

Activities *ing*



Izunokuni City is a goldmine for people who enjoy the outdoors.

The Kano River offers opportunities for canoeing and kayaking, while Mt. Joyama's rough mountainside serves as a popular paragliding destination. Or enjoy the breeze on a bike ride or while trekking in this new mecca for outdoor leisure.

Mt. Joyama

Izu Peninsula Geopark



Geo comes from the Greek *gaia*, meaning "earth." Geoparks are "earth parks" that promote the protection and use of our planet's unique land features that are considered to be important geological heritage. Take a fun peek into the history of the Earth at a variety of geo-points in Izunokuni, including Mt. Joyama and Mt. Katsuragi.

Get active and enjoy the great outdoors



Ride and Ride Kanogawa

This bicycle race follows a scenic course running alongside the Kano River with an elevation difference of 300m. Held annually in fall, around 1,000 bicycle enthusiasts gather from around the country to participate in the race.

Ayu & Kano River

The Kano River runs from south to north through Izunokuni City and is known as the birthplace of ayu decoy fishing. (Fishing season: May-Dec.)



Trekking & Hiking

The relatively gentle courses at Mt. Joyama and Mt. Katsuragi are popular with less experienced climbers and families. Enjoy amazing views of the Kano River, the Tagata Plains, and Mt. Fuji from the peak of the mountains.

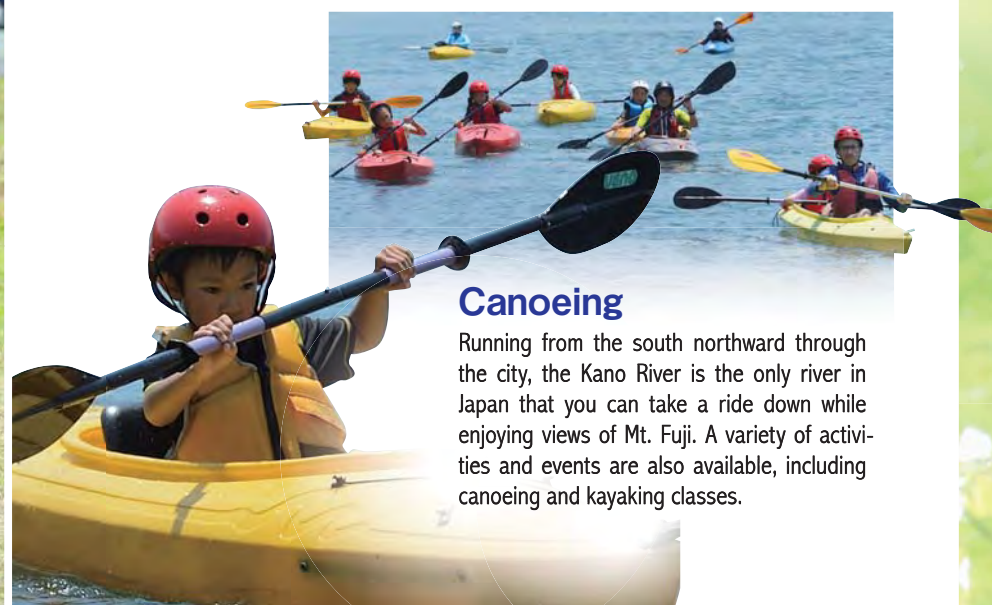


Yomiuri Giants Shigeo Nagashima Running Road

In order to promote a healthy and fulfilling lifestyle, the city provides a number of sports parks that offer access to walking trails, full-scale sports grounds, tennis courts, and more. Enjoy views of the Mt. Joyama mountainside while climbing this course that is famous for being used by Shigeo Nagashima in his training.

Kayanokko Grounds

This center for outdoor activities is located at the site of what was once an elementary school. With campgrounds, showers, an outdoor cooking area, a gymnasium, and more, the facility is popular with both children and adults alike as a lifelong learning destination.



Canoeing

Running from the south northward through the city, the Kano River is the only river in Japan that you can take a ride down while enjoying views of Mt. Fuji. A variety of activities and events are also available, including canoeing and kayaking classes.

Satsukigaoka Sports Park



Sports Parks

Nirayama Sports Park