

JTO IZU peninsula Bicycle Journey

2025 June 11th(Thu)~14th(Sun) 4Days

Izu peninsula round long ride & Hill climb

First section 11th(Thu) & 12th(Fri): Izu-Ichi (Izu peninsula seaside round) 2Days

Distance: 202km Total Gain: 3438m

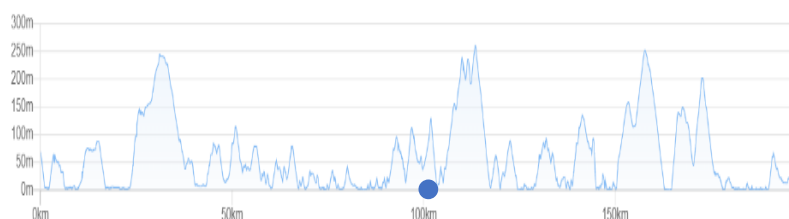
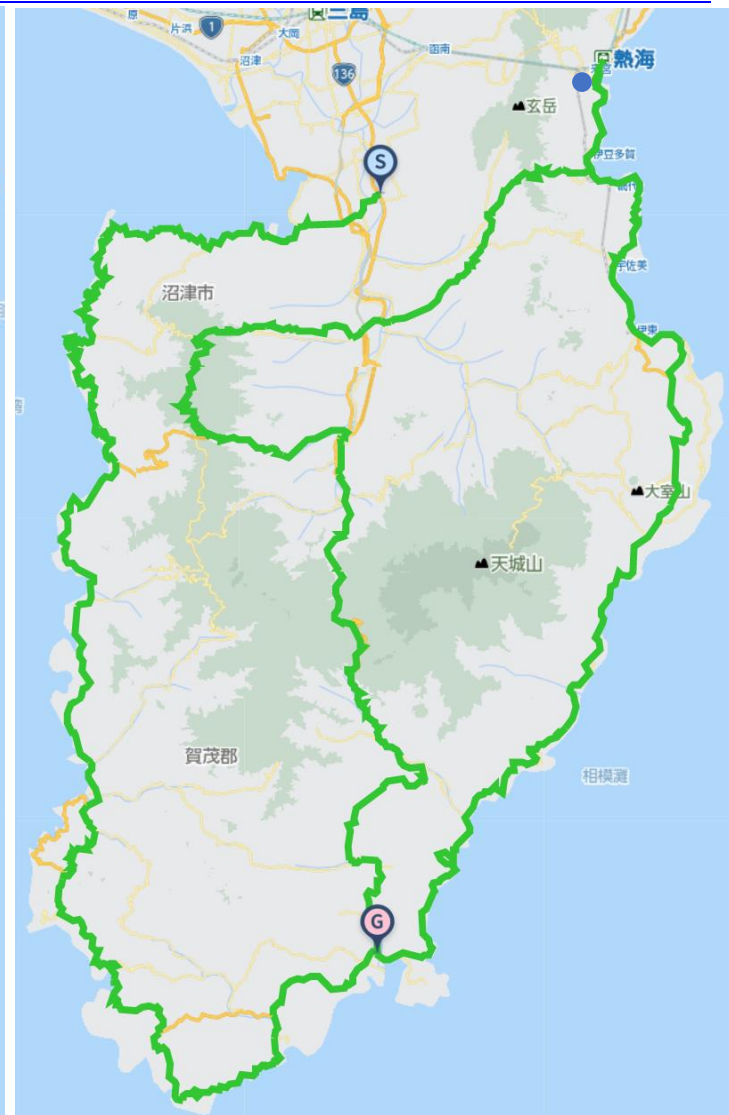
Second section 13th(Sat) & 14th(Sun): Izu-Ichi one day attack & Inland Hill Climbs

Distance: 302km Total Gain: 6216m

Izu June 11th Sunrise at 4:32 ~ Sunset at 19:00

First <https://www.navitime.co.jp/coursebuilder/course/5b7b4086e2a44dc2a8e2b108d63f6186>

Second <https://www.navitime.co.jp/coursebuilder/course/d4e42955f3ec48c59a8340677952cd96>



