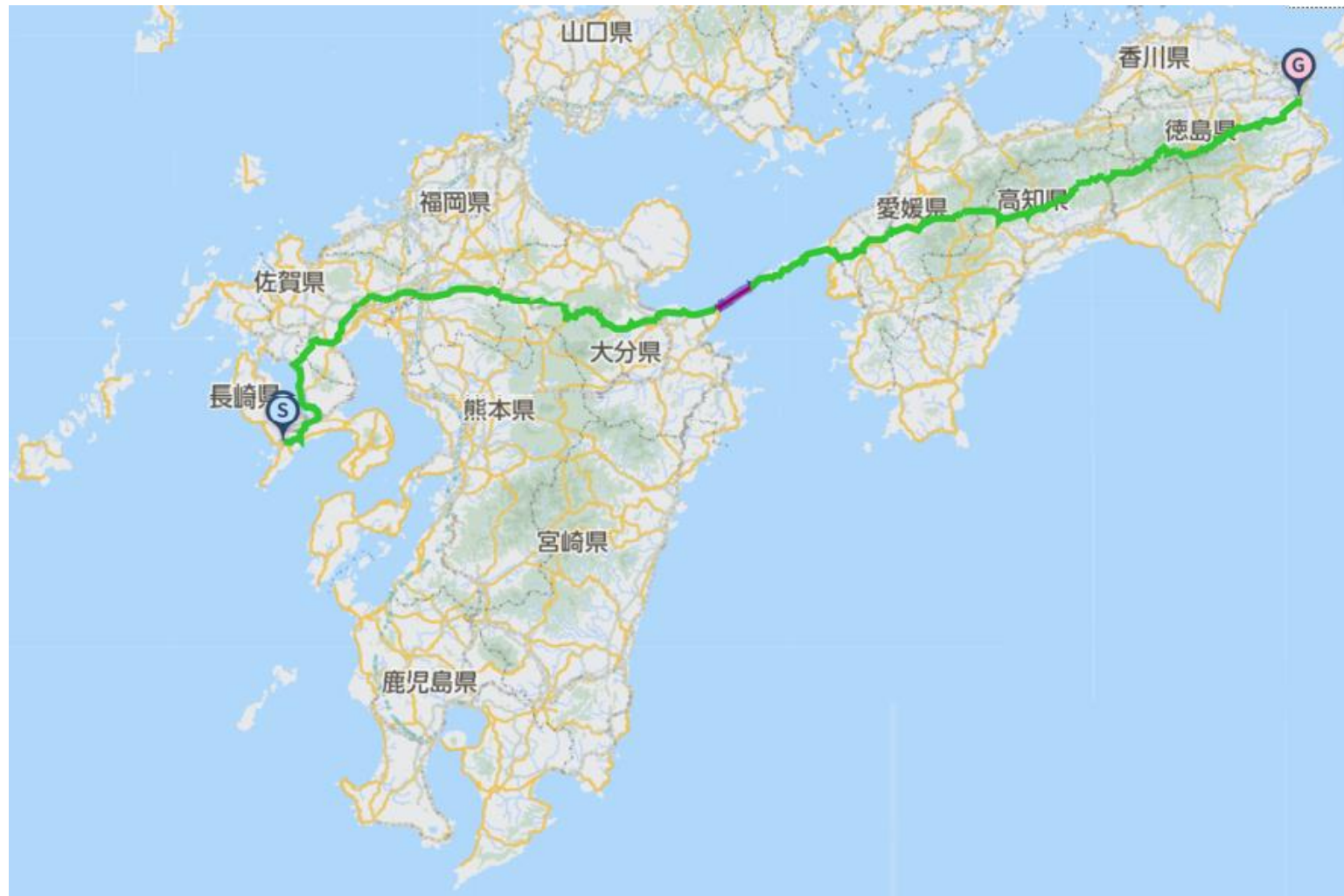


JT0 Kyushu Shikoku horizontal across Bicycle Journey

2026 October 21st(Wed)~27th(Tue) 7Days

Distance:692km Total Gain:9184m



1st 21st(Wed) Nagasaki→Saga 109km+777m

2nd 22nd(Thu) Saga→Oita 106km+1038m

3rd 23rd(Fri) Oita→Sagaseki port 82km+878m

4th 24th(Sat) Sada cape→Hisaman plateau 115km+1828m

5th 25th(Sun) Kuma plateau→Sameura 114km+2059m

6th 26th(Mon) Sameura→Tsurugi mt 89km+1907m

7th 27th(Tue) Tsurugi mt→Tokushima 77km+697m

Nagasaki October 21st(Wed) Sunrise at 6:29 Sunset at 17:41

Tokushima October 27th(Tue) Sunrise at 6:16 Sunset at 17:15



October 20th(Tue) Pre stay recommend Nagasaki JR Kyushu hotel Nagasaki

〒850-0058 Nagasaki city Ogamicho 1-1 TEL: 095-832-8000



Other stay recommend Hotel New Nagasaki Hotel Cuore Nagasaki station

Sightseeing recommend Heiwakoen peace park Glover garden Oura cathedral Inasayama park



Nahasaki Shinchi China town Eye glasses bridge Nagasaki atomic bomb museum Nagasaki history culture museum



Meal Shippoku cuisine Kagetsu Chanpon noodle Shikairo Soshu dish udon noodle Hayashi Turkish rice Nikky Astin



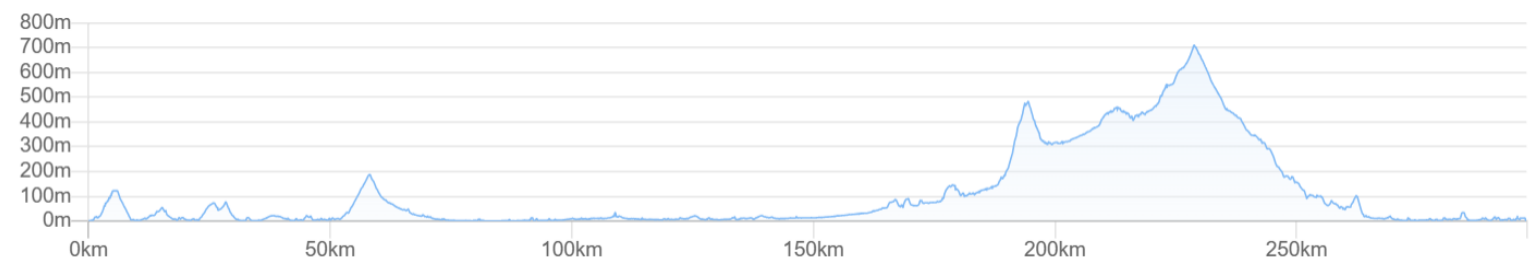
Local Ojiya Hifumitei Nagasaki Japanese Ebisuya L' ALAVISTA NAGASAKI Steamed egg Yoshimune Hamacho Nagasaki Wagyu Osakaya



