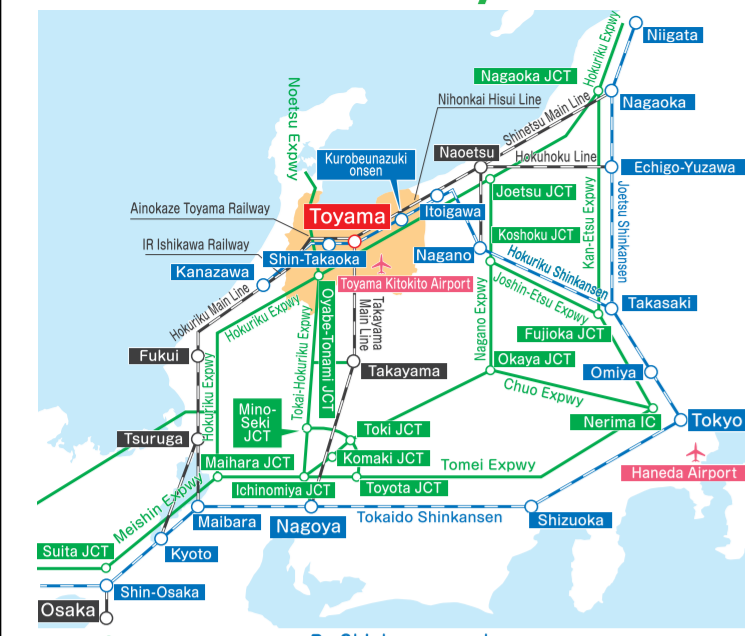


Access to Toyama



By Car (access to Toyama IC) **By Shinkansen and Limited Express** **By Airplane**

Approx. 4 hr 50 min from Nerima IC
 Approx. 4 hr 15 min from Toyonaka IC
 Approx. 3 hr from Ichinomiya IC

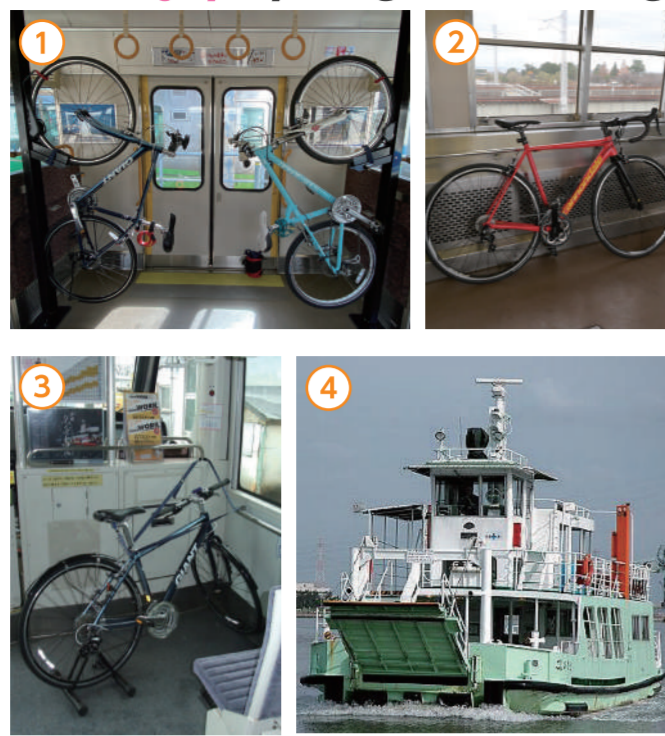
Approx. 2 hr 10 min from Tokyo
 Approx. 3 hr 4 min from Osaka
 Approx. 2 hr 40 min from Nagoya

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!



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 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 the Railway Division (☎ 0766-22-1196).

④Toyama Prefectural Ferry "Koshinokata Ferry"
 A free ferry that operates between Koshinokata and Horioka. 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.

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.

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. Enjoy the whole of Toyama with a good combination of the three cycling routes, gourmet and sightseeing spots.



