

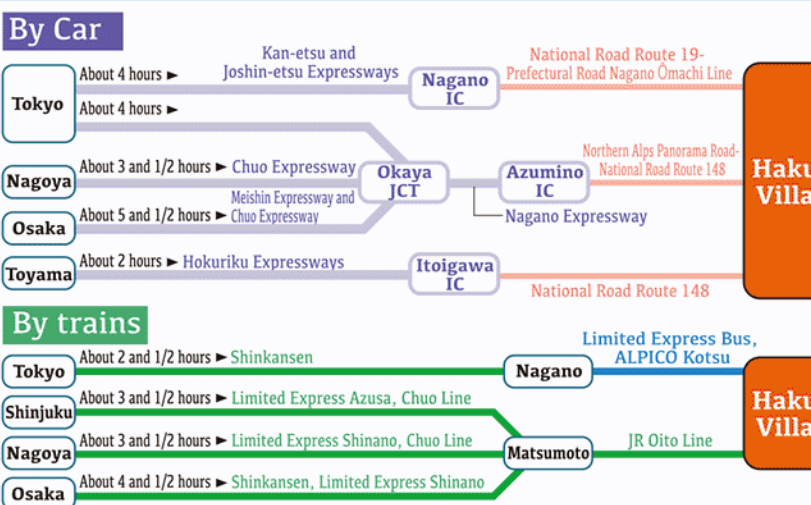
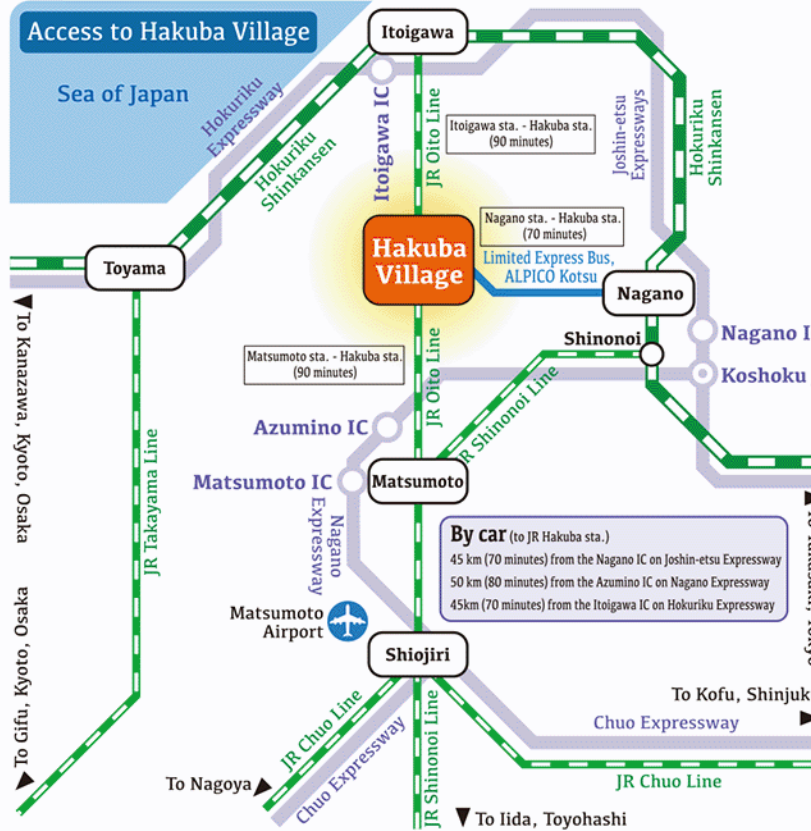
# HAKUBA Cycling Map

For Beginner and Intermediate Level Cyclists



Enjoy! Hakuba Cycling!

Provided by the Hakuba Village Office and Tourism Commission  
www.vill.hakuba.nagano.jp



## HAKUBA Cycling Map

[Project Supported by Revitalization Subsidy of Reiwai 2]  
Published by the Hakuba Village Office and Tourism Commission Issued in April, 2021  
www.vill.hakuba.nagano.jp

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### 1 Hakuba's Best Scenic Spots Route



The Hakuba Olympic Bridge was built in 1998. Beyond the clear stream of the Himekawa River, you can catch this superb view of Northern Japan Alps.