2026 Early summer Izu peninsula round Long ride & Hill climb

Total Distance : 504km Total Elevation Gain : 9654m

First section Izu-Ichi(Izu peninsula seaside round)2Days 202km+3438m

1st day Izu peninsula east seaside Atami→Minami Izu(102km+1499m)

2nd day Izu peninsula west seaside Minamiizu→Izu Nagaoka(100km+1939m)

Second section Izu-Ichi one day attack & Inland Hill Climbs 302km+6216m

3rd day Izu peninsula seaside round Izu Nagaoka→Atami Izu-Ichi(196km+3595m)

4th day Atami~Nishi Izu Skyline~Amagi pass over Hill Climb(106km+2621m)

Pre stay recommend Toyoko inn Atami st.

〒413-0005 Shizuoka pref Atami city Kasugacho12-4 0557-86-1045 (Breakfast6:30~)



Other stay : Ryugukan Itoen Hotel Atami kan New Fujiya hote Tsukinosumika Atami Juraku hotel

Pre stay sightseeing Atami plum woods Atami castle MOA Museum Izu mt. shrine



Atamidinner recommend Aoi Luska Atami(Japanese Western Chinese) Izu Taro PIZZERIA SUN LEONE Gomihacchinn



Early morning move recommend Shinkansen express

Tokyo st.(6:30 start)→Atami st.(7:13 arrive) Tokyo st.(6:57 start)→Atami st.(7:42 arrive)

First section meet June 11th(Thu) 8:00 Atami Toyota rent car Atami st.

〒413-0005 Shizuoka pref. Atami city Kasugacho16-63 TEL:0557-81-0100 (Open 8:00-20:00)

※Just in front of Toyoko Inn Atami st. Please put your luggage in the support car.

Outside breakfast recommend : Sotei soba noodle JR Atami st. Ito line home Bex coffee shop Luska Atami (Open at 7:00)

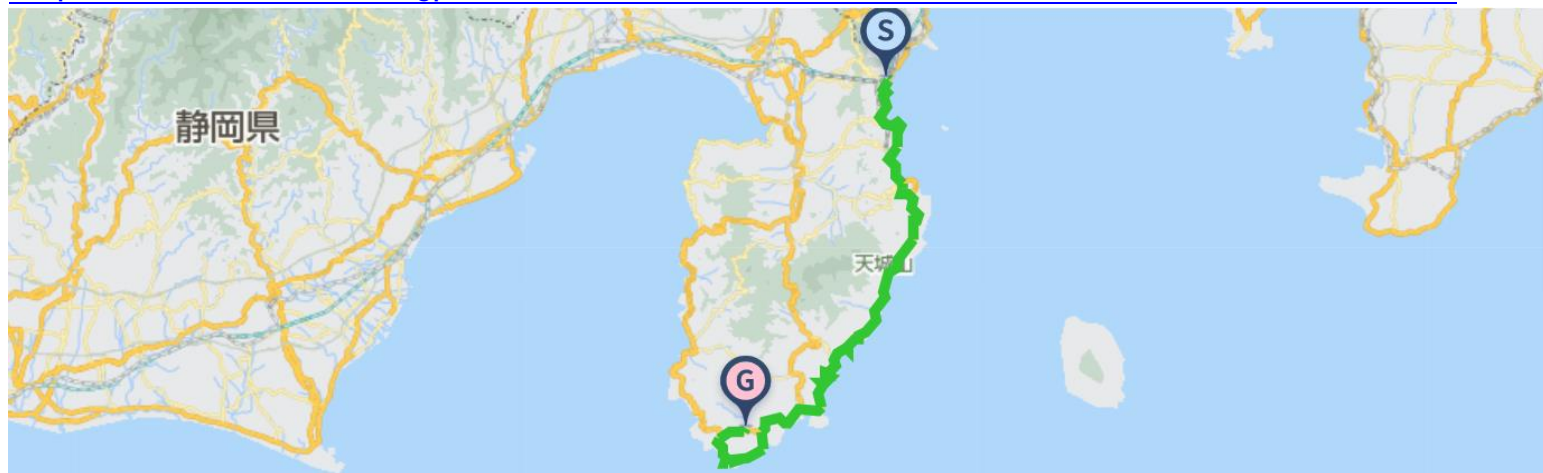


First section 11th(Thu) & 12th(Fri) : Izu-Ichi(Izu peninsula seaside round)2Days

Distance : 202km Total Gain : 3438m

1st Izu peninsula east Atami→East Izu→South Izu 102km+1499m

<https://www.navitime.co.jp/coursebuilder/course/52dc98f71960405bbefb2efaf75ed528>



