

# NIKKO YAMABUSHI BIKE TOUR



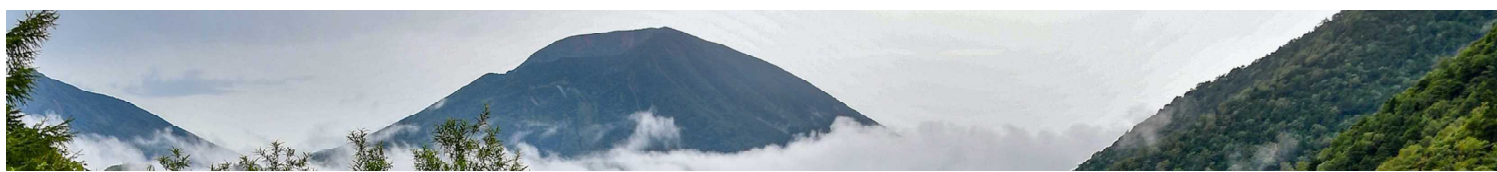
観光庁  
Japan Tourism Agency

In 2021, with the backing from the Japan Tourism Agency (the government body that supports tourism in Japan), we created this uniquely Japanese bike tour not seen before.

This bike tour is themed around the ancient Japanese religion of 'SHUGENDO' and is a 6night-7day tour through the UNESCO World Heritage Nikko mountains.

This tour was created to attract overseas cycling enthusiasts who love adventure and authentic experiences.

Together, let us help you provide a deep, spiritual, and uniquely Japanese cycling trip for your customers.



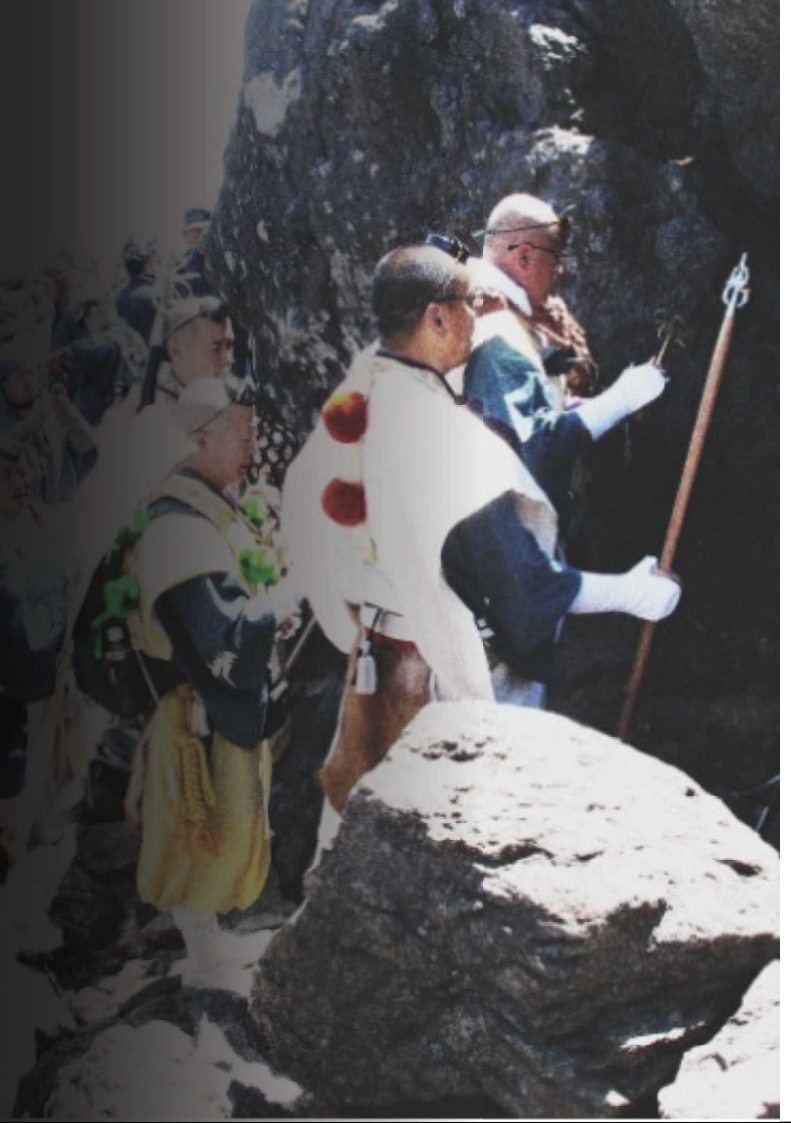


# What is YAMABUSHI ?

YAMABUSHI means 'Monks of SHUGENDO' who go into mountains to practice ascetic training.

Nikko has the longest history of SHUGENDO in Eastern Japan and was a holly place for YAMABUSHI.

SHUGENDO is a unique hybrid religion founded 1,200 years ago by combining of the ancient Japanese religion of Shinto with Buddhism, and mountain worship.



