



City Tram / Scenery that remains in your heart as an everlasting memory.



Ushikawa Crossing / A rare ferry boat in Japan Traverse to Toyo River by ferry with your bicycle.

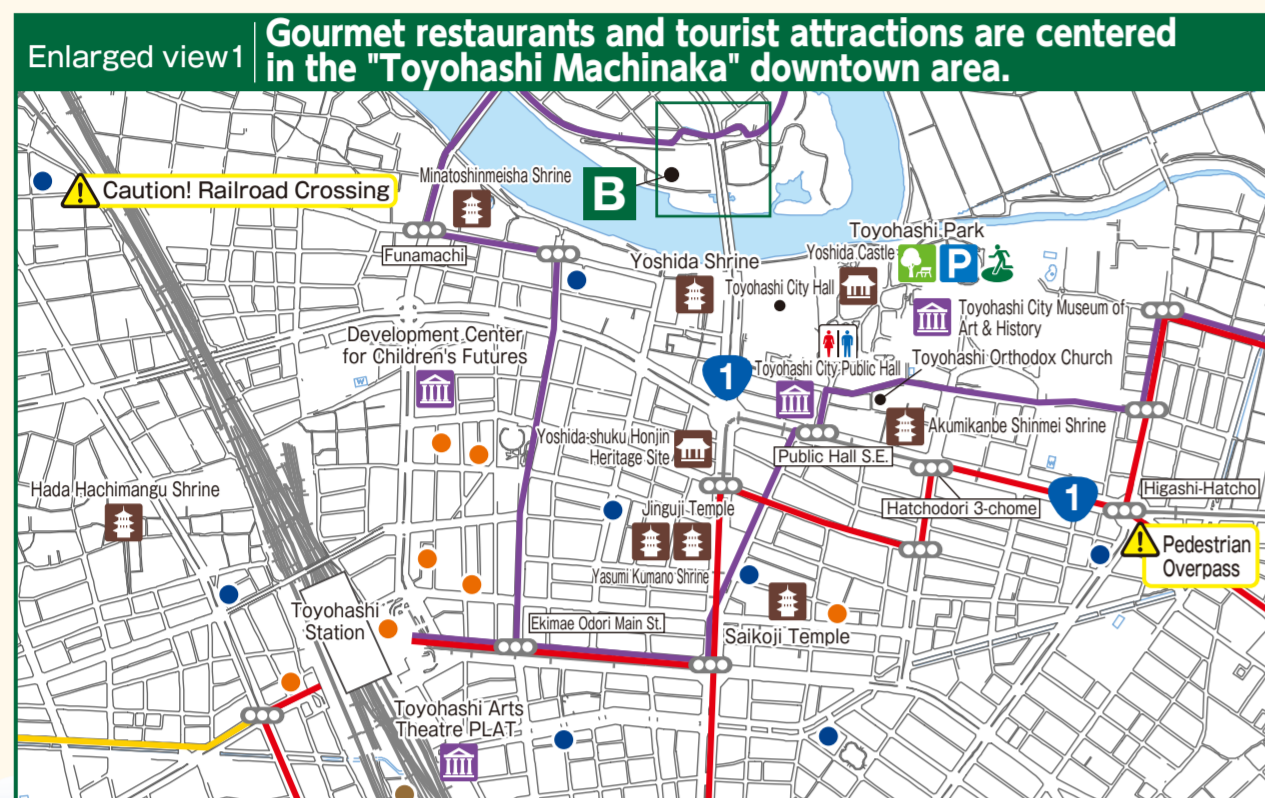
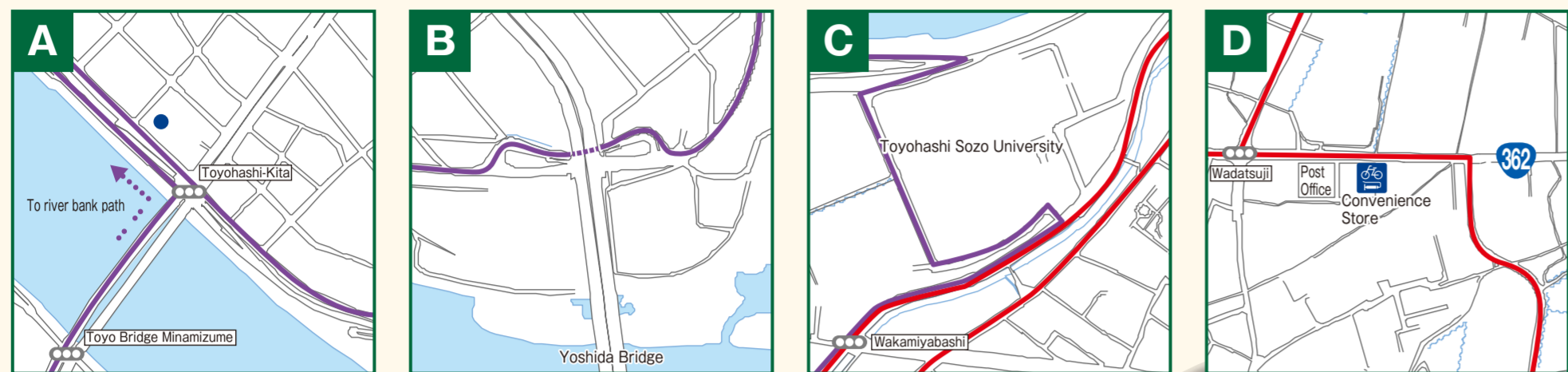


