

Bike Rental Spot

The cyclist friendly East Shizuoka Area has a growing number of bicycle rental services you can access. With plenty of models such as electric bikes and sports bikes to choose from, you can enjoy a light cycle whilst you sight-see or have a more intense long cycle depending on your preference.



NUMAZU Cycle Station Shizuura Higashi

沼津サイクルステーション 静岡東

[OPEN] 9:00-17:00 Fri, Sat, Sun, Holidays (Last Entry 15:00)
[CLOSE] Mon-Thu [TYPE] Cross Bike [FEE] ¥1,000 / day
[ADDRESS] 30-23 Kuchino, Numazu-city, Shizuoka
[TEL] +81(0)80-4596-9694



Roadside station Kurura Heda

道の駅 くるら戸田

[OPEN] 9:00-16:30 (Last Entry 15:00) [CLOSE] Irregular
[TYPE] Cross Bike [FEE] ¥1,000 / day
[ADDRESS] 1294-3 Heda, Numazu-city, Shizuoka
[TEL] +81(0)558-94-5151



Harenohi Cycle

ハレノヒサイクル

[OPEN] 24hours, Open all-year-round [TYPE] Electric Bike
[FEE] ¥100 / 15min, ¥1,500 / 12h
[COVERAGE] Mishima-city, Numazu-city, Nagaizumi-cho, Shimizu-cho



ATAMI-Tricycle

熱海トライサイクル

[OPEN] 9:30-18:00 (9:30-17:00 on Dec. to Mar.)
[TYPE] eBike [FEE] ¥1,500 / 4h ~
[ADDRESS] 1F 9-1Taharahoncho, Atami-city, Shizuoka

サイクリストフレンドリー!な東部エリアは、レンタルサイクルサービスも続々と増加中。電動アシスト自転車からスポーツタイプとさまざまな車種があり、観光地をのんびり巡るボタリングから、本格的なロングライドにまで対応できる。目的に合った自転車をレンタルしてみよう。



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KONA STAY

コナステイ

[OPEN] 8:00-20:00 [TYPE] eBike, Cross Bike
[FEE] Guests : ¥1,800 / 4h, General : ¥3,600 / 4h
[ADDRESS] 307 Kona, Izunokuni-city, Shizuoka
[TEL] +81(0)55-948-0055



Izu vélo

いずペロ

[OPEN] 9:00-17:00 [TYPE] eBike, Cross Bike, Mountain Bike
[FEE] ¥500 / 1h, ¥1,000 / 4h, ¥2,000 / day
[ADDRESS] 1F , 633-9 Kashiwakubo, Izu-city, Shizuoka
[TEL] +81(0)558-72-0111



MERIDA X BASE

メリダ X ベース

[OPEN] 9:00-18:00 [TYPE] eBike, Cross Bike, Road Bike
[FEE] ¥2,500 / 2h ~
[ADDRESS] Izu Villiage 195-2 Takyo, Izunokuni-city, Shizuoka
[TEL] +81(0)558-77-2727



IZU GATEWAY KANNAMI

(MERIDA XPERIENCE CENTRE)

道の駅 伊豆ゲートウェイ函南 (メリダ エクスベリエンスセンター)
[OPEN] 9:00-18:00 [TYPE] eBike, Road Bike [FEE] ¥1,000 / h ~
[ADDRESS] 887-1 Tsukamoto, Kannami-cho, Tagata-gun, Shizuoka [TEL] +81(0)55-979-1112

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East Shizuoka CYCLING



》 about FIEJA !

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INSTAGRAM

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世界へ **NIPPON** を発信!

East Shizuoka Cycling

静岡県東部サイクリング

Shizuoka is easily accessible from Tokyo and the Chukyo area and is perfect for cycling no matter the season. The East Shizuoka area feels completely different depending on the place, season and time you are there, and attracts many people with its extraordinary view of the tallest mountain in Japan, Mt Fuji. Enjoy a refreshing cycling trip in this area.

首都圏や中京圏からアクセスも良く、オールシーズンでサイクリングが楽しめる静岡県。東部エリアでは、日本一高い山「富士山」をよりダイナミックに楽しむことができる。このエリアを爽快感たっぷりに、それぞれの季節を感じながら、サイクリングで旅してみよう。

Area 1 Gotemba/Susono/Oyama

御殿場・裾野・小山町

Area 2 Fuji/Fujinomiya

富士・富士宮

Area 3 Mishima/Shimizu

三島・清水町

Area 4 Kanogawa area

狩野川周辺



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伊豆急サイクルトレイン

伊豆急サイクルトレイン

A convenient service that can take your bicycle on the Izuiky-Line Cycle Train. You can cycle the places you want and the rest travelling by train.

[Valid Area] Izuiky-Line: Minami-Ito Station - Izuiky Shimoda Station

[Note] 1 bicycle per customer. Up to 6 bicycles per train.



伊豆箱根サイクルトレイン

伊豆箱根 サイクルトレイン

You can take your bicycle on the Izu Hakone Railway Sunzu Line. Recommended for beginners who haven't experienced long distance cycling.

[Valid Area] Sunzu Line: Mishima - Shuzenji (Except Mishima-Hirokoji, Baraki and Makinoko)

[Note] 1 bicycle per customer. Up to 6 bicycles per train.



東海バス サイクルラックバス

東海バス サイクルラックバス

The Bus has bicycle racks on the bus, making it easy to travel with your bikes that runs a mountain route.

[Valid Area] Amagi Line: Shuzenji Station - Kawazu Station

[Note] Can load 2 bicycles at the front of the bus and 1 bicycle inside.

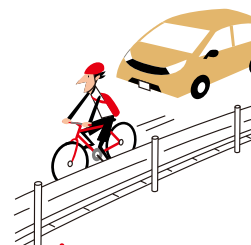


The five rules for bicycle safety

自転車の安全利用五則

1 Bicycles should ride on the roadways, and only the following cases can ride on the sidewalk.

自転車は、車道が原則、歩道は例外のみ通行可



exception 例外

- When there is a road sign indicating "Bicycles are allowed on the sidewalk."
- Under 13 years old, over 70 years old or a disabled person.
- When it is difficult to pass on the left hand side of the road due to roadworks or a series of parked cars.
- When there is a significant volume of cyclists.
- 歩道に「普通自転車歩道通行可」の標識があるとき。
- 13歳未満の子どもや70歳以上の高齢者、身体の不自由な人が自転車を運転しているとき。
- 道路工事や連続した駐車車両のため、左側通行が困難な場合、また、著しく自動車の通行量が多いとき。