Kyushu stage 3Days

Nagasaki～Saga～Oita～Sagaseki port・Sada cape

<https://www.navitime.co.jp/coursebuilder/course/baabcb44d80e46cb9f1160e2f798b62d>



Distance: 297km Total Gain: 2693m

1st 21st(Wed) Nagasaki→Saga 109km+777m

2nd 22nd(Thu) Saga→Oita 106km+1038m

3rd 23rd(Fri) Oita→Sagaseki port 82km+878m

Omura parkfolding screen garden Kurume Suitengu shrine Yufuin・Sakiridai observation deck



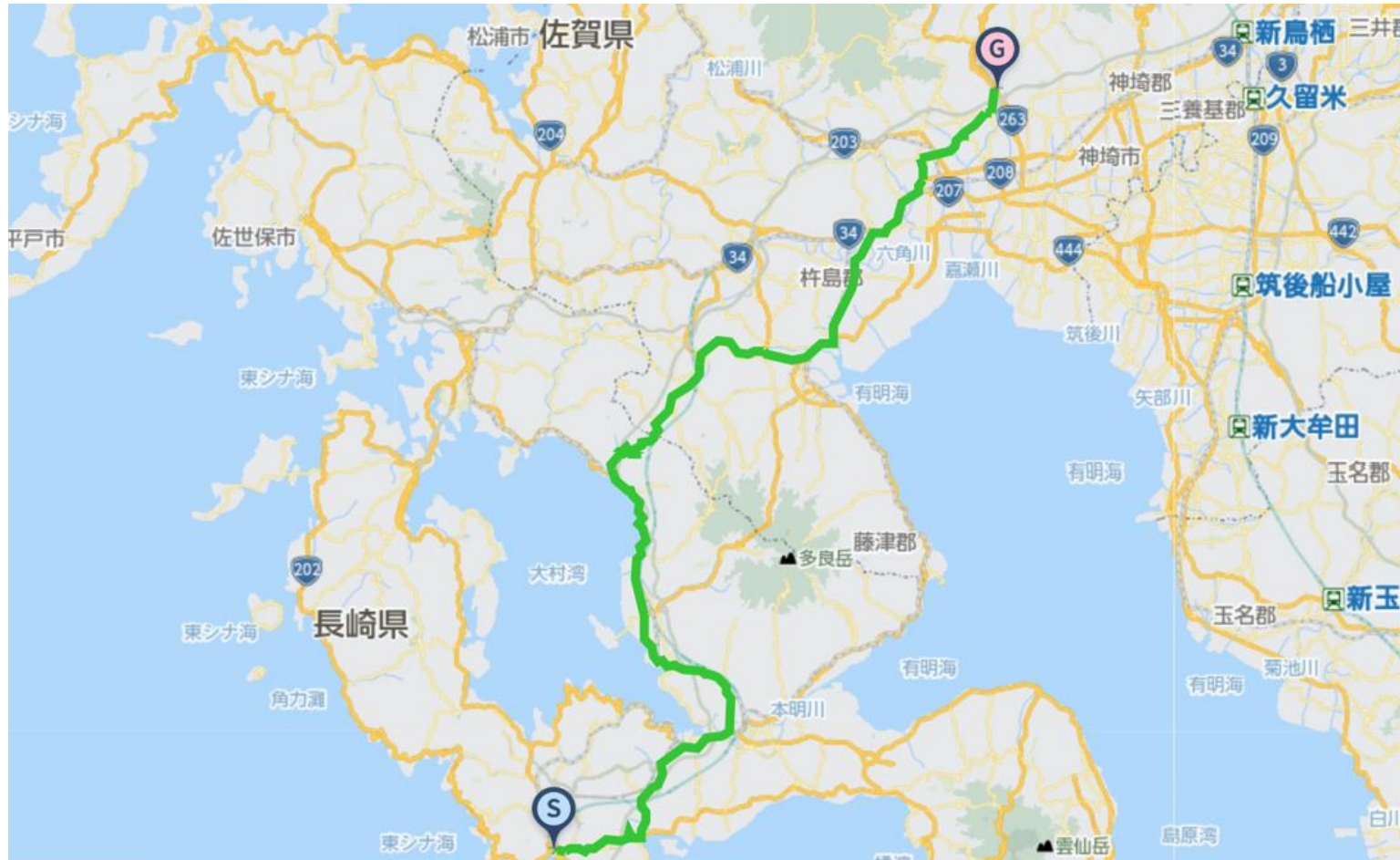
October 21st(Wed) Meet at 8:00 JR Kyushu hotel Nagasaki
(JR Nagasaki station side)

〒850-0058 Nagasaki city Ogamicho 1-1 TEL: 095-832-8000

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

1st 21st(Wed) Nagasaki→Saga・Kawakamikyō spa 109km+777m

<https://www.navitime.co.jp/coursebuilder/course/3ec9e833036e4da7b091de318a590e20>



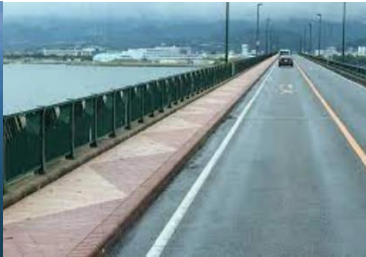
In case gathering from Nagasaki airport on the starting day

At Shinrin park 〒856-0815 Nagasaki pref Omura city Shinrincho1484(Opposite shore of Nagasaki airport , 36km point around)
Meet at 10:00 , bicycle check and start with.

From Nagasaki airport to Shinrin park , Minoshima big bridge is prohibited to ride bicycle. You must set bicycle and push with walking or take taxi moving. To Nagasaki airport , airplanes, from Haneda , Chubu , Itami airport , arriving around 9 o'clock.

In case of gathering from Nagasaki , Shinrin park Motor support car parking,, let us know in advance when you make application.

