

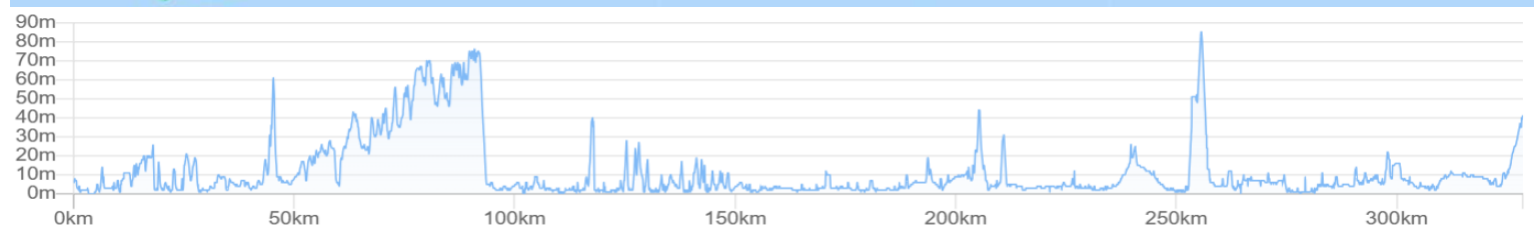
JTO Enshunada Suruga bay

Bicycle Journey

Enshunada , Hamanako lake , Suruga bay round bicycle ride 3Days
2026 January 16th(Fri)~18th(Sun)

Toyohashi~Irako cape~Hamanako lake~Omaezaki cape~Shin Fuji~Mishima
Distance:332km Total Gain:1671m

<https://www.navitime.co.jp/coursebuilder/course/f47d81e53c194539bf9b26d84c9a74af>



- ① 16th(Fri) Toyohashi st~Irako cape~Hamanako lake 102km+670m
- ② 17th(Sat) Hamanako lake round~Omaezaki cape 115km+569m
- ③ 18th(Sat) Omaezaki cape~Shin Fuji st~Mishima st 115km+432m

2026 January 16th(Fri) Shizuoka Sunrise at 6:54 Sunset at 16:59

Pre stay Hotel Route inn Toyohashi st 〒440-0076 Aichi pref Toyohashi city Ohashidori 2-139 TEL:050-5847-7560



Other stay Toyoko inn Toyohashi st East gate Comfort hotel Toyohashi Apa hotel Toyohashi st
Outside breakfast(7:00~) Udon Soba noodle Tsuboya Inari Tsuboya(Inside station) Pronto Cafe Masuka

Pre stay dinner Toyohashi Araman(Fish beef) Bettaku(Japanese) Sumomo(Korean) Hanego(eel) TARO(Sake dining)



Bath Toyohashi Gokurakuyu spa(4km from station) Ninjinyu(1km) Ishinomakiyu(2km)



Meet: January 16th(Fri)8:30 Hotel Route Inn Toyohashi st

1st day Toyohashi st~Irako cape~Hamanako lake 102km+670m

<https://www.navitime.co.jp/coursebuilder/course/fbc1447e67c44045b44dcfc8fdcd1e69>



Public move Toyohashi→Hobi→Irako cape: Toyotetsu bus

Toyohashi→Benrenjima: Tokaido honsen ※No straight bus from Irako cape to Bentenjima

Lunch Irako cape(44km) Atsumi fish market dining Tawaraya home dining Donkai local seafood Lighthouse cafe



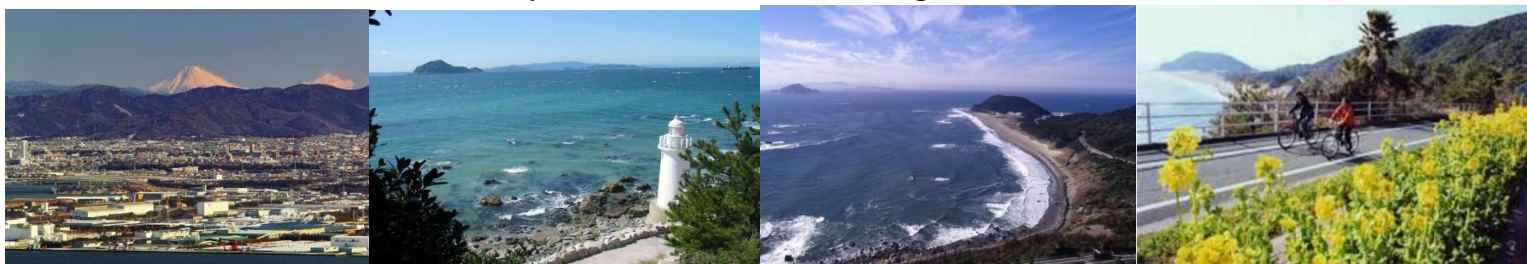
Nikkeien Irako Minato market(46km) Uosumi(50km) Tokoharu(54km) Akabane loco st LuLuMoana (61km)



