

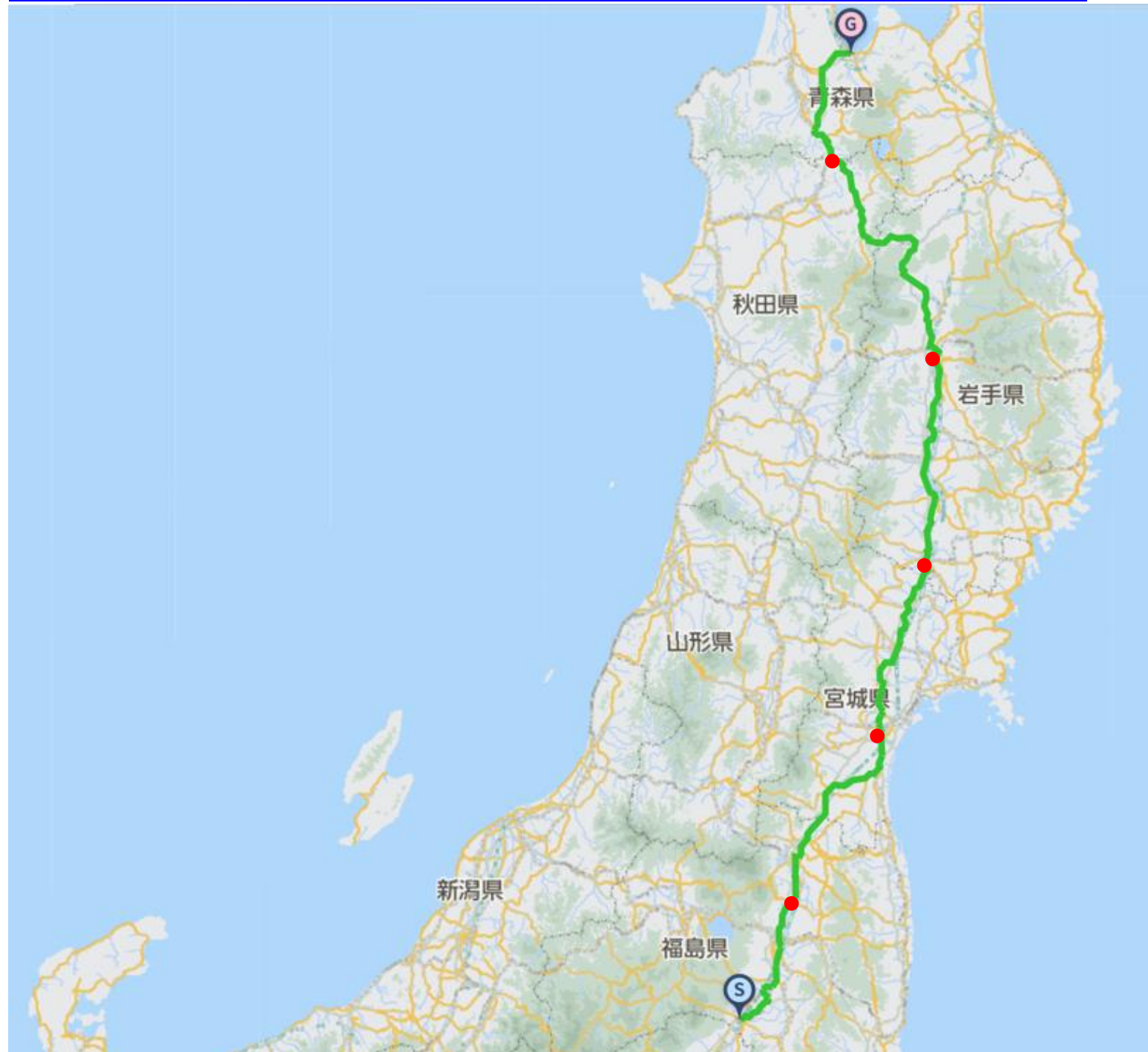
# JT0 Tohoku north up bicycle journey

2025 September 10th(Wed) ~ 15th(Mon·Hol) 6days

Shirakawa→Fukushima→Sendai→Ichinoseki→Morioka→Kazunohanawa→Aomori

**Distance:538km Total Gain:3315m**

<https://www.navitime.co.jp/coursebuilder/course/0a1d627dcc1c41f1b8daf92ab7b10fbb>



Fukushima September 10th(Wed) Sunrise at 5:15 Sunset at 17:54

Aomori September 15th(Mon) Sunrise at 5:17 Sunset at 17:47



1st 10th(Wed) Shirakawa→Fukushima 86km+430m  
 2nd 11th(Thu) Fukushima→Sendai 81km+322m  
 3rd 12th(Fri) Sendai→Ichinoseki 92km+604m  
 4th 13th(Sat) Ichinoseki→Morioka 92km+461m  
 5th 14th(Sun) Morioka→Kazunohanawa 88km+851m  
 6th 15th(Mon·Hol) Kazunohanawa→Aomori 99km+647m

September 9th(Tue) Pre Stay recommend Toyoko INN Shin Shirakawaekimae

〒961-8055 Fukushima pref Nishishirakawagun Saigomura Donannishi111 TEL:0248-23-1045



Other stay recommend Tokyo Daiichi hotel Shinshirakawa Casa hotel Shinshirakawa

Business hotel Gold Hotel Route INN Shishirakawaeki higashi

Sightseeing recommend To No Hetsuri Shirakawa Komne castle Shirakawa south lake·Suirakuen Nakoso Site of the Former

Checkpoint Bath recommend:Iyashi no koku Shirakawa



Meal recommend Shin Shirakawa station Shirakawa ramen Kazue Saigaken Chinese Sekita Gyoza Nobori



Kitaimi Japanese WA Korinbo Restaurant Bordeaux



September 10th(Wed) Meet at 10:00 Toyoko INN Shin Shirakawaekimae

〒961-8055 Fukushima pref Nishishirakawagun Saigomura Donannishi111 TEL:0248-23-1045

•Before start , we have briefing for course , accommodations , meals. Please gather after breakfast and bicycle preparing.

