Around Daisetsuzan
7 Day Cycling Tour

Discover the majestic mountains, lush forests, stunning lakes and thermal springs of Daisetsuzan National Park on two wheels on this multi day Hokkaido guided cycling tour.

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About the Tour

Start	Finish	Grading	Season
Shirogane Onsen	Asahikawa	Advanced Cycling	Jul to Sep

About Daisetsuzan National Park

This guided cycling tour takes place in and around Daisetsuzan National Park, the second largest national park in Japan. Located in the centre of Hokkaido, the Daisetsuzan mountain range features truly dramatic and stunning landscapes, and has a fascinating abundance of both flora and fauna. There is no better place to connect with the spirit of Hokkaido than here! Starting from Shirogane Onsen at the base of active volcano Mt. Tokachi, this guided cycling tour covers approximately 360 km / 223 mi over 7 days through seriously breathtaking landscapes. Pedal your way through an unforgettable journey.

We operate this tour in partnership with Cycling Japan.

Tour highlights

- Cycle through the best of Hokkaido's high country roads.
- Travel on backroads through the rolling hills of Biei and Furano.
- Relax in Hokkaido's renowned hot spring resorts, including Shirogane Onsen & Sounkyo Gorge.
- Cycle over the scenic Mikuni Pass, Hokkaido's highest National Road.

Who is this tour for?

- Active cyclists whose perfect day out is riding on mountainous terrain for up to 80 km (49.7 mi) per day with up to 1,200 m (3,937 ft) of climbing.
- Avid cyclists who enjoy cycling on back roads off the beaten path.
- Adventurous travellers who enjoy rural hospitality, staying in Japanese style accommodations with natural hot springs on site.

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ADVENTURE HOKKAIDO
LOCAL TRAVEL SPECIALIST

Itinerary at a glance

		Distance		Ascent		
Day	**Activities**	**km**	**mi**	**m**	**ft**	**Meals**[1]
1	Meet in Shirogane Onsen	0	0	0	0	D
2	Cycle to Furano	79.5	49.4	521	1,708	B, D
3	Cycle to Sahoro	79.9	49.6	886	2,906	B, D
4	Cycle to Lake Nukabira	75.7	47.0	1,236	4,056	B, D
5	Cycle to Sounkyo	51.1	31.8	839	2,754	B, D
6	Cycle to Asahikawa	79.4	49.3	224	733	B, D
7	Farewells in Asahikawa	0	0	0	0	B

Accommodation

Day	Type	Location	Ensuite Toilet	Ensuite Shower	Onsen	Laundry
1	Hotel	Shirogane Onsen	✓	✓	✓	✓
2	Hotel	Furano	✓	✓	✓	✓
3	Hotel	Sahoro	✓	✓	✓	✓
4	Ryokan [2]	Nukabira Onsen			✓	✓
5	Hotel	Sounkyo Onsen	✓	✓	✓	
6	Hotel	Asahikawa	✓	✓	✓	✓

We may change the facility options if our preferred accommodation is unavailable.

[1] B = Breakfast, L = Lunch, D = Dinner
[2] Ryokan is a traditional Japanese inn.

Travel style

We cycle from accommodation to accommodation on most days of this tour. We will provide a vehicle to support cyclists and carry water, snacks and any other items needed for cycling. You will load your luggage into the support vehicle, so you only need to carry daily necessities as you ride. If you need to stop cycling at any point during the day, you are welcome to take a rest in the support vehicle. Please be aware that the number of seats may be limited depending on the number of people and the type of vehicle we use.

Your guides are with the group throughout. Having a guide lead the way means you can relax and take in the scenery. They are also there to provide context on the local landscape and help navigate the dishes served in the evenings.

Adverse weather

While we try to organise everything, mother nature is out of our control. If the weather is too bad to safely cycle, such as a typhoon or sudden storm, we will travel the route in our support vehicle. Along the way we will still stop at local restaurants and visit indoor facilities, so you can still experience the charm of the area while travelling safely and comfortably.