This route encompasses all of Hakuba's most attractive sights and is suggested for beginner and intermediate level cyclists. As there are no sharp ascents, you won't need to exert much energy while riding. If you start from JR Hakuba station, come across Hakuba Olympic Bridge. Then at Imori Overpass, cross the national road and you will enter the Himekawa Cycling Road along the Hime river. With little traffic, it's quite comfortable to ride along this stretch of road that goes through fields. There is more than enough to check out in the Sunsun Park Hakuba area as there are numerous stone monuments. At the Himekawa Genryu Shizen Tanshoen park, cross the national road and head back. Go along the narrow road in front of Minami Kamishiro station and you will find Teirinji Temple. In this temple, you can enjoy Katakurii, or dog tooth violet, and cherry blossoms depending on the time of year. Then go back to the national road and take a break at Michino-eki Hakuba. Don't miss a wide variety of Oyaki (Japanese dumpling with various fillings) and soft-serve ice cream with seasonal flavors. As the latter half of the course, ride along the Rinkan Route of Hakuba Goryu and head to the Hakuba Ski Jumping Stadium. Stroll around the jump ramp and the downtown of Happo. From Hakuba Ohashi Bridge, slowly make your way down the Matsukawa River Road to get back to JR Hakuba Station.

Total Distance: 27.4 km  
Elevation Gain: 349 m  
Duration: 4 hours (including breaks)



Hime River, which has been designated as one of 100 Exquisite and Well-Conserved Waters, flows from its source spring to Itoigawa City in Niigata Prefecture. This route takes you along part of the Himekawa Cycling Road, which was constructed by Hakuba Village. As the track is quite wide with less traffic, riders can enjoy themselves there.



In the Olympic Memorial Stone Carving Park, you can enjoy various outdoor stone sculptures that were exhibited at the 1998 Winter Olympics in Nagano. Beautiful Mt. Shirouma (Hakuba) and other mountains are seen behind the big windmill.



The Chokokujii Temple, which lies a little off the cycling route, is also a famous spot for its cherry blossoms. There is an astonishing weeping cherry tree that has nicely shaped branches in front of the main hall.



If you visit the Teirinji Temple in early May, the old weeping cherry tree, which is estimated to be some 400 years old, and dogtooth violet bloom at the same time. This scene is such a delight to behold.



When you run past Escal Plaza of Hakuba Goryu, you'll enjoy coasting down the gentle slope, but make sure to make a complete stop at the intersection on the way!



### 2 Scenic Short Cycling Route



Matsukawa River Road is a mild ascent with less traffic, so you will find it easy to cycle. Be prepared to be overwhelmed by the Northern Japan Alps.

This is a short, casual route where beginner level riders can enjoy. Set off from JR Hakuba station, ride along the national road for a while, and take the Matsukawa River Road from the end of the Matsukawa Bridge. Since there is not much traffic and the road is wide, it's a cyclist-friendly road. Even though it is slightly uphill, you will be at the end of the road before you know it, as you take in the scenery of the Northern Japan Alps. Once you cross over the Hakuba Ohashi Bridge, you'll arrive at the Nire Pond. This is a pond for fishing that anyone can try for a small fee. If you take the narrow road by the Nire Pond, you'll enter the Onsen town of Happo, so enjoy strolling around the town. If you continue walking further from the hot spring town, you'll arrive at the Hakuba Ski Jumping Stadium. It is highly recommended to drop by there as you can learn about the history of the Nagano Olympics and have a first-hand look at the jumping ramp. Then you may want to return to the center of the town and have a break while soaking your feet in the foot bath at Happo-no-yu onsen. Descend the road along Onaragawa River and you'll come back to the goal of JR Hakuba station.

Total Distance: 9.2 km  
Elevation Gain: 117 m  
Duration: 3 hours (including breaks and sightseeing)



You can go in and see the actual jump ramp, which attracted the world's attention during the Nagano Olympics. You'll be able to see for yourself the steep slope from the starting point at the top. In the tower, there is an Olympic gallery where precious documents and gold medals are displayed.



When viewing the Northern Japan Alps from the Hakuba Ohashi Bridge, you'll witness overwhelming nature without any artificial objects or constructions.



The Nire Pond is quite beautiful with the emerald green color. You may want to enjoy fishing there after ride.



The big cedar in front of the main hall of Shimofurinomiyama Hosono Suwa Shrine, which is estimated to be 1,000 years old, is 10 meters in diameter and 41 meters in height.



The finish of the course is a refreshing downhill from Happo-one Iriguchi (Entrance) to Onaragawa River so enjoy coasting back to JR Hakuba station.



