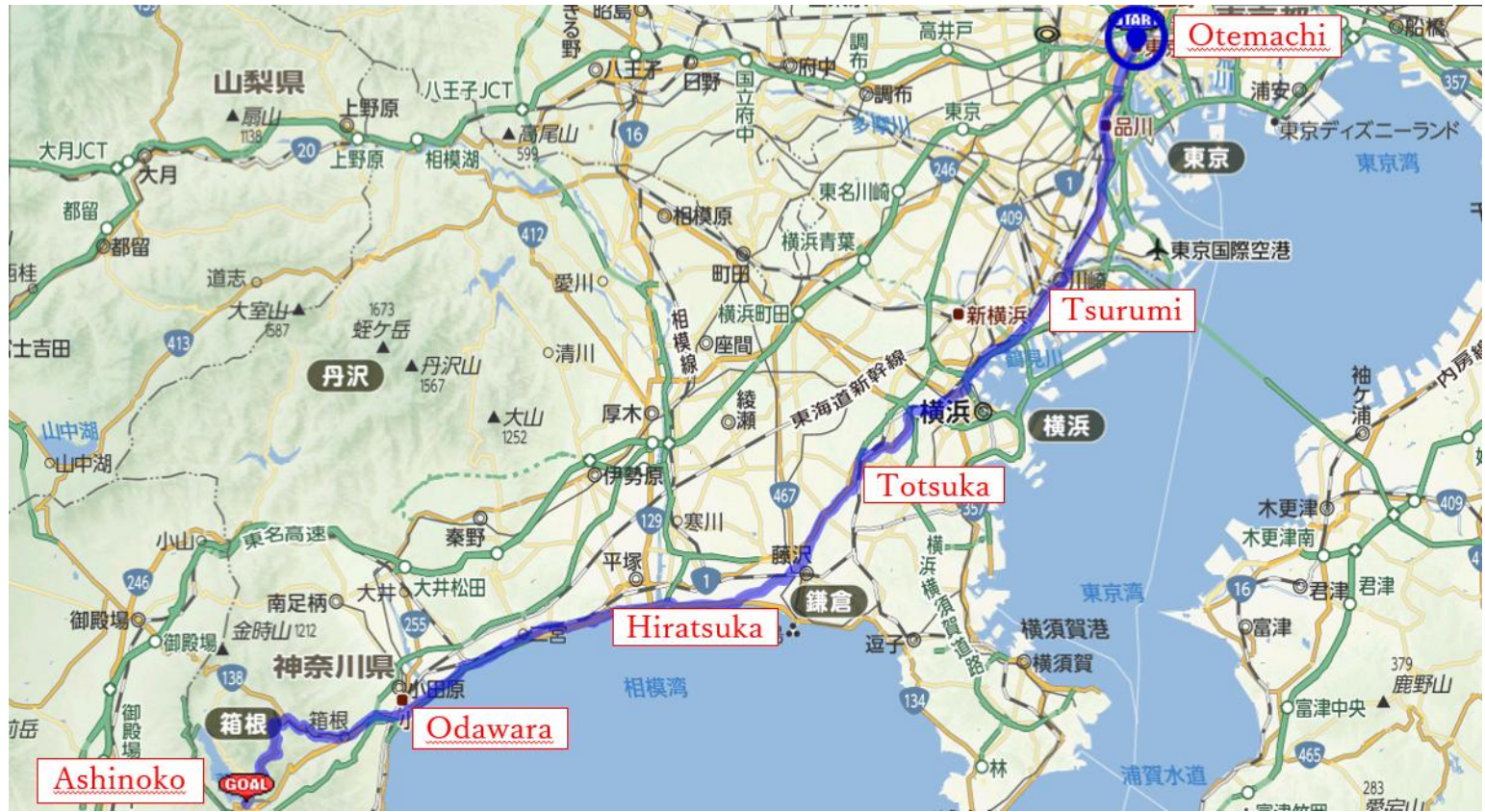


# JTO Otemachi Ashinoko round Bicycle Journey

「Tokyo Otemachi⇔Kanagawa Ashinoko University Ekiden competition」Course bicycle ride journey  
2026 December 19th(Sat)~20th(Sun) Distance 221km Total Gain 1997m