Nagasaki airport Minoshima big bridge Shinrin park Motor support car parking



Lunch Sonogi station(51km)

Sakaetei Chabudai Sanyo

taihaku Sonoginosato Wakamatsuya



Tatara chicken seafood ramen noodle by yoshoku shef Gyotoku sushi kappo Hamakatsu Michinoeki Soginoshō



Sightseeing Omura parkfolding screen garden Urami fall Saga castle ruin Kawakamikyo river



Stay Saga•Kawakamikyo onsen spa Hotel Toryuen 〒840-0203 Saga city Yamatocho Oaza Umeno120 Tel:0952-62-3111



Outside dinner(Near Toryuen Hotel Amanty) Yama café restaurant KUREHA Akinbo curry Shateau Fumimasa Yamato rian



(Near Idaimae Green hotel) Pescatore fresh pasta Takamotoya chicken grill fried Ryoma grill meat Hanakabuki



Other stay recommend Saga Yamato soa Hotel AMANTY Idaimae green hotell

Public move recommend Nagasaki→Kubota→Kojiro;JR Nagasakihonsen JR Karatsusen kine

2nd 22nd(Thu) Saga→Oita・Kabeyu onsen spa 106km+1038m

<https://www.navitime.co.jp/coursebuilder/course/3bb26a54c65f4380b7803c64179e79e9>



Lunch Chikugo Yoshi station(50km) Maboya tofu Yoshii Jyuthachi Sashimonba Trattoria AO



Hikarioka station(68km) Daial Maruki Rakutei Washoku dining-SHIN-



Sightseeing Kurume Shotengu shrine Takara shrine Hida Mameda town Takatsuka Atago Jizoson



Sakuradaki fall Yamabushi fall Jion fall Yamaura Hayamizu rice terraces observation deck



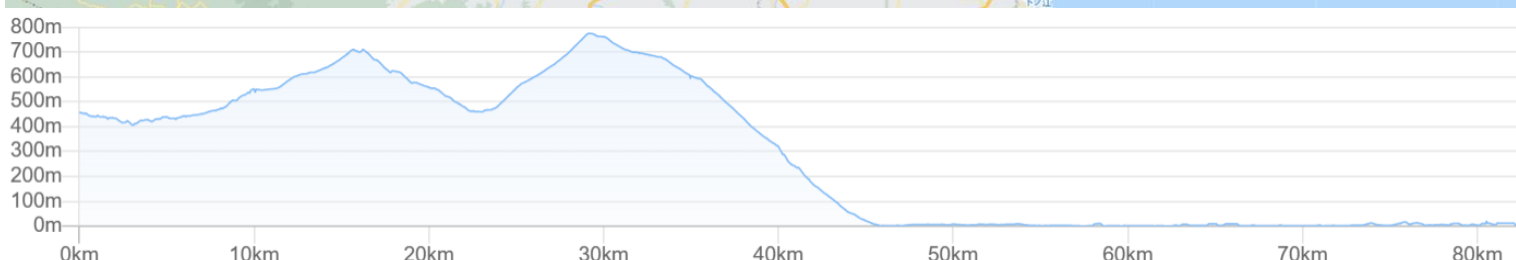
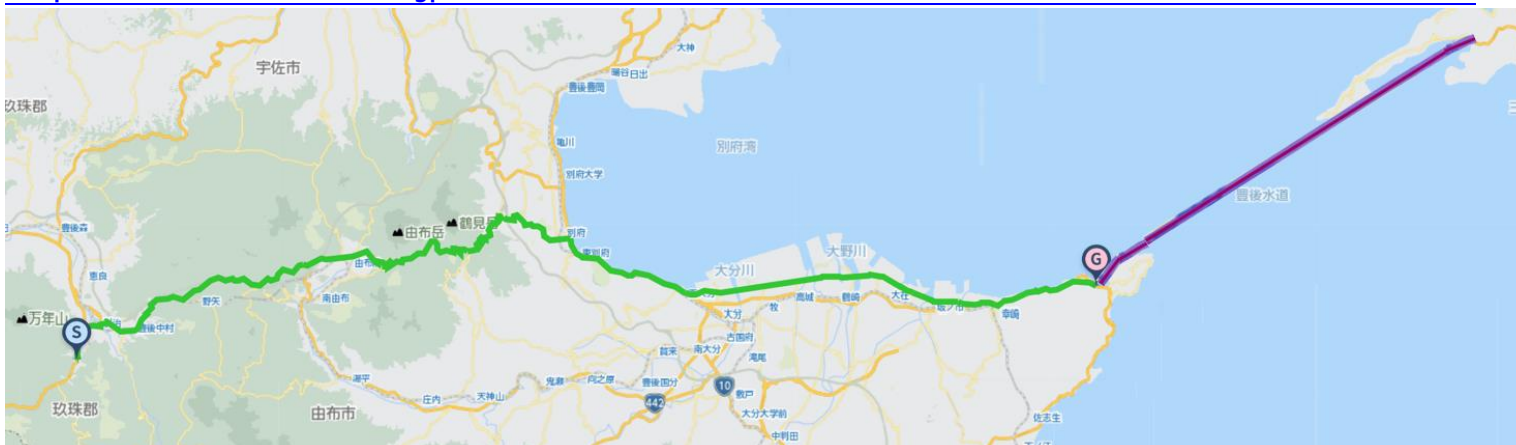
Stay Oita Kabeyu onsen spa Fukumotoya 〒879-4723 Oita pref Kusugun Kokonoe town Machida62-1 TEL:0973-78-8754



Other stay recommend Hosenji spa Hanatonagomi stay Sankoen Takara spa Ryusenaku Hosenji Yumotoya
Public move recommend Kojiro→Kubota→Tosu→Kurume→Hita→Hikiji station JR Karatsu line Nagasaki honsen line
Kagoshima honsen line Kyudai honsen line

3rd 23rd(Fri) Oita・Kabey onsen spa—Sagaseki port・Sadamisaki cape
82km+878m

<https://www.navitime.co.jp/coursebuilder/course/bed96a9737324c90849f21b077e8c00a>



Lunch Beppu(46km) Toyotsune dining Ajikura folk teahouse Ribbon Mitsuboshi



Oita(58km) Dainagon Antore Kotsukotsuan Robata Hachijo sushi



Sightseeing Kyusuikei YUfuin•Sagiridai observation deck Tsurumidake rope way Tsurumidake mt



Kijima park Beppu Kannawa onse spa Oita Funai castle ruin Sekisaki lighthouse



Public move Hikiji→Oita→Kozaki JRyudai honsen•Nitoyo honsen Oita→Kozaki st→Sagaseki: Oita bus(1-2 buses per hour)
Sagaseki→Misakiko Kokudo Kyushi ferry Each hour 00, 30 min start last at 23:00 70 min 31km move recommend to take until 17:00

Bicycle carrying in rinko bagwithh hand carrying. Possible to take in support vcar(limited on bicycle numbers)

By carrying with rinko bug or support car , no additional fee. Boarding fee pay by each or group buying and take together.



