

JTO Izu Oshima island Bicycle Journey & Mihara mt. Trecking

2026 June 6th(Sat)~7th(Sun) 2Days

Bicycle ride: Distance 67km • Total Gain 1571m Mihara mt. climbing 10.7km

<https://www.navitime.co.jp/coursebuilder/course/abce7cbdb4a44ef093aeca0e0991c063>



Tokyo pref. Izu Oshima Island seaside long bicycle riding & Mihara mt. Trecking with guide

1st: June 6th (Sat) Izu Oshima round bicycle long riding & Mihara mt. hill climb attack

Oshima onsen spa stay Distance: 58km Total gain: 1571m

2nd: June 7th (Sun) Oshima onsen spa ~ Mihara mt. trecking

& Gojinka sky line or Mihara saando down hill

Mihara mt. trecking 10.7km Down hill ride Distance 9km • Down Gain -483m

June 6th Tokyo Sunrise at 4:25 Sunset at 18:55

Meet June 6th (Sat) 8:30: Rental Bike Ranburu (Motomachi port side)

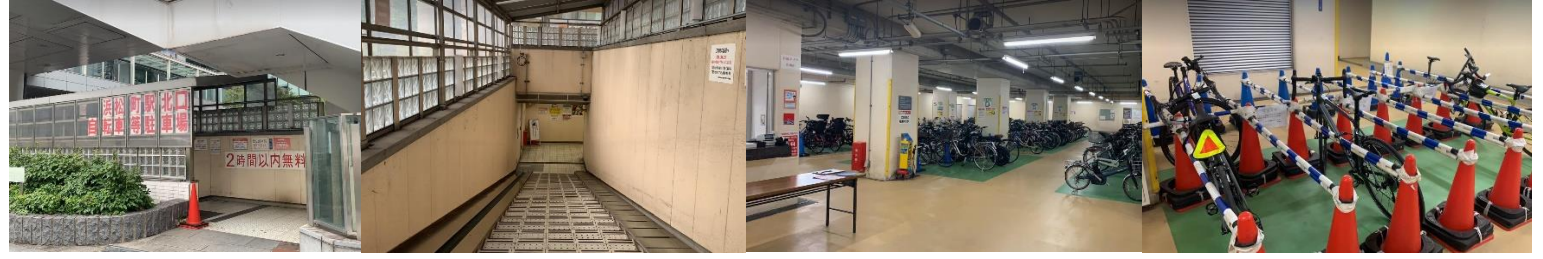
〒100-0101 Tokyo pref Oshimacho Motomachi 1-9-7 TEL: 04992-2-3398 090-4936-1634

• Please let us know if you require an overnight stay before your trip, if you have any meal plans, and how you would like to travel to Oshima Island when you make your reservation. Possible early morning start by asking luggage on support car.

Takehashi pier prepost stay start back bath recommend 「BAYSIDE HOTEL AZUR」 ※Big onsen bath 15-23 day use.



Bicycle storage spot Hamamatsucho station north gate bicycle parking (AM 4:30 ~ AM 1:30)



Pre shipping meal Takeshima pier inside restaurant HARBOR 7:30-22:00 (Friday) Kenzo Japanese Top of side



Move 1 By Ship Big Ferry Sarubia maru : Private room Sharing room Dining Shower with To Go: Takeshiba pier (22:00 start) → Oshima Okada port (Next morning 6:00 arrive)

