

# Taste of Japan Bike Tour presents HBL Oita Onsen (hot springs) Foodie Bike Tour October 28-November 06, 2025 (10days)



# Basic Itinerary (HBL Oita Onsen (hot springs) Foodie Bike Tour2025)

Day	Date		By	Time	Schedule	Stay	Meal
1	28-Oct	TUE	JL73	11:55am	Depart Honolulu airport (9hours flight)		x Flight
2	29-Oct	WED	JL377	3:55pm 6:45pm 8:30pm 9:30pm	Arrive at Haneda(Tokyo) airport Transit from Haneda to Kitakyushu Arrive at Kitakyushu airport Transfer to Nakatsu by charter bus 45min	Nakatsu	x Flight x Own
3	30-Oct	THU		AM  PM  6pm	Sightseeing around Nakatsu, Usa Lunch at local restaurant Nakatsu Castle + Local activity(NTBA) RentalBike settings Welcome Party at Suehiroya	Nakatsu	Breakfast Lunch  Dinner
4	31-Oct	FRI		9am  12pm 4pm	Ride from Nakatsu To Yabakei 50K (Option) 30min hiking trail in Rakanji Visit local farm & harvesting experience Ride and arrive Orito onsen ryokan	Yabakei(Orito)	Breakfast  Lunch Dinner
5	1-Nov	SAT		9am  3pm 5pm 7pm	(Option) Water fall Hiking Ride from Yabakei to Beppu 60k Visit Ajimu town (temples,wine farm) Snack lunch at local aid station Stop by Yuyama & Jigoku Onsen look Arrive around 5pm and Onsen time Local dinner	Beppu	Breakfast  Snack  Dinner

