



Scenic Bicycle Routes in Japan

全国絶景サイクリングロード



- Bicycle routes listed below are under 100km ride routes for beginners or intermediates.
- You can check the details of each bicycle route on its official website.
- Bicycle rentals are partly available around gateway, and cycle stations are established along some of the routes.
- You may need road bikes for most of the bicycle routes.
- Usually, it is recommended for beginners to spend half a day on a 30km ride.
- Please refer to the website : Traffic Rules in Japan (https://www.keishicho.metro.tokyo.jp/multilingual/english/traffic_safety/traffic_rules/index.html)

Pref.	Route	Gateway	Distance	URL
Hokkaido	Furano Biei Cycling Road The road stretches across four cities : Furano, Nakafurano, Kamifurano and Biei. Lavender farm, panorama road and Mt. Tokachi are the highlights.	Furano Sta. on JR Furano Line	80km	https://furanobiei.hokkaido.jp/cycling.html
Hokkaido	Mt. Yotei Circuit The road follows the circuit around Mt. Yotei (also called Yezo Fuji). Ostrich farm and spring water of the mountain are the highlights.	Kutchan Sta. on JR Hakodate Honsen Line	55km	https://www.niseko.co.jp/things-to-do/cycling
Aomori	HIROSAKI - Apple Fields Forever Ride - The road starts and finishes at the stations on Konan Owani Line, which offers "Cycle Train". Apple fields and Mt. Iwaki are the highlights.	Owani Sta. on Konan Tetsudo Owani Line	28km	https://aomori-cycling.com/course/
Aomori Akita	World Heritage SHIRAKAMI - All Over the Heritage Ride - The road runs along JR Gono Line, having the view of Japan Sea on the right and Shirakami Mountains (the world heritage) on the left.	WeSpa-Tsubakiyama Sta. on JR Gono Line	31km	https://aomori-cycling.com/course/
Ibaraki	Tsukuba Kasumigaura Ring Road The road is designated as a National Cycle Route. Its full course runs 180km. 40km course follows the former Tsukuba Railway line, with the view of Mt. Tsukuba.	Tsuchiura Sta. on JR Joban Line	40km	https://www.ringringroad.com/
Chiba	Rural Area Route The road ranges from coastal ride to hill climb, offering the rural landscape of Boso Peninsula.	Tateyama Sta. on JR Uchibo Line	43km	https://maruchiba.jp/osusume/cycle-tourism/index.html
Tokyo Saitama	Edogawa Cycling Road Starting at the bridge near Tokyo Disney Resort, the road runs along Edo-gawa River. The river borders some prefectures and ends in Gunma Pref. as Tone-gawa River. (full ride : 170km)	Maihama-ohashi Bridge	57km	http://www.pref.saitama.lg.jp/a1006/gurutto/gurutto-cycle.html
Kanagawa	Ride-Around Yokosuka Route "Sukaichi" The road runs around the city of Yokosuka, offering its attractions like JMSDF ships, lighthouse and more.	Yokosuka Sta. on JR Yokosuka Line	68km	https://www.cocoyoko.net/special/cycling.html
Yamanashi	Yamanakako Panoramic Viewing Platform Course The road follows the shore of Lake Yamanakako with the superb view of Mt. Fuji. The hill climb area with an approximately 5% incline is also included.	Fujisan Parking Lot	49km	https://www.yamanashi-kankou.jp/zenryoku/cycling/course/index.html
Nagano	Japan Alps Cycling 100km course is located in five cities, towns and villages of the Northern Alps area, and each offers the different appearances of Northern Alps.	Suzumushi-so Hotel	100km	https://japanalpscycling.jp/

