

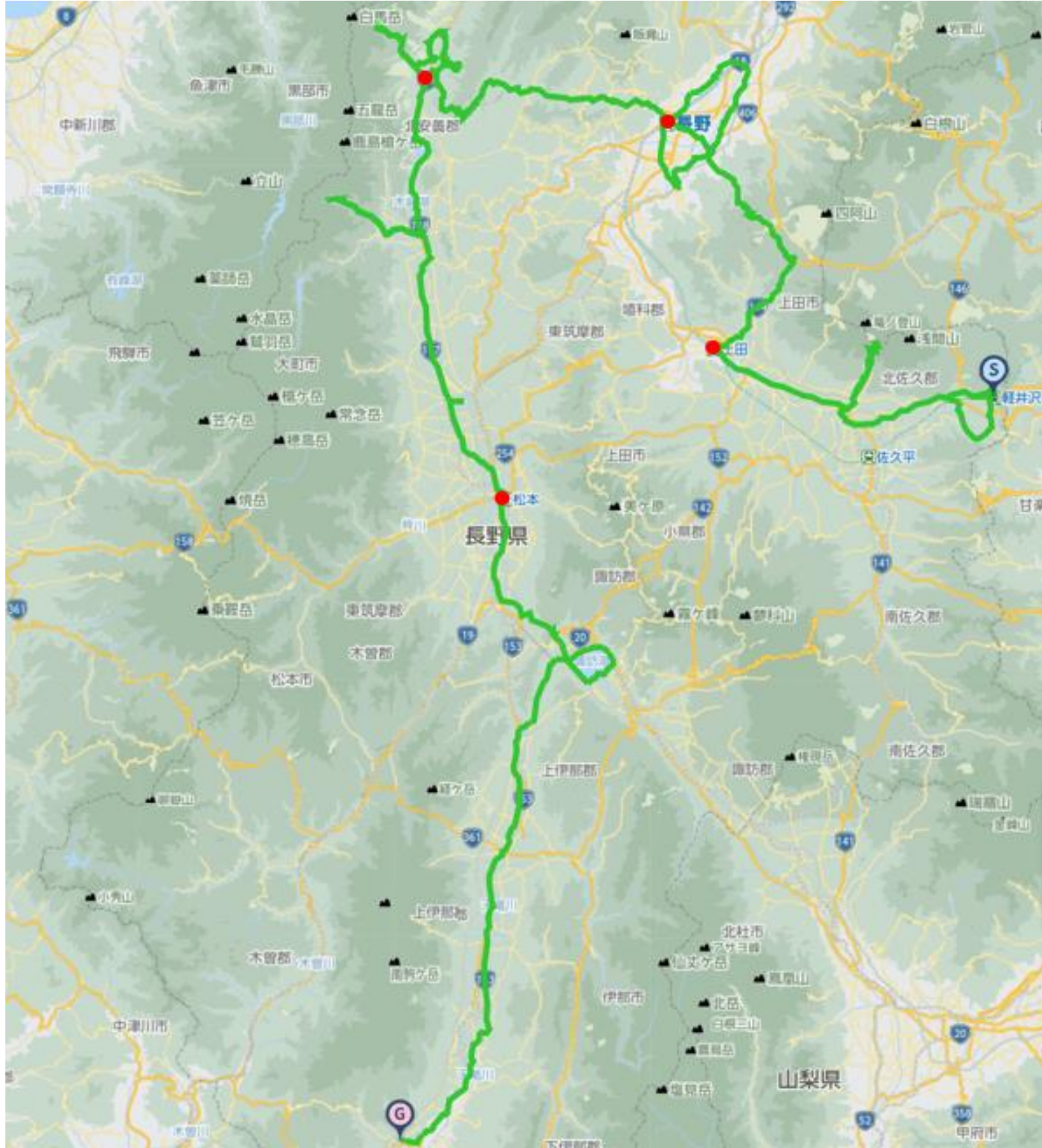
JTO Nagano Round Bicycle Journey

2026 September 19th(Sat)~23rd(Wed・Hol) 5Days

Distance:485km Total Gain:7576m

Karuizawa~Ueda~Nagano~Hakuba~Matsumoto~Iida

<https://www.navitime.co.jp/coursebuilder/course/ed8bd834e5fe4a62afdacef6336a2d4f7>