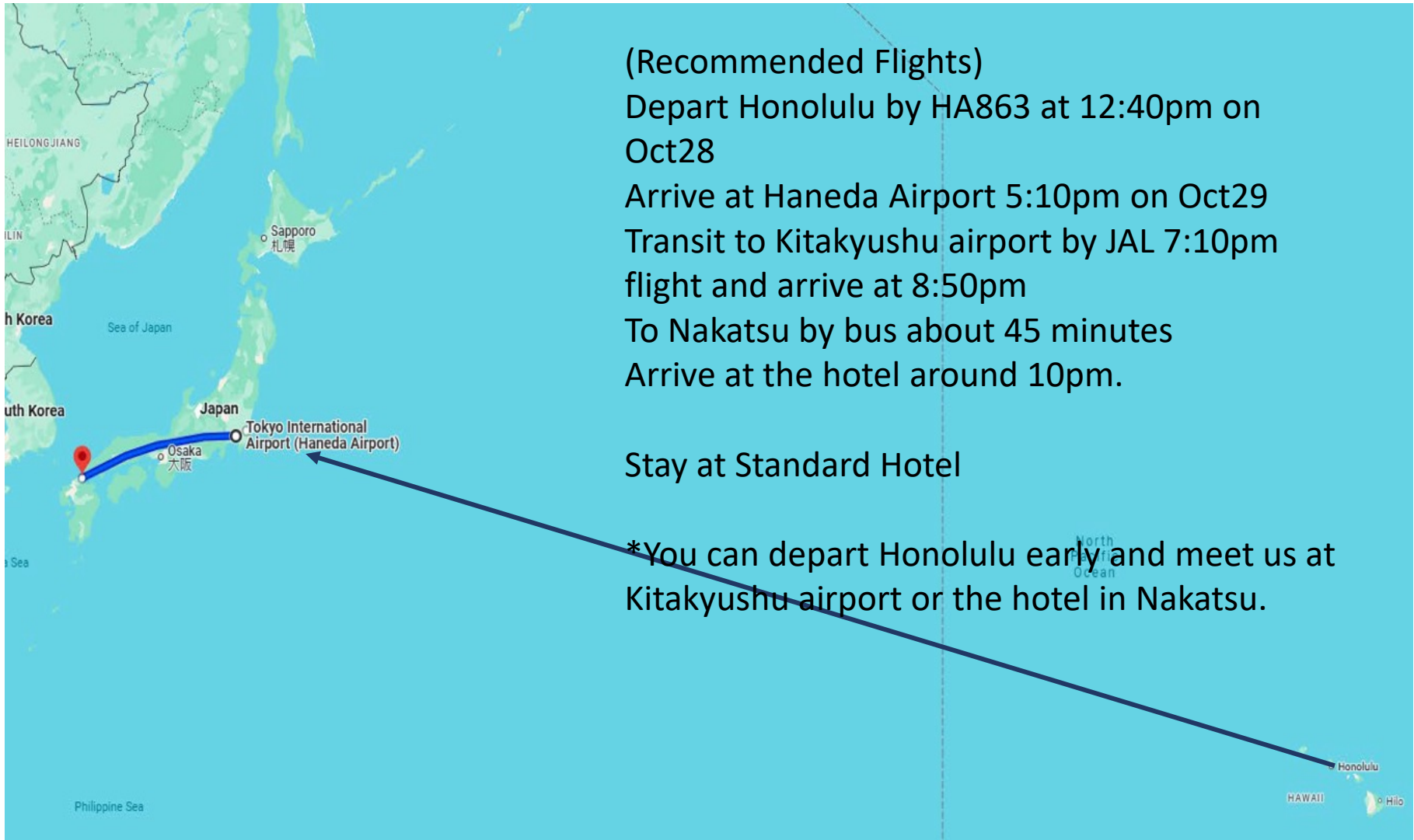
6	2-Nov	SUN			Full day sight seeing or extra ride(OP) Visit monkey park and local onsen if like More free time for shopping or relax	Beppu	Breakfast x Own x Own
7	3-Nov	MON		9am	Take local train from Beppu to Kitsuki Kitsuki castle&old town sightseeing Ride from Kitsuki to Yamaga 60K	Yamaga	Breakfast
				4pm	Arrive at Yamaga onsen		Snack Dinner
8	4-Nov	TUE		9am	Ride from Yamaga to Imiport 55K Stop various sightseeing spot	Himeshima	Breakfast
				5pm	Ferry boat to Himeshima Authentic Ryokan Japanese dinner		Snack Dinner
9	5-Nov	WED		9am	Sightseeing in Himeshima	Fukuoka	Breakfast
				2pm	Himeshima to Fukuoka by bus,		Lunch
				5pm	Arrive in Fukuoka Farewell Dinner Party at local restaurant		Dinner
10	6-Nov	THU		AM	Free time in Fukuoka shopping, sight seeing, foodietour, cat café	Fukuoka/Flight	x Own x Own
				4pm	Meet up the hotel and go to the airport		
			JL326 JL74	6:10pm 9pm/9am	Leave Fukuoka to Haneda transit Arrive Honolulu on same day Nov6		x Flight

\*The schedule is subject to change depending on participant conditions, weather, and crowds.

\*The flights listed in this itinerary are those recommended for the tour. You can leave Hawaii early and meet us there, or you can stay an extra night in Fukuoka or travel to another city at your leisure.

# Day01<sub>(10/28)</sub>: Depart Honolulu

# Day02<sub>(10/29)</sub>: Arrive in Japan



(Recommended Flights)

