

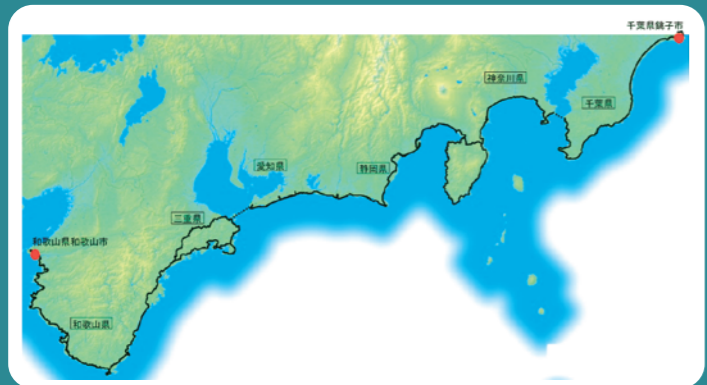


Pacific Cycling Road Cycling Map

~ 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

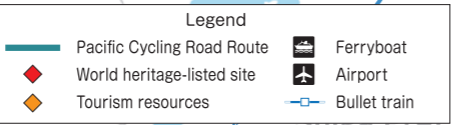
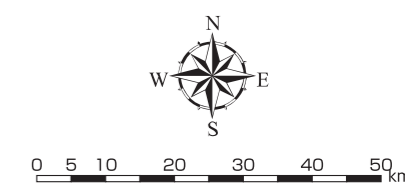
More information on our website



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- Wakayama Pref.
- Mie Pref.
- Aichi Pref.
- Shizuoka Pref.
- Kanagawa Pref.
- Chiba Pref.



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)

