

100km Route

A beginner to intermediate route to enjoy foothills of Northern Alps

Distance	Elevation gain	Estimated travel time
104.2km	846m	7hour
		Average speed 15km



- Suzumushi-so, Matsukawa Village
0.4km ↓ 1 min.
- Azumino Chihiro Park
22.7km ↓ 100 min.
- Yanaba Sta.
14.6km ↓ 40 min.
- Entrance to Happo One traffic light
7.7km ↓ 40 min.
- Tsubaike Kogen Ski Resort
15.0km ↓ 60 min.
- Roadside Station Hakuba
8.7km ↓ 45 min.
- Yanaba Sta.
11.3km ↓ 35 min.
- Salt Road Chojiya
7.3km ↓ 30 min.
- Nishina Shimmei Shrine
16.5km ↓ 60 min.
- Suzumushi-so, Matsukawa Village



Lake Aoki
The largest lake of the Three Nishina Lakes including Lake Aoki, Nakatsuna and Kizaki from the north to the south. A deep lake with depth of 58m.



National Treasure Nishina Shimmei Shrine
A shrine with a long history surrounded by large cedar trees. The Main Hall and the Middle Gate are National Treasures. The enthroned god is Amaterasu.



Suspension Bridge of Oide
A place of breathtaking views including the crystal clear water of the Himekawa River, flowers of four season in the backdrop of magnificent mountains in Hakuba.

140km Route

An advanced route to enjoy dynamic cycling on the foothills of Northern Alps

Distance	Elevation gain	Estimated travel time
141.1km	1,951m	7hour
		Average speed 20km



- Suzumushi-so, Matsukawa Village
0.4km ↓ 1 min.
- Azumino Chihiro Park
14.5km ↓ 35 min.
- Omachi Hot Spring Village
16.5km ↓ 90 min.
- Mt. Koguma
14.3km ↓ 35 min.
- Yanaba Sta.
14.8km ↓ 35 min.
- Entrance to Happo One
15.3km ↓ 40 min.
- Minami Otari Sta.
16.2km ↓ 45 min.
- Roadside Station Hakuba
8.9km ↓ 30 min.
- Yanaba Sta.
11.3km ↓ 30 min.
- Salt Road Chojiya
8.8km ↓ 35 min.
- Omine Highland
20.1km ↓ 45 min.
- Suzumushi-so, Matsukawa Vil.



Forest Road Koguma-Kurosawa Line
While cycling on the forest road, enjoy the view of Mt. Kashima Yari and Mt. Jiigatake between trees.



Mt. Hakuba Iwatake
Cycling in this area is especially pleasant on the route from Hakuba Station to Tsubaike Highland. In the upper right hand corner of the picture is Mt. Goryu.



Omine Highland
From Omachi, climb the ridgeway of the Higashiyama area to get to Omine Highland. Enjoy the cool weather even in the summer while cycling in the forest.

Tips for safe cycling

- Traffic rules**
- Cycle on the left side of the roadway. Do not ride on the sidewalk unless absolutely necessary.
 - Cycle on the left side of the roadway in single file.
 - Stop at the red light, railroad crossing and stop sign.
 - Do not use your cell phone while cycling.

- Cycling gear**
- Check and maintain your bicycle before traveling.
 - Do not cycle without a helmet.
 - Carry a puncture repair kit with you.
 - Your bicycle must be equipped with head and tail lights, and a bell.

