

# JTO Kyoto to Aomori Nihonkai-sea

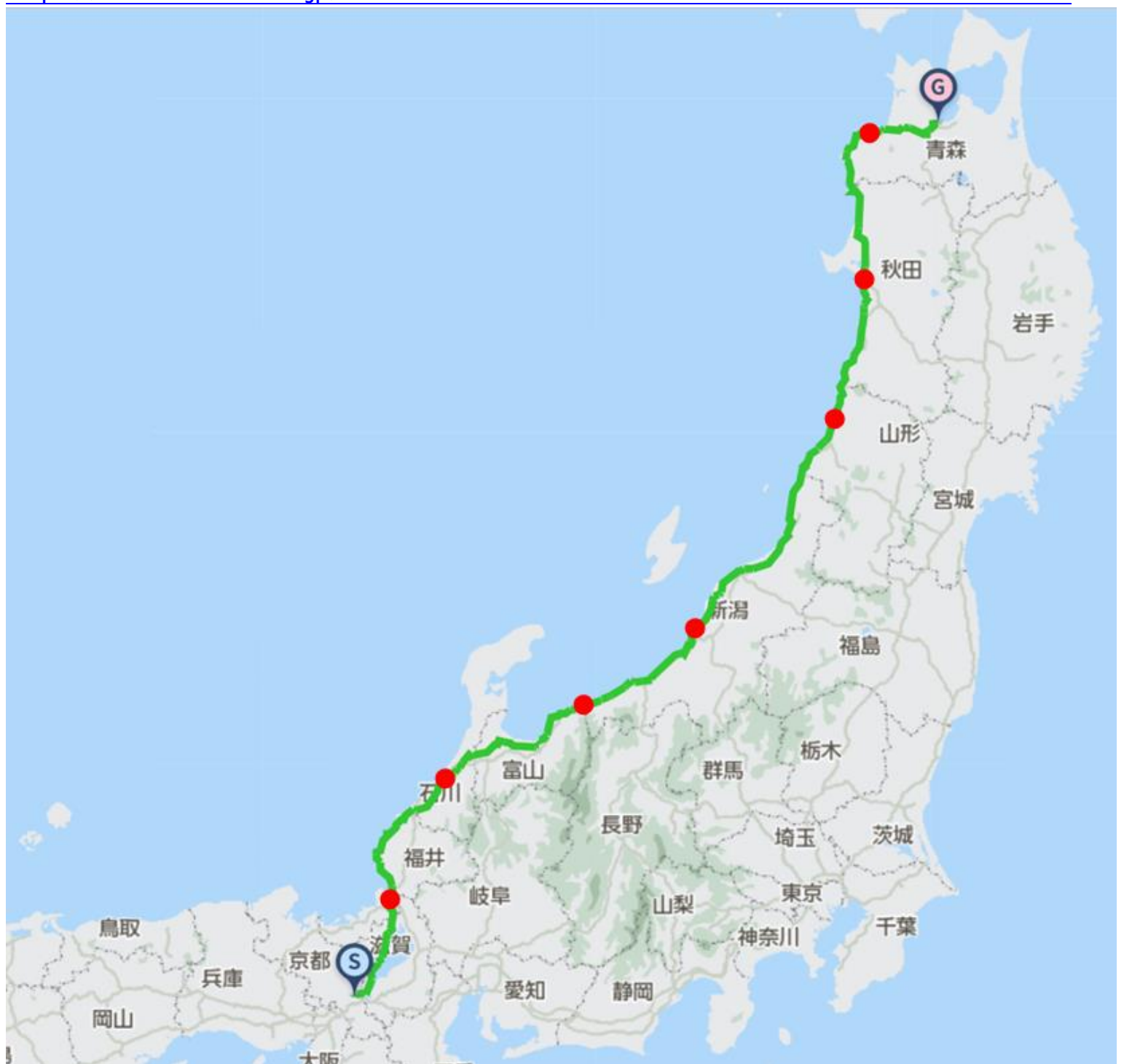
vertical north up bicycle journey

2026 August 22nd(Sat)~29th(Sat) 8Days

Distance:1037km Total gain:7213m

Kyoto→Tsuruga→Kanazawa→Itoigawa→Niigata→Tsuruoka→Akita→Ajigasawa→Aomori

<https://www.navitime.co.jp/coursebuilder/course/590cf98505de49e0a56f419c961abd93>



Kyoto August 23rd(Sat) Sunrise 5:22 Sunset 18:38

Aomori August 30th(Sat) Sunrise 5:00 Sunset 18:15

1st August 22nd(Sat) Kyoto→Tsuruga 95km+877m

2nd August 23rd(Sun) Tsuruga→Kanazawa 149km+913m

3rd August 24th(Mon) Kanazawa→Itoigawa 153km+1220m

4th August 25th(Tue) Itoigawa→Niigata 137km+1011m

5th August 26th(Wed) Niigata→Tsuruoka 160km+891m

6th August 27th(Thu) Tsuruoka→Akita 129km+783m

7th August 28th(Fri) Akita→Ajigasawa 164km+1183m

8th August 29th(Sat) Ajigasawa→Aomori 50km+335m

August 21st(Fri) Pre stay recommend Kyoto

Kyoto travellers inn 〒606-8344 Kyoto city Sakyo ku Okazaki Enshojicho 91-2 075-771-0225



Other stay recommend Apa hotel Kyoto station Horikawadori(Near Kyoto station With big bath)