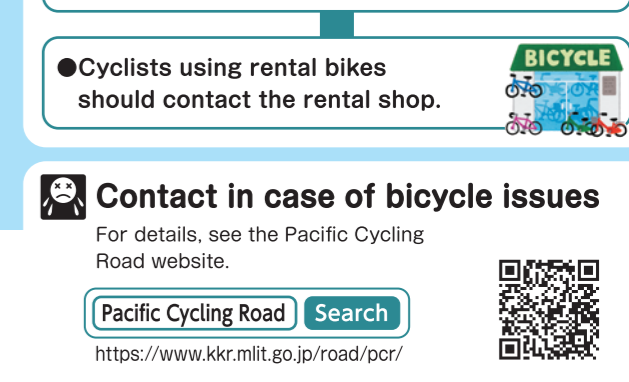
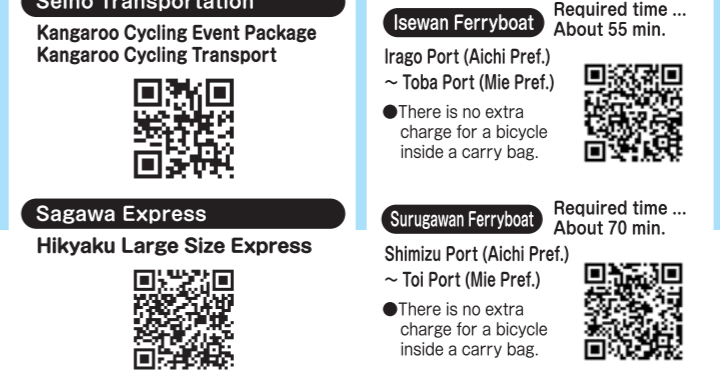
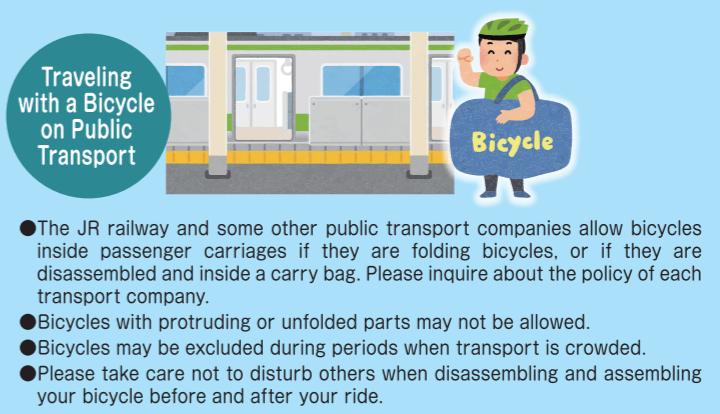
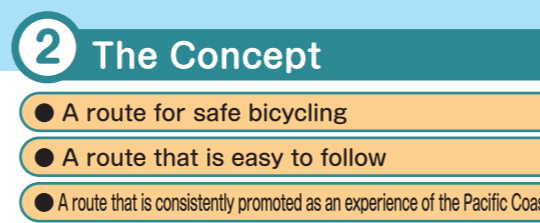
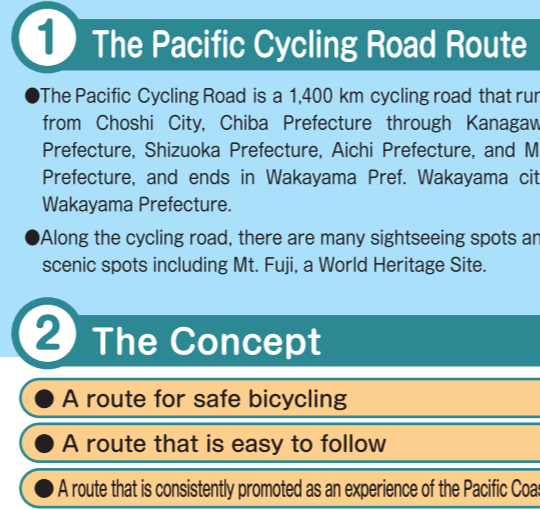
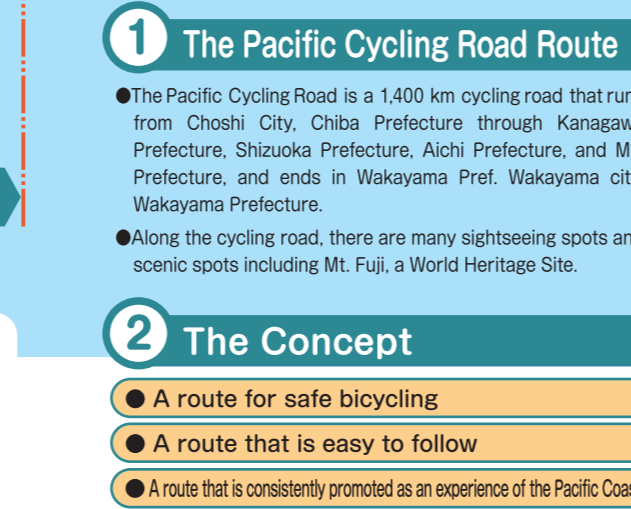
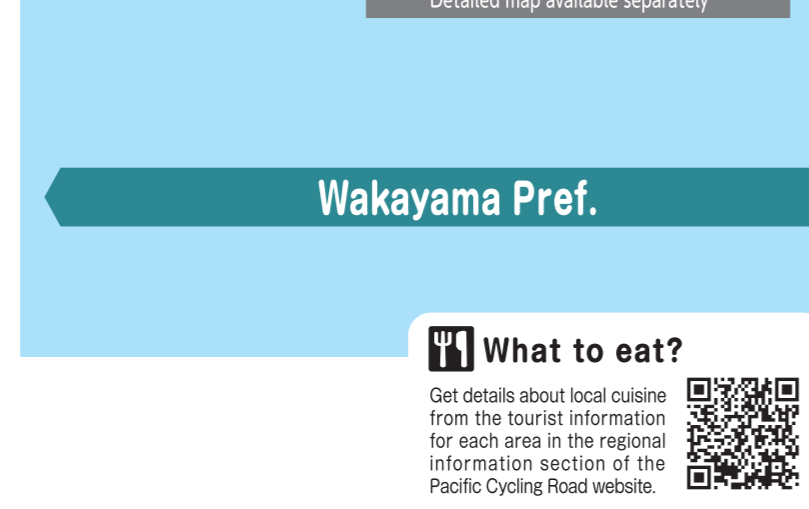
