# HBL Shimanami & Sasayama Kaido to Kyoto

5 Castles Bike Tour in Japan

Oct24-Nov2,2024 (10days)





# **Your Guides**

\*This is draft and subject to change



**Your Coordinator** A-1



Hisa



Guide&Mechanic Driver & Assistant Shige



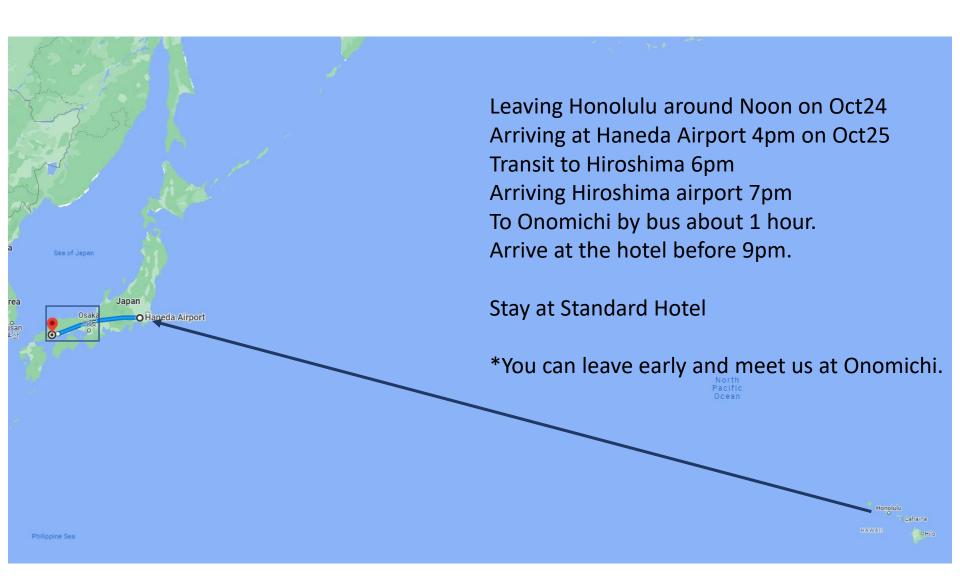
Local Guide/ Taka (Sasayama Kaido only)

# Basic Itinerary (HBL Shimanami & Sasayama Kaido to Kyoto2024)

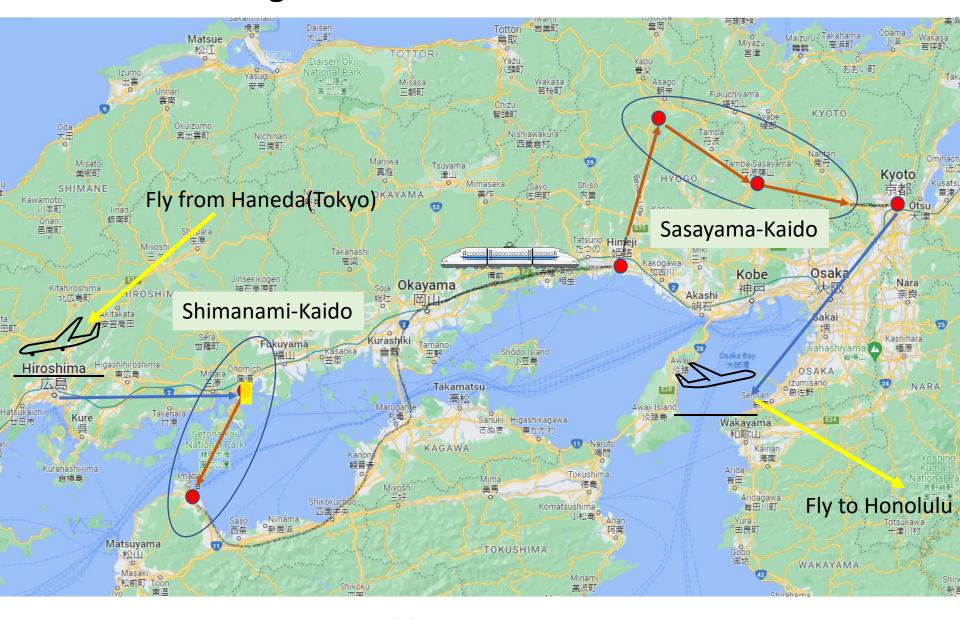
Day	Date		Ву	Time	Schedule	Stay	Meal
1	24-Oct	Thu	JL73	12:30pm	Leave Honoluu Airport		Inflight
					(8hrs flight)		
2	25-Oct	Fri		3:55pm	Arrival Haneda Airport		Inflight
			JL265	5:55pm	Transit to Hiroshima		
				7:20pm	Arrival Hitoshima Aiport		OWN
			Bus	9pm	Hiroshima Airport to Onomichi Stn	Onomichi	
3	26-Oct	Sat		AM	Free time(Jetlag adjust)		BFT
				Noon	Sightseeing In Onomichi by public transportation		
				PM	Rental bike setting+test riding		LCH
						Onomichi	DNR
4	27-Oct	Sun	Bicycle	7am	Cycling Shimanami2024		BFT(Box)
					Onomichi-Imabari 70km		AID
					Local Yakitori restaurant	Imabari	DNR
5	28-Oct	Mon		9am	Visit Imabari Castle		BFT
			Train	11am	Local train & Shinkansen to Himeji		TrainBento
				4pm	Visit Himeji Castle		
						Himeji-H	OWN

