

# JTO Fukushima Round Bicycle Journey

2026 October 1st(Thu)~4th(Sun) 4Days

Distance:436km Total Gain:7077m

<https://www.navitime.co.jp/coursebuilder/course/9bb399537411482494dc543b8d030d4d>



Fukushima October 2nd(Thu) Sunrise at 5:34 Sunset at 17:20

1st 1st(Thu) Soma→Yokomuki spa 101km+2511m

2nd 2nd(Fri) Yokomuki spa→Yanaizu spa 97km+1285m

3rd 3rd(Sat) Yanaizu spa→Aizutajima 114km+1712m

4th 4th(Sun) Aizutajima→Nakoso 124km+1569m

Pre stay Sightseeing recommend

Matsukawaura bay Soma Nakamura shrine Hyakusawa kannon TraditionRequiem Memorial hall



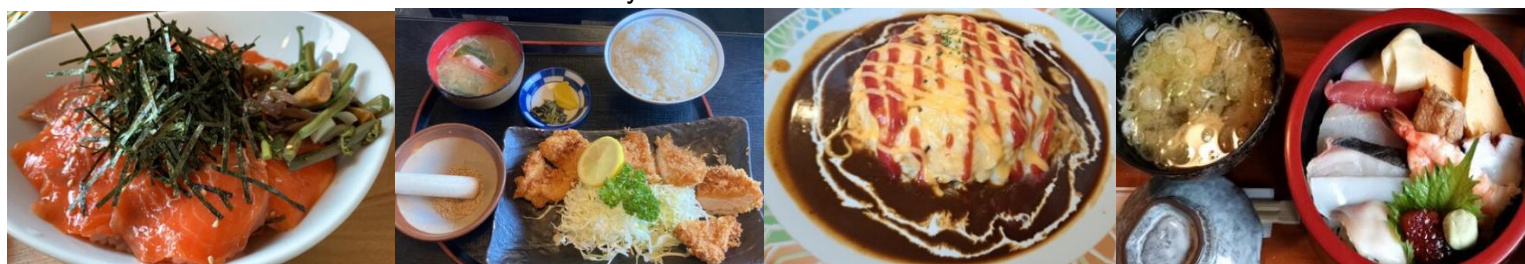
# September 30th(Wed) Pre stay recommend in Soma

「Nagisano Kanou YUUZURU」〒976-0022 Fukushima pref Soma city Ohama Oikawa147 TEL : 0244-38-7111



Other stay recommend Kameya ryokan Hamanasu Kannoya Minatoya Tomoeya

Outside meal recommend Soma Matsukawaura bay Grand Pa Port courtlet Ichisuke Kitchen Pote Kiku sushi



# October 1st(Thu) Meet at 8:00 「Nagisano Kanou YUUZURU」

〒976-0022 Fukushima pref Soma city Ohama Oikawa147 TEL : 0244-38-7111

Before start , we have briefing for course , meal , accommodations. Please gather after breakfast and bicycle preparing.

## 1st 1st(Thu) Soma→Yokomuki spa 101km+2511m

<https://www.navitime.co.jp/coursebuilder/course/c3d7866ac07c47d6b6180986bee779dd>



Lunch Fukushima st.(55km)Gyoza Terui Fukugura Tohoku sushi Handmade Soba noodle Yoshinari Ozendate Masukura



※Possible to join from Fukushima station. Lunch at Fukushima station and go up to Yokomuki spa.

Please gather at Fukushima station East gate motorcar parking\*NewDays Fukushima east gate at 11:15

(After meet , bicycle check and lunch , start from Fukushima station east gate at 12:30)

Bandai Azuma skyline



Sightseeing recommend Ryozan Mt. Bandai Azuma skyline Azuma Kofuji(Restaurant Sapere Azuma) Jododaira field



