



Pacific Cycling Road Cycling Map

More information on our website



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

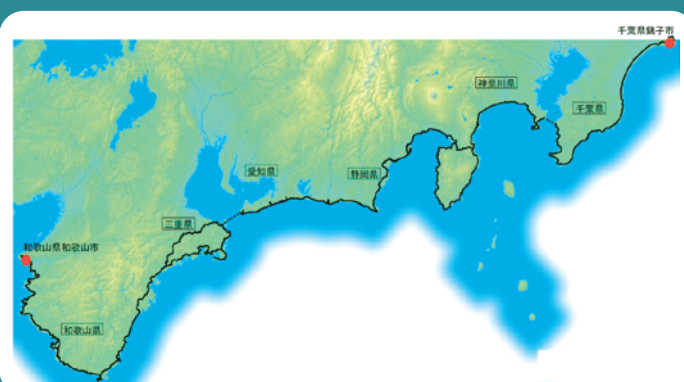
This golden route passes through some of Japan's most scenic and touristic areas. Don't rush! Find a fast-and-slow rhythm that lets you experience the full richness of Japan.

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~ 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.

Mie Pref. Kisei route (Ise-Shima ver.)



Wakayama Pref.



Shirasaki Sea Coast

Mie Pref.



Meotoiwa (wedded-rocks)

Aichi Pref.



Cape Irago Lighthouse

Shizuoka Pref.



Mt. Fuji

Kanagawa Pref.

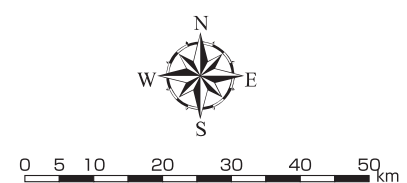


Shonan Sea Coast

Chiba Pref.



Inubasaki

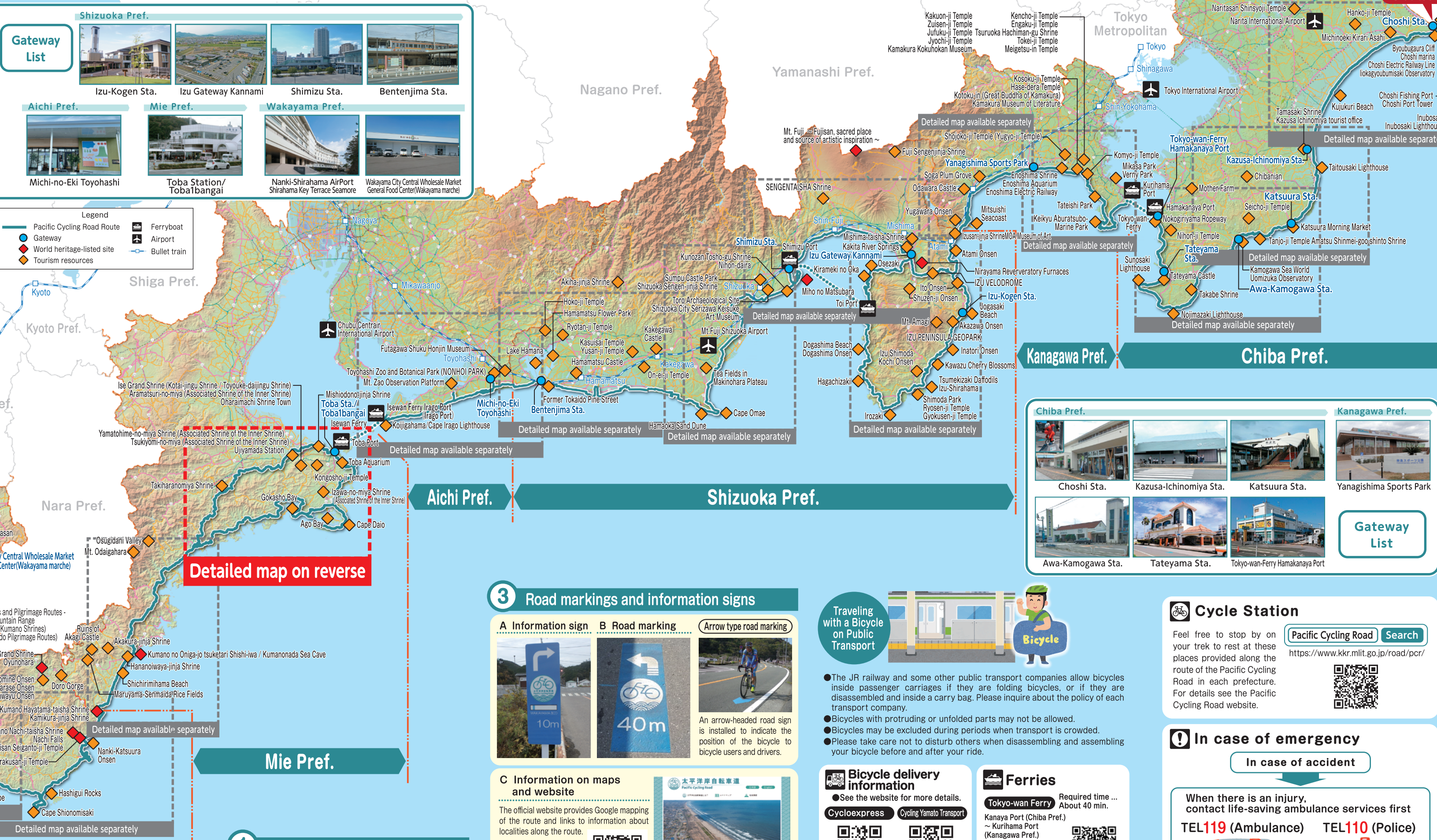


Gateway List

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

Legend

- Pacific Cycling Road Route
- Gateway
- 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!