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.
- Move to a safe place as soon as possible in cases of heavy rain or wind.

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.



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 kagiage 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](#)

Tips to Prevent the Spread of Covid-19

Keep in mind to observe the rules below.

- Try to keep yourself in good shape not to get injured or sick to create heavy burden on medical facilities. Plan flexibly to allow you to adjust cycling routes and pacing.
- Bring a mask with you. Wear the mask, when taking a break or talking to someone, except when cycling.
- Frequently wash and sanitize your hands.
- Keep a distance of two bikes (about four meters) from the bike in front of you to prevent further spread of the virus when riding a bike.
- Be sure to avoid the Three Cs (crowded places, close contacts and confined spaces) when stopping or taking a break somewhere.
- When eating, keep your distance from others and avoid sitting in front of someone, and refrain from talking.



MAKE TOYAMA STYLE
 The website shows actions of Toyama residents and businesses to achieve a good balance between prevention of Covid-19 and social economic activities.

Let's install Covid-19 Contact-Confirming Application (COCO).

Find information about Toyama's Covid-19 status 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.



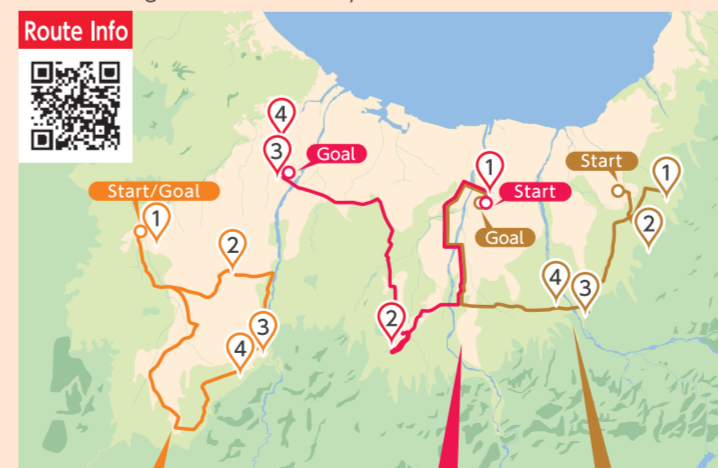
Granfondo Toyama

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 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.

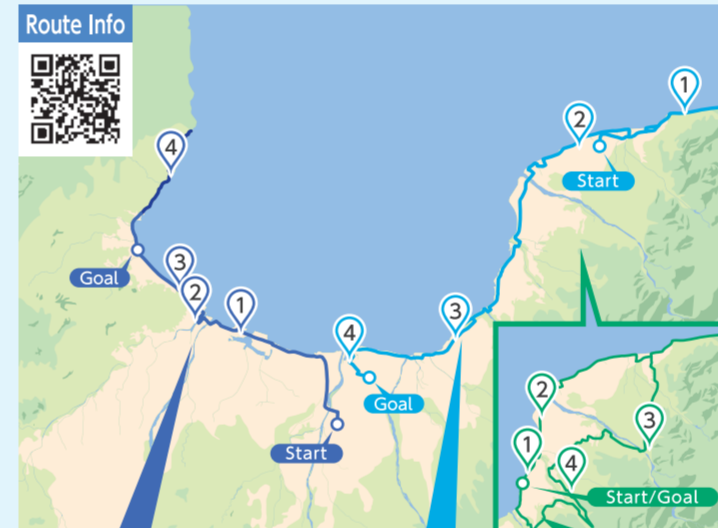


Oyabe - Tonami - Nanto Route Distance: Approx. 65 km Time Required: Approx. 5.5 hours Max. Height Difference: Approx. 135 m	Yatsuo - Imizu - Takaoka Route Distance: Approx. 50 km Time Required: Approx. 4 hours Max. Height Difference: Approx. 110 m	Kamiichi - Tateyama - Toyama Route Distance: Approx. 55 km Time Required: Approx. 4.5 hours Max. Height Difference: Approx. 185 m
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*Time required is calculated at a speed of 12 km/h.

