

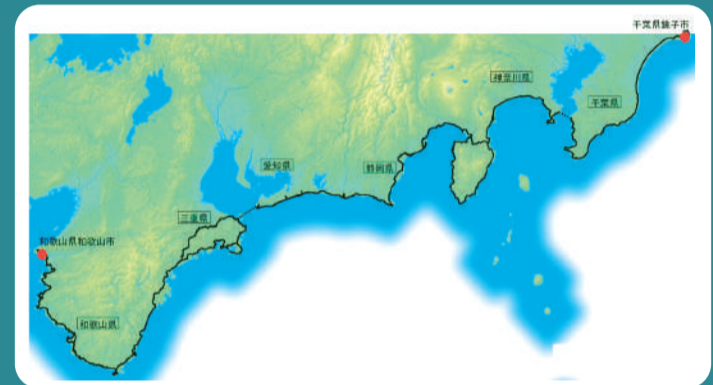


Pacific Cycling Road Cycling Map

~ Don't Rush! Take It Fast-and-Slow! ~

This golden route passes through some of Japan's most scenic and touristic areas. Don't rush! Find a fast-and-slow rhythm that lets you experience the full richness of Japan.

Aichi Pref.



Pacific Cycling Road Cycling Map

More information on our website



~ Don't Rush! Take It Fast-and-Slow! ~

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Wakayama Pref.



Shirasaki Sea Coast

Mie Pref.



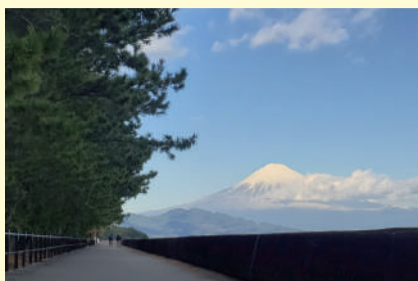
Meotoiwa (wedded-rocks)

Aichi Pref.



Cape Irago Lighthouse

Shizuoka Pref.



Mt. Fuji

Kanagawa Pref.

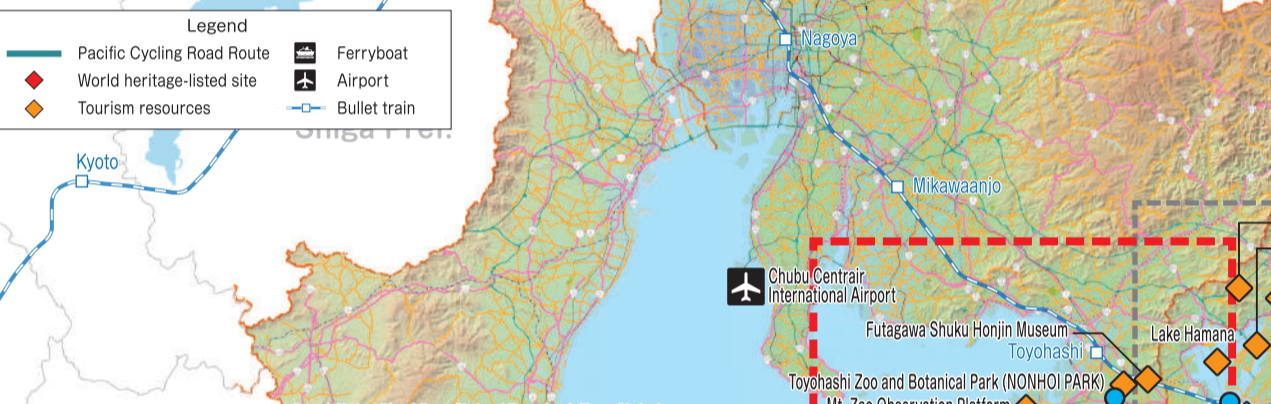
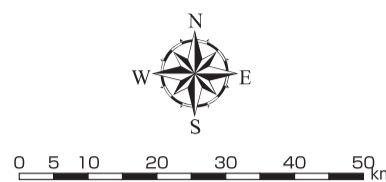


Shonan Sea Coast

Chiba Pref.



Inubasaki



Rules for Bicycles

- In general, bicycles are to ride on the road.
 - *Bicycles follow the same rules as cars
 - *Always ride on the left side of the road.
 - *When traveling on sidewalks, give pedestrians priority and travel on the road side of the route.
 - *When bicycles can normally use sidewalks
 - When there are signs indicating that bicycles may use the sidewalk
 - When the rider is under 13, 70 or older, or has a physical disability
 - When traffic conditions require riding on the sidewalk for safety
 - *Tandem bikes cannot use sidewalks.
- Obey traffic signals and always come to a complete stop at stop signs.
- Riding while using a cellphone, headphones with high volume or an umbrella is prohibited.
- Riding under the influence of alcohol and riding double (riding beyond capacity limit) are strictly forbidden.
- Do not ride side-by-side. Always ride single-file.
- Turn on lights at night and in tunnels.
- Get a bicycle damage liability insurance plan.

