

Japan's best cycling peninsula : CENTRAL WEST IZU PERFECT CYCLING MAP



Kona Cycle (Kona Stay)



IZUNAGAOKA

<https://konacycle.jp/>

Kona Stay Izunagaoka offers an excellent bicycle rental service.

Bikes available : 30 eBikes and 20 Cross bikes (also available for children).
Rental prices : eBike ¥3,600 (4 hours) / ¥5,000 (one day)
Cross bikes ¥2,800 (4 hours) / ¥4,000 (one day)
(Special discounts for hotel guests available)

Guided tours : from ¥25,000

Opening hours : 8 am - 8 pm, year-round

Sakanaya Stay



IZUNAGAOKA

<https://sakanayastay.iizusumirai.com/>

Sakanaya Stay—a cozy hotel with 7 charming cabins designed around the concept of "staying in the town"—offers convenient eBike rentals and shared bicycle services at 23 locations throughout the city to enhance your travel experience.

Rental Prices : eBike Rentals ¥3,600 (4 hours) / ¥5,000 (full day)
Share Cycles ¥100 (15 min) / ¥1,500 (12 hours)

Operating Hours : 9:00 am - 5:00 pm, year-round

Flexible scheduling available

Traffic Rules for Bicycles

Bicycles are classified as vehicles under the Japanese Road Traffic Act. You must follow the road signs.

- Always ride on the left side of the road
- Riding with a mobile phone in your hand is strictly forbidden.
If you use a navigation app, always use a mobile phone holder
- From 1 April 2023 it is mandatory for all cyclists to wear a helmet
- In case of accident or injury
In case of accident call **110** (Police)
If injured, call **119** (Ambulance)



Bicycle Train

A bicycle train service is available between Mishima and Shuzenji stations, where bicycles can be transported as they are. The service is available at no extra charge for bicycles.

Available Hours (As of Feb. 2025)

Mon-Fri : Mishima station 9:00 - 14:53

Shuzenji station 9:02 - 14:58

Sat. Sun, Holidays : Mishima station 7:11 - 17:49

Shuzenji station 7:05 - 17:55

Boarding space : Six spaces reserved for bicycles three at the front and three at the back of the train.

Information : Izu Hakone Railway Information Section

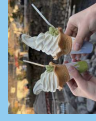
Tel : 0555-977-1330 (7am - 9pm)



Recommended Izu Sweets



Shuzenji pudding (Shuzenji)



Wasabi soft cream (Shuzenji / Kamami)



Jutaro orange juice (Numazu Nishiura)



Deep sea pudding (Numazu Fish Port)



Onsen Manju (*1) (Izunagaoka)



Strawberry soft cream (Ohiito)

(*1) Juko (red bean paste) sweets made by steaming in a hot spring

MT. FUJI VIEW



West Izu Skyline, Kano River, Suruga Bay, rice paddies and wasabi fields. From anywhere you can enjoy the view of the magnificent Mount Fuji.

This icon on the map indicates a scenic photo spot with a stunning view of Mt. Fuji.

HOW TO USE THIS MAP

This map is designed for self-guidance with your mobile phone and the Google Maps® or Ride with GPS® by connecting with QR code®.

1) Ride with GPS®

Choose a theme, scan the QR code®, and start navigation.

2) Google Maps®

Scan the QR code® for your destination, select "avoid tolls" and start navigation.

The route distances are measured from Izu-Nigaoaka as the starting point.



001 KANO RIVER ROUTE (easy)



Distance: 16-25km

Type: flat

Level: easy

PLACES TO SEE

- Kannami Gate way park
- Ganjo Juin Temple
- Izu-no-Heso strawberry park
- Mishima Shrine



002 GOURMET ROUTE (easy)



Distance: 18-27km

Type: flat

Level: easy

A route dedicated to Izu's gourmet delights. Enjoy the unique flavors of Izu, including the popular Numazu Fish Market, roadside stations, and local cuisine in downtown Numazu. Follow the directions in 'walk' or 'cycling' mode.

PLACES TO SEE

- Kannami Gate way park
- Imperial Summer Residence park
- Numazu fish market



003 WEST IZU SKYLINE FUJI VIEW ROUTE (challenging)



Distance: 67km

Type: hilly

Level: challenging

Enjoy the best view of Mount Fuji and the ocean from the impressive West Izu Skyline scenic road, a cyclist's dream. Ebike recommended.