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

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

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

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

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

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

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

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

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

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

Kamiichi Station	Dentetsu-toyama Station
1 A row of hemlock trees at Ganmokuzan Ryusen-ji Temple	1 Oiwasan Nissekiji Temple
2 Oiwasan Nissekiji Temple	2 Oyama Shrine Maedateshadan
3 Oyama Shrine Maedateshadan	3 Jyosai Gokuchi Irrigation System
4 Jyosai Gokuchi Irrigation System	4 Jyosai Gokuchi Irrigation System

[Contact]

1-7 Shinsogawa, Toyama, 930-8501

About this Cycling Map
 Tourism Promotion Office, Tourism & Transportation Promotion Bureau, Toyama Prefecture
 ☎ 076-444-9690

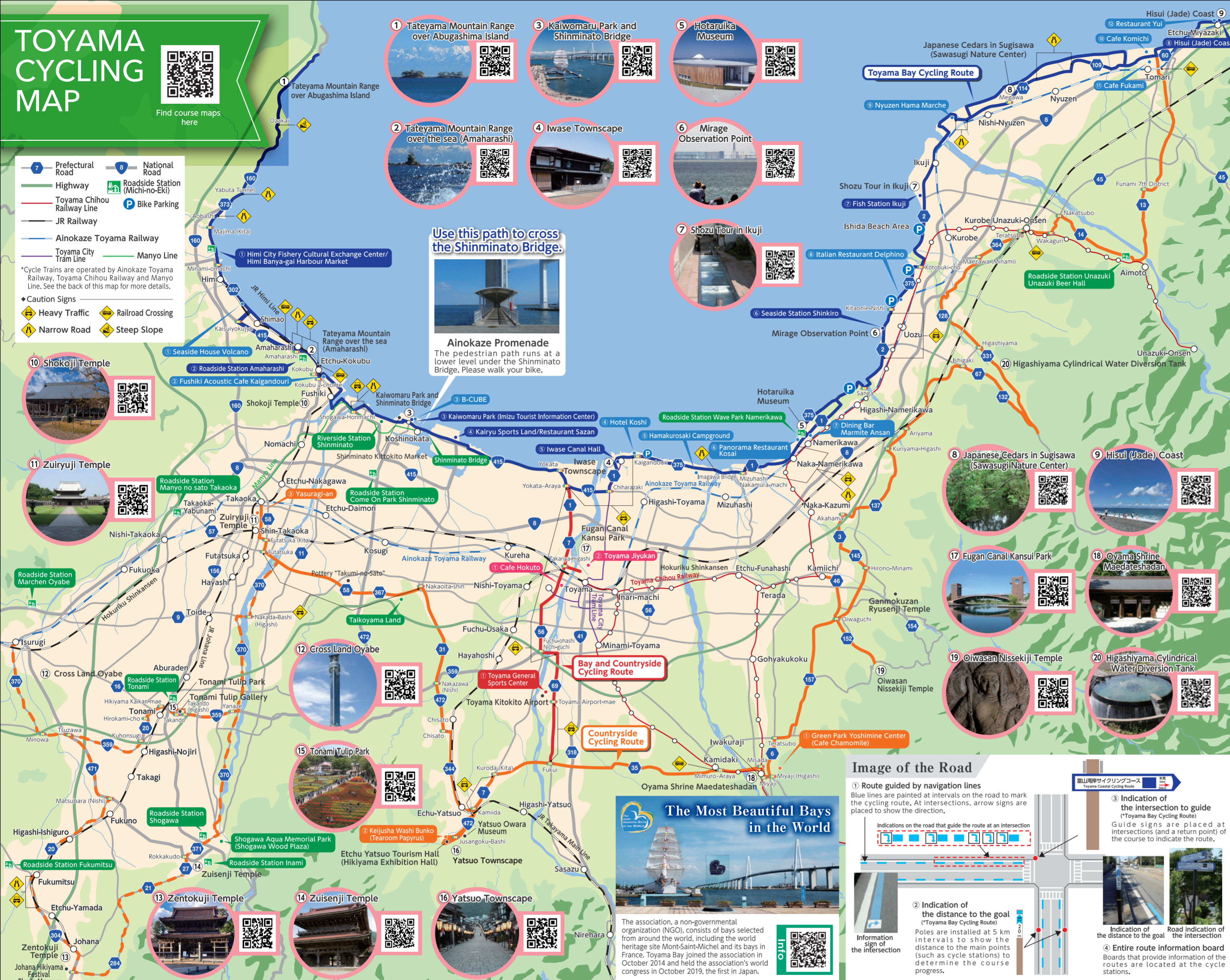
About Cycling Route
 Roads Division, Public Works Department, Toyama Prefecture
 ☎ 076-444-3319

