



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.lg.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	88km	https://furanobiei.hokkaido.jp/en/cycling/
Hokkaido	Mt. Yotei Circuit The road follows the circuit around Mt. Yotei (also called Ezo 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/en/things-to-do/cycling
Aomori	HIROSAKI - Apple Fields Forever Ride - The road starts and finishes at the stations on Konan Tetsudo 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/en/course/hirosaki/
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/en/course/world-heritage-shirakami/
Ibaraki	Tsukuba Kasumigaura Ring 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	Minami-Boso Hana Umi Kaido Cycling - Ocean Course - The road runs through the mountain to the coastline of Boso Peninsula, with the highlights of lighthouses, Shiroyama Park and Tateyama Sunset Pier.	Tateyama Sta. on JR Uchibo Line	62km	https://tateyamacity.com/cycling_umi
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	https://www.pref.saitama.lg.jp/a1006/gurutto/saikuru.html
Kanagawa	Yokosuka City Cycling "Gurutto Sukaichi" The road ranges from coastal ride to hill climb, running around the city of Yokosuka with 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.yamanashikankou.jp/zenryoku/en/cycling/course/009.html
Nagano	Japan Alps Cycling - Northern Alps Area 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/nagaichi/other/route-01

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Toyama	Toyama Bay Cycling Route	The road is designated as a National Cycle Route. Its full course runs 102km. West route runs along the west part of Toyama Bay, a member of the Most Beautiful Bays in the world, with the scenery of Tateyama Mountain Range.	Toyama Sta. on JR Takayama Honsen Line	65km	https://cycling-toyama.jp/en/course/wangan/
Ishikawa	Noto Satohama Route	The road runs along the coastline of Japan Sea. Chirihama Nagisa Driveway, the only beach in Japan which allows cyclists to ride their bikes on, 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, which is located in between Tokyo and Osaka. Following the shoreline, it offers the scenic landscape of the lake.	Bentenjima Sta. on JR Tokaido Honsen Line	67km	https://hamanako-ct.jp
Shiga	Biwako Yoshibue Road	Passing the largest lake in Japan, the road runs around the merchant town of Omihachiman. National Cycle Route "Biwaichi" is also available as the full trip around Lake Biwako. (200km)	Omihachiman Sta. on JR Biwako Line	26km	https://pluscycle.shiga.jp/map/
Kyoto Nara	Bicycle Tour 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	https://www3.pref.nara.jp/cycling/map/
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/en/route/route08.html
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://visitshimanami.com/
Ehime	Imabari-Dogo Hamakaze Sea Route	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"	67km	https://cycling-ehime.com/en/routes/hamakazekaido/
Shimane	Enmusubi Kaido Cycling Course	The highlights 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 Kita-Matsue Line	88km	https://www.kankou-shimane.com/cycling/en/cyclingroute/enmusubikaido/
Yamaguchi	Hagi World Heritage Sea Route	The road runs through the historical and cultural city of Hagi, passing some World Heritage sites and having the view of Japan Sea.	Hagi Sta. on JR Sanin Honsen Line	41km	http://cycleken-yamaguchi.com/support/cycle-root/hagi-sekaiisan.html
Fukuoka	Fukuoka-Itoshima Route	Offering some nice cafes and shops along the seaside, the road is popular with local cyclists. Fukuoka Tower, Marine Park and Sandy Beach are the highlights.	Ohori Park	78km	https://www.crossroadfukuoka.jp/en/articles/cycle/root1
Oita	Maple Yaba Cycling Road	The road was converted from old railway tracks of the former Yabakei Railway Line, running through the beautiful countryside with the gorge.	Nakatsu Sta. on JR Nipo Honsen Line	36km	https://www.cycling-oita.jp/en/roadmap/197/
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 Jul. 2024 and is subject to change without notice.

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JNTO-TIC, Jul. 2024