

Ride through the grand nature with a thousand views of Mt.Fuji

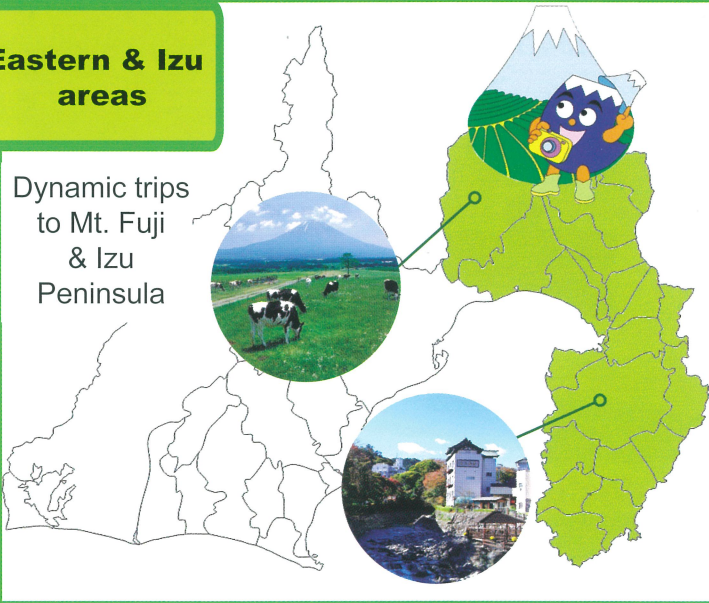


Shizuoka Cycling



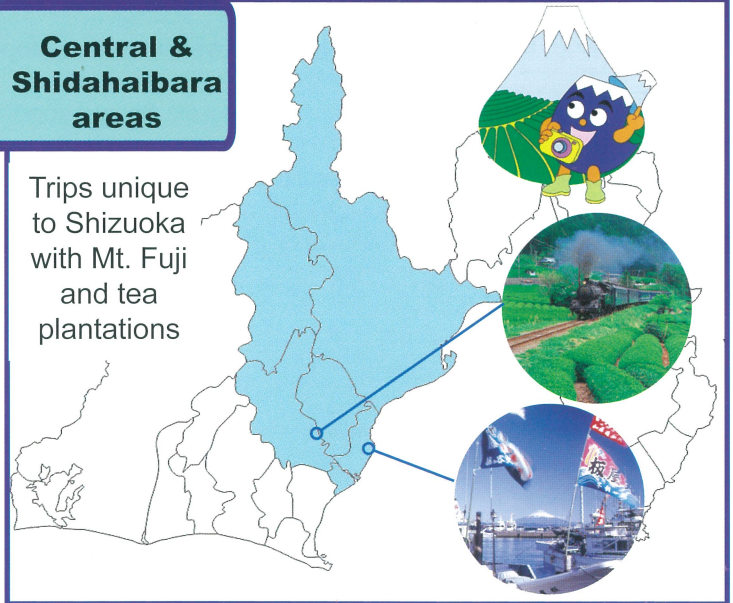
Eastern & Izu areas

Dynamic trips to Mt. Fuji & Izu Peninsula



Central & Shidahaibara areas

Trips unique to Shizuoka with Mt. Fuji and tea plantations



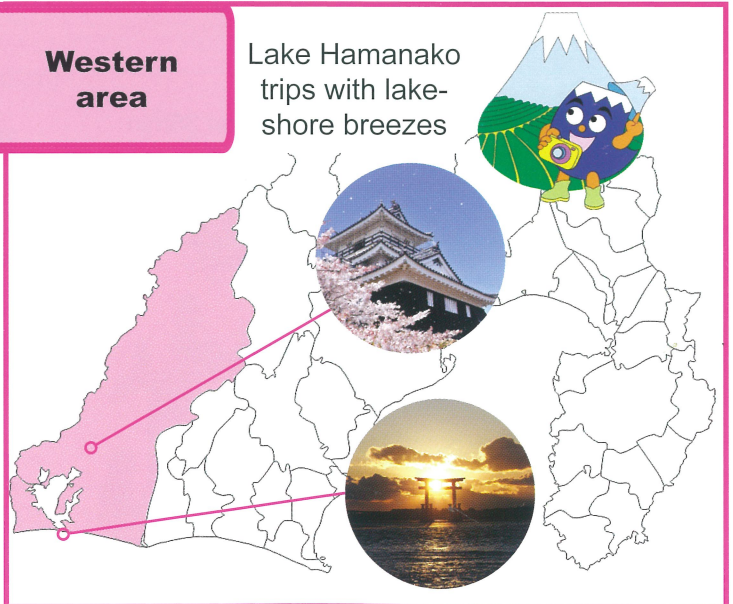
Chutoen area

Cycling alongside traditional Japanese Landscapes



Western area

Lake Hamanako trips with lake-shore breezes



A. Eastern & Izu areas Recommended Model Course

more model courses



Bicycle rental shops

A1. Shuzenji Temple Iroha Road Cycling Course (修善寺いろは道サイクリングコース)

Start & End: Shuzenji station

ref. Shizuoka Prefecture map F8

Access: by train from Mishima station 35min