TOYAMA CYCLING MAP



Find course maps here

- 7 Prefectural Road
 - 6 National Road
 - Highway
 - Roadside Station (Michi-no-Eki)
 - Toyama Chihou Railway Line
 - Bike Parking
 - JR Railway
 - Ainokaze Toyama Railway
 - Toyama City Tram Line
 - Manyo Line
- *Cycle Trains are operated by Ainokaze Toyama Railway, Toyama Chihou Railway and Manyo Line. See the back of this map for more details.
- Caution Signs
- Heavy Traffic
 - Railroad Crossing
 - Narrow Road
 - Steep Slope



Use this path to cross the Shinminato Bridge.

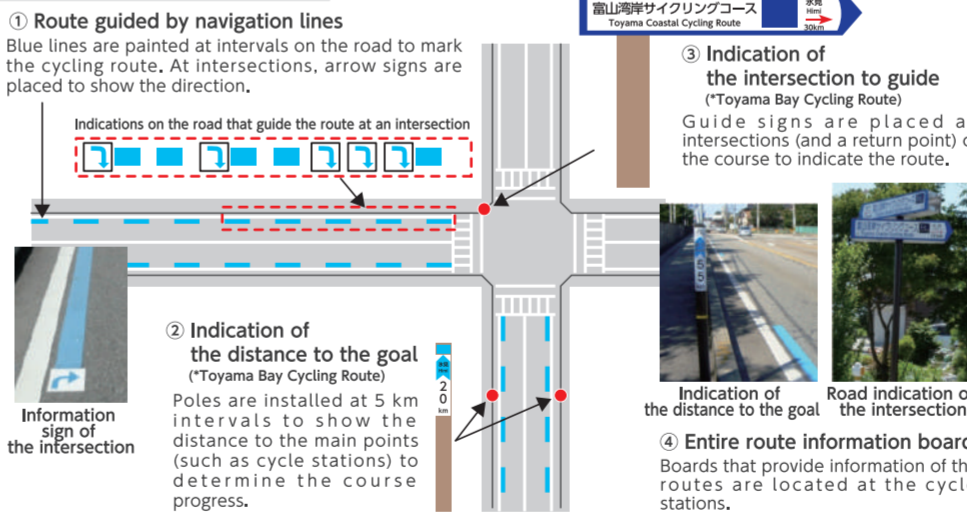


Ainokaze Promenade
The pedestrian path runs at a lower level under the Shinminato Bridge. Please walk your bike.

The Most Beautiful Bays in the World

The association, a non-governmental organization (NGO), consists of bays selected from around the world, including the world heritage site Mont-Saint-Michel and its bays in France. Toyama Bay joined the association in October 2014 and held the association's world congress in October 2019, the first in Japan.