Sightseeing recommend Kiyomizutera temple Fushumiinari Kinkakuji temple Toji temple



Nijojo castle Yasakajinja shrine Sanyusangendo Kyotogosho



Shimogamo shrine Kitanotenmangu temple Nanzenji temple Nishikiichiba market



Meal recommend Hafuu meat Mishimatei sukiyaki Sushikappo Sanei Kyoto city vegetable Gamo



# August 22nd(Sat) Gather:9:30 Heianjingu Keitenmon gate

〒606-8342 Kyoto city Sakyoku Okazaki Saishojicho95 Heianjingu 075-751-8284

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

Recommendation Shinkansen move from Tokyo Tokyo→Kyoto 6:00→8:08分 6:15→8:24

Bus:Kyoto station→Heianjingu:5km From JR Kyoto station to Heianjingu:City bus 5-line・100-Line・110-line

Take off bus at Okazakikoen park museum Heianjingu Walk for 5-minutes By bicycle 30-minutes Taxi 15-minutes from Kyoto st

By subway Kyoto station~Karasuma station~Higashiyama station(15Minutes) From Higashiyama station 1-exit 1-km 10-min walk

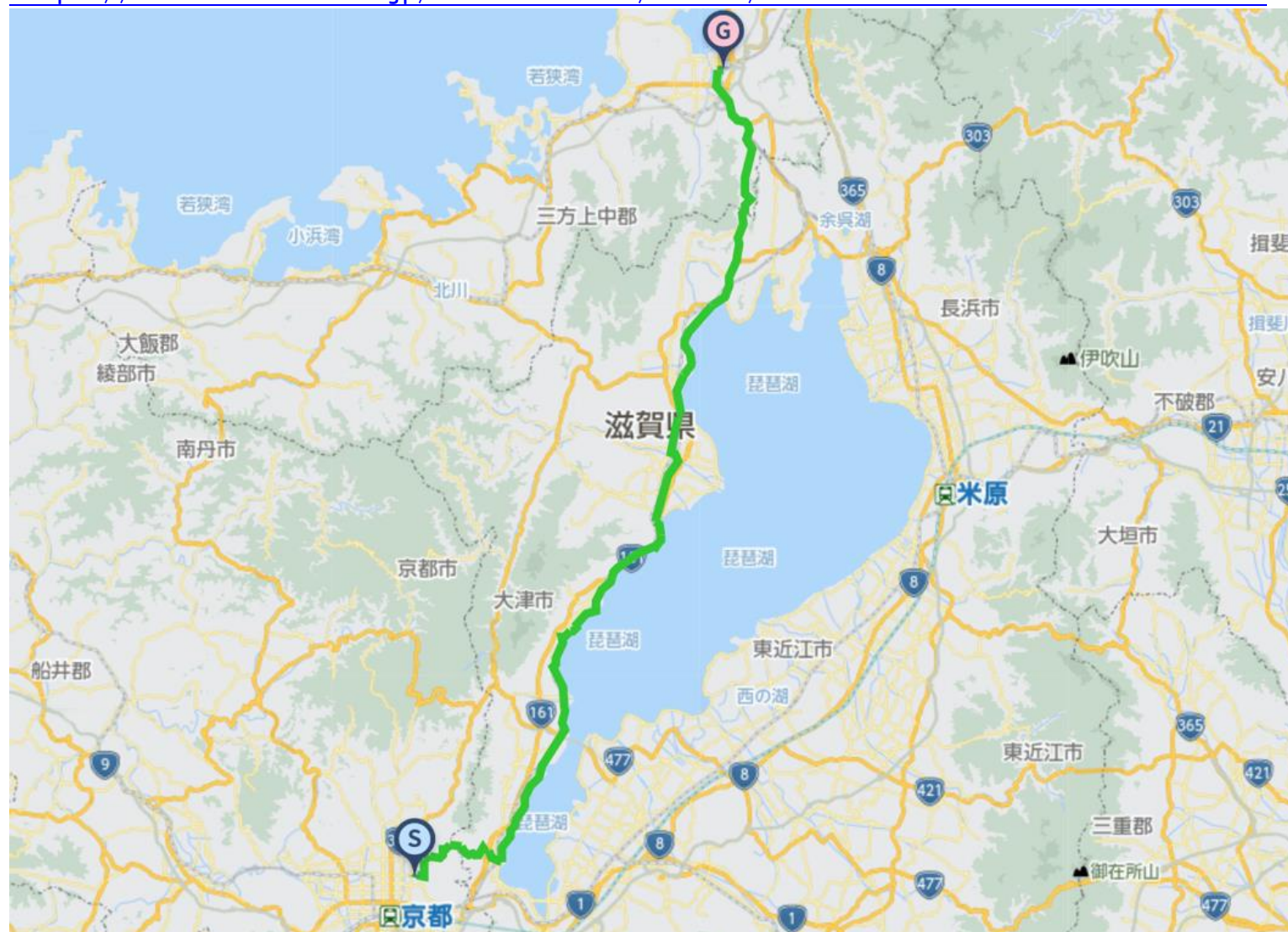
Please use public toilet at Okazaki park baseball stadium.

Avoid for extreme heat , safety first , around noon time sunny heated hours , to prevent from heat strike , stay in room or let move by train of public transportation with bicycle.



