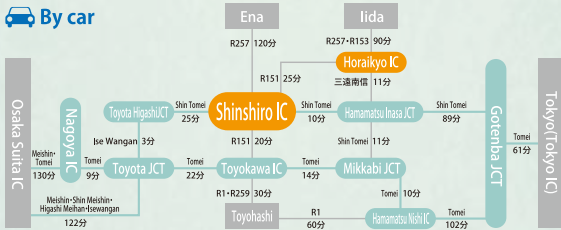




By car



Safety Guidelines for Cycling in Japan

- 1 Cyclists should ride on the left side of the street
- 2 In principle, cyclists should ride on the street and use sidewalks only in exceptional cases
- 3 Cyclists must wear a bicycle helmet
- 4 Cyclists must obey safety rules
 - Cycling after drinking alcohol is strictly prohibited
 - Cyclists must use bicycle lights at night
 - Cyclists must not use umbrellas or talk on mobile phones when riding
 - Cyclists must obey traffic lights at intersections and check for safety after coming to a full stop.

I WANT
to
Ride
my



RIDE SHINSHIRO

Cycling Map

Have a nice ride with your bike !!

お問い合わせ

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〒441-1392 愛知県新城市字東入船115番地

TEL.0536-23-7621 Fax.0536-23-7047

E-mail sports-t@city.shinshiro.lg.jp website <http://shinshirospo2.com/>

Intermediate level 1 
Easy Challenge

Sakurabuchi ~ Shinshiro Round Trip Route
 42.5km Cumulative elevation : 422m

Starting at Sakurabuchi Park, this route goes around the city of Shinshiro. Enjoy the beautiful SATOYAMA * scenery and historic sites that are part of this course.
 ※SATOYAMA is a term that stands for the original landscape of JAPAN



Caution Photo Spot Convenience Store Meal Restroom

Noteworthy Spots

Sakurabuchi Park
 Sakurabuchi Park, also known as the Mikawa Region's Arashiyama, is well known for its cherry blossoms. Many people from the surrounding regions visit the park during the annual Sakura Festival.

Shinshiro General Park
 Shinshiro General Park is a comprehensive athletic park that is 9 times the size of Nagoya Dome. Small children to adults can enjoy a variety of recreational activities.

Michi-no-Eki Mokuuru Shinshiro (Rest Area)
 Shinshiro city used to be a hub of traffic known as "Port of Mountain". Take a break, enjoy shopping and dining, and get information on sightseeing in Okumikawa at this rest area.

Shitaragahara Battlefield
 This is where the Battle of Nagashino was fought between the Takeda Army and the Oda Tokugawa Army in 1575. Near the battlefield is the Shitaragahara Historical Museum where firearms from the historic battle are on display.

A Highest point: 167m

B Shinshiro General Park



Intermediate
level 2



Mountain
Course

Sakurabuchi ~ Mount Horaiji Round Trip Route
47.5km Cumulative elevation : 606m

Starting at Sakurabuchi Park, this route passes through the beautiful area of Mount Horaiji.



A Highest point : 276m


B Mount Horaiji Entrance



Advanced level 1 
Highland Course

Sakurabuchi ~ Kadoya ~ Tsukude highland Route
69.6km Cumulative elevation : 1063m


Starting at Sakurabuchi Park, this route passes through Horaiji Mountain and reaches Tsukude highland located 500m above ground. By passing through the road to the top of Mount Hongu, one can enjoy biking through a full-fledged mountain route.



Caution Photo Spot Convenience Store
 Meal Restroom



Noteworthy Spots




Tsukude Village Restaurant Sugamori
 This elementary school-turned-restaurant open mainly on weekends serves fresh food using local produce and wild game meat (Gibier) unique to Tsukude District.



Michi-no-Eki Tsukude Tezukuri-Mura
 This rest area sells locally-made agriculture and forestry products, and serves fresh meals using seasonal ingredients. Many cyclists gather from the nearby cities of Okazaki, Toyota, Toyohashi, and Hamamatsu.



Mount Hongu Skyline
 The Mount Hongu Skyline is visible cycling along this offbeat 11.6km road extends from Tsukude District's Yasunaga to Shiratori. Previously it was a toll road, but now it is free-of-charge.



