



## **Biking Across Japan:**

### *A Sustainable and Scenic Journey*

On a bicycle, Japan's uniquely diverse geography becomes your playground, from the wide open trails by village rice fields to the tight, winding trails windswept by the mountain breeze. Far from the beaten, touristy path, our four choice bike tours are fit for any skill level, whether you're seeking a mighty mountain challenge or just a welcome breath of fresh air racing alongside some of Japan's most stunning natural scenes.



Any path you take, you'll be engaging in a specially environmentally-conscious tour experience. On a bicycle, our eco-footprint is far reduced as compared to other tour activities—exploring nature itself is the main event after all, no strings attached. Carried silently by a bicycle rather than a bus

or car, it's easy to feel, by this simplicity, like a part of the world that we pass by rather than just an observer.



As more and more people migrate from the country to the cities of Japan, the countryside lifestyle steadily declines, and may not exist as we know it for long.

Guided by Into Japan's knowledgeable guides along the paths less-travelled, you'll eat and drink at local businesses as we work to support the rural culture of Japan.

Follow the link at the below to read more about each bicycle tour option.

## Blog Post

Head to our blog to read all about our favourite biking trails across Japan

[Read more](#)



## Expert Profile: GUILLAUME

See what Guillaume has to say about biking in Japan...



#### **WHAT IS YOUR FAVOURITE BIKE TRAIL IN JAPAN?**

It has to be the bike trail along the east side of Kamogawa river in Kyoto during the summer. After 7PM, when it's more fresh and quiet, this path is a great way to discover the whole city, passing by rows of *machiya*s (traditional houses), iconic temples and watching fireflies on the northern side of the river.

#### **HOW IS CYCLING IN JAPAN A FORM OF SUSTAINABLE TOURISM?**

Cycle tourism in Japan is a concrete expression of sustainable tourism, focusing more on sustainable forms of holiday that allow low consumption of natural resources and a strong connection with Japan, its culture and its traditions.

#### **WHAT'S YOUR MOST MEMORABLE CYCLING EXPERIENCE IN JAPAN?**

Cycling from the northern part of Japan (Hokkaido) towards the Southern part of Kyushu Island (Ibusuki) when I was younger. I wanted to follow the path done by the British author Alan Booth who walked all the way down south while I decided to cycle for most of the part. I went through typhoons, crazy dogs and drunk drivers but also met interesting people

## **Explore Japan**



## Places

Discover destinations and off the beaten track gems



## Accommodation

Search the best hotels and traditional ryokan



## Experiences

Get your creative juices flowing.

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