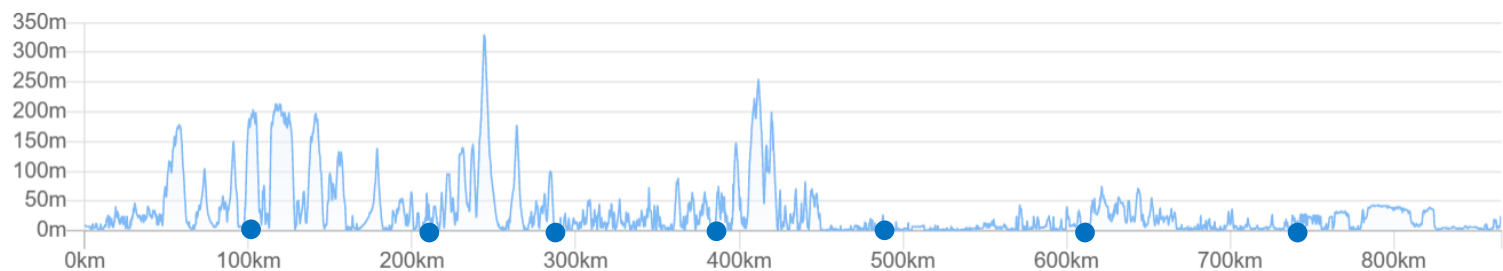
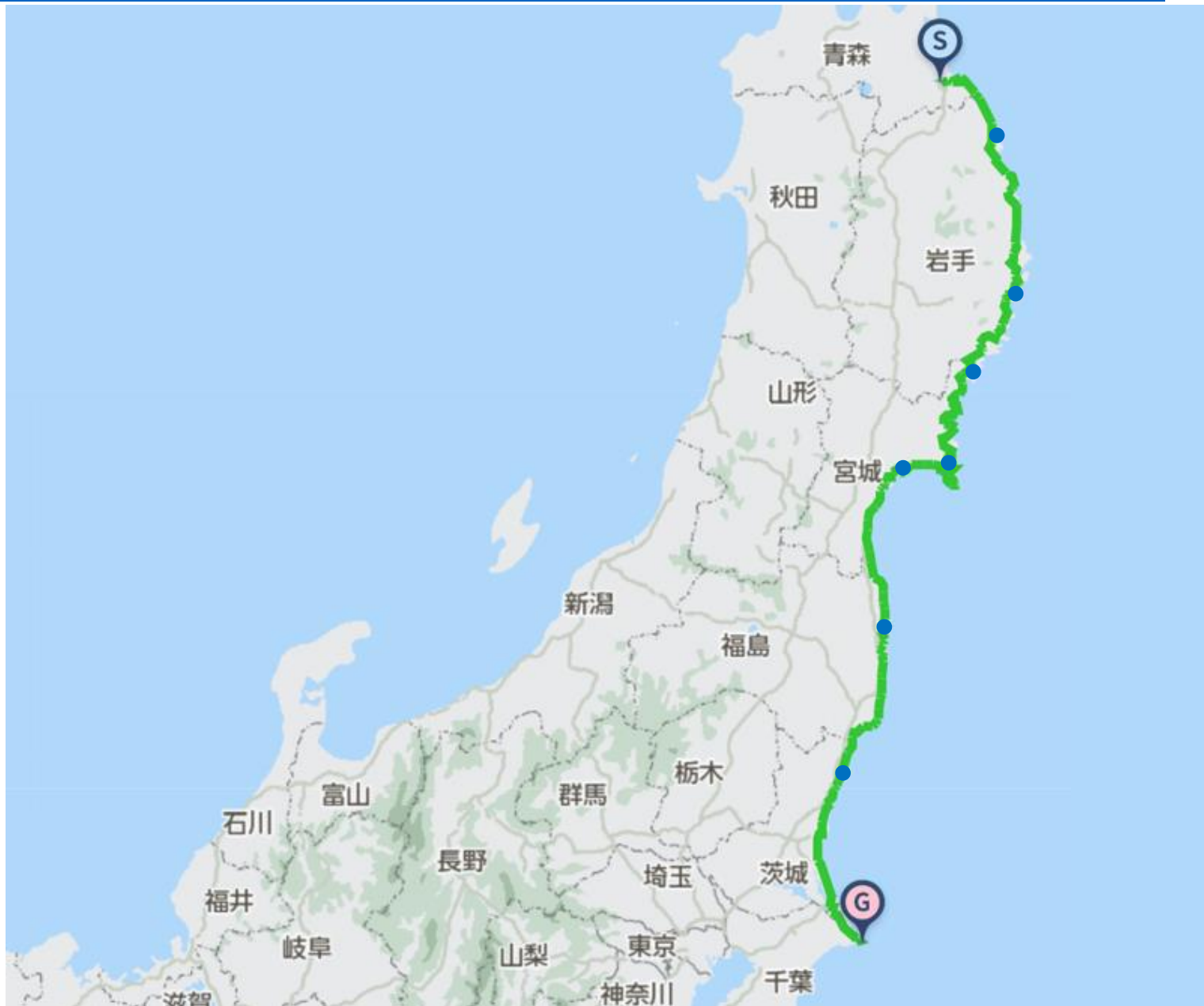