Estimated transit time

8:30 Atami ride start

10:00 26km Seven Eleven Ito Kawana Ito city Kawana1225-32 0557-44-0711

13:00 50km Izu Inatori Tokuzomaru Amimoto dining Uoan Kamogun Higashiizucho Inatori3009-18 0557-95-1930

15:00 75km Izukyu Shimoda station Rawson Shimoda station Shimoda city1-1-1 0558-22-7066

17:00 96km Shimogamo onsen spa Kawachiya inn Minami Izu town Shimogamo436-1 0558-62-1234

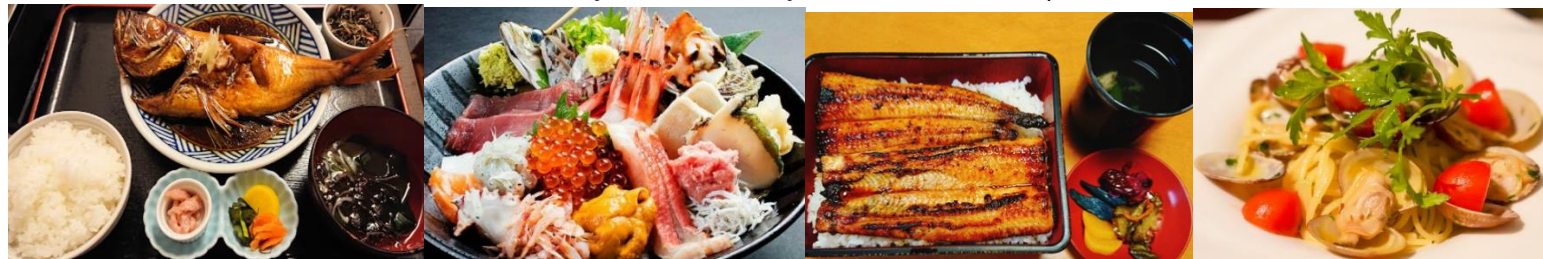
Lunch Higashi Izu Inatori(50km) Tokuzomaru Naburatoto Uohachi sushi Isobe



Hotei Yashi Kouya Kamome dining



Kozu(58km) Yoshimaru station front Donburiya bowl Okaway eel Trattoria dao piarata



Sweets Atami Genraku Ito Fukuraku Shimoda Hirai anpan Kurofune monaka



Sightseeing Atami Omiyamonmatsu Ogisaki observation deck Ito Orange beach Jogasaki coast

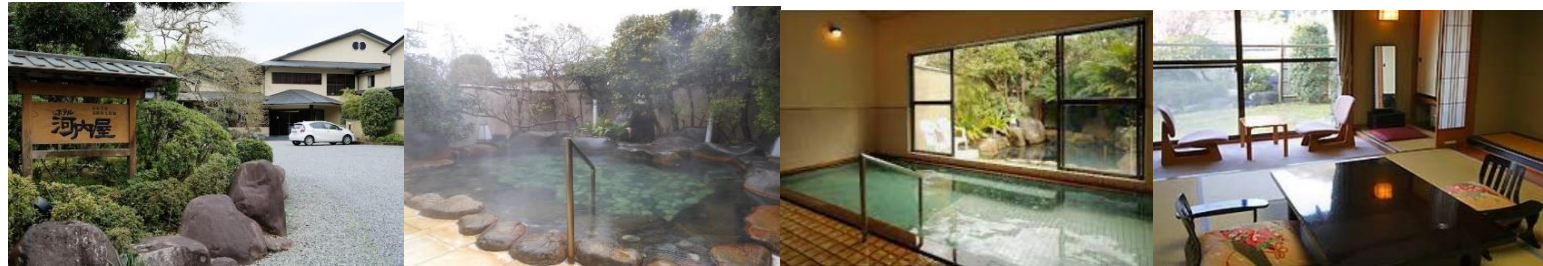


Higashi Izu Inatori cape Shimoda Senjojiki Shirahama beach Minami Izu Yumigahama beach Ishirozaki cape



