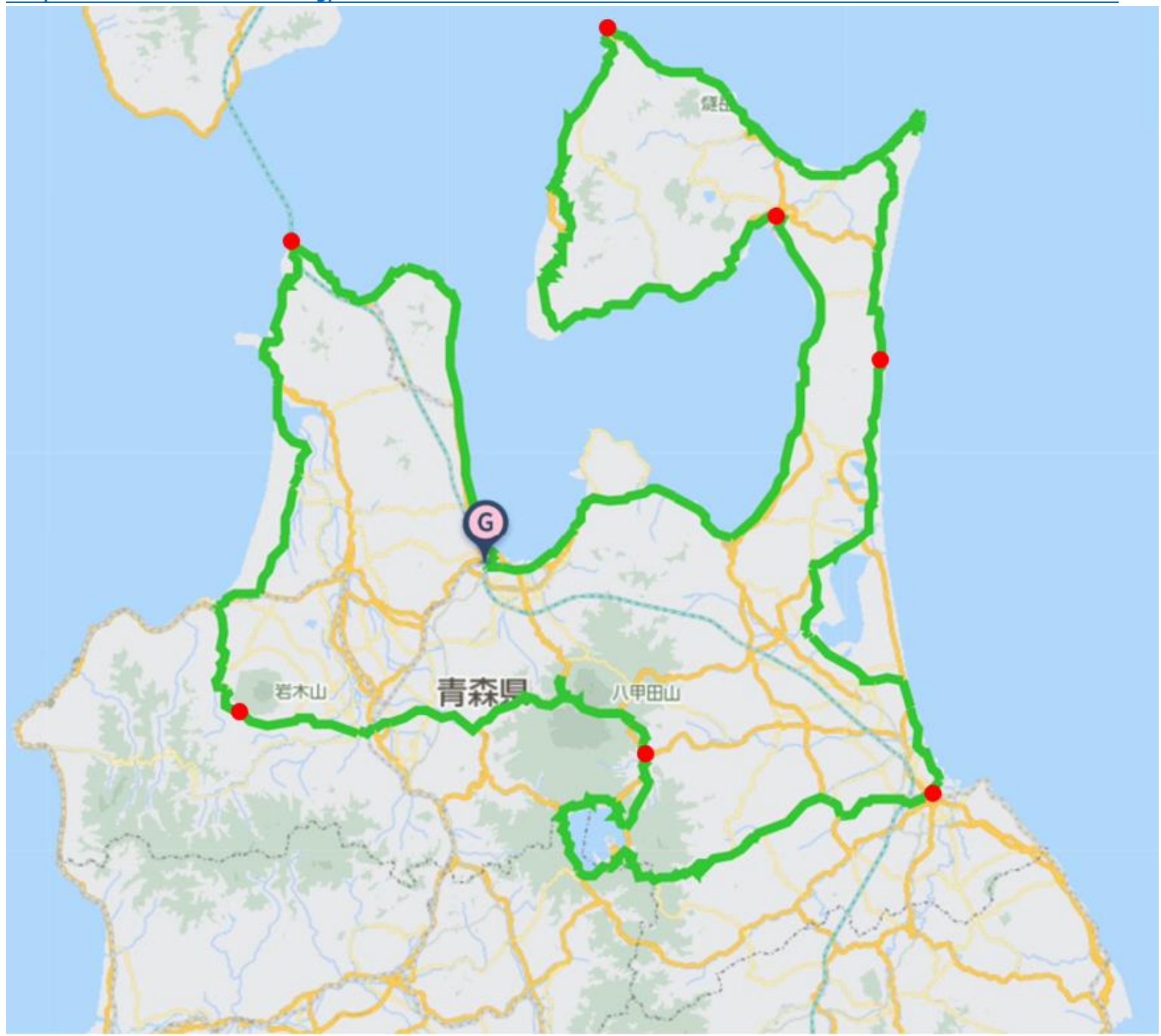


JTO Aomori round Bicycle Journey

2026 June 27th (Sat) ~ July 4th (Sat) 8 Days

Distance: 818km Total Gain: 9308m

<https://www.navitime.co.jp/coursebuilder/course/b4477823ec7f4aab87909eb654e92b31>