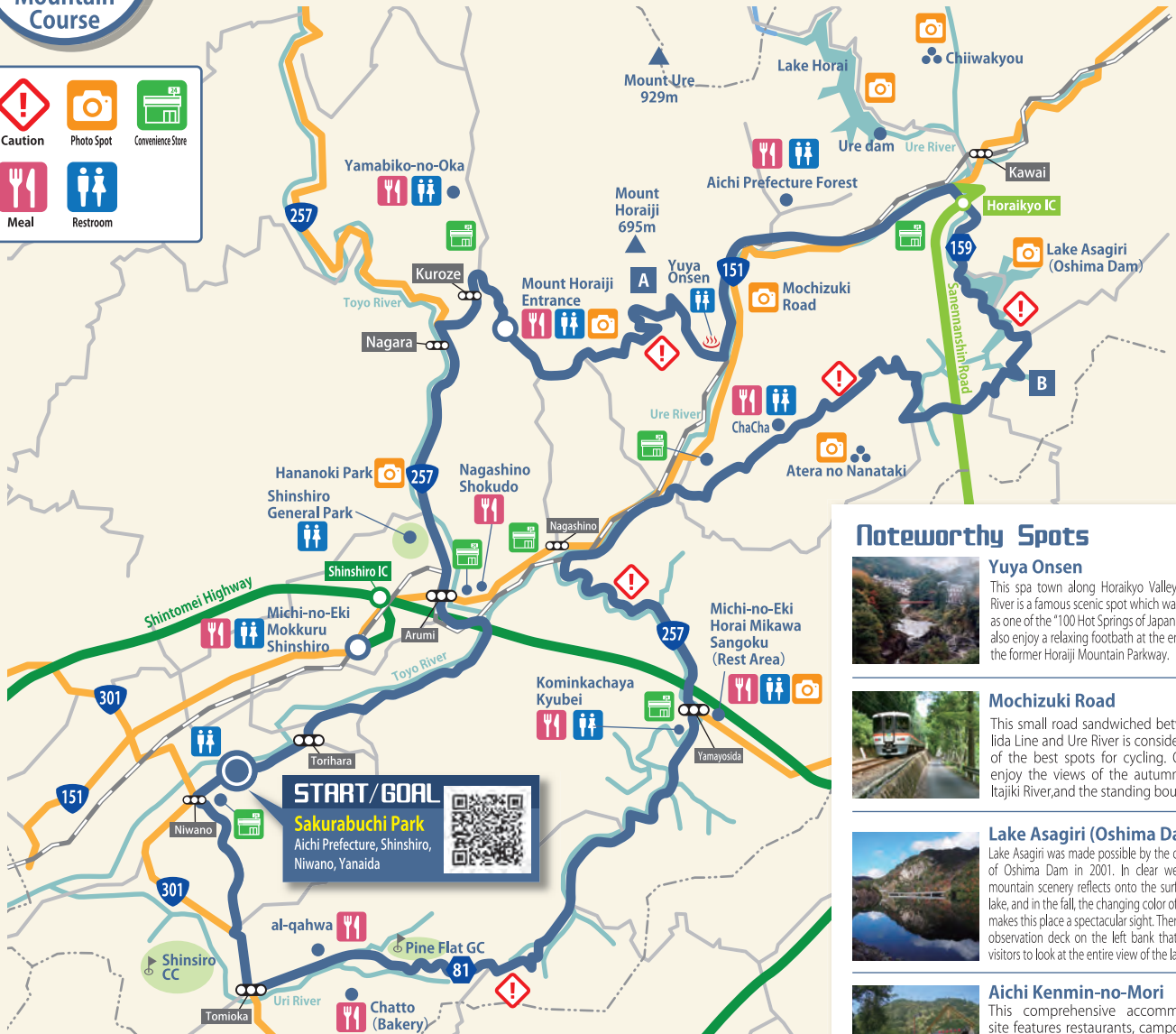
Narusawa Falls
 Narusawa Falls, located along Mount Odozu, boasts the largest water volume in Okumikawa at 15m. It is a scenic spot where one can enjoy the lush greenery of the surrounding forests.



Advanced level 2
Full-fledged Mountain Course

Sakurabuchi ~ Lake Asagiri ~ Mount Horaiji Tour Route
78.3km Cumulative elevation : **1209m**

Starting at Sakurabuchi Park, this is a full-fledged mountain course that runs through Mount Horaiji, Yuya Onsen, Mochizuki Road, and Lake Asagiri.



A Mount Horaiji **B** Highest point : 394m

Noteworthy Spots

- 

Yuya Onsen
 This spa town along Horaikyo Valley and Ure River is a famous scenic spot which was selected as one of the "100 Hot Springs of Japan". One can also enjoy a relaxing footbath at the entrance to the former Horaiji Mountain Parkway.
- 

Mochizuki Road
 This small road sandwiched between JR Iida Line and Ure River is considered one of the best spots for cycling. One can enjoy the views of the autumn leaves, Itajiki River, and the standing boulder.
- 

Lake Asagiri (Oshima Dam)
 Lake Asagiri was made possible by the completion of Oshima Dam in 2001. In clear weather, the mountain scenery reflects onto the surface of the lake, and in the fall, the changing color of the leaves makes this place a spectacular sight. There is also an observation deck on the left bank that allows its visitors to look at the entire view of the lake.
- 

Aichi Kenmin-no-Mori
 This comprehensive accommodation site features restaurants, campgrounds, and hiking trails. In the fall, one can enjoy viewing the changing color of the leaves.