Stay Minami Izu Shimogamo onsen spa Hotel Kawachiya

〒415-0303 Shizuoka pref Kamo gun Minami Izu cho Shimogamo 436-1 0558-62-1234



Other stay Minami Izu Karin mt. spa Yamaumi old house inn Nanraku flower hospitality Sun fresh Kojima Ryuguu

Public move Atami→Shimoda:JR Ito line Shimoda st.→Shimogamo onsen spa:Tokai bus

2nd Izu peninsula west South Izu→West Izu→Izu Nagaoka 100km+1939m

<https://www.navitime.co.jp/coursebuilder/course/b22efd8302aa4f1ba30ecffef95b7e67>



South Izu~Izu peninsula west coast ride~Izu Nagaoka onsen spa Goal

Estimated transit time

7:30 Ride start

10:00 31km Family Mart Matsuzakicho Matsuzaki Shizuoka pref. Kamo gun Matsuzakicho Matsuzaki63-2 TEL:0558-43-2251

12:00 56km Doi gold mountain Shizuoka pref. Izu city Doi2726 TEL:0558-98-0800

15:00 73km Roadside st. Kurura Heda Shizuoka pref. Numazu city Heda1294-3 TEL:0558-94-5151

17:00 100km Izu Nagaoka onsen spa Kobo no yu spa main store Shizuoka pref. Izunokuni city Kona 1179 TEL:055-948-2617

Lunch Doi gold mountain(56km) Shimacho Tamashige Sakura Koitten



Aoi Kyonoto う LOQUAT Ryuka



Heda(70km) Takaashigani giant spider crab(Need reservation) Kotolkumaru fisherman boss Noichi dining Maruyoshi Uosei fish



Marusan Yuunagi Fucacce Sakura



Sweets Doi Izunoshinta Moritaya Tokoroten Gelidium jelly Heda LE CIEL BLEU Izu Nagaoka Kuroyanagi Manjyu



Sightseeing South Izu Hagachisaki monkey bay West Izu Dogashima islands Izu Lovers cape Doi gold mountain

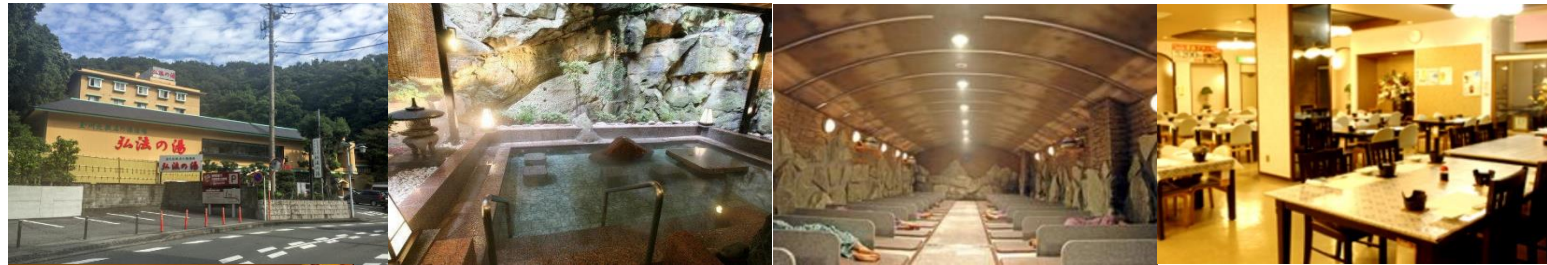


Numazu Heda port Osezaki Chishima sightseeing cruise(14:30 last 30min) Nagahama castle ruin Izunokuni panorama rope way(17:30 last)



Bath Stay Izu Nagaoka spa Kobonoyu 〒410-2211 Izunokuni city Nagaoka110 055-948-2641 (1km from Izunagaoka st.)

Take bath as you finish riding. Possible to eat inside.



Other stay Izu Nagaoka spa Kobo no yu Nagaoka Aqua Santa hotel

Dinner outside Hyotan sushi Gagamaru Calotta Rakuya grill meat



Public move Matsugasaki→Izunagaoka: Tokai bus ※If you join only the first section, please get home back with rinko from Izunagaoka st.

