

I Otawara Hill Climb

Exhilarating climb up to the pastoral Otawara plateau.

Start Kara-Koro Footbath WC

↓ 4min. B-1 0.9km 58kcal

Chikuma River Bike Path

↓ 40min. A-4 7.0km 58kcal

Chikuma Bridge (Turn left)

↓ 13min. I-1 2.0km 101kcal

Haruta Elem. East (Turn right)

↓ 13min. Rt. 403 4.4km 661kcal

Steep uphill I-2 5.5km 661kcal

↓ 45min. I-3 6.1km 661kcal

Tawara Shrine (Turn left)

↓ 5min. D-1 0.6km 21kcal

Takemizuwake Shrine

↓ 12min. D-3 5.0kcal

Historical storehouses

↓ 3min. D-5 12kcal

Furusato Manga Museum

Post office (Turn left)

↓ 4min. D-6 0.2km 16kcal

Inariyama Post Town Kurashi Museum D-7

Return via the river to historical Inariyama and/or a side trip to Mori "Apricot Village"

Goal Kara-Koro Footbath

Time required to A-4 03:40:00

total 3,422kcal

+tour and rest 33.0km

D Historical Inariyama Course

Leisurely tour the earthen-walled storehouse district

Start Kara-Koro Footbath WC

↓ 4min. B-1 0.9km 58kcal

Chikuma River Bike Path

↓ 15min. A-3 5.7km 63kcal

Heiwa Bridge (Turn left)

↓ 5min. D-1 0.7km 21kcal

Yawatatsujii (Turn right)

↓ 5min. D-2 0.6km 21kcal

Takemizuwake Shrine

↓ 12min. D-3 5.0kcal

Historical storehouses

↓ 3min. D-5 12kcal

Furusato Manga Museum

Post office (Turn left)

↓ 4min. D-6 0.2km 16kcal

Inariyama Post Town Kurashi Museum D-7

Return via the river to historical Inariyama and/or a side trip to Mori "Apricot Village"

Goal Kara-Koro Footbath

Time required to D-7 00:51:00

total 2,111kcal

+tour and rest 9.9km

I Otawara Hill Climb Elevation Profile

Distance (km)	Elevation (m)
0	400
5	500
10	600
15	700
20	800
25	900
30	1000
35	1100

G Tengu Park Hill Climb

Distance (km)	Elevation (m)
0	400
3	500
6	600
9	700
12	800
15	900
18	1000
21	1100

F Tour of Mori Apricot Village

Ride along the river to Mori, famous for blossoms in spring and fruit in summer.

Start Kara-Koro Footbath WC

↓ 4min. B-1 0.9km 58kcal

Chikuma River Bike Path

↓ 50min. A-5 7.8km 393kcal

Awasa Bridge (Turn right)

↓ 12min. F-1 3.0km 94kcal

Mori Shogun Tumul

↓ 10min. F-1 3.3km 78kcal

Apricot Village Tourism Hall

↓ 10min. F-3 3.0km 78kcal

Apricot Village Tourism Hall

Scenic view of Mori "Apricot Village" from Temba (View Point) Park

★ Apricot Village Scenic Point F-4

★ Pref. History Museum F-1

★ Shinano no Sato History Park 3.0km

★ Mori Shogun Tumul

★ Mori Shogun Tumul

Time required to F-4 01:30:00

total 596kcal

+tour and rest 15.0km

G Tengu Park Hill Climb

Switchback you way up through the park to the Tengu goblin

Start Kara-Koro Footbath WC

↓ 4min. B-1 0.9km 58kcal

Togurajuku Kitty Park

↓ 7min. B-2 0.7km 23kcal

Togura Signal (Turn left)

↓ 5min. G-1 7.0km 73kcal

Ima Signal (Turn right)

↓ 4min. G-2 2.0km 58kcal

Cross railway tracks

↓ 10min. G-3 0.9km 147kcal

★ Togurajuku Kitty Park

★ Miyasaka Pass Forest Road uphill

↓ 19min. G-4 0.9km 176kcal

Miyasaka Pass Forest Road

★ Miyasaka Pass

★ Scenic Point

★ Walk to the setsubunso colony

★ 40 min. round trip 3.0km

Time required to F-3 01:10:00

total 893kcal

+tour and rest 10.4km

H Around the Mountain Course

Loop course around Mt. Obasute, along the old Zenkoji Road, and into the land of ancient legends.