Café sweet rest Toyohashi 「Okamedo」 「Tawara Mekun house Mask Melon」 Irako cape Kawaguchi Shiomisaka



Sightseeing: Mikawa bay Zao mt observation deck(250m) Irako cape Kojigahama Lovers beach Tahara Toyohasni bicycle route・Katahama 13-ri ※For Mikawa bay Zao mt observation deck , height250m , additional distance7.3km.



Shirosugajuku Arai checkpoint ruin Hamanako lake Bentenjima sunset ※The view point is Bentenjima beach park toilet around



Stay Hanmanako lake Asashio 〒431-0302 Shizuoka pref Kosei city Niimachi Nii 3392-3 053-592-0761



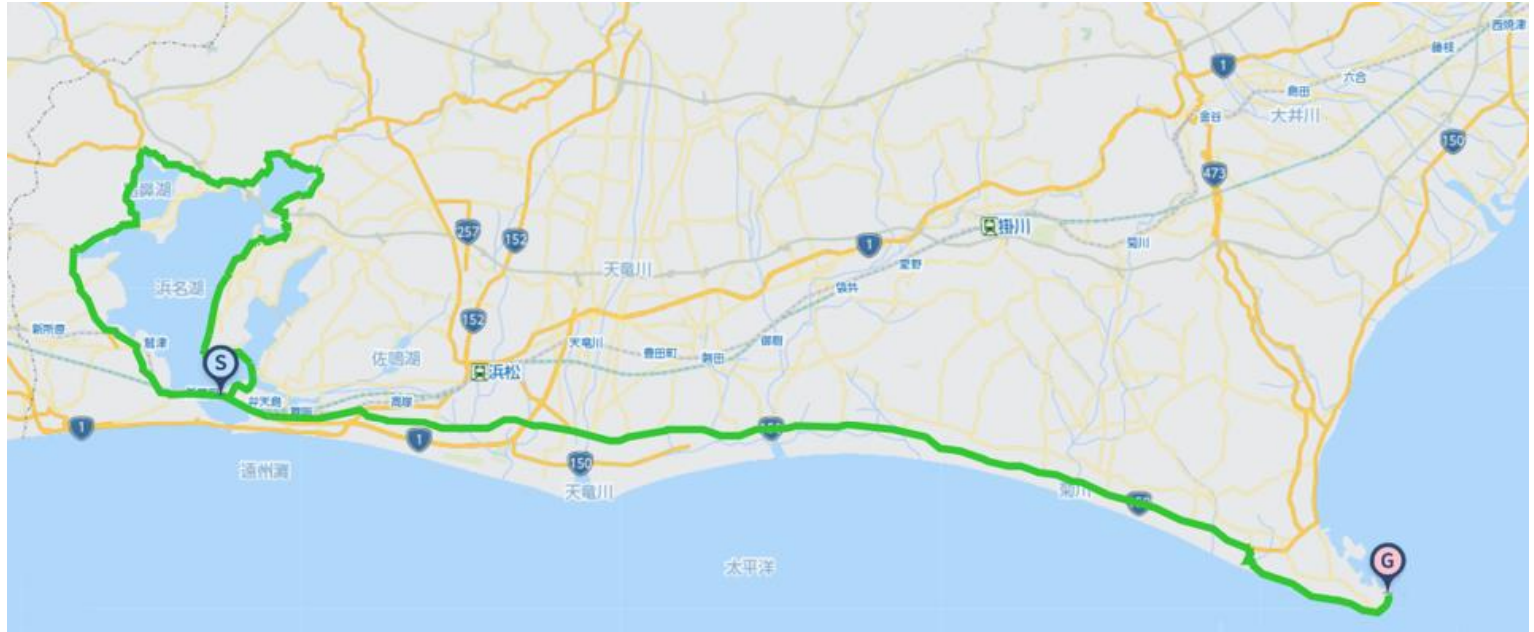
Outside dinner recommend Hamanako Hamasei eel Isokawa Sushi Japanese Suigetsuro Iron grill・THE HAMANAKO TERRACE



