

### Rules for Bicycles

- Bicycles travel on the roadway (Only rarely on the sidewalk.)
- \* Bicycles follow the same rules as cars
- \* Always ride on the left side of the road.
- \* Sidewalk riding is prohibited, except where posted.
- \* Where signs permit sidewalk riding, yield to pedestrians, ride slowly, and be prepared to stop instantly along the edge of the roadway.
- 2 Never ride under the influence of alcohol. Never carry a second person (except on a tandem bike).
- 3 Always ride in single file.
- 4 Turn on lights at night and in tunnels.
- 6 Obey traffic signals and stop signs.
- Never use a phone, headphones, or umbrella while riding.
- Wear your helmet

#### Safety Checklist

Regularly check the following.

- ☐ Brake adjustment ☐ Chain lubrication
- ☐ Tire pressure (Tire Condition)
- ☐ Cracks in the tread?
- ☐ 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

#### [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 February 3, 2020

Nanki-Shirahama Airport

Wakayama Pref.

The Pacific Cycling Road Route

●The Pacific Cycling Road is a 1,400 kmcycling 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.

including Mt. Fuii, a World Heritage Site.





# ~ 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.



## 3) Road markings and information signs

- A Information sign
- B Road marking
- C Information on maps and website
- D Pacific Cycling Road Unified Logo

#### A Information sign B Road marking







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



# D Pacific Cycling Road Unified Logo

information about localities along the

QR Codes



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

\* THU MHHIN & DHU O RIN OF THE OF THE

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

pacific cycling road search

enveloping ocean.

The bicycle was designed to be as simple as possible and easy to

Created by: Sayaka Koyanagi, Yokohama Art University

# • 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

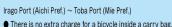
- Bicycles with protruding or unfolded parts may not be allowed.
- Bicycles may be excluded during periods when transport is crowded.
- Please take care not to disturb others when disassembling and assembling your bicycle before and after your ride

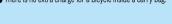
#### **Example 2** Ferries

#### Tokyo-wan Ferry Required time ... About 40 min. Kanaya Port (Chiba Pref.) ~ Kurihama Port (Kanagawa Pref.)

• There is a special baggage fee for bicycles.









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

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





Kumano no Oniga-jo tsuketari Shishi-iwa / Kumanonada Sea Cave

- A route for safe bicycling
- A route that is easy to follow
- Along the cycling road, there are many sightseeing spots and scenic spots
   A route that is consistently promoted as an experience of the Pacific Coast

Mie Pref.



# **Pacific Cycling Road**

Wakayama Pref. Mie Pref.

The official website provides Google mapping of the route

Pacific cycling Road

Pacific cycling Road website

Search

Aramatsuri-no-miya (Associated Shrine of the Inner Shrine)
Oharaimachi Shrine Town (amatohime-no-miya Shrine (Associated Shrine of the Inner Shrine) Tsukiyomi-no-miya (Associated Shrine of the Inner Shrine)

Takiharanomiya Shrine

Ise Grand Shrine (Kotai-jingu Shrine / Toyouke-daijingu Shrine)

Wakayama Pref.





Shirasaki coast is known as the Aegean Sea of Japan, with beautiful contrasts between the blue of the ocean and white rock.

No.	Name	Phone
1	Nanki-Shirahama Airport	0739-43-0095
2	SHIRAHAMA KEY TERRACE HOTEL SEAMORE	0739-43-1000









Kongosho-ji Temple



Ago Bay

**Toward Aichi Pre** 

Mishiodono-jinja Shrine

Toba Port

(Irago Port)

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

## 0599-25-2126 Cycle Station 1 Toba Station 1 Futami Parking Accommodation 1 TOBAS 2 QUINT 3 FAMILY 4 FIORE 5 MIYAKO AQUA F 6 GOURI

	Accommodatio				
_	Name	Phone	2	Osatsu Parking	_
1	TOBA SEASIDE HOTEL	0599-25-8181	3	Nakiri Park	_
2	QUINTESSA ISESHIMA	0599-44-0511	4	Osada Park	_
3	FAMILY HOTEL HANAYA	0599-46-1020	5	Uminomichi Park	_
4	FIORE SHIMA	0599-77-0079	6	Minamiise Cultural Hall	0599-67-101
5	MIYAKO RESORT OKUSHIMA AQUA FOREST	0599-73-0001	7	Togu Park	_
6	GOURMET PENSION BLUE SEA	0599-53-2227	8	Ise Shima National Park	_
7	KAWACHIYA RYOKAN	0596-76-0050	9	Okubo Park	_
8	HOTEL TOKINOZA	0597-46-2111	10	Omiya Cycling Terminal	0598-86-250
9	HOTEL SEIKAI	0596-43-2046	11	Michinoeki-Okuise Kitsutsuki-kan	0598-86-3229
10	POKAPOKA VILLAGE	0596-42-0004	12	Michinoeki-Kii- Nagashima Manbo	0597-47-5444
11	ROAD STATION [OKUISE OODAI] MARRIOTT HOTEL	0598-84-1010	13	Michinoeki-Miyama	0597-32-1661
12	Omiya Cycling Terminal	0598-86-2501	14	Michinoeki- Kumano Kinokuni	0597-84-1192
13	UMIHIKARI	0597-89-7000	15	Michinoeki-Kumano Hana no iwaya	0597-88-1011
14	ROAD STATION [PARK SHICHIRI MIHAMA] MARRIOTT HOTEL	0597-92-3600	16	Michinoeki-Park Shichiri-Mihama	05979-2-3600
15	HISETSU FALLS CAMPSITE IN KIHO	0735-21-1333	17	Michinoeki-Kihocho Umigame Park	0735-32-3686