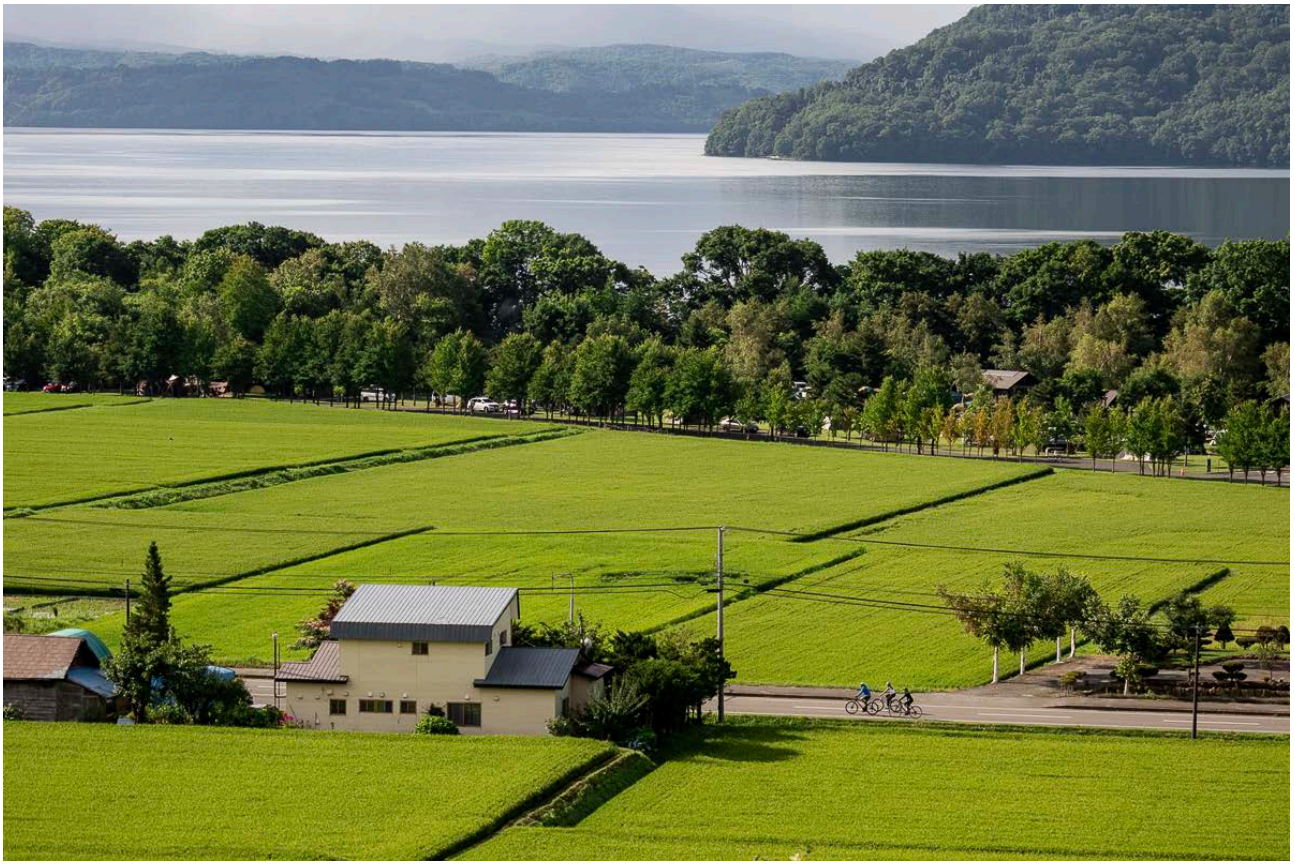
Lake Toya to the Sea of Japan
4 Day Cycling Tour



Hokkaido cycle touring at its best. An adventurous snapshot of Hokkaido's wild landscapes, gastronomy and unique culture in 4 days traversing the Niseko mountains.

View Departure Dates & Prices	
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Information correct as of 14 Oct 2026 for departures in 2027

Lake Toya to the Sea of Japan
4 Day Cycling Tour

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Lake Toya to the Sea of Japan
4 Day Cycling Tour

About the Tour

Start	Finish	Grading	Season
Lake Toya	Otaru	Advanced Cycling	Jun to Aug

About Lake Toya to the Sea of Japan

This cycling and cultural discovery tour explores the Shikotsu-Toya National Park, the closest National Park to Hokkaido's capital city Sapporo. This easily accessible area offers plenty of opportunities for scenic cycling along with some challenging climbs. We visit Hokkaido's must-see destinations of Lake Toya, Mount Usu and Niseko. Starting from the Pacific Ocean side of Hokkaido, we traverse the mountainous area of Niseko all the way to the Sea of Japan.