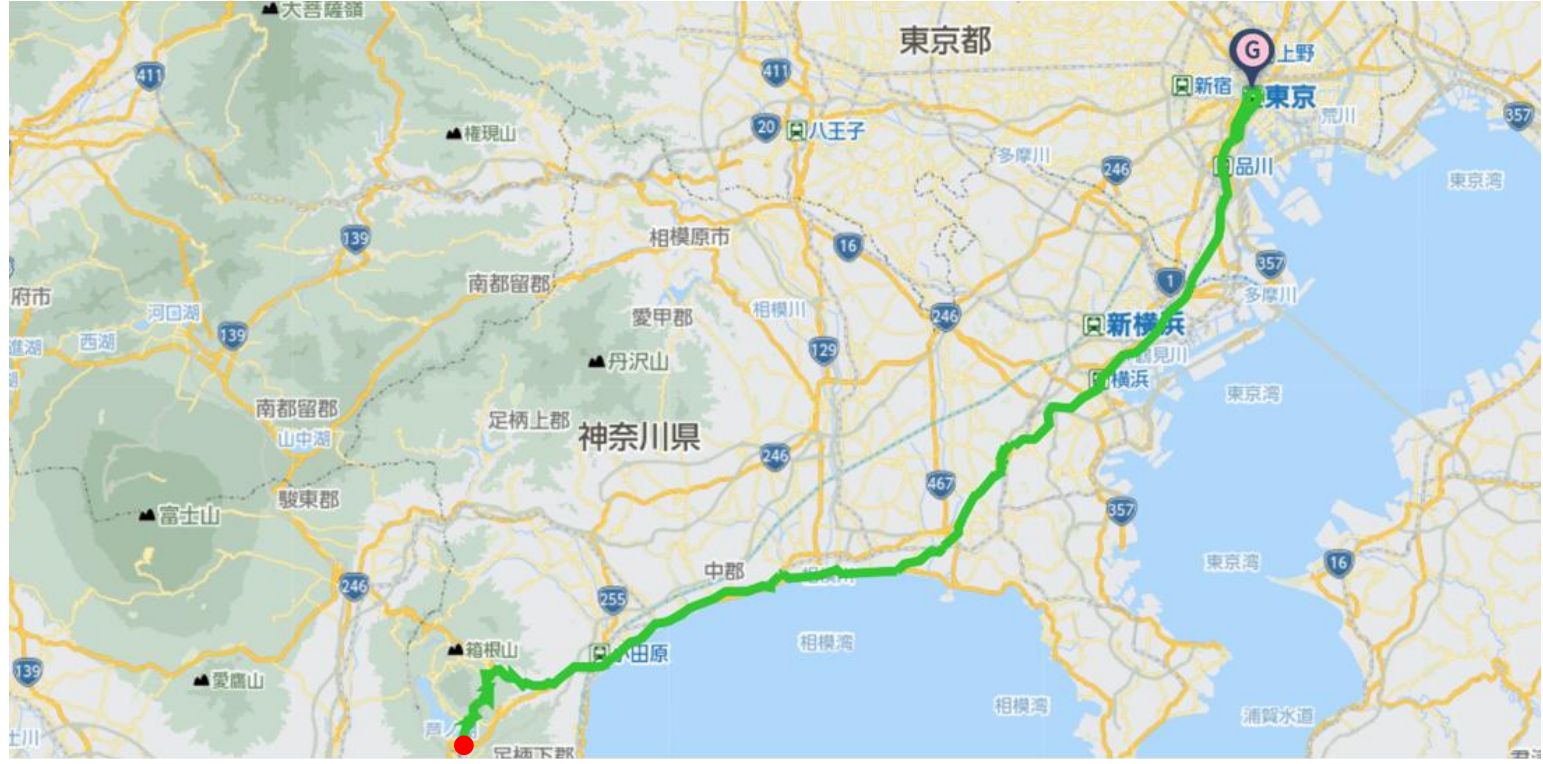
- ① December 19th(Sat) Outward Tokyo Otemachi→Hakone Ashinoko lake 110km+1340m
- ② December 20th(Sun) Return Hakone Ashinoko lake→Tokyo Otemachi 111km+657m

