

Access to Toyama

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

CYCLIST-FRIENDLY HOTELS

Enjoy all spots of Toyama through cycling

TOYAMA CYCLING MAP



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

By Shinkansen and Limited Express
Approx. 2 hr 5 min from Tokyo
Approx. 2 hr 35 min from Osaka
Approx. 2 hr 35 min from Nagoya

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

*The estimated time is the shortest time from the departure station.

Find more detailed access map here



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 to November (until winter season) 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 Horikata. 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.

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

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...

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

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!



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.



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

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.

◆ 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/

Maintenance status

① Navigator lines
 Blue lines drawn in intervals to mark the courses.

② Junction guidance signs
 Directions provided at course junctions.

③ Destination Distance Markers
 Marks approximately every 5km and the distance to bike stations, etc.

④ Overall course information signs
 Information on courses, and tourist facilities, provided at cycle stations.

*②③ apply only to the Toyama Bay Course.

Image of future developments

(*Toyama Bay Cycling Course)

① New arrow road markings, etc.
 Blue arrow-shaped road markings will be placed at regular intervals along the course to serve as course markers. Bicycle pictograms and the NCR logo will also be displayed at junctions.

② Enhancements of junction guidance signs, destination distance markers, etc.

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.

Route Info

West Route	East Route	Niikawa Route
Distance: Approx. 65 km Time Required: Approx. 5.5 hours Max. Height Difference: Approx. 35 m	Distance: Approx. 75 km Time Required: Approx. 6 hours Max. Height Difference: Approx. 15 m	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.

West Route

A route to tour around the west area of Toyama Bay while enjoying the world's most magnificent scenery of the Tateyama Mountain Range over the sea.

Toyama Station
 ① Kaiwomaru Park & Shinminato Bridge
 ② Shokoji Temple
 ③ Amaharashi Coast
 ④ Tateyama Mountain Range over Abugashima Island

East Route

A route to tour around the east area of Toyama Bay from Nyuzen Station. (Take the Ainokaze Cycle Train from Higashi-Toyama Station to Nyuzen Station.)

Nyuzen Station
 ① Hisui (Jade) Coast
 ② Japanese Cedars in Sugisawa (Sawasugi Nature Center)
 ③ Hotaruika Museum
 ④ Iwase Townscape

Niikawa Route

A route to enjoy the beach, forests, villages and mountains in Toyama, touring around Niikawa area.

Higashi-Toyama Station
 ① Mirage Road
 ② Shozu Tour in Ikuji
 ③ Aimoto Bridge
 ④ Higashiyama Cylindrical Water Diversion Tank

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.

Route Info

Oyabe - Tonami - Nanto Route	Yatsuo - Imizu - Takaoka Route	Kamiichi - Tateyama - Toyama Route
Distance: Approx. 65 km Time Required: Approx. 5.5 hours Max. Height Difference: Approx. 135 m	Distance: Approx. 50 km Time Required: Approx. 4 hours Max. Height Difference: Approx. 110 m	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.

Isurugi Station

A route to enjoy the countryside scenery of Tonami Plains, clear streams of Shogawa River, and the townscapes of Inami and Johana.

① Cross Land Oyabe
 ② Tonami Tulip Park
 ③ Shogawa Aqua Memorial Park (Shogawa Wood Plaza)
 ④ Zuisenji Temple

Takaoka Station

A route to tour around Yatsuo area and Zuiryuji Temple (National Treasure) enjoying the countryside scenery along the Tateyama Mountain Range.

① Fugan Canal Kansui Park
 ② Yatsuo Townscape
 ③ Zuiryuji Temple
 ④ Great Buddha of Takaoka

Dentetsu-toyama Station

A route to tour around the spiritual places from Kamiichi Station. (Take the Cycle Train from Dentetsu-Toyama Station to Kamiichi Station.)

① A row of hemlock trees at Gammozan Ryusen-ji Temple
 ② Oiwasan Nissekiji Temple
 ③ Oyama Shrine Maedateshadan
 ④ Jyosai Gokuchi Irrigation System

[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

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