This tour is operated in conjunction with Cycling Japan.

Tour highlights

- Marvel at the volcanic landscapes and caldera lakes of Shikotsu–Toya National Park.
- Enjoy the serene sight of Mt. Yotei, also known as "Ezo Fuji", Hokkaido's very own Mt. Fuji.
- Pedal your way through an idyllic agricultural heartland.
- Relax & rejuvenate each evening in natural hot springs.

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.

Lake Toya to the Sea of Japan
4 Day Cycling Tour

Itinerary at a glance

		Distance		Ascent		
Day	**Activities**	**km**	**mi**	**m**	**ft**	**Meals**[1]
1	Meet in Lake Toya & Cycle around Lake Toya	52	32.3	699	2,294	D
2	Cycle to Niseko Konbu Onsen	88.5	55	1,255	4,119	B, D
3	Cycle to Yoichi & Transfer by train to Otaru	55 ~78	34 ~48	900 ~1,260	2,953 ~4,134	B, D
4	Farewells in Otaru	0	0	0	0	B

Accommodation

Day	Type	Location	Ensuite Toilet	Ensuite Shower	Onsen	Laundry
1	Hotel	Lake Toya	✓	✓	✓	✓
2	Hotel	Niseko Konbu Onsen	✓	✓	✓	✓
3	Hotel	Otaru	✓	✓	✓	✓

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

Travel style

We aim to cycle from accommodation to accommodation on 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 when 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 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.

[1] B = Breakfast, L = Lunch, D = Dinner

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

- 3 nights accommodation on twin share basis
- 3 breakfasts & 3 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 20,000)

When do you run this tour?

We run this tour from June to late August 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 greenery surrounding lakes and coastlines. The scenery changes towards late August, with rice paddies beginning to turn beautiful shades of yellow and gold as the rice prepares for harvest. While we don't offer scheduled departures in September, we may be able to accommodate private departure requests during this month, subject to guide and accommodation availability. In September, you may see rice paddies full of ripe crops nodding their heads to us as we pass, and towards the end of the month, some dazzling autumn colours start to change the landscape.

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 or 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 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 does the Minimum Number mean?

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 Lake Toya

On Day 1, we will meet at **9:30 am at Toya Station** or **10:00 am at your hotel in Lake Toya Onsen village**. Upon booking, please share your travel plans so we can confirm your specific meeting arrangements.

New Chitose Airport is the closest airport to Lake Toya. The nearest train station is Toya Station. Lake Toya Onsen village is about 7 km from the station.

To travel between New Chitose Airport and Toya Station, take the train via Minami Chitose. The fastest connections take about 1 hour and 40 minutes and cost around JPY 5,460, including a seat reservation. Between Toya Station and Lake Toya Onsen, there is a direct bus service that takes about 25 minutes and costs JPY 400.

There are direct train services between Sapporo and Toya Station that take about 2 hours and cost around JPY 6,690, including a seat reservation. There are also buses between Sapporo and Lake Toya Onsen with about 4 departures per day, taking around 2 hours 40 minutes and costing JPY 3,700. These buses are reserved seats only, so please book in advance.

Onward travel from Otaru

The tour finishes after breakfast at our hotel, leaving you free to check out at your leisure and explore the historic canal streets of Otaru. Otaru Station is just a short walk away, providing straightforward rail access to the rest of Hokkaido.