Visit Nagano prefecture round bicycle journey

Karuizawa ~ Nagano city ~ Hakuba ~ Matsumoto ~ Iida round visit

- ① 19th(Sat) Karuizawa → Kurumazaka pass → Ueda (94km + 1681m)
- ② 20th(Sun) Ueda → Sugadaira → Nagano city (92km + 1242m)
- ③ 21st(Mon·Hol) Nagano city → Hakuba (89km + 2479m)
- ④ 22nd(Tue·Hol) Hakuba → Kurobe → Matsumoto (92km + 1068m)
- ⑤ 23rd(Wed·Hol) Matsumoto → Suwa lake → Iida (118km + 1106m)

Karuizawa September 19th(Fri) Sunrise at 5:32 Sunset at 17:49

September 18th(Fri) Pre stay recommend Karuizawa Minshuku Aoki

Nagano pref Karuizawa town Oaza Karuizawa 1062-56 0267-42-5544 1.5km south of Karuizawa station



Other pre stay recommend APA Hotel (Karuizawa ekimae) Karuizawaso Hotel Rosso Karuizawa

Sightseeing recommend Shiraito fall Karuizawa picture book forest museum Karuizawa new art museum Karuizawa ginza market



Meal recommend Kastanie Karuizawa roast chicken La Luce Pyreness Forest restaurant Kodo



Furesugasse Pork cutlet Imai Monzenyoshoku Fujiya Shinshu soba noodle Yamahei



September 19th(Sat) Meet at 8:30(Briefing・Bicycle check) Start at 9:00

Meet at: Karuizawa station north gate Chisan rent cycle 〒389-0104 Nagano pref Karuizawacho Karuizawahigashi3-1 Chisan bld
 Before start , we have briefing for course , meal , accommodations. Please gather after breakfast and bicycle preparing.
 Recommend Shinkanse superexpress: Tokyo station 6:52→Karuizawa station 8:07

Outside breakfast recommend cr.cactus cafe & accessory(8:00open Chisan rent cycle shop 2nd floor
 Stove café Okizarisu Bakery&Restaurant Sawamura (7:00open)



1st 19th(Sat) Karuizawa around~Kurumazaka pass~Ueda 94km+1681m

<https://www.navitime.co.jp/coursebuilder/course/9a5caacd8e154daebfe24c0631b6cdf3>



To Kurumazaka pass, no hill climb attack , possible to stay and rest around Komuro station , Komuro old park , move to the stay in Ueda. To Kurumazaka pass attack ride on 15.5km × 2 = 31km.

Kurumazaka pass(Takamine plateau hotel)⇔Komoro station , there are local bus by JR bus Kanto.

Sightseeing recommend AM Old Karuizawa downtown Shiojiriko lake Minami Karuizawa Komoro



Lunch recommend Komoro station(44km 74km) Kurumu Kusabue Shinshu soba noodle Teishajo garden