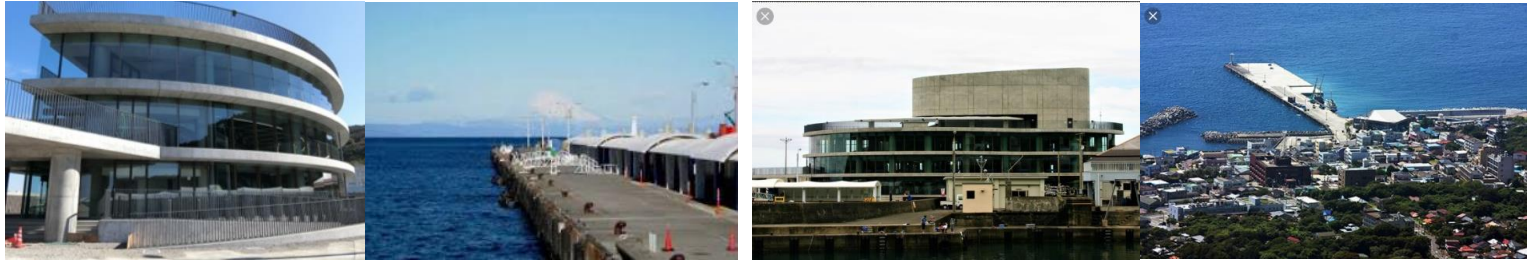


Move2 By Ship: Tokai Kisen • Jet foil

To Go: Tokyo Takeshiba pier(8:35 start)→Oshima(10:20 arrive) If you ask bicycle on Jet ferry , you should reservation and another price. Up to the wind direction , the ferry arrive and depart on Motomachi port or Okada port.



Izu Oshima island Motomachi port Okada port



Move3 By Airplane Shin Chuo Kotsu airline

To Go①Chofu airport(10:35 departure)→Oshima airport(11:00 arrive) ②Chofu(15:3 departure)→Oshima(15:55 arrive)

※If you ask bicycle on the airplane , you should reservation and another price.



※Jet boats and airplanes has bigger risk to be cancelled than the large ferry. We recommend to move by Big Ferry. The move schedule is based on the timetable as of April 2026. Please conduct your own research before making a reservation and using our services.

Not only Takeshiba pier , but also Atami Ito Inatori , there is jet foil ship to access.

※Possible to join on June 7th from Motomachi port and Oshima airport(4km point) and Okada port(8km point) from Takeshiba pier by jet foil and Chofu airport to by airplane. Please let us know how to join. If you join by jet ferry or airplane , we recommend bicycle bringing by your own not take rental bicycle in the island.

Rental Bicycle RANBURU(Motomachi port side 6:00-17:00) 〒100-0101 Tokyo pref. Oshima town Motomachi1-9-7 090-4936-1634

Cross bike • Mountain bike Electric bike On rental Need payment • Each rider receive • Need Reservation

※Rental bicycle users , please come to Motomachi port RANBURU shop until 7:30 and receive , prepare , setting.

※After round Oshima island seaside , come back to RANBURU and take Ebicycle for hill climb riding or battery replacement.



※After ferry arriving at Okada port at 6:00 , Okada port to Motomachi port local bus will start immediately.

If you take ferry and rental bicycle , take on the 6:00 local bus and come to RAANBURU shop rest space.

Pre bath taking • meal Motomachi port AI Land center Gojinka onsen spa(6:30-21:00) Breakfast 300m from Motomachi port



Motomachi port breakfast rest(Early morning work) Momomomo(6-17) Taisho(6-188) Otomodachi(7-15) Nabekichi(6-8)



Pre post stay sightseeing Izu Oshima volcano museum Omiya Shrine Castanopsis Grove Oshima town folks museum Camellia garden



Oshima hometown experience hall Oshima park camellia park(Camellia festa) zoo Oshima house farmers market Dance girls museum



Pre stay meal Motomachi port Tsubaki sushi Kiyomaru small fry fish Sushiko Eiraku



Sakanaya fish dining Southisland hall Live yoshoku kitchen Izuoshima island Yocchan grill chicken



Pre post stay recommend Motomachi port Hotel Shiiraiwa 〒100-0101 Tokyo pref. Oshima townMotomachi3-3-3 04992-2-2571