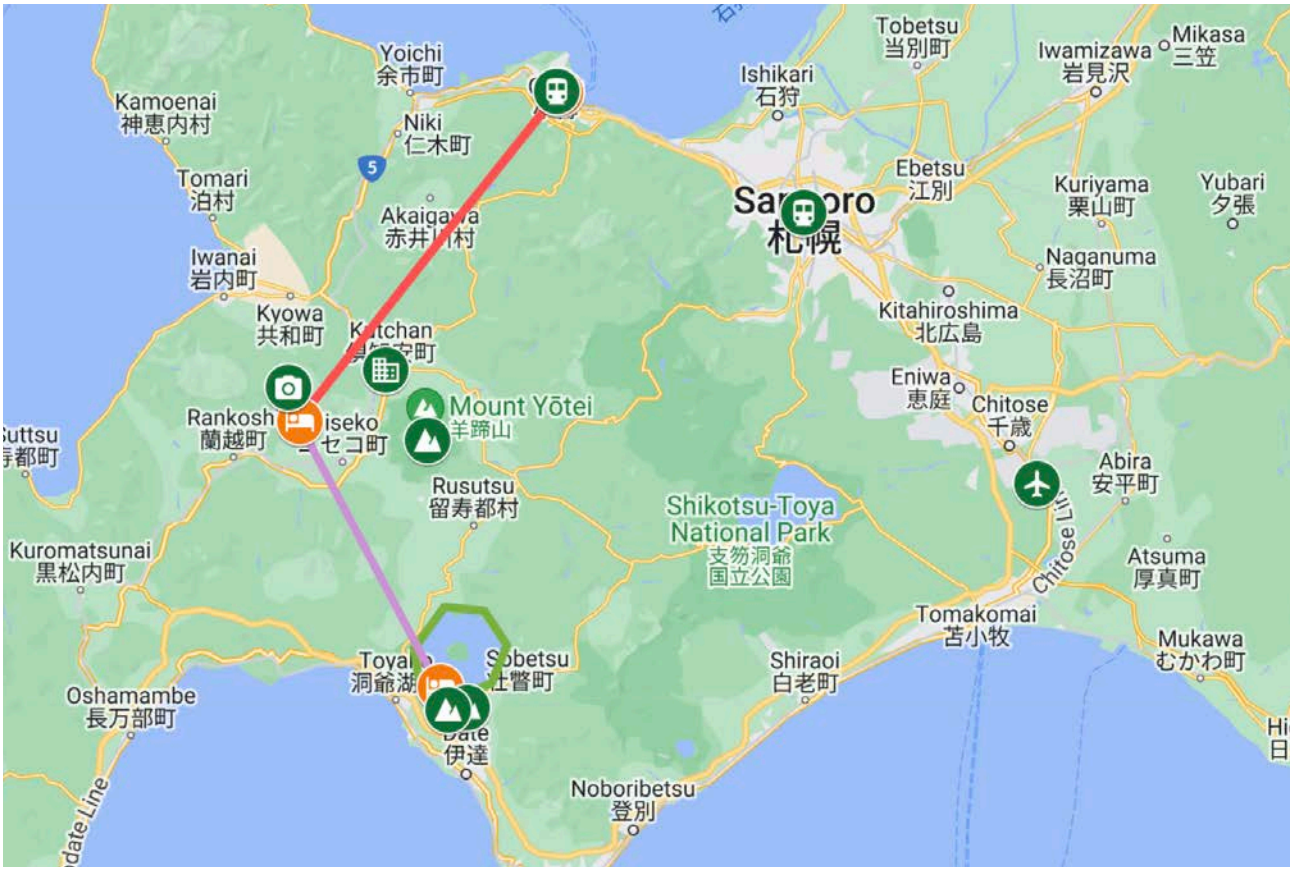
New Chitose Airport (CTS) is the closest airport to Otaru. To travel between the town and the airport, use the regular Rapid Airport train service. The fastest direct connections take around 1 hour and 15 minutes and cost JPY 2,040.

This same Rapid Airport service also connects Otaru to Sapporo in just 40 minutes for JPY 800, where you can switch to rail links bound for other destinations across the island. If you plan to head into the mountains of the Niseko area, a local train service runs from Otaru, taking 1 hour and 15 minutes at a cost of JPY 1,380.

You can search train timetables in English on the Japan Transit Planner website.

Tour map

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



Day-to-Day Itinerary

Day 1 - Meet your group in Lake Toya & Cycle around Lake Toya

You will meet your guides and group between 9:30 am and 10:00 am in the Lake Toya onsen village. Once everyone is together we will hold a short meeting to introduce ourselves and brief everyone on our upcoming 4-day cycling adventure. We will then get our bikes ready and fitted for everyone to start pedalling for the day.

We start cycling from our hotel on a lakeside path designated for pedestrians and cyclists, then on to a quiet road that loops all the way around Lake Toya. We cycle clockwise around the caldera lake, which is over 30 km / 19 mi in circumference.

Since Lake Toya was formed as a result of a volcanic eruption, the adjacent areas have vibrant agriculture and horticulture, which we will take in from the saddle during the day. Active volcanoes are another geographic feature of this area. We will climb up the lower slopes of Mt. Usu and visit Mt. Showa-shinzan, which only formed in 1943. Both mountains and the lake caldera form the Toya-Usu UNESCO Global Geopark.