# 1st August 22nd(Sat) Kyoto→Tsuruga 95km+877m

<https://www.navitime.co.jp/coursebuilder/course/a363225991fb4d8999a645f966032127>



10:00 Start from Heianjingu shrine Praying for the safe of travel , Biwako lakeside to Nihonkai sea

Omimaiko(4 1 k m) Rcafe(Hawaiian) Kinoshita Kenzuiya seasonary vegetable Japanese Family restaurant Hirose Sushi Masa



(On the first day , we eat lunch with all riders together. For lunch place , we decide for the will of riders on the day on the road.

※At the side of Lake side Otsuka , Minshuku BBQ Kohanso 077-596-0155 , possible to take rest in cottage or in the room around noon time(need check)

Sightseeing Heianjingu shrine Biwako lake Tsurugakihi shrine Tsurugawan bay



Saty Tsuruga Hotel route inn Tsuruga station front

〒914-0055 Fukui pref Tsuruga city Tetsuwacho1-6-2 050-5576-8005



Outside dinner Marusan Izakaya Tenten Tsuruga Europe dining Chuoken Bunrakuen grill meat



Other stay recommend Tsuruga manten hotel ekimae Toyoko inn Tsuruga ekimae Takeno ryokan

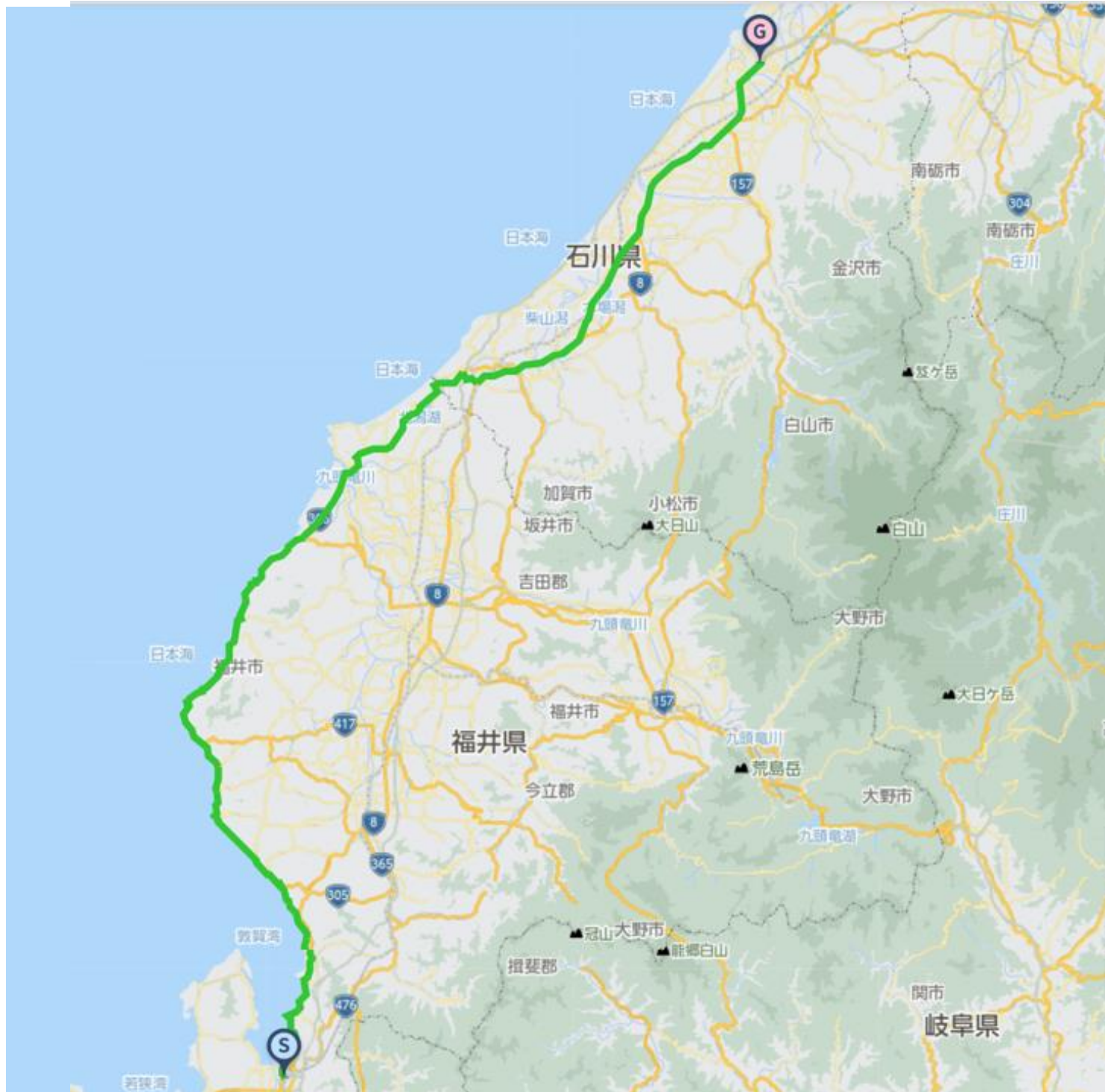
Sento outside bus : Safuranyu spa

Public Bicycle carry moving recommend

Higashiyama→Yamashina→Omimaiko→Tsuruga : Kyoto subway Tozai line J R Kosei line

# 2nd August 23rd(Sun) Tsuruga→Kanazawa 149km+913m

<https://www.navitime.co.jp/coursebuilder/course/af7f5df563c44b4c9cfb79f90fa00715>



Begin to ride on Nihonkai seaside. Tojinbo・Echizenmatsushima on sight sight vertical north up.