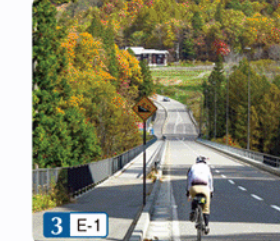
### 3 Tsugaikae Scenic Route with Various Blooms



The weeping cherry at the foot of Mt. Dengyo is called Tetsunen Cherry and is named after the man who planted it.



The Ochikura Nature Park, located at the border of Hakuba Village and Otari Village, is a wetland with free admission. As you can go around it in 20 or 30 minutes, leave your bike and stroll around. Between April and May, white arum and skunk cabbage will be in bloom.



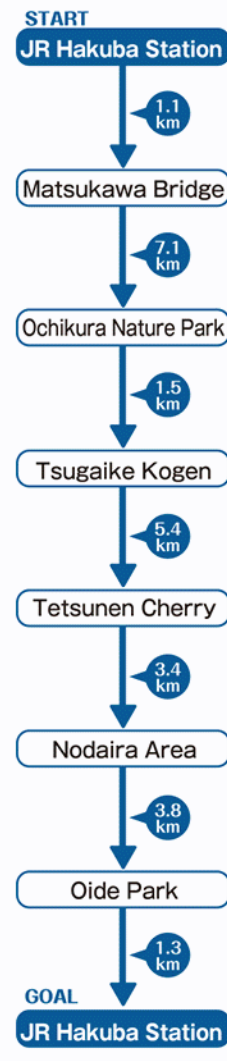
This is the Tsugaikae Panorama Bridge that leads to Tsugaikae Kogen Mountain Resort. You will see Tsugaikae Kogen Mountain Resort and the rice terraces of Otari Village. You can enjoy the green leaves in summer and the colorful fall foliage in autumn.



The single cherry tree in the Nodaira area attracts cameramen from all over Japan. It is breathtaking to see the cherry tree with the snow-capped Northern Alps in the background.

Set off from JR Hakuba station and ride along Matsukawa River Road. While taking in the view of the Northern Japan Alps spreading in front of you, ride up to the Hakuba Ohashi Bridge. Then go downhill a little bit until you pass through a short tunnel. After you pass the Hakuba Iwatake Mountain Resort, you will find the long uphill along the river so hang in there. The Ochikura Nature Park, which is free to enter, you can see white arum and skunk cabbage blooming from April to mid-May. At the end of the long, straight downhill, you will see the magnificent Tsugaikae Panorama Bridge. Below the bridge are rice terraces along the traditional semi-natural area, which are quite beautiful. A coffee break at Tsugaikae Kogen Resort will be refreshing. Go back a little bit on the same road and head toward JR Shinano Moriusu station. When you go uphill at the Nodaira area, you'll be welcomed by a beautiful cherry tree. As you head back to JR Hakuba station, enjoy the amazing scenery of Oide Park along the Hime river!

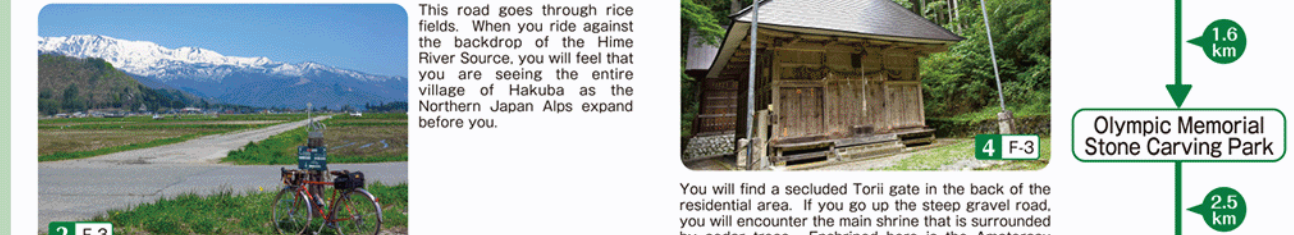
Total Distance: 23.6 km  
Elevation Gain: 424 m  
Duration: 4 hours (including breaks)



### 4 Rural Scene along the Hime River



The Hime River Source Spring is selected as one of 100 Exquisite and Well-Conserved Waters. The air is so nice and cool, even in summer.



This road goes through rice fields. When you ride against the backdrop of the Hime River Source, you will feel that you are seeing the entire village of Hakuba as the Northern Japan Alps expand before you.