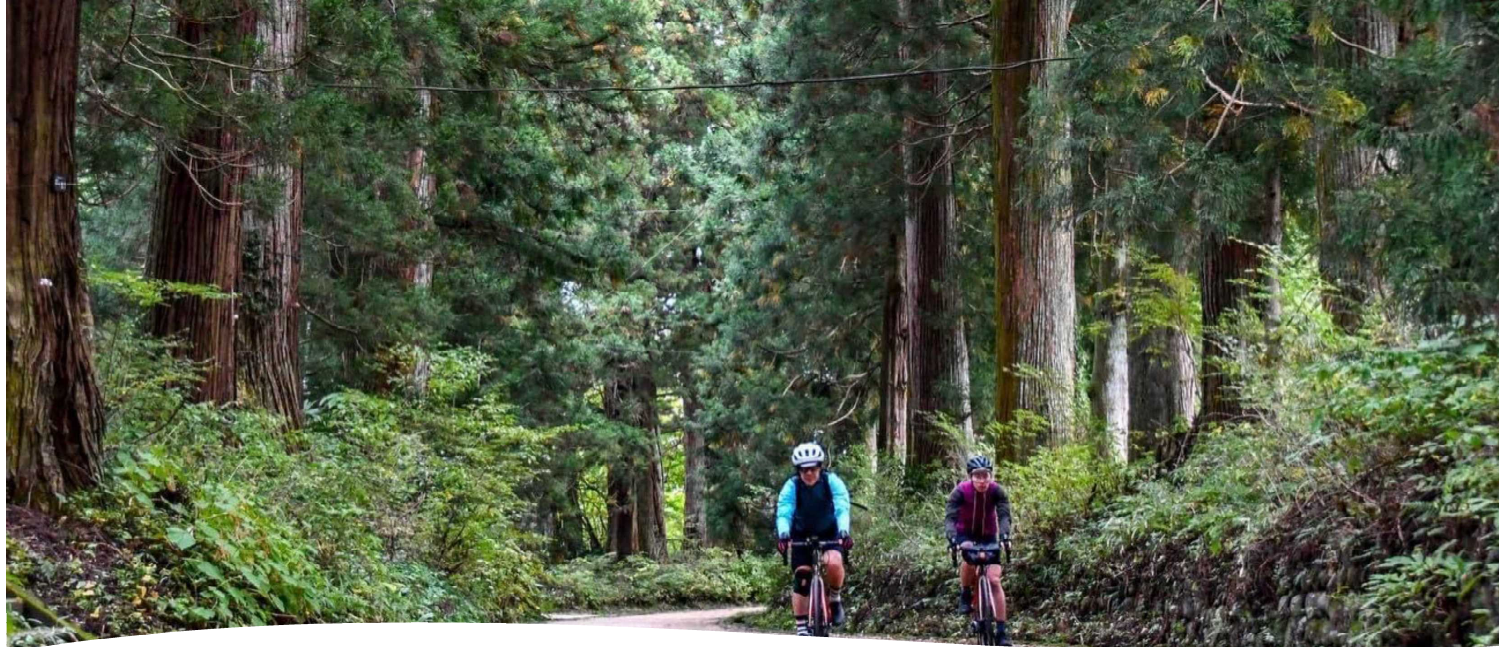
What 'CYCLING' and 'SHUGENDO' have in common ?



I like to call this "entering the zone,"

Jyunichi Sekiguchi, Chief priest at Nikko-zan Rinnoji



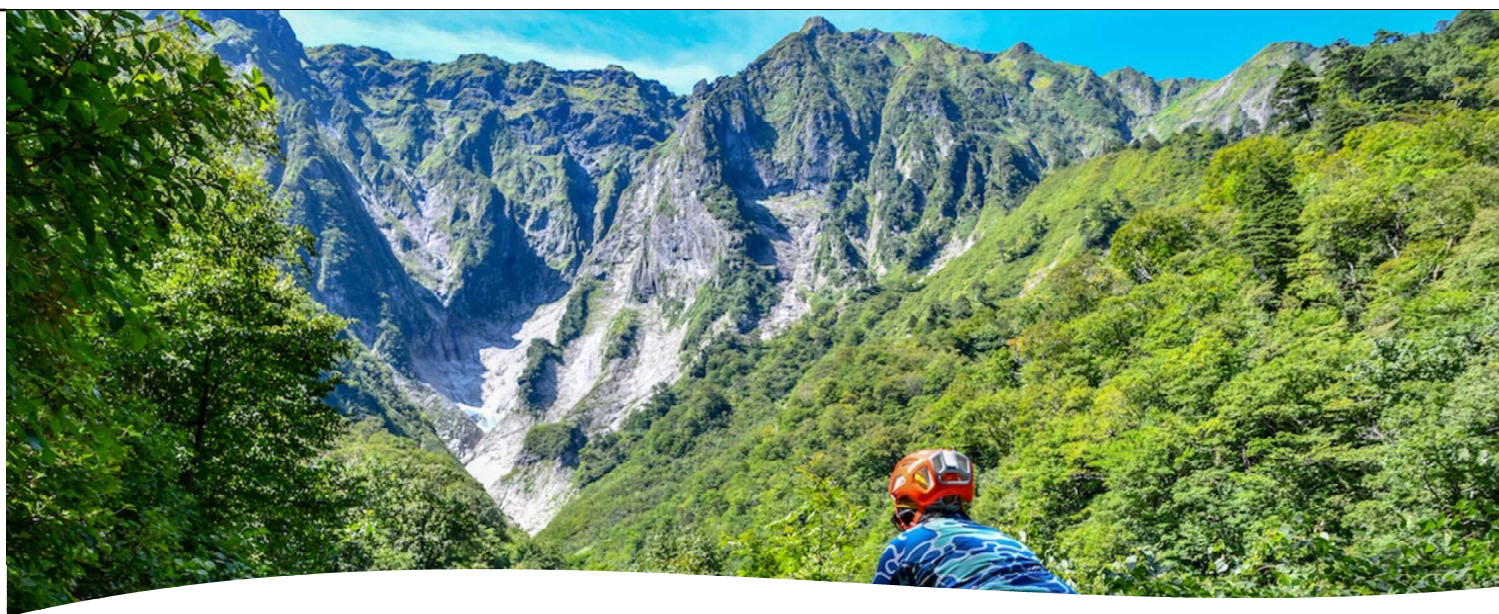


## The Tour

Depart for a 7 day cycling tour of Nikko and surrounding mountains and become a 'modern-day Yamabushi'.

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Learn about the history and characteristics of Shugendo and mountain worship in Nasu, Shiobara, Minakami and other areas around Nikko, which has been a place of worship for the last 1,200 years. When cycling up the challenging steep mountain roads you will experience the mentality of Yamabushi (Shugendo monks), who regarded these mountains as sacred places.