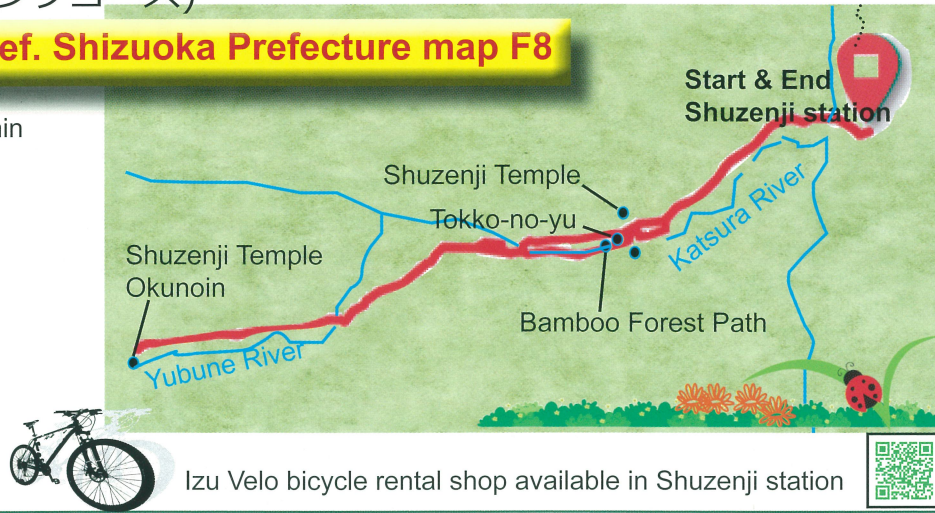
Total Distance: 14.5km Required: 58min

Elevation Uphill: 250m

Elevation Downhill: 244m

Max. Elevation Difference: 253m

A1. GPS Cycling Route Map



Izu Velo bicycle rental shop available in Shuzenji station



A2. Lake Tanukiko Course (田貫湖コース)

Start & End: Nebara, Fujinomiya (3min walk from bus stop)

Nearest bus stop to start point: Michi-no-eki Asagiri kogen

Access: by bus from Fujinomiya station 37min

Total Distance: 34.9km Required: 2hr 19min

Elevation Uphill: 553m

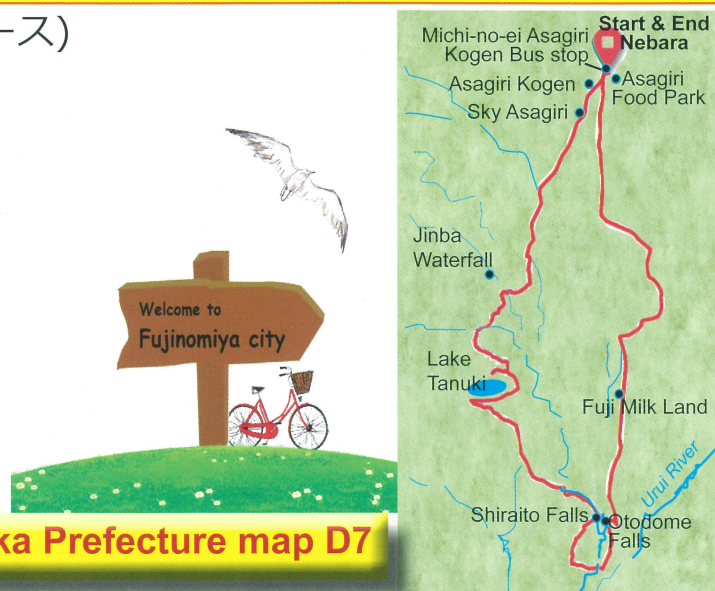
Elevation Downhill: 555m

Max. Elevation Difference: 464m

A2. GPS Cycling Route Map



ref. Shizuoka Prefecture map D7



A3. The Olympics Legacy Course around Mt. Fuji (富士山麓五輪レガシーコース)

