

## Access to Toyama



**By Car**  
(access to Toyama IC)  
Approx. 4 hr 30 min  
from Nerima IC  
Approx. 4 hr 15 min  
from Toyonaka IC  
Approx. 3 hr  
from Ichinomiya IC

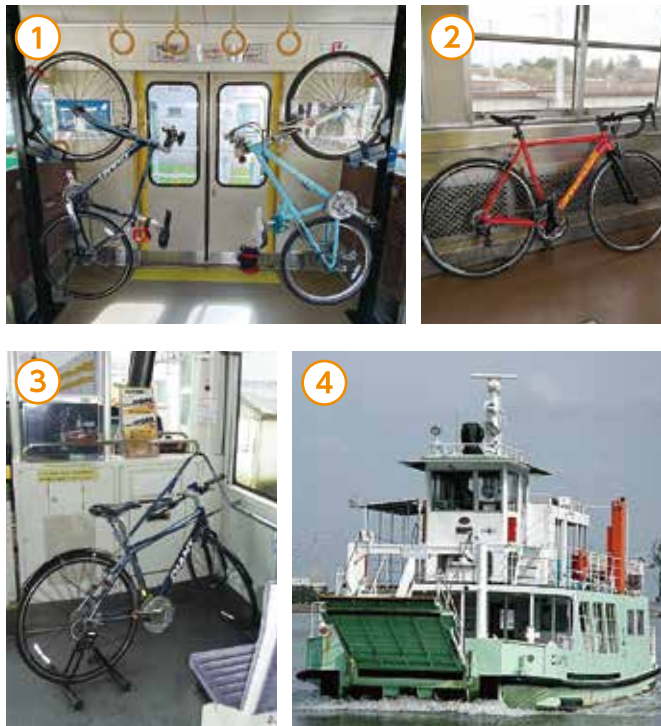
**By Shinkansen and  
Limited Express**  
Approx. 2 hr 10 min  
from Tokyo  
Approx. 3 hr  
from Osaka  
Approx. 2 hr 50 min  
from Nagoya

**By Airplane**  
Approx. 1 hr  
from Haneda Airport  
Approx. 1 hr 30 min  
from Shin-Chitose Airport

\*The estimated time is calculated excluding transfer time as the shortest time from the departure station.

Find more detailed access map here ▶

## Enjoy cycling more, using the Cycle Train and the ferry!



Bring your bicycle in the Cycle Train or the ferry, without folding it. Recommended for cyclists who want to enjoy a one-way cycling trip or to expand the cycling area. Please visit websites in advance to find about operation days, reservations and notices.

### The Cycle Train and the ferry Information

#### ①Ainokaze Toyama Railway "Ainokaze Cycle Train"

A Cycle Train that lets you on board with your bicycle from Toyama, Higashi-Toyama or Namerikawa Station, turn around at Tomari Station, to get off at Nyuzen or Kurobe Station. Prior reservation from website is needed. For inquiries, please contact Ainokaze Toyama Railway (☎ 076-444-1300).



#### ②Toyama Chihou Railway "Cycle Train"

A Cycle Train available on all train lines on weekends, holidays, and the New Year holidays. Check the website on how to board. For group rides of party of 5 or more, contact Inarimachi Driving District in advance (☎ 076-432-5546).



#### ③Manyo Line "Cycle Tram"

A Cycle Tram operates from April 1 to November 30 and cyclists must make a reservation two days in advance. Two bicycles are allowed on the tram per reservation, one reservation each for AM and PM, first come first serve. Find out how to make a reservation on the website. For inquiries, please contact General Affairs Section (☎ 0766-25-4139 (weekdays 8:30-17:30)).



#### ④Toyama Prefectural Ferry "Koshinokata Ferry"

A free ferry that operates between Koshinokata and Horika. Load your bicycle on the ferry, and enjoy the magnificent scenery of Shinminato Bridge from the ferry on the sea. A party of 30 or more must make a reservation to board the ferry. No group reservations are accepted for Saturdays, Sundays and national holidays.



## CYCLIST-FRIENDLY HOTELS

Facilities where cyclists can stay comfortably are certified as "CYCLIST-FRIENDLY HOTELS".



↑You can bring your bike straight into your guest room!

### Services available to cyclists

- Bicycles can be brought into guest rooms.
- Bicycles can be stored in a lockable area.
- Rental of air pumps and repair tools
- Luggage storage
- Receipt and delivery of parcels (including bicycles) etc...



## CYCLE FURATTO

Convenience stores along the courses are certified as "CYCLE FURATTO" as facilities where cyclists can stop for a break.