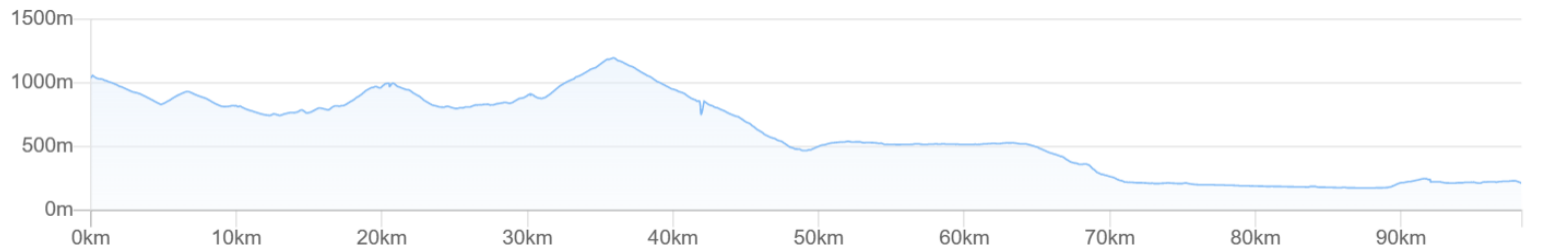
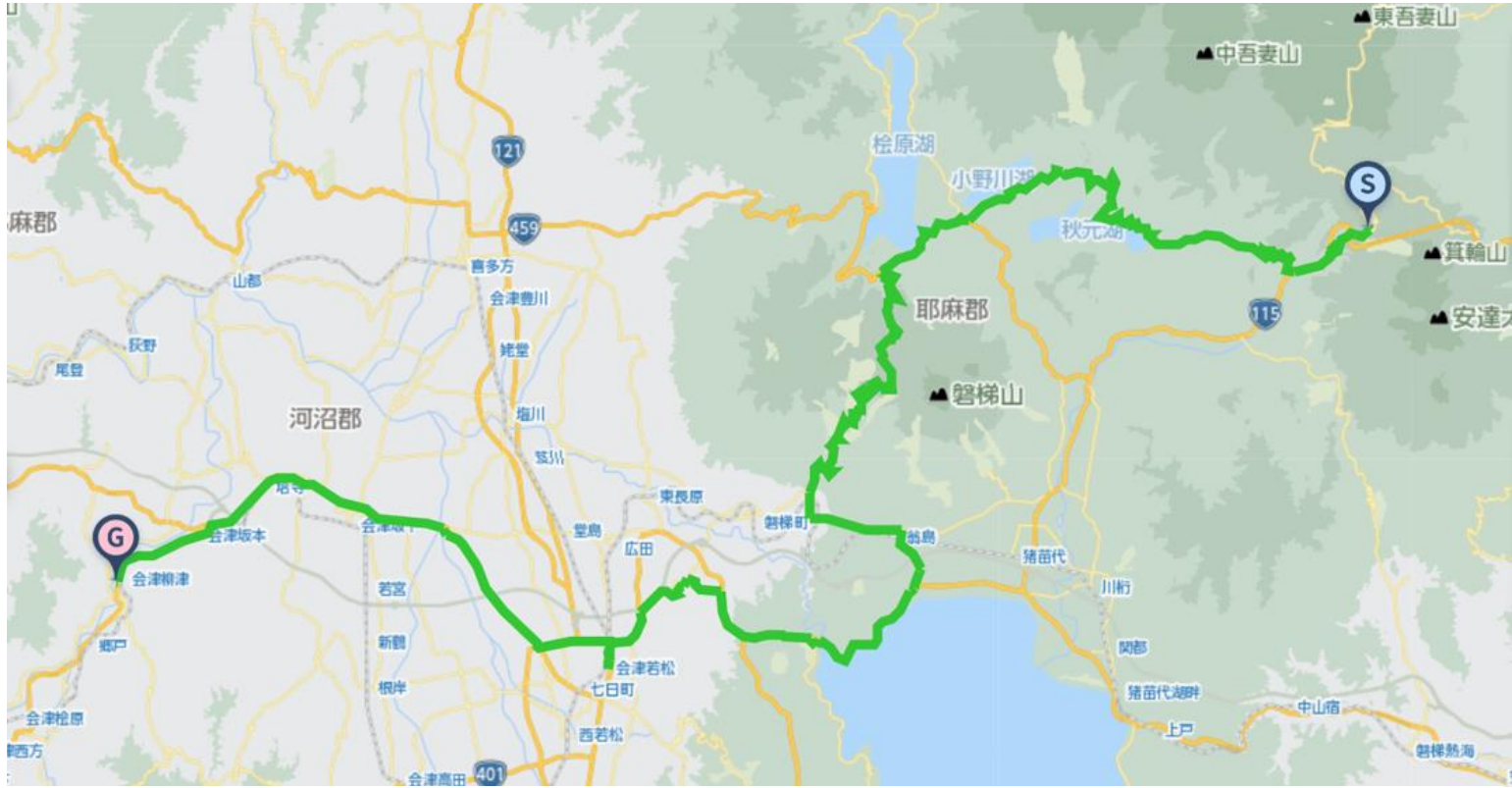
Stay in Yokomuki onsen spa Forest travel Mt.Bandai 〒969-2751 Inawashiro town Wakamiya Uenoyu 2985 0242-64-3911