Kurumazaka pass(60km) Visitor's cafe



PM Komuro Kaikoen Kurumazaka pass Chikumagawa river Ueda castle ruin park



Stay: Ueda Onsenpa Hotel Shoen 〒386-0024 Ueda city Ote 1-2-2 Tel:0268-22-2353



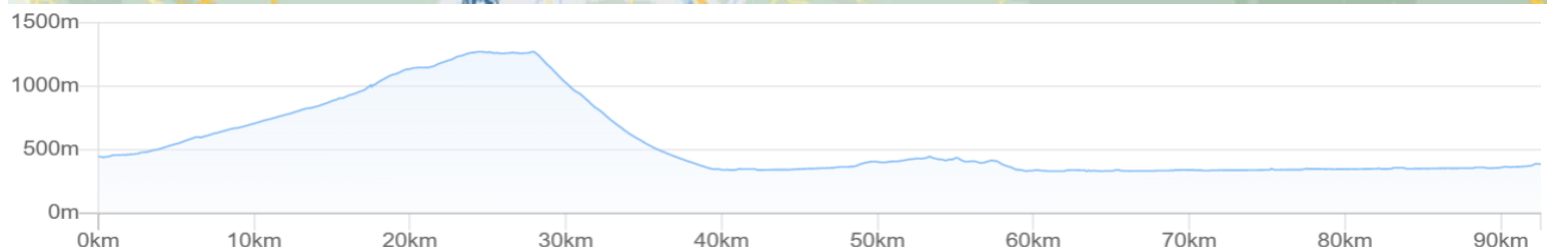
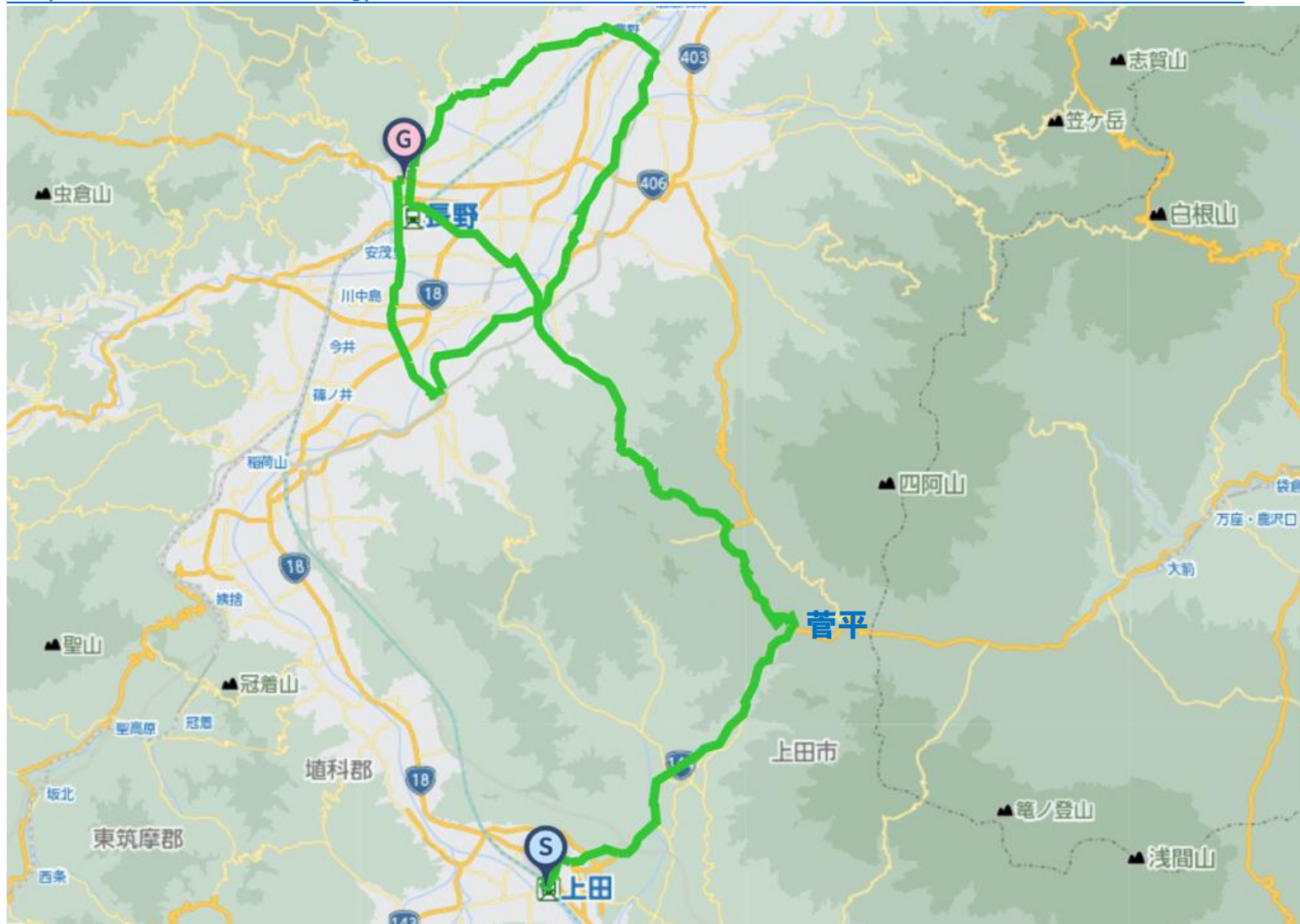
Outside dinner recommend Ueda chicken fried center Koku seasonable vegetable and liquor Wakanakan Chikaratei cutlet