Starting AM 7:30 Another days as below

Lunch recommend Mikuniko port(80 km) Hamasaka Uoshiro dining Tentsuru Fresh seafood Mikuniko port



Daishoji(100km) Ootomura Fair lady Mitsuno Yamagishi Bantei



Sightseeing Echizen coast Tojinbo Kanazawajo castle Kenrokuen garden



Stay Knazawa Sukiyaфу(Japanese ancient tea room style)Ryokan Karazawa  
〒920-0346 Ishikawa pref Kanazawa cityFujieminami 1-102-1 076-201-8748



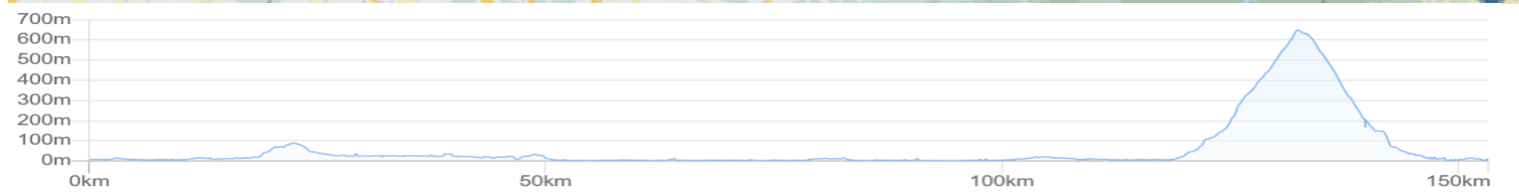
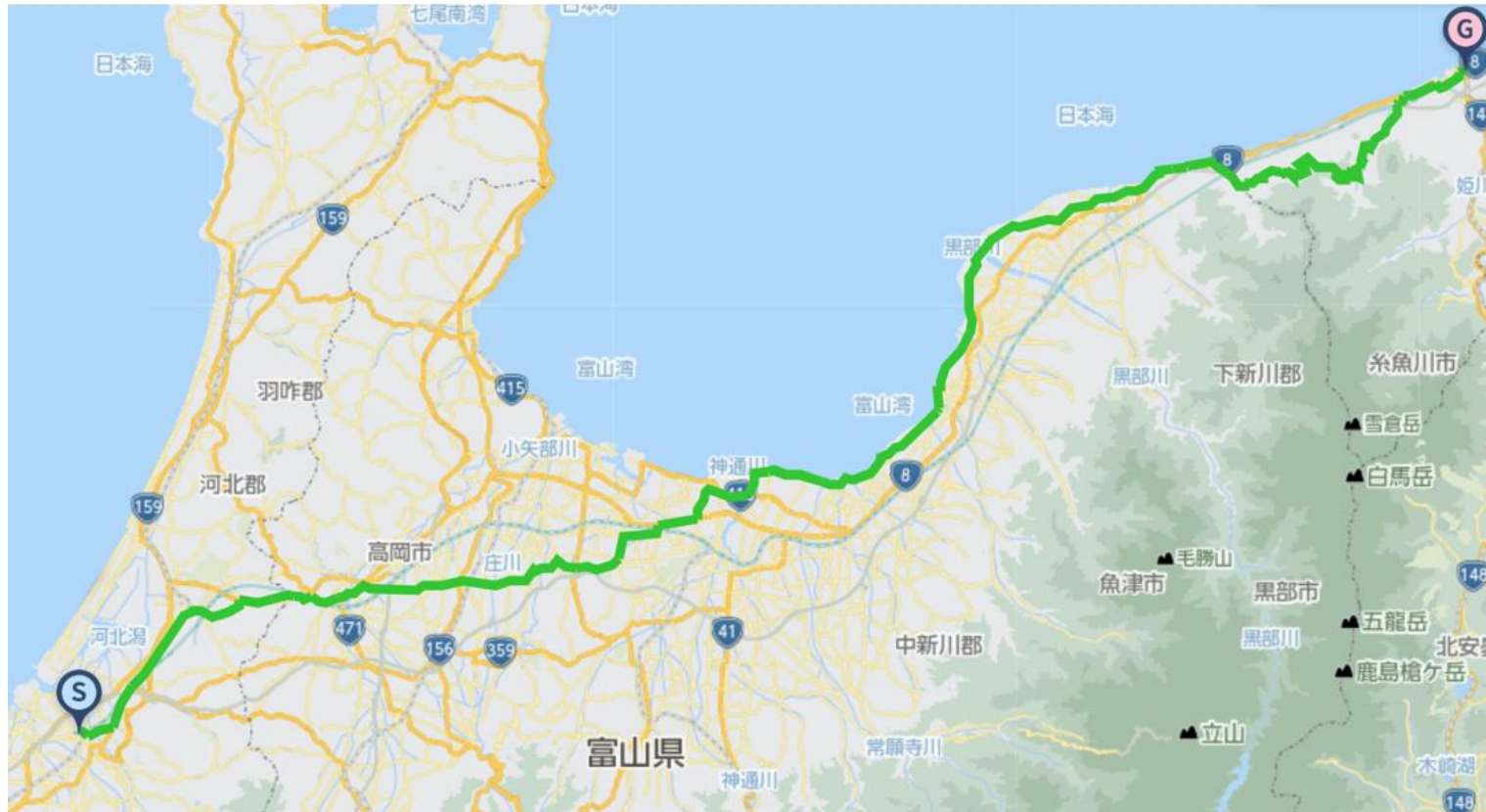
Outside dinner recommend : Akame chan Sushi Ichifune Grill meat Kyozaawa Omisijo market