Depart Honolulu by HA863 at 12:40pm on Oct28

Arrive at Haneda Airport 5:10pm on Oct29

Transit to Kitakyushu airport by JAL 7:10pm flight and arrive at 8:50pm

To Nakatsu by bus about 45 minutes

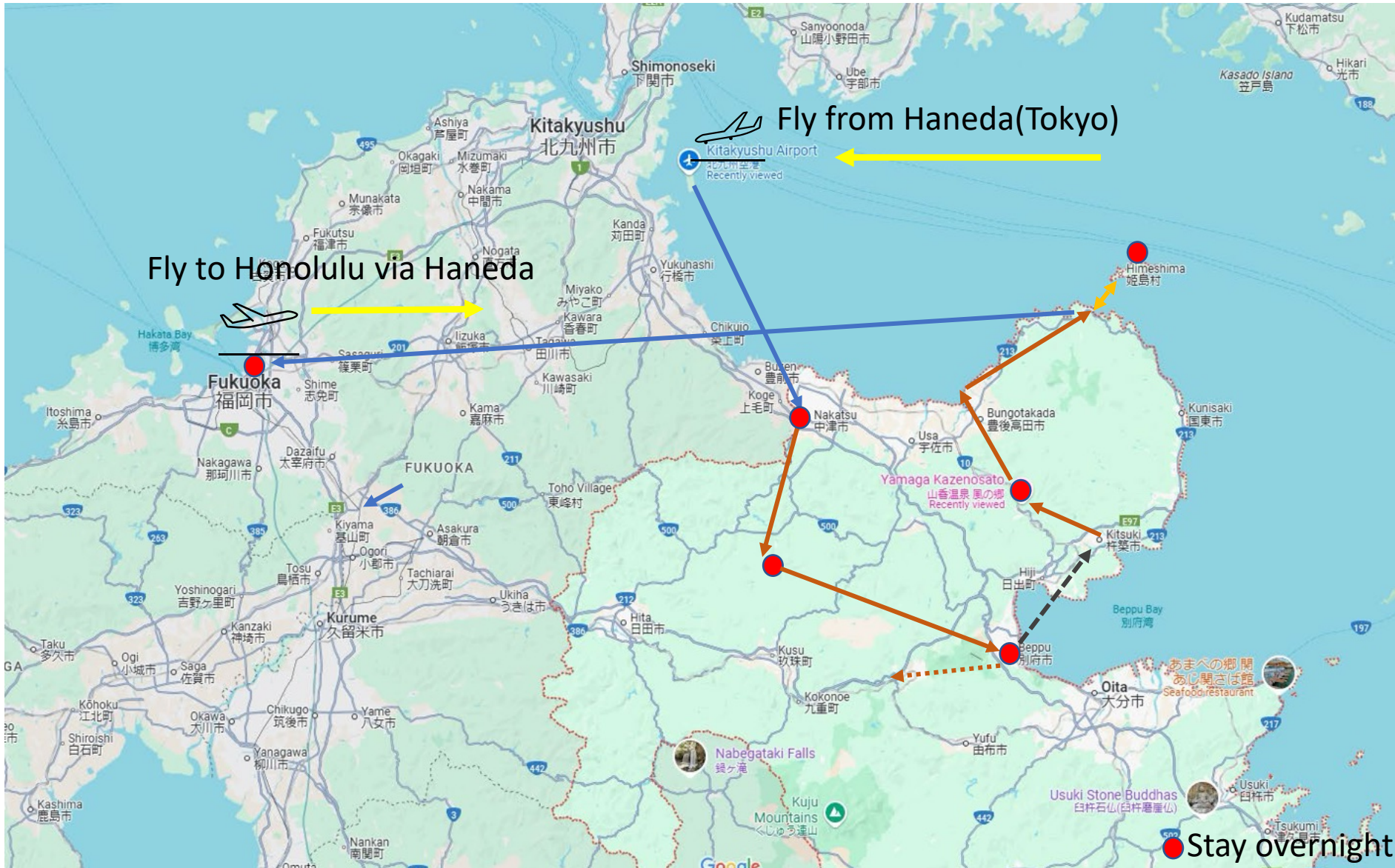
Arrive at the hotel around 10pm.

Stay at Standard Hotel

\*You can depart Honolulu early and meet us at Kitakyushu airport or the hotel in Nakatsu.

# Map of our route in Oita prefecture, North Kyushu Island

The prefecture is famous for its large amount of hot spring waters and popular hot spring resorts, including Beppu



→ By Air    → By Bus    → By Bicycle    - - - - -> By Train    - - - - -> By Ferry Boat

# Day03<sub>(10/30)</sub> : Sightseeing around the town

## Checking your rental bike

We are planning to go sightseeing in Nakatsu City and its suburbs on this day. Last time we went to Usa Jingu Shrine, but this time we are researching new sightseeing materials and activities, so please look forward to an update when we get closer. Usa Jingu Shrine is the one of the most important of the 4,000 Hachiman shrines in Japan.