Other stay recommend Hotel Route INN Uedakokudo18 Ueda Tokyu REI hotel Toyoko INN Ueda station Sotetsu furessa INN
Public Bicycle carry moving recommend Karuizawa→Komoro→Ueda Shinano railway

2nd 20th(Sun) Ueda~Sugadaira plateau~Nagano city 92km+1242m

<https://www.navitime.co.jp/coursebuilder/course/9f532b2399c9410598779cdee7084d34>



For Ueda→Nagano possible to move not hill climb attack to Sugadaira plateau , move by Shinkansen or Shinano railway.
 Ueta station to West Sugadaira , on local bus. Possible move to the stay and rest.

Sightseeing recommend AM Sugadaira plateau Kiyomizudera temple Hoshina kannon Ochiai bridge Nagano station



Lunch recommend Nagano station(48km) Soba noodle Daizen Botti Meiji tei Nagano long life dining



Pizzeria uanci e cheer Coal meat grill Choshunkan Ramen noodle Misoya Kitanoya



SightseeingPM Zenkoji temple Chikumagawa Kobuse bridge Chikumagawa Matsushiro bridge Kawanakajima old battlefield



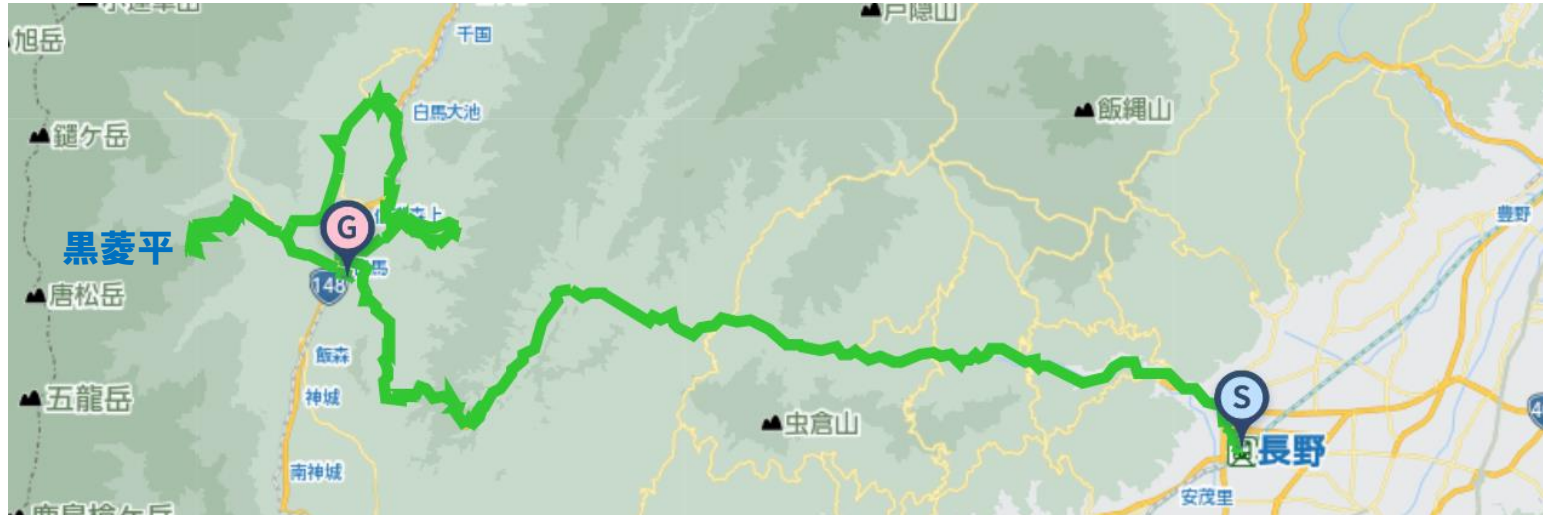
Stay Nagano Susobanakyo spa Uruoi hall 〒380-0872 Nagano city Minami Nagano Tsumashina98 026-237-4126
Dinner Sukiyaki grill in Sukitei