What's included

- 6 nights accommodation on twin share basis
- 6 breakfasts & 6 dinners
- Rental bike (hybrid with flat handlebar or road bike with drop bar handle)
- Other bike accessories
- All transport as described in the itinerary
- Snacks and refreshments
- English speaking local guide(s)
- Spare parts and mechanic services
- Support vehicle(s)

What's not included

- Airfare
- Lunches
- Travel insurance
- Personal expenses
- Drinks with included meals
- E-bike or upgraded road bike (available for JPY 30,000)

When do you run this tour?

We run this tour from July to September and any time during this period makes for wonderful cycling! Outside of these months, snow and ice on the roads can make conditions dangerous for cyclists and the weather tends to be a little more changeable. Hokkaido's summer peaks in July-August, and you'll be able to enjoy the sight of agricultural landscapes bursting with ripe crops and the bright green leafy mountains. The scenery changes in September, with sunflower and mustard green meadows replacing wheat fields and rice paddies full of ripe crops. At higher altitudes in autumn, you may start to see some dazzling colours as they begin to sweep down from the summits of Daisetsuzan National Park. The first snows of winter usually come in October, transforming the mountain passes back into a winter wonderland and ending the cycling season in Daisetsuzan National Park.

Why cycle in Hokkaido?

Roads and drivers

Hokkaido has been a popular destination for bike touring with Japanese cyclists for many years. One of the main reasons for this is that our roads all have wide shoulders to accommodate the snow in winter and this conveniently makes for spacious road cycling in summer. Another reason to love cycling in Hokkaido is the Japanese drivers, who are known for being polite and courteous to cyclists.

Comfortable climate

Japanese cyclists are also drawn to Hokkaido in the summer months as an escape from the hot and humid weather further south. Unlike the rest of Japan, Hokkaido doesn't experience a rainy season; while it does still rain here, endless weeks of rainfall are rare. Also, with less humidity and pollution, the air here is some of the freshest in the country.

Stunning scenery

Volcanoes, forests, rivers, lakes and ocean - Hokkaido has it all! Due to a lower population density than the rest of Japan, Hokkaido is blessed with wide open spaces and untouched roadside nature, the stuff of a cyclist's dreams. The scenery you'll ride through here is different to the cityscapes of Tokyo, Osaka or Kyoto. It's a side to Japan that many visitors don't see.

Culture

There's no better way to experience Japanese culture than bike touring with a local guide. Bathe in natural hot springs, savour the fantastic fresh seafood, local vegetables, fruit and even ice cream. And to complete your day as a Japanese adventurer, fall into a well earned sleep in futon bedding on tatami floors. It doesn't get any more Japanese than this!

How to book this tour?

We will send you a link to our online sign up form, where we ask for the travel information of all the members travelling with you.
Once we receive this, we will send you a payment link for your tour deposit, which is JPY 50,000 per person. **We will confirm your booking upon receipt of your deposit payment.**
The deposit is treated as a part of the tour price. Payment of the balance will be reminded by email, which is generally 5 weeks prior to the tour departure date.
We accept payment via **Wise** or **Flywire**. We will send you payment links for both options, and you must use one of the payment links provided by us.

Wise payments are available in Japanese Yen only and require you to have a Wise account (Wise-to-Wise transfer only). You must pay any currency exchange or transfer fees yourself.
Flywire payments allow credit card payment or domestic bank transfer converted to your home currency. Credit card payments via Flywire incur an additional service charge of 1.5%, while domestic bank transfers via Flywire do not incur this service charge.

By paying for a deposit or full amount, you confirm that you have read, understand and agree to these **Terms and Conditions**.

What is the minimum group size for this tour?