Image of the Road



Cycle Station and Cycle Cafe

◆ Toyama Bay Cycling Route

Name/Address	Open Hours	Closed Day	Telephone
Himi City Fishery Cultural Exchange Center 7-1 Chuo-machi, Himi	9:00~17:00	Wednesday (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
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.	January 1st *Fresh fish stores are closed when the first auction is closed.	0766-72-3400
Roadside Station Amaharashi 24-74 Ota, Takaoka	Weekday 10:00~16:00 Sunday, Saturday, and national holidays 10:00~17:00	Open daily	0766-53-5661
Kaiwamaru Park (Imizu Tourist Information Center) 2 Kaio-machi, Imizu	9:00~17:00	Wednesday (or the following day, if Wednesday falls on a national holiday) Year-end and New Year holidays	0766-83-0255
Kairyu Sports Land 2 Kairyushin-machi, Imizu	9:00~21:00 *Closed at 19:00 on Sunday and national holidays.	Tuesday Year-end and New Year holidays	0766-86-8310
Restaurant Sazan 2 Kairyushin-machi, Imizu	11:00~22:00		0766-86-2033
Iwase Canal Hall 48 Iwasetenjin-machi, Toyama	9:30~17:00	Year-end and New Year holidays	076-438-8446
Seaside Station Shinkiro 2500-2 Muraki-tenbowari, Uozu	9:00~18:00	2nd Wednesday (No fixed holidays in May, August and December)	0765-24-4301
Fish Station Ikuji 265 Ikuji-nakaku, Kurobe	9:00~18:00	Wednesday New Year holidays	0765-57-0192
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

Cycle Cafe

Name/Address	Open Hours	Closed Day	Telephone
Seaside House Volcano 3583 Yanaida, Himi (4th Floor, Himi Seaside Park)	11:00~17:00 *A reservation is required for dinner after 17:00.	Tuesday (open on some Tuesdays in August) Year-end and New Year holidays	0766-91-0770
Fushiki Acoustic Cafe Kaigandouri 1-263 Fushiki-Kokubu, Takaoka	10:00~19:00	Monday (or the following day, if Monday falls on a national holiday) 3rd Tuesday	0766-44-4044
B-CUBE 8 Kaio-machi, Imizu (inside the Kaiwamaru Park)	11:00~17:00	Wednesday Closed on two more days each month (not fixed)	0766-53-5754
Hotel Koshi 4648 Kaigandori-shinmachi, Toyama	8:00~21:00	No fixed holidays	076-437-9111
Hamakurosaki Campground 3385-1 Hamakurosaki, Toyama	9:00~17:00	Wednesday between October and April Year-end and New Year holidays	076-438-5767
Panorama Restaurant Kosai 410 Nakagawara, Namerikawa	11:00~21:00 Sept.-Feb.: Closed at 17:00	Tuesday 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
Dining Bar Marmite Ansan 98-1 Tsubokawa, Namerikawa	11:30~14:00 18:00~LAST	No fixed holidays	076-475-3355
Italian Restaurant Delphino 1073-2 Aojima, Uozu	11:00~14:00 18:00~21:00	Thursday Closed one more day each month (not fixed)	0765-22-1970
Nyuuzen Hama Marche 251-1 Shimoiino, Nyuuzen-machi (inside the Nyuuzen Deep Sea Water Park)	9:00~17:00	Monday Year-end and New Year holidays	0765-76-9100
Cafe Komichi 466-8 Higashi-kusano, Asahi-machi (in Furusato Museum of Art)	10:00~17:00	Monday and Tuesday Year-end and New Year holidays	090-4329-1171
Cafe Fukami 228-2 Hirayana, Asahi-machi	11:30~18:00	Tuesday	0765-83-3030
Restaurant Yui 3239 Miyazaki, Asahi-machi	10:00~16:00	Monday - Thursday Year-end and New Year holidays	0765-83-0707