Cycling Events / Let's have fun working up a sweat together!



Hashitemirin Toyohashi!

Cycle tourism in Toyohashi Aichi
CYCLING MAP



Legend

Cycling Route (long route)

Cycling Courses

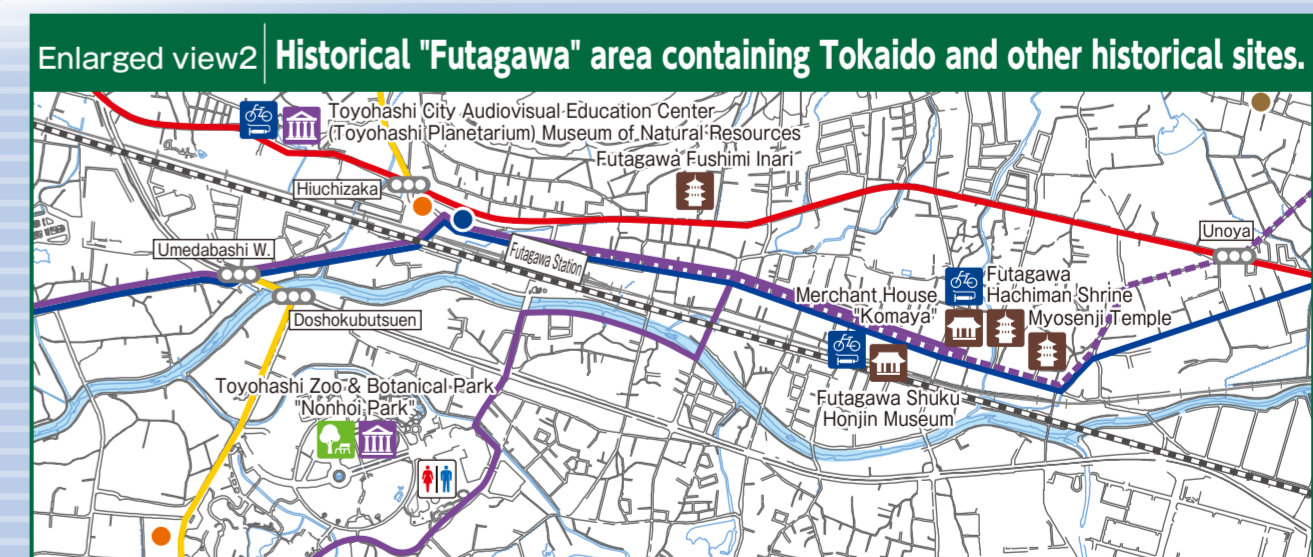
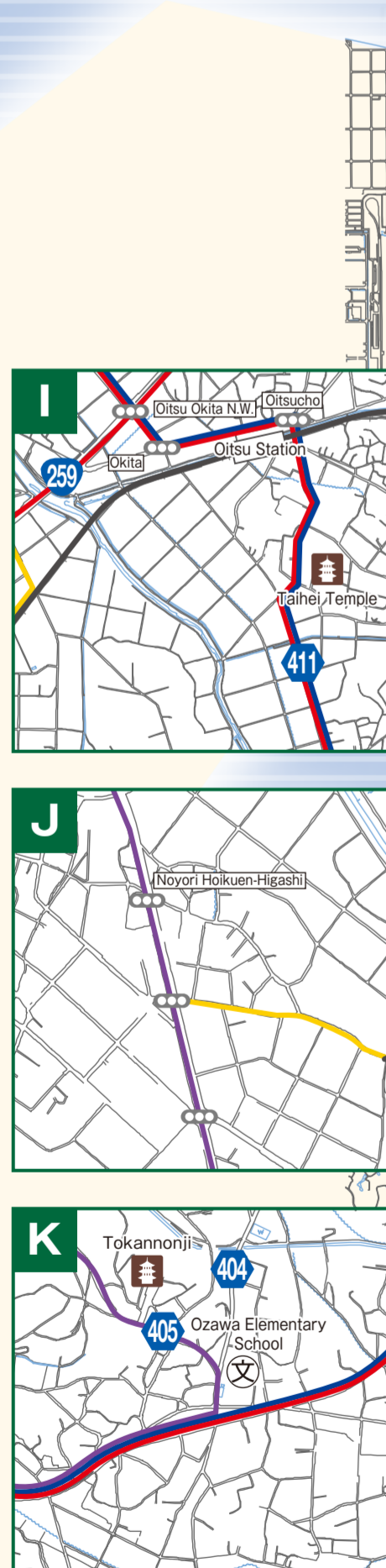