This is a mixed group tour and **we accept bookings for this tour from one person up**. However, our scheduled group tours require a minimum number of bookings for us to guarantee the departure of the tour, and to offer the tour at the price quoted. **The minimum number of booked guests to guarantee this tour is three people**.
If you book with less than three people, we will hold your place on the tour and wait for another group to join the tour. If the number of guests has not reached the minimum number by 60 days prior to departure, we will give you the option to cancel or to upgrade to a private departure.
If you choose to cancel, we will refund the amount in Japanese Yen that you have paid us. You're welcome to check with us at any time about the status of bookings.
Please be advised that we will not be liable to compensate for any inconvenience or incidental expenses that might have incurred to you, including airline tickets.

Single Supplement

Our tours are priced on a twin share basis. Those travelling by themselves will need to pay an additional supplement for use of a single room. If you are happy to share a room with another guest - of the same gender - then let us know at the time of booking. If we match you with another solo traveller then we can discount the single supplement for both of you.

Travel Insurance

All guests joining our tours are required to have travel insurance. Please make sure you have a valid travel insurance, covering the kind of activities you are undertaking during our tour, cancellations, loss of personal belongings, and any unforeseen circumstances while travelling.

Travel to and from the tour

Getting to Shiroganse Onsen

We will meet you at 5:00 pm at the hotel in Shirogane Onsen.

The closest airport is Asahikawa Airport (AKJ), with direct flights to and from Tokyo Haneda (HND).

If you'd like to travel from the airport to Shirogane Onsen directly, a taxi is the quickest way, which costs approximately JPY 11,000.

Alternatively, you can take the hotel's complimentary shuttle service. It departs Asahikawa Airport at 11:00 am, 1:00 pm, 3:00 pm and 5:00 pm, and from Tabist Asahikawa Station Hotel at 11:00 am. While the shuttle is free, advance reservation is required. Please let us know if you would like us to book a seat for you.

If these shuttle times don't suit your travel plans, you can take a public bus from JR Asahikawa Station directly to Shirogane Onsen. The journey takes 1 hour and 26 minutes, with buses departing at 9:40 am, 11:00 am and 2:55 pm. The fare is JPY 1,630 per person.

If you would prefer to travel over land, there are regular trains between Asahikawa and Sapporo. The journey takes around 1.5 hours and costs just over JPY 5,400 including the seat reservation - there is no un-reserved seating on this service.

You can search schedules and fares in English on the Japan Transit Planner website.

