



Pacific Cycling Road Cycling Map

More information on our website



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

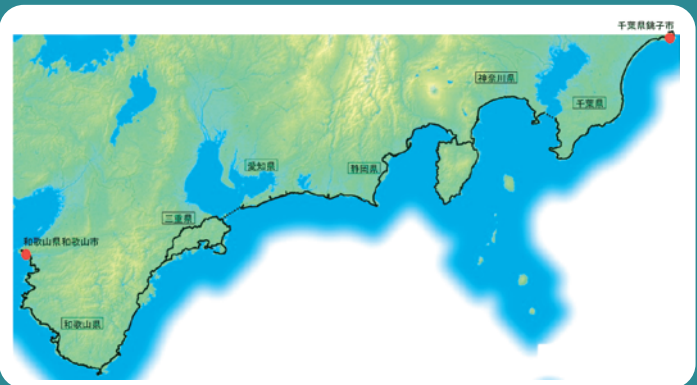
This golden route passes through some of Japan's most scenic and touristic areas. Don't rush! Find a fast-and-slow rhythm that lets you experience the full richness of Japan.

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.

Mie Pref. Kisei route [Higashi-Kishu ver.]



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)

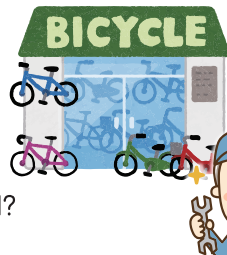
If there is any problem, visit a bicycle shop for adjustment or repair. And be sure to get a checkup at a bicycle shop before a special event or long ride.

* 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!



Wakayama Pref.



Shirasaki Sea Coast

Mie Pref.



Meotoiwa (wedded-rocks)

Aichi Pref.



Cape Irago Lighthouse

Shizuoka Pref.



Mt. Fuji

Kanagawa Pref.

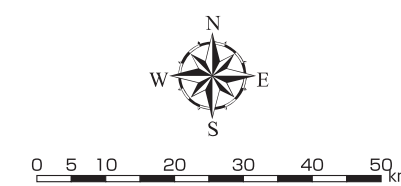


Shonan Sea Coast

Chiba Pref.



Inubasaki



Gateway List

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

Legend

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

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

Get details about local cuisine from the tourist information for each area in the regional information section of the Pacific Cycling Road website.

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. ~ Kurihama Port (Kanagawa Pref.)
- Isewan Ferryboat** Required time... About 55 min. Irago Port (Aichi Pref.) ~ Toba Port (Mie Pref.)
- Surugawan Ferryboat** Required time... About 70 min. Shimizu Port (Aichi Pref.) ~ Toi Port (Mie Pref.)

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

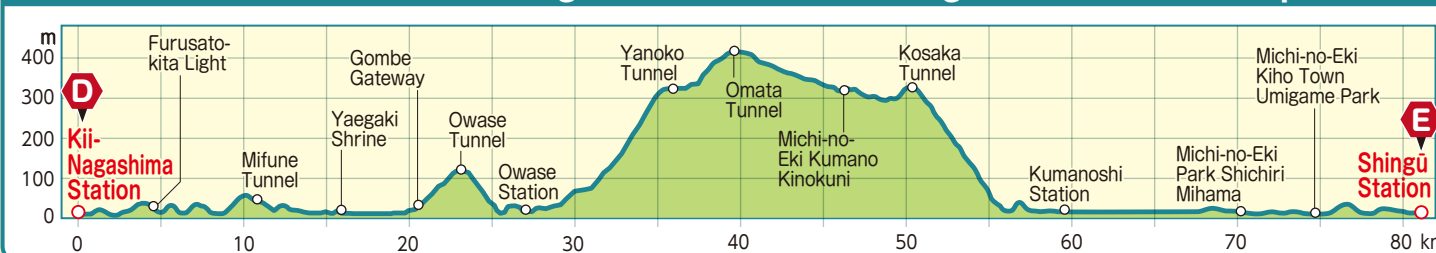
Mie Pref. [Higashi-Kishu ver.]

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Kii-Nagashima Station to Shingu Station Elevation profile



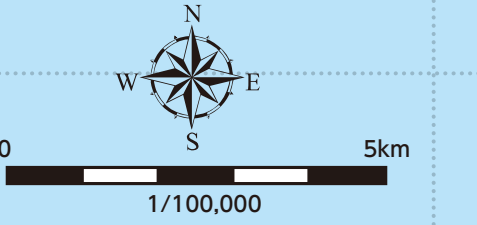
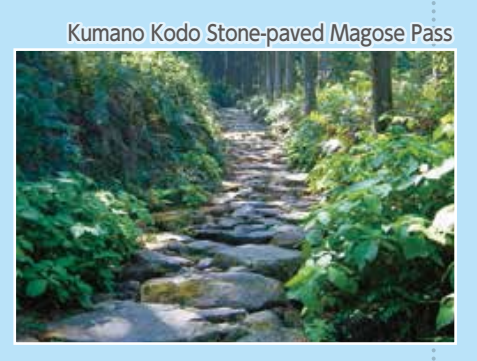
Distance **81.9km**
Elevation Gain 904m
Max Altitude 410m
Avg Gradient (overall) ... 1.10%
estimated time ... 5h 28min.
(Average speed 15km/h)