### Services available to cyclists

- Use of bike racks
- Rental of air pumps and repair tools
- Restrooms etc...



↑Look for this symbol!

## Enjoy all spots of Toyama through cycling

The Toyama Prefecture offers the "Toyama Bay Cycling Route" to experience the nature's scenery of Toyama Bay which is a member of the Most Beautiful Bays in the World, the "Countryside Cycling Route" to enjoy the beauties of forests, villages, and the mountains of Toyama, and the "Bay and Countryside Cycling Route" that connects the two routes.



### Tips for Safe and Fun Bike Riding

- Ride a bike safely obeying all traffic rules.
- Is your bike ready for use? Check again to see if there are no problems with your bike's brake and tire pressure.
- Wear a helmet for your safety.
- Take your garbage with you to preserve the beauty of our nature.
- Bicycle and pedestrian paths are designed only for cyclists and pedestrians. Cars and motorcycles are prohibited to enter the areas.
- Ride safely with care for pedestrians while keeping your bike at a moderate speed.

# TOYAMA CYCLING MAP



## Helpful Information

### Toyama Cycling Official Website "Toyama Cycle Navi"

The website offers route details, recommended spots, rental bicycles, and other useful information for you to enjoy cycling.



### Toyama Tourism Organization Official Website "Tourism Information in Toyama"

You can get a lot of information that make your trip more enjoyable, for example, about sightseeing spots, experience opportunities, foods, souvenirs, events, festivals and how to access. Find more about sightseeing in Toyama from here.



### Toyama Cycling Association

The association, which consists of cycling lovers living in Toyama, holds cycling events by itself and also provide support for other cycling events. You can see details about cycling events held in Toyama here.



### Toyama Cycling Official Social Media "TOYAMA TEN-TEN CYCLE TRIP"

Official Instagram



Official X



◆ If an accident occurs  
Give first aid to the injured, if any, and then make an emergency call.

**Emergency 119 / Police 110**

◆ If you are looking for a medical facility  
**Toyama Medical Information Guide**



◆ If you find any road defects  
**Call #9910 for a road emergency**  
\*If the defect is found on harbor roads or fishing port roads, please contact each administrator.



◆ Toyama Cycling Official Website  
**"Toyama Cycle Navi"**  
HP: <https://cycling-toyama.jp/en/>



### [Contact]

1-7 Shinsogawa, Toyama, 930-8501

**About this Cycling Map**  
Tourism Promotion Office,  
Regional Revitalization Bureau, Toyama Prefecture  
☎ 076-444-4116

**About Cycling Route**  
Roads Division, Public Works Department,  
Toyama Prefecture  
☎ 076-444-3319

Issued in February, 2024

## Enjoy delicious food of Toyama!

### Enjoy delicious seafood of Toyama Bay!



**Yellowtail** (Best season: October - February)  
Yellowtail caught in Toyama Bay become firm and plump in the cold sea currents, and are the prized catch of Toyama Bay. You can enjoy yellowtail in various dishes such as shabushabu, thickly sliced sashimi, boiled with salt, buri-daikon (boiled with daikon radish in soy sauce) and other dishes.



**Firefly Squid** (Best Season: March - June)  
The firefly squid has numerous photophores on the surface of its small body. On spring nights, they create a mysterious scene of pale lights flickering on the sea; it is indeed the Mystery of Toyama Bay.



**Japanese Glass Shrimp** (Best Season: April - November)  
The shrimp is known as the jewel of Toyama Bay for its crystal-like body. You can experience their delightful taste in the form of sweet and melting sashimi or crispy kakiage fritters, only caught in Toyama.



**Red Snow Crab** (Best Season: September - May)  
The crabs are messengers of autumn in Toyama Bay. The meat is juicy and has a refined sweetness, and the crab paste is exquisite. The red snow crabs caught in Toyama Bay is known as Koshi no Akagani.

### Other Pleasures of Toyama's Food



**Trout Sushi**  
Topped with pale pink trout and covered with young bamboo leaves, this pressed sushi is sure to whet your appetite. Needless to say, it is one of Toyama's specialties. Your appreciation of traditional Toyama favorite will deepen as you compare the subtle differences in flavor of each shop's original recipe.



**Toyama Black Ramen**  
The ramen noodle is famous for its black soup. Originally served as a salty side dish for rice by labor workers. Various colored ramen soups have become popular: there are green, white, and brown ramen soups, besides the original black.



**Toyama Bay Sushi**  
Toyama Bay is known as a natural fish tank. Only seasonal fish caught in the bay are lavishly used for the local dish, called Toyama Bay Sushi. It is the best sushi you can try and taste only in Toyama.