Start Mt. Kamuriki (Mt. Obasute)

↓ 4min. B-1 0.9km 58kcal

Chikuma River Valley View Point Park

↓ 20min. A-3 5.7km 294kcal

Heiwa Bridge (Turn left)

↓ 10min. H-1 1.4km 147kcal

Yawatamine Signal

start of 13km uphill

↓ 20min. H-2 3.0km 294kcal

Chikuma River Valley View Point Park

↓ 9min. H-3 3.3km 323kcal

★ Lake Hijiril H-4

↓ 15min. Downhill H-5 5.7km 220kcal

Omi Post Town Intersection

★ Omi Post Town Site

Rt. 12 (Manuko-Shinshu Shiranouchi Road)

↓ 8min. H-6 1.7km 117kcal

Chikuhoku Village Intersection with sign for Kamiyamada

↓ 35min. H-7 4.4km 514kcal

Sakagami Tunnel

↓ 20min. Downhill H-8 1.5km 73kcal

Chishiki-ji Temple

↓ 5min. H-8 1.5km 73kcal

Mezawa Bridge (Go straight)

10km from Sakagami Tunnel

↓ 6min. H-7 1.4km 88kcal

Sakagami Tunnel

Time required to H-8 02:30:00

total 3,239kcal

+tour and rest 40.8km

H Altitude Profile of Mt. Obasute Loop Hill Climb

Distance (km)	Elevation (m)
0	400
5	500
10	600
15	700
20	800
25	900
30	1000
35	1100
40	1200

A Chikuma River Bike Path Course

Chikuma River Bike Path Course

E Obasute Terraced Rice Fields Course

Obasute Terraced Rice Fields Course

C Chikaraishi Course

Chikaraishi Course

B Onsen Town Togura-Kamiyamada Loop Course

Onsen Town Togura-Kamiyamada Loop Course

D Around the Mountain Course

Around the Mountain Course

F Kara-Koro Footbath

Kara-Koro Footbath

Goal Kara-Koro Footbath

Time required to A-5 00:41:00

total 171kcal

+tour and rest 8.7km

Time required to E-4 00:47:00

total 367kcal

+tour and rest 8.4km

A Chikuma River Bike Path Course

Chikuma River Bike Path or continue to Inariyama or Mori "Apricot Village", or follow the river to Matsushiro or Obuse.

Start Kara-Koro Footbath WC

↓ 4min. B-1 0.9km 58kcal

Taisho Bridge B-2 0.7km 23kcal

★ Sarashina Shrine A-3 2.1km 21kcal

Chikuma River Bike Path

↓ 10min. B-1 0.9km 58kcal

Kamuniki Bridge A-1 2.1km 21kcal

↓ 5min. A-2 2.1km 21kcal

Mizube no Gakko' Nature Park

★ Bird-watching WC 0.4km 8kcal

Heiwa Bridge A-3 0.8km 8kcal

↓ 10min. A-4 42kcal

Chikuma Bridge

↓ 10min. A-5 42kcal

Awasa Bridge

Return via the Chikuma River Bike Path or continue to Inariyama or Mori "Apricot Village", or follow the river to Matsushiro or Obuse

★ Bird-watching A-2

Time required to A-5 00:41:00

total 171kcal

+tour and rest 8.7km

E Obasute Terraced Rice Fields Course

Legendary Rice Fields and Scenic Chikuma River. Ride through the hills to Choraku-ji.

Start Kara-Koro Footbath WC

↓ 4min. B-1 0.9km 58kcal

Chikuma River Bike Path

↓ 15min. A-2 4.8km 118kcal

Heiwa Bridge (Turn left)

↓ 5min. A-3 0.7km 23kcal

Yawatatsujii Signal

↓ 5min. (Turn left) E-1 0.5km 39kcal

Sai no Mori Signal (Go straight)

↓ 10min. E-1 1.4km 78kcal

Steep hill... may have to push your bike.

★ Chorakuji Temple E-2

↓ 3min. E-3 23kcal

★ 48 Terraced Rice Fields

↓ 5min. E-4 0.7km 39kcal

★ Obasute Sta. E-4

Return to the Bike Path and/or Takemizuwake Shrine

Time required to E-4 00:47:00

total 367kcal

+tour and rest 8.4km