In the afternoon, we'll return to Nakatsu City and explore the Nakatsu Castle area. You'll have the chance to test and set your rental bike before the cycling tour begins the next day. Dinner will feature a welcome home party for everyone at a B&B "Suehiroya" owned by A-1's friend.



For rental bike setting, Please bring your pedal and shoes for seat height adjustment. Then we are ready to start cycling next day.

# Day04(10/31): Nakatsu to Yabakei cycling

## COURSE DETAILS

### 中津→耶馬溪ルート

🚲 Road Cycling

📍 Driving Directions

On the first day of cycling, we will ride to our first destination, Yabakei, while checking the setup of the rental bikes. Along the way, we will take a scenic one-hour hike to explore Rakanji, a historic temple nestled in the beautiful mountains. For lunch, we will enjoy a delicious meal prepared by local farmers. The total distance for the day is 50 km, with an elevation gain of 800 meters. Stay at Ryokan Style (Buyout the lodge)

49.84 km      813 m      551 m  
Distance      Total Ascent      Total Descent



# Day05(11/01): Yabakei to Beppu cycling

After spending a night at a countryside inn, we will embark on a cycling journey through mountain roads, passes, and backroads, heading toward Beppu, a city famous for having the highest volume of hot springs in Japan. Along the way, look forward to surprises such as Ajimu, a renowned grape-producing region, and a hidden hot spring. The total distance for the day is 55 km, with an elevation gain of 850 meters. Stay at Standard Hotel with Onsen