Second section 13th(Sat) & 14th(Sun): Izu-Ichi One day attack & Hill climbs

Distance: 302km Total Gain: 6216m

3rd Izu-Ichi One day attack

Izu peninsula round Izu Nagaoka → South Izu → Atami 196km + 3595m

<https://www.navitime.co.jp/coursebuilder/course/d5ab0e0abb5645cdafcb20b62832150f>





Second section meet at 4:00 Izu Nagaoka spa Kobonoyu 〒410-2211 Shizuoka pref Izunokuni city Nagaoka Tel:055-948-2641

Early breakfast Max Value Seven Eleven Family Mart Lawson(24H) :Previous day before start buy and put in the car

Estimate passing time

4:30 Ride start Izu Nagaoka spa

(Have rest and breakfast time at 6km point Seve Eleven Izu Santsu Sea paradise)

6:00 13km Owase liquor shop Numazu city Nishiura Ena89-4 055-942-2169 (9:00 open)

7:00 27km Roadside. Kurura Heda Numazu city Heda1294-3 0558-94-5151(500m inner side from coast. Open at 10:00)

8:30 44km Doi Gold mountain Izu city Doi2726 0558-98-0800 (9:00 open)

10:00 69km Family Mart Matsuzakicho Matsuzaki Kamo gun Matsuzakicho Matsuzaki63-2 0558-43-2251 24H



Lunch: South Izu Saira(91km) Tsukasaan Hashimotoya dining Ishirozaki cape(101km) Fujiya



Yumigahama(110km) Eikichimaru Aoki turban shell market TIME Sai



Shimogamo(Ishirozaki short cut) Asuka soba noodle Shin local fish Kawahachi eel Okada Roadside st. Shimogamo Yunohana



13:30 104km Seven Eleven South Izu Yumigahama gate Kamo gun Minamiizucho235-1 0558-62-0234

15:00 125km Izukyu Shimoda station Rawson Shimoda station Shimoda city1-1-1 0558-22-7066

16:00 150km Izu Inatori Tokuzomaru Amimoto dining Uoan Kamogun Higashiizucho Inatori3009-18 0557-95-1930

18:00 174km Senen ElevenIto Kawana Ito city Kawana1225-32 0557-44-0711

19:00 196km Atami Goal



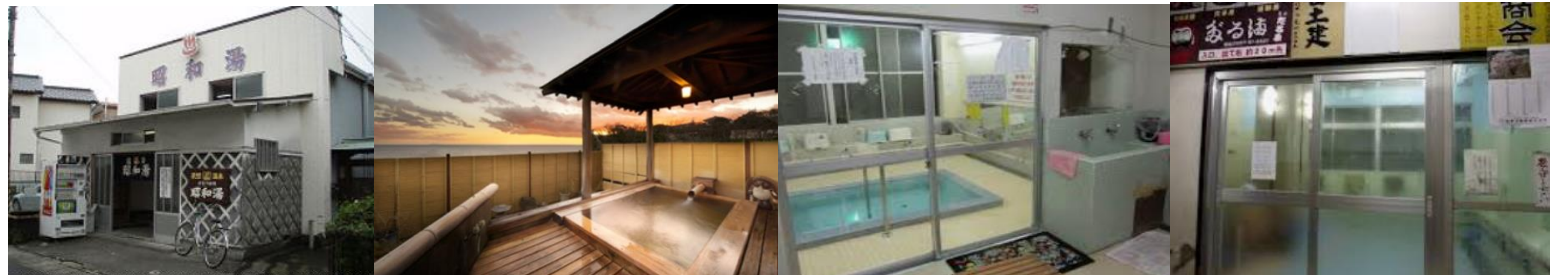
Public move Withdrawal midway train move section: Izukyu train • JR Ito line Shimoda station ~ Atami station
 ※In case delay from estimate passing time, request for moving by public train move. Move by train on the attendant instructions.
 If it becomes difficult to continue the ride midway, you can travel by support car or train. Be sure to bring your own bicycle transport bag.

Izukyu Shimoda station → Inatori station → Ito station → Atami station



Midway bath onsen spa If judged as impossible to pass for each estimate time, please take on bath and move by public train with bicycle to Atami station goal.