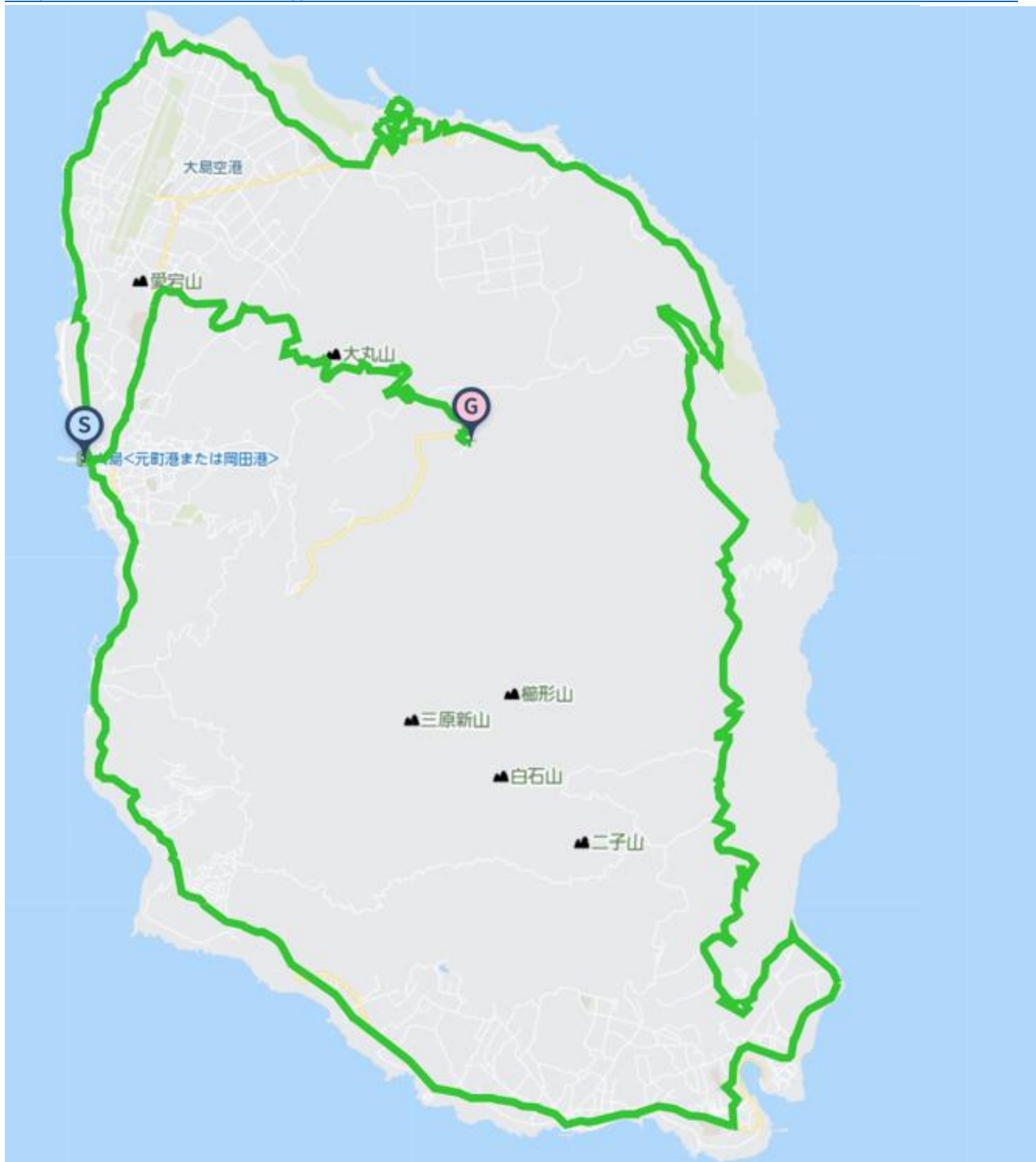


Other stay Sekimon red gate hotel Mandarin island hotel Kanichi ryokan inn

1st: Izu Oshima island roundride & Mihara mt. hill climb attack

Distance: 58km Total Gain: 1571m

<https://www.navitime.co.jp/coursebuilder/course/e530e8ded3bc42e4b1a525e4bbaa8dff>



Possible ride Motomachi port early starting and crock round and counterclockwise , twice round and hill climb ride, please ask.
On hill climb riding , recommend on Mihatra mt. climbing route , but possible by Ajisai rainbow line , Gojinka sky line.