Pref.	Route	Gateway	Distance	URL
Toyama	Toyama Countryside Cycling Route The road runs through the rural area of Toyama Pref. Historical and cultural sites and the scenery of Mt. Tsurugi are the highlights.	Kamiichi Sta. on Toyama Chiho Tetsudo Line	71km	http://www.pref.toyama.jp/cms_sec/1401/kj00018386.html
Ishikawa	Noto Satohama Route The road runs along the coastline of Japan Sea. 8km beach which can be bicycled is also included in the course.	Uchinada Sta. on Hokuriku Tetsudo Asanogawa Line	34.5km	http://www.pref.ishikawa.jp/michi/cycling/cycling-web/cycling.html
Shizuoka	Hamanako Cycling "Hamaichi" "Hamaichi" is the full trip around Lake Hamanako. Following the shoreline, it offers the scenic landscape of the lake.	Bentenjima Sta. on JR Tokaido Honsen Line	67km	http://www.hamanako-ct.jp/
Shiga	Biwako Yoshibue Road Passing the largest lake in Japan, the road runs around the merchant town Omihachiman. National Cycle Route "Biwaichi" is also available as the full trip around Lake Biwako. (200km)	Omihachiman Sta. on JR Biwako Line	26km	http://siga.jp/cycle/
Kyoto Nara	Bicycle Road around the Ancient Capital The road connects Asuka area, Nara Pref. to Arashiyama area, Kyoto Pref., running through some ancient capitals like Fujiwara-kyo, Heijo-kyo and Heian-kyo.	Togetsu-kyo Bridge	90km	http://nara-cycling.com/map/nara-kyoto/
Okayama	Hiruzen-Kogen Heights Cycling Route The road is located in the plateau resort Hiruzen-Kogen, where Jersey cows graze with the mountains in the background.	Michino-eki "Hiruzen Kogen" Roadside Station	29km	https://www.okayama-kanko.jp/hareiro-cycling/
Hiroshima Ehime	Shimanami Kaido The road is designated as a National Cycle Route. The road connects Onomichi City in Hiroshima Pref. to Imabari City in Ehime Pref., passing some islands in Seto Inland Sea.	Onomichi Sta. on JR Sanyo Honsen Line	70km	https://shimanami-cycle.or.jp/
Ehime	Imabari-Dogo Sea Breeze Cycling Course Feeling the sea breeze, the road offers the beautiful scenery of Seto Inland Sea and ends in the town of Dogo, where the oldest hot spring is located.	Cycling Terminal "Sunrise Itoyama"	52km	https://ehime-cycling.jp/course/
Shimane	Enmusubi Kaido Cycling Course Highlights of the road are Matsue-jo Castle, Lake Shinjiko and Izumo Taisha Shrine. Ichibata Densha Line offers "Cycle Train". For advanced cyclists, "Yamanami Kaido" cycling road (188km) is also available from the station to Onomichi City in Hiroshima Pref.	Matsue Shinjiko Onsen Sta. on Ichibata Densha Line	88km	https://www.kankou-shimane.com/cycling/cyclingroute/
Yamaguchi	Hagi World Heritage Sea Route The road runs through the historical and cultural city of Hagi, having the view of Japan Sea.	Hagi Sta. on JR Sanin Honsen Line	41.5km	http://cycleken-yamaguchi.com/support/cycle-root/
Fukuoka	Fukuoka-Itoshima Route Offering some nice cafes and shops, the road is popular with local cyclists. Fukuoka Tower, Marine Park and Sandy Beach are the highlights.	Ohori Park	78km	https://www.crossroadfukuoka.jp/cycletrail/cyclemap.html
Oita	Maple Yaba Cycling Road The road was converted from old railway tracks of the former Yabakei Railway line, running through the beautiful countryside.	Nakatsu Sta. on JR Nipo Honsen Line	36km	https://www.cycling-oita.jp/
Okinawa	North Area Cycling Course The road is located in the northern part of Okinawa Pref., which is called Yanbaru rural region, and offers many natural attractions including its beautiful ocean.	Nago City Hall Haneji Branch	52km	http://www.kenko-okinawa21.jp/sportsroute/map/

All information is based on data as of Oct. 2020 and is subject to change without notice.

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JNTO-TIC, Oct. 2020