# JTO East Japan Hachinohe to Choshi Bicycle Journey

2026 May 16th(Sat) ~ 23rd(Sat) 8Days

Hachinohe-Fudai-Kamaishi-Kesennuma-Onagawa-Matsushima-Namie-Hitachi-Choshi

<https://www.navitime.co.jp/coursebuilder/course/b240e7c9345a4e6c8fb18d27a6c41e60>



Hachinohe May 16th Sunrise at 4:19 Sunset at 18:48

Choshi May 23th Sunrise at 4:29 Sunset at 18:43

# Distance:851km Total Gain:8865m

- ① 16th(Sat) Hachinohe→Fudai 100km+1213m
- ② 17th(Sun) Fudai→Kamaishi 109km+1501m
- ③ 18th(Mon) Kamaishi→Kesenuma 84km+1371m
- ④ 19th(Tue) Kesenuma→Onagawa 95km+1317m
- ⑤ 20th(Wed) Onagawa→Matsushima 102km+1632m
- ⑥ 21st(Thu) Matsushima→Namie 117km+523m
- ⑦ 22nd(Fri) Namie→Hitachi 134km+949m
- ⑧ 23rd(Sat) Hitachi→Choshi 110km+359m

Meet 2026 May 16th 7:30 Hotel Mets Hachinohe station

Aomori pref. Hachinohe city Shiriuchicho Tateda1-1 TEL:0178-70-7700

Breakfast:Ikameshiya Hourin(InsideHotel Mets Hachinohe station Breakfast6:15~)



Meal Hachinohe station Ikameshiya Hourin Dining Ichi Proresu Tenryu Kiraku seasonal sushi



Sightseeing Hachinohe portal museum Hacchi Miroku side street Hashhoku center Kumanosawa onsen spa

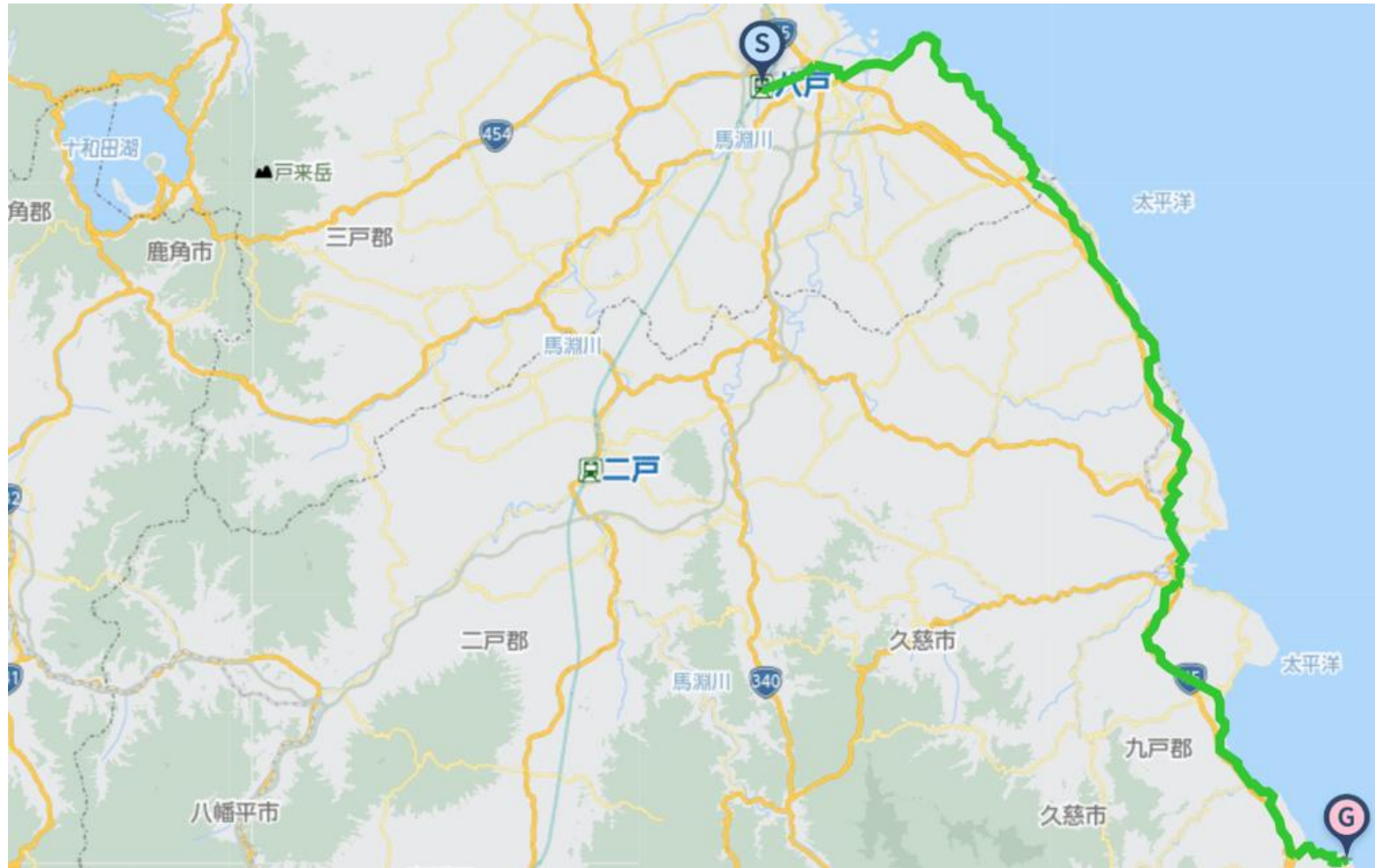


Hachinohe morning market Mutsuminato st. morning market(Sundays off) Tatehana Ganpeki morning market(only Sundays on)