Start & End: JR Gotemba station

Access: by train from JR Numazu station 35min

Total Distance: 89.6km Required: 6hr

Elevation Uphill: 1,728m

Elevation Downhill: 1,736m

Max. Elevation Difference: 1,174m

A3. GPS Cycling Route Map



ref. Shizuoka Prefecture map D9



Beginner Course



Intermediate Course



Advance Course

B. Central & Shidahaibara areas Recommended Model Course

more model courses



Bicycle rental shops

B1. Yaizu Fish Center Course (焼津さかなセンターコース)

Start & End: JR Yaizu station (East Exit)

Access: by train from JR Shizuoka station 13min

Total Distance: 7.7km Time Required: 31mins

Elevation - Uphill: 1m

Elevation - Downhill: 1m

Max. Elevation Difference: 7m

B1. GPS Cycling Route Map



ref. Shizuoka Prefecture map F6



B2. Oigawa Course (大井川コース)

Start: JR Shimada station South Exit & End: Senzu Station

Access: by train from JR Shizuoka station 27min

Total Distance: 52.7km Time Required: 3hr 30min

Elevation Uphill: 708m

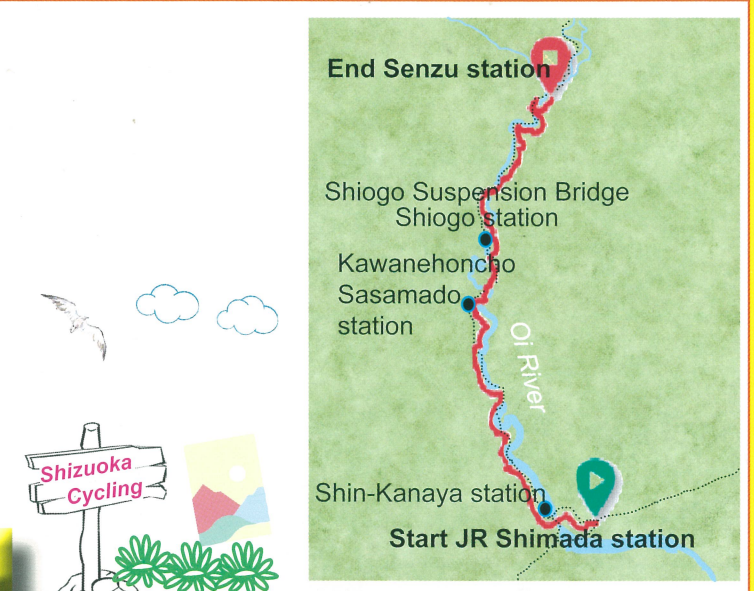
Elevation Downhill: 492m

Max. Elevation Difference: 259m

B2. GPS Cycling Route Map



ref. Shizuoka Prefecture map G5 & E5



B3. Umegashima Hotspring Course (梅ヶ島温泉コース)

Start & End: JR Shizuoka station area (about 5min walk from station)

Access: by train from JR Hamamatsu station 25min

Total Distance: 83.6km Time Required: 5hr 34min

Elevation Uphill: 1110m / Elevation Downhill: 1111m

Max. Elevation Difference: 702m

B3. GPS Cycling Route Map



ref. Shizuoka Prefecture map F6



Beginner Course



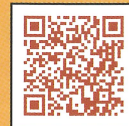
Intermediate Course



Advance Course

C.Chutoen area Recommended Model Course

more model courses



Bicycle rental shops

C1. Sunen Line Course (駿遠線廃線跡コース)

Start: JR Fukuroi station & End: Suraga Coast

Nearest station: JR Fukuroi station

Access: by train from JR Shizuoka station 54min

Total Distance: 39.2km Required: 2hr 4min

Elevation Uphill: 122m / Elevation Downhill: 126m

Max. Elevation Difference: 37m

C1. GPS Cycling Route Map



ref. Shizuoka Prefecture map G4 & H5



C2. Yokosuka Course (横須賀コース)