Other stay recommend Kanazawa yumenoyu Apa hotel Kanazawa station front Shionoka  
Natural spa relax park termeKanazawa Kanazawa spa Kinsekiso  
Outside sento spa : Apaspa Knazawa shtration front  
Public Bicycle carry moving recommend Tsuruga→Kanazawa : Hokuriku honsen

# 3rd August 24th(Mon) Kanazawa→Itoigawa 153km + 1220m

<https://www.navitime.co.jp/coursebuilder/course/949862c947254f9bb0b0fe62aee0ec59>



From Noto peninsula inland to Toyama bay , Niigata. On the border of the Noto Peninsula , depth color of sea , change.

Lunch recommend Toyama city(64 km)

Toyama bay Himi sushi Gincho Sokyokuwa Toyama ramen noodle Menyaikkaku Grill meat Kura Katsutama



Kurobe(91 km) Kurobe soba noodle Himi Kitokito sushi Kurobe Katsubei Airaibo



※If going over Nihonmatsu pass·Shiritakayama mt. by hill climb , please eat lunch at Kurobe.

Sightseeing Tateyama mountain range Toyama bay Itoigawa jade beach



Public Bicycle carry moving recommend Kanazawa→Itoigawa : JR Ishikawa train Ainokuni Toyama train



Other stay recommend : Hotel route inn Itoigawa Hotel gio park Hotel ebiya Outside public bath : Hisuinoyu  
 Outside dinner recommend : Joki chaya Sushikappo Shino Sushi katsu Getsutoku dining Chinese



Public Bicycle carry moving recommend

※ I Rishikawa rtrain・Ainosato Toyama train ・ Echigo Toki Meki train Nihonkai Hisui Line  
 ※ Ichiburi station ~Aoumi station on R8-road(14 km) , much of tunnel , cave, narrow road, much of traffic, cannot recommend for bicycle cycling. Please take move by bicycle as Joro Ichiburi Teishajosen and Hashidate Aoumi teishajosen on hill climb or take public train from Ichiburi station to Aoumi station.  
 If impossible to pass Ichiburi Teishajosen and Hashidate Aoumi teishajosen , not over Nihonmatsu pass・Shiritakayama mt. by hill climb ,by road situation , it may support car blocking group ride , basically choice of Ichiburi station to Aoumi station public train move with bicycle.  
 In case you cannot pass prefecture boundary between Toyama to Niigata(118km point) at 15:00 , please move by train.  
 Ichiburi station~Aoumi station Train timetable 15:08→15:21 16:43→16:56 17:53→18:06

## 4th August 25th(Tue) Itoigawa→Niigata 137km+1011m

<https://www.navitime.co.jp/coursebuilder/course/d76fa75927374ab596c057bdc6d63d67>





Almost flat route Niigata Nihonkai seaside. Around here , it is getting autumn around Niigata.  
Lunch Kakizaki(6 1 km) Nakanochaya teahouse Mizusawake Sakae Isoppu



Kashiwazaki (7 9 km) Oohashi Washoku Tomiya fried shrimp Manrai curry Alchigola Italian



Sightseeing Echigo Toki Meki train Nihonkai Hisui line Sado Yahiko Yoneyama National park Ryokando Yahikoyama



Stay Niigata Iwamuro spa Yumotoya 〒953-0104 Niigata city Nishiura ku Iwamuroonsen 9 1-1 0256-82-2015



Outside dinner recommend : Shusekian Sushikame Fire dining KOJIMAYA Fukusen



Other stay recommend Iwamuro spa Takashimaya Fujiya Hoho Yumeya Outside bath : Yorinare Niigata city health up  
Public move Itoigawa→Iwamuro Echigo Toki Meki train Nihonkai Hisui Line·Shinetsu honsen· Echigosen

5th August 26th(Wed) Niigata→Tsuruoka 160km+891m

<https://www.navitime.co.jp/coursebuilder/course/58f9feecce81419ea5bf9921d0e1e38e>



From the second half of the day , get in Tohoku area Yamagata pref, feel the wind of autumn.

Lunch recommend Sakamachi station(80 km)  
 Japanese Nagomichi Watayuki sushi Italian home and western cuisine Secret Fruits Niigata Arakawa Kodawari udon noodle



Murakami station(92 km) Ishidaya Chinese Rin Diners kitchen Woddy Japanese dining Hirauchi



Sightseeing Denka big swan stadium Oppouji temple Salmon park Kurishima island



Stay Tsuruoka Honmagiichi ryokan 〒999-7464 Yamagata pref Tsuruoka city Yura 2-3-2 4 0235-73-2552