•Moving from Tokyo on the day by Shinkansen superexpress Tokyo station→Shin Shirakawa station

6:20→7:42 6:40→8:03 7:44→9:10 And others



Shin Shirakawa station Breakfast recommend Noodle dining Shin Shirakawa(Inside Shin Shirakawa station 7:00～)



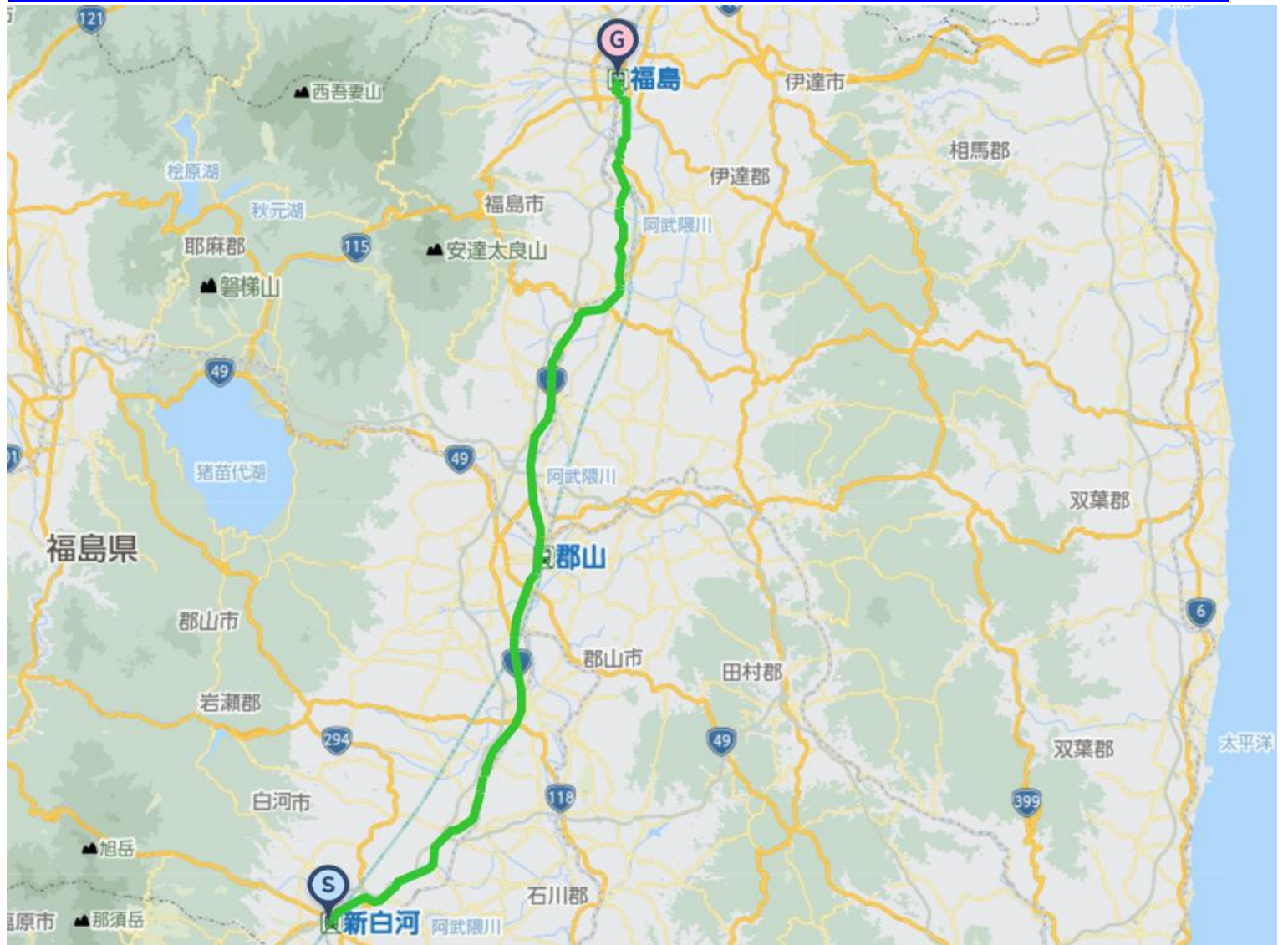
Matsuya Shirakawa shop(24H 400m from Shin Shirakawa station)

Restaurant Saison(Tokyo Daiichi hotel Shinshirakawa 6:30～)



1st 10th(Wed) Shin Shirakawa→Fukushima 86km+430m

<https://www.navitime.co.jp/coursebuilder/course/dc26d34603ae4f609a9ec2663fa149c1>



Public Bicycle carry moving recommend Shin Shirakawa～Koriyama～Fukushima: JRTohoku honsen



Lunch recommend Sukagawa(30km) Jyuwarisoba noodle Kai Renga Downtown dining Tsumura Asadora