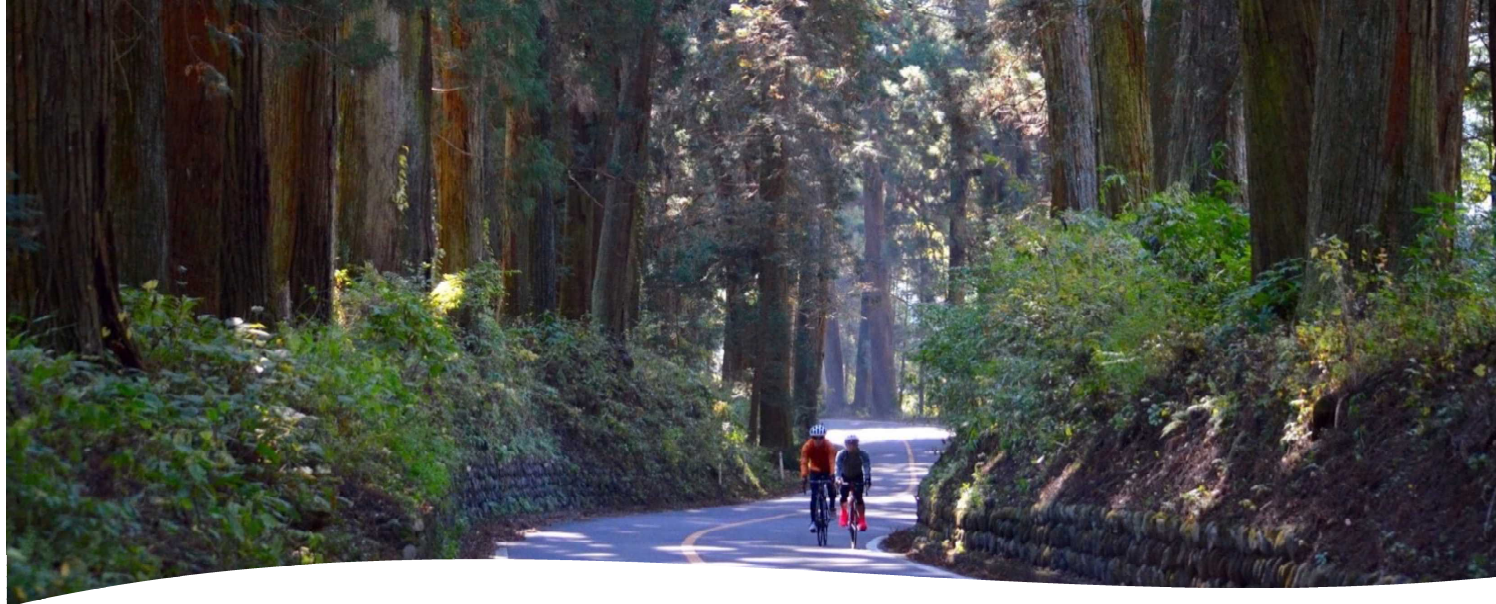


## What to Expect

- POWERFUL NATURE-

- ❑ This is the only tour where you can experience both the natural beauty of Japan's mountains and the spirituality of Shugendo, through cycling.
- ❑ We will ride through the steep mountains where Shugendo was practised by Yamabushi and feel the similarities between Shugendo and cycling.





## What to Expect

- BEAUTIFUL ROUTES -

- ❑ The cycling routes are full of discoveries and easy to ride, carefully and meticulously constructed according to the history and story of Shugendo.
- ❑ There are many short stops where our guests can take in the beauty of nature.



## What to Expect

- DISCOVER CULTURE-

- ❑ Experience religious ceremonies that still retain elements of Shugendo and hear directly from the monks who practice them.
- ❑ Get in touch with the hidden history and cultural heritage of the region related to Shugendo, which you would not normally visit or see or hear about.





## What to Expect

- AMAZING FOOD -

- ❑ A selection of Japanese and Western cuisine as well as dishes tied to the theme of Yamabushi.

This is a foodie tour as well!

Great stop for lunch.

Food was excellent.

Great unique lunch selection!



## What to Expect

- SUPPORT & LUXURY -

- ❑ Our knowledgeable and experienced cycling guides will provide you with an exquisite and personalised escort.
- ❑ A large support vehicle (van) will accompany the riders on all stages, transporting luggage, supplying water and food, and dealing with any mechanical problems.
- ❑ Carefully selected, comfortable and hospitable accommodations, ideal for experiencing Japanese culture.