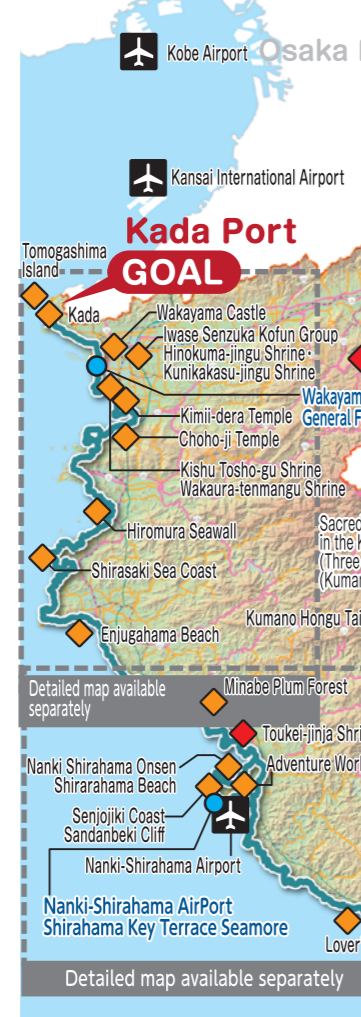
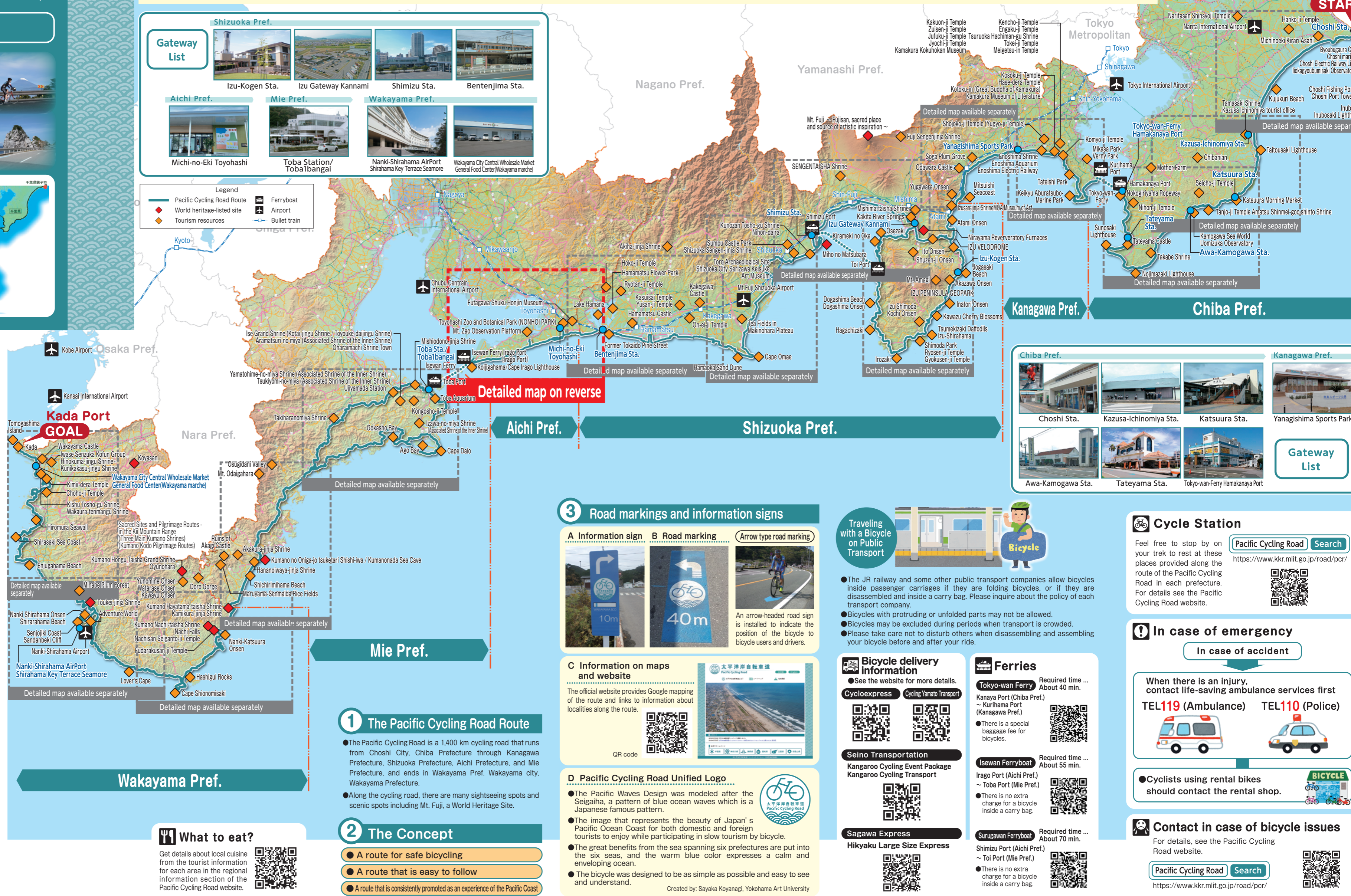
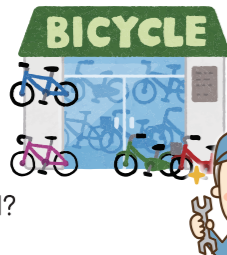
- Cracks in the tread?
- Can you see the cloth/thread?
- Hole worn in the tread?
- Object stuck in the tire?
- Tire noise while riding?
- Recently inspected? (Recommended at least once a year)