PLACES TO SEE

- Tsukigase market
- Daruma terrace restaurant
- Shuzenji Hot springs area



004 OCEAN ROUTE (challenging)



Distance: 87km

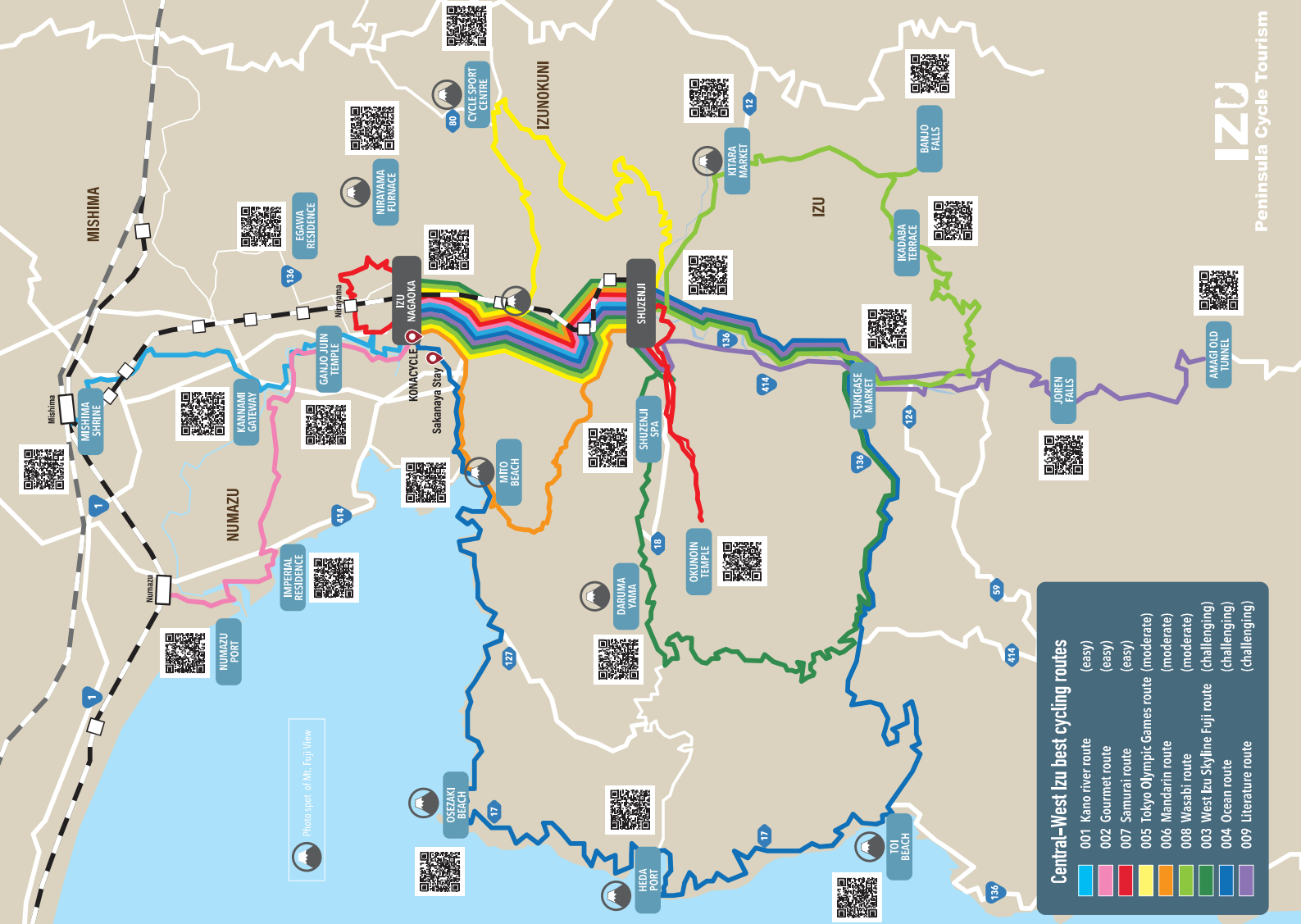
Type: hilly

Level: challenging

A route to enjoy the natural beauty of Izu, including sheer cliffs overlooking the sea with views of Mount Fuji, caldera and ancient temples. Ebike recommended.

PLACES TO SEE

- Tsukigase market
- Heda caldera shrine and port
- Osezaki caldera beach
- Mito beach mandarin terrace



005 TOKYO OLYMPIC GAMES ROUTE (moderate)



The mountain bike and track competitions of the 2020 Tokyo Olympics were held in Izu. Visit the velodrome and the cycle sport training centre.

PLACES TO SEE

- Izu Cycle sport centre
- Izu Velodrome
- Nakaizu Winery



Distance: 38km

Type: hilly

Level: moderate

006 MANDARIN ROUTE (moderate)



Discover nature by visiting the beautiful terraces cultivated with citrus trees with a view of Mt. Fuji.

PLACES TO SEE

- Mito beach mandarin terrace
- Lalala Sun Beach
- Kano river cycling road



Distance: 29km

Type: hilly

Level: moderate

007 SAMURAI ROUTE (easy)



The Izu Peninsula saw the birth and end of samurai culture. Discover places and temples where samurai culture grew up.

PLACES TO SEE

- Egawa samurai residence
- Nirayama reverberatory furnace
- Shuzenji Hot springs area and Okunoin temple
- Statue of the first shogun Minamoto no Yoritomo and his wife Masako



Distance: 33km

Type: almost flat

Level: easy

008 WASABI ROUTE (moderate)



Visit the fantastic terraces where traditional wasabi is cultivated. Discover the centuries-old culture associated with this excellent herb.

PLACES TO SEE

- Kitara vegetable market and the Ruins of Omi Castle
- Banjo falls
- Ikadaba wasabi terrace



Distance: 54km

Type: hilly

Level: moderate

009 LITERATURE ROUTE (challenging)



Many Poets and writers come to Izu, inspired by nature and hot springs to create masterpieces of literature. Visit their places and rest your mind.

PLACES TO SEE

- Shuzenji Hot springs area
- Yugashima Hot springs area and Kami-no-ie house
- Joren falls
- Amagi old tunnel



Distance: 57km

Type: hilly

Level: challenging

Central-West Izu best cycling routes

- | | |
|---------------------------------|---------------|
| 001 Kano river route | (easy) |
| 002 Gourmet route | (easy) |
| 007 Samurai route | (easy) |
| 005 Tokyo Olympic Games route | (moderate) |
| 006 Mandarin route | (moderate) |
| 008 Wasabi route | (moderate) |
| 003 West Izu Skyline Fuji route | (challenging) |
| 004 Ocean route | (challenging) |
| 009 Literature route | (challenging) |