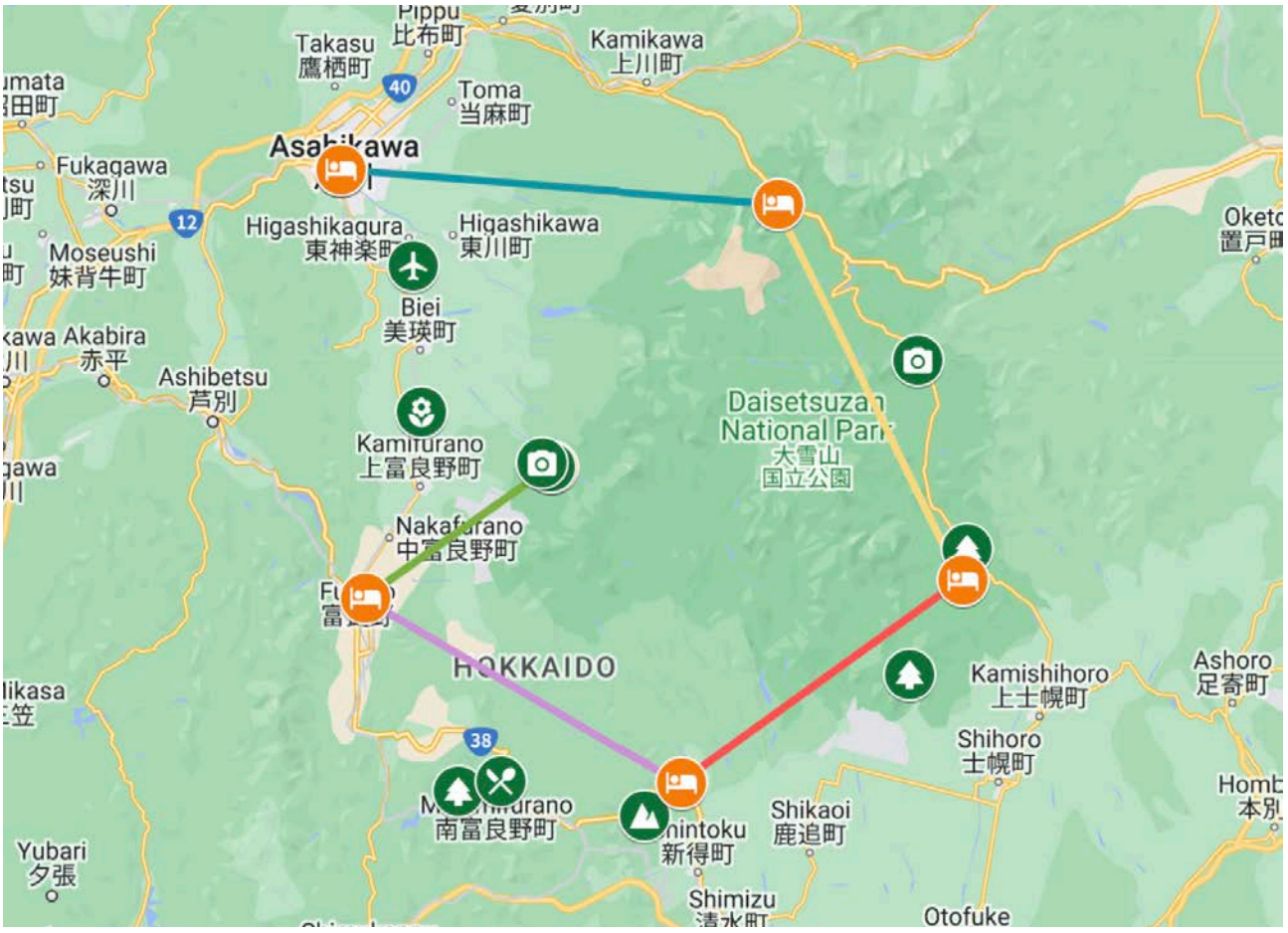
Onward travel from Asahikawa

Our tour finishes after breakfast at our hotel.

Our hotel is right next to Asahikawa Station, so you can easily walk over. From there, you can take a train to Sapporo or a bus to Asahikawa Airport to head to your next destination.

Tour map

To view the route on Google My Maps, click here.



Day-to-Day Itinerary

Day 1 - Meet in Shirogane Onsen

We meet at 5:00 pm at our hotel in Shirogane Onsen and prepare ourselves for the following 6 days of adventure by going over the tour details and fitting our bikes before dinner. The first night's accommodation will be in Shirogane Onsen, located at the foot of Mt. Tokachi, an active volcano.

If you plan on arriving at Shirogane Onsen earlier in the afternoon, we recommend enjoying the sight of Shirahige Waterfall and the Biei River (also known locally as the Blue River), which are both conveniently located in the village. We also recommend walking down the 2 km forested trail to Fudo Waterfall (Fudonotaki).

Meals	Cycle	Ascent	Accommodation
D	-	-	Hotel in Shirogane Onsen

Day 2 - Cycle to Furano

Today's cycle starts with a pleasant downhill ride along a beautiful road lined with Hokkaido silver birch trees, heading towards Biei town. Biei is well-known for its picturesque landscape featuring rolling hills and vast crop fields, often likened to Tuscany. The rolling terrain makes for great cycling as we warm up our legs.

We will visit a few iconic Biei sights along the way, such as Shikisai-no-Oka Flower Park and vistas of lonely trees atop hills. After lunch we will also visit a local lavender farm before we continue riding to our accommodation in Furano.