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!





Pacific Cycling Road

Aichi Pref.

Pacific Cycling Road website

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



Aichi Pref.

Cycle along a beautiful view of the Pacific Ocean at Cape Irago



Aichi pref. Facility information

Gateway

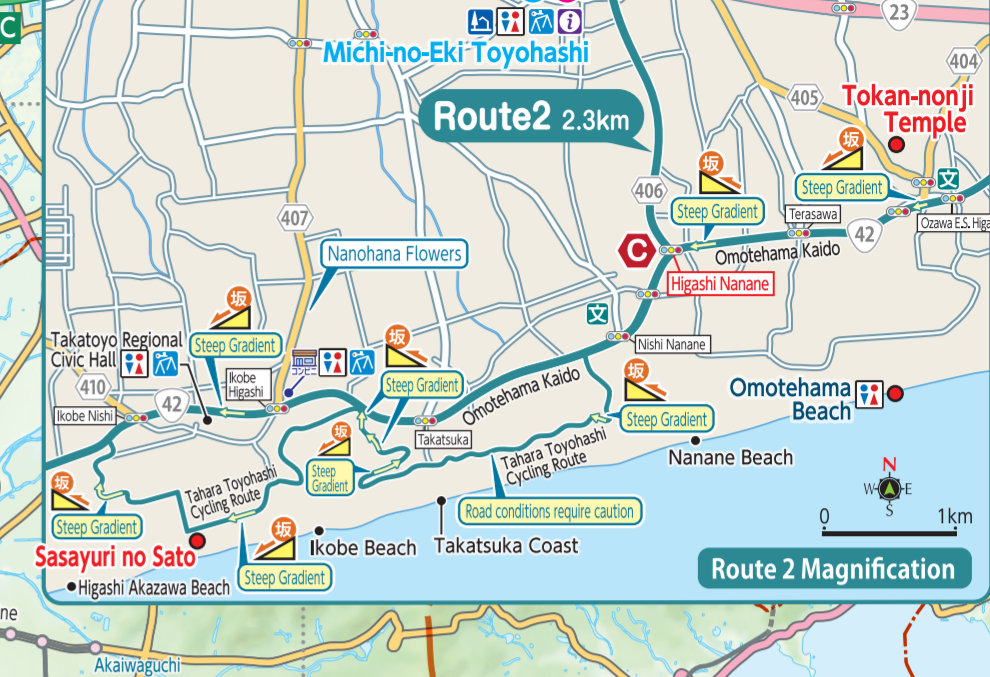
No	Name	Phone
1	Michi-no-Eki Toyohashi	0532-21-3500