Other stay Kaigasoo Hamanako resort spa The Ocean Family lodge TabikagoyaOther breakfast: Family mart Hamanako Bentenjima

2日目 浜名湖一周～御前崎 115km+569m

<https://www.navitime.co.jp/coursebuilder/course/0664f726888c4796814584531ac86a07>



昼食推奨 浜名湖(53km) 御食事処晴美 浜菜坊 魚あら リゾートカフェ Leader 弁天島店



浜松(61km) 鰻「大嶋」「鰻昇亭 下江店」 中田島砂丘「さわやか浜松白羽店」 笑門ラーメン



袋井市(83km) 太助 おせんや食堂 はぎのや あじ助



休憩推奨 お菓子の森 うなぎパイファクトリー 名倉メロン農場 掛川:たこまん大東



見学: 浜名湖ガーデンパーク(8:30～) 浜名湖かんざんじロープウェイ・大草山展望台 オルゴールミュージアム
 ※浜名湖かんざんじロープウェイ展望台・大草山駅は標高85m、館山寺駅⇄大草山駅間は自転車輪行運搬移動可能です。
 浜名湖遊覧船 館山寺航路(周遊30分) 瀬戸航路(片道30分) 三ヶ日航路(周遊15分) 自転車積載可能(有料・要予約)
 ※事前乗船要望下さい。天候等により航路休止が発生します。



湖西市新居町中野郷浜名湖畔からの富士山 浜松城 遠州大砂丘: 中田島砂丘・千浜砂丘・浜岡砂丘 御前崎日没
 ※御前崎は「日の出と日没の両方が見える岬」です。鑑賞希望者は時間内到着・早朝鑑賞ご協力ください。