Start & End: JR Kakegawa station

Access: by train from JR Hamamatsu station 12min

Total Distance: 37.9km Time Required: 2hr 30min

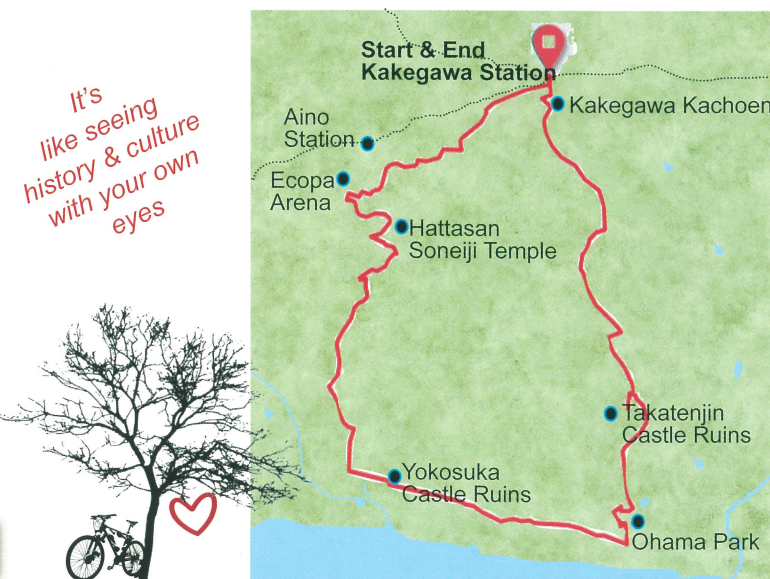
Elevation Uphill: 497m / Elevation Downhill: 501m

Max. Elevation Difference: 104m

C2. GPS Cycling Route Map



ref. Shizuoka Prefecture map G4



It's like seeing history & culture with your own eyes

C3. Mt. Komohari MTB Advanced Course (菰張山(こもはりやま)MTB上級コース)

Start & End: Acty Mori



Access: by taxi from Enshu Morimachi station 15min

Total Distance: 16.8km Time Required: 1hr 7min

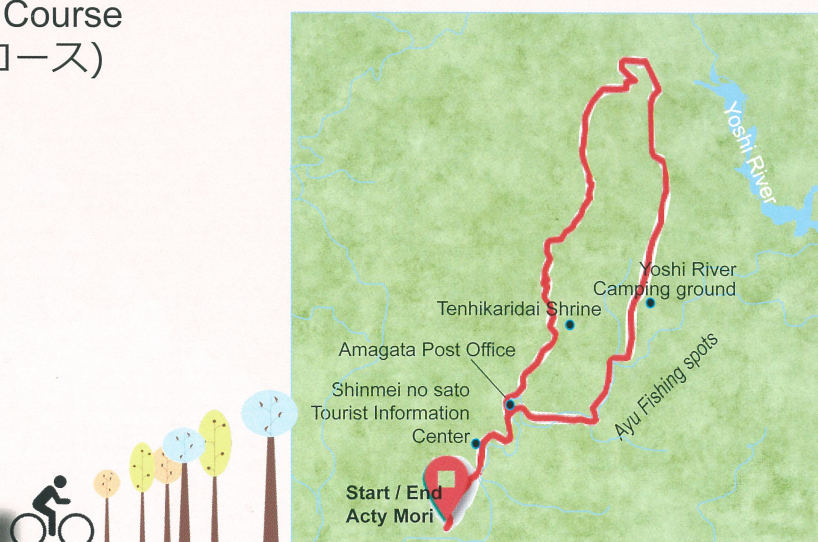
Elevation Uphill: 575m / Elevation Downhill: 570m

Max. Elevation Difference: 543m

C3. GPS Cycling Route Map



ref. Shizuoka Prefecture map G4



Beginner Course

Intermediate Course

Advance Course

D. Western area Recommended Model Course

more model courses



Bicycle rental shops

D1. Lake Hamanako Cycle Course (浜名湖サイクルコース)

Start: Kanzanji Onsen Association (4min walk from bus stop) & End: Kiga station

Nearest bus stop to start point: Wellseason Hamanako

Access: by bus from Hamamatsu station 48min

Total Distance: 10.7km Required: 43min

Elevation Uphill: 34m / Elevation Downhill: 39m / Max. Elevation Difference: 24m

D1. GPS Cycling Route Map



ref. Shizuoka Prefecture map G2



D2. "Hamaichi" Lake Hamanako "Blue Course" (浜名湖一周サイクリングコース「ハマイチ」ブルーコース)