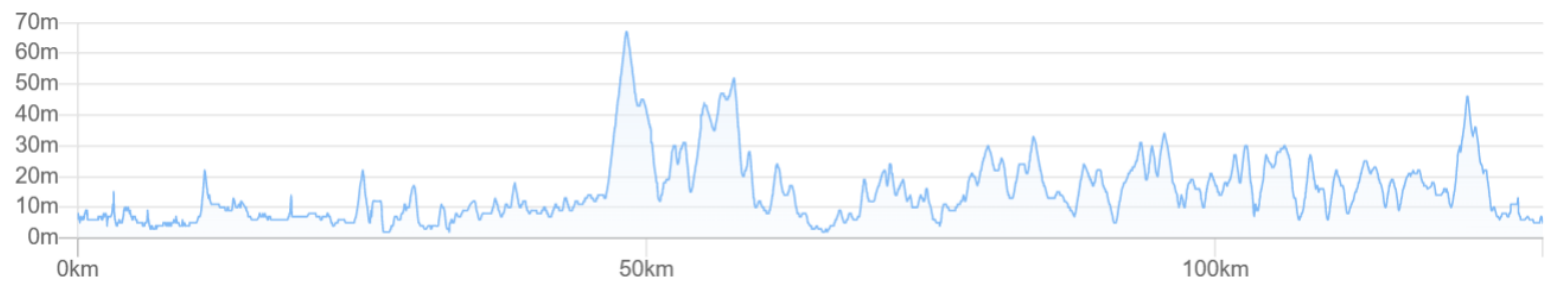
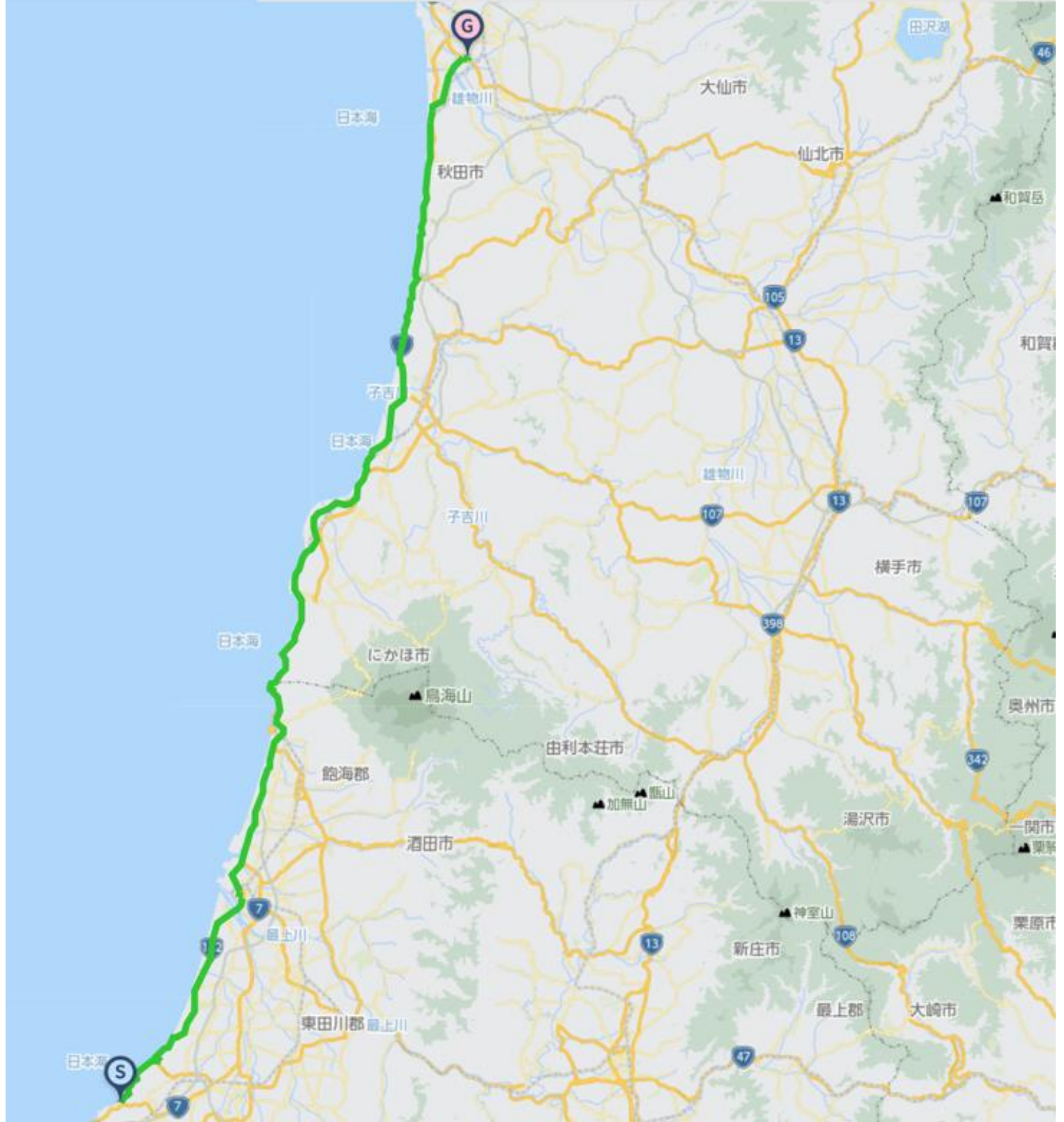
Outside dinner recommend Misato Oishinbo Umihana

Other stay recommend

Yura spa Yaotome Hotel sun resort Shonai Hori ryokan Minshuku Wada Denbei Spa minshuku Ishikawa  
 Public move Iwamuro ~Hmae Mizusawa Echigo line • Shirashin line • Hetsu line

6th August 27th(Thu) Tsuruoka→Akita 129km+783m

<https://www.navitime.co.jp/coursebuilder/course/9122b22d68c24af4a6bce9bc5842fcdf>