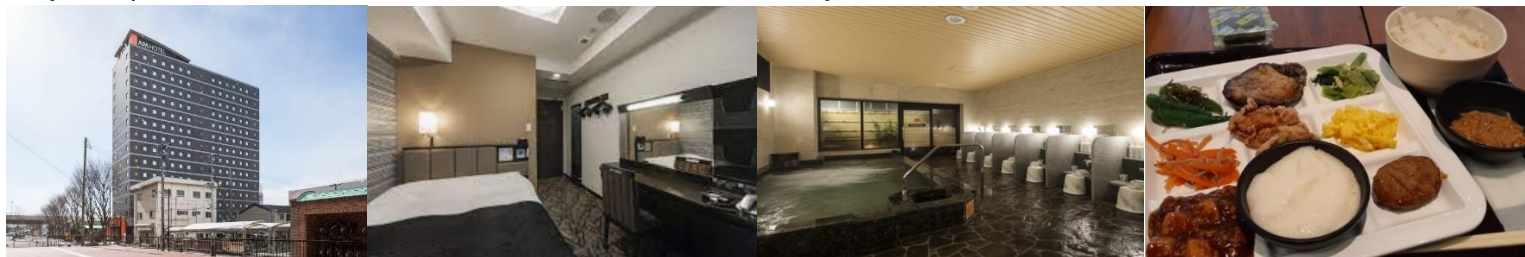
Koriyama(40km) Mimatsu Kaikan hall Harumachido Noodle cafe SAMURAI Chinese Chin Man



Sightseeing Koriyama Kaiseiyama mt Nihonmtatsu Kasumi castle Young boys statue Fukushima bentenyama Hanamiyama



Stay in Apa hotel Fukushima station 〒960-8068 Fukushima city Otacho8-20 TEL: 024-525-3811



Outside dinner recommend Fukushima local dining Irorian Tempura Shioya Gyoza Terui Tonkatsu Kurashima



Grill meat Makoto Chinese Seikaen Marushin ramen noodle Soba noodle Marumatsu



Other stay recommend Hotel Itakura Grand park hotel Excel Hotel Fukushima hills

Outside breakfast recommend Soba noodle Fukushima Dotor coffee shop (Inside Fukushima station 7:00~)

VIE DE FRANCE Fukushima(7:30~) Chinese ramen noodle Ito Kurayoshi(2.5km from Fukushima station 7:00~)





<https://www.navitime.co.jp/coursebuilder/course/f1473ad520494b3bad9b324919f0583b>





Date Masamune statue    Sendai/Aoba castle    Zuihoden    Miyagi protecting country shrine



Osaki hachimangu shrine    Sendai Toshogu shrine    Joginyorai Saihoji buddist temple    Sendai city museum



Stay in   Dormy inn natural spa   Ontonoyu Onjuku Nono Sendai   〒980-0014Sendai city Aobaku Honmachi2-2-5   022-216-5489



Dinner recommend   Gyutan Kaku Brandome   Gyutan Umami Tasuke   Gyutan grill Tsukasa   Black beef whole cut Dateya



Koban Sushi   Kappo Tenpura fried Santaro   Japanese Hana Sendai   Tavernetta Salvatore



Other stay recommend   Hotel Greenwell   Hotel Yunisight Sendai   Public move recommend Fukushima→Sendai: Tohokuhonsen

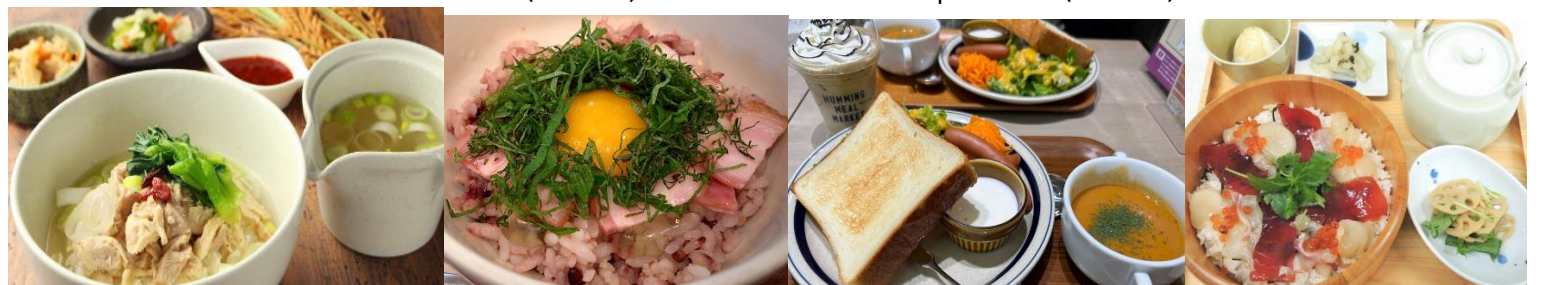
Breakfast outside recommend   Near Dormy INN hotel

Ichiran ramen noodle(24H)   Sukiya beef bowl(4:00~)   Excelsior(7:00~)   San Marc cafe(7:00~)