Kii-Nagashima Station to Shingu Station 81.9km



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



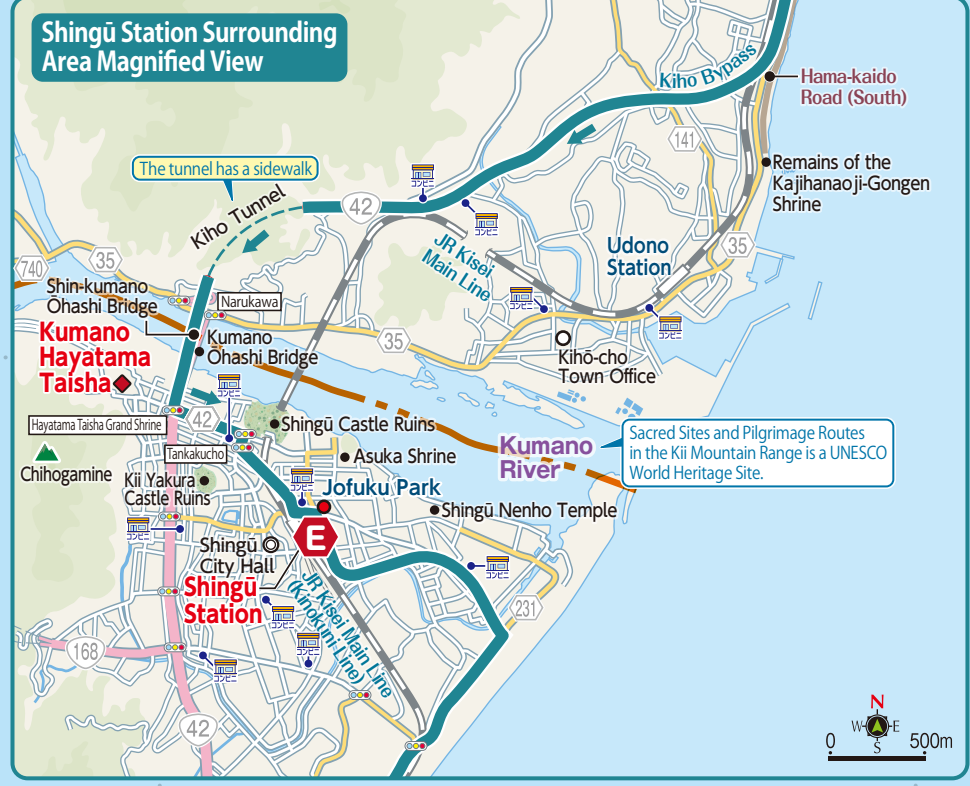
Mie pref.

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

Accommodation		
No.	Name	Phone
43	Sakura-to-jizake-no-yado Momotaro	0597-49-3217
44	Araisodokoro Minpaku Hamakaze	0597-49-3436
45	Umashiyado Ryoutei Minoshima	0597-49-3630
46	Hamabe-no-yado Sazanami	0597-49-3048
47	Green Pier Genzaemon	0597-39-0770
48	Lodge Sansui	0597-32-0573
49	Cuisine Inn Sasaki	0597-32-1681
50	Ribbon Inn	0597-32-0242
51	Business Hotel Shin	0597-32-0118
52	City Hotel Mochizuki	0597-22-0040
53	Hotel Viora	0597-22-1110
54	Business Hotel Suehiro	0597-22-8823
55	Business Hotel Kochokan	0597-22-0174
56	Business Hotel Phoenix	0597-22-8111
57	Owase Business Hotel	0597-22-0180
58	Mt. Hoiro	090-8658-6601
59	Guesthouse Sanae	0597-85-2439
60	Hotel Nami	0597-88-1800
61	Hotel Umi Hikari	0597-89-7000
62	Ryokan Kinanso	0597-85-3475
63	Minpaku Akakura	0597-82-1347

Cycle Station		
No.	Name	Phone
13	Michi-no-Eki Miyama	0597-32-1681
14	Michi-no-Eki Kumano Kinokuni	0597-84-1192
15	Michi-no-Eki Kumano/Hana no Iwaya	0597-88-1011
16	Michi-no-Eki Park Shichiri Mihama	05979-2-3600
17	Michi-no-Eki Kihou Town Umigame Park	0735-32-3686



Wakayama