6	29-Oct	Tue	Bicycle	9am	Take local train to Fukuzaki(25min)	-	BFT
					Ride to Takeda castle town(50k)		LCH
					Enjoy river side & country road		
				4pm	Visit Takeda Castle (Hiking)	Takeda-R	DNR(cater)
7	30-Oct	Wed	Bus	5am?	Visit Ritsuunkyo by bus (weather perm	it)	BFT(Box)
			Bicycle	9am	Ride to Sasayama(55-67k)		SNACK
				5pm	Enjoy old town road	Sasayama-R	DNR
8	31-Oct	Thu		All day	Freetime in castle town		BFT
			(Bicycle)		Option1 ride or 2 Cultural activity		OWN
					Farm experience(Kuromame)	Sasayama-R	DNR
9	1-Nov	Fri	Bicycle	Am	Ride to Kameoka (50k)		BFT
				Pm	Enjoy Sasayama old road & town		SNACK
			Boat		Hozugawa River boat ride to Kyoto	Kyoto-H	DNR
10	2-Nov	Sat		Am	Visit Nijo Castle		OWN
			JL792	10:15pm	Leave Kansai Airport		OWN
				11am	Arrival at Honolulu(Same day)		Inflight

# Day01(10/24): Leaving Honolulu Day02(10/25): Arriving in Japan



# Whole route image of our travel



# Day03<sub>(10/26)</sub>: Getting ready for a ride Checking your rental bike

# Onomichi

Port town with many slopes and temples



Wake up not too early and short sightseeing in beautiful port town, Onomichi. After tasty local lunch, let's check your rental bike which you use for a week. We are planning a kickoff dinner party to celebrate our tour and the event, Cycling Shimanami on the next day!!

# Day04(10/27): Cycling Shimanami2024



# Cycling Shimanami2024.10.27

Japan's only cycling event to be held on a restricted expressway

All courses include travel on expressways, including the unique bridges that connect the islands, allowing cyclists to enjoy a sense of openness on roads that are normally only accessible by car.

7,000 participants from Japan and abroad are invited to participate in this international cycling event.

We are planning to ride from Onomichi to Imabari city 70k. 7am Starts!!

### General Information of Shimanami-Kaido

https://shimanami-cycle.or.jp/go-shimanami/

# Day05(10/28): Sightseeing & traveling day

In a morning, walking around town and visit Imabari castle or shopping famous towels which is highly absorbent, pleasant to the touch.