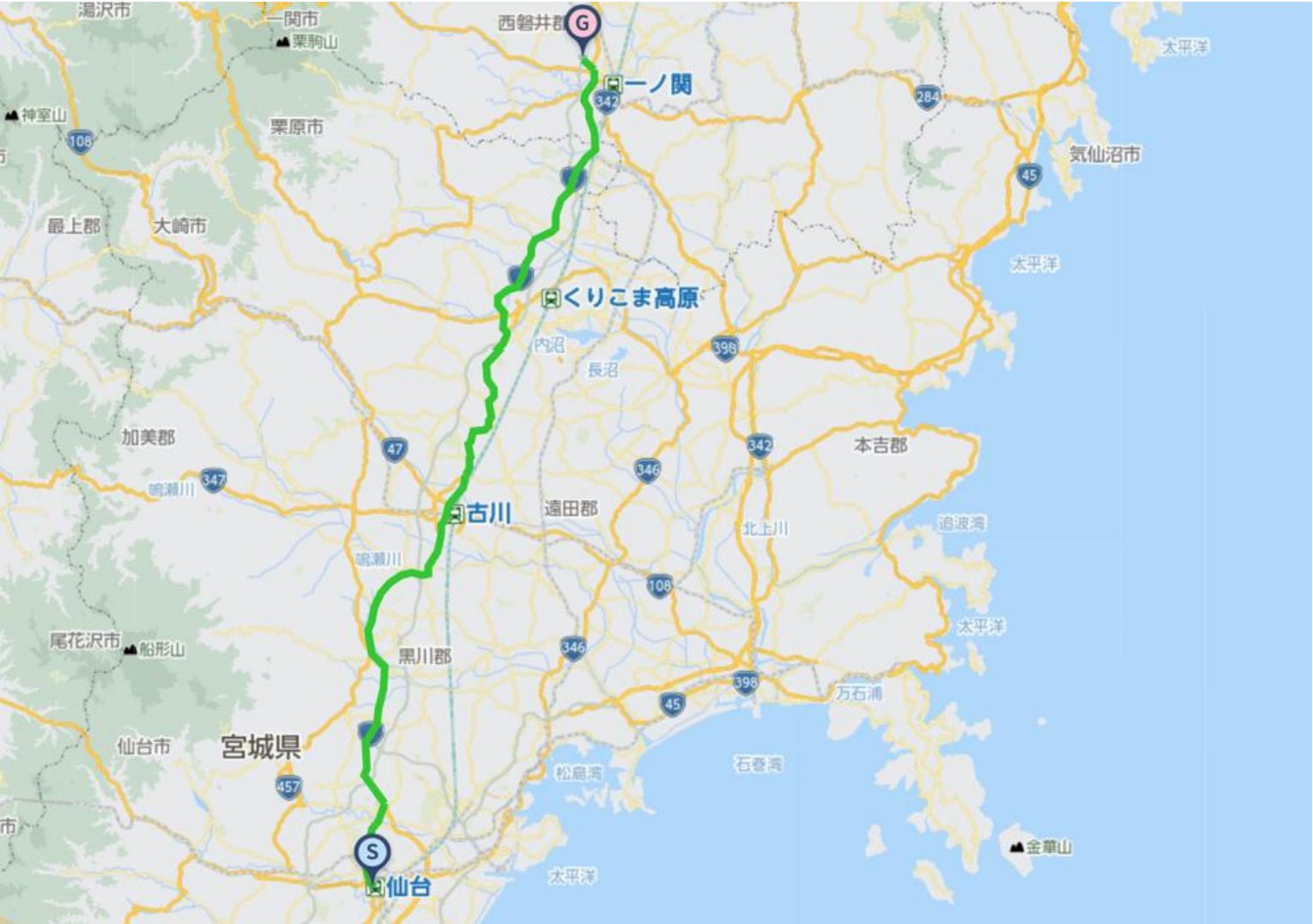
Near Sendai station   Date Cafe O'rder(7:15~)   Minori cafe(7:30分)

HUMMING MEAL MARKET COFFEE&BAR(7:30~)   Dshi Tea rice ENN Espal Sendai(8:00~)





3rd 12th(Fri) Sendai→Ichinoseki 92km+604m  
<https://www.navitime.co.jp/coursebuilder/course/491e48af549a4f34be5641bbe669cade>



Lunch Furukawa(41km) Neneya Furukawa station Marumatsu T'sSteak Noodle Takumi



Kurihara(64km) Marukatsu dining Sobasho noodle Manten dining Kakami





Sightseeing Sendai station Ichinoseki castle ruin・Tsuriyama parkk Genbikei Geibikei



Stay in Ichinoseki Yamazakura Momonoyu spa 〒021-0041 Ichinoseki city Akaogi Sasaya393-6 TEL: 0191-33-1118



Outside dinner recommend Ebitoku shrimp Yanagiya Chinese noodle Gril meat cold noodle Yamanakaya Meat Kakunoshin



Other stay recommend ToyokoINN Ichinoseki station Hotel route Inn Ichinoseki Hotel Matsunoka Ichinoseki

World heritage hidden inn Kajitsunomori

Public Bicycle carry moving recommend Sendai→Ichinoseki JR Tohokuhonsen

Other bath recommend Kosenjo

Outside breakfast recommend Ichinoseki station Dining Nanohana Ichinoseki Ekibenya Ichinosekistation concourse(7:00～)