4 Follow the safety rules

安全ルールを守る

- No drunk cycling
- No riding double
- No cycling side by side

飲酒運転・二人乗り・並進の禁止



- Turn on your lights at night

夜間はライトを点灯



- Obeying traffic lights and stopping at intersections
- Do safety checks

交差点での信号遵守と一時停止・安全確認

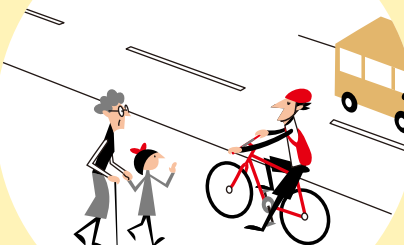
2 Keep to the left side on roadways

車道は左側を通行



3 The sidewalk is prioritized for pedestrians

歩道は歩行者優先で、車道寄りを徐行



5 Children must wear helmets

子どもはヘルメットを着用



Other Languages

Gotemba/Susono/Oyama

御殿場・裾野・小山町



Gotemba city/御殿場市

Course data コースデータ

Starting / goal point :
Gotemba Station

スタート＆ゴール：御殿場駅



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Total distance : 88km

総距離：88km

Total time required : 6 hours

所要時間：約6時間

Maximum elevation difference : 680m

最大標高差：680m

FUJISAN JUKU NO MORI 富士山 樹空の森

Play, learn and heal
within nature at Juku
no mori

大自然で遊んで、学んで、癒される

A new park facility in Gotemba, the rooftop terrace allows a great view of Mount Fuji. In the "Mt. Fuji Sky Theater" you can experience a screening of Mount Fuji throughout the four seasons.

[ADDRESS] 1380-15 Inno, Gotemba-city,
Shizuoka 静岡県御殿場市印野1380-15
[OPEN] 9:00-17:00 (Dec. to Feb. 9:00-16:00)
[CLOSE] Tuesday [TEL] +81(0)550-80-3776



FUJISAN JUKU NO MORI / 富士山樹空の森

Gotemba Kogen Resort TOKI NO SUMIKA 御殿場高原 時之栖



GKB / ジーケービー

Enjoy hot springs,
food, shopping and
accommodation at this
resort facility

天然温泉、グルメ、ショッピング、
宿泊まで満喫できる総合リゾート施設

A vast area with fancy restaurants and great accommodation in Gotemba Kogen with a beautiful view of Mount Fuji. Why not try some Gotemba Kogen beer whilst you're there!



TOKI NO SUMIKA / 時之栖

[ADDRESS] 719 Koyama, Gotemba-city, Shizuoka
静岡県御殿場市神山719 [TEL] +81(0)550-87-5500



Gotemba Bakery Biquette 御殿場 ベーカリー ビケット

Bread made with delicious water from
Mt. Fuji 富士山のおいしい水でつくったこだわりパン



Delicious fluffy bread made with highly selective domestic wheat and fresh water from Mt Fuji and baked in an Mt Fuji lava kiln oven.



[ADDRESS] 2-8-10 Higashitanaka, Gotemba-city,
Shizuoka 静岡県御殿場市東田中2-8-10
[OPEN] 9:00-18:30 [CLOSE] Tuesday
[TEL] +81(0)550-73-0150

A lap around Gotemba, Susono and Oyama.

御殿場市、裾野市、小山町の2市1町をぐるりと一周走るコース。

Gotemba MTB & RUN Park 御殿場MTB&RUNパーク



TOKI NO SUMIKA / 時之栖

Experience the mountain roads on your mountain bike!
山道をマウンテンバイクで走る、舗装道ではできない体験を！

The uneven ground and rough surfaces are easy enough to enjoy and appeal to many. You can also rent a mountain bike and shoes.

[ADDRESS] 312 Futago, Gotemba-city,
Shizuoka 静岡県御殿場市二子312
[TEL] +81(0)80-4369-3061
[OPEN] 10:00-16:00

Fuji International Speedway 富士スピードウェイ

One of Japan's leading international circuits

日本を代表する国際サーキットのひとつ

The home of Japanese Motorsports: Formula 1, SUPER GT, FIA World Endurance Championship, and etc, have been held since 1966.



[ADDRESS] 694 Nakahinata, Oyama-Cho, Sunto-Gun, Shizuoka
静岡県駿東郡小山町中日向694



SUBASHIRI Roadside Station 道の駅すばしり

Relax in a footbath at
the Subashiri road-
side rest stop

足湯に浸かって、一息つける道の駅

A place to relax after sightseeing Mount Fuji. Wash away your sweat after cycling and enjoy a peaceful bath in Subashiri Onsen Tenkei.

[ADDRESS] 338-44 Subashiri, Oyama-cho, Shizuoka 静岡県小山町須走338-44
[OPEN] 9:00-20:00 [TEL] +81(0)550-75-6363



SUBASHIRI Roadside Station / 道の駅すばしり

Garden Cafe Hitoyasumi ひとやすみの庭



Take a break at a garden café rich in greenery

自然豊かなガーデンカフェでひと休み

On the outside, the café looks like it's from a fairy tale and has a beautiful garden. Enjoy a lunch plate filled with vegetables or a home-made dessert.

[ADDRESS] 855-2 Suganuma, Oyama-cho,
Shizuoka 静岡県駿東郡小山町菅沼855-2
[OPEN] 11:00-17:00
[CLOSE] Wednesday, Thursday
[TEL] +81(0)550-76-7272

Goryu Waterfall 五竜の滝

A waterfall in a
lushly green
Japanese
Garden style park

日本庭園造りの
緑豊かな公園にある滝

Goryu Waterfall is a certified Shizuoka Prefecture Natural Monument and gets its name from its 5 streams. We recommend viewing it from the rope bridge inside the park.



[ADDRESS] 7-1 Senpuku, Susono-city, Shizuoka
静岡県裾野市千福7-1

Fuji/Fujinomiya 富士・富士宮

A tour course going up Fujikawa, one of the top 3 fastest rivers in Japan, enjoying a panoramic scenery of tea fields, then finally seeing a magnificent view of Mount Fuji from Lake Tanuki and Asagiri Kougen.

日本三大急流富士川沿いを上り、茶畑のパノラマビュー、田貫湖や朝霧高原から雄大な富士山が望めるコース。



Mt.Fuji World Heritage Centre, Shizuoka 静岡県富士山世界遺産センター

The Facility of Learning and Experiencing Mt.Fuji

富士山を学び、体験できる施設

The spectacular appearance is shaped like the upside down Mt.Fuji, and the helical slope leads upward inside the exhibition hall. You can learn the history, culture, and nature of Mt. Fuji while ascending the slope. Please enjoy the feeling of climbing Mt. Fuji.

[ADDRESS] 5-12 Miya-cho, Fujinomiya-city, Shizuoka
静岡県富士宮市宮町5-12 [OPEN] 09:00-17:00
[TEL] +81(0)544-21-3776

■Course data コースデータ

Starting / goal point :
Shin Fuji Station

スタート＆ゴール：新富士駅

Total distance : 98km 総距離：98km

Total time required : 7 hours

所要時間：約7時間

Maximum elevation difference : 890m

最大標高差：890m



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Roadside Rest Area FUJIKAWA-RAKUZA 富士川楽座



A grand view of Fuji River and Mt.Fuji.