Moving to Himeji by local train 11am & Shinkansen (about 3 hours) Visit Himeji Castle(National Treasure & UNESCO World Heritage. called White Heron Castle)

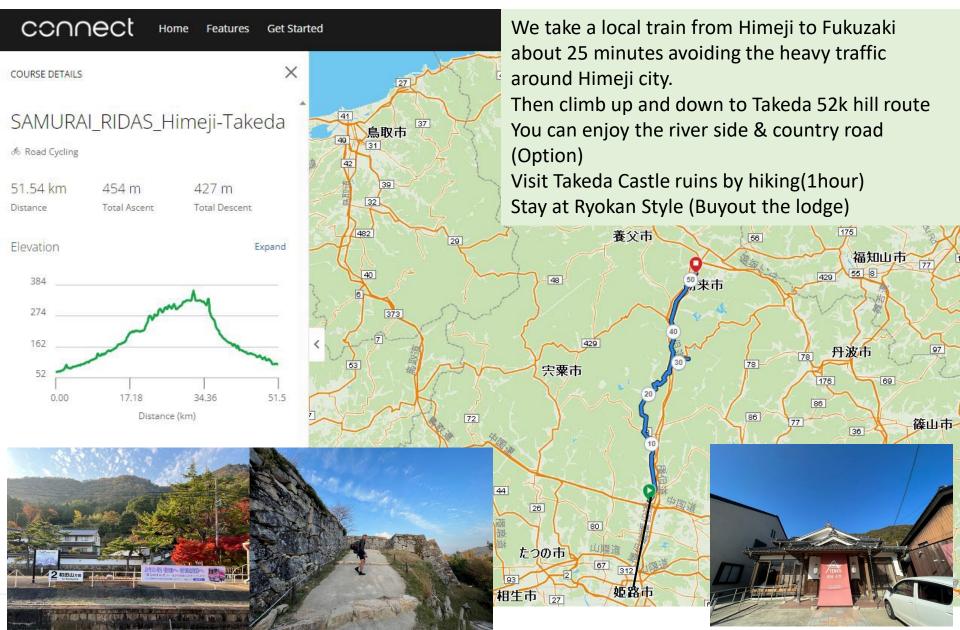






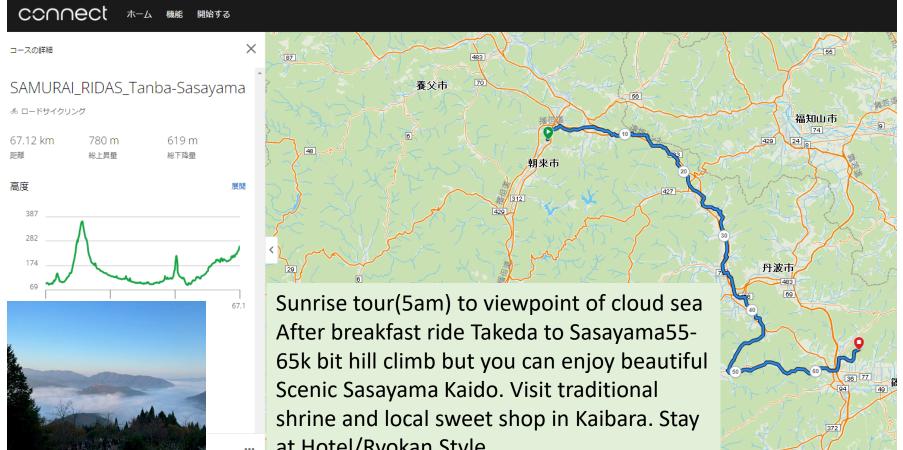


# Day06(10/29): Himeji to Takeda cycling



# Day07(10/30): Sasayama Kaido starts

In ages past, well-traveled roads were vital arteries that connected Japanese cities and regions. One of these key paths was the Sasayama Kaido, a highway that ran through the mountains west of Kyoto City beginning in the Heian Period (8th to 12th centuries). Our local guide Taka suggested the route about the origins and history of Tamba at the Kashiwabarajuku inn town and the ruins of the main lodge. If we have time, planning to visit the fossil excavation site of a dinosaur called Tambaryu



# Day08(10/31): Enjoy the old castle town, Sasayama in many ways.

What you can do in your FREE TIME?