Sightseeing Akappage red bald Nodahama beach BUDDY'S BELL Okada port Port view hill



Senzu cut through Senzu camellia tunnel Eyeglass bridge Cherry trunk



Okuyama desert Oshima big desert Fudeshima island Namiuki port observation deck Namiuki port town scape



Ryuozaki lighthouse Strata big cut surface Motomachi port Mihara mt climbing road



Lunch Namiuki port(30km) Ozeki Minato ssushi Matsushima Yorimichi ramen ✕Join on 6th by jet foil or airplane , lunch at Okada port



Motomachi port(48km) Tsubaki sushi Kiyomaru small fry fish Sushiko Eiraku



Rest sweets Sharon chou à la crème Shimakyobonten taiyaki Zengashiya Milk crackers Namiuki Ukai shop croket



Stay Oshima onsen spa hotel 〒100-0103 Tokyo pref. Oshima town Senzu Kitsumiba3-5 TEL:04992-2-1673

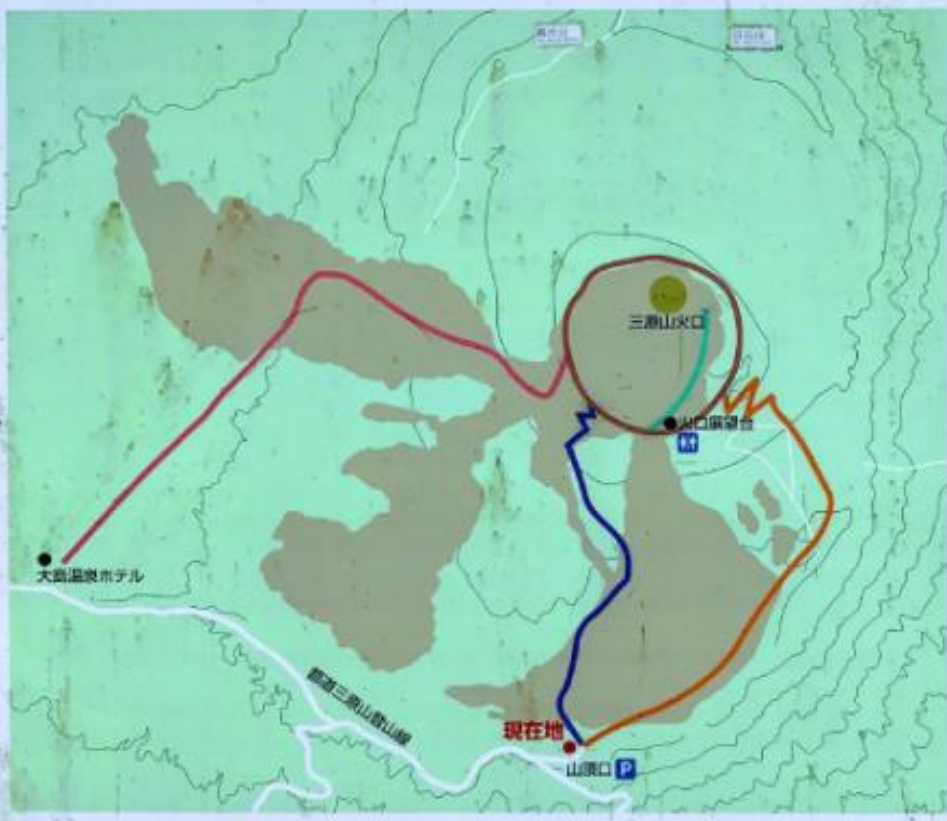


※If not stay In Oshima onsen spa hotel , staying around Motomachi port and next early morning start with hill climb to Oshima onsen spa hotel and start trekking walk. Breakfast buying local supermarket. Public move:Oshima bus Oshima park line Namiuki port line