Shimoda st.(121km Showayu) Inatori st.(143km Kikuta inn) Ito st.(176km Yukawa daiichi Komochiyu) Atami st. spa(196km)



19:30 200km Atami Goal(Sunset at 19:01)

Stay recommend Toyoko inn Atami station 〒413-0005 Shizuoka pref. Atami city Kasugacho12-4 0557-86-1045

※In case trying to Izu peninsula hill climb on the 4th day, stay at Toyoko inn Atami station or Ryugukan inn.
 ※NO big onsen bath in Toyoko inn Atami station. We recommend to take bath in Tsukinosu Juraku hotel or Atami st. spa.



Other stay: Itoen hotel Atami kan New Fujiya Tsukinosu Juraku hotel(Saturday night stay with 2 meals) Ryugukan(no meal)

Outside dinner: Atami

Ajikura Kiyosuke fish Iririchaya Kamatsuru seafood



Gion Iwai Korantei LEONE9

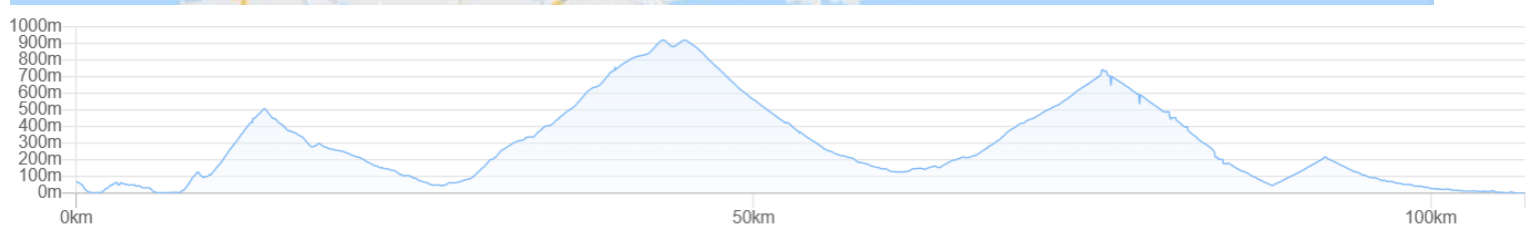
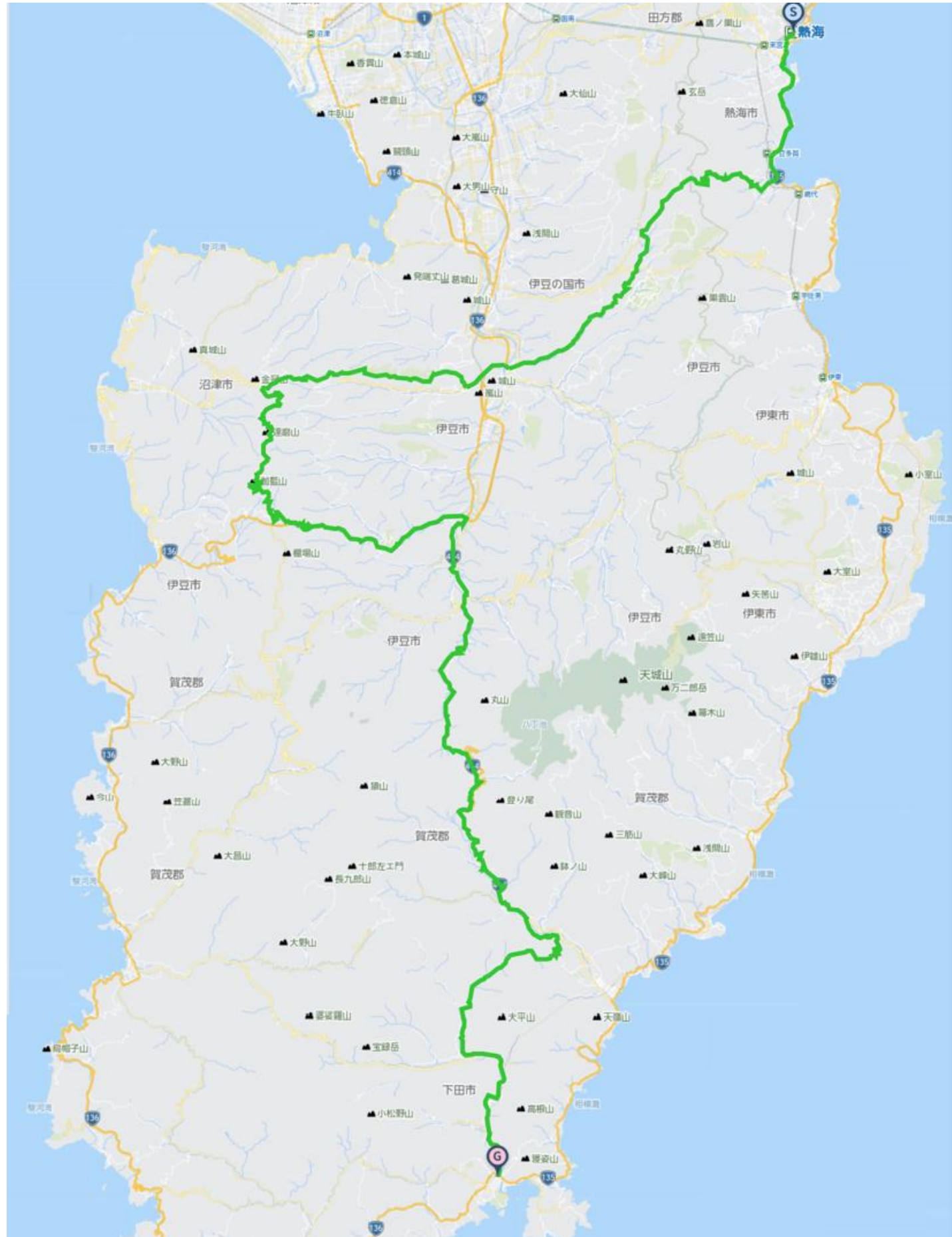