Meals	Cycle	Ascent	Accommodation
B, D	79.5 km 49.4 mi	+ 521 m + 1,708 ft	Hotel in Furano

Day 3 - Cycle to Sahoro

Setting out from Furano, we will ride through flat farmland and then gradually start climbing into the mountains alongside the Sorachi River. The road eventually climbs to Lake Kanayama, where we can cycle along the lakeshore. One of our favourite rest areas is by the lake, where you can hear the sound of birdsong.

At the eastern end of the lake, we will stop at a "Roadside Station" for lunch. The station is a rest area with parking, restaurants, and shops. We recommend filling up on food to recharge yourself for the afternoon climb. We will climb to our first mountain pass of the trip, "Karikachi Pass", which is known for its magnificent views of the vast Tokachi Plains.

Meals	Cycle	Ascent	Accommodation
B, D	79.9 km 49.6 mi	+ 886 m + 2,906 ft	Hotel in Sahoro

Day 4 - Cycle to Lake Nukabira

This morning we will cycle through the hills on the edge of the Tokachi Plains, with a short morning tea break at a local Roadside Station. Our journey will continue through the Tokachi farmland and on to Shirakaba Pass, where we enter Daisetsuzan National Park. Lake Shikaribetsu, at 810 m / 2,657 ft above sea level, awaits after conquering the pass.

After lunch by the lake, we will ride along the lakeshore before climbing beside a mountain stream then descending to Lake Nukabira at 525m / 1,722 ft.

This evening we will be staying at a historic hotel that has been renovated into a modern Japanese-style inn run by a friendly, local family. Make sure you hit the outdoor onsen and enjoy a relaxing soak under the star-filled skies!

Meals	Cycle	Ascent	Accommodation
B, D	75.7 km 47.0 mi	+ 1,236 m + 4,056 ft	Ryokan in Nukabira Onsen

Day 5 - Cycle to Sounkyo Gorge

Today is a big day as we will take on the challenge of Mikuni Pass, the highest National Road in Hokkaido at an elevation of 1,139 m / 3,736 ft. We will ride along a White Birch-lined road from Lake Nukabira to the foot of the pass. Several bridges along the climb give expansive views over the valley we just ascended and the scenery is some of the best of the trip. We will then stop for lunch at a lookout to take in the fantastic views of the Kumaneshiri mountain range and the dense woodland at its foot.

After lunch, we cross the pass and have a rewarding 24 km / 16 mi ride downhill to the finishing point of the day at the entrance to Sounkyo Gorge.

For the last 10 km / 6 mi, we will travel in our van as there are a series of dark and narrow tunnels on the route. Our accommodation will be in Sounkyo Onsen, a hot spring resort village known for its scenic surroundings. We highly recommend wandering over to Sounkyo Gorge to marvel at the waterfalls cascading down cliff faces formed by columnar joint rocks. Enjoy a night in the village and re-energise yourself with a soak in the healing waters of the hot springs.

Meals	Cycle	Ascent	Accommodation
B, D	51.1 km 31.8 mi	+ 839 m + 2,754 ft	Hotel in Sounkyo Onsen

Day 6 - Cycle to Asahikawa

This morning we will say goodbye to Daisetsuzan National Park and cycle towards Asahikawa City. We continue along the Ishikari River, Hokkaido's longest river at 268 km / 167 miles in length. We will enjoy a leisurely ride on the flat purpose-built cycling road alongside the river that takes us directly to the centre of the city.

To celebrate the end of the trip, we will head to one of the local sake (rice wine) breweries. The region is well-known for its rice production and high-quality spring water, making it the perfect location to produce award-winning sake. We will learn about the brewing process, and sample some of the sake produced on site.