Cycle Station

No	Name	Phone
1	Michi-no-Eki Toyohashi	0532-21-3500
2	Michi-no-Eki Tahara Mekun House	0531-23-2525
3	Michi-no-Eki Akabane Loco Station	0531-45-5088

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



Ferry Information

Isewan Ferry
Time about 55 minutes



Irago Ferry Port (Aichi) to Toba Ferry Port (Mie)

Placing your bicycle in a bag enables you to ride on the boat for the price of a normal ticket. For details see the website.



Cycle Train

Toyohashi Railroad Atsumi Line



Shin-Toyohashi Station to Mikawa-Tahara Station.

You can ride the train with your bicycle. For details, see the website.



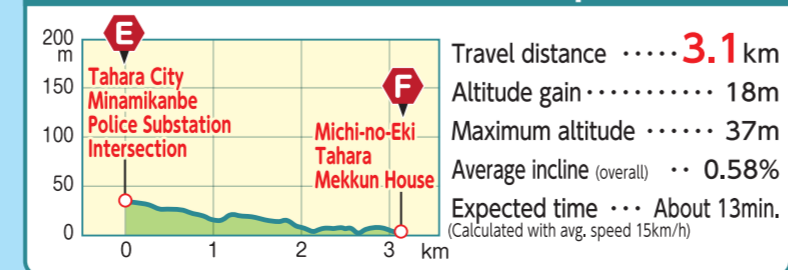
Route 1 (Michi-no-Eki Shiomizaka to Irago Point Route) 50.9km



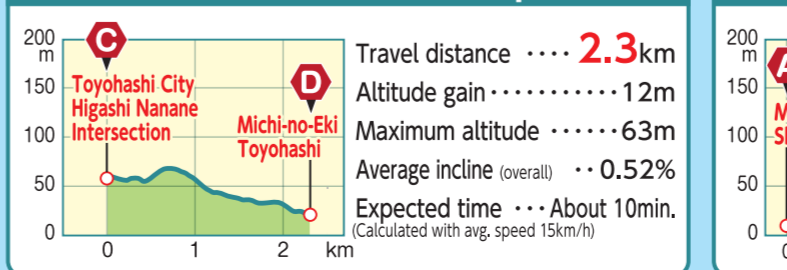
Legend

	Pacific Cycling Road		City Hall		Hospital
	Route junction		Town Hall		Convenience store
	Gateway		Michi-no-Eki		Bicycle rental
	Cycle Station		Tourism information center		Cycling store
	Cyclist-friendly lodging facilities		WiFi availability		Bicycle rack
	Tourism resources		Toilet		Repair support/tools available
	Sightseeing		School		Lodging facilities
	Shinkansen		Hot spring		Restaurant
	JR line		Ride info (hilly road)		
	Private railway				

Route 3 Elevation Map



Route 2 Elevation Map



Route 1 (Michi-no-Eki Shiomizaka to Irago Point Route) Elevation Map