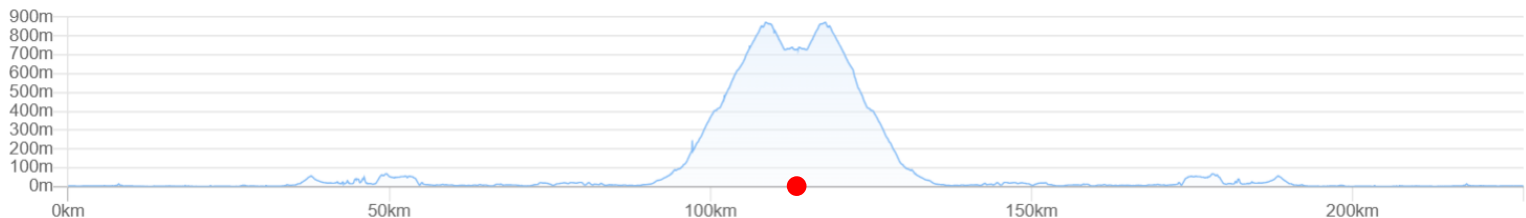


December 19th Otemachi Sunrise at 6:45~Sunset at 16:30 Ashinoko Sunrise at 6:46~Sunset at 16:32

Outward & Return all route Otemachi→Lake Ashinoko→Otemachi 221km+1997m

<https://www.navitime.co.jp/coursebuilder/course/d5205e3c0a8f4f828a72c29fd9a39384>

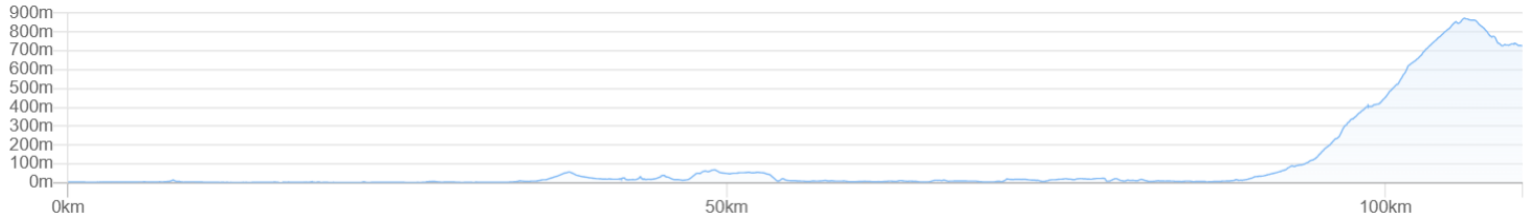




Pre stay Hotel Mystays Kanda Hotel livemax Tokyo Tokyu stay Nihonbashi Dormy Inn Tokyo Kodenmacho

# 1st Outward Otemachi→Hakone Ashinoko Lake 110km + 1340m

<https://www.navitime.co.jp/coursebuilder/course/aac522d84838442db0d83a95502f9306>



Breakfast recommend NAKAU beef bowl Tokyo station North(24H) Tokyo-to Chiyoda-ku Marunouchi1-7-7 03-6833-8824



Meet·Start Outward at 6:30 Otemachi Station E1 Exit above ground

Yomiuri Newspaper building at 「Hakone Ekiden friendship statue」 Chiyoda-ku Otemachi 1-7-1



For toilet , there is no toilet possible to use in the early morning around the starting point. Please finish it at station.

6:30 Ride start Each taking on recommend courseto Ashinoko lake (December20th Sunrise at 6:47)

Otemachi Outward Start 「A major influence on the flow of the race」

↓ First Section: 21.3km Total Gain53m Yomiuri Newspaper building Yatsuyamahashi Fudanotsuji Tsurumi st.