Meals	Cycle	Ascent	Accommodation
B, D	79.4 km 49.3 mi	+ 224 m + 733 ft	Hotel in Asahikawa

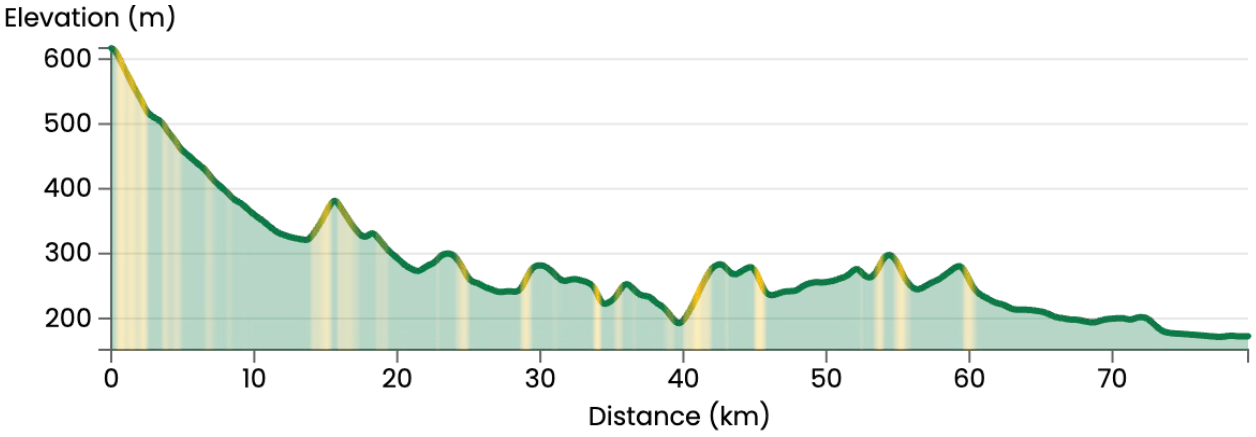
Day 7 - Farewells in Asahikawa

After a final breakfast together, our cycling adventure comes to an end. We say our goodbyes at our conveniently located hotel near JR Asahikawa Station, with easy access to trains to Sapporo and shuttle buses to Asahikawa Airport.