◆ Countryside Cycling Route

Name/Address	Open Hours	Closed Day	Telephone
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
Keijusha Washi Bunko (Tearoom Papyrus) 668-4 Kagami-machi, Yatsuo-machi, Toyama	10:00~17:00	Monday (or the following day, if Monday falls on a national holiday)	076-455-1184
Yasuragi-an 4-5-2 Ekinan, Takaoka	11:30~20:30 *Closed at 18:00 if there are no reservations received.	Monday (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
Toyama General Sports Center 18-3 Akiyashima, Toyama (Adjacent to Toyama Kitokito Airport)	9:00~21:00 *Sunday and national holidays: Closed at 19:00	Tuesday (It's open if Tuesday falls on a national holiday) Year-end and New Year holidays	076-429-5455
Cafe Hokuto 777 Gofuku, Toyama (inside the Suiboku Museum)	10:00~17:30	Monday *Closed when the museum is closed	076-431-3357
Toyama Jiyukan 9-1 Minatoinune-cho, Toyama	9:00~18:00	No fixed holidays	076-444-2100

Touring one of the most beautiful bays in the world

Toyama Bay cycling Route

Himi City (up to the border to Ishikawa Prefecture) to Asahi Town (up to the border to Niigata Prefecture)

A course to cross the Toyama Prefecture along the coastal area with the view of Toyama Bay, a member of the Most Beautiful Bays in the World.
[Total Distance] Approx. 102 km
[Estimated Time Required] Approx. 8.5 hours (at a speed of 12 km/h) [Max. Height Difference] 335 m

Touring sightseeing spots enjoying the view of the Tateyama Mountain Range

Countryside cycling Route

Asahi Town (connecting to the Toyama Bay Cycling Route) to Oyabe City (Isurugi Station)

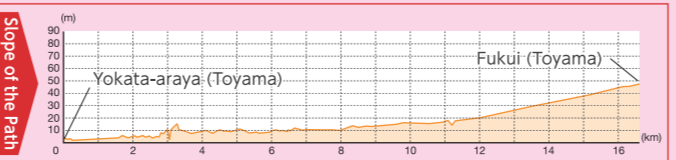
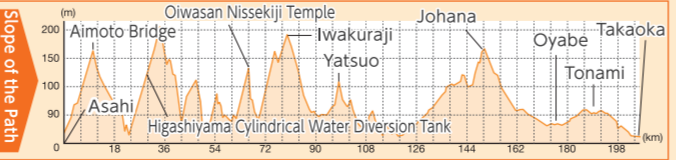
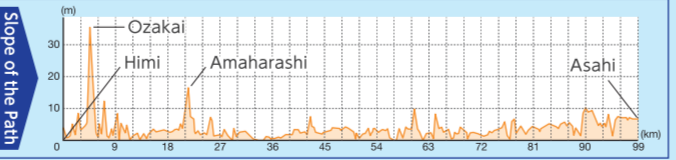
A course to ride through the countryside area feeling the history and culture of Toyama, such as the Zuiryujii Temple, a National Treasure.
*The route extension work on the Toyama western areas (Tonami, Nanto, and Oyabe Cities) are to be completed in FY2020.
[Total Distance] Approx. 199 km (after the course extension work is completed)
[Estimated Time Required] Approx. 16.5 hours (at a speed of 12 km/h) [Max. Height Difference] 191 m

Connecting Toyama's Sea, Forests, Villages and Mountains

Bay and Countryside cycling Route

Toyama City (Yokata-araya Intersection on National Road 415) to Toyama City (Fukui Intersection on the prefectural road, Toyama-Sasazu Road)

A course connecting Toyama Bay Cycling Route and Countryside Cycling Route.
[Total Distance] Approx. 18 km
[Estimated Time Required] Approx. 1.5 hours (at a speed of 12 km/h) [Max. Height Difference] 51 m



About Cycle Station and Cycle Cafe

For a more convenient ride on the route, cyclists can receive a variety of services at many facilities: cycle stations (including roadside stations) and cycle cafes (including cafes and restaurants) that offer bicycle racks, rental bicycle pumps, repair tools, restrooms, and drinking water. Rental bicycles are also available at cycle stations.



Open hours and closed day may be changed.