After completing our circuit of the lake, we will return to our hotel, where you can relax in an onsen hot-spring looking over the lake.

Meals	Cycle	Ascent	Accommodation
D	52 km 32.3 mi	+ 699 m + 2,294 ft	Hotel in Lake Toya

Day 2 - Cycle to Niseko Konbu Onsen via Mount Yotei

This morning we bid farewell to Lake Toya and head north into the farming area of Toyoura. This area has unobstructed views of Mount Yotei (also known as Ezo-Fuji as it resembles Mount Fuji). We will point our front wheels towards the volcano with spectacular views all morning.

Arriving at the foot of Mt. Yotei, we visit a popular natural spring. Local people come here to fill their water bottles with natural mineral-rich water. The heavy snowfall that makes the area of Niseko a world-famous winter resort also gifts us with special water, renowned as one of "Japan's 100 Best Springs".

After filling our bottles with fresh water, we continue to cycle through farmland around the northern fringe of Mount Yotei to the potato capital Kutchan Town. From Kutchan we climb through the international resort town of Niseko to Konbu Onsen, our lodging at the foot of Mount Niseko-Annupuri.

Meals	Cycle	Ascent	Accommodation
B, D	88.5 km 55 mi	+ 1,255 m + 4,119 ft	Hotel in Konbu Onsen

Day 3 - Cycle to Yoichi & Transfer to Otaru

Today is our final and most challenging cycling day, with three major climbs. From our hotel in Konbu Onsen, we start climbing towards Goshiki Onsen on an alpine road that cuts through the Niseko mountains.

Just before reaching the top of the pass at 800 m / 2,625 ft above sea level, we will have a short break, enjoying morning tea in the mountains. We then continue on our bikes, passing between Mt. Iwaonupuri and Mt. Niseko-Annupuri before descending into Kutchan Town on a stunning mountain road.

Stopping for lunch in Kutchan, we will savour the local specialty — Udon noodles made with potatoes grown in the area. After filling up, we will depart for our final destination, Yoichi, on the Sea of Japan.

After another scenic climb, we will stop at the small farming village of Akaigawa for a break before attacking the last hill. Alternatively, you can part from your bike and travel in the van for the last 30 mins. Situated on the shores of the Sea of Japan, the small town of Yoichi marks the end of our ride.

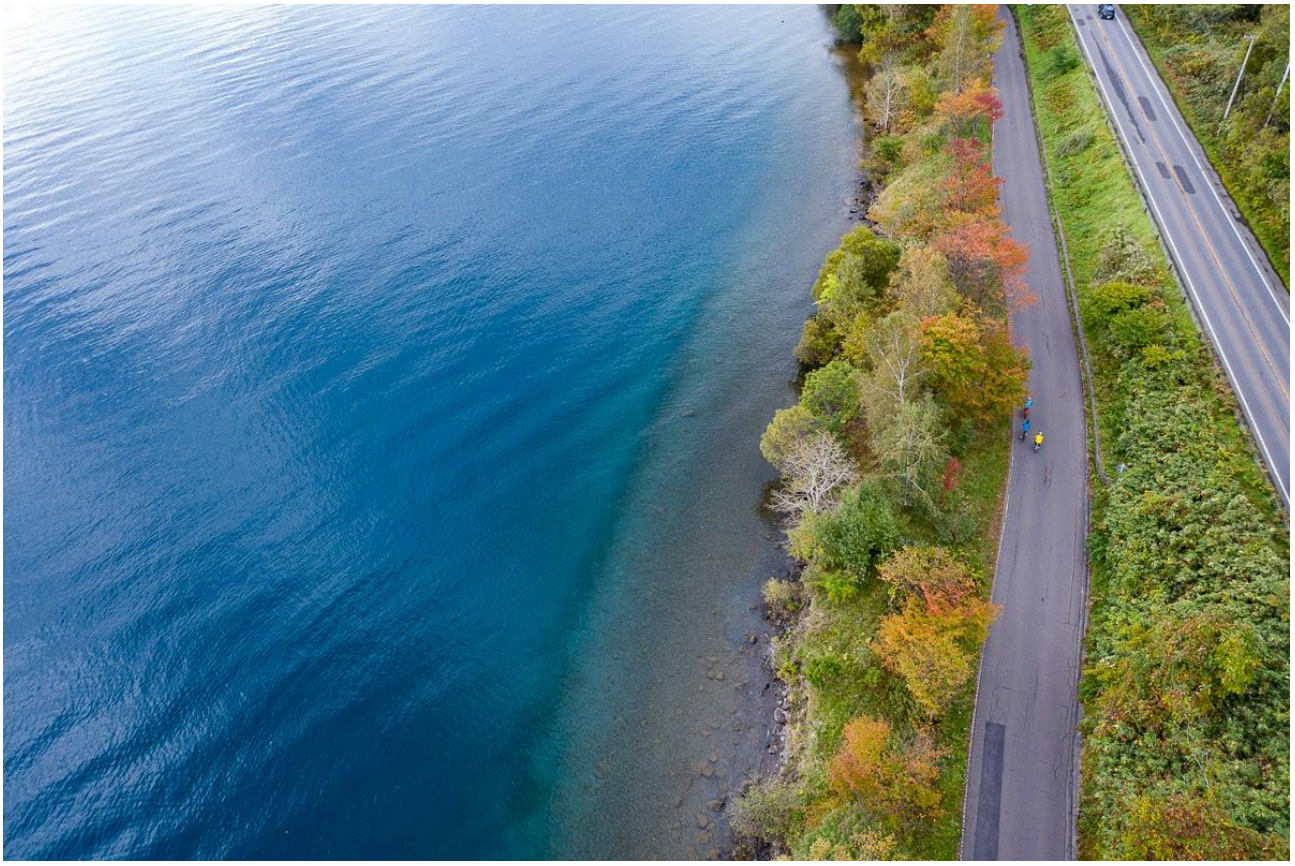
After celebrating finishing our ride, we pack the bikes into the van and transfer to Otaru by train. Otaru is a historic port town famed for its seafood and the canal that connects the town centre to the sea and it is here that we will look back over our adventure with a final evening feast.