# 1st Hachinohe→Fudai 100km+1213m

<https://www.navitime.co.jp/coursebuilder/course/6234f75fda554ce5ab44ef1c0890b3c6>



Lunch: Taneichi(36km) Hamanasutei Kamefuku seasonal fish vegetables Kiriya Rikuchu Nakano(51 km) Kinokonoeki



Kuji(67km) Kuji st.Sanriku Riastei sea urchin rice Sankairi(Roadside st.Kuji Yamase Dofukan) Kiyota Tonkatsu Shoryu Mamebu house



Sightseeing: Kabushima shrine·pray for safety Tanesashi coast Roadside st. Kuji Yamase Dofukan Kuji st. department store



Kosode coast couple rock Tsuriganedo Kosode sea woman center Kurosaki observation deck



Stay Fudai Kurosakiso 〒028-8351 Iwate pref Shimoheigun Fudaimura Dainichiwari Shimomura84-4 TEL:0194-35-2611



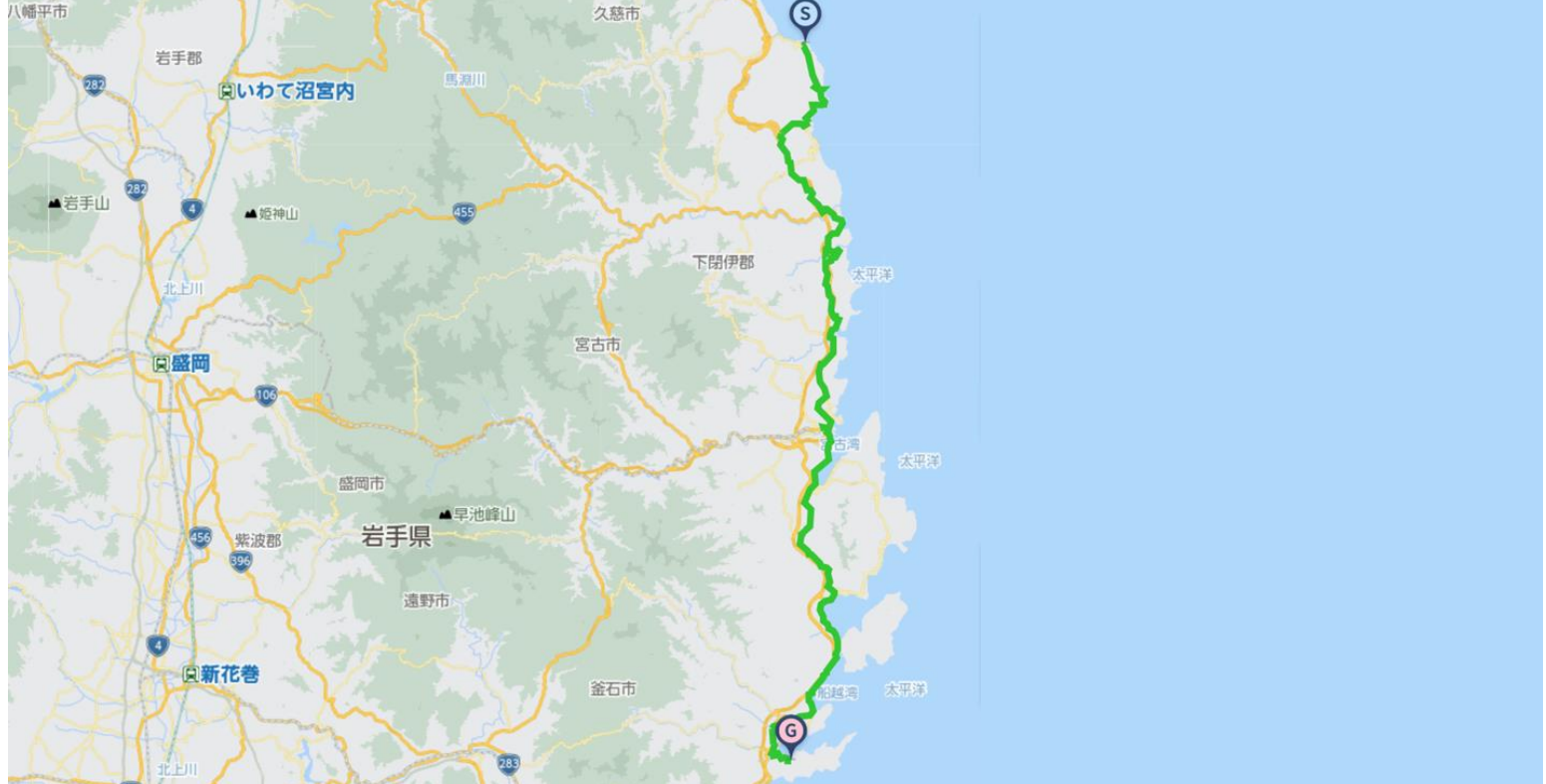
Outside dinner Fudai Ichiryu(19:00 close) Mitsuyoshi dining(19:00 close)