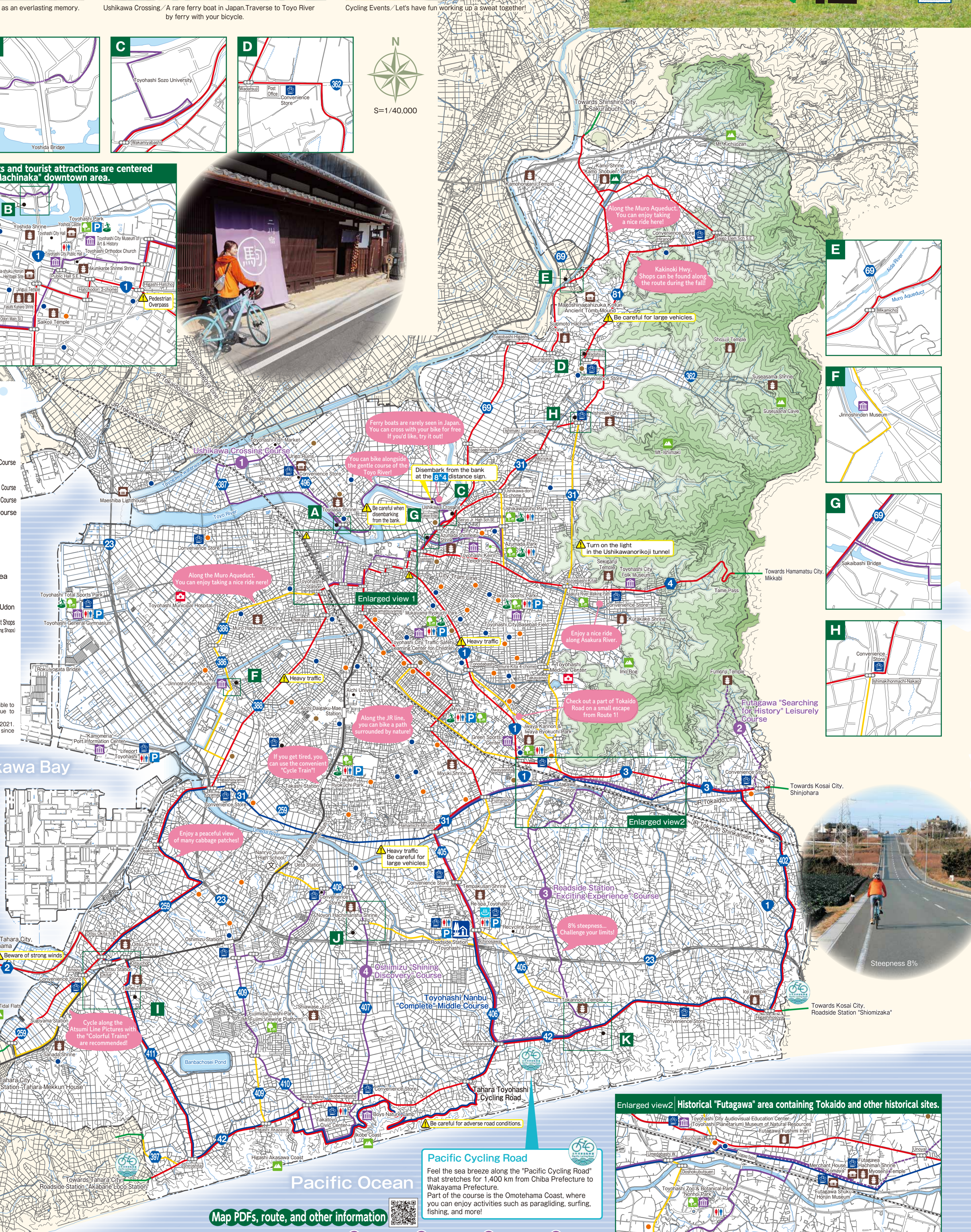
- 1 Toyohashi Nanbu "Complete" Middle Course
- 2 Ushikawa Crossing Course
- 3 Futagawa "Searching for History" Leisurely Course
- 4 Roadside Station "Exciting Experience" Course
- 5 Oshimizu "Shining Discovery" Course
- 6 Alternate Route
- 7 Access Route