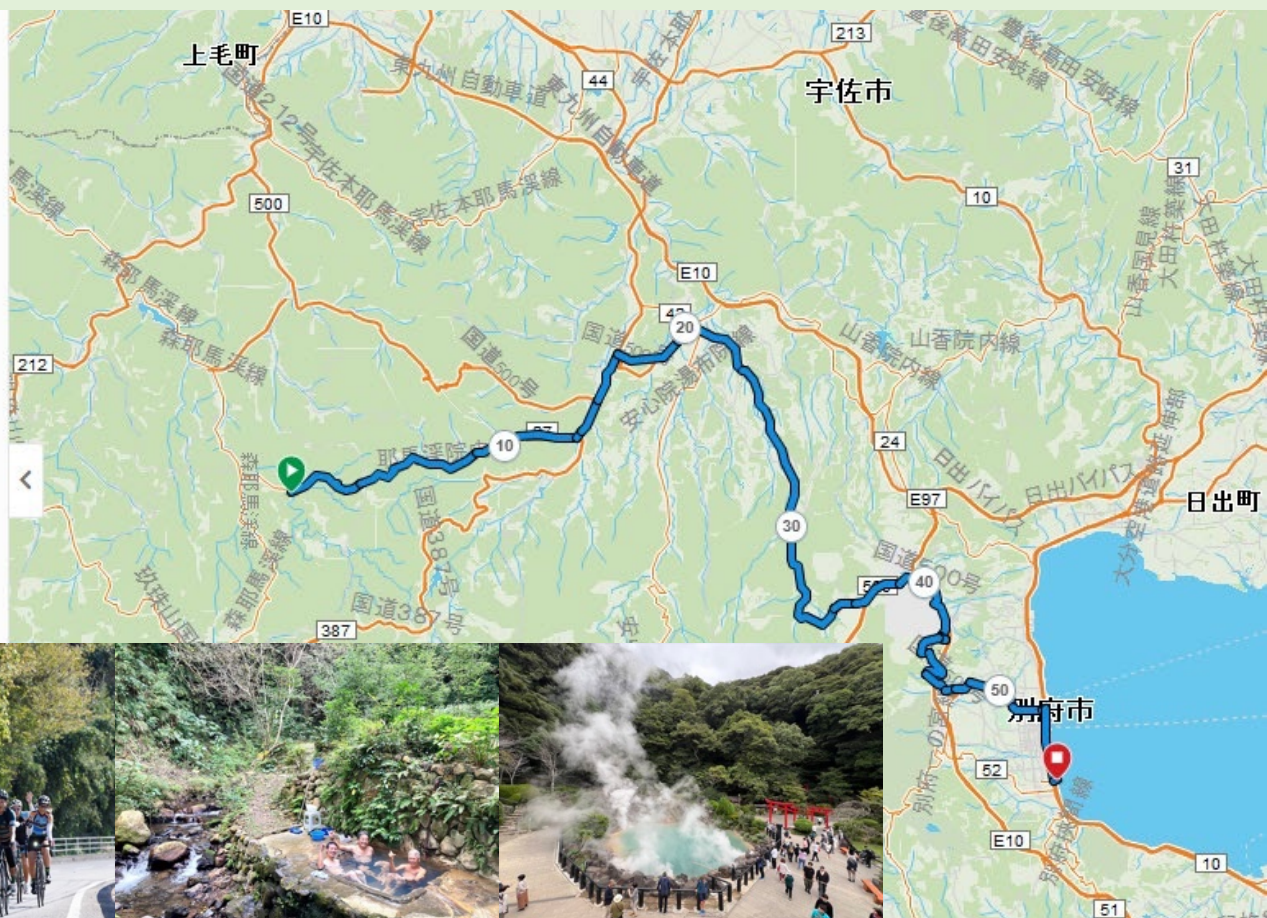
## COURSE DETAILS

### 耶馬溪→別府

Road Cycling

Driving Directions

55.13 km      841 m      1,091 m  
Distance      Total Ascent      Total Descent





# Day06<sub>(11/2)</sub> : Sightseeing in Beppu? Or more cycling? Your choice

In Beppu, Japan's largest hot spring town, there are plenty of ways to enjoy your time. One of the top recommendations is the Takasakiyama Monkey Park. You can also experience unique hot springs that offer a different style from those in hotels.

For those who want to keep riding, there's an option to take on a hill climb from Beppu to the mountain town of Yufuin and back (a total of 40 km). Which would you prefer?



# Day07 (11/03): Kitsuki to Yamaga cycling

The second half of the cycling tour takes us on a two-day journey through the Kunisaki Peninsula, a region rich in cultural heritage. We start from Kitsuki Station, a historic castle town, and ride along the coastline before heading into the mountains, where picturesque rural landscapes unfold. At the top of the climb, the majestic Nio statues of Futagoji Temple will be there to welcome you. 60k/800m Stay at Ryokan with Onsen

