

JTO Mt. Akagi Haruna Shibu pass

Triple Hill Climb Bicycle Journey

2026 May 9th (Sat) ~ May 10th (Sun) 2 Days

Distance: 212km Total Gain: 5746m

<https://www.navitime.co.jp/coursebuilder/course/14caed84528945a5a9d0380ee934b93e>



① May 9th (Sat) Maebashi st. ~ Akagi mt. ~ Haruna mt. ~ Kawanaka spa
109km + 3023m

② May 10th (Sun) Kawanaka spa ~ Kenashi pass ~ Shibu pass ~ Yudanaka st.
103km + 2723m

Maebashi May 9th Sunrise at 4:43 Sunset at 18:38

Meet May 9th(Sat) 7:30 Toyoko inn Maebashi st. Maebashi city Minamicho3-9-1 TEL:027-223-1045



Pre stay outside bath Maebashi st. Natural spa Yu-Yu
 Pre stay meal Maebashi Seiyotei Ichi Magokoroan Sobahiro Nukui noodle Toribira Joshu chicken



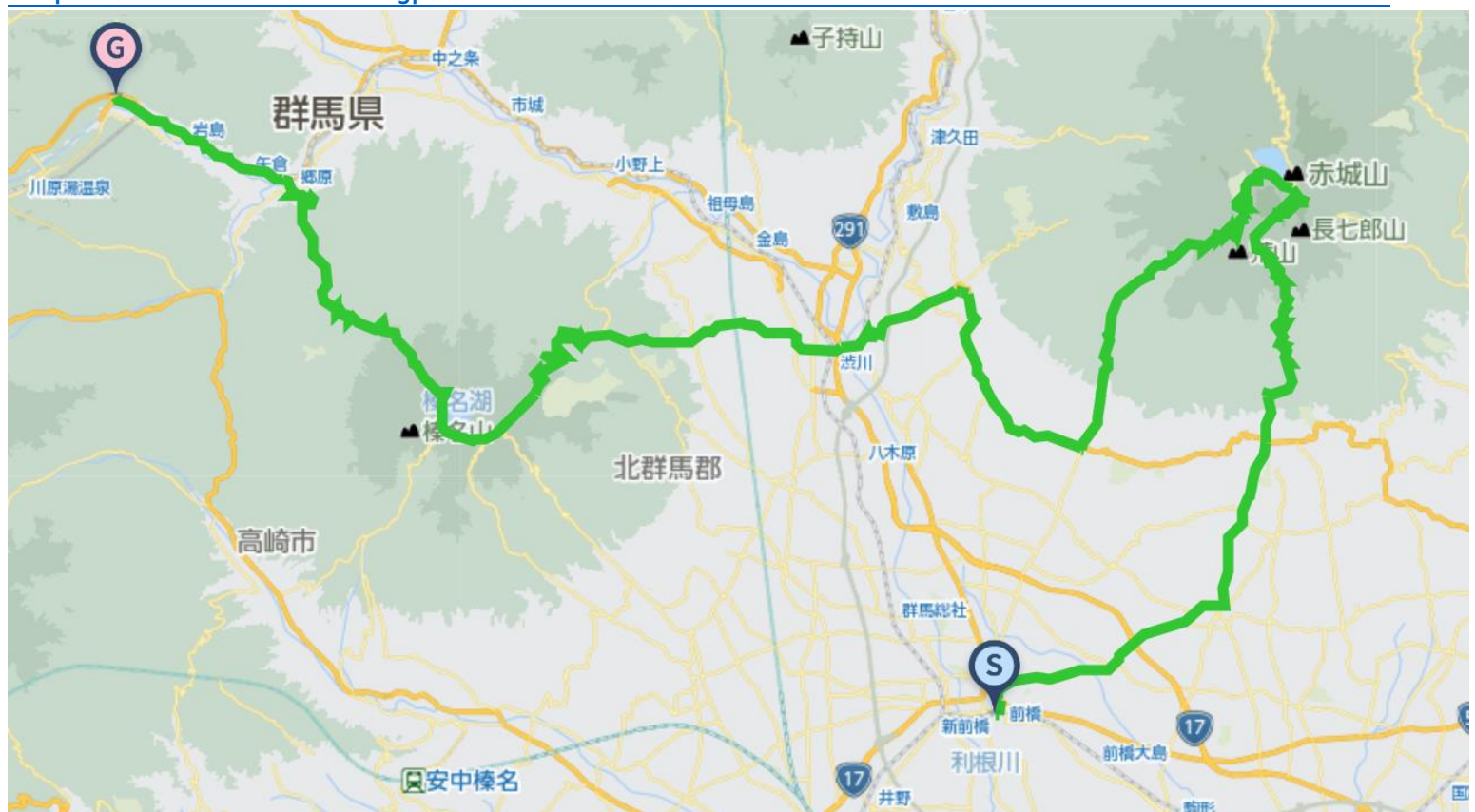
Tsurukichi Maebashi Joshu bar Torimiya local chicken grill Saikaya WA Minamimachi Italian doi



