



Pacific Cycling Road Cycling Map

More information on our website



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

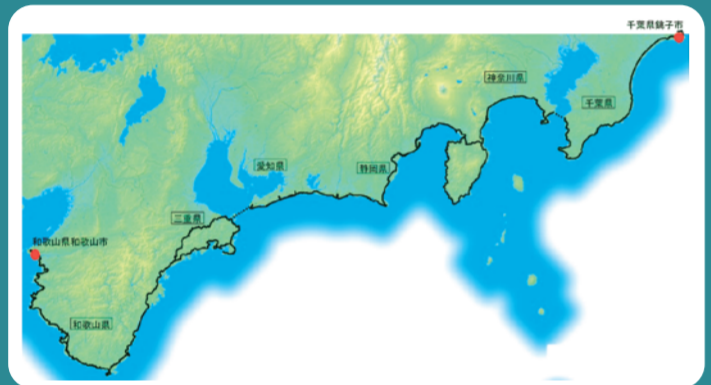
This golden route passes through some of Japan's most scenic and touristic areas. Don't rush! Find a fast-and-slow rhythm that lets you experience the full richness of Japan.

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.

Chiba Pref. [North]



Wakayama Pref.



Shirasaki Sea Coast

Mie Pref.



Meotoiwa (wedded-rocks)

Aichi Pref.



Cape Irago Lighthouse

Shizuoka Pref.



Mt. Fuji

Kanagawa Pref.

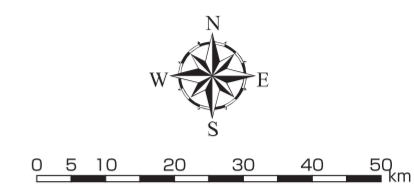


Shonan Sea Coast

Chiba Pref.



Inubasaki



Gateway List

Shizuoka Pref.	Aichi Pref.	Mie Pref.	Wakayama Pref.
Izu-Kogen Sta. Izu Gateway Kannami Shimizu Sta. Bentenjima Sta.	Michi-no-Eki Toyohashi	Toba Station/ TobaBanga	Nanki-Shirahama Airport Shirahama Key Terrace Seamore Wakayama City Central Wholesale Market General Food Center(Wakayama march)

Legend

- Pacific Cycling Road Route
- World heritage-listed site
- Tourism resources
- Ferryboat
- Airport
- Bullet train

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 12.2020

The main map shows the Pacific Cycling Road route starting from Choshi Station in Chiba Prefecture and ending at Kada Port in Osaka Prefecture. It passes through Chiba, Kanagawa, Shizuoka, Aichi, Mie, Nara, and Wakayama Prefectures. Key landmarks include Mt. Fuji, the Shirasaki Sea Coast, and various temples and shrines. Detailed maps for each prefecture are provided as insets.

Wakayama Pref.

Wakayama City Central Wholesale Market
General Food Center(Wakayama march)

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 1,400km 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

A Information sign **B Road marking** **Arrow type road marking**

An arrow-headed road sign is installed to indicate the position of the bicycle to bicycle users and drivers.

C Information on maps and website

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

D Pacific Cycling Road Unified Logo

The Pacific Waves Design was modeled after the Seigaiha, a pattern of blue ocean waves which is a Japanese famous pattern.

The image that represents the beauty of Japan's Pacific Ocean Coast for both domestic and foreign tourists to enjoy while participating in slow tourism by bicycle.

The great benefits from the sea spanning six prefectures are put into the six seas, and the warm blue color expresses a calm and enveloping ocean.

The bicycle was designed to be as simple as possible and easy to see and understand.

Created by: Sayaka Koyanagi, Yokohama Art University

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.

Bicycle delivery information

See the website for more details.

Cycloexpress **Cycling Yamato Transport**

Seino Transportation

Kangaroo Cycling Event Package
Kangaroo Cycling Transport

Sagawa Express

Hikyaku Large Size Express

Ferries

Tokyo-wan Ferry Required time... About 40 min.

Kanaya Port (Chiba Pref.) ~ Kurihama Port (Kanagawa Pref.)

There is a special baggage fee for bicycles.

Isewan Ferryboat Required time... About 55 min.

Irago Port (Aichi Pref.) ~ Toba Port (Mie Pref.)

There is no extra charge for a bicycle inside a carry bag.

Surugawan Ferryboat Required time... About 70 min.

Shimizu Port (Aichi Pref.) ~ Toi Port (Mie Pref.)

There is no extra charge for a bicycle inside a carry bag.

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.

<https://www.kkr.mlit.go.jp/road/pcr/>

In case of emergency

In case of accident

When there is an injury, contact life-saving ambulance services first

TEL119 (Ambulance) **TEL110 (Police)**

Cyclists using rental bikes should contact the rental shop.

Contact in case of bicycle issues

For details, see the Pacific Cycling Road website.

[Pacific Cycling Road Search](https://www.kkr.mlit.go.jp/road/pcr/)



Pacific Cycling Road

Chiba Pref. (North)

Pacific Cycling Road website

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

Pacific Cycling Road Search



Chiba Pref.



Cape Inubo is the easternmost point in the Kanto region. Here you can see the earliest sunrise in the region, aside from mountaintops and small remote islands.

Chiba Pref. Facility information

Gateway		Cycle Station	
No.	Name	No.	Name
1	Choshi Station (Choshi Tourist Information Center)	1	Choshi Station (Choshi Tourist Information Center)
	0479-22-1544		0479-22-1544
Accommodation			
No.	Name	Phone	
1	Choshi Plaza Hotel	0479-22-0070	
2	Hotel Sunrise Choshi	0479-25-7070	
3	Kamome Hotel	0479-22-6255	
4	Inubosaki Hotel	0479-22-8111	
5	Kanpo No Yado Asahi	0479-63-2161	
6	NANJA MONJA	0479-84-0317	

B.B. BASE

BOSO BICYCLE BASE



We have a special train car designed for cyclists, with bicycle racks. A new way of traveling the Boso Peninsula (reservation required).

We provide a recommended cycling route around the Boso Peninsula. Please refer to our homepage for more information.



Legend		City Hall		Hospital	
	Pacific Cycling Road		City Hall		Hospital
	Road Fork		Town Hall		Convenience store
	Gateway		Michi-no-Eki		Bicycle Rental
	Cycle Station		Tourist Information Center		Bicycle Shop
	Accommodation		WiFi Available		Bicycle Rack
	Tourism resources		Toilet		Bicycle Repair Facility
	Sights		Hot Springs		Lodgings
	Shinkansen		School		Ferry
	JR Line		Ride info (hilly road)		Restaurant
	Private railway				



Cycling road starting point



Choshi Fishing Harbor



Choshi Electric Railway

START

1 Choshi Station (Choshi Sightseeing Information Center)

Icons for facilities: wheelchair, bicycle, information, etc.

1 Choshi Plaza Hotel

2 Kamome Hotel

3 Shiosai Fureai Square

4 Inubosaki Hotel

5 Kanpo No Yado Asahi

6 NANJA MONJA

6 Umi no Eki Seaside Plaza Kujukuri

6 Katakai Beach

6 Kujukurihama

6 Sunrise Kujukuri (government-run lodge)