This route is quite flat so you can even use a rented bike and it is full of attractions along the way. Start from the Hakuba Sanosaka Tourism Association, drop in at Michino-eki Hakuba, and take the single road through fields, which should be refreshing. The road is pretty wide so you should feel at ease riding. Pass the historic Shimmeisha Shrine and Olympic Memorial Stone Carving Park and you will arrive at Himekawa Genryu Shizen Tanshoen park. Enjoy a walk through this quiet and beautiful space. It is hard to believe that the park is situated right next to a national road. It is meticulously maintained and easy to navigate. After enjoying walking to your heart's content, head back to the goal of the Hakuba Sanosaka Tourism Association.

Total Distance: 13km (including strolling)  
Elevation Gain: 120m  
Duration: 3.5 hours (including breaks and sightseeing)



## Observe Traffic Rules, And Enjoy Safe Cycling

### Tips for safe cycling

- Cycle on the left side of the roadway in single. In Japan, vehicles drive on the left side of the road.
- Follow the Traffic Lights and Stop sign. GREEN ► GO WITH CARE. YELLOW ► DO NOT GO. RED ► STOP.
- Ride on the roadway. Do not cycle on the sidewalk expect certain situation.
- Do not use your cell phone and earbuds while cycling.
- Please wear a helmet. Fatality rate of the Cyclists without a helmet is 2.5 times as large as the ones with a helmet.

- Check and maintain your bicycle before traveling.
- Carry a puncture repair kit with you.
- Your bicycle must be equipped with head and tail lights, and a bell.

### Attention

BICYCLE RIDERS in Hakuba Village and all of Nagano Prefecture. Nagano Prefecture is Promoting Safe and Enjoyable Cycling. Please scan the QR code with your smartphone, For more safety information.

## Activities

In Hakuba, you can enjoy a wide variety of activities that connect you with mother nature at the foot of the great Northern Alps. Coupled with cycling, why don't you try out something new? For further details, use the QR Code on the right.



## Bike Rental Places

Name	Phone Number	MAP
Hakuba 47 Mountain Sports Park	0261-75-3533	C-3
Happo Information Center	0261-72-3066	A-1
Hakuba Sanroku Tours	0261-72-6900	B-1
Ojisan-no-mise	0261-72-2129	B-2
Ryuseikaen	0261-85-2183	B-2
Spicy Iwatake	0261-72-2479	E-2
Hakuba Sanosaka Tourism Association	0261-75-2811	C-4
Evergreen Outdoor Center	0261-72-5150	A-1
Service Shop 360°	0261-72-4669	E-1

## Hakuba Village-Medical

Name	Type and Services Offered	Phone Number	MAP
Hakuba Clinic	Internal medicine, General Surgery, Orthopedics, etc.	0261-75-4123	C-4, E-3
Shintani Clinic	Internal medicine, General Surgery, Orthopedics, etc.	0261-75-4177	C-3
Kurita Clinic	Internal medicine, General Surgery, Orthopedics, etc.	0261-72-2428	B-2
Yokosawa Clinic	Internal medicine, General Surgery, etc.	0261-72-2008	B-2
Kamishiro Clinic	Internal medicine, etc.	0261-75-7050	E-2

If you have symptoms like fever, coughing and fatigue, and suspect that you may be infected by COVID-19, please scan the QR code on the right. Please do the same if you need clinical assistance on weekends and/or holidays.

## General Information about Hakuba Village

Discover the Hakuba Valley local insights from locals who know. Plan & book it all; Places to Stay, Things to Do, Restaurants, and more. Explore with us today.

The green season from spring to autumn, you can truly enjoy the great outdoors. From mountain climbing and hot springs to historical sights and local specialties, you'll need more than one day to fit everything in!