Local characteristics

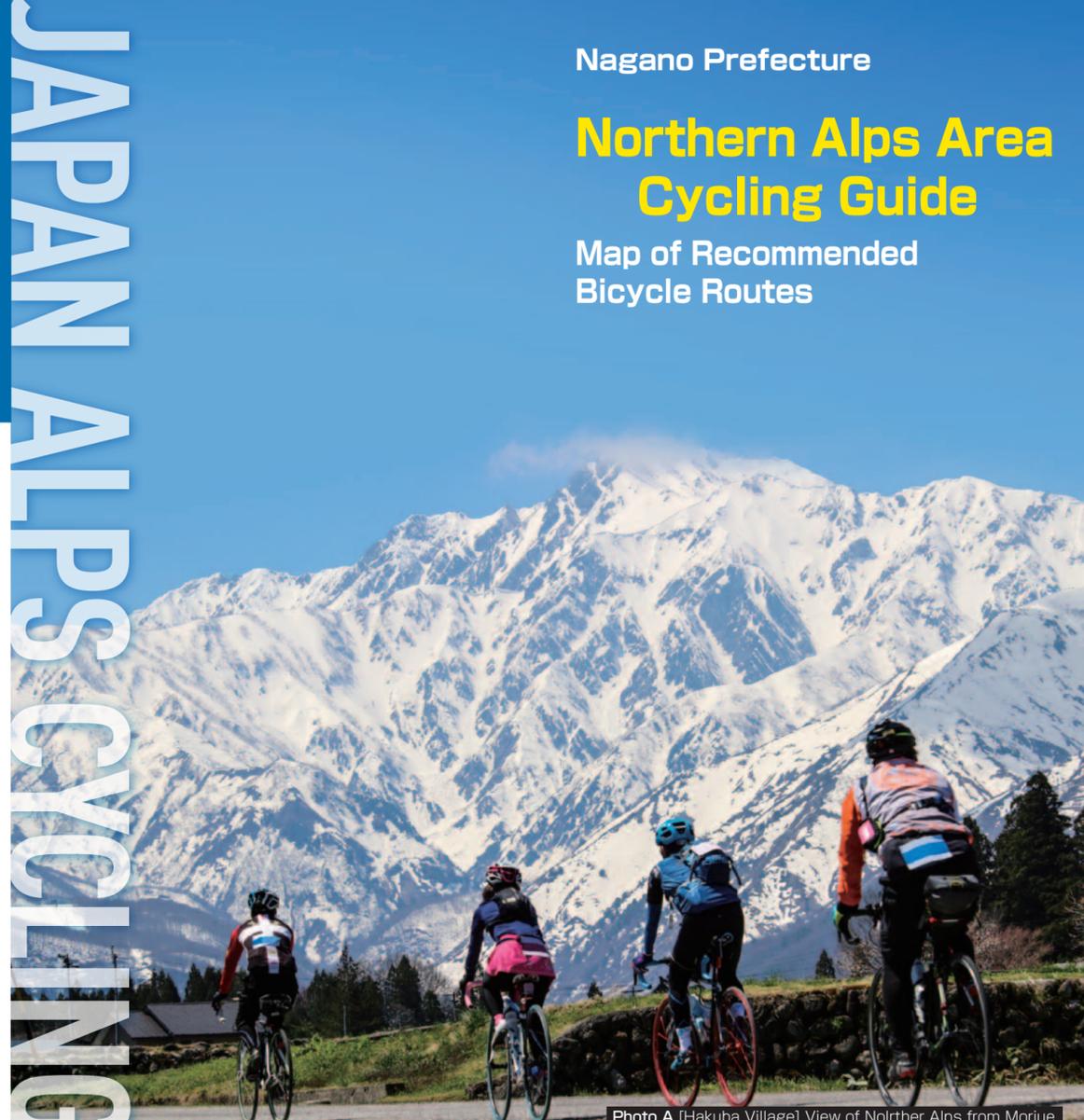
- Strong UV rays**
Use sun screen and sunglasses.
- Some areas do not have vending machines.**
Carry some food and drinks.
- There are some areas with high altitudes**
Carry a windbreaker and rain gear.
- There are blind corners and long downhill**
Watch your speed and oncoming traffic.
- There are wild animals.**
Watch for them while cycling in the mountains and forest areas.
- There may be snow on the ground.**
We recommend cycling on a road bike only from April to November.



Nagano Prefecture safe cycling promotion character
Kazeno Rin

Illustrated by Amamiya Rima

JAPAN ALPS CYCLING



Nagano Prefecture

Northern Alps Area Cycling Guide

Map of Recommended Bicycle Routes

Cycling Events

①Month ②Type ③Point of contact ④TEL



Alps Azumino Century Ride Under Cherry Blossoms
① April ② Long ride
③ AD Sonic
④ 0263-47-7647



Tsubaike Cycle Classic
① June ② Hill climb
③ All Trust
④ 043-338-0006 (Japanese only)



Alps Azumino Century Ride in Lush Green
① June ② Long ride
③ AD Sonic
④ 0263-47-7647



Hakuba Cycle Festa
① June
② Long ride challenge
③ Hakuba Goryu Tourism Association
④ 0261-75-3700 (Japanese only)



Northern Alps Highland Gran Fondo
① July
② Mountain gran fondo
③ Kimura Planning
④ 050-3555-4906 (Japanese only)



OMM LITE/BIKE HAKUBA, OTARI
① July
② MTB rogaining
③ Nomadics,inc
④ 048-767-3144 (Japanese only)



Alps Azumino Park Enduro
① July
② Road enduro
③ AD Sonic
④ 0263-47-7647 (Japanese only)



Aki Green Cup
① August
② Outdoor bicycle festival
③ Gallup
④ 03-6435-4374 (Japanese only)

Access by public transportation

From the Tokyo area

Tokyo-<Hokuriku Shinkansen>-Nagano-<Express bus: Nagano-Hakuba Line>- Hakuba	[App. 3 hrs.]
Shinjuku-<JR Chuo Line Limited Express Azusa>-Shinano Omachi-Hakuba-Minami Otari ※ JR Chuo Line Limited Express Azusa goes directly to JR Oito Line once a day.	[App. 4 hrs.10 min.]
Shinjuku-<Express bus: Shinjuku-Azumino/Omachi/Hakuba Line>-Azumino Matsukawa-Shinano Omachi-Hakuba	[App. 5 hrs.]
Tokyo-<Hokuriku Shinkansen>-Itoigawa-<Oito Line>-Minami Otari	[App. 3 hrs. 30 min.]