If leaving only with Kyushu stage , please take City Spa Tenku at Oita station and use public transportation.

〒870-0831 Oita city Kanamecho Far nest Oita station line JROita city building19F 21F Tel:097-513-2641



Stay Sadamisaki cape Ebisuya ryokan 〒796-0801 Ehime pref Nishiuwa gun Ikatacho Misaki 1514-1 TEL:0894-54-0013



Sugiyama ryokan 〒796-0801 Ehime pref Nishiuwa gun Ikatacho Misaki1599 TEL:0894-54-0037 (2 min from Ebisuya)



Kikuya ryokan 〒796-0801 Ehime pref Nishiuwa gun Ikatacho Misaki1486 tel: 0894-54-0125 (1 min from Ebisuya)



※We will stay at Ebisuya ryokan(Max 10-persons 200m from port) , but if over , stay with another Sugiyama Kikuya ryokan.

Bath is each ryokan by only one.

Outside dinner recommend Izakaya ENN(Until 23:00) 3-min walk from stays

※May no dinner serving stay. Use outside dinner in any case



Marina tei dining(Until 19:00) 10 minutes walk from ryokan



Other stay recommend Minshuku Oiwa-Kanazawa ryokan(7.2km west from Misaki port)

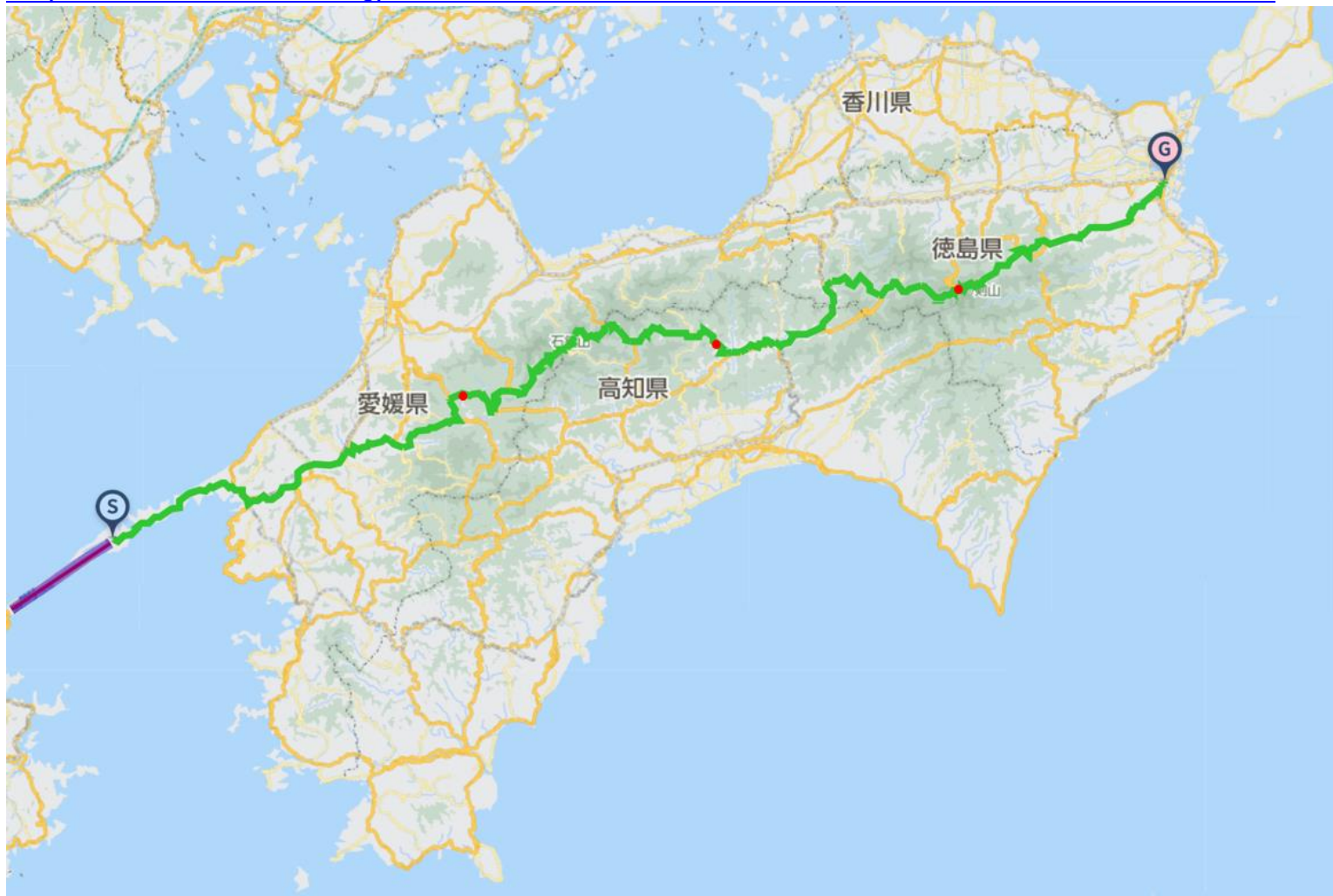
In case starting early morning possible breakfast

「Lawson Ikatacho Misaki(24h)」(700m from Ebisuya ryokan、Misaki port bus stop)

Shikoku stage 4Days

Sada cape～Kuma plateau～Sameura～Tsurugiyama～Tokushima

<https://www.navitime.co.jp/coursebuilder/course/89ef2b18d6c54d5a81322fbd1922f95b>