Other stay recommend Rokan Shimizuya Futabaya Zenkoji temple stay Dormy INN Nagano Sotetsu Furessa inn Apa hotel

3rd 21st(Mon·Hol) Nagano~Hakuba~Kurohishidaira 89km+2479m

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From Nagano station to Hakuba station , Alpico local bus(1-2buses each hour)

Sightseeing AM Susobana dam·Susobana bridge Onimuri way Shirasawa cave·observatory Ode park·suspension bridge



Lunch Hakuba station(46km) Sona Shin Oshimo dining Gravity Worx GRINDEL



Kittyontyon Sumiya Jun Grill meat Miyama Ramen noodle Sukeya



Sightseeing PM Nohira solo cherry blossom Sengoku kaido route Hakuba big bridge
Kurobishidaira skyline attack(Up to the full of parking , the support car do not take with the attack hillclimb)



Stay Hakuba Himekawa onsen spa Hakuba highland hotel
〒399-9301 Kitaazumi gun Hakuba village Warabitaira21582 0261-72-3450

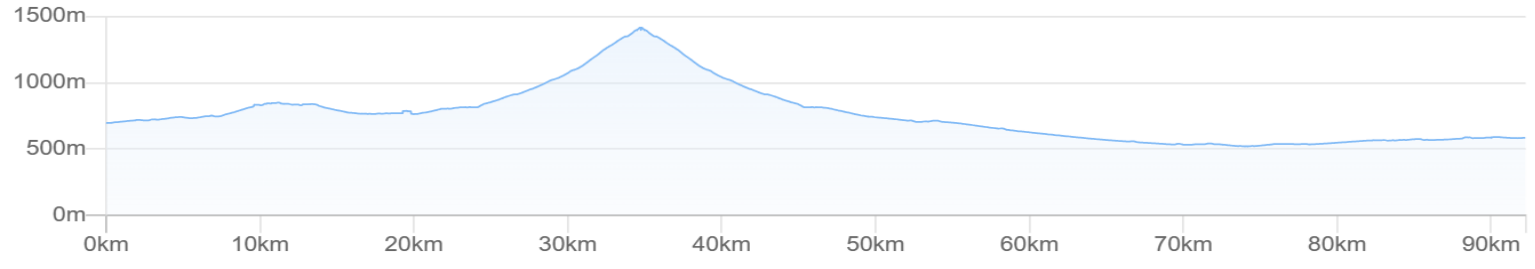
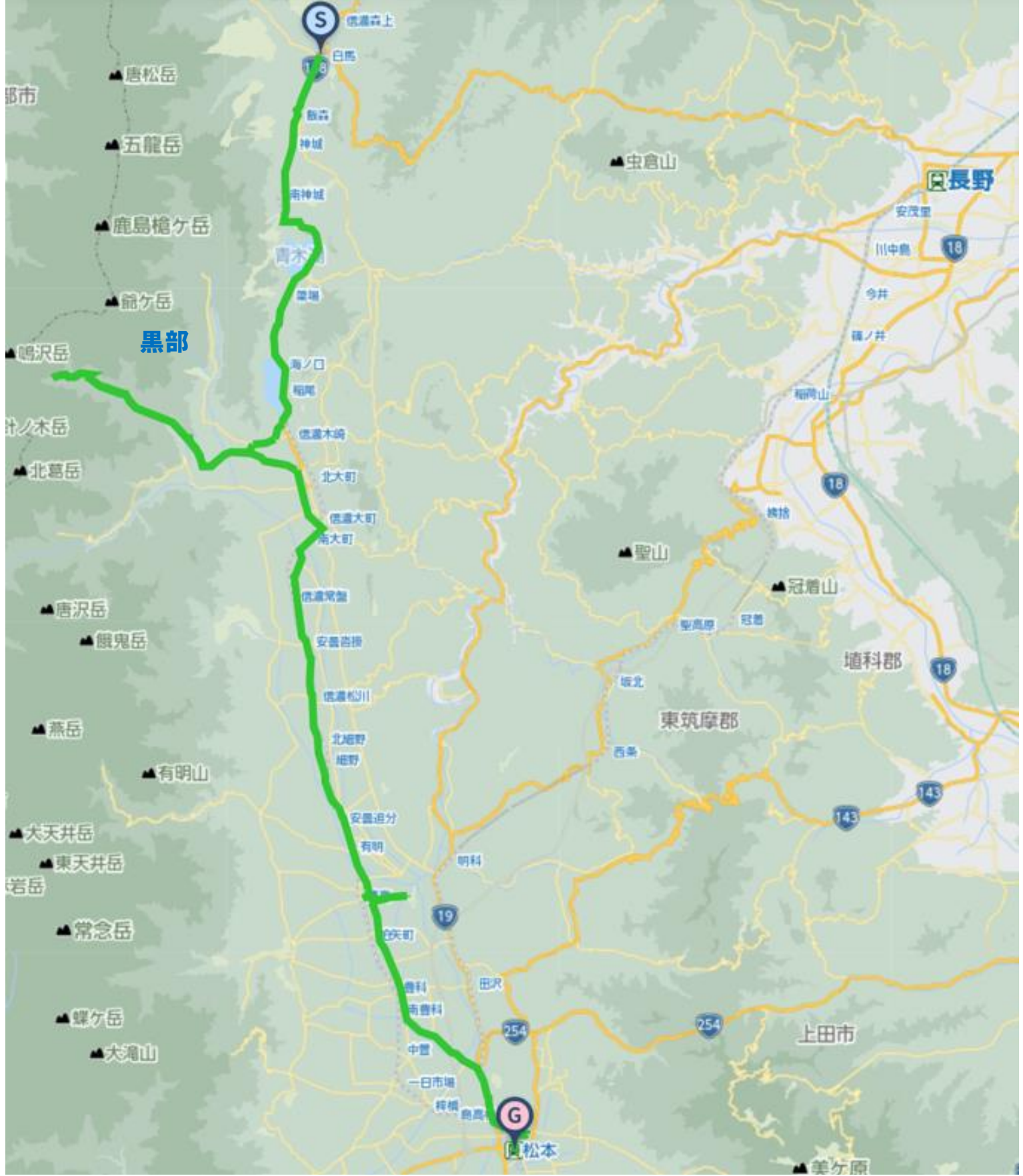


Other stay recommend Hotel Hakuba Yamadaya ryokan Mutsukari Hakuba royal hotel

4th 22nd(Tue·Hol)

Hakuba ~ Kurobe dam ~ Azumino ~ Matsumoto 92km + 1068m

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Sightseeing AM Nishina three lakes(Lake Aoki·Nakaami·Kisaki) Omachi Alpin line Oogisawa station Kurobe dam



※In case of sightseeing Kurobe dam , take local trolley bus. Please let know in advance. Visit with discussing by group.