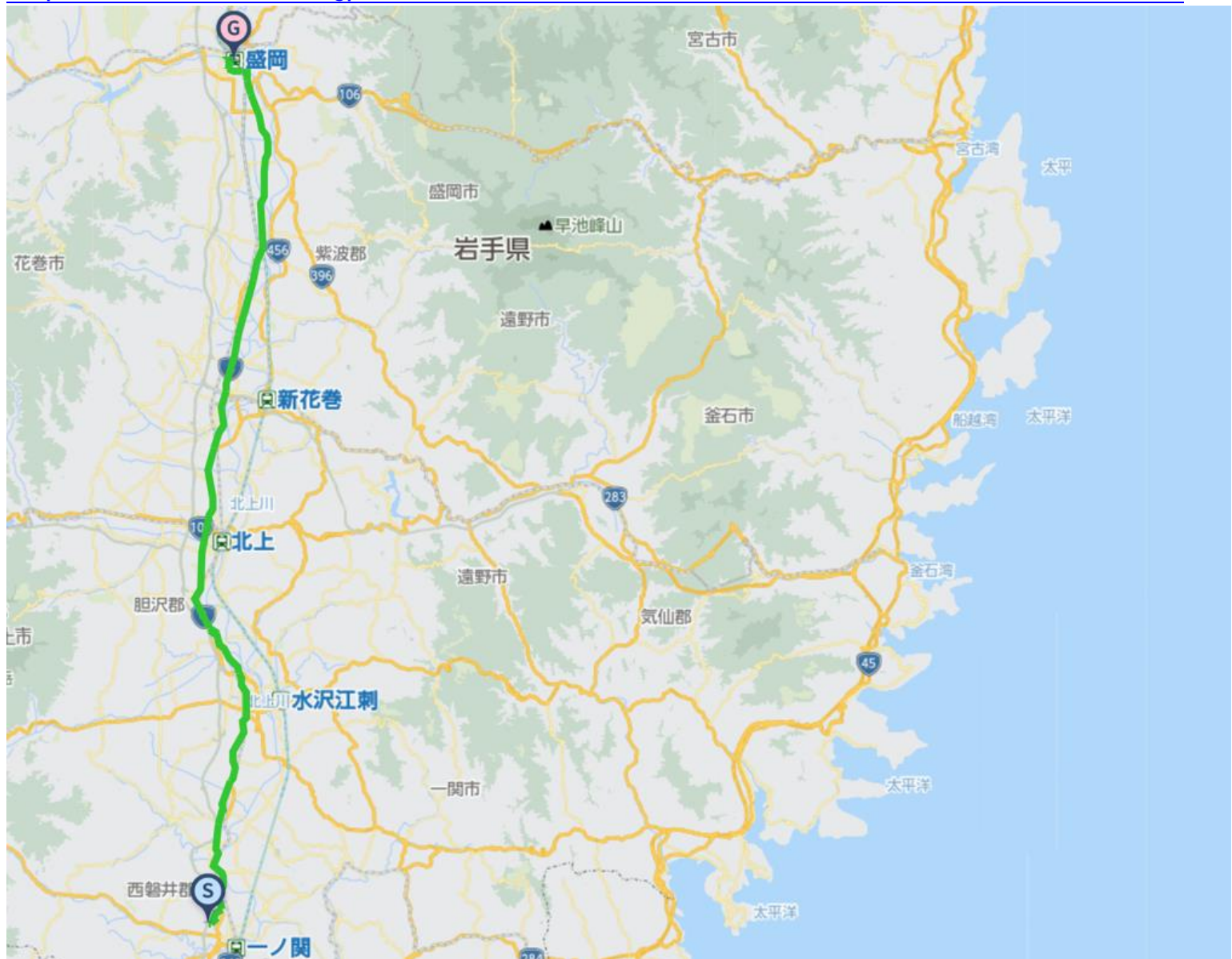
Café Jikyū Jisoku(7:00～ 1.7km from Ichinoseki station) Saito Shogetsudo(8:00～)





4th 13th(Sat) Ichinoseki→Morioka 92km+461m

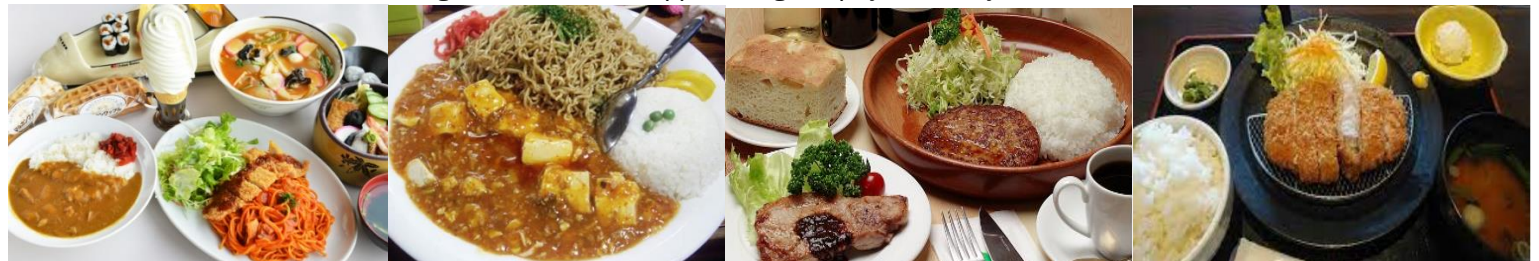
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Lunch Kitakami(41km) Morinomimizuku Midorian Italian kitchen Mounty Bistro Lien Fort



Hanamaki(56km) Marukan building Daishokudo Kappa dining Popeye Genkiya Hanamaki



Sightseeing Hiraizumi Chusonji temple Konjikido golden temple Moetsuji temple



Oshu city hall Baseball player Otani Shoheishake hand statue



Kanagasaki castle town Hanamakihigashi highschooll Morioka castle park Morioka central park・Iwate prefecture museum



Stay Natural spa Sansa Dormy INN Morioka 〒020-0021 Morioka city Chuodori 2-8-12 019-622-5489



Outside dinner recommend Pyon Pyon Sha Morioka station



Seirokaku Meat grill Yamanakaya Morioka odori Hige Meat grill bar MAGUMA



Omura Iwate bar JOY Yoshoku Kinpodo Otto Italian



Other stay recommend Super hotel Morioka natural spa Rindo Hotel Route INN Morioka station