2026 June 27th (Sat) Aomori city Sunrise at 4:08 ~ Sunset at 19:13

2026 July 4th (Sat) Aomori city Sunrise at 4:11 ~ Sunset at 19:12

- ① June 27th (Sat) Shin Aomori st. → Nohejicho → Tonan spa 103km + 605m
- ② June 28th (Sun) Tonan spa → Shimokita peninsula west → Oma 117km + 1664m
- ③ June 29th (Mon) Oma → Shimokita peninsula east → Rokkasho 114km + 1099m
- ④ June 30th (Tue) Rokkashomura → Ogawahara lake → Hachinohe 96km + 576m
- ⑤ July 1st (Wed) Hachinohe → Towada lake → Oirase keiryu spa 123km + 2209m
- ⑥ July 2nd (Thu) Oirase → Hakkodasan mt. → Hirosaki → Iwaki mt. 89km + 1627m
- ⑦ July 3rd (Fri) Iwaki → Ajigasawa → Tsugaru pen west → Tappi cape 99km + 1090m
- ⑧ July 4th (Sat) Tappi cape → Shimokita pen east → Aomori 77km + 438m

Pre stay Toyoko INN Shin Aomori st. east 〒038-0003 Aomori city Ishie2-11-2 Tel: 017-761-1045



Other stay Hotel route inn Aomori st. Aomori center hotel

Toyoko INN Shin Aomori st. east around bath Aomori health land Meal Takakyu west bye-pas



Meal Osanai Aomori local cuisine

Nishimura Michinoku foods

Daikoku sushi

Ichihachi sushi



Tashin fish eat Aomori

Tsugaru joppari ryoya

Tatsuta meat grill

Piemonte



Sightseeing Aomori port Hakkodamaru ship Aomori to Hakodate memorial Aomori pref. museum Sannai Maruyama ruin
Munakata Shiko memorial hall

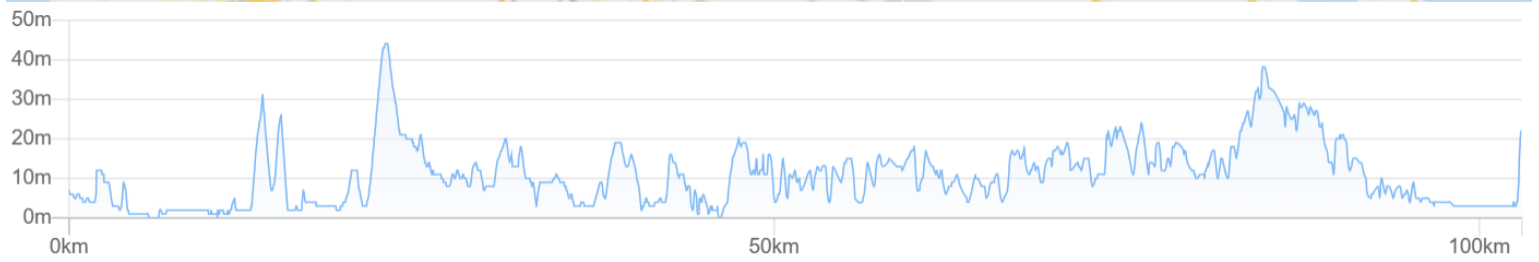


Meet June 27th (Sat) 7:30 Toyoko INN Shin Aomori st. east

〒038-0003 Aomori city Ishie2-11-2 tel: 017-761-1045

1st Shin Aomori st.→Noheji→Tonan spa 103km+605m

<https://www.navitime.co.jp/coursebuilder/course/66ba7a43d7954055b68208795a1a9a17>



Lunch Noheji(48km) Kasen Saito Nagahama dining Noheji living night light market



Mutsu Yokohama(75km) Roadside st. Yokohama canola plaza Sensai Wa master Travel plaza sun shine



Sightseeing Natsutomari cape Mutsu bay Usoriyama lake

Osorezan mt. family temple(Osorezan mt. pray attack ride , solo way +15km, Elevation+380m)



