



Pacific Cycling Road Cycling Map

More information on our website



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

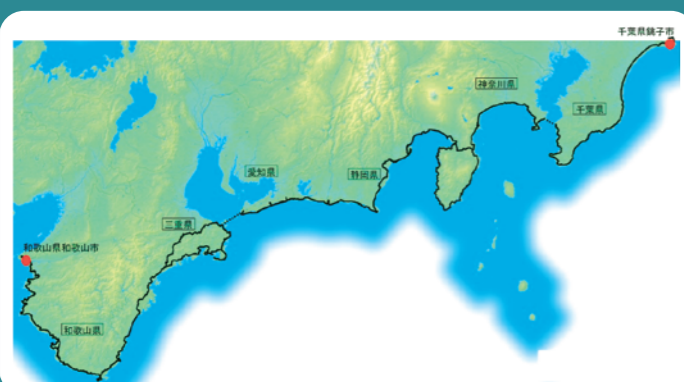
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Pacific Cycling Road Cycling Map

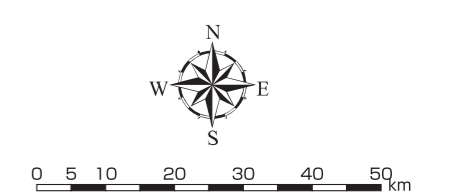
~ Don't Rush! Take It Fast-and-Slow! ~

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Shizuoka Pref. (Shida-Haibara Area Ver.)

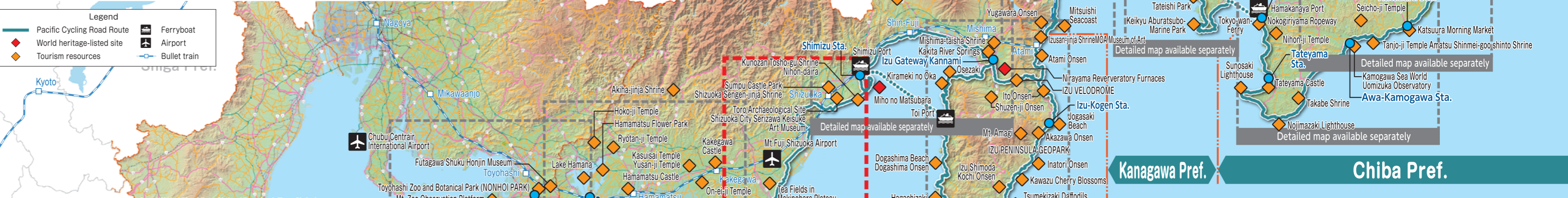


- Wakayama Pref.**
- Mie Pref.**
- Aichi Pref.**
- Shizuoka Pref.**
- Kanagawa Pref.**
- Chiba Pref.**



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



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!

Kada Port GOAL

Osaka Pref. | Kansai International Airport

Nara Pref. | Mt. Odagahara

Mie Pref. | Toba Port

Wakayama Pref. | Nanki-Shirahama Airport

Shirahama Key Terrace Seamore

Hashigui Rocks

Cape Shionomaki

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

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.

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



Pacific Cycling Road

Shizuoka Pref. (Shida-Haibara Area)

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



See a side of Shizuoka you've never seen before.

SHIZUOKA CYCLING



See Mt. Fuji, Suruga Bay, the Izu Peninsula, the old Tokaido Road, vast tea fields, and more. Cyclists both advanced and beginners alike can enjoy these sights on Shizuoka Cycle Road!



Shizuoka Pref.

Enjoy cycling along the Suruga bay, with views of Mt.Fuji, and the Pacific Ocean.



Shizuoka Pref. Facility Information

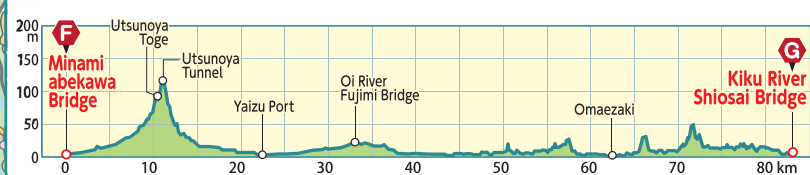
Cycle Station

No.	Name	Phone
19	Osada Gymnasium	054-257-3411
20	Michinoeki Utsunoya Toge	054-256-2545
21	Umieru Yaizu	-
22	Koyama Castle Observation Deck	0548-32-9286
23	Nabura-kan Farmer's Market	0548-63-2001
24	Michinoeki Kaze-no-Marche Omaezaki	0537-85-1177

Cyclist-friendly lodging facilities

No.	Name	Phone
31	Kuretake-Inn Yaizuekimae	054-620-0011
32	Hotel Route-Inn Yaizu Inter	054-671-0001
33	Omaezaki Youth Hostel	0548-63-4518
34	Isokaze	0537-85-4811
35	Hotel Gen Omaezaki	0537-85-6011

Shida-Haibara Route Minamiabekawa Bridge - Kiku River Shiosai Bridge



Travel distance ... **83.3km**
 Altitude gain ... 244m
 Maximum altitude ... 118m
 Average incline (overall) ... 0.29%
 Expected time ... About 5h 35min.
 (Calculated with avg. speed 15km/h)



Shida-Haibara Route Minamiabekawa Bridge - Kiku River Shiosai Bridge 83.3km



Awagatake Chamoji-no-Sato

Tsumagoi Resort Sai-no-Sato

Tanno-Ike Park

Shiosai Bridge

Hamaoka Dunes

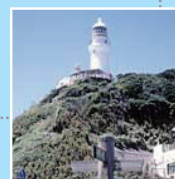
Omaezaki Youth Hostel



Tanno-Ike Park



Tea plantations in Makinohara



Omaezaki Lighthouse



Tanaka Castle Shimoyashiki



Tea plantations in Makinohara

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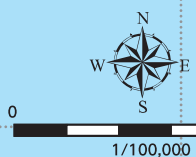
Omaezaki Lighthouse

Omaezaki Lighthouse

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Omaezaki Lighthouse

- Legend**
- Pacific Cycling Road
 - Road Fork
 - Shinkansen
 - JR line
 - Private railway
 - Ferry
 - Airport
 - Gateway
 - Cycle Station
 - Accommodation
 - World heritage-listed site
 - Tourism resources
 - Sightseeing
 - Prefectural office
 - City Hall
 - Town Hall
 - Michi-no-Eki
 - Toilet
 - Bicycle pump rentals
 - Drinking water is available
 - Rest area
 - Convenience store
 - Ride info (hilly road)
 - Cycling store
 - Repair support/tools available
 - Tourism information center
 - WiFi availability
 - Lodging facilities
 - AED
 - Hot spring
 - Hospital
 - Restaurant



1/100,000