Public Bicycle carry moving recommend Ichinoseki→Morioka JR Tohokuhonsen

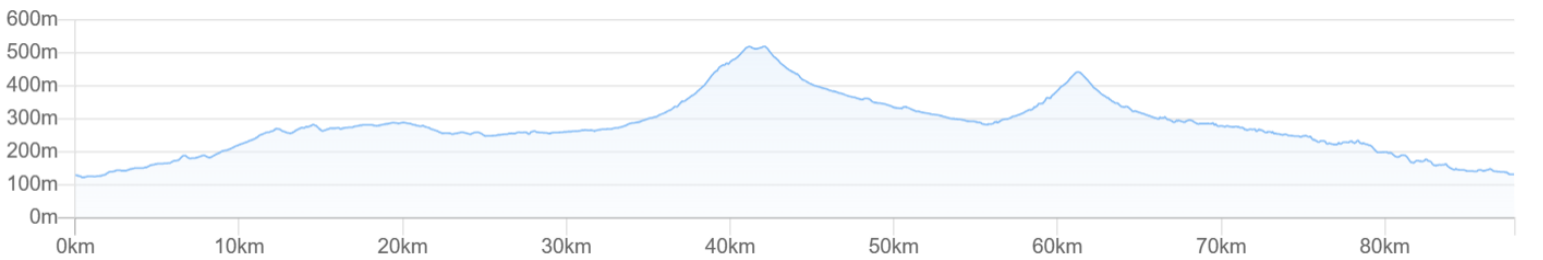
Outside breakfast recommend Morioka station Soba noodle Hayate Nagahama coffee Doutor Pronto(Each 7:00~)





5th 14th(Sun) Morioka→Kazunohanawa 88km+851m

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Lunch Appi kogen(41km) Abimaru dining NelCafe  
Koyanohatake station:Bbanasshu Akasakata station:Appitei Arayashinmachi station:Kitanosobayaa noodle



Sightseeing recommend Morioka Takamatsu park Takisawa village forest park Appi plateau Historic Sites Osarizawa Mine



Kando Kazuno park hotel 〒018-5201 Akita pref Kazuno city Hanawaseki30-1 0186-22-1189





Outside Bath Yutaro 〒018-5201 Kazuno city Hanawa Okawazoe55-1 (1.1km from Kando Kazuno park hotel )  
 No big onsen spa in Kando Kazuno park hotel , ride to Yutaro bath , take in hotel after bathing if want.



Dinner Ikko (100m from Kando Kazuno park hotel )



Other outside dinner recommend Fuku sushi Tonki yoshoku Kuriyama chinese Curry Restaurant Diyo



Horumon Koraku Hanawa Horumon meat grill Hanachidori Meat grill noodle Koraku Fukuwauchi



Other stay recommend Hotel Boujuso 〒018-5201 Kazuno city Hanawa Shimonakajima112 TEL:0186-23-3126