Meals	Cycle	Ascent	Accommodation
B, D	55 - 78 km 34 - 48 mi	+ 900 - 1,260 m + 2953 - 4,134 ft	Hotel in Otaru

Day 4 - Farewells in Otaru

Our tour finishes after breakfast today. We recommend that you explore the town of Otaru on foot. The town has a unique, old-fashioned atmosphere, which is enhanced by its architecture and the famous canal. It is a 40 minute train ride from Otaru to Sapporo and the same train goes all the way to New Chitose Airport (CTS).

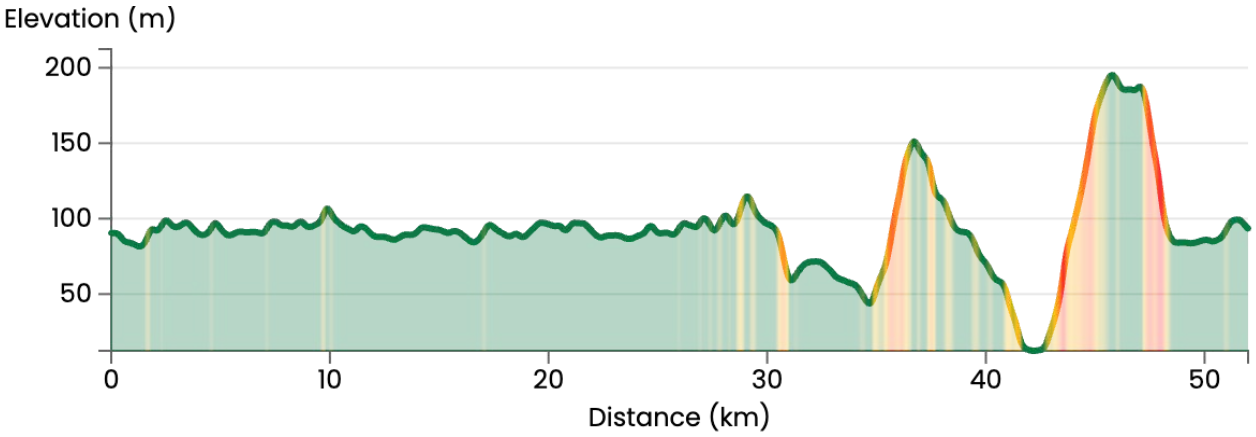
Meals			
B			



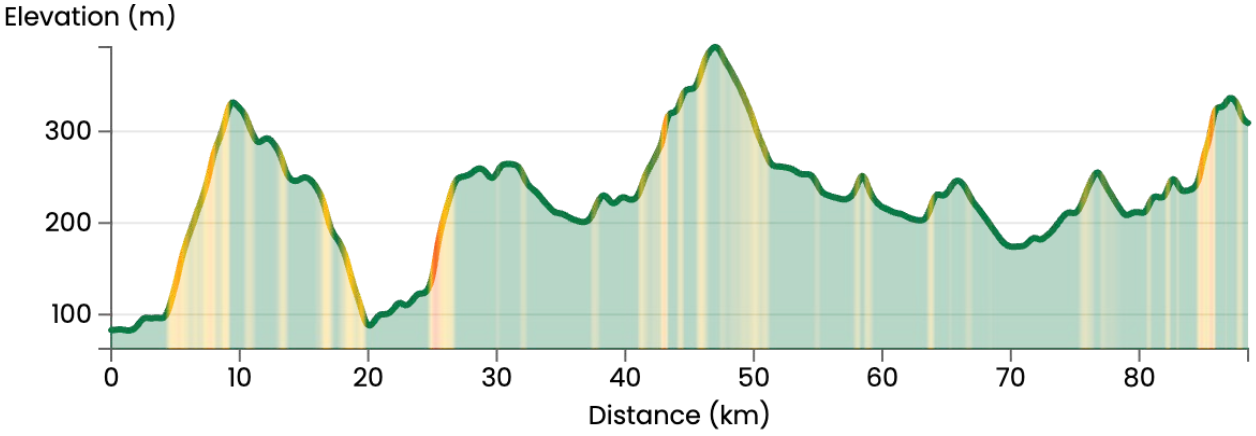
Lake Toya to the Sea of Japan
4 Day Cycling Tour

Elevation profiles

Day 1 - Lake Toya Loop **Distance** - 52.0 km / 32.3 mi **Ascent** - 699 m / 2,294 ft

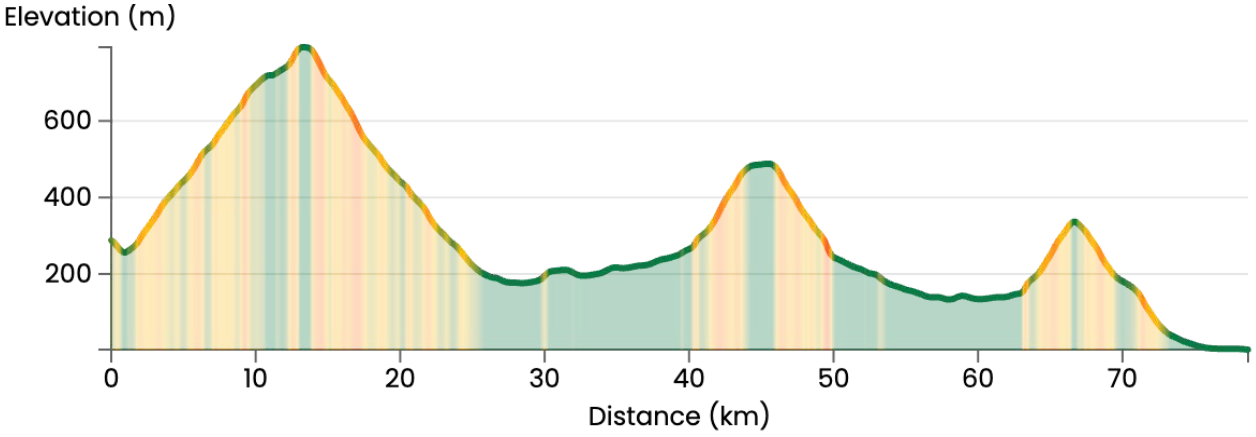


Day 2 - Lake Toya to Konbu Onsen **Distance** - 88.5 km / 55 mi **Ascent** - 1,255 m / 4,119 ft



Day 3 - Konbu Onsen to Yoichi

Distance - 55-78 km / 34-48 mi **Ascent** - 900-1,260 m / 2,953-4,134 ft



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Lake Toya to the Sea of Japan
4 Day Cycling Tour

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 20,000pp)
Canondale Topstone, Soma Double Cross etc
Frame sizes from 50 to 58cm

E-Bike (+ JPY 20,000pp)
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 20,000** 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 – Lake Toya to the Sea of Japan Cycling

Why You Need to Try Cycling in Hokkaido

Going Gluten Free in Hokkaido

Vegan & Vegetarian in Hokkaido