

# MEDIA RELEASE

## GOLDEN OPPORTUNITY TO CYCLE JAPAN WITH OLYMPIANS

**GOLD medal Olympian cyclist Sara Carrigan OAM will combine her cycling expertise with the tour guiding skills and charm of fellow gold medallist, speed skater Steven Bradbury OAM when they lead a cycling tour to Japan in May this year.**

Bradbury spends much of his time in the country village of Hakuba-home of the 1998 Nagano Winter Olympics and will share his local knowledge as the group cycles the magnificent Japanese Alps including the majestic Mt Fuji.

Despite competing at two different Olympics, in completely different disciplines the long time friends share a passion for cycling with Bradbury, also an accomplished cyclist, insisting the region was perfect for riding at all levels with great flats and serious mountains.

Following a recent visit to the Hakuba region Carrigan conceded Bradbury's confidence that it represented some of the best riding and scenery in world was well founded.

"It was just so beautiful pedalling through the rice paddies on quiet country roads, and then up some of Japan's famous mountains, some over 2000m high.

"We rode by ancient temples and shrines, enjoyed lunch at restaurants that were over 1000 years old and even stopped at the natural hot springs that were perfect for relaxing and easing sore muscles.

"I have ridden my bike all over the world and riding up Mt Fuji is right up there as one of my most favourite experiences.

"We decided then and there that we wanted to share such a unique Japanese experience with others but combine it with cycling support and expert instruction along the way," Carrigan said.

"The tour will include direction in climbing and descending techniques, recovery and stretching programs and we'll have maintenance and mechanical support on hand the whole way.

"But it won't be all serious riding – Bradbury's Bar will be open each evening before we tuck into gourmet Japanese cuisine, and I have no doubt there will be some tall tales told and some great fun rapping up the daily highlights.

"It will be one of those once in a life time experiences and a definite to tick off the bucket list for cycling enthusiasts of all ages and abilities," Carrigan said.

Gold Coast cycling enthusiast Paul said he couldn't wait to combine his two great loves in life - cycling and travel.

"This is an amazing opportunity that I couldn't resist – I will extend my cycling experience and enjoy some of the most picturesque scenery in the whole world – accompanied by two of our greatest Olympians," Paul said.



Sara Carrigan OAM won Olympic gold in the 130km cycling road race at the 2004 Athens Summer Olympics and is a multiple Australian Champion, Commonwealth Games medallist and World Cup winner.

Steven Bradbury OAM won Olympic gold in the 1000m short track ice speed skating event at the 2002 Salt Lake City Winter Olympics. He is a four time Olympian and World Champion who was part of a relay that won Australia's first ever winter Olympics medal at Lillehammer in 1994.

Sara Carrigan Invites you to enjoy the best of Cycling in Japan.

2012



# Japan Cycling Tour

Sara Carrigan OAM - Olympic Champion, Australian Champion, Commonwealth Games medalist, World Cup winner - has lived her dreams and then some. Now she's taking the opportunity to share her knowledge, skills, and passion for cycling on this Japan Cycling Tour which mixes the best highlights of Japan with a Japanese Alps location in the town of Hakuba - the home of the 1998 Winter Olympics. Experience the warm hospitality of the Japanese people, experience Mt Fuji, the Japanese cuisine, culture, ancient castles, temples & shrines, ride through rice paddies alongside the wildlife (mountain goats & snow monkeys), and of course sit back and relax in the soothing onsens (natural hot springs). Ride your bike through some of the world's most unique landscape and over some of the best routes found anywhere in the world.

Friday May 4th to Saturday May 12th 2012

9 days & 8 nights • Strictly limited numbers apply\* \*(Limited to 30 people)

**Rising Sun**  
Adventures

## Accommodation

- Aqua Alpine Resort - Hakuba Nagano - 7 Nights
- Fujikyu Highland Resort - Mt Fuji - 1 Night

## Package Price

- \$3,450 AUD Land only in Japan (excl Flights)

## Package Inclusions

- Tour Rider Support provided by Sara Carrigan Cycling
- Cycle instruction including climbing and descending techniques
- All Meals in Hakuba - Breakfast, Lunch and Dinner
- Breakfast and Closing ceremony Dinner at Mt Fuji
- All Transfers and transport within Japan
- Matsumoto Castle guided tour
- Cycling Support vehicle following each ride
- Maintenance and Mechanic Support (Tubes, Tyres and other supplies available to be purchased on tour)
- Energy Gels, Bars and Recovery Shake Sample Pack (Additional supplies can be purchased during the tour)
- Recovery and Stretching Area
- Natural Spring Water daily Onsen Style Bath at Aqua Alpine
- Laundry facilities available
- Souvenir Tour Cycling Jersey



## Optional Extras (charges apply)

- Personalised 12 week pre tour training Program provided by Sara Carrigan.
- Snow Monkey Tour
- Alpine Route Tour
- Fujikyu Highlands Theme Park visit
- Daily Massage services
- Mt Fuji Onsen with views
- Soba noodle making experience
- Paragliding - Soar from the skies above the Hakuba valley with tandem paragliding.
- Water Jumping - Fly off a freestyle jump & land in a pool of water on either skis or snowboards. It is great practise for freestyle skiing.
- Culture Classes at Irori Art Institute - This is the place to obtain original works of art made from natural materials. Ceramic art, vegetable dye, painting and other natural arts are taught at this studio.
- The Hakuba History Museum - see historical farm tools, daily life equipment on display and discover how people used to live. Adjacent to the museum is the historical house.



Register your interest today go to - [www.risingsunadventures.com/sara-carrigan-tour](http://www.risingsunadventures.com/sara-carrigan-tour)

Questions? Email- [josh@risingsunadventures.com](mailto:josh@risingsunadventures.com) or [Sara@saracarrigan.com](mailto:Sara@saracarrigan.com)

Or call: Phone 1300 527 267