Other stay Yokomuki spa Takigawaya Akayu spa Kozanso Washitani spa Takahara Shinnochi spa Sagamiya Noji spa hotel  
Public move Soma →Haramachi: JR Jobansen Haramachi→Fukushima: Tohoku access Futaba Minamisoma Fukushima line  
Fukushima→Tsuchiura spa: Fukushima Bus Tsuchiyu spa→Yokomuki spa(19km): No bus possible to move by spa bus(Need booking)

# 2nd 2nd(Fri) Yokomuki spa→Yanaizu spa 97km+1285m

<https://www.navitime.co.jp/coursebuilder/course/3508172ef27145ca91c4c40f45d703aa>



Lunch Inawashiro lake(55km) Soba noodle Sanjo Aizu raw horse meat Okubo Kawakyo ramen Drive inn Koryu



Aizuwakamatsu(73km) 桐 Kiriya Gongentei soba Wakamatsu dining Ramen noodle Kinchan Sushiman Japanese dining



Public move Yokomuki spa~Bandaicho(54km):No bus Yokomuki spa→Inawashiro st. Mt.Bandai hotel Bus can move.  
 Inawashiro station→Bandaicho→Aizuwakamatsu→Aizuyanazu:JR Bandai Nishi line•JR Tadami line  
 Sightseeing recommend Akimotoko lake Bandai Azuma lake line Onokawa lake Goshikinuma swamp



Hibarako lake Bandaisan mt. Gold line Inawashiro lake Aizu Wakamatsu Tsurugajo castle