## General Information on Cycling

The Japan Alps Cycling Project is an association for promoting Nagano Prefecture's attractions through cycling. When you visit our website, you'll find events and bike routes in Nagano. <https://japanalpscycling.jp>

TABIRIN INTERNATIONAL is the website for cyclists. You can find more detailed information about 4 cycling routes to enjoy Hakuba listed on this guide map. <https://en.tabi-rin.com/>

## Cyclist-friendly Accommodations

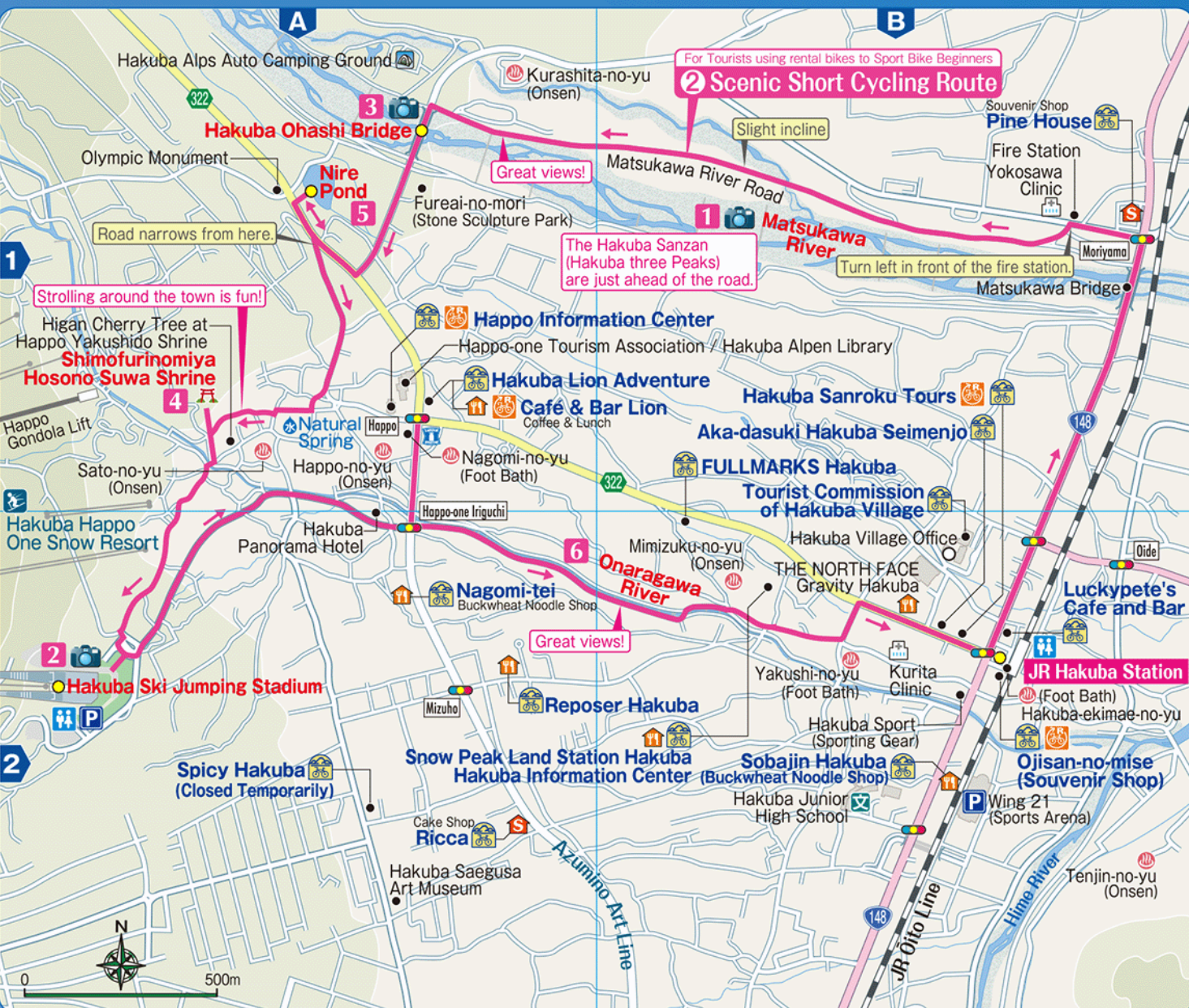
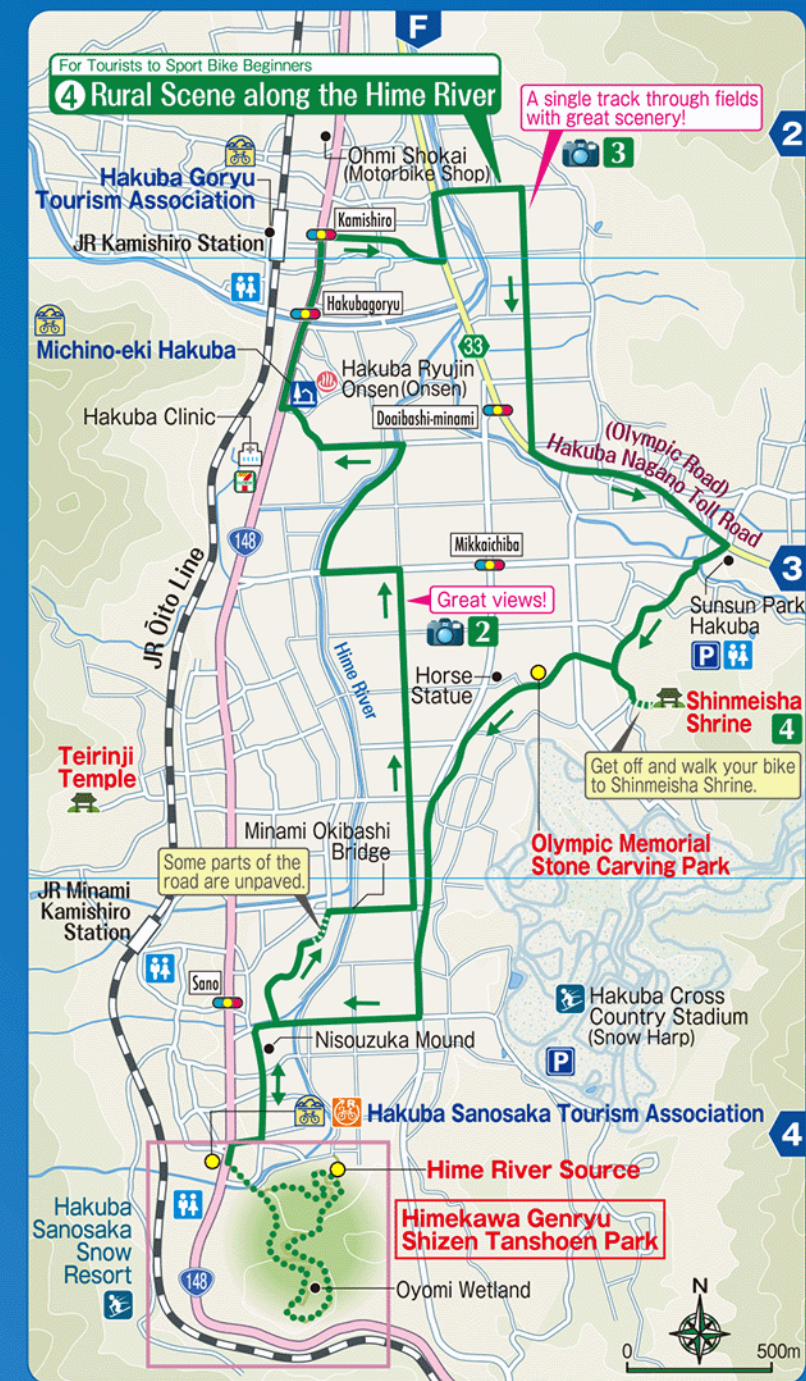
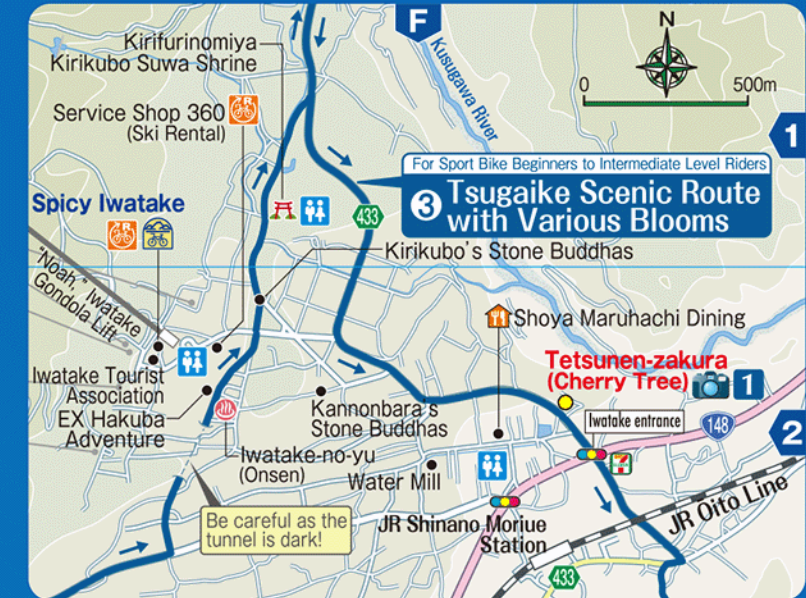
In Hakuba Village, there are numerous accommodations for cyclists, which are also members of the Tourism Commission of Hakuba Village. Please scan the QR code on the right to view the list of accommodations.