Facilities and Landmarks:

- Nature, Park, Facility, Historical Site, Shrine/Temple, Toilet, Parking Lot, Public Bathhouse
- Hospital, Evacuation Area, Bike Shop, Toyohashi Curry Udon, Morning Kaido Breakfast Shops, Shinkansen, Train Line, Atsumi Line

Caution:

- Please note that listed bicycle shops may not be able to provide repairs or other immediate services due to various circumstances.
- The "Cycle Pits" listed on this map are from April 2021. Please note that changes may have occurred since that time.



To bike safely and without worry...

- Be enrolled in "Bicycle Liability Insurance."** (Mandatory in Toyohashi as of October 1st, 2019.)
- Wear a helmet.**
- Abide by cycling laws and etiquette on the road.**

- In general, bike on roadways and not on sidewalks.
- Bike on the left side of the road.
- Abide by traffic safety rules.

Additional Notes:

- Cycling under the influence, side-by-side, or with more than 1 person on a bike is against the law.
- Use a bicycle light during evening hours.
- At intersections, abide by traffic signals and come to a complete stop before crossing the road.
- Using headphones, cellphones, etc. while cycling is against the law.
- Attach reflectors to the sides of your bike.

Map PDFs, route, and other information

Route name	1 Toyohashi Nanbu "Complete" Middle Course	2 Ushikawa Crossing Course	3 Futagawa "Searching for History" Leisurely Course	4 Roadside Station "Exciting Experience" Course	5 Oshimizu "Shining Discovery" Course
Distance (km)	49.2	20.8	11.4	19.4	15.1
Longest slope distance (m)	75	14	80	58	62
Average slope steepness (%)	Estimation for clockwise route Uphill: 2.9 Downhill: 2.8	Recommended to bike clockwise along the route Uphill: 1.7 Downhill: 1	Recommended to bike clockwise along the route Uphill: 3.7 Downhill: 2.8	Estimations for counterclockwise route Uphill: 2.7 Downhill: 3	Estimations for counterclockwise route Uphill: 2.4 Downhill: 3
Total slope distance (m)	Uphill: 316 Downhill: 321	Uphill: 5 Downhill: 3	Uphill: 112 Downhill: 108	Uphill: 148 Downhill: 142	Uphill: 105 Downhill: 109
Estimated course time	Vehicle: 1hour13minutes Bicycle: 3hours16minutes Walking: 9hours50minutes	Vehicle: 31minutes Bicycle: 1hour23minutes Walking: 4hours35minutes	Vehicle: 17minutes Bicycle: 46minutes Walking: 2hours17minutes	Vehicle: 29minutes Bicycle: 1hour17minutes Walking: 3hours33minutes	Vehicle: 23minutes Bicycle: 1hour Walking: 3hours
Estimated calories burned* (kcal)	1094	463	257	430	335

*Estimations based on a 55kg body weight and 15km/h speed. *Calories expended (kcal) = METs x Body weight x time exercised x 1.05
MET: Ratio of the rate at which energy is expended during a physical activity (riding a bike (15km/h) : 5.8)