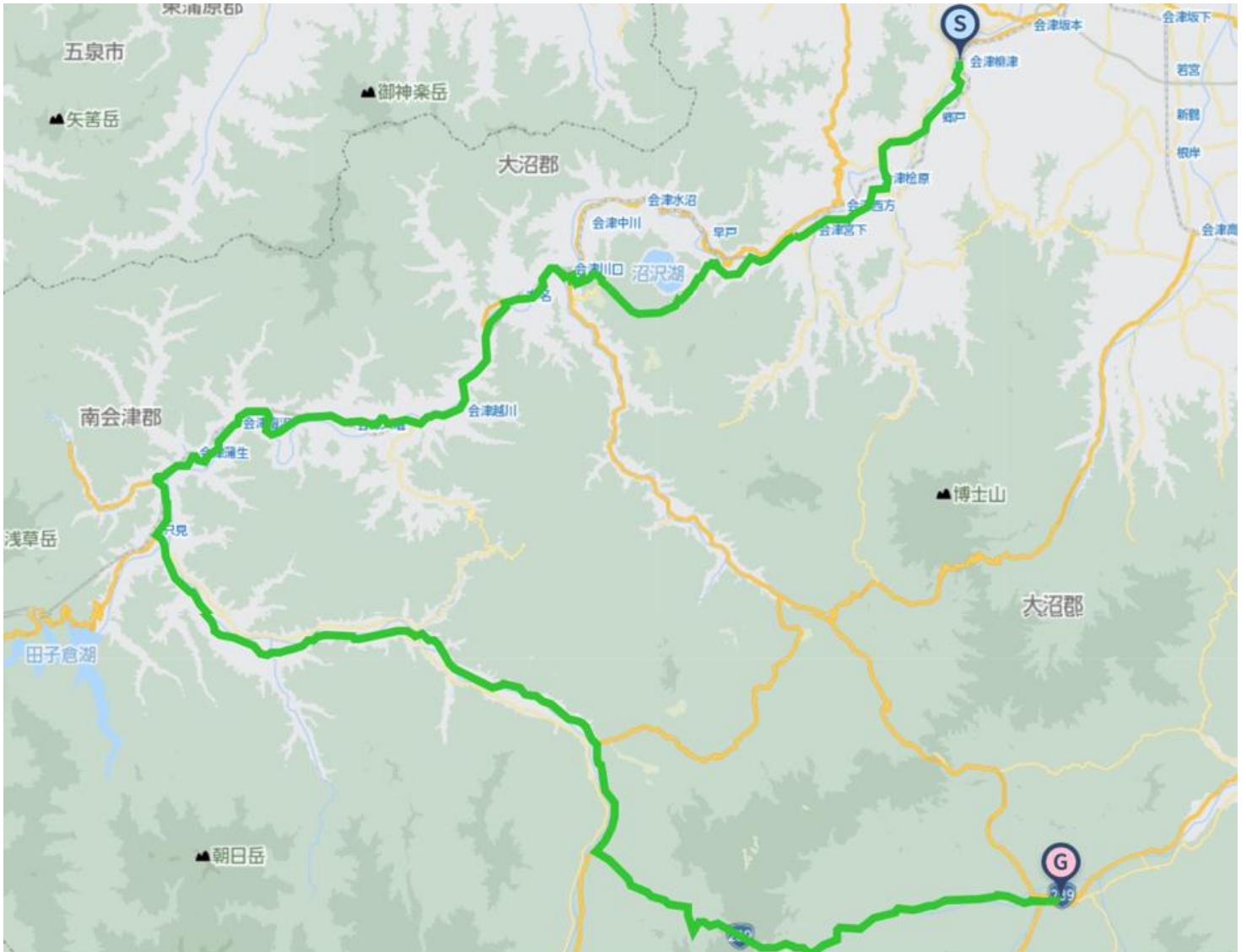
Stay in Yanaizu onsen spa Uchidaya 〒969-7201 Kawanuma gun Yanazucho Teraiecho Ko 174 TEL:0241-42-2021

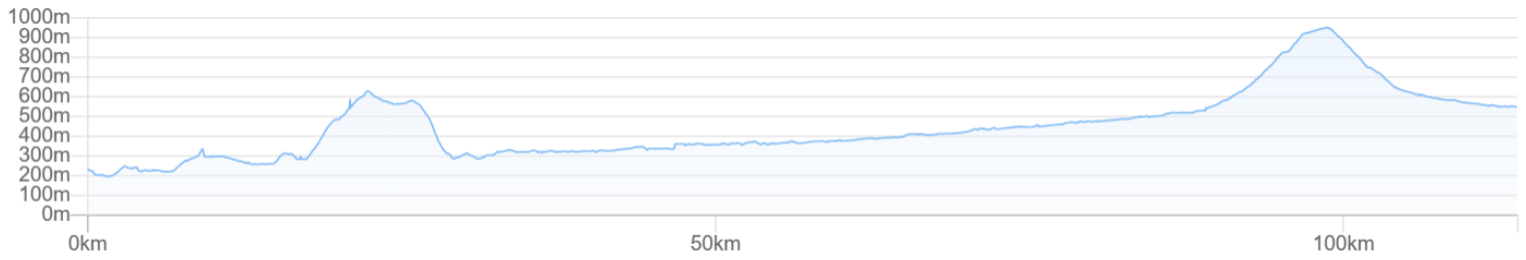


Outside dinner recommend Kitchen Yanagi Kumanoko Other stay Yanaizu spa Azumaya Kawachi Tsukimitei Takinoya

3rd 3rd(Sat) Yanaizu spa→Aizutajima 114km+1712m

<https://www.navitime.co.jp/coursebuilder/course/72d580ba7b5c4124b1a45d0c4c39a5c7>





Lunch Tadami station(58km) Miyoshi dining Japanese Mahoroba Dining kitchen Iwasaki Tasted Mutton kebab cafe



Sightseeing recommend Fukuman Kokuzo Bosatsu Enzoji temple Terasawa swamp Tagokurako lake Koomadome wetland



