



# NIKKO

NASU Bike & Hike Tour



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# Day 1 Nasu Highland Bike Tour.

Tetsuya Yamamoto from Ride Experience guided our intrepid group of 4 foreign guests around the base of Mt. Nasu. We cycled through farmlands, forests and onsen villages stopping for a traditional river fish lunch with local vegetables and further stops for soft serve ice cream and traditional Japanese sweets. We finished the ride at a traditional ryokan with another amazing meal. It was a great introduction to the local area although there is still much to explore.







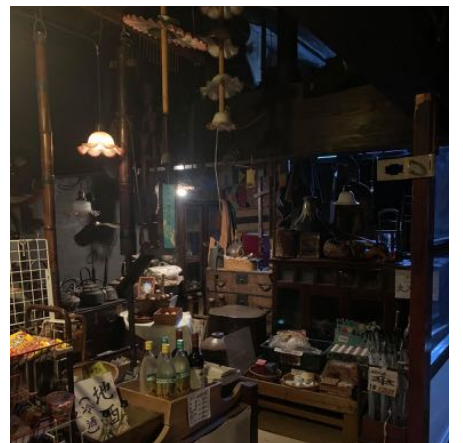
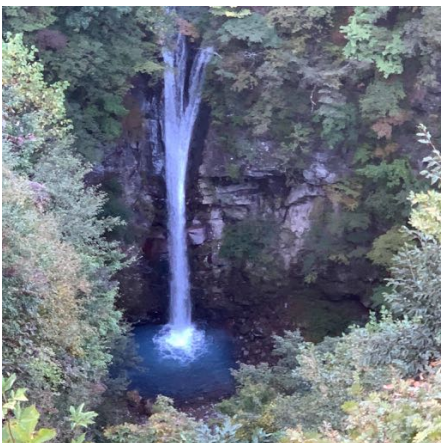


## Day 2 Hiking Mt. Nasu and soaking up the Autumn colors.

We have been fortunate to meet many local people including hiking and SUP guide “Nishi” from “Mizudori” tours. He and Yamamotosan took us to some of the best views in the area. Patience, flexibility and hot coffee on the chilly mountain top separate the good guides from the great ones. We learned about the fox with nine tails, visited a shrine dedicated to hot springs and had a dip at the very traditional “Kita onsen” The Nasu area is a four season experience and I’m already looking forward to a return.









## Day 3 Nasu to Bato along the Nakagawa.

We left the highlands for a race worthy decent to the pastoral farmlands of the Nakagawa river valley. Yamamotosan, our guide, leading us through rice fields with stops at sublime Zen temples, visits with local residents and a well known pottery studio and school. Rain began to fall in the afternoon which helped our pace as we arrived at an old Samurai residence in the postal town of Bato just before dark. Another amazing day discovering new routes and learning about the history of the area.

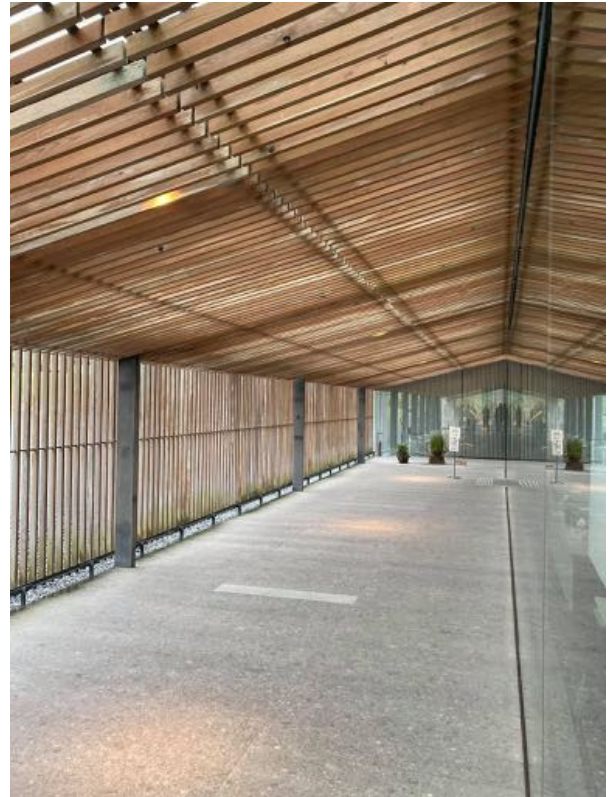








## Day 4 Bato to Nikko arts and craft tour.



A hard cold rain from the morning sent us to the inspiring Kengo Kuma designed Ukiyo-e museum with stops at local Miso merchants, local cafes and traditional Japanese sweets shops. It was a great rest day to take the pulse of the countryside areas and we will have to make up for it tomorrow with an early start for hiking and cycling in the afternoon. Very thankful to have Haru-san driving for us and looking after our group the past few days









# Day 5 of an amazing tour with ride experience and another super knowledgeable guide.

After a delicious sleep at the grand Kanaya western style hotel we set off for a marshland walk with a naturalist explaining and answering questions. We stopped by Dragons head waterfall which was so nice I didn't take any photos. Our tour finished with persistence rain falling, Haruyamasan our driver, giving us curbside drop off at the Tobu Toju Line. We will return for some more cycling and hiking soon!

