

KANOGAWA CYCLING MAP

Enjoy great cycling courses!

Icons

- Bicycle Pit: Bicycle Pit provides cyclists access to bike repair kits, air pumps and space to rest.
- Photo spot
- Attention
- Toilet, free of charge
- Tourist Center
- Foot bath, free of charge
- Bike shops
- Park & Ride Point
- station
- hospital
- hotels
- post office
- convenience store
- Vending machine
- Cyclist support
- Cycling route
- Motorways marked with yellow lines are for automobiles only

2 Route 2 has been abolished.

Recommended Route
 Senbonhama Park ⇨ Tide Embankment and return
 Level: Beginner

[Senbon Matsubara - Japan's 100 Best View Course]
 Feel the Suruga Bay sea breeze passing through Senbon Matsubara. Enjoy the panoramic view of Numazu city from the hills above.

Distance (km) 25
 Elevation Gain (m) 312
 Time Required (分) 75
 Level: Intermediate

START: Senbonhama Park
 GOAL: Senbonhama Park

3 **[World Heritage and Ocean View Course]**

Cycling around scenic and historical spots of Izunokuni related to the first Shogun Yoritomo in Kamakura Period (1185-1333). Suitable for advanced cyclists.

Distance (km) 36
 Elevation Gain (m) 375
 Time Required (分) 110
 Level: Beginner

START: Kuraya Narusawa
 GOAL: Kuraya Narusawa

4 **[World Heritage and History Course]**

Easy cycling route for beginners. Enjoy historic spots from 12th the century.

Distance (km) 16
 Elevation Gain (m) 59
 Time Required (分) 45
 Level: Beginner

START: Kuraya Narusawa
 GOAL: Kuraya Narusawa

8 **[GEO Cycling Course]**

Cycling tour of Geospots in Kannami. Enjoy the combination of natural beauty and historical heritage.

Distance (km) 30
 Elevation Gain (m) 420
 Time Required (分) 90
 Level: Intermediate

START: Roadside Rest Area Izu gateway Kannami
 GOAL: Roadside Rest Area Izu gateway Kannami

7 **[Serene View Course]**

Cycle through the peaceful countryside along a tributary of the Kanogawa, and drop by the Izu Velodrome en route.

Distance (km) 48
 Elevation Gain (m) 512
 Time Required (分) 140
 Level: Intermediate

START: Roadside Rest Area Izu gateway Kannami
 GOAL: Roadside Rest Area Izu gateway Kannami

1 **[Numazu Port Area Course]**

Cycling around Numazu Port. Spectacular view of Mt. Fuji from the waterfront. Enjoy great seafood at Numazu Port.

Distance (km) 8
 Elevation Gain (m) 18
 Time Required (分) 30
 Level: Beginner

START: Numazu Port
 GOAL: Numazu Port

6 **[Panoramic Hill Climb Course]**

Hill climb from the Kanogawa to the Nishi Izu Skyline. The spectacular view is absolutely worth the climb. Long downhill on the second half. Take care not to speed.

Distance (km) 84
 Elevation Gain (m) 1,525
 Time Required (分) 250
 Level: Advanced

START: Numazu Cycle Station
 GOAL: Numazu Cycle Station

9 **[Double Mountain Pass Course]**

Enjoy climbing the Jikkoku Pass and the Heda Cape Pass. Ideal for riders looking for a challenge. Recommended for experienced cyclists.

Distance (km) 89
 Elevation Gain (m) 1,695
 Time Required (分) 270
 Level: Advanced

START: Kuraya Narusawa
 GOAL: Kuraya Narusawa

5 **[The Upstream Kanogawa Long Course]**

Long upstream course from the mouth of the Kanogawa and along the riverbank. Comfortable cycling with spacious roads (in most places).

Distance (km) 94
 Elevation Gain (m) 845
 Time Required (分) 280
 Level: Advanced

START: Numazu port
 GOAL: Numazu port

KANOGAWA CYCLING MAP

Cycling the Pacific coast! Pacific Cycling Road

The Pacific Cycling Road path from Choshi City, Chiba Prefecture to Kanagawa Prefecture, Shizuoka Prefecture, Aichi Prefecture, Mie Prefecture, Wakayama Prefecture. It is a bicycle path that connects the Pacific coast.



Icons

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Foot bath, free of charge	Hotels	Cyclist support shops
Bike shops	Vending machine	Park & Ride Point
Convenience store	ATM	Gas station