Stay Aizu Tajima Izumiya ryokan 〒967-0004 Minamiaizugun Minamiaizucho Tajimakamimachi Ko4047 TEL:0241-62-0048



Outside dinner recommend Pork Tontaro Fujitei Dining Hadakaya Chokkurazo



Public move

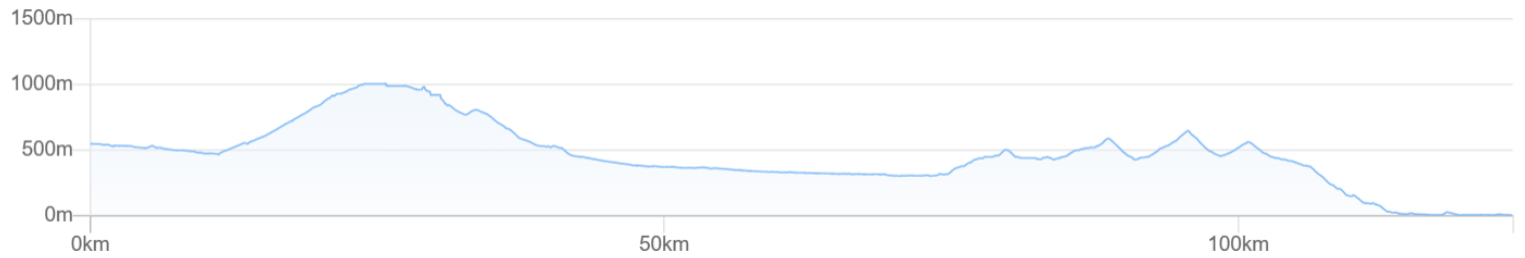
Aizu Yanaizu station→Aizu Kawaguchi→Tadami station: JR Tadami line•JR Tadami line agency bus(7:04→8:05→9:10)

Tadami station→Aizutajima station: Local bus Fukushima Tadamicho•Nature capital•Tadami line(13:10→14:34)

Other stay recommend Diwa rink hotel Aizu Tajima Hotel new century63 Green Minato hotel Tazawayu ryokan

# 4th 4th(Sun) Aizutajima→Nakoso 124km+1569m

<https://www.navitime.co.jp/coursebuilder/course/04f0bc1b1478496eafc58d1bf2d0ad0f>



Lunch Shin Shirakawa station (49km) Shirakawa handmade ramen noodle Kazue Saikaken Bordeaux Itageya



Iwaki Asakawa station(72km) Marumi Ishiyya dining Ramen noodle Misozen Tamaru dining



Sightseeing recommend To no Hetsuri cliff towers alongside the river Shirakawa kominejo castle Shirakawa Nanko lake· Suirakuen Nakoso checkpoint ruin



Public move Aizu Tajima station→Shin Shirakawa→Nakoso Aizu railway JR Banetsu Nishisen line JRTohoku Honsen line JR Banetsu Higashi line JR Jobansen From Aizutajima~Shin Shirakawa~Nakoso , No straight bus along the course. Possible to leave at Shin Shirakawa station. Around Shin Shirakawa st. bath Iyashinokoku spa(2km from Shin Shirakawa st.)

Bath •Post stay Nakoso Onsen spa Sekinoyu 〒979-0146 Iwaki city Nakosocho Sekita Suga1-4 Pacific Health center  
TEL:0246-65-1126



Other post stay recommend Hotel route inn Shin Shirakawa station East Family rodge Takekagoya Iwwaki Nakoso  
Meal recommend Nakoso station Club ship Kanisen Asahiya dining Dyning Garlic Fuku sushi



Move recommend to Tokyo Nakoso station→Tokyo station:JR Express Hitachi 16:38→18:43 18:37→20:42

**Contact E-Mail Adress : [soma@jtourism.jp](mailto:soma@jtourism.jp)**

✂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.

Please apply with the information as below.

✂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

✂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 ▪Number of join riders

▪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.

## Ride Join Fee(Per day Per person) 17,000JPY(Include Tax)

Max Possible Join 10 Riders ~ Minimum Number of riders;5-Riders (Full days ride join)

✕In case specified number of participants join by general application.

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.

- 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 weather 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.

- Recommendations regarding meals, accommodation, sightseeing, and bicycle transport may change from what is stated.

- 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>