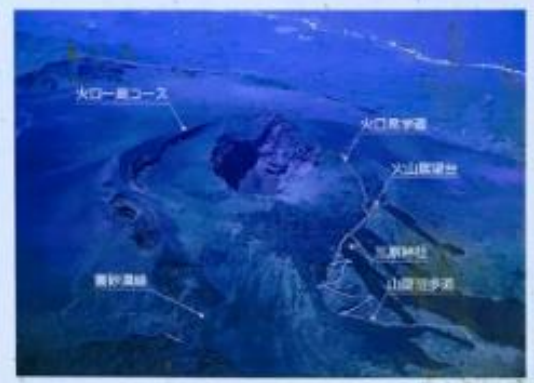
2nd: Oshima onsen spa ~ Mihara mt. trekking walk & Gojinka sky line or Mihara Mt. road down hill ride Mihara mt. trekking 10.7km Down hill ride Distance 9km ▪ Down gain-483m

8:00 Oshima onsen start ⇒ (General road 3km) ~ Mihara mt trekking 10.7km Down hill ride Distance 9km ▪ Down gain-483m
Mt top gate (Start trekking) ⇒ Karudera walk way ⇒ Mihara mt. ⇒ Bouw round ⇒ Back desert ⇒ Lava area (Gio rock garden)
⇒ Vegetation transition view ⇒ Oshima onsen hotel ~ Gojinka sky line or Mihara mt road down hill ride ~ Motomachi Okada port
※Learn the local history shape with guide round Mihara mt. The guide may prepare or not up to the apply time.

富士箱根伊豆国立公園 三原山内遊歩道案内図 FUJI HAKONE IZU NATIONAL PARK GUIDE MAP Mt.MIHARA HIKING COURSE



凡例	路線名	距離	所要時間
	裏砂漠線 (砂利道)	3.2km	65分
	カルデラ周囲線 火口一周コース (砂利道)	2.5km	45分
	周回東馬コース (砂道)	2.8km	60分
	火口見学道 (舗装道)	0.4km	10分
	山頂遊歩道 (舗装道)	2.2km	45分





Fuji Hakone Izu national park observat evacuation shelter Mihara shrine round crater



Bath recommend Motomachi port AI Land center Gojinka onsen spa or Hamanoyu bath Okada port Ryosakumaru (sex alternate)



Lunch Okada port Hamanokaachanmesi seaside mother dining Ichimine starfish and coffee Sea kitchen



Meal buy Motomachi port Samukawa(9-21) Beniya Kitanoyama Oshima store Okada port Genroku(9-19)



Izu Oshima Motomachi port Sea bakery

Okada port Shimajima bread

※May sold out in the early hours



※Trekking finish at Oshima onsen hotel (Oshima onsen hotel NO serving lunch bath from 9 to 13)

※After trekking finish , to Motomachi port and Okada port , please move by bicycle on down hill.

※No lunch time in trekking. For lunch , please have after trekking down hill bath around Motomachi port or Okada port.

※From Motomachi port to Okada port , local bus operates any time.

※Please mind not to late for the ship airplane.

※We recommend to change wears and bath taking before public transportation moving to home.

Ship Big ferry Sarubiamaru :with Private room Public share room Dining Shower

To back: Oshima Okada port(14:30 start)→Takeshiba pier(19:00 arrive)

Ship: Tokai Kisen Jet foil

To back: Oshima(14:35 start)→Tokyo Takeshiba pier(16:40 arrive)

If you ask bicycle on Jet ferry , you should reservation and another price. Up to the wind direction , the ferry arrive and depart on Motomachi port or Okada port.

Airplane Shin Chuo Airplane

To back: Oshima airport(16:20 departure)→Chofu airport(16:45arrive)

※If you ask bicycle on the airplane , you should reservation and another price.

Ride Join Fee(Per day Per person) 22,000JPY(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 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 participants have no objection to receiving first aid. The organizers will not be held responsible for the method, process, etc.

- The participants 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

- 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>