Distance: 395km Total gain: 6491m

4th 24h(Sat) Sada cape→Hisaman plateau 115km+1828m

5th 25th(Sun) Kuma plateau→Sameura 114km+2059m

6th 26th(Mon) Sameura→Tsurugi mt 89km+1907m

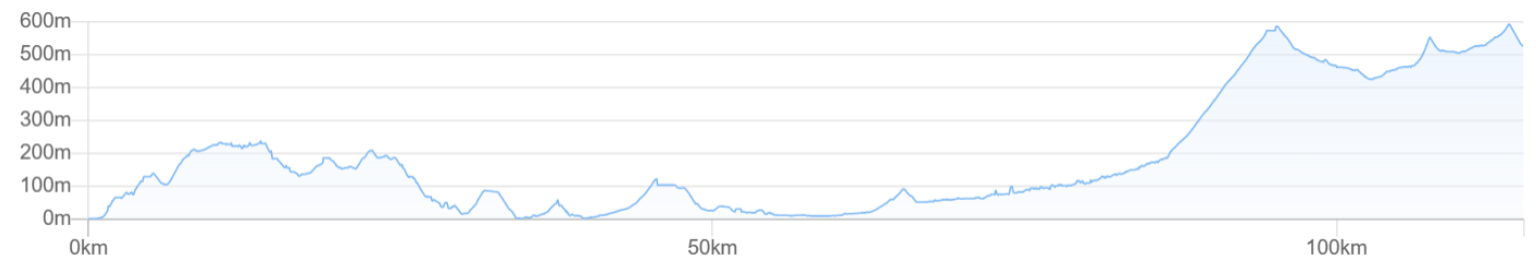
7th 27th(Tue) Tsurugi mt→Tokushima 77km+697m

Iyo Osu Fuji mt Iyo Fuji mt Oboke Koboike Bizan mt.



4th 24th(Sat) Sadamisaki cape→Kuma plateau 115km+1828m

<https://www.navitime.co.jp/coursebuilder/course/d81d956131b24764923ed2a6542ec68f>



Lunch Yawatahama(40km)



Maruyama champon noodle



Doya dining



Hamamikan Atago Senbadori



Iyo Osu(55km)



Tarui



Italian Sosaku



Fukuchan ramen noodle



Miyuki



Uchiko(67km)



Rinsuke



Shimohagategi Soba noodle



Komeya



Yoshoku mother

Sightseeing Yawatahama Iyo Osu Fuji mt Uchikoza Gokoku street Shikoku Karst



Stay Kuma plateau Koiwayaso 〒791-1231 Ehimre pref Kamiukenagun Kumakogencho Naoseotsu1636 TEL:0892-41-0431



Other stay recommend Minshuku Kadotaya Oyado Karibaen

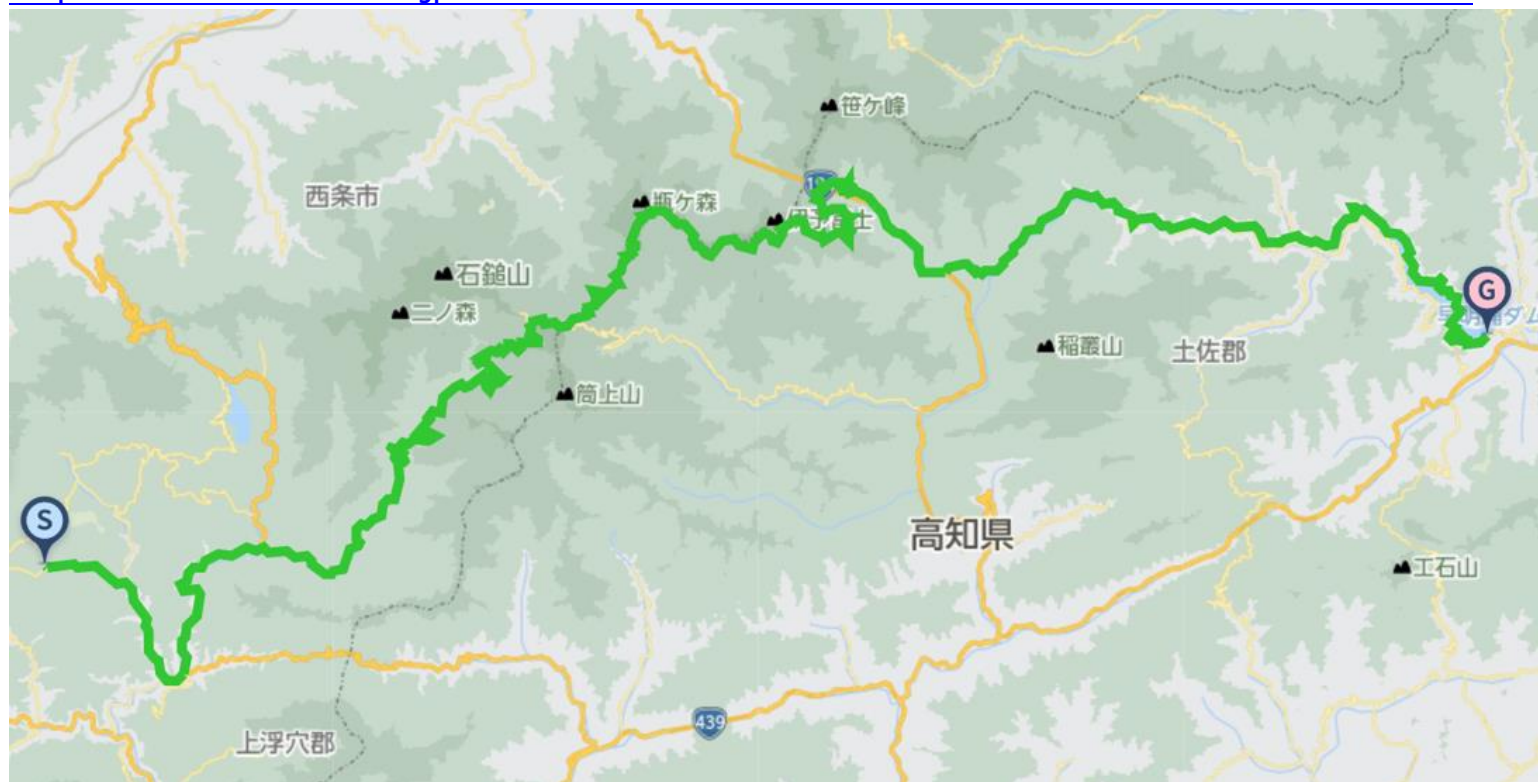
Public move Misaki port→Yawatahama→Matsuyama : Iyotetsu Nanyo bus Yawatahama→Matsuyama : JR Yosan line