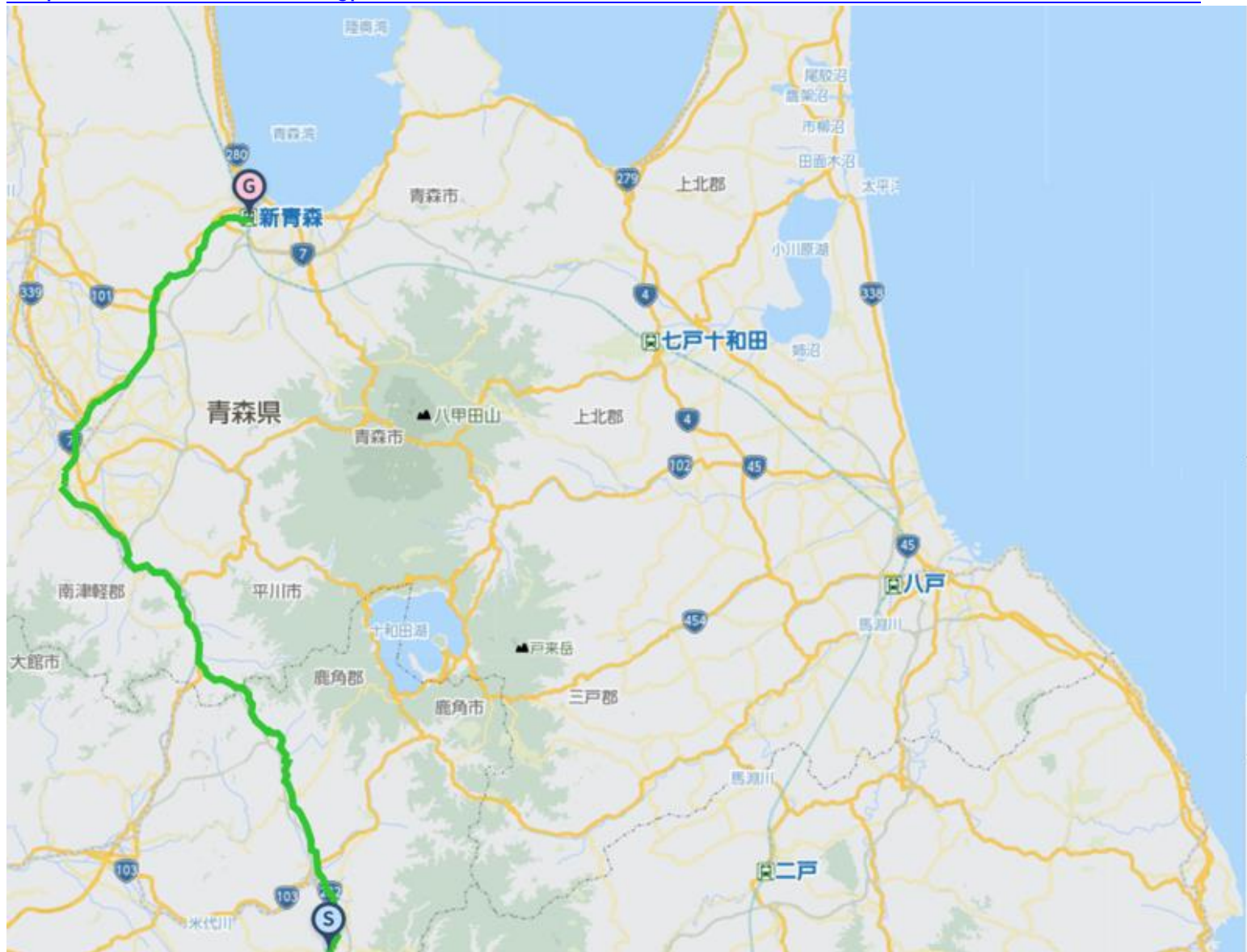


Other stay recommend Hotel Garden Kawamura  
 Public Bicycle carry moving recommend Morioka→Kazunohanawa IGR Iwate Ginga railway



6th 15th(Mon·Hol) Kazunohanawa→Aomori 99km+647m

<https://www.navitime.co.jp/coursebuilder/course/cead4a28b80e48139e8472241bd3a0ee>



Lunch Tsugaru Yunosawa(37km) Ikarigaseki Drive inn Mikasa dining Soba noodle Chomeian Michinoeki Ikarigaseki Ayaka



Owani Onsen station(50km) Yamasaki dining Ikoi dining Hanatoringo flower and apple Daifuku





Hirosaki station(60km) Local dining Kiku Fuji Soba noodle Iwa Tsune sushi Unagi eel Shin



Grill meat Nakamichi Katsutei Takahashi Chinese noodle Trattoria Pagio



Sightseeing recommend Korakukan hall Hirosaki park Hirosaki castle Aomori bay



Finish·Bath·Post stay:Aomori health land(Bath8~23) 〒038-0042 Aomori city Shinjo Hiraoka404-1 017-766-1000



Other bath recommend Aomori Machinaka spa·Aomori center hotel

Dinner recommend Tsugaru Joppari fisherman dining 〒030-0802 Aomori city Honmachi 2-5-14



Other dinner recommend Aomori local dining Osanai Michinoku dining Nishimura Oguro sushi Kazuya sushi



Fish eating Tashin Aomori station Meat grill Tatsuya Piemonte E-de-basi possible to stay French dining



Other stay recommend Hotel route inn Aomoriekimae Hotel San route Aomori Iroha ryokan

Public Bicycle carry moving recommend Kazunohanawa→Odate→Aomori JR hanawa line JR Ou honsen



Breakfast recommend Aomori fish vegetable center(7:00-16:00) Each setting bowl meal , local recommend  
 Souvenir Auga fresh market(6:30-18:00) Possible to buy Aomori seafood , some shops not open in early time.



Aomori port Seikan memorial ship Hakkodamaru Aomori pref museum Sannai Maruyama ruin Munakata Shiko memorial hall



Shin Aomori to Tokyo Shinkansen Need 3-hours each time starting

Aomori airport to Haneda Itami Shin Chitose Nagoya Kobe Shinaaomori station , Aomori station to airport by local bus train

## Ride Join Fee(Per day) 13,000JPY(Include Tax)

Included ride join fee : Travel attendant , Support car accompanying Support food supply(fixed limited)

※NOT INCLUDE Moving fee between your home to the starting point , food , stay , support food more than the limited , public move fee , sightseeing fee are all not included at all.

※Joining on the way , Leaving midway , traveling with one's bicycle using public transportation , you should pay the ride join fee per day for each you made application.

Max Possible Join 13riders Minimum Number of riders;3-Riders(Full ride join)

※Allowed partial join

Contact E-Mail Adress : [soma@jtourism.jp](mailto:soma@jtourism.jp)

Please apply with the information as below.

We make estimation as the days you ride , ride fee , stay , food , public moving , sightseeing , for total costs.

Up to the formal application as below , let you show the personal information.

•The day you ride •Your name •Sex •date , month , year of birth,age •Adress •Handy phone number •E-Mail address

•Stay and food wishes

※We select and reserve the stay and foods. Personal arrangements are not possible by each riders.

※Please give the wishes for shared room for men and women , single , twin , foods.

※Please stay in the stays at the organizer's designated stays.

In some case , we cannot meet your request and change the stays on designated.

•Please let me know the pre and post ride sightseeing wishes , settings.

•Possible to contact on the ride day (handy phone) & emergency contact (handy phone possible to contact to the substitute person ※Other than the person riders yourself)

•Experience of your biggest riding , distance(km), Elevation gained(m)

implementation(Western calendar) season(month, spring summer fall winter)

area(country , prefectures, course name)

If we judge that you do not have enough experience to participate in this project, we may



## decline your participation.

### Rental bicycle

Possible to prepare rental road-bicycle , cross-bicycle

If you wish to have rental bicycle , please apply in advance. Request together for Tokyo cycling tour and rental cycle , the partnership ship company.

① Height(cm)②weight(kg) ③bicycle model you wish ④Helmet ⑤grab ⑥pedal (binding or flat) ⑦Bicycle receiving place

Please let me know them when apply. Sometime , it may not turn out as you wish. Prepare wears and shoes by yourself.