Shinano Omachi station ~Ogisawa station:Alpico local bus 1-2buses each hour.

SightseeingPM Hodaka shrine Daio Wasabi farm Michinoeki Alps Azumono Horikawanosato National Alps Azumino park



Matsumoto castle Matsumoto city museum



Lunch Ogizawa station(34km) Ogizawa rest house



Omachi(55km) Sanraku Bistro café Mille-feuille Café Chimney Wapparaya dining



Hodaka(74km) Sakamotoya eel Azumino brewery Ikkyuan folk soba noodle Hanjiro



Stay Matsumoto Natural spa Azusanoyu Dormy INN Matsumoto Matsumoto cityFukashi 2-2-1 0263-33-5489



Dinner Sengaku Matsumoto Shabu shabu



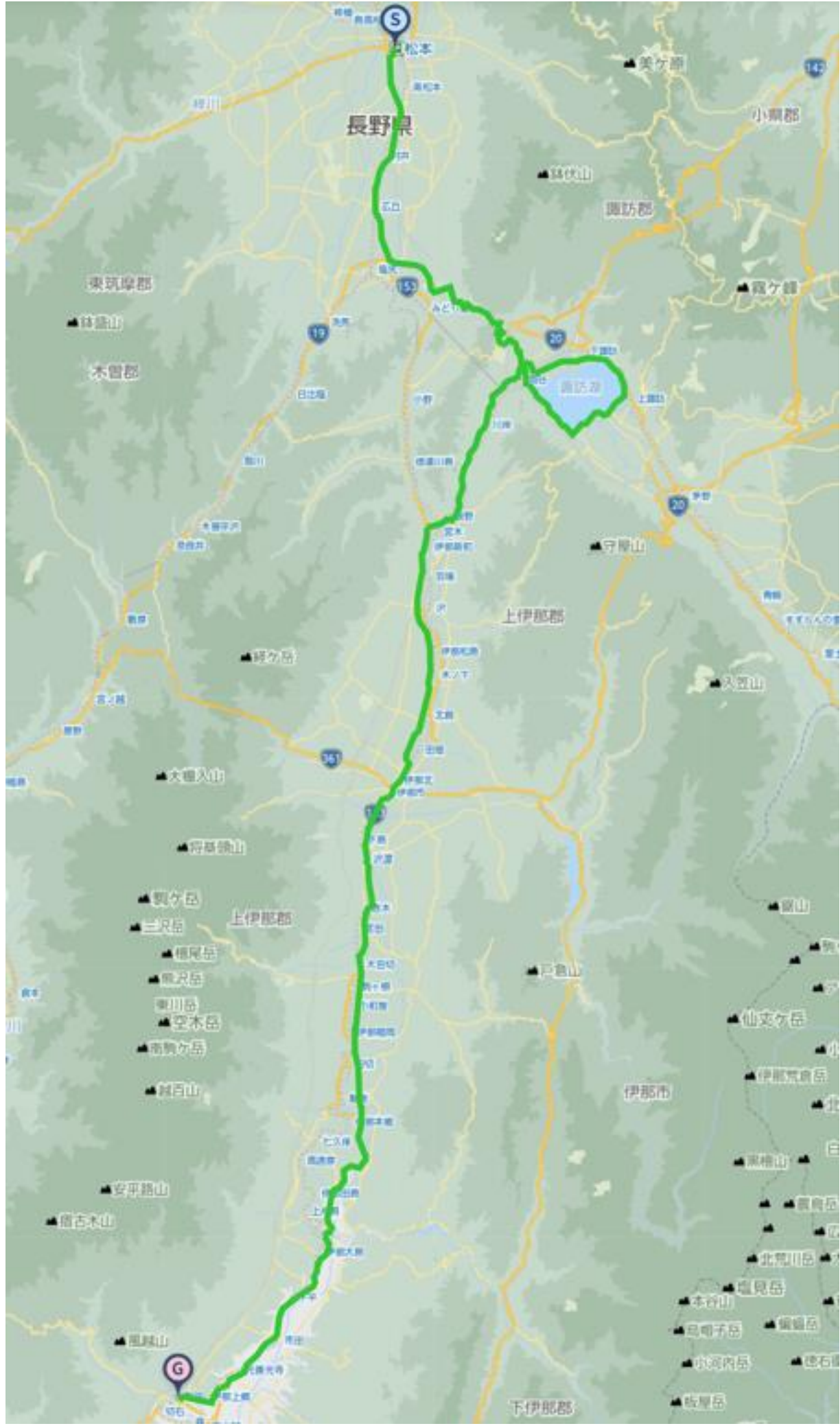
Ikekuni • Beef Sukiyaki & Steak Folk restaurant Moriyoshi Nanzantei

