



# Scenic Bicycle Routes in Japan

全国絶景サイクリングロード



- Bicycle routes listed below are under 100km ride routes for beginners or intermediates.
- You can check the details of each bicycle route on its official website.
- Bicycle rentals are partly available around gateway, and cycle stations are established along some of the routes.
- You may need road bikes for most of the bicycle routes.
- Usually, it is recommended for beginners to spend half a day on a 30km ride.
- Please refer to the website : Traffic Rules in Japan ([https://www.keishicho.metro.tokyo.lg.jp/multilingual/english/traffic\\_safety/traffic\\_rules/index.html](https://www.keishicho.metro.tokyo.lg.jp/multilingual/english/traffic_safety/traffic_rules/index.html))

Pref.	Route		Gateway	Distance	URL
Hokkaido	<b>Furano Biei Cycling Road</b>	The road stretches across four cities : Furano, Nakafurano, Kamifurano and Biei. Lavender farm, panorama road and Mt. Tokachi are the highlights.	Furano Sta. on JR Furano Line	88km	<a href="https://furanobiei.hokkaido.jp/en/cycling/">https://furanobiei.hokkaido.jp/en/cycling/</a>
Hokkaido	<b>Ezoichi Course</b>	The road follows the circuit around Mt. Yotei (also called Ezo Fuji) with some highlights like spring water of the mountain.	Kutchan Sta. on JR Hakodate Honsen Line	50km	<a href="https://www.ynca.fun/cycling_map/">https://www.ynca.fun/cycling_map/</a>
Aomori	<b>HIROSAKI - Apple Fields Forever Ride -</b>	The road starts and finishes at the stations on Konan Tetsudo Owani Line, which offers "Cycle Train". Apple fields and Mt. Iwaki are the highlights.	Owani Sta. on Konan Tetsudo Owani Line	28km	<a href="https://aomori-cycling.com/en/course/hirosaki/">https://aomori-cycling.com/en/course/hirosaki/</a>
Aomori Akita	<b>World Heritage SHIRAKAMI - All Over the Heritage Ride -</b>	The road runs along JR Gono Line, having the view of Japan Sea on the right and Shirakami Mountains (the World Heritage) on the left.	WeSpa Tsubakiyama Sta. on JR Gono Line	31km	<a href="https://aomori-cycling.com/en/course/world-heritage-shirakami/">https://aomori-cycling.com/en/course/world-heritage-shirakami/</a>
Ibaraki	<b>Tsukuba Kasumigaura Ring Ring Road</b>	The road is designated as a National Cycle Route. Its full course runs 180km. 42km course follows the former Tsukuba Railway Line, with the view of Mt. Tsukuba.	Tsuchiura Sta. on JR Joban Line	42km	<a href="https://cycling.pref.ibaraki.jp/ringring/">https://cycling.pref.ibaraki.jp/ringring/</a>
Chiba	<b>Minami-Boso Hana Umi Kaido Cycling - Ocean Course -</b>	The road runs through the mountain to the coastline of Boso Peninsula, with the highlights of lighthouses, Shiroyama Park and Tateyama Sunset Pier.	Tateyama Sta. on JR Uchibo Line	62km	<a href="https://tateyamacity.com/cycling_umi">https://tateyamacity.com/cycling_umi</a>
Tokyo Saitama	<b>Edogawa Cycling Road</b>	Starting at the bridge near Tokyo Disney Resort, the road runs along Edo-gawa River. The river borders some prefectures and ends in Gunma Pref. as Tone-gawa River. (full ride : 170km)	Maihama-ohashi Bridge	57km	<a href="https://www.pref.saitama.lg.jp/a1006/gurutto/saikuru.html">https://www.pref.saitama.lg.jp/a1006/gurutto/saikuru.html</a>
Kanagawa	<b>Yokosuka City Cycling "Gurutto Sukaichi"</b>	The road ranges from coastal ride to hill climb, running around the city of Yokosuka with its attractions like JMSDF ships, lighthouse and more.	Yokosuka Sta. on JR Yokosuka Line	68km	<a href="https://www.cocoyoko.net/special/cycling.html">https://www.cocoyoko.net/special/cycling.html</a>
Yamanashi	<b>Yamanakako Panoramic Viewing Platform Course</b>	The road follows the shore of Lake Yamanakako with the superb view of Mt. Fuji. The hill climb area with an approximately 5% incline is also included.	Fujisan Parking Lot	49km	<a href="https://www.yamanashi-kankou.jp/zenryoku/en/cycling/course/009.html">https://www.yamanashi-kankou.jp/zenryoku/en/cycling/course/009.html</a>
Nagano	<b>Japan Alps Cycling - Northern Alps Area Cycling -</b>	100km course is located in five cities, towns and villages of the Northern Alps area, and each offers the different appearances of Northern Alps.	Suzumushi-so Hotel	100km	<a href="https://japanalpscycling.jp/nagaichi/other/route-01">https://japanalpscycling.jp/nagaichi/other/route-01</a>