Rest Kominato swan arrival spot Roadside st. Yokohama



Stay Tonan onsen spa Mutsu grand hotel 〒035-0021 Aomori pref Mutsu city oaza Tana gun Shimomichi4 0175-22-2331



Outside dinner Extreme end bar Shimokita story Shimokita bar Kusunokiko Kasai Izakaya



Public move Aomori→Noheji→Shimokita·Ominato Aomori Blur forest railway JR Ominato line

Other stay Hotel unisite Mutsu Plaza hotel Mutsu

2nd Tonan spa Mutsu→Shimokita peninsula west→Oma spa 117km+1664m

<https://www.navitime.co.jp/coursebuilder/course/4da48f3e0b3e4da8b2b365dac675fd03>



Sightseeing Atago mt. park Taishima island Nanahiki nature monkey park Strait line observation deck Hotokegaura



※All the restaurant may close or sold out by weather. Please use support food for lunch too.

Lunch Wakinosawa(50km): Sea gourmet dome Yamaboshi(52km) Roadside st.Wakinosawa Saimura village(81km): Nuido dining



Rest Roadside st.Wakinosawa Mutsu city Wakinosawa spa smoozy Yamaguchi Makoto shop Roadside st. Kawauchiko lake



Stay Oma spa strait recreation center 〒039-4601 Aomori pref. Shimokita gun Omacho Oma Uchiyama48-1 0175-37-4334



Outside dinner Hama sushi Kaiyutei north end izakaya Maguro tsuna Chohomaru Umaiya