Find Toyama Bay Sushi restaurants here ▶



## Lots of cycling events in Toyama!



### Toyama Bay Cycling

A cycling event utilizing the cycling route to fully experience the beauties of Toyama Bay, a member of the Most Beautiful Bays in the World. Enjoy local tastes and specialties at aid stations along the bay area.



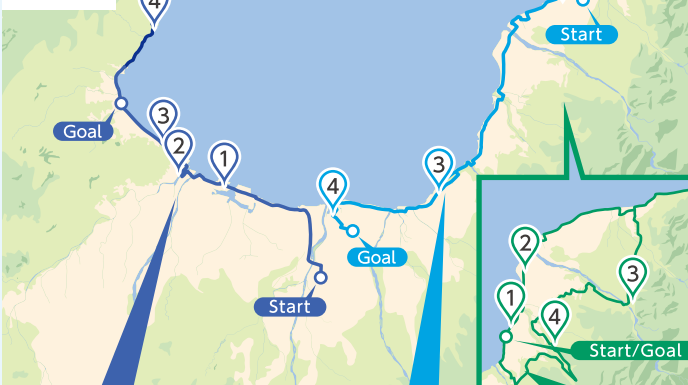
### Granfondo Toyama

A cycling event for cyclists to ride from sea level Toyama Bay to the World Heritage Gokayama. The long course is set with 180 km with elevation of 1,900 m, with the mountain area accounting for about 30% of the total length of the course, making it every bit as good as races in Italy.



## Recommended Cycling Routes - Toyama Bay Cycling Route -

A route that cross the Toyama Prefecture along the coastal area with a view of Toyama Bay, a member of the Most Beautiful Bays in the World. A cycling event, Toyama Bay Cycling, is held for cyclists to enjoy the magnificent scenery and local food.



### West Route

Distance: Approx. 65 km  
Time Required: Approx. 5.5 hours  
Max. Height Difference: Approx. 35 m

### East Route

Distance: Approx. 75 km  
Time Required: Approx. 6 hours  
Max. Height Difference: Approx. 15 m

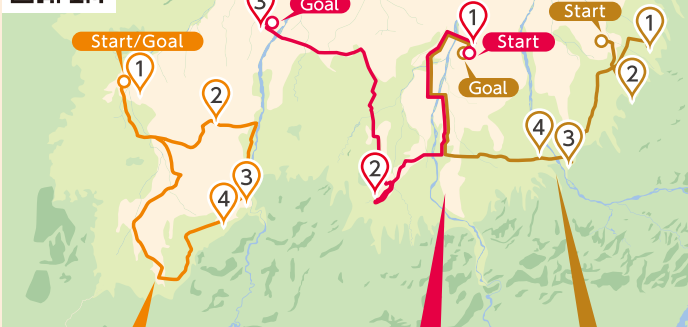
### Niikawa Route

Distance: Approx. 100 km  
Time Required: Approx. 8.5 hours  
Max. Height Difference: Approx. 195 m

\*Time required is calculated at a speed of 12 km/h.

## Recommended Cycling Route - Countryside Cycling Route -

A route to ride through the countryside scenery feeling Toyama's history and culture such as the Zuiryuji Temple. Enjoy the view of the panoramic view of the Tateyama Mountain Range, and the Toyama Plains looking down from the hilly route.



### Oyabe - Tonami - Nanto Route

Distance: Approx. 65 km  
Time Required: Approx. 5.5 hours  
Max. Height Difference: Approx. 135 m

### Yatsuo - Imizu - Takaoka Route

Distance: Approx. 50 km  
Time Required: Approx. 4 hours  
Max. Height Difference: Approx. 110 m

### Kamiichi - Tateyama - Toyama Route

Distance: Approx. 55 km  
Time Required: Approx. 4.5 hours  
Max. Height Difference: Approx. 185 m

\*Time required is calculated at a speed of 12 km/h.

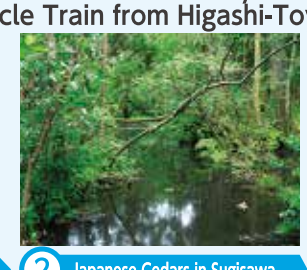
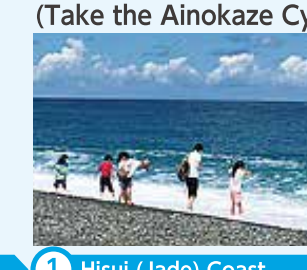
### West Route