目の前に広がる大きな富士川と富士山の景色

This roadside station can be accessed through either the highway or local roads. Dine at the restaurants that serve the local cuisine, or simply enjoy a nice little rest stop.

[ADDRESS] 1488-1 Iwabuchi, Fuji-city, Shizuoka
静岡県富士市岩淵1488-1

GUEST HOUSE KIKUSUI Mt. FUJI 富士山ゲストハウス掬水



City-central guest houses with a service of rental bicycle 街中でE-BIKEをレンタルできるゲストハウス

A guesthouse renovated from a long-established Kappo Ryokan. It also rents E-BIKES to make your trip to the Asagiri Plateau and the 5th station of Mt. Fuji.

[ADDRESS] 22-3 Motoshiro-cho, Fujinomiya-city, Shizuoka
静岡県富士宮市元城町22-3 [TEL] +81(0)544-26-3456

Mt.Fuji Brewing



Brewery/Restaurant That Looks Up Over Mt.Fuji

富士山を仰ぐブルワリーレストラン

Taste delicious craft beers made using Mount Fuji's natural spring water and enjoy some delicacies that you can only experience here.

[ADDRESS] 4-5 Omiya-cho, Fujinomiya-city, Shizuoka
静岡県富士宮市大宮町4-5 [TIME] Lunch.11:00-14:00 / Dinner.
17:00-21:00(20:30L.O.) [CLOSE] Tuesday [TEL] +81(0)544-66-5223

Caution: Do not ride while under the influence of alcohol.

Omiya Yokochō お宮横丁



Take A Rest On Good Old Side Street

懐かしの横丁でホッとひと息

A complex facility of shops and stores located right in front of Hongu Sengen Taisha, offers you local food and sweets.

[ADDRESS] 4-23 Miya-cho, Fujinomiya-city, Shizuoka
静岡県富士宮市宮町4-23 [TIME] 10:00-17:30
[CLOSE] Depending on the store.

Lake Tanuki 田貫湖



A peaceful and comfortable lakeside with a pleasant breeze

平坦で穏やか、風が心地よい湖畔

A lake so famous and popular for its beautiful scenery of "Diamond Fuji" which is a combination of Mt.fuji and the sunrise from atop.

[ADDRESS] 634-1 Saori, Fujinomiya-city, Shizuoka
静岡県富士宮市佐折634-1



Asagiri plateau 朝霧高原



The vast plateau 1000 m above sea level at the west base of Mt Fuji

富士山西麓に広がる標高1000mの高原

No matter the season, Asagiri Kougen has a beautiful view of greenery and cattle. You can now rent an E-BIKE from Asagiri Food Park, Makai Farm, Fuji Milkland and Fumotoppara.

[ADDRESS] Nebara, Fujinomiya-city, Shizuoka 静岡県富士宮市根原



Shiraito Falls 白糸の滝



A power-spot surrounded by healing negative ions

マイナスイオンに包まれる癒しのパワースポット

A magnificent and somehow divine waterfall, which is recognized as one of the assets of Mt.Fuji, the world heritage site.

[ADDRESS] Kamiide, Fujinomiya-city, Shizuoka
静岡県富士宮市上井出

En-Ya Mt. Fuji Ecotours 緑や



Guided E-Bike Ecotour & Glamping

Exploring Mt Fuji by e-bike in this unique ecotour. The local guide shows the nature and wildlife of Mt. Fuji in the National Park. After the cycling, relax at the glamping site while enjoying the magnificent view of Mt. Fuji. Check details. <https://www.mtfujiecotours.com/>

[ADDRESS] 8-2 Kariyado, Fujinomiya-city, Shizuoka
静岡県富士宮市狩宿8-2 [CONTACT] info@ecologic.or.jp



#dilettante cafe ディレッタントカフェ



A fashionable café alongside Genpei river

源兵衛川 沿いにあるおしゃれカフェ

Enjoy an Italian lunch made with local produce, such as vegetables, fresh fish and seafood caught in Numazu bay, whilst listening to the sound of the river stream.

[ADDRESS] 1-1 Midorimachi, Mishima-city, Shizuoka
静岡県三島市緑町1-1 [OPEN] Lunch.11:30-16:00 (LO15:00) on Wednesday to Sunday Dinner.18:00-22:00(L.O21:00) on Friday, Saturday, Sunday [CLOSE] Monday, Tuesday



Genbe River 源兵衛川

Appreciate the clear river streams.

清流のせせらぎを満喫

Genbe river, which runs through the center of Mishima, has become the city's symbol. It's beauty has led to it being used as a filming location for many TV shows. A nice place to have a small break from cycling.

[ADDRESS] Shibahoncho, Mishima-city, Shizuoka
静岡県三島市芝本町

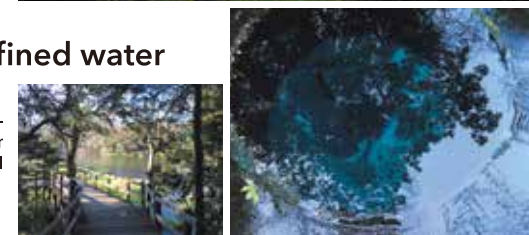
Kakita River Park 柿田川公園

Beautiful crystal clear and refined water

透明度の高い洗練された美しさ

Kakita River is a nationally designated natural monument and was born from Mount Fuji's melted snow over the course of many years. The crystal clear waters will surely take your breath away.

[ADDRESS] 86 Fushimi, Shimizu-cho, Sunto-gun, Shizuoka
静岡県駿東郡清水町伏見86 [TEL] +81(0)55-975-7155



FIEJA

Area 3 Mishima/Shimizu

三島・清水町



Unagi Sakuraya うなぎ 桜家



Mishima's long established eel store since 1856. 創業安政3年! 三島の老舗鰻店

Using a sauce with a secret recipe since establishment, this eel tastes deliciously smoky and tender.

[ADDRESS] 13-2 Hirokoujicho, Mishima-city, Shizuoka
静岡県三島市広小路町13-2 [OPEN] 11:00-20:00 Limited quantity
なくなり次第終了 [CLOSE] Wednesday [TEL] +81(0)55-975-4520

Mishima-taisha Shrine 三嶋大社



The power spot: Mishima-taisha

パワースポット 三嶋大社

Izu's most famous shrine which Minamoto no Yoritomo visited before winning battle. Many people visit this shrine all year round to bring in good luck for harvests and business.

[ADDRESS] 2-1-5 Omiyacho, Mishima-city, Shizuoka
静岡県三島市大宮町2-1-5

FUJISAN MISHIMA TOKYU HOTEL 富士山三島東急ホテル



A hotel close to Mount Fuji as a foundation for your activities

富士山を近くに感じるベースホテル

A minute walk from Mishima Station's south exit and easily allows you to take part in many outdoor activities. You can also have a relaxing communal bath on the top floor.