Isofune Juju coal internal organs meat Terakawa dining Sumiyoshi



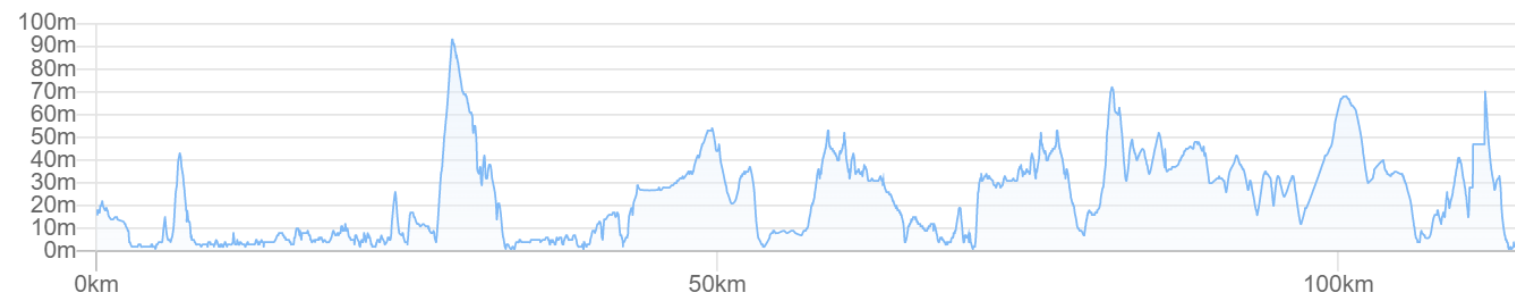
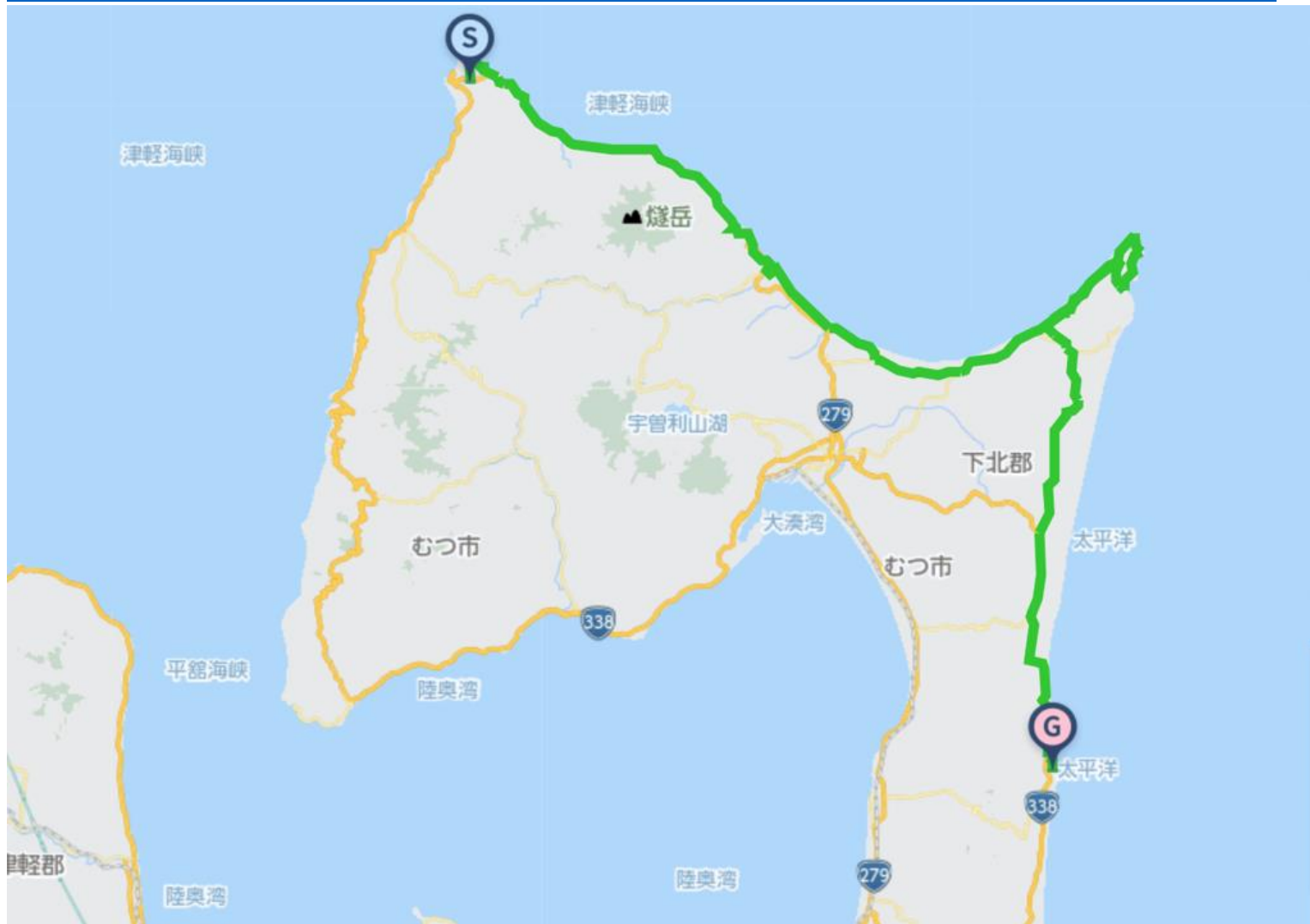
Public move Mutsu→Wakinosawa(50km): Shimokita line bus(4-buses per day) Sai→Oma: Sai line bus

Mutsu→Oma: Shimokita kotsu bus Mutsu line+Sai line ✕Shimokita peninsula north coast route

Other stay Sun hotel Oma Abe ryokan inn Minshuku Kaikyoso Kudo marine house minshuku

3rd Oma spa→Shimokita peninsula north east→Rokkashomura 114km+1099m

<https://www.navitime.co.jp/coursebuilder/course/69ebb4878bc94dcb8b967671db763359>



Sightseeing Oma cape Benterjima island Strait Isaribi fire park Shiri yazaki cape light house Sarugamori dune



Lunch Ohata town(33km) Kinpa Isaribi dining Marumiya Minami



Shiriyazak cape(66km) Yamadai Zen strait dining



Rest Shigami onsen spa

Buried Forest of Hiba Trees



Stay Minshuku Ueno 〒039-4301 Aomori pref. Kamikita gun Rokkashomura village oaza Tomari Yakiyama126 0175-77-2472