# HAKUBA

## Cycling Map

For Beginner and Intermediate Level Cyclists



### 4 Cycling Routes to Enjoy Hakuba

**1 Hakuba's Best Scenic Spots Route**  
 For Sport Bike Beginners to Intermediate Level Riders  
 Total Distance: 27.4 km  
 Duration: 4 hours (including breaks)  
 Elevation Gain: 349 m  
 Calories burned: 700 kcal

**2 Scenic Short Cycling Route**  
 For Tourists using rental bikes to Sport Bike Beginners  
 Total Distance: 9.2 km  
 Duration: 3 hours (including breaks and sightseeing)  
 Elevation Gain: 117 m  
 Calories burned: 230 kcal

**3 Tsugaiké Scenic Route with Various Blooms**  
 For Sport Bike Beginners to Intermediate Level Riders  
 Total Distance: 23.6 km  
 Duration: 4 hours (including breaks)  
 Elevation Gain: 424 m  
 Calories burned: 700 kcal

**4 Rural Scene along the Hime River**  
 For Tourists (using rental bikes) to Sport Bike Beginners  
 Total Distance: 13 km (including strolling)  
 Duration: 3.5 hours (including breaks and sightseeing)  
 Elevation Gain: 120 m  
 Calories burned: 320 kcal

### Hakuba Cycle Station

The cycling station is where you can drop in with ease to take a coffee break, mend your bike, and gain some local information.

Name of facility	Service	Map
Tourist Commission of Hakuba Village	📍 📄 📞	B-2
Hakuba Goryu Tourism Association	📍 📄 📞	D-4 F-2
Hakuba 47 Mountain Sports Park	📍 📄 📞	C-3
Happo Information Center	📍 📄 📞	A-1
Snow Peak Land Station Hakuba Hakuba Information Center	📍 📄 📞	B-2
Hakuba Sanroku Tours	📍 📄 📞	B-2
Spicy Hakuba (Closed temporarily)	📍 📄 📞	A-2
Ojisan-no-mise (souvenir shop)	📍 📄 📞	B-2
Spicy Iwatake	📍 📄 📞	F-2
Michino-eki Hakuba	📍 📄 📞	D-4
Sanosaka Tourism Association	📍 📄 📞	D-5 F-5
Escal Plaza, Hakuba Goryu	📍 📄 📞	D-4
Farmers' Dining Hakuba Sodachi	📍 📄 📞	D-4
Hakuba Green Sports Forest	📍 📄 📞	D-3
Ryuseikaen (B&B) Meteor Garden	📍 📄 📞	D-3
Ricca (cake shop)	📍 📄 📞	A-2
Reposer Hakuba	📍 📄 📞	A-2
Nagomi-tei (buckwheat noodle shop)	📍 📄 📞	A-2
Cafe & Bar Lion	📍 📄 📞	A-1
"La Neige" Higashikan, Hakuba Resort Hotel	📍 📄 📞	D-2
roots café	📍 📄 📞	D-2
FULLMARKS Hakuba	📍 📄 📞	B-2
Aka-dasuki Hakuba Seimenjo	📍 📄 📞	B-2
Sobajin Hakuba	📍 📄 📞	B-2
Kappa-tei (Restaurant)	📍 📄 📞	E-3
Pine House (souvenir shop)	📍 📄 📞	B-1
3301 Hakuba	📍 📄 📞	D-2
The Big Hakuba	📍 📄 📞	D-3
Luckypete's Cafe and Bar	📍 📄 📞	B-2

- 📍 Tourist Information
- 📄 Rental bicycles
- 📞 Tools and air pumps
- 📞 Toilets

- #### Map Legends
- 148 National Road
  - 630 Prefectural Road
  - Local Road
  - JR Oito Line
  - Hakuba Cycle Station
  - Rental Bicycles
  - Eatery
  - Ideal Photo Spot
  - Michino-eki
  - Shop
  - Parking
  - Onsen
  - Camping Ground
  - Hospital
  - Shrine
  - Temple

Calories burned are estimated figures based on METs.