[ADDRESS] 17-1, Ichiban-cho, Mishima-shi, Shizuoka
静岡県三島市一番町17-1 [TEL] +81(0)55-991-0109



irodori イロドリ



A traditional folk house café with cobblestones and a garden entrance

石畳と庭が出迎えてくれる古民家カフェ

A 90 year old terrace house in Izu Kannami, refurbished into a cake shop. Each cake is created without any compromising in terms of taste or appearance.

[ADDRESS] 195 Nitta, Kannamicho, Tagata-gun, Shizuoka
静岡県田方郡函南町仁田195
[OPEN] 10:00-17:00 (L.O16:30) [CLOSE] Wed, Thu
[TEL] +81(0)55-970-1666



Area
4-1 沼津
NumazuArea
4-2 静浦・内浦
Shizura/UchiuraArea
4-3 戸田
HedaArea
4-4 伊豆の国・修善寺
Izu no kuni
/ShuzenjiArea
4-5 中伊豆・西伊豆
Naka Izu
/Nishi Izu

Cyclist friendly area! KANOGAWA CYCLING

サイクストに優しいエリア！ 狩野川サイクリング

A must-see for cyclists are the many cycling courses around Kano river where every area has different sceneries, culture and history. Indulge in some delicious seafood whilst cycling around Numazu bay, experience a magnificent view of Mt Fuji and Surugawa bay by the sea, or enjoy a laid back cycle with more rural views.

様々な風景、文化や歴史があり、サイクリスト必見のコースが満載な狩野川エリア。おいしい海の幸を堪能する「沼津港周辺」や富士山と駿河湾が織りなす絶景ポイント満載の「海沿いコース」、のどかな田園風景をのんびり満喫する「西伊豆」など、それぞれの目的に合わせて狩野川エリアサイクリングを楽しんで。

Shuzenji Onsen
修善寺温泉Lover's Cape
恋人岬Nishi-Izu Skyline
伊豆スカイラインJoren Falls
浄蓮の滝Inatori Hosono Highland
稲取細野高原Ito Marintown
伊東マリンタウンKawazu Cherry Blossom
河津桜Kisami Ohama Beach
吉佐美大浜

Numazu is one of Shizuoka's most prominent port towns. Surugawa bay is the deepest bay in Japan and is famous for its rich fishing grounds. You can experience the taste of fresh fish and seafood at the fish market here.

沼津の目の前に広がる駿河湾は日本一の深さを誇り、豊かな漁場として知られている。港町ならではの新鮮な海の幸を楽しんで。



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Kamome Maru かもめ丸

Super fresh! Delicious fish at a low price
ピチピチ新鮮! 安くて美味しい



A fish restaurant opposite the fish market. Enjoy a variety of choices at a reasonable price such as Ten-don (Tempura Bowl) and a filling fried fish meal.

[ADDRESS] 1F 101 Senbonminato-cho, Numazu-city, Shizuoka
静岡県沼津市千本港町101 1F [OPEN] 11:00-15:00 (LO 14:30) on Weekdays / 11:00-17:30 (LO 17:00) on Weekends
[TEL] +81(0)55-952-3639

MINATO 83 港八十三番地

A town filled with Suruga Bay delicacies

駿河湾を味わう街



There's plenty of food here such as fresh sushi, grilled seafood, donburi and hamburgers that will surely satisfy you. There are nine facilities including "Numazu Deep Sea Aquarium" the only deep sea aquarium in Japan.

[ADDRESS] 83 Senbonminato-cho, Numazu-city, Shizuoka 静岡県沼津市千本港町83

Anpan Epi あんぱん専門 恵比

Everyone's favorite anpan
(sweet red bean bun)
ファンも多い人気のあんぱん



An anpan specialty shop close to Numazu bay. There are 8 different red bean paste types to choose from such as the classic red bean, white bean and even sweet potato.

[ADDRESS] 53 Senbonminato-cho, Numazu-city, Shizuoka
静岡県沼津市千本港町53 [OPEN] 9:00-18:00
[CLOSE] Sunday [TEL] +81(0)55-962-1423

Numazu Port Observation Water Gate "View-O" 沼津港大型展望水門 "びゅうお"

One of the largest water gate in Japan
日本最大級の水門



Built to protect the area from Tsunami. From 30m tall viewing, you enjoy the panoramic view of Mt. Fuji and Suruga Bay. There is an observation deck that can be easily accessed by an elevator.

[ADDRESS] 1905-27 Senbon, Numazu-city, Shizuoka
静岡県沼津市千本1905-27 [OPEN] 10:00-20:00
[TEL] +81(0)55-964-1300

Numazu Burger 沼津バーガー

Why not try a deep-sea fish burger unique to Numazu Port?

沼津港ならではの深海魚バーガーはいかが?



A menu rich in ingredients unique to Numazu from the classic deep fried horse mackerel burger (Goto-chi burger), to unique deep-sea fish burgers (Shinkai-gyo burger).

[ADDRESS] 83-1 Senbonminato-cho, Numazu-city, Shizuoka
静岡県沼津市千本港町83-1 [OPEN] 9:00-18:00 on weekday, 9:00-20:00 on weekends [TEL] +81(0)55-951-4335

Baird Taproom Numazu Fishmarket ベアードタップルーム 沼津フィッシュマーケット

The place where Baird Beer was created ベアードビール誕生の地。



Having many stores in Tokyo and well known by craft beer lovers, "Baird Beer" was born here. Indulge in a great beer whilst you're there.

[ADDRESS] 19-4 Senbonminato-cho, Numazu-city, Shizuoka
静岡県沼津市千本港町19-4 [OPEN] 17:00-24:00 on Mon to Fri, 12:00-24:00 on Sat, Sun, Holidays [TEL] +81(0)55-963-2628

Caution: Do not ride while under the influence of alcohol.

Senbonhama Park 千本浜公園

Tokaido Road's Greatest Scenic Spot
東海道随一の景勝地

Numazu's famous park covered in pine forests. The breakwater cycling road is perfect for a light cycle.

[ADDRESS] 1910-1 Senbon, Numazu-city, Shizuoka
静岡県沼津市本字千本1910-1

アクティビティ



fieja.jp



MISHIMA SKY WALK 三島スカイウォーク



Activities that will make you feel adventurous
冒険気分を存分に味わえるアクティビティ

A tourist spot in between Izu and Hakone. Experience Japan's longest suspension bridge spanning 400m and view Mt Fuji and Suruga Bay. Try out the Forest Adventure too!

[ADDRESS] 313 Sasaharashinden, Mishima-city, Shizuoka
静岡県三島市笹原新田313 [TEL] +81(0)559-72-0084



DKFREERIDE MTB PARK DKフリーライドMTBパーク



Brush up your techniques and improve your skills

テクニックを楽しく磨いてスキルアップ

A MTB Skills Park (practice field) dotted with camping sites and parks in Ashitaka Mountain foot. 5 minutes-drive from Numazu Interchange / Tomei Highway.