Pre stay sightseeing Gunma Prefectural Government Showa Building Maebashi shrine history museum Ogiwara Sakutaro memorial hall Rinkokaku



1st Maebashi st.~Akagi mt.~Haruna mt.~Kawanaka spa 109km+3023m
<https://www.navitime.co.jp/coursebuilder/course/9aa80dc49bcb4fe4bdd6c3a02fce378f>





Lunch Akagi mt.(34km) Meigetsukan Treckers café Bandy Shiobara Soyama market



Shibukawa(66km) Nakashima soba noodle café Tonden Shibukawa Iccho Shibukawa Takako dining



Iseya Takara restaurant Cafe & Dining Bar Vingtie Berny's Dyner Hamburg



Harunasan mt.(83km) Haruna lake Fujiya Haruna lake rest house Romance tei dining Saikoon



Sightseeing Akagiyama mt. shrine Akagiyama mt. Akagiyama big swamp Roadside st. Fujimi



Ikaho rope way Harunasan mt. Harunasan mt. rope way Harunako lake



Public move Maebashi st.→Akagiyama visitor center: Kanetsu kotsu bus Maebashi Akagiyama line recommend 8:27→9:42
 Akagiyama mt.→Shibukawa Kanetsu kotsu bus
 Shibukawa st.→Miharushita→Harunako lake: Gunma bus Shibukawa st.→Iwashima st.: JR Agatsuma line
 Maebashi st.→Iwashima st.: JR Ryomo line•JR Agatsuma line
 ※In case impossible to start Shibukawa at 14:00 , recommend NO Haruna mt. attack and move flat course along JR Agatsuma line



Other stay Matsunoyu onsen spa Shokeikan Fukudaya ryokan inn Kawayu onsen spa

2nd Kawanaka spa~Kenashi pass~Shibu pass~Yudanaka st.
103km+2723m

<https://www.navitime.co.jp/coursebuilder/course/6f2cf371fdac42329e21a282fa2f9ec9>



※Kenashi pass(55km point) Attack ride 38km~73km 35km distance Snow blockade may occur
 In case impossible through Manza pass at 11:30 , give up attack ride Kenashi pass , climb up to Shibu pass and go to Yudanaka st.

Lunch Kusatsu(22km) Tonko Saika home dining ITALO AI Rododendro



Manza pass(41km・68km) Manza Prince Hotel Nisshinkan



Shibutoge pass(78km) Shibutoge hotel Yokoteyama drive inn



Sightseeing rest Roadside st. Agatsumakyo vally Kusatsu spa spring field Kenashi toge pass Shiga Kusatsu road



Snow Corridor Shibutoge pass the highest point of national road Shibutoge pass hotel Shigakogen plateau



Public move Naganohara Kusatsuguchi st.⇔Kusatsu:JR Bus Kanto Kusatsu→Shibutoge:No public move Shibu pass→Yudanaka: Choden bus(15:30 last)

Manza bus terminal→Manza·Shikasawaguchi st.: Seibu kanko bus 14:25→15:09

Possible to give up at Manza Nisshinkan~Day use onsen spa~Back to home

Goal Yudanaka st. Day use spa recommend Yudanaka station front soa Kaedenoyu(10:00~21:00) Ishinoyu(10:00~18:00)



Post stay Issa no komichi Miyunoyado(Bath 14:00-20:00) Yudanaka spa big bath Yoshinoyu(Inside hotel Yudanaka 11:00-21:00)



Dinner around Yudanaka st. JAPANESE DINING GOEN(11:30-22:00) Izakaya time Yudanaka(17:00-24:00)
Mikasa(17:00-22:00) Yoroshikihi dining(12:00-17:00)



Souvenir: Roadside Shinshu Yamanouchi Tamamura market Shiga plateau beer atsumoto sweets Seven Eleve Yamanouchi Sano

Public move to home example Yudanaka st.→Nagano st.:Nagano train



Ride Join Fee(Per day Per person) 18,000JPY(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
 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
 Kyowa-bld 2F , 3-2-7, Shimbashi, Minato-ku, Tokyo, 105-0004, Japan
 Inside BS Travel Service Co., Ltd
 Mobile 090-4568-1444
 E-Mail soma@jtourism.jp Home-Page <http://jtourism.jp/>

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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>