Matsuyama→Kumakogen: JR Shikoku bus Kumakogen line

※Misaki port→Yawatahama→Matsuyama , Iyotetsu Nanyo bus , take morning first bus line 6:42→7:49→9:46

5th 25th(Sun) Kuma plateau→Ishizuchi mt→Sameura dam 114km+2059m

<https://www.navitime.co.jp/coursebuilder/course/3bdc94e467f541968b82c05af55c98b6>



Lunch Keisentei・Omogochaya(30km) Tsuchikoya terrace(44km) Ishizuchi Kokuminshukusha(46km Need reserv) café shirasa(54km)



Sightseeing



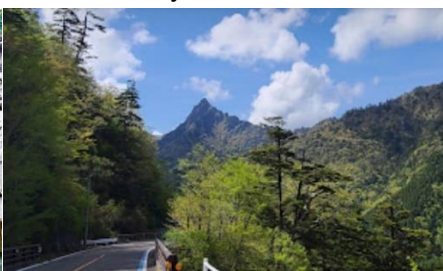
Omogo valley



Ishizuchi sky line



Ishizuchi mt・Nagao ridge observatory deck



Shirasa pass

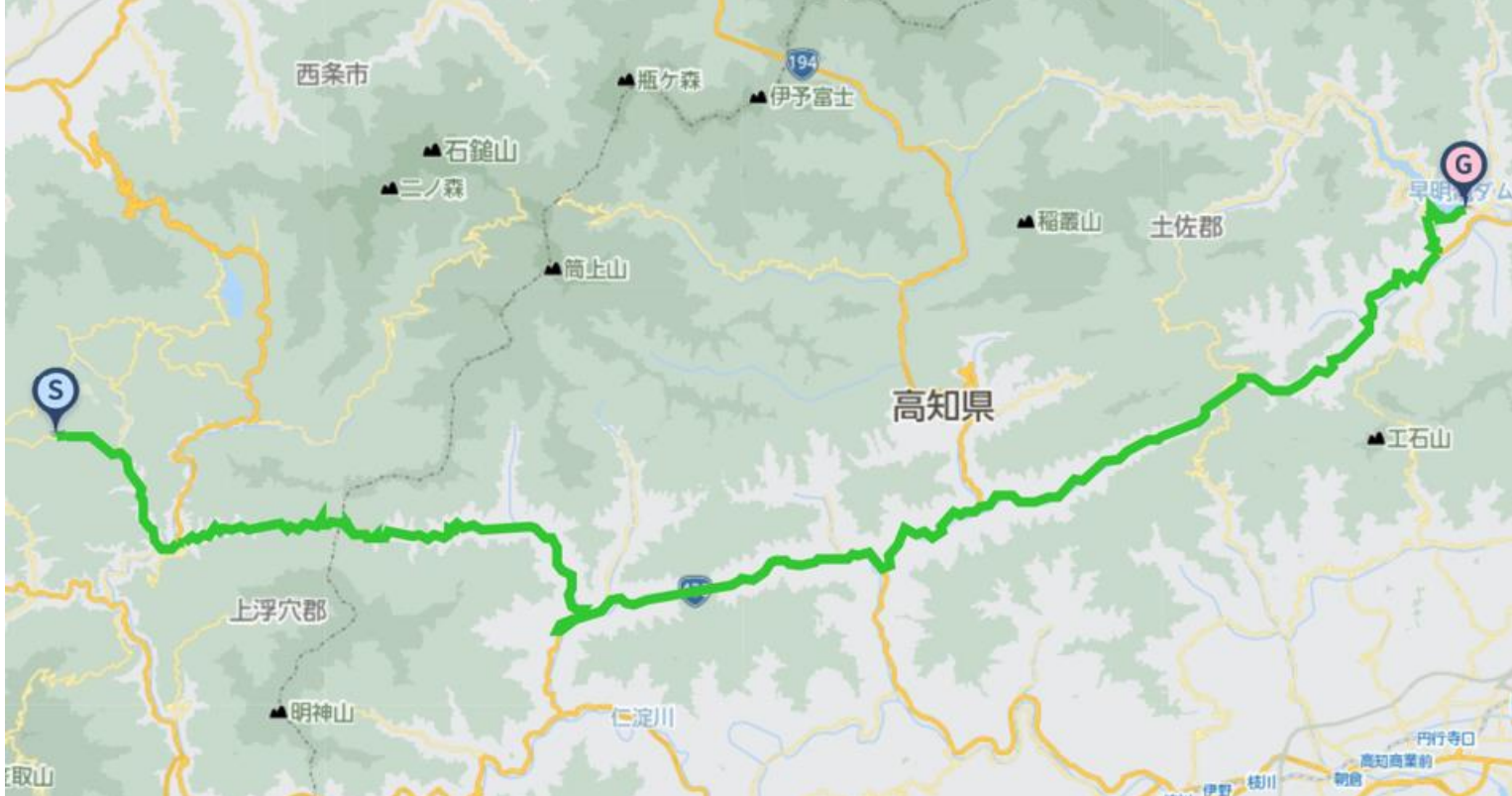


UFO Line(Inomachi street Kamegamori line) Iyofuji mt Michinoeki Konoka(80km) Okuyoshino valley Sameura dam

Kuma plateau→Niyodogawa town→Sameura dam 82km+1185m

(Short cut route)

<https://www.navitime.co.jp/coursebuilder/course/829959af2a0b49babebe59e8cf1b5309>



※Decide whether to take short cut route by the pre day briefing. Recommend to take Ishizuchi skyline by group ride.

Lunch Niyodogawa town(33km) CAFE and BEEF KARU Ikegawa 439 Interchange hall・Mt side restaurant Yosa club
Fureainosato Yanagino(42km) Michinoeki 633 Minosato Hachikinya(51km)



Stay Sameura dam Sameuraso Lake side hotel 〒781-3521 Kochi pref Tosagun Tosacho Tai146-1 TEL:0887-82-1020



Outside dinner recommend Zashuka RIGURU Ombelico Gyucho dining Koraku Japanese dining



Other stay recommend Shimizuya ryokan Monbel outdoor village

※For the time of serving meals , if staying in Sameuraso , we might have meals Shimizuya ryokan or other restaurants.