Start & End: Hamanako Garden Park

Access: by bus from Hamamatsu station 1hr

Total Distance: 71.1km Required: 4hr 44min

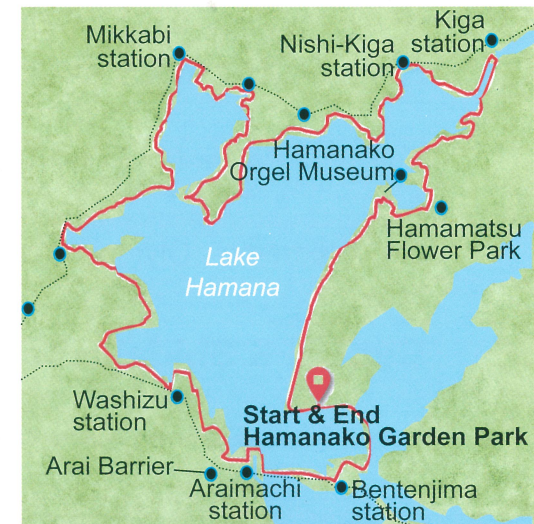
Elevation Uphill: 246m / Elevation Downhill: 242m

Max. Elevation Difference: 24m

D2. GPS Cycling Route Map



ref. Shizuoka Prefecture map H8



D3. Lake Hamanako Cycle Navi Town Course (浜名湖サイクルナビ市街地コース)