#### Toyama Station



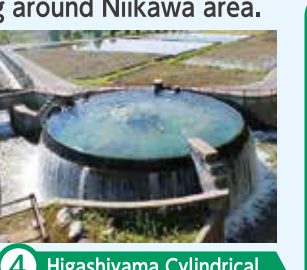
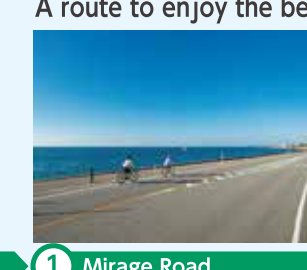
### East Route

#### Nyuzen Station



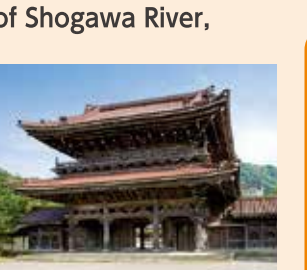
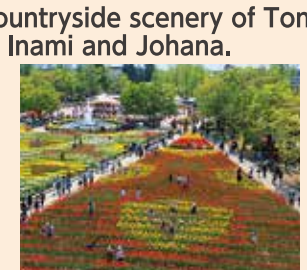
### Niikawa Route

#### Higashi-Toyama Station



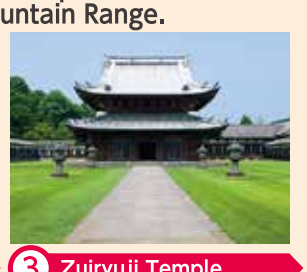
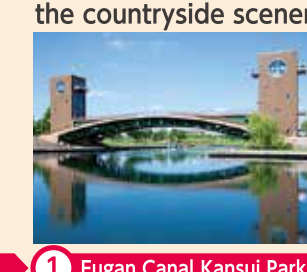
### Oyabe - Tonami - Nanto Route

#### Isurugi Station



### Yatsuo - Imizu - Takaoka Route

#### Toyama Station



### Kamiichi - Tateyama - Toyama Route

#### Kamiichi Station







# Cycle Station and Cycle Cafe

## ◆ Toyama Bay Cycling Route Cycle Station

	Name/Address	Open Hours	Closed Day	Telephone
1	Himi City Fishery Cultural Exchange Center 71 Chu-machi, Himi	9:00~17:00	Wednesdays (or the following day, if Wednesday falls on a National holiday) the weekday following a national holiday, and year-end and New Year holidays	0766-74-8018
2	Himi Banya-gai Harbour Market 25-5 Kitao-machi, Himi	Fresh Fish and Grocery Stores 8:30~18:00 *Open hours may change according to shops and facilities. 9:00~17:00 *Subject to change depending on conditions	January 1st *Fresh fish stores are closed when the first auction is closed.	0766-72-3400
3	Roadside Station Amaharashi 24-74 Ota, Takaoka		Open all year round	0766-53-5661
4	Kaiwomaru Park (Imizu Tourist Information Center) 2 Kaio-machi, Imizu	9:00~17:00	Wednesdays (or the following day, if Wednesday falls on a national holiday) Year-end and New Year holidays	0766-83-0255
5	Kairyu Sports Land 2 Kairyushin-machi, Imizu	9:00~21:00 *Closed at 19:00 on Sunday and national holidays	Tuesdays Year-end and New Year holidays	0766-86-8310
6	Restaurant Sazan 2 Kairyushin-machi, Imizu	11:00~22:00		0766-86-2033
7	Iwase Canal Hall 48 Iwasetenjin-machi, Toyama	9:30~17:00	Year-end and New Year holidays	076-438-8446
8	Hamakurosaki Campground 3385-1 Hamakurosaki, Toyama	9:00~17:00	Year-end and New Year holidays	076-438-5767
9	Seaside Station Shinkiro 2500-2 Muraki-teibowari, Uozu	9:00~18:00	2nd Wednesdays (No fixed holidays in May, August and December)	0765-24-4301
10	Roadside Station KOKO Kurobe 925 Horikiri, Kurobe	8:30~21:00	Open all year round	0765-54-3266
11	Fish Station Ikuji 265 Ikuji-nakaku, Kurobe	9:00~16:00	Wednesdays (the following day if it falls on a national holiday) New Year holidays	0765-57-0192
12	Hisui Terrace 3239-6 Miyazaki, Asahi-machi	8:30~17:30 *Closed at 16:00 during winter season.	Year-end and New Year holidays	0765-83-3015