Public move Hachinohe→Kuji→Fudai: JR Hachinohe line・Sanriku railway Riasu line  
 Other stay Michiai tasty meal(1km south Kurosakiso) Nodagawa Eboshiso(15km north Kurosakiso) Tanohata Ragaso(12km south)

## 2nd Fudai→Kamaishi Unosumai 109km+1501m

<https://www.navitime.co.jp/coursebuilder/course/fea40ce0240f413898c23ea7b7afb06e>





Lunch: Taro(50km) Hanaya soba noodle Taro Zensukeya dining Jodogahama rest house Odense



Miyako(61km) Janome Yoshi sushi Restaurant Katsuyama Fujinoya Miyako city fish vegetable market



Sightseeing: Kuroasaki coast Kitayamasaki·Cormorant's nest cliff Taro big bank Earthquake-related ruins Taro sightseeing hotel



Sanoiwarock Sakiyama spring rock Jodogahama coast Unosumai reconstruction stadium



Stay Kamaishi Horaikan 〒026-0301 Iwate pref. Kamaishi city Unosumai cho dai 20 chiwari93-18 0193-28-2526



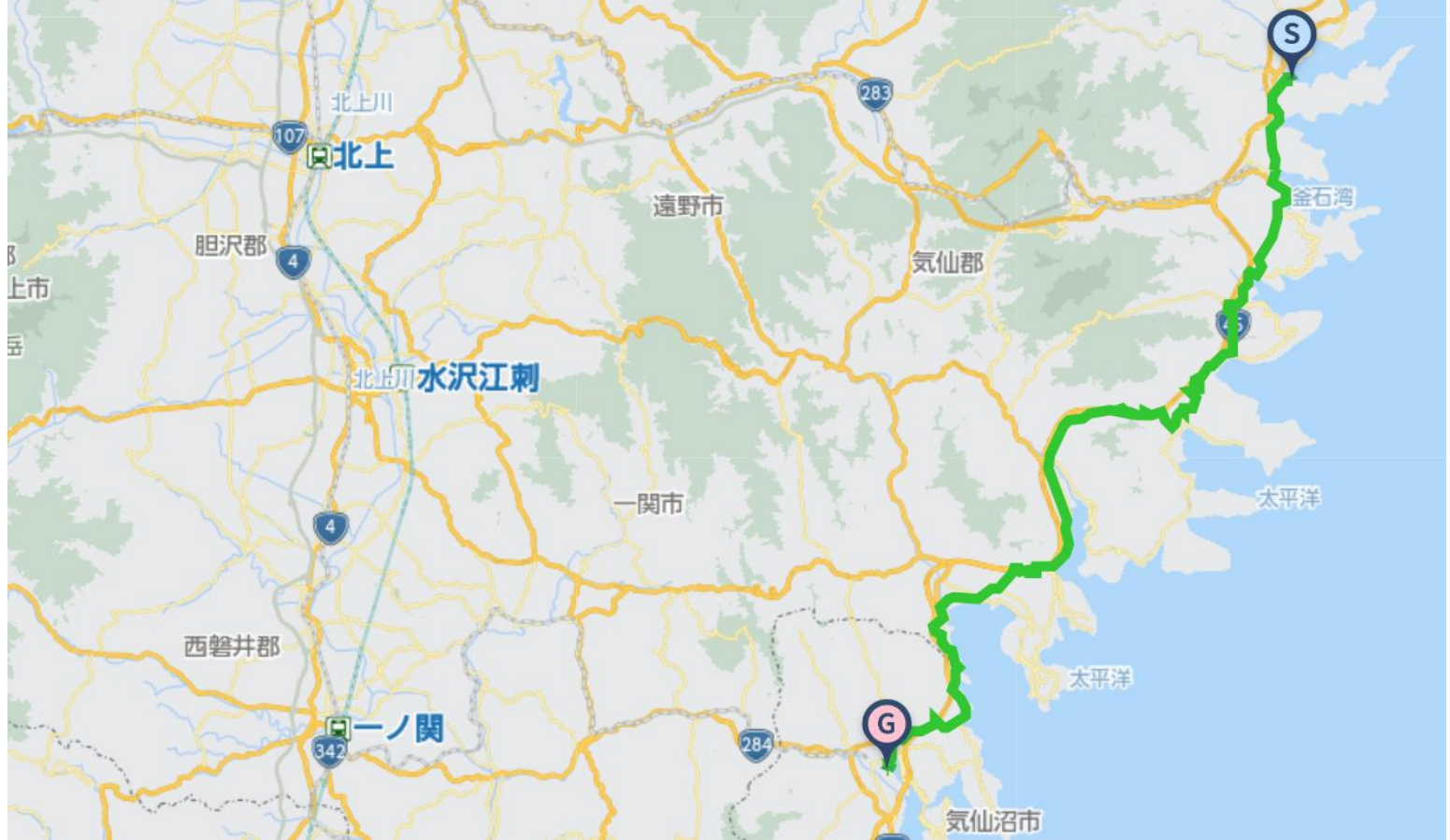
Outside dinner Otsuchi: Sanriku stall village Otsuchi OOdinings Shokurakuen meat grill Hichifuku Hajime Chinese Mikadon Izakaya



Public move Fudai→Unosumai: Sanriku railway Riasu line  
 Other stay Otsuchi Ogawa ryokan(5km north Horaikan) Ohakozakinoyado(7km east)