宿泊 御前崎 聖火旅館 〒437-1621 静岡県御前崎市御前崎 11-41 TEL:0548-63-3816



館外夕食推奨 磯料理厨 海鮮料理みはる 磯亭 バレーナ



他宿泊推奨 御前崎グランドホテル お宿なかにし はまえんどう

他翌朝食推奨 宮内うどん(土日8時開店 ラーメン他 聖火旅館から西に9km) セブンイレブン御前崎港店

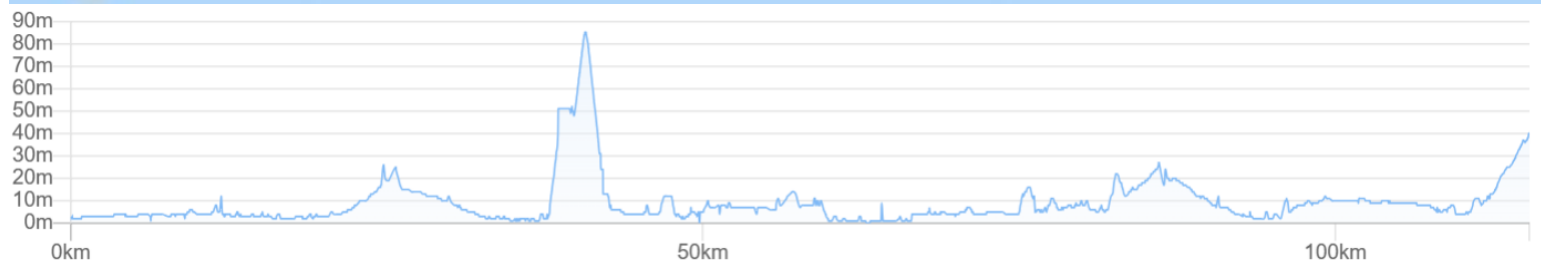
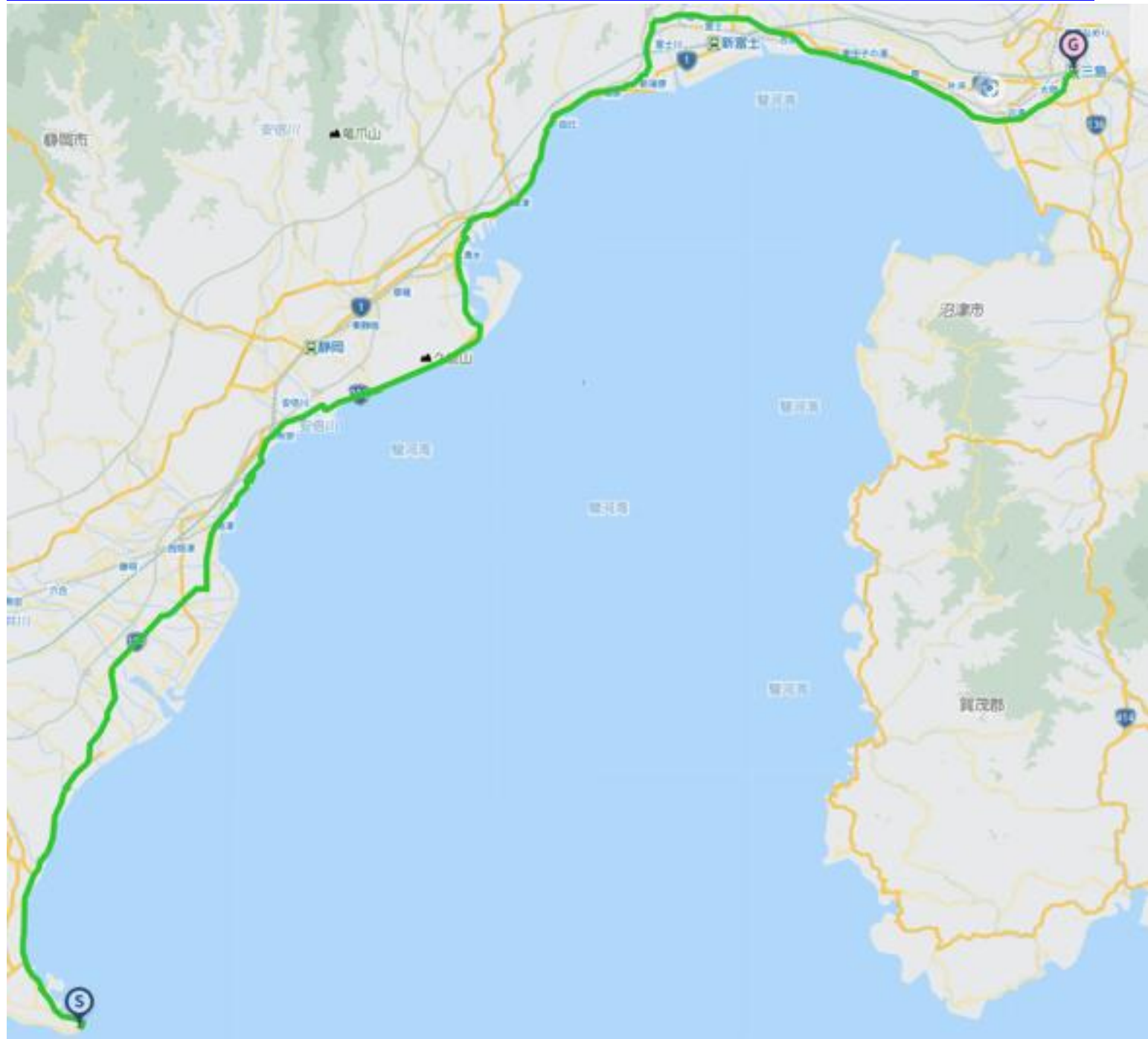


前半の浜名湖一周をライドせず、旅館内・旅館周辺で休憩待機・観光・午前中に御前崎に向けての出発、が可能です。
 当日の体調等により各自調整、申告下さい。

輪行推奨 弁天島→菊川: 東海道本線 菊川→御前崎(浜岡営業所・御前崎市役所前): しずてつジャストライン バス

3日目 御前崎～新富士駅～三島駅 115km+432m

<https://www.navitime.co.jp/coursebuilder/course/7a9d7413bf72457f8aeea98689b76475>