[Wear a cycling helmet!]

Many people dying in cycling accidents suffer serious injury to their heads. Prepare for accidents by wearing a helmet that will protect your head while riding.

✓ Safety Checklist

Regularly check the following.

- ☐ Brake adjustment
- ☐ Chain oil/air pressure
- ☐ Remaining light battery (front and back)

[Tire Condition]

- ☐ Cracks in the tread?
- ☐ Can you see the cloth/thread?
- ☐ Hole worn in the tread?
- ☐ Object stuck in the tire?
- ☐ Tire noise while riding?
- ☐ Recently inspected? (Recommended at least once a year)

If there is any problem, visit a bicycle shop for adjustment or repair. And be sure to get a checkup at a bicycle shop before a special event or long ride.

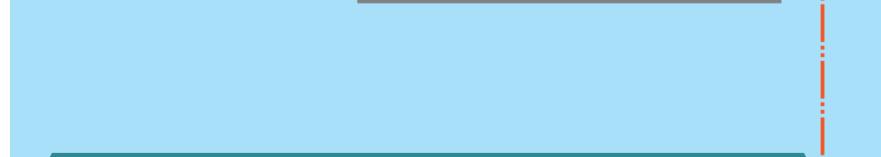
* Check brakes again before descending!

* There are many tunnels. Attach lights to both front and back!

[Beware of Thieves]

Nothing ruins your ride like a stolen bicycle. Don't let your bicycle be taken from a rack. If you can't see it, be sure it is locked!

Updated Dec, 2020



Wakayama Pref.

What to eat?

Get details about local cuisine from the tourist information for each area in the regional information section of the Pacific Cycling Road website.



1 The Pacific Cycling Road Route

The Pacific Cycling Road is a 1,400 km cycling road that runs from Choshi City, Chiba Prefecture through Kanagawa Prefecture, Shizuoka Prefecture, Aichi Prefecture, and Mie Prefecture, and ends in Wakayama Pref. Wakayama city, Wakayama Prefecture.

Along the cycling road, there are many sightseeing spots and scenic spots including Mt. Fuji, a World Heritage Site.

2 The Concept

- A route for safe bicycling
- A route that is easy to follow
- A route that is consistently promoted as an experience of the Pacific Coast

3 Road markings and information signs



Traveling with a Bicycle on Public Transport

- The JR railway and some other public transport companies allow bicycles inside passenger carriages if they are folding bicycles, or if they are disassembled and inside a carry bag. Please inquire about the policy of each transport company.
- Bicycles with protruding or unfolded parts may not be allowed.
- Bicycles may be excluded during periods when transport is crowded.
- Please take care not to disturb others when disassembling and assembling your bicycle before and after your ride.



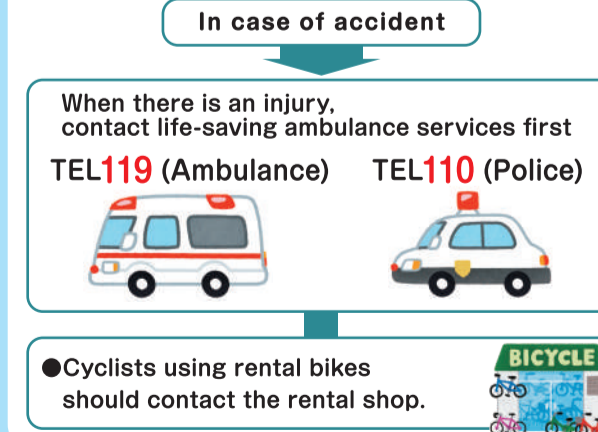
Ferries



Cycle Station

Feel free to stop by on your trek to rest at these places provided along the route of the Pacific Cycling Road in each prefecture. For details see the Pacific Cycling Road website.

In case of emergency



Contact in case of bicycle issues

For details, see the Pacific Cycling Road website.



The official website provides Google mapping of the route and links to information about localities along the route.



- Gateway

No.	Name	Phone
1	Michi-no-Eki Toyohashi	0532-21-3500
2	Michi-no-Eki Irago Crystal Port	0531-35-6631

● Cycle Station

No.	Name	Phone
1	Michi-no-Eki Toyohashi	0532-21-3500
2	Michi-no-Eki Tahara Mekkun House	0531-23-2525
3	Michi-no-Eki Akabane Loco Station	0531-45-5088
4	Michi-no-Eki Irago Crystal Port	0531-35-6631

- Cyclist-friendly lodging facilities

No.	Name	Phone
1	Kasayama-Sou	0120-276-815
2	Tamagawa	0531-32-0234
3	Kyukamura Irago	0531-35-6411
4	Taharaya	0531-35-1097
5	Irago Sea-Park & Spa	0531-35-1500
6	Ryugu no Yado	0531-35-6525
7	Irako View Hotel	0531-35-6111

Isewan Ferry
Time about 55 minutes

**Toyohashi Railroad Atsumi Line**