[ADDRESS] 222-1, Ashitakaonoue, Numazu-city, Shizuoka
静岡県沼津市足高尾ノ上222-1



Fujiyama Power-line Trail フジヤマパワーライントレイル



A MTB trail under powerlines on the south of Mt Fuji

富士山南麓の送電線下を走るMTBトレイル

A MTB trail under powerlines like no other in Japan, created by TEPCO. Enjoy cycling through 7km of fields in the southern foothills of Mt Fuji.

[ADDRESS] Obuchi, Fuji-city, Shizuoka 静岡県富士市大淵
[E-mail] fujiyamapowerline@tepcoco.jp



YAMABUSHI TRAIL TOUR ヤマブシトレイルツアー



Enjoy the different scenery in Nishi-Izu
四季折々の西伊豆の自然を全身で感じよう

This is the unique mountain bike tour pre-sented as a part of [Nishi-Izu old path re-vi- talization project] of which path was origi- nally used for charcoal carrying in the forest.

[ADDRESS] 379-2 Matsuzaki, Matsuzaki-cho, Shizuoka
静岡県松崎町松崎379-2 [TEL] +81(0)558-36-3701



NUMAZU Cycle Station Shizuura Higashi

沼津サイクルステーション静浦東



Start from here!!! Izu Peninsula's cycling base

スタートはここから!伊豆半島のサイクリング拠点

Renovated from a closed school, this cycle station provides cross bike rentals. You can easily call in to enjoy cycling and beginners can also practice at the skill park.

[ADDRESS] 30-23 Kuchino, Numazu-city, Shizuoka 静岡県沼津市口野 30-23
[TEL] +81(0)80-4596-9694 [OPEN] 9:00-17:00 Friday, Saturday, Sunday, Holidays
金土日および祝日・休日 9時~17時(受付は15時まで)



SKILL PARK スキルパーク



A perfect park for cycling beginners!!

初心者さん大歓迎!ビギナー向けのパーク

A space where you can practice how to ride, stop and turn. It has also become a practice space for extreme sports such as MTB and BMX since 2020.



Course data コースデータ

Starting : NUMAZU Cycle Station Shizuura Higashi
goal point : Ose Shine

スタート:沼津サイクルステーション東浦 ゴール:大瀬神社

Total distance : 18km 総距離: 18km

Total time required : 1h 10min 所要時間: 約1時間10分

Maximum elevation difference : 57m 最大標高差: 57m



fieja.jp

Starting from the cycling park and ride "Numazu cycle station Shizuura Higashi", enjoy a refreshing cycle on the coast whilst viewing the beautiful Suruga Bay and Mt Fuji. There are many bicycle pit stops facilities available for users, so you can ride with peace of mind.

サイクリングのパーク&ライド拠点「沼津サイクルステーション静浦東」からスタートし、美しい駿河湾や世界一の富士山を眺めながら、気持ち良く海沿いをサイクリングしよう。



Ose Shrine 大瀬神社

Ose Shrine, known as the shrine for the guardian of the sea.

海の守護神として知られる大瀬神社

A shrine on Cape Ose (1km away from Suruga-wa bay). Park your bicycle and visit the shrine or go for a stroll.



[ADDRESS] 329 Nishiura-enashi, Numazu-city, Shizuoka 静岡県沼津市西浦江梨329 [TEL] +81(0)55-942-2603



The Old Bus ジ・オールドバス



An old bus renovated into a cool lounge space

廃バスをリノベーションしたチルアウトスペース

Spend a relaxing time inside the bus with either a coffee or some alcohol whilst enjoying the beautiful view of the sea and Mount Fuji from the window.

[ADDRESS] Front of Wakamatsu Kaisuiyokujo Bus Stop, Nishiurakushi naKuryou, Numazu-city, Shizuoka 沼津市西浦久科「若松海水浴場」バス停前
Reservation only. (The shop will be closed if there are no reservations)
[Reservation] Email: theoldbus@ca.thn.ne.jp or messenger on Facebook
※完全予約制(予約が無い場合はクローズ)予約はメールまたはFBIにて



CELESTE CAFE & BIKE チェレスデカフェ&バイク



Cyclist's favorite cafe at the entrance of Nishi-Izu area

西伊豆の玄関口にあるサイクリストが集うカフェ

Alongside the prefectural route 17, this is a cafe popular among cyclists. Feel free to park your cycle inside the shop to smack your lips over an organic vegetable food!

[ADDRESS] 55-16 Kuchino, Numazu-city, Shizuoka 静岡県沼津市口野55-16
[TEL] +81(0)90-6350-0023



Yamaya やま弥

Delight in seasonal Suruga Bay delicacies



駿河湾の旬の恵をいただく

A Japanese diner on the road heading to Osezaki. Its menu of fresh fish is not only popular to cyclists but also divers.

[ADDRESS] 92-4 Nishiurahirasa-wa, Numazu-city, Shizuoka 静岡県沼津市西浦平沢92-4
[TEL] +81(0)55-942-2477
[OPEN] Lunch : 11:30-14:45
Dinner : Reservation required
[CLOSE] Wednesday

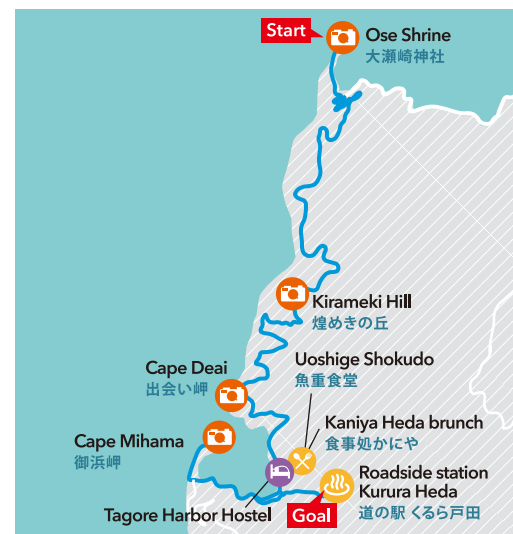


Nagaisaki 長井崎

After travelling through the many cliffs in Ose Shrine, you will be rewarded with a series of spectacular views from "Cape Mihama ", "Kirameki Hill" and "Cape Deai". The last stop is at roadside station "Kurura Heda", where you can relax with a soothing footbath.