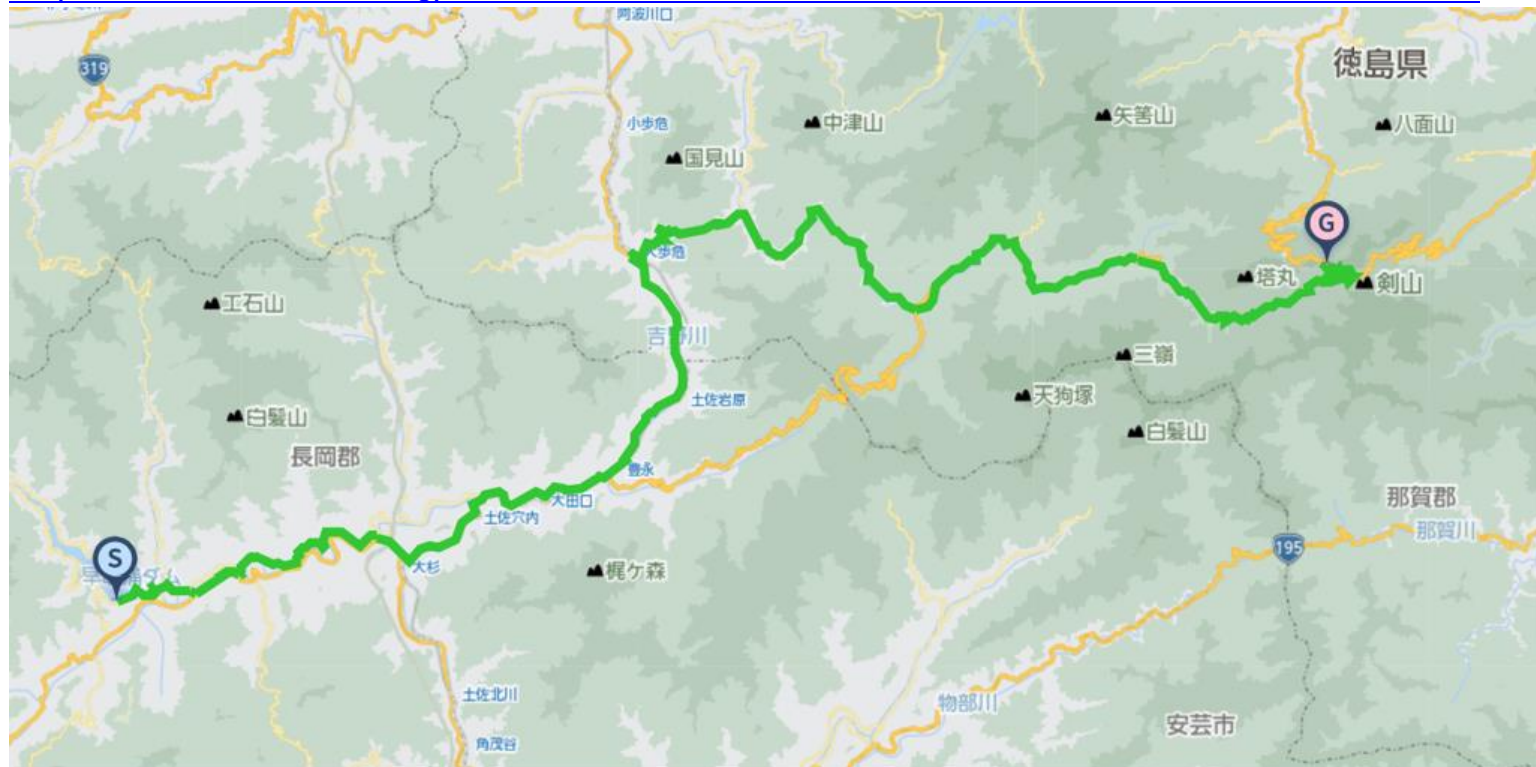
Public move

Kuma plateau→Matsuyama:JR Shikoku bus Kuakogen line Matsuyanama→Tadotsu→Osugi:JR Yosansen・Dosansen

Osugi station→Sameura dam(Tainakano):Tosaden Kotsu bus

6th 26th(Mon) Sameura dam→Tsurugiyama mt 89km+1907m

<https://www.navitime.co.jp/coursebuilder/course/1c24163a7881444b97f9935c9b126da5>



Lunch Miyoshi city Higashiyi Kyojo(51km) Tsuzuki shoten【Okusoya ancient soba noodle experience school】Yanamoto Taniguchi market dining Soba noodle Dojo Michinoeki Oboke



Sightseeing Oboke Koboake valley Okusoya history folk museum Ochiai village observation deck Biwano fall Kazura bridge



Sky high village•Scarecrow home Okusoya double Kazura bridge Tsurugi shrine Green Ichirizuka mt



Tsurugiyama mt sightseeing climbing lift Tsurugiyama god water Takara Kuraishi shrine Tsurugiyama

※If wish to take Tsurugiyama mt climbing lift~Tsurugiyama mt climbing , let know in advance. Take climbing lift until 14:30.

Lift one way 15-minutes. To the top of mountain take 40 minutes walking. The last down cable start at 16:45



Stay Laforet Tsurugiyama 〒779-4306 Tokushima pref Mimagun Tsurugicho Ichiaza Tsuzura6198-2 TEL:0883-67-5555
 ※In case early starting , at dinner time , passing breakfast box and bottled tea from Laforet hotel.