<Option1-Cycling with Taka to the village of Maruyama > Easy 2 hour cycling. The village of Maruyama still retains its stately presence and stands in a soft green landscape.
\$50 p/p



<Option2-Enjoy Kimono and short tour in castle town>
Rental kimono and take beautiful pictures in castle town
Including sightseeing and green tea ceremony with
Japanese female English speaking guide.
\$70 p/p

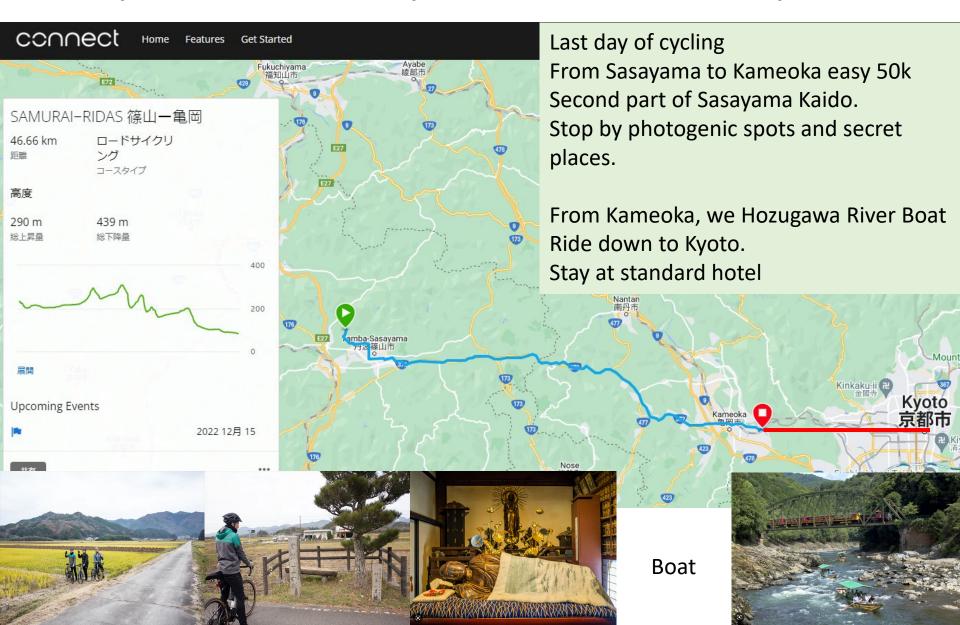


Lunch by your own (Lunch option: we can take you to the place you can eat famous local pork Kurikin buta, if you like)



Agricultural experiences (Black Bean Harvest) Kuromame

# Day09(11/1): Sasayama Kaido to Kyoto



# Day10<sub>(11/2)</sub>: Kyoto and back to home

We are planning to visit famous Nijo Castle which is our 5th castle in this tour.

After the castle, it's your free time in Kyoto. There are so many things and visiting spots.

https://www.tripadvisor.com/Attractions-

g298564-Activities-

Kyoto Kyoto Prefecture Kinki.html

Free time till about 5pm in Kyoto Leave Kyoto to Kansai Airport by shuttle bus Leave Kansai Airport at 10:15pm Arrive in Honolulu at 11am on Nov2 \*You can extend your stay, we will help you. \*It is all depends on the flight change. It is subject to change.



### Things to Do in Kyoto

Popular things to do











Ways to tour Kyoto

experiences for a close-up look at Kyoto.



Kvoto Full-Day Private Tour with Government-Licensed Guide

Public Transportation Tours



wearing a Kimono in Kyoto

Cooking Classes

Kyoto Samurai Experience **00000** 368



from \$77.55 per adult

MAIKOYA 00000 15

# Notes:

### <Accommodation>

We stay at a standard (western style) hotel or a ryokan style. A ryokan is a type of traditional Japanese inn that typically feature tatami-matted rooms, communal baths, and other public areas where visitors may wear yukata and talk with the owner.

## <Meals>

Basically, breakfast is included every morning except for Kyoto and a light lunch is included on cycling days. Dinner is served on some days and not on others. On the days when dinner is not provided, we will show you what kind of meals you can have on site.

## <Transportation>

Transportation is included in the tour price if it is noted on the itinerary and the entire group travels together. Transportation charges are not included in the tour price if you travel during your free time.