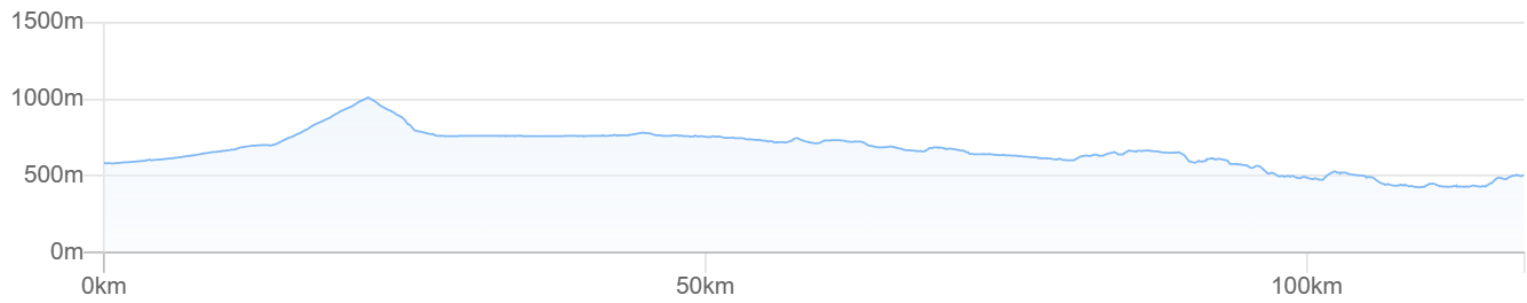


Public Bicycle carry moving recommend Hakuba→Matsumoto JR Oito line
Other stay recommend Hotel new station Matsumoto Tomoe spa The select Matsumoto Hotel Suehiro

5th 23rd(Wed·Hol) Matsumoto~Suwa lake~Iida 118km+1106m

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Lunch Tatsuno station(57km) Grill meat passion family Tatsuno Kosaka carp eel Tenryu riverside Milano Tenho



Inashi station(74km) Tamura dining Japanese Nabetatsu Chinese meat grill Ryumon



Sightseeing Suwako lake Suwa taisha shrine Zenkoji temple origin Iida station



Bath recommend Iida castle Onsen spa(1.4km from Iida station)



Dinner recommend Grill meat Tokuyama Rokunamonjanei Ajidokoro Marugen Mitsuwa dining



Stay recommend Silk hotel Iida city Nishikicho 1-10 0265-23-8383



Other stay recommend Iida station hotel Matsumura Town hotel Nakaya Hotel Yayoi Tenku no shiro

Public Bicycle carry moving recommend Matsumoto→Okaya→Iida JR Shinonoi line•JR Ida line
Okaya station near bath recommend Okaya onsen spa beauty skin Romanet(2.5km from Okaya station)
Bus example to go back Tokyo

Highway express bus Iida station→Shinjuku station 16:33→21:10 17:33→22:10 18:33分→23:10(Final bus)

Contact E-Mail Adress : 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 Orders ~ 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 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.
- 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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 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>