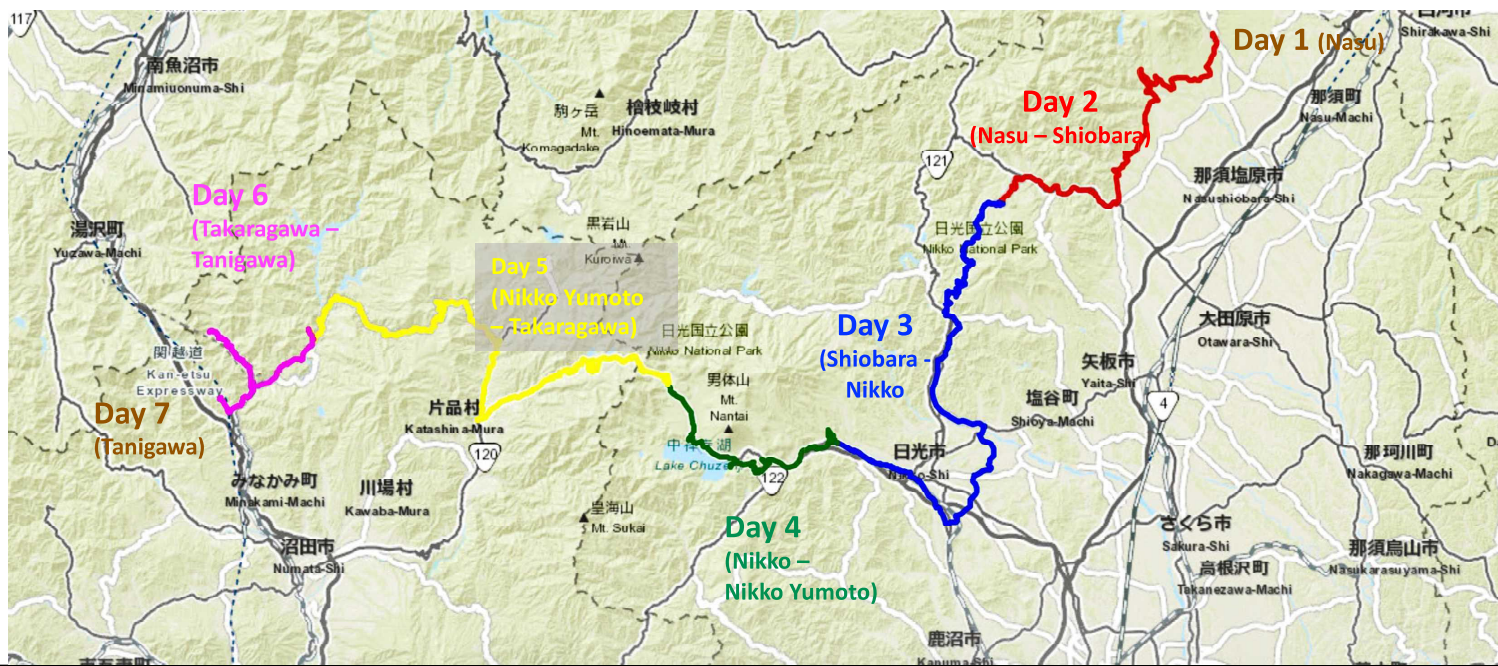
# The 7-Day Adventure

## Deep Inside Japan

Distance: 270Km (5 days),

Elevation Gain : 5,500m (5 days)

Suitable from beginners to advanced



## Tour Itinerary

(DAY 1-2)

### Day 1 <No cycling>

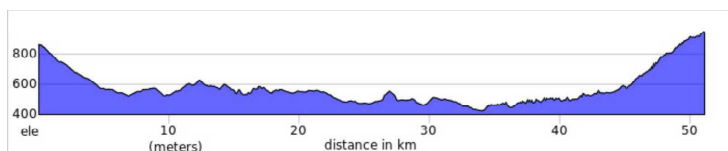
(Stay: Nasu-yumoto)

Arrive at the hotel – Bike rental adjustments - Watch a video giving an overview of Shugendo and its history in the tour area. - A light walk to see Mt. Nasu, the Nasu Onsen Shrine, Sesshoseki (Slaughter Stone), and the remains of the gyojin trail of the former Takayu Mountain faith.

### Day 2 <Cycle 50km, Elv. 1,200m up >

(Stay: Shiobara)

Nasuyumoto – Itamuro Onsen – Kurotakiyama Dainichison – Ryuka Falls – Shiobara Hachimangu Shrine Sakasasugi – Shiobara Onsen



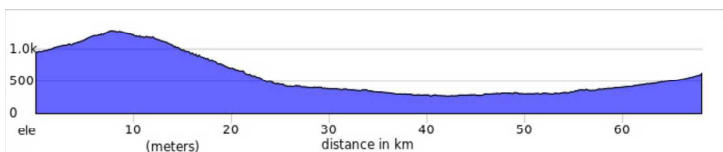


# Tour Itinerary

## (DAY 3-4)

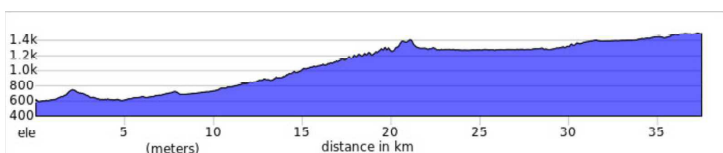
### Day 3 <Cycle 65km, Elv. 1,000m up > (Stay: Nikko)

Nichien Momiji Line Road – Short walk through Ryuoukyo (Dragon King Valley) – Kinugawa Onsen - Nikko Cedar Avenue – Nikko Monzenmachi - Buddhist Vegetarian Meal



### Day 4 <Cycle 40km, Elv. 1,100m up > (Stay: Nikko Yumoto)

Cycle through Nikko temples and shrines – Shugendo Short Walk - Watch Gomadaki at Rinno-ji temple - Kanmangafuchi Abyss - Irohazaka road – Lake Chuzenji – Listen to the story of how Nikko was founded – Ryuzu Falls - Nikko Yumoto Onsen

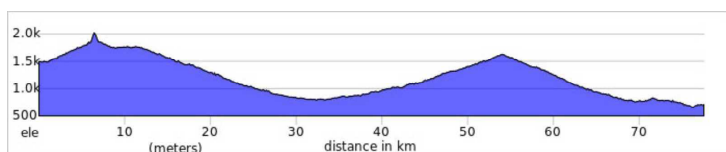


# Tour Itinerary

## (DAY 5-7)

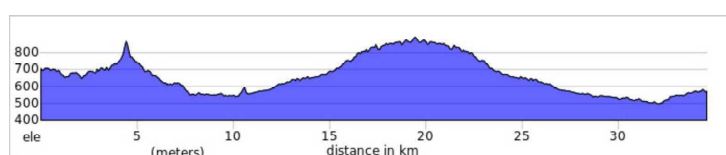
### Day 5 <Cycle 75km, Elv. 1,500m up > (Stay: Takaragawa)

Nikko Yumoto – Konseitoge Pass – Towards Oze – Konrokutoge Pass – Teruhakyo Gorge – Takaragawa Onsen



### Day 6 <Cycle 35km, Elv. 700m up > (Stay: Tanigawa)

Takaragawa Onsen – Ichinokurasawa – Visit Tenjin Pass Observatory via Tanigawa-dake Ropeway – Watch Kagura at Tanigawa Fujisengen shrine – Tanigawa Onsen