# Ryokan Style example







# <SAG wagon-Support Vehicle>

A support vehicle will accompany with you at all times during the tour. Initially, we will have a full load of rental bikes, but during the bike ride, we will carry your suitcases instead and ride with you. If you decide to go sightseeing or hiking during the cycling tour, you can easily retrieve your running shoes, change of clothes, and other items.

AED and other first-aid kits are also carried in the support vehicles.

### <Mechanic>

A professional mechanic will be with you at all times during the cycling tour to perform daily maintenance and handle any irregularities, such as flat tire.



### <Rental Bike>

### Cannondale or same class

Reliable performance road or gravel bikes perfect for cyclists of all Designed for a smooth ride over any distance. Colors may vary. A bike size is available from 48cm-56cm frame size Your can bring your own pedal and shoes.



### <Certified Wilderness First Aid>

I achieved the certification, which includes epinephrine administration to treat anaphylaxis and single person adult CPR, including relief of foreign body airway obstruction and AED use.



# Tour price:

Based on 10 cyclists+2 HBL escorts= Total 12 people Land Fee (not including airfare):

\$4,700 per person(twin / ryokan(4p) base) if the group size are 12 people

# Land fee Includes:

Hotel Stay: Standard hotel & ryokan 8nights(Twin base/2p in a room at night 2,3,4,5,9)

At ryokan stay at night 6,7, 8, twin base is not guaranteed.

(Single or Twn supplement will be \$500 needed if you take a room alone)

Meal: (7) Breakfast, (6) Lunch or Snack (6) Dinner

Transportation: Bus(HiroshimaAirport-Onomichi, Kyoto-Kansai Airport)

JR(Imabari-Himeji-Takeda), River cruise(Kameoka-Kyoto)

Support guide: 2 support cyclists and support car with a driver (Total 3 crew)

Rental road bike or cross bike E-assist bike with additional \$300

# Not Including:

International Airfare:\$1300-1500(Honolulu-Haneda, Haneda-Hiroshima, Kansai-Honolulu) \*We can introduce a local travel agency "HIS" to make a reservation.

Cycling Shimanami 2024 Entry Fee

Transportation except for above or Additional Sightseeing for non-cyclists

Drinks like BEER & SAKE except for water you order at local restaurant or hotel.

Any admission or bus tour for additional sightseeing (Option on Day8 in Sasayama)

Your personal incidental charges etc

# How to book and pay:

When booking, please pay a deposit of \$1,000 per person at the time of booking. The deposit will be applied to the total balance, and the balance (final payment) must be paid in full 60 days prior to the tour. Applications are accepted on a first-come, first-served basis, and reservations are officially confirmed after the deposit is received. Please let me know your legal names on your passport when you book. (Please make a photocopy of your passport if possible.)

A personal check is acceptable payable to "Taste of Japan Bike Tour" Mailing address is to ABEE'S,INC 2222 Kalakaua Avenue,Suite702,Honolulu 96815

We accept Visa, Mastercard, American Express, and JCB credit cards, but a 5% credit card fee will be added. Please let me know if you would like to use your cc.

# Remarks:

You can leave earlier or extend more days in Japan before making a reservation. Let us know more additional plan. We can help.

You can see more travel images here: <a href="https://tastejapanbike.com/shimanamikyoto/">https://tastejapanbike.com/shimanamikyoto/</a>

# Question? Ask A-1.

You can e-mail to <u>info@tastejapanbike.com</u> or call A-1 808-772-1026 More details about our tours: <u>https://tastejapanbike.com/</u>

# <Insurance?>

We contracted the insurance company called Travelex.

It covers not only medical but also travel, baggage, etc.



This is not a mandatory, but if you need a insurance covered in Japan, take a look. <a href="https://www.travelexinsurance.com/?location=11-0099&go=bp">https://www.travelexinsurance.com/?location=11-0099&go=bp</a>

If your local insurance covers the medical cost in Japan, please bring the copy of the insurance card or document just in case.

### <Wifi rental?>

In Japan, you can get a wifi at most hotels/ryokan, but not on the public road on cycling or in sightseeing. If you need a rental portable wifi, I can help to arrange in Japan. \$50 for 10 days.