Public move Izu Nagaoka onsen spa → Matsugasaki: Tokai bus(①10:43 → 12:10)

Matsugasaki → Shimoda: Tokai motorcar(12:38 → 13:28: 1 ~ 2 buses per hour) Shimoda → Atami: JR Ito line

4th Izu peninsula Hill climbs Atami station→Shimoda station 106km+2621m

<https://www.navitime.co.jp/coursebuilder/course/32cf6e6848b94c9fa50d7ad090545aad>



Meet 5:30 Toyoko inn Atami station 〒413-0005 Shizuoka pref Atami city Kasugacho 12-4 0557-86-1045

Estimate passing time

6:00 before Atami ride start

7:30 13km Yamabushi pass

8:00 26km Shuzenji st.

10:00 39km Kinkansan mt. Heda pass

10:30 45km West Izu sky line Garansan mt. observation deck

11:00 61km Tsukigase spa

※In case impossible leave Tsukigase spa after lunch until 12:30 , please withdrawal and move by local bus and train.

Tsukigase onsen spa→Shuzenji bus: 1-2 buses each hour 22min Bath recommend day use Yunokuni Kaikan spa

13:00 70km Yugashima onsen spa

13:30 73km Jorennotaki fall

14:00 79km Amagitoge pass

14:30 84km Kawzu seven falls

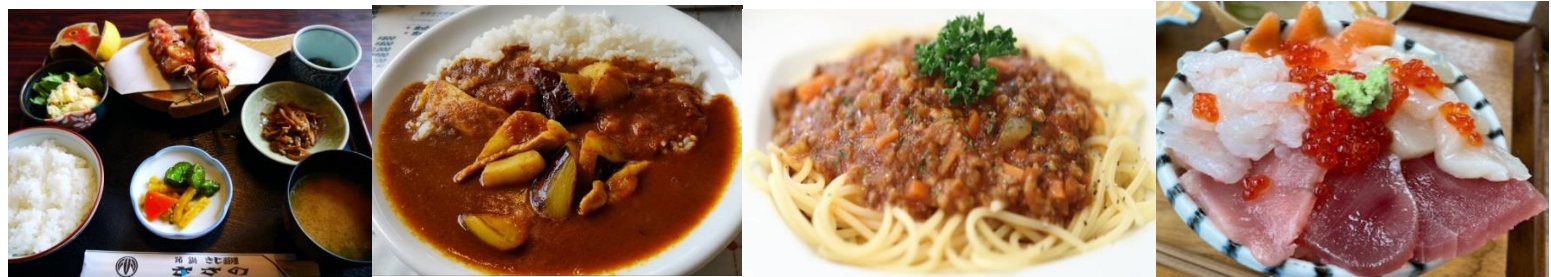
16:00 106km Shimoda station GOAL

Breakfast: Sukiya beef bowl Route135Atami Seven Eleven Atami Shimotaga(8km 24H) ※Take 30 min of breakfast time as wish.



Bread breakfast Pre buying recommend at Bakery&Table Raska Atami(9:00-20:30 work)

Lunch: Tsukigase onsen spa(61km) Sasano boar pheasant meat Olive Cafe Hisago Tsukigase terrace kitchen Roadside st.



Yugashima onsen spa(70km) Amago café Fujimi mt. dining pikiniki Izuno Sataro Green wood mt.(Roadside st Amagi pass over)



Sweets Shuzenji everybody café marche(26km) Daruma mt. rest house(36km)

Tokyo rusk Izu factory(70km) Kozu seven falls meeting cafe(84km)



Sightseeing Shuzenji Daruma mt. plateau observation deck West Izu skyline Tsukigase plum forest