1st section record 1h00m40s:Yoshii Yamato Chuo univ 2nd)98th(2022)

<https://www.navitime.co.jp/coursebuilder/course/a7becf942dcd44daab2595ee36b7b25b>



First rest·Supply SevenEleven Shinbaba st(9km point / supply with pace meeting by all riders)

First Section Goal Tsurumi st. SevenEleven Tsurumisijo Fujimi 8:30start 「Each university ace runners come up」

↓ Second section: 23.1km Total Gain161m Tsurumi statue Yokohama Hodogayaa curve Gontazaka hill Totsuka

2nd section record 1h05m31s:Richard Etir(Tokyo International Univ 2nd)101th(2025)

<https://www.navitime.co.jp/coursebuilder/course/004b590911044ae88820ff6b0f53e77e>



Second section goal Totsuka st Totsuka rest tackle berry 10:00Start 「Mt.Fuji and Sagami bay」

↓ Third section: 21.4km Total Gain158m Totsuka st Tackle berry Sagami bay Yugyoji temple Chigasaki Hiratsuka

3rd section record:59m25s:Yegon Vincent Kibet(Tokyo International Univ 1st)96th(2020)

<https://www.navitime.co.jp/coursebuilder/course/b4cd00887ad8482d8af785d1f418ef40>

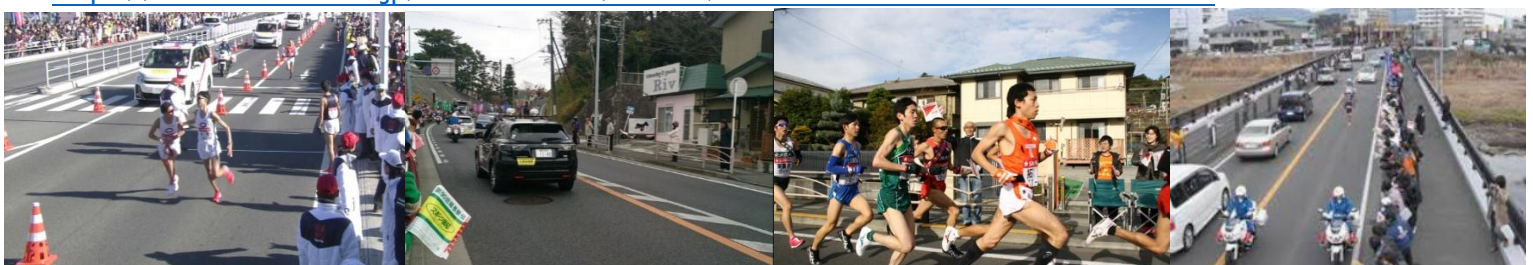


Third section goal Hiratsuka st 11:30start 「Wish for the new rece developments」

↓ Fourth section: 20.9km Total Gain123m Hiratsuka st Oshikiri slope Konozu Sakai bridge Odawara st

4th section record: 1h00m00s:Yegon Vincent Kibet(Tokyo International Univ 4th)99nd(2023)

<https://www.navitime.co.jp/coursebuilder/course/feed4915436c448da4f34a262f2a4b20>



1st sec:21.3km+53m 2nd sec:23.1km+161m 3rd sec:21.4km+158m 4th sec:20.9km+123m



Fourth section goal Odawara st Will 13:00 arrive ~ Lunch (Around Kazamatsuri station) 14:00 start  
 Lunch Odawara st (87km) Mikura soba noodle Totomaru Sea station Odawara Erennagosso Chitose ramen noodle



For the physical strain, total of 1st to 4th sections of flatland riding, 5th Mt. climbing riding are almost same, we recommend to eat lunch at Odawara st. In case eating lunch between Hiratsuka to Odawara, recommend to eat lunch at ISOPPE, ICHIGYOU, not so far from on route ONE. In case you cannot start from Tsurumi, Totsuka, Hiratsuka stations at specified time, move to the next station by public move, take on the support car, or regard as time up and outward way for withdrawal midway, with receiving luggage. Please move to the stay or home from Tsurumisijo station, Totsuka station, Hiratsuka station. In case you cannot get arrive at Odawara st. Mikura soba noodle at 13:30, regard as time up. Please give up the outward way and move by public.