## <Packing list,,,,Better bring>

Please check items here. <a href="https://tastejapanbike.com/resources/#03">https://tastejapanbike.com/resources/#03</a>

I would recommend that bring your long sleeve light jacket and globes for rain.

#### Exclusions and Limitations

GENERAL EXCLUSIONS: This plan does not cover any loss caused by or resulting from: intentionally self-inflicted injury, suicide, or attempted suicide of the insured, family member, traveling companion or business partner while sane or insane; normal pregnancy or childbirth, other than unforeseen complications of pregnancy, of the insured, a traveling companion or a family member; participation in professional athletic events; motor sport, or motor racing, including training or practice for the same; mountain climbing that requires the use of equipment such as; pick-axes, anchors, bolts, crampons, carabineers, and lead or top-rope anchoring or other specialized equipment; operating or learning to operate any aircraft, as student, pilot, or crew; air travel on any air-supported device, other than a regularly scheduled airline or air charter; war (whether declared or not) or act of war, participation in a civil disorder, riot, insurrection or unrest; any unlawful acts committed by the insured; mental, nervous or psychological disorder; if the insured's tickets do not contain specific travel dates (open tickets); being under the influence of drugs or narcotics, unless administered upon the advice of a physician or intoxication above the legal limit; any loss that occurs at a time when this coverage is not in effect; traveling solely or substantially for the purpose of securing medical treatment; any trip taken outside the advice of a physician; pre-existing medical conditions of an insured, traveling companion, business partner or family member (within a 60 day period immediately preceding coverage effective date).

The following exclusions also apply to the medical expense benefit: routine physical examinations; mental health care; replacement of hearing aids, eye glasses, contact lenses, sunglasses; routine dental care; any service provided by the insured, a family member, or traveling companion; alcohol or substance abuse or treatment for the same; experimental or investigative treatment or procedures; care or treatment which is not medically necessary, except for related reconstructive surgery resulting from trauma, infection or disease; coverage for trips less than 100 miles from the insured's primary residence (also applies to the emergency evacuation benefit).

The following exclusions also apply to accidental death and dismemberment: loss caused by or resulting directly or indirectly from sickness or disease of any kind; stroke or cerebrovascular accident or event; cardiovascular accident or event; myocardial infarction or heart attack; coronary thrombosis; aneurysm.

Please refer to your policy for a complete list of plan exclusions and limitations. The purchase of this product is not required in order to purchase any other travel product or service. Your travel retailer might not be licensed to sell travel insurance and will only be able to provide general information about the product. An unlicensed travel retailer may not answer questions about the terms and conditions of the insurance offered and may not evaluate the adequacy of your existing insurance coverage. The products being offered provide insurance coverage that only applies during your covered trip. You may have insurance coverage from other sources that provide similar benefits but may be subject to different restrictions depending upon the coverage. You may wish to compare the terms of the travel policy offered through Travelex with any existing life, health, home and automobile insurance policies you may have. If you have questions about your coverage under your existing insurance policies, contact your insurer or insurance agent or broker. The product descriptions provided here are only brief summaries and may be changed without notice. The full coverage terms and details, including limitations and exclusions, are contained in the insurance policy. If you have questions about coverage available under our plans, please review the policy or contact us. Travelex Insurance Services Inc. 810 N. 96th Street, Suite 300, Omaha, NE 68114. Toll Free 800.228.9792. Email: customersolutions@travelexinsurance.com.

Any inquiry regarding claims may be directed to travelex.claims@bhspecialty.com or 855.205.6054.

To view state specific fraud warnings, visit travelexinsurance.com/company/fraud-warning.