From Tsuruoka to Akita north up Tohoku area. The top of Chokaisan mt. the red leaf getting appear  
Public move Hamae Mizusawa~Hagoushijima Haetsu honsen line

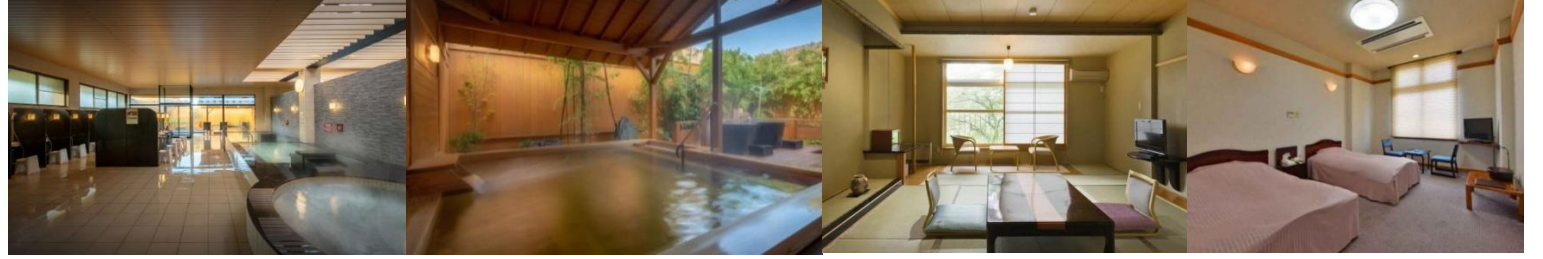
Lunch recommend Zogata station(6.5 km) Bon Bonier Kokushokudou ramen noodle Shinyoshi Michinoeki Zogata



Nikaho(7.8 km) Kitchen Sakanayasan Grill meat Kamankiya Ramen noodle izakaya Ebiumi Fishu Second house  
Sightseeing recommend Sakata Sankyo storehouse Chokaisan mt Zogata coast Kubota castle



Stay Akita Onsen spa plaza 〒010-0822 Akita city Sorekawa Keidai Kawara142-3 018-833-1919 ※Possible day spa



Outside dinner recommend : Natural meal Soekawa Asahiya soba noodle (Near Akita Onsen spa plaza)



(Near Akita station) Abeya MugendoO machi honten Akita kiritanpo rice bar Akita banya sakaba



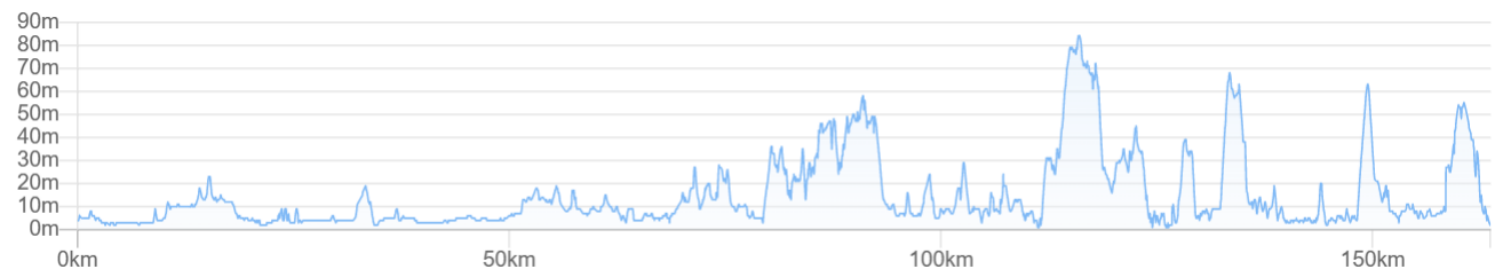
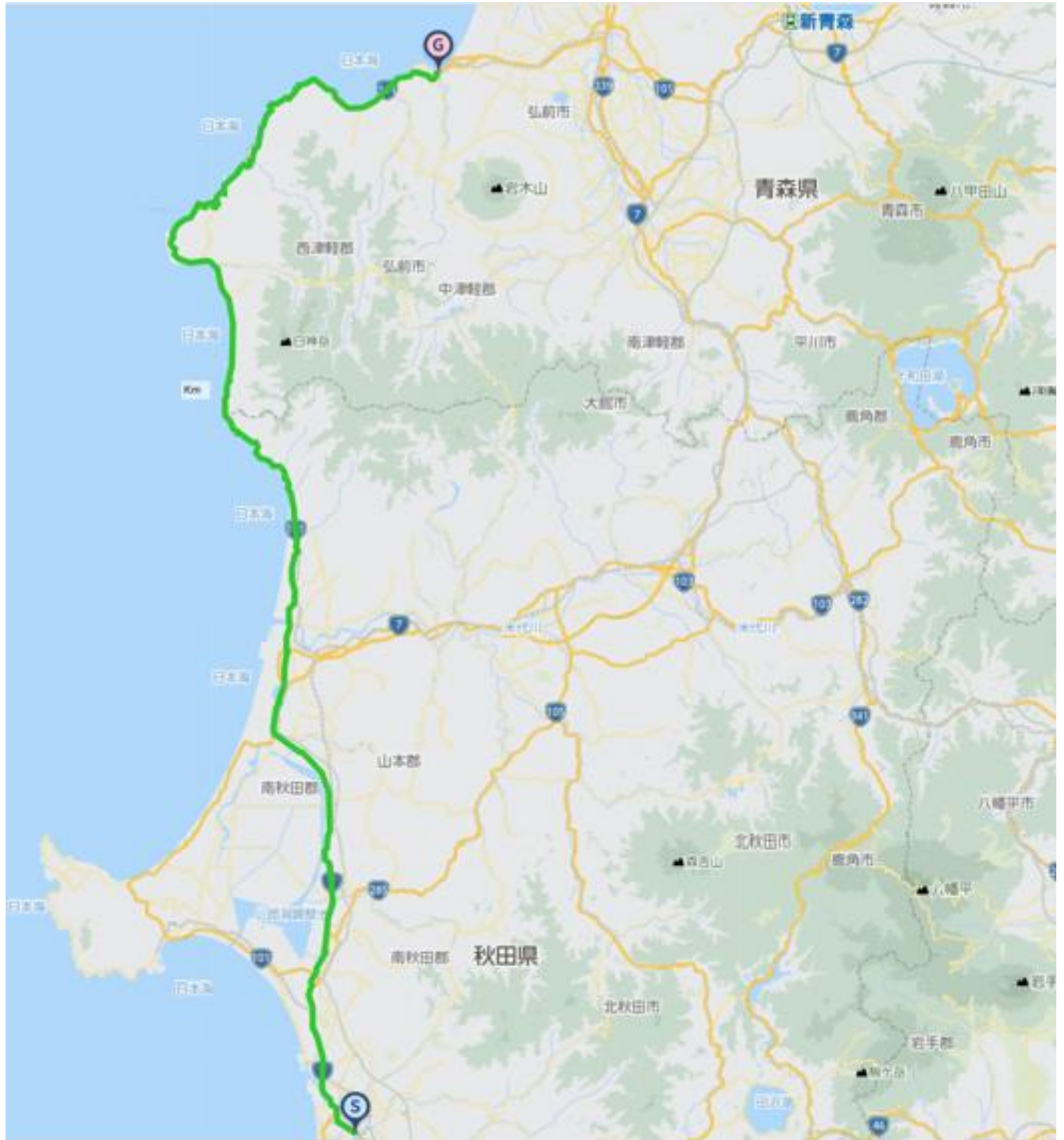
Akita sushi Akitako port charcoal fire meat grill KYU Kinkaen chinese Bilancha