### 3rd Kamaishi Unosumai→Kesenuma 84km+1371m

<https://www.navitime.co.jp/coursebuilder/course/9fb195e4429d490baafaa582ae8d72a7>



Lunch: Sanriku st.(33km) Roadside st. Sanriku Sanpei dining Hidekkonei Café Bian



Ofunato bay(50km) Yamanakaya meat grill Gaganiko dining Porco Rosso Rounge Circus(In Ofunato Plaza hotel)



Sightseeing: Kamaishi big Buddha Statue Ofunato Amaterasu Omikami Shrine Ofunato bay Rikuzentakata public house



Takata pine tree field Rikuzen Tkada one pine tree Kesenuma shark museum Kesenuma fish market •Minamimachi Murasaki shrine



Stay Sun Marine Kesenuma Hotel Kanyo 〒988-0021 Miyagi pref Kesenuma city Minatomachi4-19 TEL: 0226-24-1200



Outside dinner Tasuku Asahi sushi Kuriko grill meat Katsuko tonkatsu



Public move Unosumai→Sakari→Kesenuma: Sanriku railway Rias line JR Ofunato lineBRT

Other stay Kesenuma Plaza hotel(1km north Sun Marine Kesenuma)

Isomura Amimotonoyado(2km south Sun Marine Kesenuma)

# 4th Kesenuma→Onagawa 95km+1317m

<https://www.navitime.co.jp/coursebuilder/course/aa19c33b1ebd45c68d21b1f24202b1af>



Lunch: Minamisanriku Sun sun market(40Km)



Minamisanriku hotel Kanyo(42km) Seaside Kyogoku soba noodle Coffee shrine Matsubara dining



Sightseeing: Kesenuma ruin Denshokan Iwaizaki dragon pine tree Hidenoyama Yokozuna statue Minamisanrikucho Disaster prevention office building JR Kesenuma BRT bus



Tokura elementary junior high school public hall Okawa elementary school Old Onagawa police box Onagawa station



Stay1 : Onagawa Hanayumi 〒986-2231 Miyagi pref. Oshikagun Onagawacho Urayadohama Tenno130 TEL:0225-53-4188



Stay2: Onagawa El Falo 〒986-2265 Miyagi pref Oshikagun Onagawacho Onagawa 2-1-2 TEL:0225-98-8703



Outside bath Onagawa Yupoppo onsen spa(9:00-21:00 Onagawa station aside)



Outside dinner Onagawa city Tenten(11:00-) Tenten(11:00-) Kagura Koraku IL GABBIANO(11:30-)



Okasei(10:00-) Maguroya Myojinmaru(11:00-) Ojika(11:30-) Sanshu(11:00-)



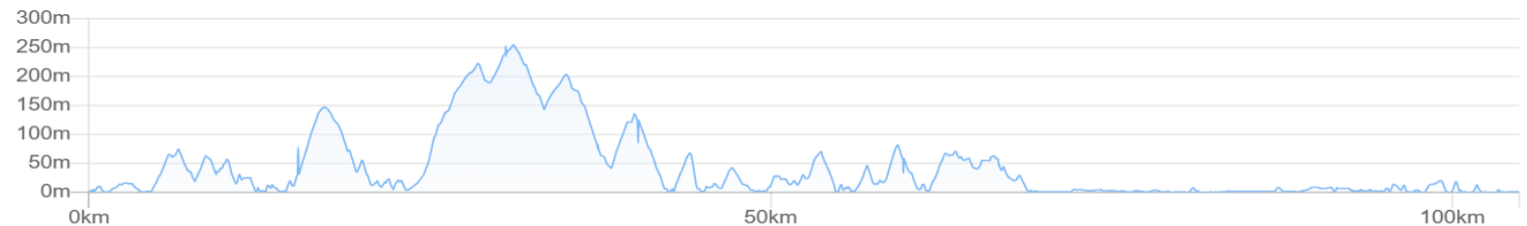
Public move Kesenuma→Maeyaji→Onagawa:JR Kesenuma lineBRT JR Ishinomaki line  
 ※5th day , Onagawa~Matsushima, possible in Onagawa to rest without bicycle ride on AM .

In Hanayumi , dinner(18-20) , morning onsen spa bath(5-9)•breakfast(7-8)•AM rest(10:00 check out)  
 El Falo , outside dinner , breakfast(6:30-9:00)•AM rest(12:00 check out)。

In case rest and stay longer in Onagawa , please have breakfast, lunch , bath by yourself in Onagawa city.  
 In Onagawa Yupoppo spa , there are rest and waiting rooms.  
 Joining at PM time , at Onagawa station or Tonami station. We arrange at the day.