Consumers in California may also contact: California Department of Insurance Hotline 800.927.4357 or 213.897.8921. Travelex Insurance Services, Inc. CA Agency License

Consumers in Maryland may contact: Maryland Insurance Administration 800.492.6116 or

Travel Insurance is underwritten by Berkshire Hathaway Specialty Insurance Company; NAIC #22276 under Policy Form series (all states except as otherwise noted) PG-TA-IPL-USE, In KS, MA, MN, MO, MT, OR, VA, and VT Policy Form series PG-TA-IPL-NV, In CA Policy Form # PG-TA-IPL-USEM and PG-TA-IPL-CAEAH, CO Policy Form # PG-TA-IPL-COEAH and PG-TA-IPL-COEIM, IL Policy Form # PG-TA-IPL-ILE, IN Policy Form # PG-TA-IPL-INEAH and PG-TA-IPL-NVIM, MD Policy Form # PG-TA-IPL-MDE, NH Policy Form # PG-TA-IPL-NHE, NY Policy Form # PG-TA-IPL-NVIM and PG-TA-IPL-NVAH-NY, PA Policy Form # PG-TA-IPL-USEIM and PG-TA-IPL-NVAH-PA, TX Policy Form # PG-TA-IPL-TXEAH and PG-TA-IPL-TXEIM, UT Policy Form # PG-TA-IPL-UTE, WA Policy Form # PG-TA-IPLNVIM and PG-TA-IPL-WAEAH, H21

#### IS TRAVEL BASIC FOR ME?

Dream. Explore. Travel On. Take Travel Basic on the journey with you!

#### PRIMARY COVERAGE

Primary coverage pays your claim first with no deductibles. This means faster payment to you. Purchase any time before your trip and primary coverage is automatically included!

#### **BONUS COVERAGES**

Included in the base plan, coverage to cancel for business reasons and financial default of your travel supplier when plan is purchased within 15 days of initial trip payment.

#### **PURCHASE GUARANTEE**

If you are not completely satisfied within 15 days of purchasing this plan, Travelex will refund your premium cost if you have not departed on your trip or filed a claim.

#### PLAN DETAILS

To view complete details of this travel protection plan, please visit policy,travelexinsurance.com/TBB-1220

#### **ONLINE CLAIMS**

Claims process that pays up to five times faster than industry average. Most claims can be filed with a "pic and click" on the go without piles of claim forms.6

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For Questions, Quotes or to Enroll visit travelexinsurance.com, call 800.228.9792 or Contact your Travel Professional



Dream. Explore. Travel On.





TRAVEL BASIC **ESSENTIAL TRAVEL PROTECTION** 

### BENEFIT HIGHLIGHTS<sup>1</sup>

# TRIP CANCELLATION TRIP INTERRUPTION

100% OF TRIP COST (\$10,000 limit)<sup>2</sup> 100% OF TRIP COST (\$10,000 limit)

Protect travel investments and recover non-refundable, prepaid trip costs if a trip is canceled or interrupted. Popular reasons include:

- Sickness, Injury or Death<sup>3</sup>
- Financial Default<sup>4</sup>
- Traffic Accident
- Inclement Weather
- Home Uninhabitable
- · Military Duty

- Cancel for Business Reasons<sup>4</sup>
- Strike
- · Quarantine/Hijacking
- Jury Duty/Subpoena
- Involuntary Employment Termination

#### FREQUENT TRAVELER BENEFIT

\$200

Reimbursement for the cost of re-depositing frequent traveler awards utilized for trip.

If plan is purcleated for trip.

#### TRIP DELAY

\$500 (\$250 per day)9

Reimbursement of additional costs such as accommodations, transportation and meals if a trip is delayed 5 hours or more.

#### MISSED CONNECTION

\$500

Reimbursement for unused, non-refundable expenses and additional transportation to join the departed trip if a connection is missed by 3 hours or more.

#### BAGGAGE & PERSONAL EFFECTS

\$500

Reimbursement for personal articles and expenses if bags are lost, stolen or damaged.

#### **BAGGAGE DELAY**

\$100

Reimbursement for personal articles and expenses if bags are delayed for 12 hours or more.

#### EMERGENCY MEDICAL & DENTAL EXPENSES

\$15,000

Emergency medical treatment if a sickness or injury occurs while traveling. \$500 dental expense sublimit.

#### **EMERGENCY MEDICAL EVACUATION**

\$100,000

Emergency medical evacuation to the hospital of your choice. Includes repatriation and travel expenses (maximum \$25,000) for escort.