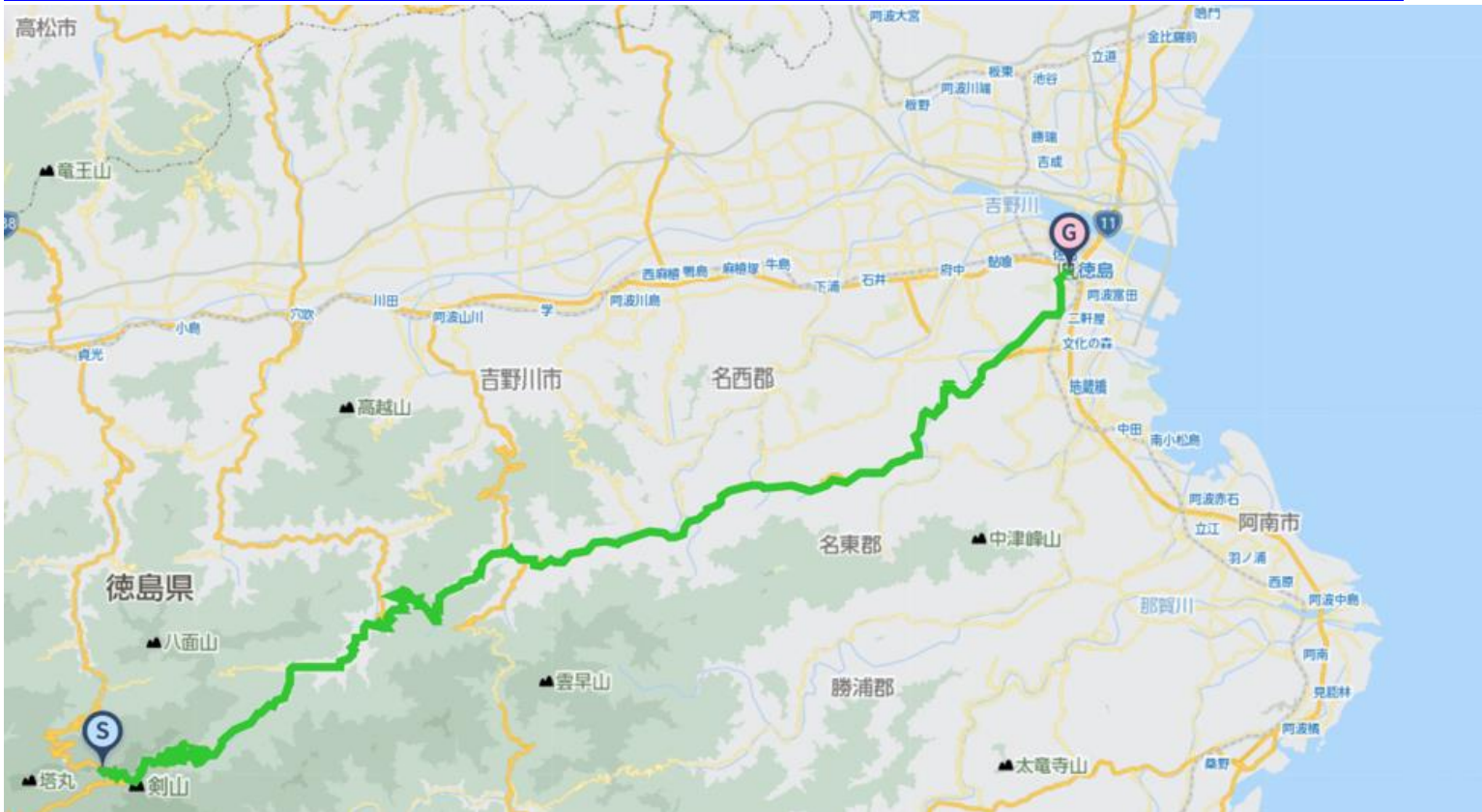
Other stay Tsurugiyama minshuku Matsuura Kirinomine Iwato onsen spa Tsuruginoyado Iwato(25km north from Tsurugiyama mt)



Public move Sameura dam(Tai Nakai)→Osugi station:Tosaden motor bus Osugi station→Obike station:JR Dosan line
 Gurutto Kenzan climbing bus:Obke station(Final12:08start)→Kubo→Minokoshi(14:08 arrive)

7th 27th(Tue) Tsurugiyama→Tokushima 77km+697m

<https://www.navitime.co.jp/coursebuilder/course/27a1ff2ff76e4b818b521ce8c6d582cc>





Lunch Kamiyama(50km) Umesato grill meat Hayashi noodle market Kawasemi Michinoeki Kamiyama spa seasonary dining



Tokushima station near(77km) Inotani Tokushima ramen noodle Kend teahouse S.B.DINER TOKUSHIMA Shimada pancake



Sightseeeing Ototoshi Itsubo fall Ryozanji temple Yoshino river Bizan park



Public move Laforet Tsurugiyama→Sadamitsu station: Tsurugiyama climbing bus(7:45→9:45 Only holiday move)
Sadamitsu station→Tokushima station: JR Tokushima line

Bath taking·post stay Hotel Sun Route Tokushima spa Bizannoyu



Outside meal recommend Naruto Taiarashi sea bream Awaodori chicken Tokusan sushi Tub udon noodle Yamashige



Wakan Awa grill meat Awa irodori Bizan Kappo Hamai La Bottega dell'Olio



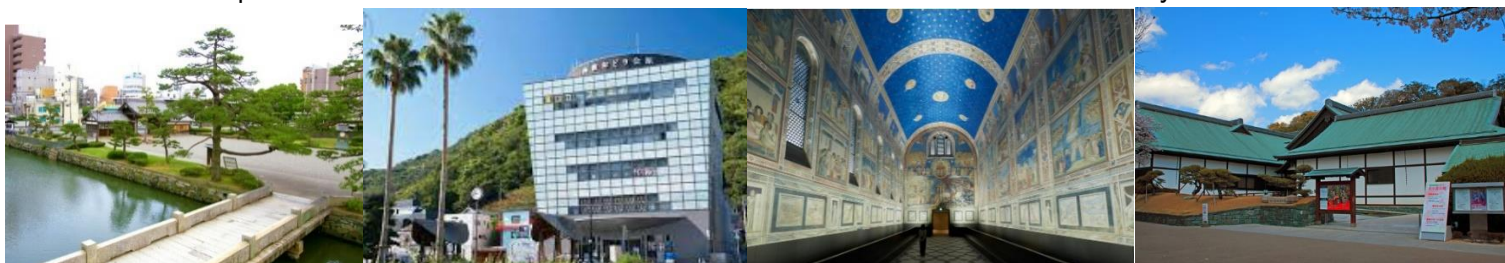
Sightseeing Bisan mt Awagin Bisan mtrope way Naruto big bridge Whirlpool cruise(Whirlpool cruise ship :Naruto Kameura
Sightseeing port , 25km from Tokushima station)

※If sightseeing whirlpool cruise , the last ship starts at 14:20.

23km from the goal point Tokushima station to the Whirlpool cruise starting point. Public move by train and bus is moving.



Tokushima central park Awaodori dance hall Otsuka international museum Tokushima city Tokushima castle museum



Other stay recommend Toyoko INN Tokushima station Toyoko INN Tokushima Bizan mt Tokushima gran viro hotel

Possible to move from Tokushima by train express bus airplane ferry ship

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) 17,000JPY(Include Tax)

Max Possible Join 1 Orders ~ Minimum Number of riders; 5-Riders (Full days ride join)

※Fee(Per day Per person) 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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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
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Inside BS Travel Service Co., Ltd
Mobile 090-4568-1444
E-Mail 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>