Joren fall Amagitoge pass Kwazu seven falls Kawazu seven falls loop bridge



Bath Shimoda Showayu(13:00-20:30 open)



Souvenir Meal

Roadside st. Open country Shimoda port Cafe & Humburgr Ra-maru(16:30 close) Shimoda clock front(9:30-17:30)



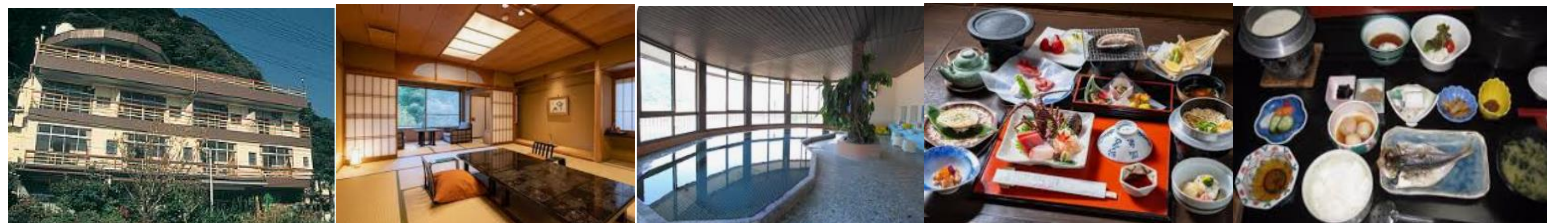
Outside dinner Seisuien(11:30-) Tsuji(17:30-) Domani(18:00-) Gorosaya season taste(17:00-)



Post stay recommend : Shimoda Tokyu hotel Shizuoka pref. Shimoda city Gochome 5-12-1 0558-22-2411



Izumiso inn Day use onsen spa OK



Ogawa ryokan inn(Stay only no meal) Shimoda city Takegahama6-7 0558-22-1399



Breakfast outside Lump house(6:00-) Kinmetei(7:00-) Tsuboya(7:00-) Max Value(24H)



Other stay Shimoda Itoen hotel Hanamisaki cape Tontei business hotel Marseilles Suzuki hotel Shimoda Shimoda station
TO Tokyo home back ex. Izukyu Shimoda→Atami→Tokyo Shinjuku:Izu express Tokaido Shinkansen line Izu express Odoriko
Post stay sightseeing

Shimoda rope way(8:45-17:00) Nesugatayama mt. observation deck Shimoda sea aquarium Shimoda bay round sightseeing ship



Public move No bus or train going along. We check your will whether to get goal around Tsukigase onsen spa starting time.

Ride Join Fee(Per day Per person)

First Section 15,000JPY(Include Tax)

Second Section 19,000JPY(Include Tax)

Max Possible Join 1 Oriders 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 from one person to number of group 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 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.
 - 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
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Japan bicycle journey with stays

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- 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>