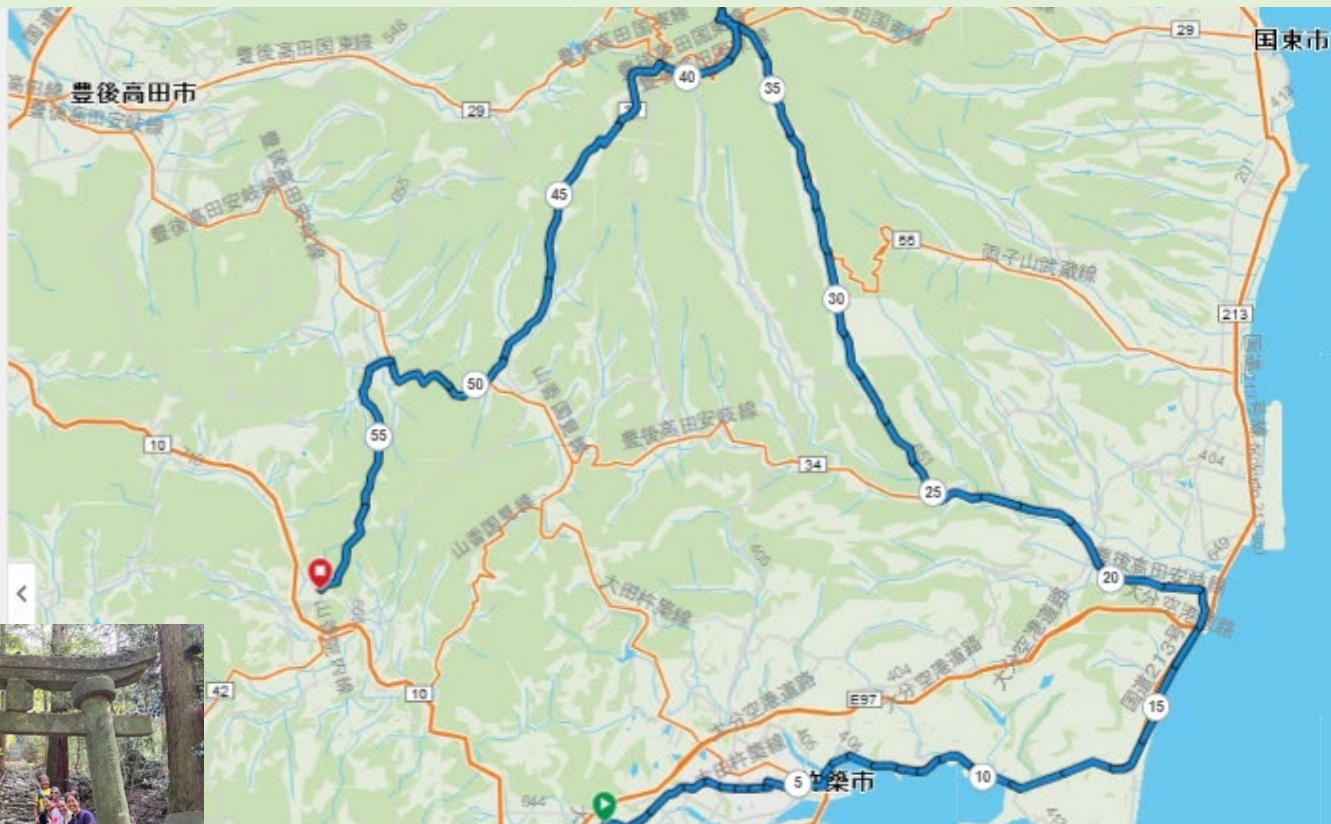
## COURSE DETAILS

### 杵築～山香風の郷

Road Cycling

Driving Directions

58.96 km Distance    794 m Total Ascent    684 m Total Descent



# Day 8 (11/04): Yamaga to Himeshima cycling

The final day of cycling is basically downhill, with a few climbs. We will ride along the coastline to Imi Port, passing beautiful back roads and old 1950s towns along the way. There will be an aid station along the way where you can try matcha (powdered green tea). We will disembark our bicycles at the port and take a ferry boat to the mysterious island of Himejima. This is the end of the cycling tour. 55k/730m Stay at Ryokan