大瀬崎から先は断崖の多い険しい地形が続くが、御浜岬や煌めきの丘、出逢い岬から眺める絶景の連続が待っている。ラストは道の駅くるら戸田で足湯に浸って疲れを癒やして。



Course data コースデータ

Starting point :
Ose Shrine 大瀬神社
Goal point :
Roadside station Kurura Heda 道の駅 くるら戸田

Total distance : 19km 総距離 : 19km

Total time required : 1h 30min 所要時間 : 約1時間30分

Maximum elevation difference : 310m 最大標高差 : 310m



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Togore Habaor Hostel

タゴールハーバーホテル



[ADDRESS] 321-17 Heda, Numazu Shizuoka 静岡県沼津市戸田321-17
[TEL] +81(0)70-3247-3697 [CONTACT] info@tagorehostel.jp



Roadside station Kurura Heda

道の駅 くるら戸田



[ADDRESS] 1294-3 Heda, Numazu-city, Shizuoka 静岡県沼津市戸田1294-3 [TEL] +81(0)558-94-5151
[OPEN] Shop 8:15-22:00, Food 10:00-18:00

Relax and view Mt Fuji from across the sea

海越しの富士山を眺めてのんびりステイ

A hostel with a bar lounge on the 1st floor, guest rooms on the 2nd, and 3rd floors. There is also a common area where guests can interact with each other. Cyclists are of course welcome to stay here too.



Relax with a day trip to the hot springs and foot baths

日帰り温泉と足湯で疲れを癒す
A roadside station with a hot spring that directly flows from the source "Ichi no Yu" and a footbath. You can buy souvenirs from the Heda area and snacks made from local deep-sea fish.



Cape Deai 出逢い岬

A spacious panoramic view

開放感あふれる圧巻のパノラマビュー

A vast view of Suruga Bay from Heda Port to Mihama Cape. The monument which lets you view Mt Fuji through the hole is a popular photo spot.

[ADDRESS] 2747-5 Heda, Numazu-city, Shizuoka
静岡県沼津市戸田 2747-5



Uoshige Shokudo 深海魚料理 魚重食堂

Why not try some deep sea fish cuisine

美味しい深海魚料理を味わう



A restaurant where you can enjoy Japanese spider crabs and delicious deep sea fish all caught in Heda. Enjoy some delicious seasonal sashimi, tempura, and grilled dishes.



[ADDRESS] 303-5 Heda, Numazu-city, Shizuoka 静岡県沼津市戸田303-5
[OPEN] 11:00-14:00 [CLOSE] Wed, Thu [TEL] +81(0)558-94-2381



Kirameki Hill 煌めきの丘



Don't miss the beautiful sunset at Suruga Bay

駿河湾に沈みゆく夕日を見逃さず

Named Kirameki (Sparkling) Hills due to the sun's sparkling reflection on the surface of the sea. The sunset and night time view are popular sights. Also a good spot for a short rest.

[ADDRESS] Around Ita, Numazu-city, Shizuoka
静岡県沼津市井田付近



Cape Mihama 御浜岬

A beautiful cape stretching across Suruga Bay

駿河湾を隔てるよう延びた美しい岬

The sandspit is shaped like a bird's beak. On the cape is the Heda Shipbuilding Museum and the Suruga Bay Deep Sea Life Museum. At the tip of the cape is Moroguchi Shrine, revered as a god of fishing and maritime protection.

[ADDRESS] 2710-1 Hedamihama, Numazu-city, Shizuoka
静岡県沼津市戸田御浜2710-1



Kaniya 食事処かにや

Suruga Bay's speciality: the Japanese spider crab!

駿河湾名物! タカアシガニが食べられるお店



Not only can you enjoy the Japanese spider crab, you can also feast on delicious seafood whilst looking over Heda harbour in this peaceful restaurant.



[ADDRESS] 354-4 Heda, Numazu-city, Shizuoka 静岡県沼津市戸田354-4
[OPEN] 11:00-16:00 [CLOSE] Mon, Tue [TEL] +81(0)50-5485-7037

Izu no kuni/Shuzenji

伊豆の国・修善寺

This area is abundant with nature and historical remains.

You can easily cycle whilst sightseeing, making this a great choice for beginners.

自然や歴史的遺構などが豊富なエリア。
観光しながら気軽にサイクリングを楽しみたい
ビギナーさんにおすすめ。

 Izu Velodrome 伊豆ベロドローム

A velodrome of international standards 国際規格の自転車競技場



An indoor circuit set in the sights of Mt. Fuji. It is in the same premises as the Japan Cycle Sports Center.

[ADDRESS] 1826 Ono, Izu-city, Shizuoka
静岡県伊豆市大野1826
[TEL] +81(0)558-79-0001



Nirayama Reverberatory Furnaces

葦山反射炉



A World Heritage Site built at the end of Edo period 幕末に建造された世界遺産

Historical remains of a melting furnace made from iron cannons at the end of the Edo period. It is the last existing reverberatory furnace in Japan that was operational and became a World Heritage Site in 2015.

[ADDRESS] 268 Naka, Izunokuni-city, Shizuoka 静岡県伊豆の国市中268
[NOTE] Repair works from October 1st 2020 until around October 31st 2021



Shuzenji onsen town

修善寺温泉街



The oldest Onsen town in Izu Peninsula

伊豆半島で最も歴史がある温泉街

An onsen town that has a rich history dating back 1200 years. The "Koi no Hashi Meguri" walking tour along Katsura River is said to bring good fortune for romantic relationships. You can also enjoy walking through the Bamboo Forest Path and using the foot baths.

[ADDRESS] Shuzenji, Izu-city, Shizuoka
静岡県伊豆市修善寺
[TEL] +81(0)558-99-9501 Izu City Tourism Association
Izu City tourist information center
[Reception hours] 9:00-17:15



MERIDA X BASE メリダ X BASE



KONA STAY コナステイ伊豆長岡



X-citing, X-cellent, X-perience

伊豆半島に位置する最大級の
自転車レンタル&展示施設

MERIDA X BASE is the world-scale biggest facility for bicycle & exhibition, and is located in Izu peninsula, Japan. It show- cases all ranges of the latest MERIDA bike models. The displayed bicycles can be rented for an experience, and also the huge facility can be use as a clubhouse for the cyclists.

[ADDRESS] 195-2 Takyo, Izunokuni-city, Shizuoka 静岡県伊豆の国市田京195-2
[TEL] +81(0)558-77-2727

Local Guides

A resort hotel aimed for cyclists on a cycling holiday

自転車で旅を豊かにする
サイクリスト向けリゾートホテル

Kona Stay Izunagaoka is Japan's first resort hotel to offer an eBike tour package. Local people still maintain a traditional lifestyle of appreciating nature. Kona Stay offers many routes for eBikers to choose from so that participants can experience the authenticity of the local lifestyle.

[ADDRESS] 307 Kona, Izunokuni-city, Shizuoka
静岡県伊豆の国市古奈307
[TEL] +81(0)559-48-0055



Genmai Restaurant ZENNA

玄米レストランぜんな



Recharge your energy with healthy and delicious food!

健康的で美味しい料理でパワーチャージ

A restaurant filled with fresh food grown in Izu's rich environment, such as seafood, organic vegetables and brown rice. Enjoy a healthy and delicious meal here.

[ADDRESS] 475 Ohito, Izunokuni-city, Shizuoka
静岡県伊豆の国市大仁475 [OPEN] 11:00-16:00
[CLOSE] Wed, Thu [TEL] +81(0)558-76-1073



trois truss トロワトラス



A gallery café in Izu Nagaoka

伊豆長岡にあるギャラリーカフェ。

A café owned by the gallery. We recommend trying the handmade donuts whilst drinking a coffee that goes perfectly well with it in this quiet café.