#### **ACCIDENTAL DEATH & DISMEMBERMENT**

\$10,000

Reimbursement for permanent loss of life, limbs or sight from a covered accidental injury during travel.

#### TRAVEL ASSISTANCE SERVICES<sup>5</sup>

INCLUDED

A wide range of services before and during trips through a 24/7 toll free number. Includes assistance with medical emergencies, lost documents or baggage, event ticketing, business services and much more.



# **ADDITIONAL** COVERAGES

### **Bonus Coverages**

If plan is purchased within 15 days of initial trip payment.

#### FINANCIAL DEFAULT COVERAGE

INCLUDED

Cancellation coverage when a tour operator, travel supplier, airline, hotel, etc. suspends operations due to insolvency.

#### **CANCEL FOR BUSINESS REASONS**

INCLUDED

Cancellation coverage when you are required to work, a merger takes place or your company is deemed unsuitable for business and you are the key employee.

### Customized Upgrades

Please visit travelexinsurance.com for upgrade pricing.

#### CAR RENTAL COLLISION COVERAGE®

Up to \$35,000 per plan for collision damage, vandalism, windstorm, hail, fire or flood occurs to a rental car while on your trip. \$100 deductible.

#### AIR AD&D COVERAGE

Up to \$200,000 if loss of life, limbs or sight occurs from an accidental injury while on a common carrier airline flight.

#### RATES1

#### BASE PLAN RATES BY AGE AND TRIP COST

TR	IP COST	0-34	35-59	60-69	70-74	75-79	80-84	85+
\$1-	-\$250	\$20	\$28	\$39	\$61	\$76	\$115	\$157
\$2	51-\$500	\$24	\$34	\$48	\$73	\$91	\$136	\$184
\$5	01-\$1,000	\$31	\$47	\$65	\$93	\$115	\$167	\$225
\$1,	001-\$1,500	\$44	\$66	\$92	\$127	\$156	\$221	\$298
\$1,	501-\$2,000	\$60	\$90	\$123	\$165	\$202	\$282	\$377
\$2,	,001-\$2,500	\$76	\$116	\$158	\$209	\$257	\$355	\$475
\$2,	,501-\$3,000	\$87	\$132	\$180	\$237	\$290	\$399	\$533
\$3	,001-\$3,500	\$100	\$153	\$208	\$272	\$333	\$455	\$608
\$3,	,501-\$4,000	\$112	\$171	\$233	\$303	\$371	\$505	\$676
\$4	,001-\$4,500	\$116	\$177	\$240	\$312	\$381	\$519	\$694
\$4	,501-\$5,000	\$154	\$239	\$325	\$421	\$519	\$698	\$945
\$5	,001-\$5,500	\$174	\$270	\$369	\$476	\$588	\$788	\$1,069
\$5	,501-\$6,000	\$194	\$303	\$413	\$533	\$658	\$880	\$1,195
\$6	,001-\$6,500	\$233	\$365	\$500	\$643	\$797	\$1,060	\$1,447
\$6	,501-\$7,000	\$262	\$407	\$555	\$708	\$872	\$1,159	\$1,569
\$7,	,001-\$8,000	\$277	\$431	\$588	\$749	\$923	\$1,225	\$1,660
\$8	,001-\$9,000	\$304	\$474	\$645	\$822	\$1,014	\$1,344	\$1,822
\$9,	,001-\$10,000	\$324	\$505	\$688	\$875	\$1,080	\$1,429	\$1,939

Rates are per traveler and subject to change. Individuals in the same household may be on one policy (NY residents must all be immediate family members).

1 All coverages per insured up to limits listed. Coverage, rates and maximum trip length may vary by state. Please see your policy for details or call 800.228.9792. 2 \$200,000 aggregate trip cost limit for all travelers on the same policy. 3 Of you, a traveling companion, family member or business partner. 4 Coverage when plan is purchased within 15 days of initial trip payment. 5 Provided by the designated provider as listed in the policy. 6 Based on industry average. Fastest payment on approved claims is based on 'electronic payment' of claim. 7 Not available for NH residents. 8 Not available for FL, KS, NY and TX residents. 9 \$200/day for IL residents.