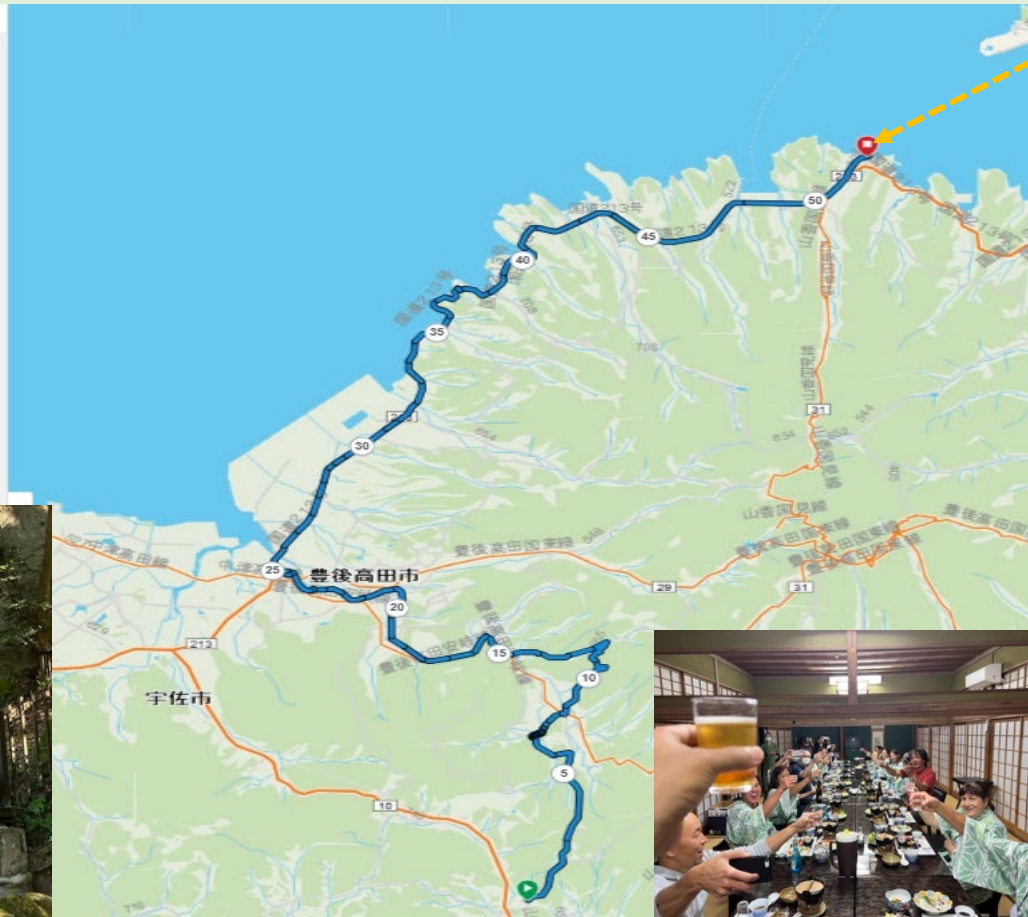
## COURSE DETAILS

### 風の郷〜伊美港

Road Cycling

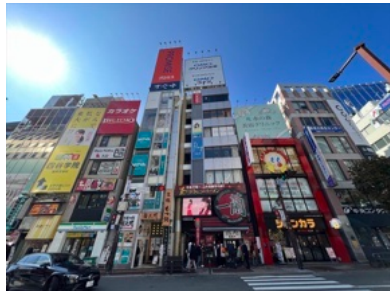
Driving Directions

52.08 km Distance  
731 m Total Ascent  
849 m Total Descent



# Day09<sub>(11/5)</sub> : Sightseeing in Himeshima and traveling to Fukuoka

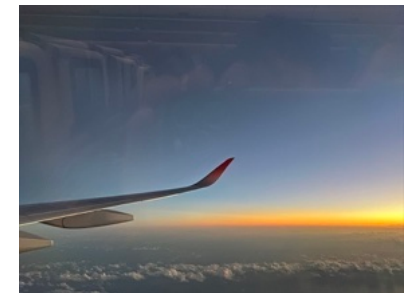
Himeshima, a remote island in northern Oita Prefecture, is part of Setonaikai National Park and rich in natural beauty. Mentioned in the *Kojiki* and *Nihon Shoki*, it is also a Japan Geopark with unique geological features from ancient volcanic activity. The island's relaxed atmosphere, stunning scenery, and local seafood make it a perfect getaway.



After sightseeing in Himeshima, a chartered bus will take you to the last city, Fukuoka (approx 2.5hours). Stay at standard hotel in the middle of Fukuoka.

# Day10<sub>(11/6)</sub> : Enjoy free time in Fukuoka – plenty to do before heading back!

This day is free for you to explore from morning to evening. In Kyushu's largest city, you can go shopping for souvenirs, enjoy local foods like delicious Hakata ramen, or visit uniquely Japanese spots such as the Pokémon Center or a cat café. No need to decide now—we'll discuss options before the tour, so let us know what you'd like to do! If one night isn't enough, you can also extend your stay—just let us know in advance.