### Day 7 <No cycling>

Drop off at JR Jomo-Kogen Station



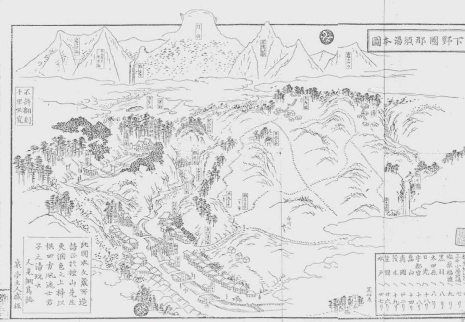
# Highlights DAY 1

(Learn the way of Yamabushi)

Highlights

DAY 1

*A Short walk to discover Nasu's  
'SHUGENDO' history*



We will visit the 'base of Shugendo' in Nasu used for the last 300 years.  
Nasu Onsen Shrine, Sesshoseki (Slaughter Stone) and other monuments left by the Shugendo monks in the past.





# Highlights DAY 2

(Depart through the beautiful forests of Nasu)

Highlights

DAY 2

*Cycle down calm and picturesque forest road*



We will guide you through a quiet road along the ancient 'Yamabushi' pilgrimage route dropping by places of interest such as a shrine in the forest used as a base for training by monks.



Highlights

DAY 2

## *A short hike to 'Ryuka' falls*



We will take a refreshing 15min hike up a stream in the mountains to see 'Ryuka-no-taki',  
a beautiful waterfall shaped like a dragon.

Highlights

DAY 2

## *Sakasasugi (upside-down pine tree) , Shiobara Hachimangu Shrine*



Before the last hill climb of the day, we will visit the two 1,500 year-old upside-down pine trees in Shiobara Hachimangu Shrine.





# Highlights DAY 3

(Ride through powerful nature towards Nikko)

Highlights

DAY 3

*Up and down the Nichien Momiji Line Road*



We will cycle up and down through a quiet and mystical road (Nichien Momiji Line) towards Mt. Keicho-san,  
a sacred mountain where Shugendo was practiced.



Highlights

DAY 3

## *Short walk through Ryu-o-kyo gorge (Dragon King Valley)*



We will take a 30min short walk through Ryu-o-kyo gorge on the Kinugawa river to enjoy the powerful

Highlights

DAY 3

## *Cycle through Nikko Suginamiki Kaido (Nikko Cedar Avenue) created 400 years ago by samurai.*



400 years ago, the samurai created a long road to Nikko Toshogu shrine and planted cedar trees along the route.

On day 3, we will cycle through this historical road between the 400 years old trees.





# Highlights DAY 4

(Experience elements of Shugendo)

Highlights

DAY 4

*Watch / experience Gomadaki at Rinnoji temple*



Gomadaki is a unique method of prayer by fire used in Shugendo and esoteric Buddhism. Tour participants can have their names written on a stick which is put into the fire to pray for the safety of the remainder journey. There also will be time to meet the priest and ask questions.



Highlights

DAY 4

## *Visit the road of Yamabushi and Kanmangafuchi Abyss*



We will take a short walk through the road of Yamabushi and visit a shrine dedicated to the founder of Shugendo. We will also cycle into backroads of Nikko and visit the mysterious Kanmangafuchi Abyss with its many Jizo statues.

Highlights

DAY 4

## *Climb the Irohazaka Road*



We will cycle up the famous Iroha-zaka road with its 48 switch backs and 400m elevation. During this, riders will experience the state of "samadhi" (a state of oblivion, where the mind is focused on one thing free from distractions) which is what the Yamabushi aimed for.



Highlights

DAY 4

## *Learn about how Nikko was founded at Chuzenji-Tachikikannon Temple*



At Chuzenji-Tachikikannon, overlooking Mt. Nantai and Lake Chuzenji, we will hear the story of Shodo Shonin, who founded Nikko 1,200 years ago as a sacred place for Shugendo and see the Kannon statue that Shodo Shonin hand-carved into a tree.



## Highlights DAY 5

(Become a modern-day Yamabushi)