Outside dinner Tomariya

Take sushi

Uomasa robotayaki food cooked on a grill

Haikara dining Bunka dining



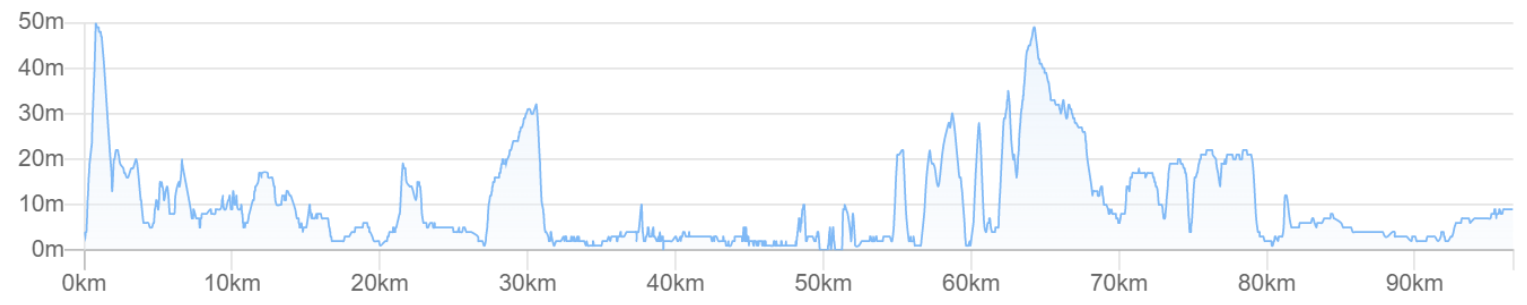
Public move Oma→Ohata(33km): Shimokita kotsu Mutsu line・Sai line✕Shimokita peninsula north coast side route
Oma→Goshogawara Oma→Shimokita→Noheji→Rokkashomura village hall→Tomari Shimokita kotsu bus JR Ominato line
Rokkasho line bus

From Fukikoshi station , local route(Yokohama Rokkasho route Inland vertical across)28km

Other stay Orenoyado business ryokan Yamaji ryokan Idomichi ryokan

4th Rokkashomura village→Ogawahara lake→Hachinohe 96km+576m

<https://www.navitime.co.jp/coursebuilder/course/1440d03c842d4749a46786b19124503d>



Sightseeing Obuchinuma swamp Ogawahara lake Misawa airport Hachinohe coast side railway



Lunch Kamikitamachi station(53km) Ebizo Ogata Machishige Roadside. Ogawahara lake・Koyukan Porotopia



Misawa st.(66km) Ogasawara North40-40 Chinese Cuisine Karinba Oyama soba noodle



Stay Hotel Tetora Hachinohe 〒039-1101 Aomori pref. Hachinohe city Shiriuchicho Kanda1-1 TEL:0178-70-7700



Onsen bath recommend Hachinohe Kumanosawa onsen spa ※To Hachinohe station , 2km down slope ride.



Dinner outside① Hachinohe station Kappo squid meal Kiraku season sushi Kunugi Tenryu professional wrestling dining



Dinner outside② Hon Hachinohe station Miroku alley Rensagai street Harmonica alleya Hachinohe Showa street



Breakfast Hachinohe morning market Mutsu Minato station market(Sundays off) Tatehana criff market(Only Sundays work)



Public move Tomari→Rokkashomura village hall(Osame)→Noheji:Shimokita kotsu bus Noheji→Hachinohe:Aomori railway
 Hachinohe station breakfast Kappo squid meal(6:15 open)
 Other stay Toyoko INN Hachinohe station Comfort hotel Hachinohe Hotel Mets Hachinohe

5th Hachinohe→Towada lake→Oirase Keiryu spa 123km+2209m

(In case , not round Towada lake west course , but north up east , 83km+1287m)

<https://www.navitime.co.jp/coursebuilder/course/20150a774e9340068bbb7895e622ae22>



Sightseeing Kushibiki Hachimangu shrine Towada lake Hakkatoge pass Ohanabdeyama mt. observation Oirase Keikoku valley