Other stay recommend Akita spa Satomi Shiratoriso Seikanso Dormy inn Akita Kameya ryokan  
※Akita Omagari fire dance open soon(2025/08/30) , may so clouded , please give corporation to use share rooms.

# 7日目 8月28日(金) 秋田→鯨ヶ沢 164km+1183m

<https://www.navitime.co.jp/coursebuilder/course/c2ce8ef2494b44d3adf77a1b8aa93b15>



The longest route day. Akita to Aomori pref, change to autumn.

Lunch recommend Noshiro 能代 (63 km) Happo Daishoe Shinbashi Chinese meat grill Michinoeki Minehama



Hachimori station (81 km) Dining Fukuhachi  
Akita Shirakami (85 km) Restaurant Isaribi Driver restaurant UMI Rest house Iko rodge



Sightseeing Ojika Namahage train line Ojika peninsula Noshiro Kazenomatsubara Shirakami mountains



Stay Suignoyado 〒038-2761 Aomori pref Nishitsugaru gun Ajigasawacho Shimotonda26-1 0173-72-8112 Day spa OK



Ajigasawa Hotel Grand Male Sankaiso 〒038-2761 Aomori pref Nishitsugaru gun Ajigasawacho oaza Maikocho Naruto 1 0173-72-8112



Outside dinner recommend : Izumi Ryoji Ramen Hiroshi Ramen Ajimaru ※Last dinner, eat all riders together  
Other stay recommend Ono ryokan Public move Echigoushijima~Ajigasawa Haetsu honsen・Ou honsen・Gono line

# 8th August 29th(Sat) Ajigasawa→Aomori 50km+335m

<https://www.navitime.co.jp/coursebuilder/course/5cc9cc8361334abd80211cb557acbf92>



In Aomori pref, riding through Tsugaru peninsula, all the end. Get goal on Shinaomori station Aomori health land.  
 Public move Ajigasawa~Shinaomori Gono line·Ou honsen line  
 Sightseeing Kikuya market Grilled squid Tachinebuta festival hall Aomori bay



Byuing souvenir Auga fresh seafood center Aomori fish vegetable center



Lunch Shinaomori st. Fish eat DEN Kuroishiya Dazai rame noodle and Tsugaru Yanyamei Aomori fish vegetable center



Finish·Bath Stay recommend: Aomori health land(Bath:8~23) 〒038-0042Aomori city Shinjohiraoka404-1 017-766-1000



Other stay recommend Hotel route inn Aomoriekimae Aomori center hotel

Dinner recommend Almori local dining Osanai Michinoku dining Nishimura Ooguro sushi Ippachi sushi



Fish eat DEN Tsugaru Joppari music sakaba Grill meat Tatsuya Piemonte



Shinkansen Shin Aomori station to Tokyo station Take 3-hours (often start)

Airplane From Aomori airport to Haneda Itami Shinchitose Nagoya Kobe (often start)

From Shin Aomori station , Aomori station to Aomori airport , recommend to move by train and local bus(14km)

## 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) 15,000JPY(Include Tax)**

**Max Possible Join 1 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

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](mailto: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>