Highlights

DAY 5

## *Climb Konseitoge Pass*

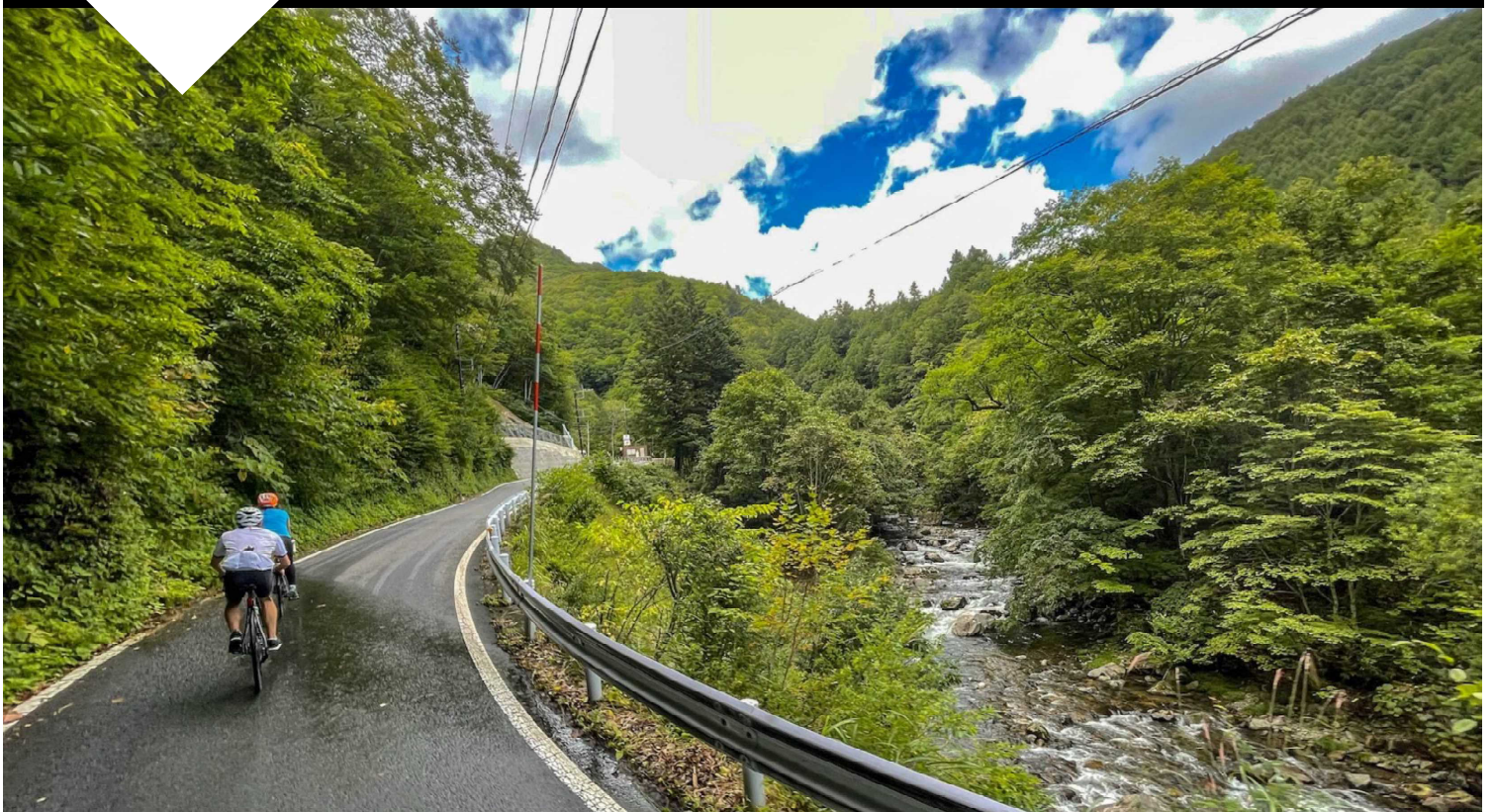


After leaving Nikko, we will climb over Konseitoge pass into Gunma Prefecture. This is the same route taken by the Yamabushi in ancient times. As we climb, we will be able to see Lake Yunoko and Mt. Nantai, the symbol of Nikko and center of Shugendo in the distance.

Highlights

DAY 5

## *Climb Konrokutoge Pass*





Highlights

DAY 5

## *Teruhakyo Gorge*



After a lot of climbing, we will take an exhilarating downhill descent. It is a beautiful section that runs along a beautiful clear stream and several waterfalls.



## Highlights DAY 6

(Mt. Tanigawa-dake & watch locals perform Kagura)



Highlights

DAY 6

## *Cycle to Ichinokurasawa on Mt. Tanigawa-dake*



Highlights

DAY 6

## *Visit Tenjin-toge observatory*



We will take the Tanigawa-dake ropeway to the Tennjin-toge observatory to see the beautiful summit of Mt. Tanigawa-dake, which was once an object of mountain worship by the Yamabushi.



## *Watch a Kagura performance by locals at Fuji Sengen Shrine*



We will visit the Tanigawa Fuji-Sengen Shrine where we will watch a Kagura performance by local residents. The shrine has its inner shrine at the top of Mt. Tanigawa-dake and became the centre of local mountain worship.

## What our guests have said...

I loved this tour, will be perfect to promote.

This was the perfect Japanese holiday experience for international guests.

Well planned routes, low traffic, good balance.

The routes were beautiful and pleasant.

Loved the hotsprings at Tanigawa and Takaragawa onsens.

Tetsu, your cycling in the rain was very safe.

Tetsu's guiding and Seiji's run was awesome.

Most favorite was learning about Shugendo and its influence on the routes.

This is a foodie tour as well.

Sekiguchi san (Chief priest at Nikko-zan Rinnoji temple) was so interesting.





**1st Night -Accommodation-**

**Nasu Onsen Sanraku**

Established 90 years ago. This traditional and prestigious Japanese ryokan was once visited by the Emperor of Japan. The large open-air onsen is surrounded by greenery, with the same water quality as the Nasu Imperial Villa.

Rating : ☆ ☆ ☆ ☆  
 Bed : Japanese style   Onsen : YES   Chartered Onsen : NO  
 Room with Toilet : YES   Room with Bath : YES

<https://sanraku.premierhotel-group.com/nasu/en/>



**2nd Night -Accommodation-**

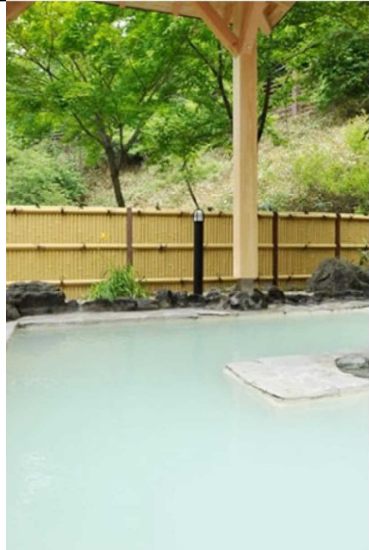
**Shimofujiya**

Nestled in the mountains on the way to the holy mountain of Shugendo, this Japanese inn has a history of over 150 years and offers warm hospitality. The onsen and beautiful meals are very popular.

Rating : ☆ ☆ ☆ ☆  
 Bed : Japanese style   Onsen : YES   Chartered Onsen : YES  
 Room with Toilet : YES   Room with Bath : Some rooms YES

<http://www.english.shimofujiya.com/>





3rd Night -Accommodation-

Nikko

## Nikko Kanaya Hotel

This is the longest established resort hotel in Japan and has a unique architecture that combines Western and Japanese elements.

