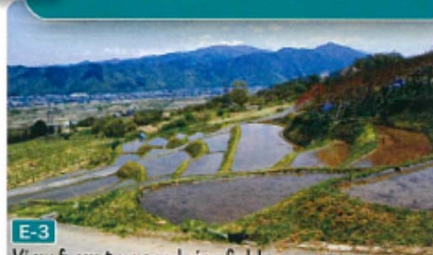


inter-
mediate

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



E Obasute Terraced Rice Fields Course



E-3

View from terraced rice fields

Start

Kara-Koro Footbath ^{MC}

↓ 4min. **B-1** 0.9km
31 kcal

Chikuma River Bike Path

↓ 15min. 4.8km
★ Bird-watching **A-2** 118 kcal

Heiwa Bridge (Turn left)

↓ 5min. **A-3** 0.7km
39 kcal

Yawatatsuji Signal
(Turn left)

↓ 5min. 0.5km
39 kcal

Sai no Mori Signal **E-1**
(Go straight)

↓ 10min. 1.4km
78 kcal

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

★ Chorakuji Temple **E-2**

↓ 3min. **E-3** 50m
23 kcal

★ 48 Terraced Rice Fields

↓ 5min. 0.7km
★ Obasute Sta. **E-4** 39 kcal



E-4

Return to the Bike Path
and/or Takemizuwake Shrine

D A F

B-1



Kara-Koro Footbath

Goal

Time required
to **E-4** 00:47:00
+ tour and rest

total
367 kcal

8.4km



Heiwa Bridge **A-3**



E-2

Chorakuji Temple



E-2



E-3