Lunch Towada lake side(69km) Towada dining Shinshuya dining Kaede Konokuchi lake side dining



Rest Roadside st. Shingo(40km:Lunch spot in case not passing Towada lake west side) Towada lake marina





Public move Hachinohe→Oirase Keiryu spa: JR Tohoku bus

Other stay Oirase green hotel Nonohana Shozanso Oirase mori hotel Keigetsu Minamibeya Hoshino resort Oirase Keiryu hotel

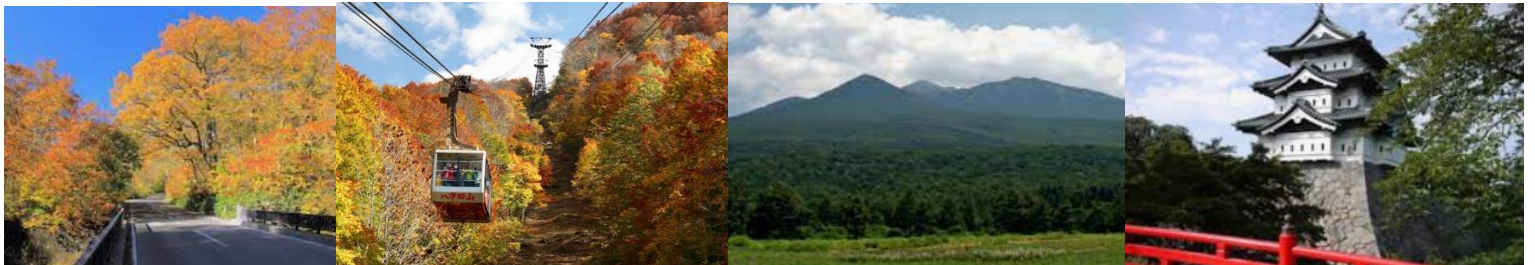
6th Oirase spa→Hakkodasan mt.→Hirosaki→Iwaki mt. 89km+1627m

<https://www.navitime.co.jp/coursebuilder/course/25394d4eb6f241589ef284a31111dcdc>



Sightseeing Hakkoda Towad Gold line Hakkoda mt. rope way Hakkodasan mountain Hirosaki castle

※In case wish to high up to Hakkodasan mt. by rope way , put and rock the bicycle at the foot of cable car.



Iwakisan mt. sky line Iwakisan cable car Iwakisan mountain

※In case wish to high up Iwakisan mt. sky line Iwakisan cable car , park bicycle at the stay and go climb up by Iwaki mt. sky line shuttle bus. No riding by bicycle. Prohibited.

Possible to counterclockwise round of Iwaki mt. from Takaoka to the stay inn(Distance+23km Elevation Gain356m)



Lunch Hakkodasan mt.(26km) Kayano teahouse Sugayu spa Hakkoda Mt. foot rest house
 Kuroishi spa village(47km) Momiji Hanaichimonme



Kuroishi(56km) Kurayoshi Murakatsu Myoko Kyaraway European curry Suzunoya Yakisoba grilled noodle



Rest Sugasu thousand person onsen spa Sugasu spa camp site Kuroishi city east park Hirosaki park



Stay Iwakisan mt. Take onsen spa Kojima ryokan inn 〒036-1345 Hirosaki city Tokwano Yunosawa20 TEL:0172-83-2130