Rating : ☆ ☆ ☆ ☆

Bed : Western style   Onsen : NO   Chartered Onsen : NO  
Room with Toilet : YES   Room with Bath : YES

<https://www.kanayahotel.co.jp/>



4th Night -Accommodation-

Nikko  
Yumoto

## Yumoto Itaya

This onsen ryokan has a history of carefully protecting the rich and milky sulphuric hot spring of Nikko-Yumoto as a bath guardian for 250 years. Bicycles can be stored in the guest rooms.

Rating : ☆ ☆ ☆ ☆

Bed : Western & Japanese style   Onsen : YES  
Chartered Onsen : NO   Room with Toilet : YES  
Room with Bath : YES

<http://www.yumoto-itaya.jp/>







5th Night -Accommodation-

**Takaragawa  
Onsen**

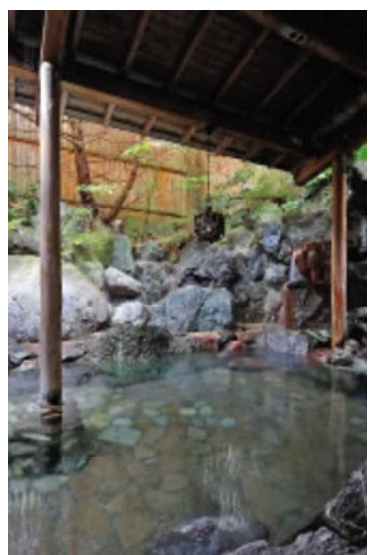
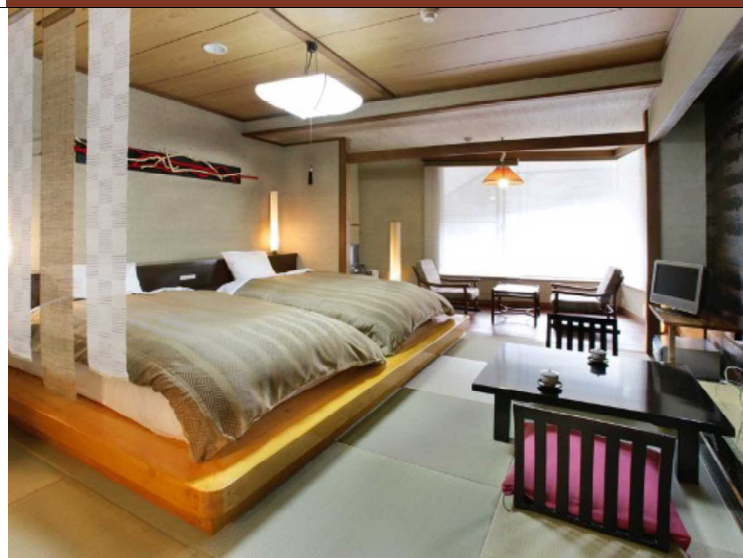
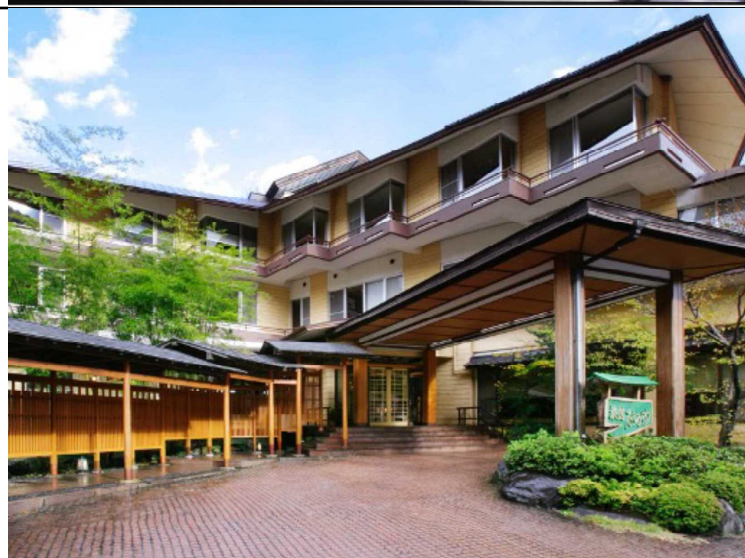
## Osenkaku

This Japanese inn is located deep in the mountains facing the Takara River. It's famous for its large open-air hot spring along the wild river.

Rating : ☆ ☆ ☆

Bed : Japanese style   Onsen : YES   Chartered Onsen : YES  
Room with Toilet : YES   Room with Bath : Some rooms YES

<https://www.takaragawa.com/english.html>



6th Night -Accommodation-

**Tanigawa  
Onsen**

## Ryokan Tanigawa

A long-established ryokan in a quiet hot spring resort with views of the powerful Mt. Tanigawa. The inn is highly regarded for its thoughtful rooms and facilities, its beautiful cuisine, which combines local Japanese ingredients with a modern twist.

Rating : ☆ ☆ ☆ ☆

Bed : Western & Japanese style   Onsen : YES  
Chartered Onsen : YES   Room with Toilet : YES  
Room with Bath : Some rooms YES

<https://www.ryokan-tanigawa.com/>



# Lunches during the tour



Sashimi lunch meal with local river fish.



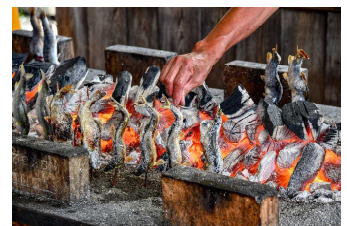
Tempura set lunch with soba and local vegetables.



Noodle stew and local vegetables, meat, and rice served in a special round container.



Fine Italian Restaurant in 5-star hotel.



Fresh river fish grilled with salt.

# Dinners at Japanese style Onsen Ryokans



Each ryokan serves a kaiseki meal with many plates of inventive use of local produce and fresh vegetables.