# 5th Onagawa→Matsushima 102km+1632m

<https://www.navitime.co.jp/coursebuilder/course/550b046d6ebb449b9c6413e6ce983d58>



Lunch: Ayukawa port(42km) Whale town Oshika:Ogon sushi Nagisa Plaza Ito Shanghi ro



Kobuchihama(48km) Banya Fujimaru Kanta Hamagurihama(64km)Zuiko Momoura Mansekihashi(66km)Tonami oyster house



Tonami st.(67km) Don Don seafood bowl Bu-tei Tonkatsu fried shrimp Miura Chikuzen



Sightseeing: Oshika guardhouse park observation deck(Elevation191m) Kinkasan mt. Miyagi pref. Sant Juan Bautista museum Mansekiura bay



Hiyoriyama park(Elevation54m) Ishinomaki big bridge Okumatsushima Otakamori observation deck(Elevation106m) Matsushima



Stay: Matsushima coast Matsushima spa Palace Matsusu  
 〒981-0215 Miyagi pref. Miyagi gun Matsushimacho Takagihama38 Tel:022-354-2106



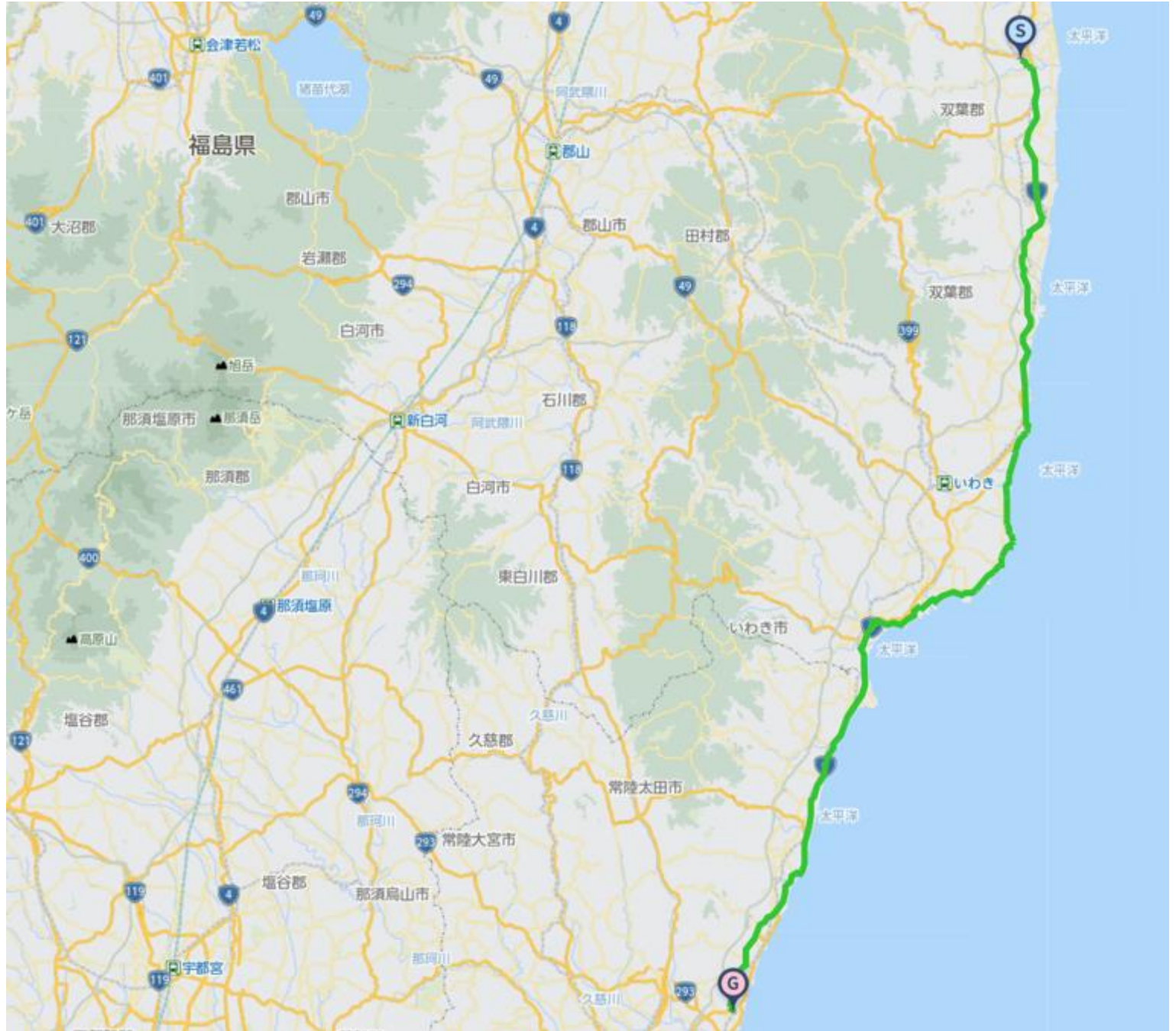
Outside dinner Matsushima fresh fish aquarium TOTO Matsushima Italian Rikyu beef tongue Umibatake



Public move  
 Ayukawahama port ~ Tonami st.: Miyako bus Tonami st. → Ishinomaki st. → Matsushimakaigan st.: JR Ishinomaki line • JR Sengoku line  
 Other stay Petit hotel Bistro Abahan (2km west from Palace Matsushima) Matsushima Komura (500m north Palace Matsushima)

# 6th Matsushima→Namie 117km+523m

<https://www.navitime.co.jp/coursebuilder/course/494dd3c72e8a4439b10b4d69c6bbdbc6>



Lunch: Yamashita(56km) Kinchan ramen noodle Kinpachi Wakana Yuikobo



Shinchi(65km) Yu Yoransho Sakuraya Marufuji



Soma(75km) Fukushimaya handmade soba noodle Unaou Ajikura Shinshodanga Chinese Katsukichi



Sightseeing: Shiogama shrine Sendai airport Matsukawaura bay Hyakusawa kannon statue