# Your Guides in Japan



Your Coordinator  
A-1



Local Cycling Guide  
Masa



Local Cycling Guide  
Mat

Mechanic  
NTBA

Driver for Luggage van  
NTBA

HBL Escort  
NTBA

# 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 Fukuoka and a light lunch or snack 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.

# Where to stay (Hotel/Ryokan Information)



Toyoko Inn Nakatsu Ekimae



Tsukino Hotaru (Ryokan)



Nishitetsu Resort Inn Beppu



Yamaga Kazeno Sato (Ryokan)



Yachiyo kan (Ryokan)



Hotel Monterey Fukuoka

Hotel Information	In	Out	Hotel Name	Address	Website	Laundry
Nakatsu	29	31	Toyoko Inn Nakatsu Ekimae	10-11 Toyodamachi, Nakatsu, Oita	<a href="https://www.toyoko-inn.com/search/detail/00191/">https://www.toyoko-inn.com/search/detail/00191/</a>	YES
Yabakei	31	1	Tsukino Hotaru Ryokan	2142-1 Fukayama, Yabakei, Nakatsu, Oita	<a href="https://tukinohotaru.com/">https://tukinohotaru.com/</a>	Limited
Beppu	1	3	Nishitetsu Resort Inn Beppu	2-10-4 Kitahama, Beppu, Oita	<a href="https://nnr-h.com/n-inn/beppu/">https://nnr-h.com/n-inn/beppu/</a>	YES
Yamaga	3	4	Yamaga Kazeno Sato	3003 Kuranari Yamagamachi, Kitsuki, Oita	<a href="https://www.yamaga-kazenosato.com/">https://www.yamaga-kazenosato.com/</a>	Limited
Himeshima	4	5	Yachiyo kan	6326 Himeshimamura, Higashi-Kunisakigun, Oita	<a href="https://yatiyokan.com/">https://yatiyokan.com/</a>	YES
Fukuoka	5	6	Hotel Monterey Fukuoka	3-4-13 Watanabe-dori, Chuo-ku, Fukuoka	<a href="https://www.hotelmonterey.co.jp/en/fukuoka/">https://www.hotelmonterey.co.jp/en/fukuoka/</a>	YES



## <SAG wagon-Support Vehicle> We have 2 vans!

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, Cross bike Quick3 and E-assist bike**

Reliable performance road or gravel bikes perfect for cyclists of all levels.

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 11 cyclists+1 HBL escorts= Total 12 people

Land Fee (not including airfare):

**\$4,800 per person**(twin / ryokan(4p) base) if the group size are 12 people

\*The tour price may increase if the number of participants is less than 12.

### **Land fee Includes:**

Hotel Stay: Standard hotel & ryokan 8nights(Twin base/2p in a room at night 2,3,5,6,9)

At ryokan stay at night 4,7, 8, twin base is not guaranteed.

\* Specially night4, The ryokan only has four large rooms in total,  
so we'll need to be splitting them up by gender.

(Single or Twin supplement will be \$500 needed if you take a room alone at night 2,3,5,6,9)

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

Transportation: Bus(KitakyushuAirport-Nakatsu, Himeshima-Fukuoka)

JR(Beppu-Kitsuki), Ferry boat(Himeshima RT)

Support guide: 2 local cycling guides, mechanic and support car with driver (Total 4 crew)

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

### **Not including:**

International Airfare:\$1300-1500 (Honolulu-Haneda,Haneda-Kitakyushu, Fukuoka-Honolulu)

\*We can introduce a local travel agency "HIS" to make a reservation.

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 Beppu)

Your personal incidental charges etc

## **How to book and pay:**

When booking, please pay a deposit of \$2,000 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 90 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 PO Box 12200 Honolulu, HI 96828

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.

## **Cancellation policy:**

This cycling tour is a private tour for HBL members and the price is based on 12 participants. The tour price may increase if the number of participants is less than 12.

The following cancellation policy applies

Private tour cancellation fees  
More than 90 days before tour start date  
50% of tour price

0 to 60 days before tour start date  
100% of tour price

## Remarks:

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

## Question? Ask A-1.

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