# Special 'SHUGENDO' themed Food



A vegetarian cuisine for monks practising asceticism



Yuba -a specialty of Nikko.  
The most important ingredient  
for the local vegetarian cuisine.



We will have a short tour of a  
Yokan shop on the third day.



Yokan is a portable energy source.  
There are many Yokan shops in Nikko.



We will have a short tour of a  
Yuba shop on the third day.

## Access

Start  
at  
Nasu

End  
in  
Minakami



### Access to Nasu-machi

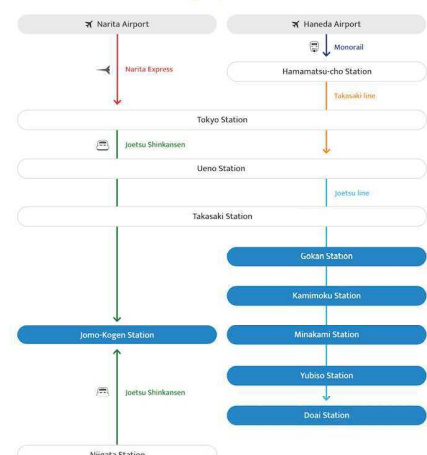
As of December, 2017

Railway	Highway bus	Expressway (For a charge)
<b>Tokyo Sta.</b> <b>Approx. 70min</b> Tohoku shinkansen <b>¥5,390</b> (Non-reserved seats) <b>Nasushiobara Sta.</b>	<b>Shinjuku Sta.</b> <b>Approx. 3hr.</b> <b>¥3,390</b> (¥6,070 round trip) <b>Nasu Onsen</b>	<b>Kawaguchi JCT</b> <b>Approx. 2hr.</b> Tohoku Expressway <b>¥3,390</b> <b>Nasu IC</b>
<b>If you are using the JR:</b> On the Tohoku Shinkansen take the Nasuno Tokyo to Nasushiobara (70 minutes) On the Tohoku Shinkansen, take the Yamabiko: Sendai to Nasushiobara (80 minutes) If not using the Shinkansen, alight at Kurio Station (Tohoku Main Line) <b>推薦J.R.前住</b> 東北新幹線「NASU」東京～郡山間 (70分) 東北新幹線「YAMABIKO」仙台～郡山間 (80分) 東北本線東武東上線 <b>利用JRのバス</b> JRバス「バス」東京～郡山間 (70分) JRバス「バス」仙台～郡山間 (80分) JRバス「バス」東京～郡山間 (70分) JRバス「バス」仙台～郡山間 (80分)	<b>If you are using the highway bus:</b> Take a JR Bus from Shinjuku Station (Shinjuku Expressway Bus Terminal) to Nasu Onsen (approximately 3 hours 30 minutes) <b>推薦東武バス前住</b> JRバス新駅 (新宿バス) - 郡山間 (約3時間30分) <b>利用JRのバス</b> JRバス「バス」東京～郡山間 (70分) JRバス「バス」仙台～郡山間 (80分) JRバス「バス」東京～郡山間 (70分) JRバス「バス」仙台～郡山間 (80分)	<b>If you are traveling by car [Tohoku Expressway]</b> 東京駅南口「地下」都立交通「都立」都立交通 152km (約2時間10分) (約2時間10分) 152km (約2時間10分) (約2時間10分) 152km (約2時間10分) (約2時間10分) 152km (約2時間10分) (約2時間10分)

The JR TOKYO Wide Pass is a good buy!!  
This low-price ticket is only available for use by  
foreign nationals. With it, you can freely use the  
reserved seats on the shinkansen and limited express  
trains for three days in the Kanto area.  
Price: 10,000 yen/adult, 5,000 yen/child

From Airport	Tokyo Monorail + JR	Tohoku Shinkansen	Car
Approx. 2hr. 10min	Haneda Airport	Tokyo Sta.	Nasushiobara Sta.
Approx. 2hr. 30min	Narita Airport	Tokyo Sta.	Nasushiobara Sta.

### By train



Go by JR Joetsu Shinkansen.  
Tokyo Sta.~Jomo-Kogen Sta. (Fastest: 66 mins)  
Niigata Sta.~Jomo-Kogen Sta. (Fastest: 61 mins)

Go by JR Joetsu Line.  
Ueno Sta.~Takasaki Sta. (Fastest: 66 mins)  
Ueno Sta.~Takasaki Sta.~Minakami Sta. (About 3 hrs)



# AVAILABLE TOUR DATES

Start between 10<sup>th</sup> May 2022 – 10<sup>th</sup> Jul. 2022 or 1<sup>st</sup> Sep. 2022 – 1<sup>st</sup> Oct. 2022

## Climate

	<Nikko>			<Minakami>	
	Max temp / Min temp °C	Rainy days		Max temp / Min temp °C	Rainy days
May	18° / 8°	10 Days	May	22° / 11°	8 Days
June	22° / 13°	13 Days	June	25° / 16°	12 Days
July	25° / 17°	15 Days	July	28° / 20°	14 Days
Sep	22° / 14°	13 Days	Sep	25° / 17°	13 Days
Oct	16° / 7°	9 Days	Oct	20° / 10°	7 Days

## Clothing

### Mid May to September

- Short sleeve jersey + Bib shorts
- Bring jackets and rainwear to keep warm in bad weather and at high altitudes.

### After October

- Long sleeve jersey & Jacket + Bib shorts or tights
- Rainwear and warm clothing are also required.

## OPTION

### Extra day in Nikko!

- Recommended for first timers to Nikko
- An extra day to explore the world heritage temples and shrines
- A night stay at Nikko Kanaya Hotel (Full course french dinner + breakfast incl)
- English speaking guides can be provided upon request (not incl in price)

#### Contact:

TOKYO & AROUND TOKYO  
PROMOTION COUNCIL

<http://tokyoandaroudtokyo.com>

Tel : 045-628-9120

E-mail: [taat@areatokyo.or.jp](mailto:taat@areatokyo.or.jp)