Start: JR Bentenjima station & End: Kiga station

Access: by train from JR Hamamatsu station 15min

Total Distance: 50.3km Required: 3hr 21min

Elevation Uphill: 328m

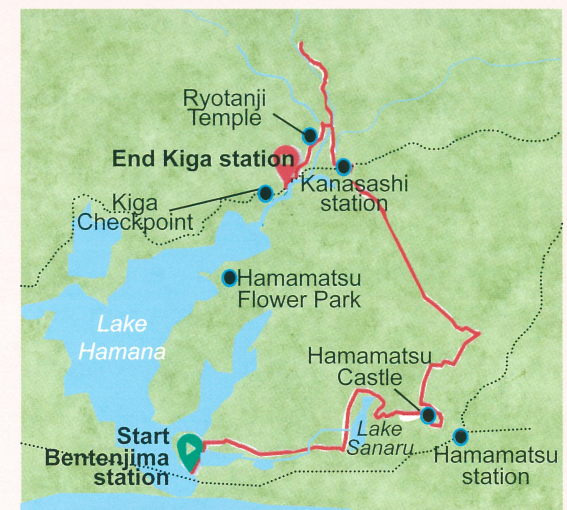
Elevation Downhill: 348m

Max. Elevation Difference: 82m

D3. GPS Cycling Route Map



ref. Shizuoka Prefecture map H2 & G2



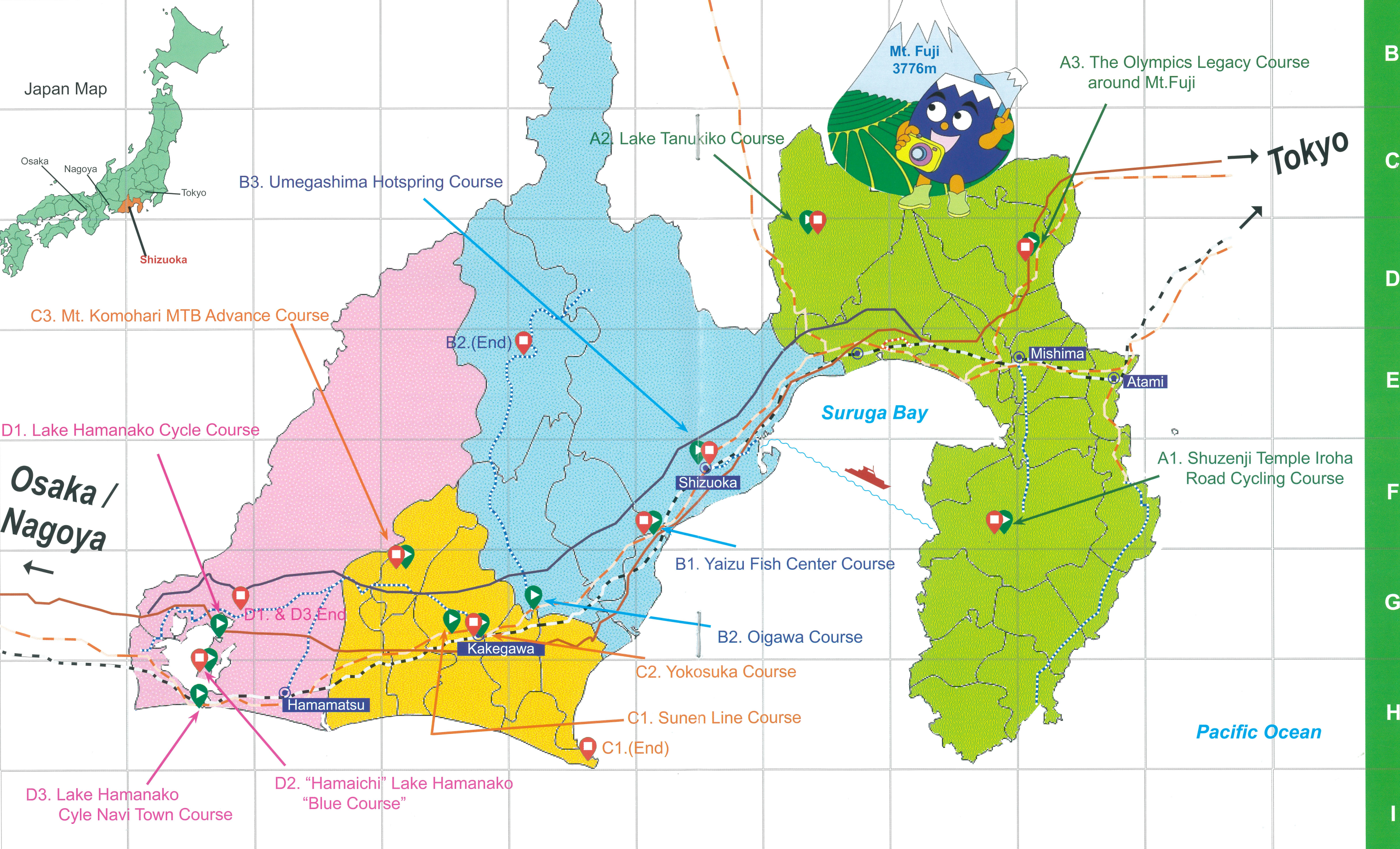
Beginner Course

Intermediate Course

Advance Course

Shizuoka Prefecture Map

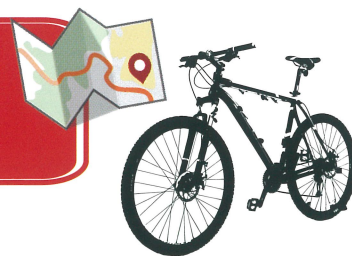
- Legends:**
- Tokaido Shinkansen Line
 - JR Local Lines
 - Other Railways
 - Shin-Tomei Expressway
 - Tomei Expressway



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1 2 3 4 5 6 7 8 9 10 11

Shizuoka Cycling Information



General Information

Traffic Rules in Shizuoka Prefecture for Bicycles



Find Experience in Japan FIEJA - useful tips on cyclig in Shizuoka & Japan



Shizuoka Oishi Navi - Halal Food in Shizuoka



Explore Shizuoka - cycling in Shizuoka (organise Bike Tours in Shizuoka Prefecture)



CyclistWelcom.jp - organise Bike Tours in Japan



Eastern & Izu Areas

Cyclist Friendly area in Numazu City



Amagi Cycling Guide - Rent a bike with cycling map in Izu City



Fujiyama Power-line (hybrid) Trail (open in the spring of 2020) in Fuji City



Izu Velodrome - Olympic Cycling (Track) in Izu City



Central & Shidahaibara Areas

Local Travel Partners - Rental Hybrid Bikes at JR Shizuoka Station & activities



Chutoen Area

Care-free Enshu Cycling with local guide



Kakegawa Rental Bicycle Information



Western Area

Hamamatsu Pedal - enjoy Hamamatsu with a rental bike departing from downtown



Bicycle rental "Cycling Around Hamanako YURIN"



Shizuoka Tourism Information



Shizuoka
Homepage