[ADDRESS] 750-1 Naka, Izunokuni-city, Shizuoka
静岡県伊豆の国市中750-1
[OPEN] 11:00-17:00 [CLOSE] Mon to Fri
[TEL] +81(0)559-49-7821

Local Guides

"Cycling Guide"; a specialist that helps you enjoy a safe and fun cycling experience.

安全で楽しいサイクリングをサポートする専門家「サイクリングガイド」

Each area has a cycling specialist that can assist people who want to enjoy cycling.

These experts can offer some peace of mind for people especially in new unknown areas.

The specialists all have cycling guide qualifications and with their knowledge of the local area and bicycles, they can offer guidance to you in English.

Feel free to contact us.[EMAIL] info@east-sports.org



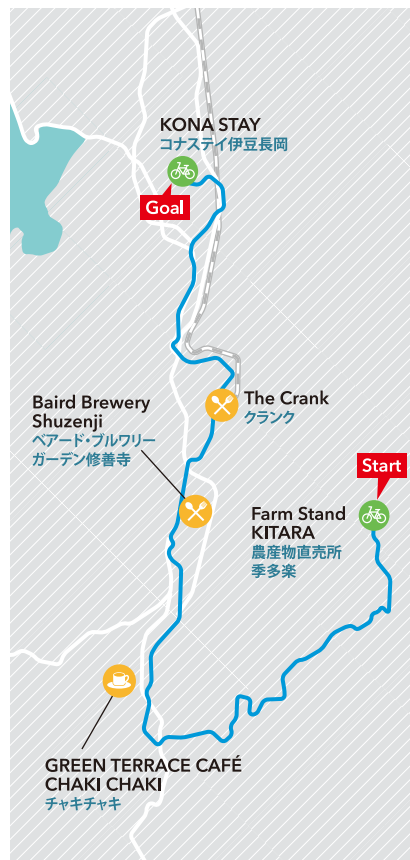
Naka Izu/Nishi Izu

中伊豆・西伊豆

3D2N Gastro & Experience eBike Tour in Izu Peninsula

3泊2日 伊豆半島の美食を巡るeBIKEツアー

This tour is a program in which you will visit the rural areas involved in green tourism, experience the actual lifestyles in these areas such as production activities, food culture, and interact with the local people. An Englishspeaking guide will accompany you on the tour and help with the exchange. *The schedule is subject to change.



■Course data コースデータ

Starting :
Farm Stand KITARA
goal point : KONA STAY
スタート: 農産物直売所 季多楽 ゴール: コナスティ

Total distance : 36km
総距離: 36km

Total time required : 2h 30min
所要時間: 約2時30分

Maximum elevation difference : 501m
最大標高差: 501m



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[TOUR CONTENTS]
2 NIGHTS TWIN ACCOMMODATION,
2 BREAKFAST / 3 LUNCH / 2
DINNER, LIMO SERVICE BETWEEN JR
MISHIMA ST. & HOTEL
2-DAYS GUIDED CYCLE TOUR
CULTURAL EXPERIENCE



[CONTACT]
KONA STAY IZUNAGAOKA コナスティ伊豆長岡
[ADDRESS] 307, Kona, Izunokuni-city, Shizuoka 静岡県伊豆の国市古奈307
[TEL] +81(0)55-948-0055

[ORGANIZER]
NOUHAKU RIDER COUNCIL 農泊ライダー協議会
[ADDRESS] 18-13 Miyuki-cho, Numazu-City, Shizuoka
静岡県沼津市御幸町18-13 タビナーナ静岡内 [TEL] +81(0)559-34-7117

Baird Brewery Shuzenji
ベアード・ブルワリーガーデン 修善寺

Savor a unique beer whilst
enjoying the scenery at
Shuzenji!

個性溢れるビールを楽しみながら、
修善寺の自然を満喫!

The brewery of "Baird Beer". You
can also drink a freshly poured
beer in the taproom or relax in a
camping space. A blissful spot
where you can enjoy a diversity of
beers.

[ADDRESS] 1052-1 Odaira, Izu-city,
Shizuoka 静岡県伊豆市大平1052-1
[TEL] +81(0)558-73-1225

Caution: Do not ride while under the influence of alcohol.



NISHI IZU 西伊豆

LODGE MONDO ロッジ間土

A cosy wooden lodge.
Enjoy a mountain bike ride too!

木のぬくもり溢れるロッジ。
楽しいMTB体験も!

A comfortable wooden lodge that consists of
2 dormitories and 5 individual rooms. The
wooden facilities are rebuilt by the staffs, who
cut timbers down all by their own in the
forest. It has a variety of interesting activities
for guest: for example MTB experience in
allied with Yamabushi Trail.

[ADDRESS] 1081-1 Nishina, Nishi-Izu cho,
Shizuoka 静岡県西伊豆町仁科1081-1
[TEL] +81(0)558-36-3663



AQUA VILLAGE / REN VILLAGE

アクアヴィレッジ/レンヴィレッジ

Sail to a private camp site
limited to one pair a day

船でしか行けない一日一組の
プライベートキャンプ場

A campsite produced by VILLAGE INC. A
three and a half hour drive from Tokyo and
located by the coast of Nishi Izu, this camp
has nothing but nature. Enjoy a private
camp that is almost as if you were on a
deserted island.



AQUA VILLAGE / REN VILLAGE アクアヴィレッジ/レンヴィレッジ
[RESEVATION] <https://villageinc.jp/contact/all/> *Online reservation is required
[INFORMATION] +81(0)558-36-4063 10:00-18:00 close: Wednesday

GREEN TERRACE CAFÉ CHAKI CHAKI
チャキチャキ

Enjoy a cup of tea and scenery of each season

四季の移ろいを感じながら至福の一杯を

A Japanese café surrounded
by trees in Amagi mountain
range making you feel like
you are within nature. Enjoy a
Japanese sweet and matcha
set in this modern Japanese
style café.



[ADDRESS] 5-1 Yoshina, Izu-city, Shizuoka
静岡県伊豆市吉奈5-1
[OPEN] Lunch: 11:00-15:30 (L.O.15:00)
[CLOSE] Sunday, Monday, Tuesday
[TEL] +81(0)558-85-0888

The Crank
クランク

Filled with vegeta-
bles from Izu!
A delicious pizza
made in a kiln

伊豆産の野菜たっぷり!
本格窯で焼き上げるPIZZA

Selective in terms of fresh-
ness, quality and origin, this
crispy and light pizza is
intended to be just like the
pizza from Northern Italy.