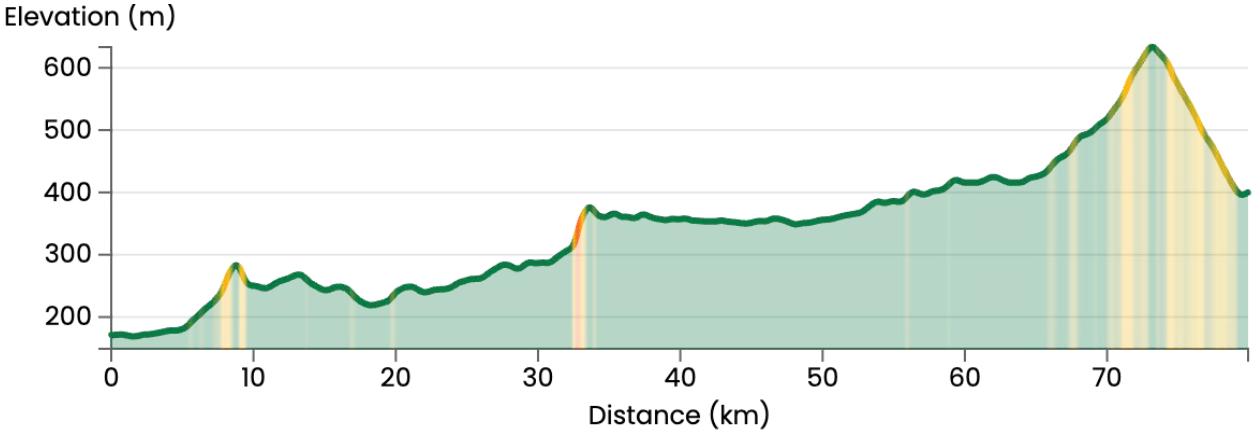
Meals			
B			

Elevation profiles

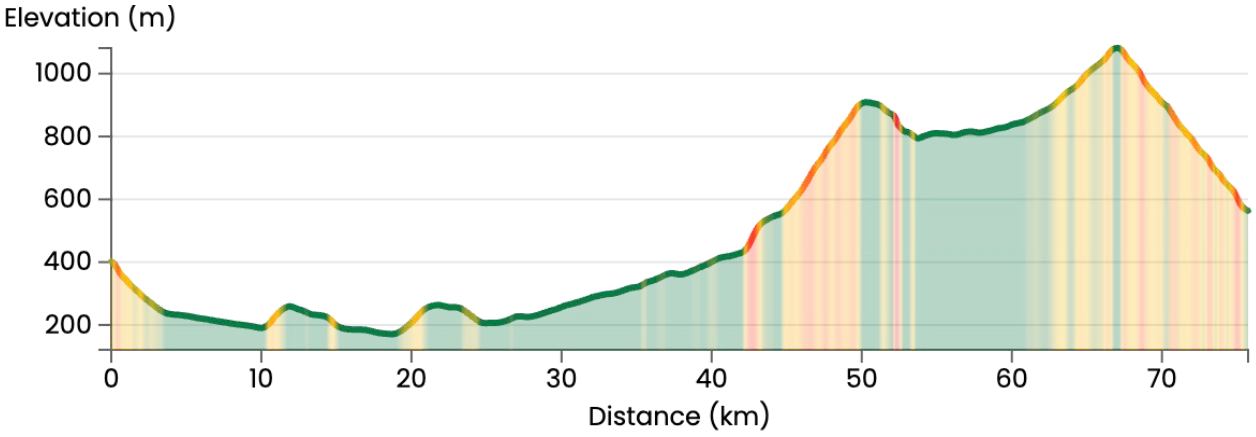
Day 2 - Shirogane Onsen to Furano **Distance** - 79.5 km / 49.4 mi **Ascent** - 521 m / 1,708 ft



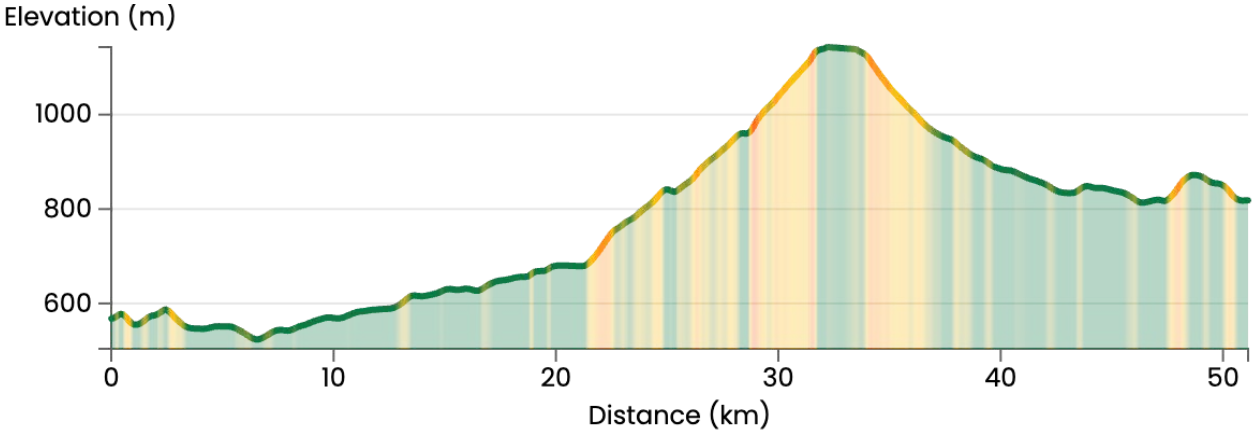
Day 3 - Furano to Sahoro **Distance** - 79.9 km / 49.6 mi **Ascent** - 886 m / 2,906 ft