Pref.	Route		Gateway	Distance	URL
Toyama	<b>Toyama Bay Cycling Route</b>	The road is designated as a National Cycle Route. Its full course runs 102km. West route runs along the west part of Toyama Bay, a member of the Most Beautiful Bays in the world, with the scenery of Tateyama Mountain Range.	Toyama Sta. on JR Takayama Honsen Line	65km	<a href="https://cycling-toyama.jp/en/course/wangan/">https://cycling-toyama.jp/en/course/wangan/</a>
Ishikawa	<b>Noto Satohama Route</b>	The road runs along the coastline of Japan Sea. Chirihama Nagisa Driveway, the only beach in Japan which allows cyclists to ride their bikes on, is also included in the course.	Uchinada Sta. on Hokuriku Tetsudo Asanogawa Line	34.5km	<a href="http://www.pref.ishikawa.jp/michi/cycling/cycling-web/cycling.html">http://www.pref.ishikawa.jp/michi/cycling/cycling-web/cycling.html</a>
Shizuoka	<b>Hamanako Cycling "Hamaichi"</b>	"Hamaichi" is the full trip around Lake Hamanako, which is located in between Tokyo and Osaka. Following the shoreline, it offers the scenic landscape of the lake.	Bentenjima Sta. on JR Tokaido Honsen Line	65km	<a href="https://hamanako-ct.jp">https://hamanako-ct.jp</a>
Shiga	<b>Biwako Yoshibue Road</b>	Passing the largest lake in Japan, the road runs around the merchant town of Omihachiman. National Cycle Route "Biwaichi" is also available as the full trip around Lake Biwako. (200km)	Omihachiman Sta. on JR Biwako Line	26km	<a href="https://pluscycle.shiga.jp/map/">https://pluscycle.shiga.jp/map/</a>
Kyoto Nara	<b>Bicycle Tour around the Ancient Capital</b>	The road connects Asuka area, Nara Pref. to Arashiyama area, Kyoto Pref., running through some ancient capitals like Fujiwara-kyo, Heijo-kyo and Heian-kyo.	Togetsu-kyo Bridge	90km	<a href="https://www3.pref.nara.jp/cycling/map/">https://www3.pref.nara.jp/cycling/map/</a>
Okayama	<b>Hiruzen-Kogen Heights Cycling Route</b>	The road is located in the plateau resort Hiruzen-Kogen, where Jersey cows graze with the mountains in the background.	Michino-eki "Hiruzen Kogen" Roadside Station	29km	<a href="https://www.okayama-kanko.jp/hareiro-cycling/en/route/route08.html">https://www.okayama-kanko.jp/hareiro-cycling/en/route/route08.html</a>
Hiroshima Ehime	<b>Shimanami Kaido</b>	The road is designated as a National Cycle Route. The road connects Onomichi City in Hiroshima Pref. to Imabari City in Ehime Pref., passing some islands in Seto Inland Sea.	Onomichi Sta. on JR Sanyo Honsen Line	70km	<a href="https://visitshimanami.com/">https://visitshimanami.com/</a>
Ehime	<b>Imabari-Dogo Hamakaze Sea Route</b>	Feeling the sea breeze, the road offers the beautiful scenery of Seto Inland Sea and ends in the town of Dogo, where the oldest hot spring is located.	Cycling Terminal "Sunrise Itoyama"	67km	<a href="https://cycling-ehime.com/en/routes/hamakazekaido/">https://cycling-ehime.com/en/routes/hamakazekaido/</a>
Shimane	<b>Enmusubi Kaido Cycling Course</b>	The highlights are Matsue-jo Castle, Lake Shinjiko and Izumo Taisha Shrine. Ichibata Densha Line offers "Cycle Train". For advanced cyclists, "Yamanami Kaido" cycling road (188km) is also available from the station to Onomichi City in Hiroshima Pref.	Matsue Shinjiko Onsen Sta. on Ichibata Densha Kita-Matsue Line	88km	<a href="https://www.kankou-shimane.com/cycling/en/cyclingroute/enmusubikaido/">https://www.kankou-shimane.com/cycling/en/cyclingroute/enmusubikaido/</a>
Yamaguchi	<b>Hagi World Heritage Sea Route</b>	The road runs through the historical and cultural city of Hagi, passing some World Heritage sites and having the view of Japan Sea.	Hagi Sta. on JR Sanin Honsen Line	41km	<a href="http://cycleken-yamaguchi.com/support/cycle-root/hagi-sekaiisan.html">http://cycleken-yamaguchi.com/support/cycle-root/hagi-sekaiisan.html</a>
Fukuoka	<b>Fukuoka-Itoshima Route</b>	Offering some nice cafes and shops along the seaside, the road is popular with local cyclists. Fukuoka Tower, Marine Park and Sandy Beach are the highlights.	Ohuri Park	78km	<a href="https://www.crossroadfukuoka.jp/en/articles/cycle/root1">https://www.crossroadfukuoka.jp/en/articles/cycle/root1</a>
Oita	<b>Maple Yaba Cycling Road</b>	The road was converted from old railway tracks of the former Yabakei Railway Line, running through the beautiful countryside with the gorge.	Nakatsu Sta. on JR Nippo Honsen Line	36km	<a href="https://www.cycling-oita.jp/en/roadmap/197/">https://www.cycling-oita.jp/en/roadmap/197/</a>
Okinawa	<b>North Area Cycling Course</b>	The road is located in the northern part of Okinawa Pref., which is called Yanbaru rural region, and offers many natural attractions including its beautiful ocean.	Nago City Hall Haneji Branch	52km	<a href="http://www.kenko-okinawa21.jp/sportsroute/map/">http://www.kenko-okinawa21.jp/sportsroute/map/</a>

All information is based on data as of Jul. 2025 and is subject to change without notice.

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