From the Nagoya area

Nagoya-<JR Chuo Main Line Limited Express Shinano>-Matsumoto-<Oito Line>-Shinano Matsukawa-Shinano Omachi-Hakuba-Minami Otari	[App. 4 hrs.10 min.]
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From the Kansai area

Shin Osaka-<Tokaido Shinkansen>-Nagoya-<JR Chuo Main Line Limited Express Shinano>-Matsumoto-<Oito Line>-Shinano Matsukawa-Shinano Omachi-Hakuba-Minami Otari	[App. 5 hrs.]
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Access by car

From the Tokyo area

Nerima IC-<Kan'etsu EXPY>-<Joshi'netsu EXPY>-Nagano IC-<Hakuba-Nagano Toll Road>-Omachi	[App. 3 hrs. 20 min.]
Takaido IC-<Chuo EXPY>-<Nagano EXPY>-Azumino IC-Omachi	[App. 3 hrs.]

From the Nagoya area

Komaki IC-<Chuo EXPY>-<Nagano EXPY>-Azumino IC-Omachi	[App. 3 hrs.]
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From the Kansai area

Suita IC-<Meishin/Tomei EXPY>-<Chuo EXPY>-<Nagano EXPY>-Azumino IC-Omachi	[App. 5 hrs. 10 min.]
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For information on sightseeing and accommodation, please contact

Municipality	Organization	Phone No.
Omachi City	Omachi City Tourism Association	0261-22-0190
Ikeda Town	Ikeda Town Tourism Association	0261-62-9197
Matsukawa Village	Matsukawa Village Tourism Association	0261-62-6930
Hakuba Village	Tourism Commission of Hakuba Village.	0261-72-7100
Otari Village	Otari Village Tourism Association	0261-82-2233

Taxis

Municipality	Company name	Phone No.
Omachi City	Alps Daiichi Kotsu	0261-22-2121
Omachi City	Alpico Taxi Omachi Branch	0261-23-2323
Ikeda Town	Azumi Kanko Taxi Ikeda Branch	0261-62-4111
Hakuba Village	Hakuba Kanko Taxi	0261-72-2144
Hakuba Village	Alps Daiichi Kotsu	0261-72-2221
Hakuba Village	Alpico Taxi Hakuba Branch	0261-72-2236
Otari Village	Otari Kanko Taxi	0261-82-2045

Information on this guide may change without prior notice.
Inquiries
3rd Floor, Omachi Government Building
Planning and Development Division, Northern Alps Regional Development Bureau 1058-2 Omachi, Omachi City, Nagano Prefecture 0002-398 Japan
TEL: 0261-23-6501 (Office hours: 8:30am-5:15pm on weekdays)

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Cycling activities

① Type ② Open period ③ Contact ④ TEL



Alps Azumino National Park (Omachi/Matsukawa area)
① MTB course, bump tracks, etc.
② Late April-November
③ Park Administration Center
④ 026-21-1212 (Japanese only)



HAKUBA IWATAKE MTB PARK
① MTB course, gondola
② June-November
③ Hakuba Resort Development Co. Ltd.
④ 0261-72-2474



Hakuba 47 Mountain Bike Park
① MTB course, MTB tours, bump tracks, etc.
② July-September
③ Hakuba 47
④ 0261-75-3533 (Japanese only)



Ikeda MTB Trail Course
① MTB course, bump tracks
② All year
③ Ikeda Town Tourism Association
④ 0261-62-9197

Cycling tours

Municipality	Tour name	Tour type	Tour period	Contact
Hakuba Village	Evergreen Outdoor Center	MTB tours Bicycle rentals available.	May-November	0261-72-5150
Hakuba Village	SPICY Rentals, Iwatake	MTB tours Bicycle rentals available.	May-November	0261-72-2479
Hakuba Village	Hakuba Lion Adventure	MTB tours Bicycle rentals available.	Early September-mid-November	0261-72-5061
Otari Village	Otari Fat Bike Center	Cycling tours (Fat bikes, road bikes, E-bikes) Bicycle rentals available for tours.	All year	090-6929-2586

Cyclist-friendly facilities

Air pumps and restrooms are available at Cycle Stations. Look for the flag on the left, and stop by.

Scan the QR code to look for Cycle Stations and cyclist-friendly facilities (stores, restaurants, hotels and hot springs).

We authorize outstanding produce and dairy, and its processed/cooked food in the Northern Alps highland region as Northern Alps Highland Brands.

Raised in the Northern Alps (Japanese only)

Bicycle workshops for repairs and maintenance

- Oyama Cycle [Omachi City]
☎0261-22-0667
Bicycle repairs, tube sales, etc.
- Cycle Shop Wadachi [Ikeda Town]
☎080-6936-1008
Bicycle repairs, tube sales, etc.
- Oumi Shokai [Hakuba Village]
☎0261-75-2012
Bicycle repairs, tube sales, etc.
- Hakuba Sports [Hakuba Village]
☎0261-72-2329
Puncture repairs, tube sales, etc.
- Otari Fat Bike Center [Otari Village]
☎090-6929-2586
Bicycle repairs, tube sales, etc.