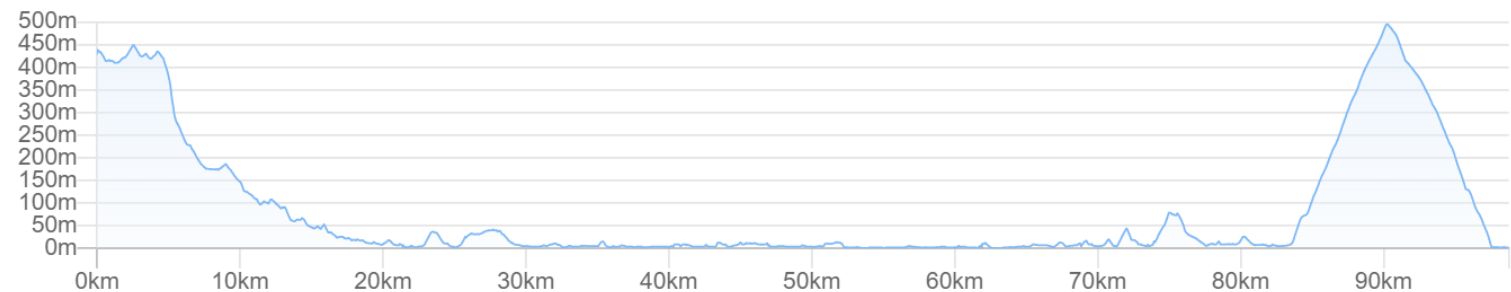
Public move

NO bus or train moving along. Back to Hachinohe and take train and bus on Hachinohe→Aomori→Hirosaki→Iwakisan mt.

Other stay Yudan spa Yudannoyu Shigurean Nishizawa ryokan inn Tazawa ryokan inn Zudaratto minshuku inn

7th Iwakisan mt.→Ajigasawa→Tsugaru peninsula west→Tappi cape
 99km+1090m

<https://www.navitime.co.jp/coursebuilder/course/5f1e924d3c4e4d7fb01907b8db27781d>



Sightseeing Melon road Jyusanko lake Tappimisaki cape Tsugaru straight winter scenery lyrics statue



Lunch Ajigasawa(21km): Takiwa local fish Shiohaze drive inn

Tsugaru(51km): Flat Do Re Mi dining village revitalization spot Maiko dining



Tsugaru Nakazato st.(52km)

Yayoi sushi Yoshida Chanko soup station in dining Shochiku Tetus relax dining(Need reservation) Irori Hataryu



Jyusanko(62km) Freshwater clam ramen noodle Wakayama Jyusanko Naraya cram Sanroku gyoza and ramen Hakushotei Naraya(Need reservation)



Rest Roadside st. Fukaura Roadside st Jyusanko park Roadside st. Kodomari Family Mart Tsugaru Sharikicho



Stay Tappimisaki cape Ryuhizaki onsen spa hotel Tappi

〒030-1711 Aomori pref. Higashitsugaru gun Sotogahamacho aza Minmaya Tatsuhama54-274 0174-38-2011



Public move Iwakisan mt.→Hirosaki→Ajigasawa:Konan bus Ajigasawa→Aomori→Minmaya:JR Gono line Ou Honsen line

Tsugaru line Tsugaru line agency bus

Minyama→Tappimisaki cape Minyama area bus[Sotogahama town bus]

※NO bus or train along the ride route. Please move to Tappimisaki cape via Aomori.

Ajigasawa→Goshogawara→Tsugaru Nakazato:JR Gono line・Tsugaru railway

Other stay Tappu ryokan inn Kawabata minshuku inn

8th Tappimisaki cape→Shimokita peninsula east→Aomori 77km+438m

<https://www.navitime.co.jp/coursebuilder/course/a41f1153c3d849adabcd85154d1cf65d3>



Sightseeing Tsugaru Minmaya st. Takanosaki Junkanyama mt. park·Dazai Osamu statue Aomori bay ferry terminal



Lunch Sotogahama beach·Kanita station(52km) Toriyasu Kanitagawa She Ronfu Tamamatsu sightseeing dining



Rest Roadside st. Tairadate Kanita station Wel Kame Yomokita marche Auga fresh market



Public move Tappimisaki cape→Minmaya: Minmaya area bus[Sotogahama town bus]
Minmaya→Aomori: Tsugaru line agency bus Tsugaru line Ou honsen line JR Gono line



Other stay Horel route inn Aomori station Aomori center hotel

Shinkanse express Shin Aomori station to Tokyo 3hours about (starting each time)

Aomori airport to Haneda・Itami・Shin Chitose・Nagoya・Kobe airplanes (departure each time)

Shin Aomori station and Aomori station to Aomori airport by train and bus



Ride Join Fee(Per day Per person) 16,000JPY(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 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
Japan Tourism Agency Registered Travel Agent (No. 347) Regular member of the Japan Association of Travel

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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>