	Name/Address	Open Hours	Closed Day	Telephone
1	HIMI GLAMPING RESORT WHARF & CO. 4644 Kitao-machi, Himi	11:00~21:00	Closed one more day each month (not fixed)	0766-75-2629
2	Seaside café Soratoki 3583 Yanaida, Himi (4th Floor, Himi Seaside Park)	11:00~17:00 *A reservation is required for dinner after 17:00.	Tuesdays (Open the following day of a national holiday, partially open in August) Year-end and New Year holidays	0766-91-0770
3	Home Roasted Coffee & Café Loiter 621-1 Shimao, Himi	9:00~23:00 ※Wednesdays: 13:00-23:00	Open all year round	0766-50-9975
4	Amaharashi cafeteria 5027-1 Ota, Takaoka	11:30~17:30	Tuesdays and Wednesdays	0766-60-1035
5	Fushiki Acoustic Cafe Kaigandouri 1-263 Fushiki -Kokubu, Takaoka	10:00~19:00	Mondays (or the following day, if Monday falls on a national holiday) 3rd Tuesdays	0766-44-4044
6	Kataro Coffee 5-2 Fushikichuomachi, Takaoka-shi	11:00~18:00	Mondays and Tuesdays	070-3527-5519
7	B-CUBE 8 Kaio-machi, Imizu (inside the Kaiwomaru Park)	11:00~17:00	Wednesdays Closed on two more days each month (not fixed)	0766-53-5754
8	Thirplay Ashiarai Onsen 1-5 Ashiarashinmachi, Imizu	11:00~22:00	Thursdays	0766-30-3525
9	Hotel Koshi 4648 Kaigandori-shinmachi, Toyama	8:00~21:00	No fixed holidays	076-437-9111
10	Panorama Restaurant Kosai 410 Nakagawara, Namerikawa	11:00~18:00	Tuesdays between June 1 and March 19 (or the following day, if Tuesday falls on a national holiday) Year-end and New Year holidays, and three days after the last Monday in January	076-476-1370
11	Dining Bar Marmite Ansan 98-1 Tsubokawa, Namerikawa	11:30~14:00 18:00~LAST	No fixed holidays	076-475-3355
12	Italian Restaurant Delphino 1073-2 Aojima, Uozu	11:00~14:00 18:00~20:30	Wednesdays and Thursdays	0765-22-1970
13	Ishida Fisherina Seminar House Hamaishida, Kurobe	9:00~17:00	Winter (Dec-Feb) only Wednesdays	0765-52-5777
14	Molto Buono MAHALO KUROBE 6781-3 Ishida, Kurobe	11:00~15:00 17:00~20:00	Mondays (or the following day, if Monday falls on a national holiday)	0765-57-3900
15	Nyuzen Hama Marche 251-1 Shimo-ino, Nyuzen-machi (inside the Nyuzen Deep Sea Water Park)	9:00~17:00	Mondays Year-end and New Year holidays	0765-76-9100
16	Cafe Fukami 228-2 Hirayanagi, Asahi-machi	11:30~17:00 *Saturday, Sunday and 11:30~18:00	Tuesdays	0765-83-3030
17	Restaurant Yui 3239 Miyazaki, Asahi-machi	10:00~16:00	Mondays - Thursdays Year-end and New Year holidays	0765-83-0707

## ◆ Countryside Cycling Route

	Name/Address	Open Hours	Closed Day	Telephone
1	Green Park Yoshimine Center (Cafe Chamomile) 12 Yoshimine-Nobiraki, Tateyama-machi	11:00~16:30 *Saturday, Sunday and national holidays: 10:00~16:30	Tuesday	076-483-8022

	Name/Address	Open Hours	Closed Day	Telephone
1	4TUNE COFFEE 603 Sugita, Yatsuo Town, Toyama	10:00~17:00	Thursdays	070-3410-1328
2	Keijusha Washi Bunko (Tearoom Papyrus) 668-4 Kagami-machi, Yatsuo-machi, Toyama	10:00~17:00 Admission until 16:30	Mondays (or the following day, if Monday falls on a national holiday)	076-455-1184
3	Yasuragi-an 4-5-2 Ekinan, Takaoka	11:30~14:00 *Dinner (from 5:30 p.m.) by reservation only	Mondays (or the following day, if Monday falls on a national holiday)	0766-25-0505

## ◆ Bay and Countryside Cycling Route

	Name/Address	Open Hours	Closed Day	Telephone
1	Toyama General Sports Center (Adjacent to Toyama Kitokito Airport)	9:00~21:00 *Sunday and national holidays: Closed at 19:00	Tuesdays (It's open if Tuesday falls on a national holiday) Year-end and New Year holidays	076-429-5455

	Name/Address	Open Hours	Closed Day	Telephone
1	Toyama Jiyukan 9-1 Minatoinfune-cho, Toyama	9:00~18:00	No fixed holidays	076-444-2100

Open hours and closed day may be changed.