To move to Odawara st Mikura soba noodle, at 13:30, possible to move by public move or support car (Max limited). Starting from Odawara st to Ashinoko stay, possible to take public move from Kazamatsuri, Odawara Hakoneyumoto, Hakone climbing railway. From Odawara station, Hakoneyumoto station to Motohakone port, straight public bus move.

↓ Fifth section: 20.8km Total Gain 952m 「The hardest hurdle mountain climbing」

Odawara st Hakoneyumoto st Kowakien Hakone Ekiden Highest point Ashinoko lake goal

The actual climbing distance of 5th section is 16.7km. The highest point is 300m from Hakone Dall house muse. Hakone Dall house muse 〒250-0523 Kanagawa pref Ashigarasimogun Hakonecho Ashinoyu 84-55 0460-85-1321

5th section record: 1h09m11s: Wakabashi Hiroki (Aoyama Gakuin 4th) 101th (2025)

<https://www.navitime.co.jp/coursebuilder/course/ed3d403be55647f3a0c7e86057ceed92>



Ashinoko lake outward goal 16:45 (December 20th · Ashinoko sunset at 16:36)

Outward record... 5 hours 18 min 13 sec: Aoyama Gakuin Univ 100th (2024)

Reference: If starting at 6:45, The goal time at: 13:03 13 sec (Include 1-hour lunch rest time)

※ If seems impossible to arrive the highest point (19km) until 16:30, Miyanoshita station to Hakone port move by public bus.

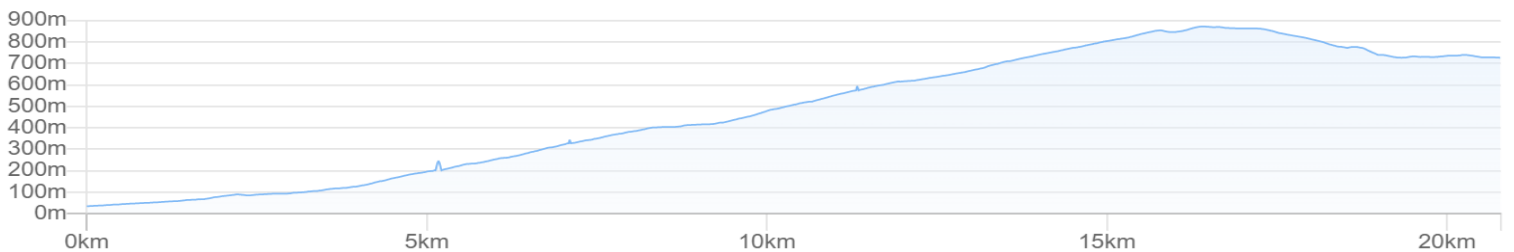
Ashinoko lake Mt Fuji Ashinoko lake goal Sightseeing: Hakone Ekiden memorial statue Hakone Ekiden museum(Until 17:00)



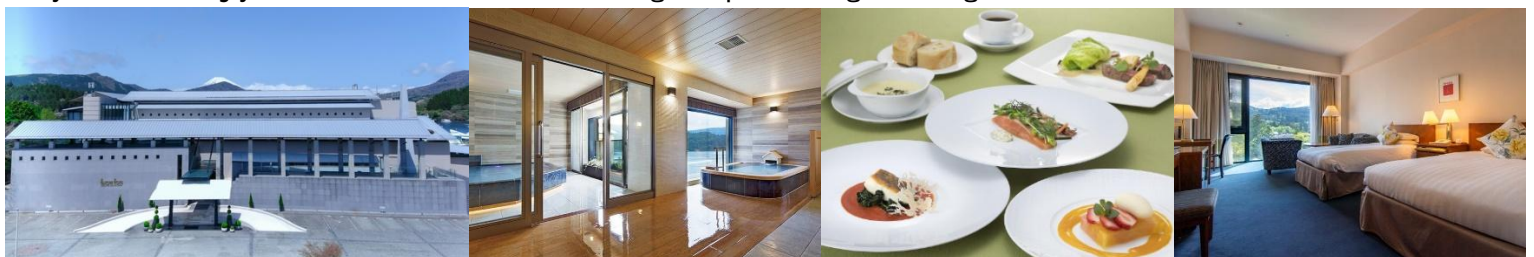
Reference passing time(Guideline) New year: Outward Top runner passing time

