

CYCLING & ONSEN

Along the Chikuma River

Can be folded in half to be made pocket-size

Chikuma River Bike Path

Blissful cycling along the scenic Chikuma River. Followed by an invigorating soak in an onsen bath. This is the magic of the Chikuma River Bike Path.

Along the Chikuma River Valley

Chikaraishi Course

Historical Inariyama Course

Rural Life

Obasute Terraced Rice Fields Course

Rice Fields Course

View from Mt. Kuboyama

View from Mt. Yasaaka Pass

Tengu Park Hill Climb

Famous for Moon-viewing

Kamuriki Mtn.

Otagawa Hill Climb

Hand-made soba noodles

Mori "Apricot Village" Course

River Crossings

Obasute's Moon-Reflecting Terraced Rice Fields

Published by Shinshu Chikuma Tourism Bureau

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