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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

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

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.

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



Pacific Cycling Road

Mie Pref. [Ise-Shima ver.]

Pacific Cycling Road website

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Mie pref.

The Shima Bridge is known as "Pearl Bridge" because of its shining pearly color. Ago Bay and the surrounding mountains are quite beautiful.

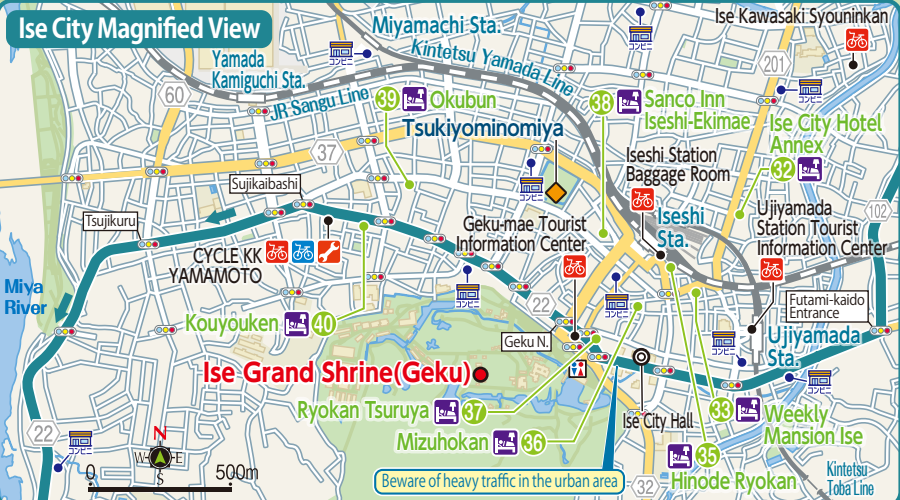
Mie pref. Facility information

Gateway		
No.	Name	Phone
1	Toba Station/Toba1bangai	0599-25-2844

Cyclist-friendly lodging facilities		
No.	Name	Phone
1	Arashima Inn	090-3259-2790
2	Hotel Yulala	0599-25-2829
3	Season Inn Amigos	0599-33-6120
4	Jubei	0599-33-6220
5	Ryokan Tachibana	0599-57-2731
6	Hotel Shima Spain Village	0599-57-3511
7	Season Inn Amigos	0599-57-3211
8	Quintessa Hotel Ise-Shima	0599-44-4045
9	Quintessa Hotel Ise-Shima	0599-44-0511
10	Hirokasou	0599-45-3121
11	Hirokasou	0599-45-3121
12	Minshuku Tama	0599-72-1345
13	Ryokan Zigamiya	0599-72-2201
14	Ichiraku Hotel	0599-84-3300
15	Kanko Ryokan Misakiso	0599-88-3033
16	Minshuku Sokichi	0599-53-0639
17	Gourmet Pension Aoiumi	0599-53-2227
18	Seaside Hotel Geiboso	0599-53-0029
19	Hamaguchiya	0599-69-2067
20	Umibouzu	0599-64-0010
21	Ukushima Park Nantou	0596-77-1555
22	Sushitomo Ryokan	0596-78-0311
23	Minshuku Shiosai	0596-43-2172

Cycle Station		
No.	Name	Phone
1	Futami Parking lot	-
2	Osatsu Parking lot	-
3	Nakirisho Park	-
4	Nagatasho Park	-
5	Uminomichi Park	-
6	Minamisecho Chomin Community Hall	0599-67-1011
7	Togusho Park	-
8	Ise Shima National Park	-
9	Okubo Park	-
10	Omiya Cycling Terminal	0598-86-2501
11	Michi-no-Eki Okuise Kitsutsukikan	0598-86-3229
12	Michi-no-Eki Kii Nagashima Manbo	0597-47-5444

*Need to be confirmed before use.



Legend

Pacific Cycling Road	City Hall	Sights
Road Fork	Town Hall	Toilet
Gateway	School	Michi-no-Eki
Cycle Station	Post Office	Bicycle Rental
Accommodation	Hot Spring	Bicycle Shop
World heritage-listed site	Hospital	Bicycle Rack
Tourism resources	Restaurant	Lodgings
Ferryboat	Convenience Store	Bicycle Repair Facility
	The Kumano Kodo	Ride info (hilly road)