- ① 8:00 Yomiuri newspaper building→21.3km→Tsurumi st (21.3km)
- ② 9:04 Tsurumi st→23.1km→Totsuka st (44.4km)
- ③ 10:13 Totsuka st→21.4km→Hiratsuka st (65.8km)
- ④ 11:17 Hiratsuka st→20.9km→Odawata st (86.7km)
- ⑤ 12:12 Odawara st→20.8km→Ashinoko lake goal (107.5km) 13:30 Goal

Reference: 5th section Odawara~Ashinoko Distance: 20.8km Total Gain: Up952m Down213m Up average slope+9%



Stay: Hakone Fujiya hotel lake view annex Kanagawa pref Ashigarasimogun Hakonecho Hakone 65 0460-83-6311



Other stay: Jemsty Inn Hakone/Ashinoko Kanagawa pref Ashigarashimogun Hakonecho Hakone164-1 TEL:0460-83-8535

Dinner with chicken stew



.For the next morning breakfast , not in the hotel but buying in Seven Eleven or support foods or other.

Outside dinner :Hakone Tatsumien Day bath:Hakone Ryuguden Honkan (Only bath:last entrance19:00~20:00out)



Other outside dinner Hakone The Bistro(Indian curry) Pam's Dine Grill(Greece cuisines Vegetarian)

Participates only outward ride , depart at ride finish. Public move recommend for Hakone Tozan bus(Hakonecho to Odawara , at 20:00 the last bus start) &Odakyu line and JR Lines

In case outward only , finish at the highest point , Recommend to take bath at Kamenoyu sento , 7-minutes walk from Chokokunomori station. Get home back from Chokokunomori.

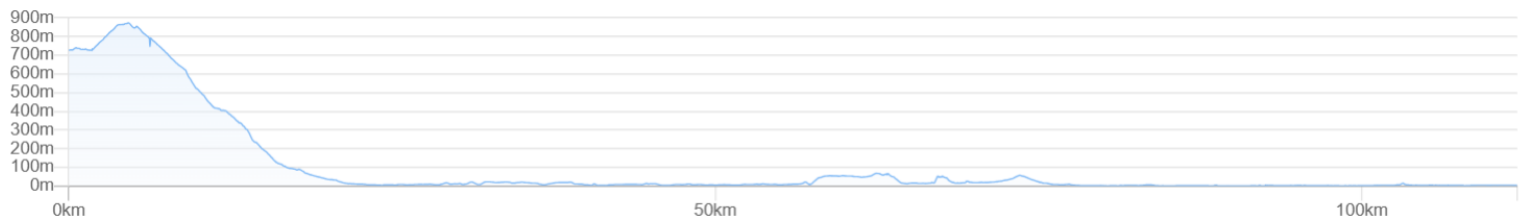
From Hakone Ryuguden Honkan , bus starting from Hakoneen to Odawara Izu Hakone bus(Final at 18:25 start)

In case someone stay Jemsty Inn Hakone/Ashinoko , possible to take unit bath/dinner with chicken ctew and get home back

## 2nd Return Ashinoko lake→Otemachi 111km+657m

<https://www.navitime.co.jp/coursebuilder/course/c8d43a9b1db94d5ca09a44e09d4b6932>





Odawara meal breakfast Port dining(6:30~) Uomasa sushi Odawara port(8:00~) Matsuya Yoshinoya beef bowl(24H)



Ashinoko Return Hakone Ekiden Museum Start 6:45「Downhill at once」

↓ 6th section 20.8km Onshi park Kowakien rail cross right curve Ohiradai hair pin curve

6th section record: 56m47s: Nomura Akimu (Aoyama Gakuin univ 4th) 101th (2025)

※On the 6th downslope, not to move too fast, the support car take deceleration lead.