Maryo park Nakamura castle ruin Nakamura shrine Hibarigahara festival ground Soma Kotaka shrine Minamisoma Yasawa cenotaph Meijokan



Stay: Futabanoyashiro Yasuragi inn 〒979-1513 Fukushima pref Futabagun Namiecho IkusehashiTanakamae8 TEL:0240-23-7099



Outside dinner Tomoe local fish dining Kondokoso Kondokoso Kurosakaa fresh seafood DON Grill meat bar

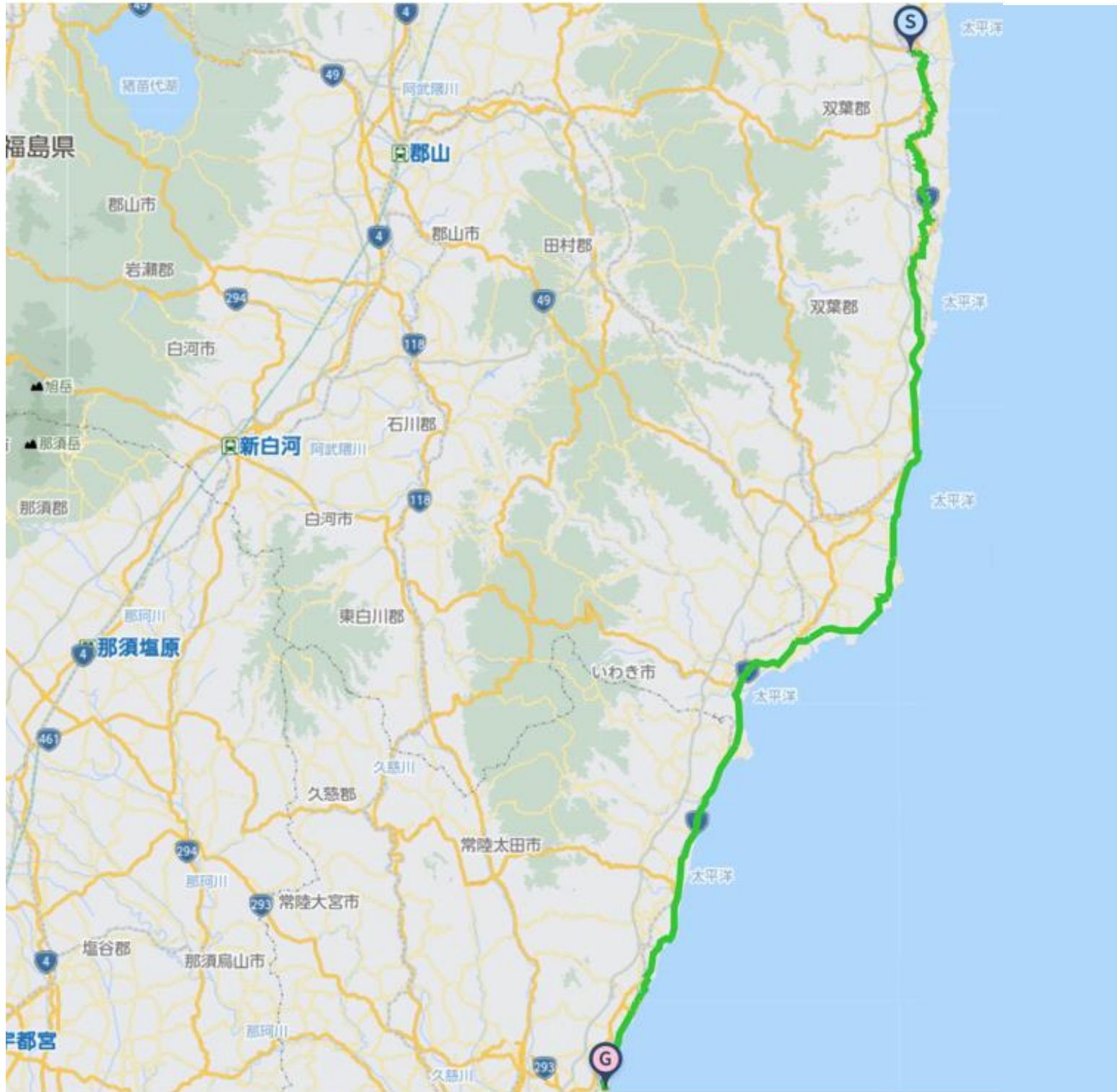


Public move Matsushimakaigan~Kawauchi~Haranomachi~Namie: JR Sengokusen JR Jobansen

Other stay Ikoinomura Namie(3km north Futabanomori) The Namie Terrace(2km south Futabanomori) Niizumaso inn dining IF

# 7th Namie→Hitachi 134km+949m

<https://www.navitime.co.jp/coursebuilder/course/6c55e39774a14becb628e0c374a7db52>



Lunch: Yotsukura(60km) Yamakakuu Sakedokoro WA Kusanone Kikunoya



Onahama(83km) Sushiken Urokoichi Iwaka Lalamew Assiette



Sightseeing: Fukushima Nuclear power plant around Namie~Tomioka Tomioka Yonomori J-Village Hisanohama Akiyoshi shrine