I estimate rental price up to the information

Implementation notification;After recruitment deadline to some days before the starting , number of riders , weather forecast , judge the implementation and contact directly to the riders.

Refund ; In case of impossible to hold the phan , we pay back Amount excluding expenses such as fees from ride participation fee.

If the participant is unable to participate due to circumstances , paid ride participation fees will not be returned.

If it becomes impossible to run due to weather or local situation judgment after the start , paid ride participation fees will not be returned.

- Take ride onto the tour recommended courses with group rides and solo freerides
- There is no competition for time. Riders work together to reach the goal. Awards will not be given based on ranking
- There will be no traffic control around the venue. Please follow the local traffic rules.
- Group rides/recommended course rides are the basics. Please notify in advance for your wish on solo free rides.
- It is also possible to switch to local wheeled transportation instead of riding due to physical condition etc.
- The support car transports unnecessary luggage while riding a bicycle , supply support food , follow finishing.
- The support car moves at the behind of the last rider, basically.
- If you ride out of the recommended course , we do not change the stay point.
- There is no support rider leading or tailgating.
- Those who can join that possible to reach their destination on their own using a smartphone, navigation system, or location search device , or possible on a group ride those who can accompany other members with cooperation.
- If there is a significant delay from the moving of other riders in the group , we will give you instructions on how to move your bicycle to the stopover point, accommodation on the day, and the goal.
- The organizer will present recommended courses in advance , but the support car will not be providing detailed guidance to riders while moving alongside them along the way.
- Bicycles, helmets, puncture kits, bike bags, clothing, cold weather gear changes, etc , please prepare what you need and bring it with you by yourself.
- Please wear brightly colored clothing such as red, yellow, and white. Never wear dark colors such as black or navy blue. We will lend you a red jacket if necessary.
- You are responsible for your own bicycle maintenance and repairs. Please prepare your own spare tubes, maintenance tools, etc.
- standing air pumps and tool boxes will be carried in the support car.
- Please carry a lightweight soft bicycle bag. Carry it with you while riding, so you can move around while riding.
- Depending on where we are staying, bicycle bags may also be used to store your bicycle inside the hotel. Please be sure to carry bicycle bag.
- If you wish to store your bicycle in the accommodation , please help us store it in a bicycle bag when you enter the stay and bring it into the building.
- Hard and semi-soft large cases compatible with airplane rides cannot be transported on the road by the support car.
- If you are joining with a large wheeled device with a hard case or semi-soft case that is compatible with airplane wheeling, after refilling the soft bicycle bag , check-in at the departure/arrival airport and advance transportation to the planned goal point are required.
- Please purchase your own travel insurance and bicycle insurance. Please purchase bicycle insurance with a personal liability amount of 200 million yen or more.
- Please bring your insurance card with you when participating. We check your carry-on the insurance before departure.
- We eat lunch around noon at the same near restaurant in the same area as possible, depending on the progress of the tour group.
- Lunch, dinner, breakfast, and bathing fees are not included in the ride join fee.



- Support food is also dependent on paid donations from past participants. When you use it, please donate to volunteers or goods.
- Toll road usage fees, sightseeing fees, and travel expenses are not included in the ride participation fee.
- Routes and expenses occurred for group transportation will be decided on-site after discussion, taking into account terrain, weather and progress.
- Transportation costs from your home to the meeting/dissolution location and use of public transportation midway are not included.
- To maintain your health and maintain hygiene , please take a bath, shower, and change of clothes before using public transportation after your ride before going back to your home.
- To avoid inclement weather or traveling in the dark after sunset, we may ask you to turn back, take a shortcut, or take a bicycle onto train move from a station along the way.
- Participants are responsible for safety, course management, bicycle maintenance, cold/heat resistant clothing, measures to prevent bicycle stolen , etc.
- If we decide that you cannot participate safely at your own risk, if you are causing a significant nuisance to other participants, or if you are unable to follow the instructions of the staff, you will be asked to leave the venue even midway through.
- Please note that the participation fee will not be refunded under any circumstances.
- Sightseeing recommendations: If you arrive early and have time, please go sightseeing on your own.
- If you have a request for sightseeing in advance, we will take time in advance and provide support, such as temporarily taking over your bicycle.
- If you consult with us in advance, we will be able to arrange and provide on-site guidance regarding recommended tours for the day before and after ride.

Accommodation, dinner and breakfast

- This is a ride tour in which the organizer decides in advance which lodgings to stay at and travels from one inn to another to sightseeing spots and famous places.
- Accommodation fees are not included in the ride participation fee. It will be included in the cost estimate as a necessary expense at the time of application.
- Recommended accommodation, dinner and breakfast will be arranged by the organizer. Subject to change.
- As much as possible , we prepare at lodging locations bicycle storage in or near the hotel, a large hot spring bath, yukata, dinner and breakfast, a sleeping room, and a power source.
- We eat dinner and breakfast generally as a group at stay , but , if you wish to eat food outside the stay, please contact us in advance.
- If you have dinner, breakfast, or bathing buying outside the building, we will not provide transportation by support car and not accompany. Please move on your own by walking or using public transportation.
- Each day, luggage will be loaded into the support car and the start will be from the meeting point at designated accommodation. Please come to the meeting point by the departure time
- The meeting departure time is basically 7:30 am every morning, but it changes depending on the breakfast service time and driving distance, and will be decided locally.

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Dealing BS Travel Service Co., Ltd  
Japan Tourism Agency Registered Travel Agent (No. 347) Regular member of the Japan Association of Travel

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