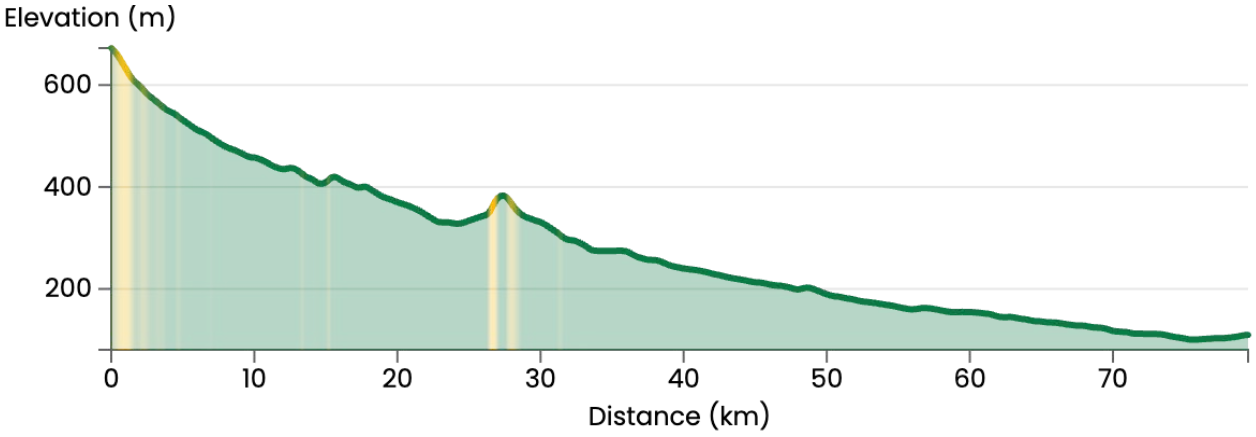
Day 4 - Sahoro to Nukabira Onsen **Distance** - 75.7 km / 47.0 mi **Ascent** - 1,236 m / 4,056 ft



Day 5 - Nukabira Onsen to Sounkyo **Distance** - 51.1 km / 31.8 mi **Ascent** - 839 m / 2,754 ft



Day 6 - Sounkyo to Asahikawa **Distance** - 79.4 km / 49.3 mi **Ascent** - 224 m / 733 ft



Rental bike & equipment

Road
Trek 1.2
Frame sizes from 43 to 60cm

Hybrid
Trek FX 7.4
Frame sizes from 15 to 22.5 inches

Road Upgrade (+ JPY 30,000pp)
Canondale Topstone, Soma Double Cross etc
Frame sizes from 50 to 58cm

E-Bike (+ JPY 30,000pp)
Panasonic Jetter, Giant Escape etc
Frame sizes from 15 to 20 inches

We provide a choice of hybrid (flat-bar) or road (drop bar) Trek Bikes to use for the tour. You can choose to upgrade to an E-bike, or a road bike with upgraded components, at an extra cost of **JPY 30,000** per person on this tour. At the time of booking, please let us know which type of bike you'd like us to reserve for you.

You're welcome to bring your own bike if you wish, and we will take care of storing the bike case or box for you while you're on the tour. Please note that the tour cost will not be discounted for bringing your own bike.

Our recommended reading

A Local's Guide on What to Expect When Staying in Hokkaido

How to Onsen (Like a Local!)

Useful Japanese phrases for your adventures in Hokkaido, from "Konnichiwa" to "Keppare"

What to pack for Hokkaido?

Hokkaido Guide Stories – Cycling Around the Daisetsuzan Mountains

The Ainu, from a Hokkaido local's perspective

Why You Need to Try Cycling in Hokkaido

Going Gluten Free in Hokkaido

Vegan & Vegetarian in Hokkaido