[ADDRESS] 550-1 Kashiwakubo, Izu-city, Shizuoka 静岡県伊豆市柏久保 550-1
[OPEN] Lunch: 11:30-15:00 (L.O.14:30) Dinner: 17:30-23:00 (L.O.22:00)
[CLOSE] Wednesday, 2nd 4th Thursday [TEL] +81(0)558-79-3679



A RECOMMENDED PUBLIC ONSEN FACILITY

A traditional public bath facility you can hop into during or after your cycling trip that'll help you relax.

サイクリングの道中に!サイクリング後に!ふらっと立ち寄り入浴ができる温泉浴場をご紹介します



fieja.jp

1 Yunokuni Kaikan 湯の国会館



Enjoy an outdoor bath, herbal bath or steam sauna
露天風呂と薬草風呂、スチームサウナもあり

[ADDRESS] 188 Aobane, Izu-city, Shizuoka
静岡県伊豆市青羽根188
[TEL] +81(0)558-87-1192
[OPEN] 10:00-21:00

2 Hako yu 宮湯



One of the Izu Peninsula's oldest hot spring with 1200 years of history.
約1200年 伊豆最古といわれる修善寺温泉

[ADDRESS] 925 Shuzenji, Izu-city, Shizuoka
静岡県伊豆市修善寺925
[TEL] +81(0)558-72-5282
[OPEN] 12:00-21:00 (Last entry : 20:30)

3 Ayame yu あやめ湯



A transparent alkaline simple spring that's good for the skin
美肌効能もある無色透明のアルカリ性単純泉

[ADDRESS] 72-1 Kona, Izunokuni-city, Shizuoka 静岡県伊豆の国市古奈72-1
[TEL] +81(0)559-48-3840
[OPEN] 6:30-9:00, 13:00-21:00

4 Shiraiwa no yu 白岩の湯



A hot spring is next to Izu city museum, loved by the locals.

伊豆市資料館に隣接する地元の方に親しまれた温泉
[ADDRESS] 367 Kamishiraiwa, Izu-city, Shizuoka 静岡県伊豆市上白岩367
[TEL] +81(0)558-83-2298
[OPEN] 10:00-20:00 [CLOSE] Tuesday

5 Nirayama Onsen Kan 葦山温泉館



Enjoy hot bath just a 5 min. walk away from Izu Nagaoka Station
伊豆長岡駅より徒歩5分ほど、熱めの湯が楽しめる

[ADDRESS] 1603-1 Nanjo, Izunokuni-city, Shizuoka 静岡県伊豆の国市南條1603-1
[TEL] +81(0)559-49-2639
[OPEN] 15:00-20:00 [CLOSE] Mon, Wed

6 Terume izumien テルメいづみ園



Feel refreshed in a bath surrounded by greenery and a stream
清流のせせらぎと緑の大自然に包まれた心洗の湯

[ADDRESS] 2796 Yugashima, Izu-city, Shizuoka 静岡県伊豆市湯ヶ島2796
[TEL] +81(0)558-85-2455
[OPEN] 10:00-21:30 [CLOSE] Tuesday

7 Sen nin furo Knaya Ryokan 千人風呂 金谷旅館



Wonderful old-style ryokan with huge wooden bath

伊豆一の木造大浴場
[ADDRESS] 114-2 Kochi, Shimoda-city, Shizuoka 静岡県下田市河内114-2
[TEL] +81(0)558-22-0325
[OPEN] 9:00-22:00

8 Benten no yu 弁天の湯



An outdoor bath with a view of Toi Port
露天風呂から土肥港を望む

[ADDRESS] 61-3 Toi, Izu-city, Shizuoka 静岡県伊豆市土肥61-3
[TEL] +81(0)558-98-1807
[OPEN] 13:00-20:00 [CLOSE] Tuesday

9 Hifumi sou 一二三荘



Enjoy the 100% natural hot spring directly from Ohito Onsen
大仁温泉100%源泉かけ流しを堪能

[ADDRESS] 503 Ohito, Izunokuni-city, Shizuoka 静岡県伊豆の国市大仁503
[TEL] +81(0)558-76-3123
[OPEN] 8:00-23:00

10 Bishamonten siba no yu 毘沙門天芝の湯

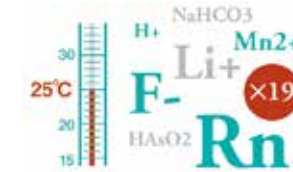


The largest natural hot spring in the city
市内最大規模の源泉かけ流し浴場

[ADDRESS] 2-3 Shibacho, Ito-city, Shizuoka 静岡県伊東市芝町2-3
[TEL] +81(0)557-36-3377
[OPEN] 14:00-22:00 [CLOSE] Tuesday

What is ONSEN?

温泉とは?



According to the Onsen Law, an Onsen is defined as hot water and water vapor that springs from the Earth either naturally or from artificially-bored holes. The Onsen water needs to be higher than 25°C or needs to contain one out of 19 selected minerals and substances.

温泉法によると、温泉とは「地中から湧出する温泉、鉱水及び水蒸気、その他のガス(炭化水素を主成分とする天然ガスを除く)で、温度摂氏25℃以上、または別に定められた19種類の物質のうち一つが含まれている物」をいいます。

How to Enjoy ONSEN 温泉の正しい入り方

Step 1 Wash your body before entering the bath.
湯ふねに入る前には必ず、洗い場にて全身を洗って汚れを落とす
You must wash yourself and rinse thoroughly before entering the bath. Please sit down on the chair and shower thoroughly in the washing space otherwise you may upset others.

Step 2 Do *Kakeyu*, rinse your body with hot water.
体の奥側から頭に向かって「掛け湯」をして、お湯の温度に体を慣らす
Kakeyu is like a warm-up for Onsen to get used to the water temperature. Pour hot water from the tip of your body (feet & hands → legs & arms → body → head). Getting your head wet before entering the hot bath is important especially during the cold winter.

Step 3 Do *Hanshin-yoku*, soak half of your body.
湯ふねには膝かに入る。最初はみぞおちまで湯に浸かる「半身浴」を
Slip into the bath carefully up to your waist and get used to the water temperature. *Hanshin-yoku* is recommended if you have problem with heart or lungs. Relax and stay quiet while bathing.

Step 4 Try *Zenshin-yoku*, soak up to your shoulders.
「全身浴」では身体を浮かせたり、手足を動かして血行を促進させる
Soak up to your shoulders to do *Zenshin-yoku* after *Hanshin-yoku*. You can put your head on the edge of the bathtub and let the rest of your body float to feel the buoyancy. Also, moving your hands and feet in the water helps your blood circulation.

Step 5 Leave the bath without rinsing your body.
顔が汗ばむ程度で湯ふねから出る。温浴効果を保つため、体は洗い度さない
The appropriate timing to get out is when you have sweat on your forehead. Leaving the minerals of the Onsen water on your body is healthy and not rinsing means that you won't feel chilly after the bath. If you have sensitive skin, you can of course rinse off.

Other Tips

- Do not put towels in the bathtub.
- Wipe your body before getting back to your locker.

Please don't stress out about onsen! It's all about enjoying it in your own way.