昼食推奨 焼津(37km) かどや まぐろ茶屋 かつ亭膳 ブルズランチステーキ



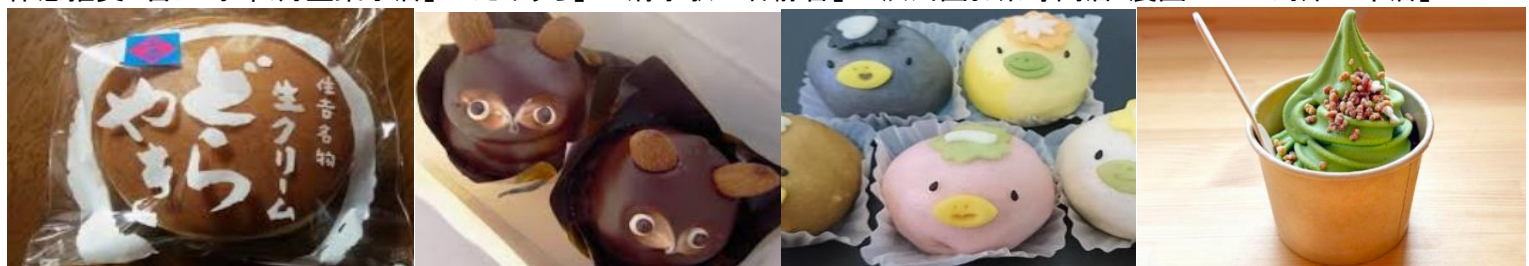
清水(64km) 海山 うおかん ととすけ 井兵衛



三保半島(61km+3km) まぐろダイニングはぐるま とんかつ五郎十 山下天井 イタリアンマッシモ 中華三浦屋
 ※三保半島北部を訪問・食事の場合、三保松原水上バス(三保→日の出→清水 毎時35分発 所要15分)利用推奨



休憩推奨 吉田町「松月堂菓子店」「たけうち」 清水駅「甘静舎」「渋川園お茶専門店・農園カフェ 河岸の市店」



見学: 御前崎灯台日の出 登呂遺跡 東照宮 久能山



日本平ロープウェー 三保の松原 三保の松原水上バス 薩埵峠



由比宿・蒲原城跡 富士川橋 田子の浦港 富士山夢の大橋



三保の松原水上バスは自転車積載可能です。

興津駅～由比駅間は、自動車道と自転車道が分離しており、カーサポートができません。興津駅でサポートカーと分かれ由比駅で再合流します。

17時27分の日没に向け、16時に新富士駅(90km 地点)を通過できた場合に三島駅(115km 地点)を目指します。

ゴールは新富士駅 or 三島駅の入浴施設前になります。

富士由比バイパス・沼津バイパスは自転車走行不可です。東海道・富士川橋を経由して東行下さい。

輪行推奨 御前崎→菊川:しずてつジャストライン バス 菊川→新富士→三島:東海道本線

新富士入浴推奨 富士・湯らぎの里(90km地点 新富士駅から2km) 静岡県富士市蓼原227-1 0545-63-2641



新富士後泊推奨 東横inn 新富士駅南口 〒416-0932 静岡県富士市柳島310-1 0545-66-1045



新富士食事推奨 新富士駅「ふじ万」「京昌園新富士駅」「まるごと駿河湾」「丸鶏HAKOZAKI」



三島入浴推奨:極楽湯 三島店(115km 三島駅から2km) 〒411-0843 静岡県三島市三好町4-23 055-991-4126



三島後泊推奨 東横イン富士山三島駅 〒411-0033 静岡県三島市文教町1丁目5-7 TEL:055-980-1045



食事推奨 三島駅周辺 極楽湯三島店食事処 丸兵 みしまや ラガッツオ



後泊見学推奨 三嶋大社 楽寿園 柿田川湧水群 三島スカイウォーク



Ride Join Fee(Per day Per person) 15,000JPY(Include Tax)

Max Possible Join 1 Orders Minimum Number of riders;5-Riders (Full days ride join)

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.

When you apply , we make estimation for ride join fee with including not included costs for ride join fee.

Contact E-Mail Adress : soma@jtourism.jp

Please apply with the information as below.

※In case of less than minimum number of riders join , make another estimation and conduct the tour.

※Possible to apply for group of less or more number of riders , make estimation.

※Possible to make another plan on order made for another day , longer or shorter distance of course.

※We make estimation as the number of riders , days you ride , ride fee , stay , food , public moving , sightseeing , attendant move·stay , for total costs

※Itinerary changes are possible for individual and group applications. We will create the order custom made project and estimate.

For the order custom made project , let you enjoy for fully , we will create a plan for each group.

※In case of terrible weather , body condition , seem impossible to finish riding on the day , move to the mid place or stay by using public move and support car.

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 or 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 plan , 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.
- In terms of event , in case injury and illness occur , the participates have no objection to receiving first aid. The organizers will not be held responsible for the method, process, etc.
- The participates in addition to the participants, relatives, heirs, executors, trustees, etc. will not make any claims for damages, etc regardless of the cause, the organizers will be exempt from responsibility in case of accidents, losses, injuries, illnesses, etc. during the event (including aftereffects)

- 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

Planning by

Japan Tourism Organization General Incorporated Association

Representative Director Mikihiro Soma

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Japan bicycle journey with stays

2025: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2025E.pdf>

2026: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2026E.pdf>

2027: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2027E.pdf>

One Day Ride Around Tokyo

<https://jtourism.jp/2020/wp-content/uploads/2024/09/JapanOneDayRideAroundTokyo.pdf>