Odawata st 9:00 start「Severe temperature difference」

↓ 7th section 21.3km Suzuhiro Kamaboko Sakaigawa river east Oshikiri bridge entrance Kiritoshi bridge

7th section record: 1h00m43s: Sato Keita (Komazawa univ 3rd) 101th (2025)



Hiratsuka st 10:30start「The tailwind saps your energy」

↓ 8th section 21.4km Hiratsuka station south crossing Tokaido line bridge Higashi Matano walk bridge

8th section record: 1h03m49s: Komatsu Yohei (Tokai univ 3rd) 95th (2019)



Lunch Totsuka st(63km on return route 12:00~) Ringer Hut Folks Shonannotemae Shanhai jinka



↓ 9th 23.1km Totsuka st Weins Totsuka Hodohgaya bridge crossing Namamugi station Tsurumi bridge  
 9th record: 1h07m15s: Nakamura Yuito (Aoyama Gakuin univ 3rd) 98th (2022)



Near Odawara st bath: Odawara catsle side Manyo no yu (24h)

Near Hiratsuka st bath: Shonan natural spa Yunokura garden (9~23)

Near Totsuka st bath: Yokohama Kuzunoyu (10~24)

Near Tsurumi st bath: Yokohama Asahi-yu (15~23)



Tsurumi st (86km Return side 14:30 start)

Lunch Muginomegumi Udon Gourmet Sushi (Conveyor belt sushi) Kikaku (Chinese dining) Fukurakuen grill meat



Tsurumi st 15:00 start 「With the sash passed down by the nine of us in our hearts」

↓ 10th section 23.0km Kamata high bridge Zojoji temple Nihonbashi crossing Otemachi goal

10th section record: 1h07m50s: Nakakura Hironobu (Aoyama Gakuin univ 3rd) 98th (2022)

Return way record... 5 hours 1 minute 36 seconds: Aoyama Gakuin univ The 98th (2022)

Total record... 10h41m19s: Aoyama Gakuin univ 101th (2025)

Otemachi Return Goal 16~16:30



In case you cannot start at the fixed time at Odawara • Hiratsuka • Totsuka • Tsurumi stations, please move by public or support car to the next station. Or regard as time up and pick up your luggage and go home back. Please take bath and go back home from each Odawara • Hiratsuka • Totsuka • Tsurumi stations.

Reference passing time (Guideline time) New year: Return Top runner passing time

⑥ 8:00 Ashinoko lake → 20.8km → Odawara st (128.3km)

⑦ 8:59 Odawara st → 21.3km → Hiratsuka st (149.6km)

⑧ 10:01 Hiratsuka st → 21.4km → Totsuka st (171.0km)

⑨ 11:06 Totsuka st → 23.1km → Tsurumi st (194.1km)

⑩ 12:13 Tsurumi st → 23.0km → Yomiuri newspaper building (217.1km) 13:20 GOAL

Bath recommend「Kanda Otamayu」(Sun14:40-19:40 1.9km from the goal)



「Kanda Inariyu」〒101-0047 (Closed on Sundays14:40-22:30 0.7km from goal)Uchikanda1-7-3 Hasebawa bld 1F



Meal recommend around Kanda station :Kushiya Yokocho Kanda South gate(15~23 No closed days)



Washoku home Kanda Isojiman washoku & local sake Katsushin pork courtlet Torichu (Closed on Sundays)



Kandajiryu Wagyu meat grill Botan chicken cuisine Yotsuya sukiyaki・Shabushabu Matsuya Soba noodle



Nakazawa Tempura Kikukawa eel Chikamatsu sushi Edokko Conveyor belt sushi



Next breakfast Kanda (Open 7:00)

Ichinoya Meat soba noodle & Onigiri ball Kameya soba noodle Taniseya ramen Kanda coffee



## 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.

✂You do not need to complete the entire designated distance every day. You can use train transport, support cars, or shortcuts to reach intermediate checkpoints and accommodations, and ride only the parts you want to ride, taking breaks, eating, and sightseeing along the way.

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 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.

## 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  
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 Representative Director Mikihiro Soma  
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 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>