garden. (approx. 3 hour walk)

Day 10: Circumnavigate the city

- We cycle around the city following a great 30km course that has you along rivers, in bamboo forests nestled amongst mountains home to millennium old temples, past ancient rice fields and through the center of this interesting and varied former capital.

Day 11: Head to the hills and ride north into the onsen (natural hot spring) area of Kuruma. 40 kms.

- We cycle to the wonderful Arashiyama area first up today taking a beautiful cycling course along the Katsura River with farmers’ markets as our cycling companion for much of the journey. Arashiyama is a intriguing district, where many small traditional shops allow us to try some local sweets. The area is home to many famous shrines, gardens and temples including Tenryuji Temple, a stunning example of ancient architecture used centuries ago. We visit the temple – a designated as World Heritage Site – and its incredibly beautiful garden. After some time in the atmospheric bamboo forest and nearby hills we head east to Ryoanji, contemplating its world famous zen style garden, and stop by Kinkakuji, one of the most unique views in Kyoto. We come back to our accommodation taking another beautiful cycling course along the Kamo River.

Day 12: Cycle Ohara 45km

- Ohara is a small basin at the foot of Mt. Hiei-zan and is home to the wonderful Sanzen-in and Jakko-in temples. We enjoy traditional rural scenes along the way today with plenty of time to stop and take photographs and learn more about the life the people and that have lived and worked in this area for generations. Not long after leaving the Kyoto limits we pass beautiful gardens, mountain views, spectacular houses and friendly locals which all gives us a great day in the saddle in this often missed special part of Japan.

Day 13: Depart Kyoto

- Free time to spend relaxing or fitting in another nearby hike around some of the famous pilgrim trails and Buddhist Heritages before transferring back to the airport

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Fast facts

Grade:
Challenging Level
Private Groups:
This trip is designed for private groups
Singles:
A single supplement is not applicable
Leader:
Expert local leaders

Trip dates. 2014

12–25 September

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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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.

Meal Inclusions

- All meals included apart from 3 dinners in Kyoto

Transport

- All transport as part of the itinerary

Accommodation

- Twin share accommodation in local style inn, one night in hut accommodation on Mt Fuji, 3 nights camping/hut accommodation on Southern Alps trail

Physical Rating

- This is a moderate to challenging itinerary and requires a medium to high level of fitness. The cycling in Kyoto will involve some longer days on mostly flat paths but expect some hills, the Fuji hike is at altitude and the Southern Alps hike involves long days carrying weighted packs



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What to expect:

Accommodation:

- Our accommodation will be largely in atmospheric, traditional inns known as “ryokan” and “minshuku”. In this Japanese-style accommodation, we will be sleeping on futon bedding laid out on tatami mat floors. Our inns understand that westerners may be more comfortable with privacy, and will try to assign two-person rooms when there are few other guests. Please be aware that room separation throughout the entire tour is very difficult to guarantee. Please also note that at the ryokan hot showers and tub-bathing is at the end of the day when a communal bath is heated (women and men are separated). It is usual that in the morning only wash basins are available. Japanese enjoy bathing together, conversing quietly as they soak. This is a surprisingly good opportunity to meet the locals. However, if privacy is an issue this may be arranged by careful scheduling within the group. Toilets in the rural areas are often of the squatting variety, however at some inns the toilet facilities will be Western style.
- The mountain huts and camp sites we stay in on this trip are quite basic, and you will need to bring your own sleeping bag and mat, we provide the tent. Whilst camping and staying in the mountain huts, there are no showers and no hot water. Toilets are available at the huts and camp sites.

A typical day:

- There will be mountain hiking in the form of full-day round trips from our lodgings and overnight and multi-day mountain treks. Most walking will be on mountain slopes and ridge trails, but always on well-marked tracks. On non-hiking days we stay in traditional inns, where there will be opportunities to enjoy local cuisine while learning about local culture and discussing the terrain of the day ahead. On the overnight hikes, we will stay either in mountain huts or camp in tents. Before we depart on overnight treks, we will forward all baggage not taken with us to the next destination.

What you carry:

- During the Southern Alps multi-day trek you will need to carry all your own personal equipment including your sleeping bag, sleeping mat and tent, plus a proportion of the group’s food, stoves, fuel and pots. On average this works out to be between 10–12kgs. After a booking is made we will provide you with a gear list designed to keep your pack weight to a minimum without jeopardising safety. Your local guide will conduct a thorough gear check to ensure you are not carrying too little or too much!

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Why choose Venture?

- At Venture we are committed to providing safe, rewarding small group travel experiences.
- We aim to provide quality ground services, exceptional value, expert advice, unique itineraries and friendly service from the concept stage through to the day you return home.

Duty of Care

- The safety of our travelers is our number one priority.
- Our commitment to provide a proper duty of care guides everything we do.
- Venture has an unblemished record in the operation of small group adventures.
- We will only operate tours in accordance with strict operational standards that have built our reputation as leaders in the travel industry.
- Every tour is underpinned by an industry leading risk assessment plan that exceeds international benchmark standards.

Unrivalled Experience

- With decades of experience in tailoring expeditions around the world we are unmatched in our ability to draw on expertise both in the field and in the planning stages.
- Our primary focus is on providing a unique and exciting adventure that meets the needs of your group.

Guides:

- We believe local guides provide the best experience. Their local knowledge is unparalleled in terms of interpreting the natural and cultural environments, outlining the history of a region, engaging in local dialogue and also re-arranging services if required.
- Many of our local guides have worked for our company for a decade or longer. They are first-aid trained, experienced, passionate about their country and we have the utmost confidence in their ability to provide a unique experience for your group.

Price and Value Guarantee

- We will only provide services that do not compromise on the quality or safety of the experience.
- We will ensure you do not pay for unnecessary services that your expedition does not need.

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