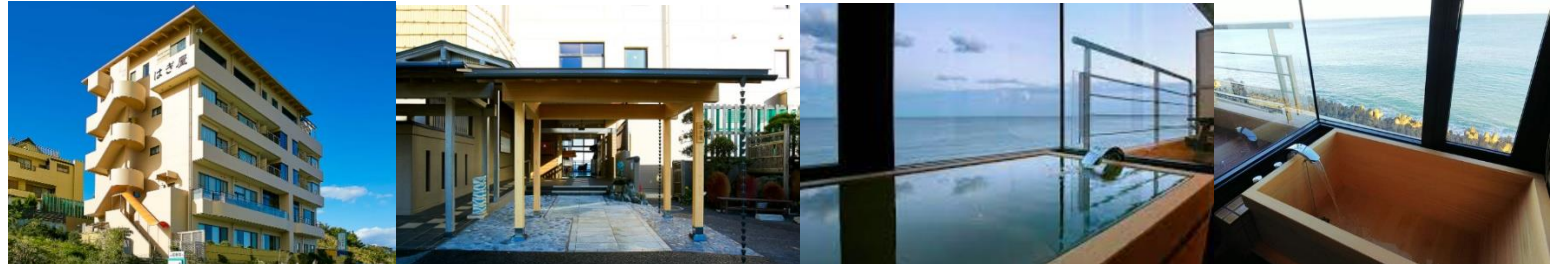
Shin Maikohama Shioyazaki lighthouse Iwaki marine tower Onahama port



Nakoso checkpoint ruin Goura Rokkakudou Tenhisan shrine Ishihama coast



Stay: Hagiya Hitachiyu Uminoyado 〒316-0024 Ibaraki pref. Hitachi city Mizukicho1-1-15 TEL:0294-52-2522



Outside dinner Kanesuna(Inside Hagiya) Koriki Horai sushi Suzuki dining



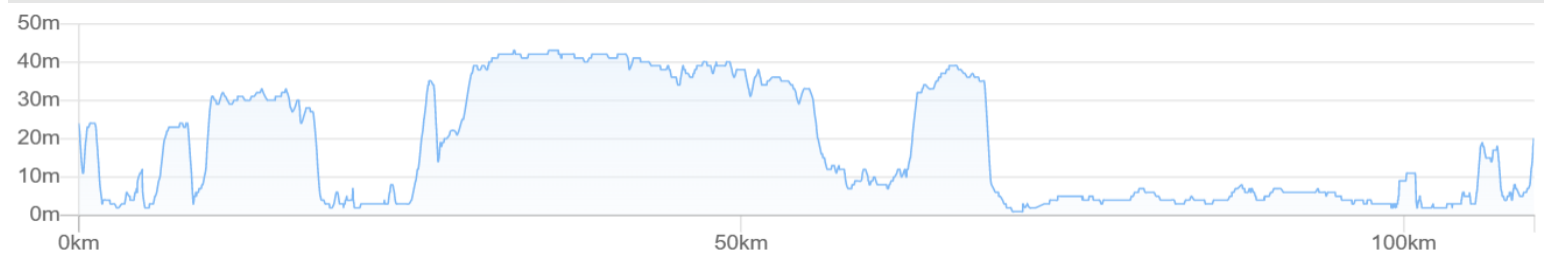
Public move Namie→Omika:JR Joban line  
 Other stay Hitachi hotel Clane(1km south Hagiya) Omika business hotel(2km) Next morning pre breakfast pray Izumi shrine  
 ※Hagiya breakfast serve from 8:00. Recommend not eat in Hagiya but take on the way in the early morning.  
 Early morning breakfast Bread: Sundry seven Omika(7:30-) 2km west of Hagiyoa bread rice ball Sandwich

convenience store Mini stop Hitachi Mizuksho(24H) Seven Eleven Omika Sanchome(24H)



# 8th Hitachi→Choshi 110km+359m

<https://www.navitime.co.jp/coursebuilder/course/9a37fc3b286c4be1981a30fcf99cae7b>



Oarai breakfast rest(29km) 大 Oarai fresh seafood market bowl dining Kaisentei(7:00-) Iiokaya oyster house(8:30~)



Lunch: Kashimanada(53km) Uoyoshi Kanisada Chirin cafe Korien



Kashimajingu(64km) Suzusho Grill Kashima Hitoyasumi spring water cafe Uchidaya Jurin



Kamisu(74km) Steak house Saito Malacca Pre Sare restaurant Bando Taro Kamisu



Sightseeing: Oarai marine tower Kashima stadium Kashima jingu shrine Choshi big bridge



Goal: Inubosaki light house Bath Post stay recommend Inubosaki hotel Other stay: Daishin ryokan Choshi plaza hotel



Public move Omika→Mito→Kashimajingu→Katori→Choshi→Inubo: JR Joban line Kashima Rinkai railway Oarai Kashima line JR Kashima line JR Narita line Choshi dentetsu

Dinner Post stay meal: Choshi Shimahiko honten Suzu Moridoya Okubo sushi



※Possible to move from the goal to Choshi station , bath take at Matsunoyu sento day use.

Post stay sightseeing Wosse21・Choshi port tower Higeta Yamasa soy sauce factory sightseeing Byobugaura・Kanobe cape observation deck Choshi dentetsu railway



**Ride Join Fee(Per day Per person) 16,000JPY(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](mailto: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 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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Mobile 090-4568-1444

E-Mail [soma@jtourism.jp](mailto:soma@jtourism.jp) Home-Page <http://jtourism.jp/>

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Japan bicycle journey with stays

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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>