



HARE IRO CYCLING OKAYAMA

HARE IRO CYCLING OKAYAMA showcases the endless beauty and appeal of cycling in Okayama – the Land of Sunshine.

Blessed with an often sunny climate, magnificent natural scenery, beautiful historic townscapes, and unique local cuisine, these eight best cycling routes for beginner to advanced cyclists have been selected to take advantage of Okayama's distinctive regional characteristics. Come and enjoy cycling that "will leave you refreshed and invigorated every time you visit."

Best Cycling Routes in Okayama



HARE IRO CYCLING OKAYAMA
Official Website

<https://www.okayama-kanko.jp/hareiro-cycling/en/>

Access to Okayama Pref.

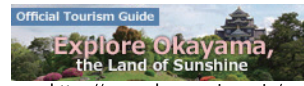
Time to Okayama Momotaro Airport (for direct flights)
From Haneda Airport ———— Approx. 1 hour 15 minutes
From New Chitose Airport ———— Approx. 1 hour 50 minutes
From Naha Airport ———— Approx. 1 hour 55 minutes

Time to JR Okayama Station from major cities (Nozomi Shinkansen)
From Tokyo Station ———— Approx. 3 hours 10 minutes
From Nagoya Station ———— Approx. 1 hour 35 minutes
From Shin-Osaka Station ———— Approx. 45 minutes
From Hiroshima Station ———— Approx. 35 minutes
From Hakata Station ———— Approx. 1 hour 40 minutes

Contact Us

About Routes Road Maintenance Division, Civil Engineering Department, Okayama Prefecture Tel. 086-226-7472

About Sightseeing Okayama Prefectural Tourism Federation Tel. 086-233-1802



Explore Okayama,
the Land of Sunshine
<https://www.okayama-japan.jp/en/>



Created October 2022

HARE IRO CYCLING



Kurashiki Tamano Seaside Route

This route gives you a taste of the unique characteristics of the Setouchi region as you tour various sights like the Kurashiki Bikan Historical Quarter and Mt. Washuzan. The best places also include views over the Seto Inland Sea, Yuga Shrine, and the art exhibits dotted around the port of Uno.



Level of Difficulty ★★☆☆ Intermediate Route Length 90 km Difference of Elevation (Max) 219 m

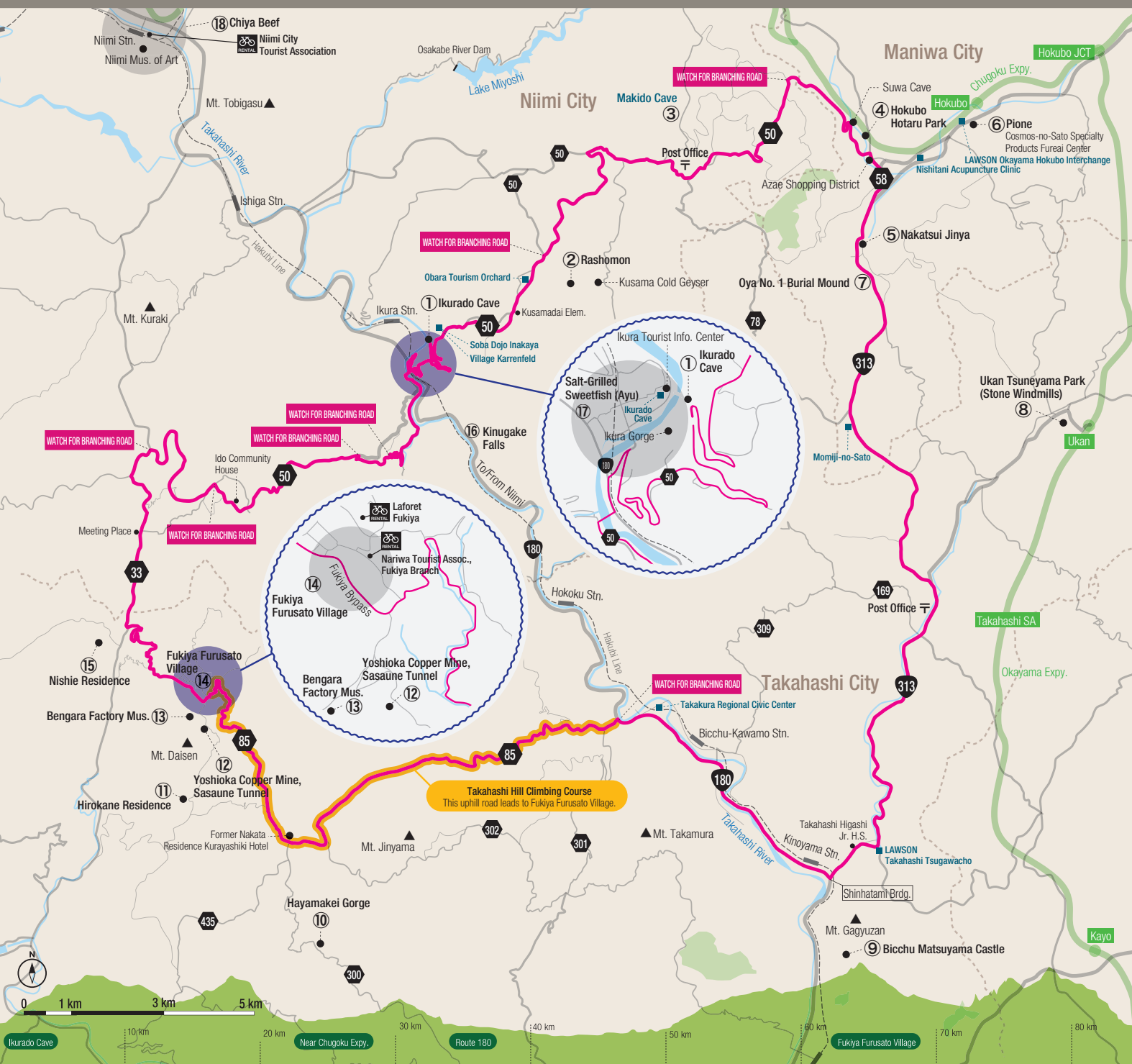


This route offers the spectacle of limestone caves and fields of seasonal flowers in the Hokubu area. The section from the Takahashi River to Fukuya is actually used in the Hill Climbing Challenge Series, an annual cycling race, and involves steep inclines and declines making it only suitable for advanced cyclists.



Okukibi Yamabiko Route

Level of Difficulty ★★★★★ Advanced Route Length 83 km Difference of Elevation (Max) 451 m

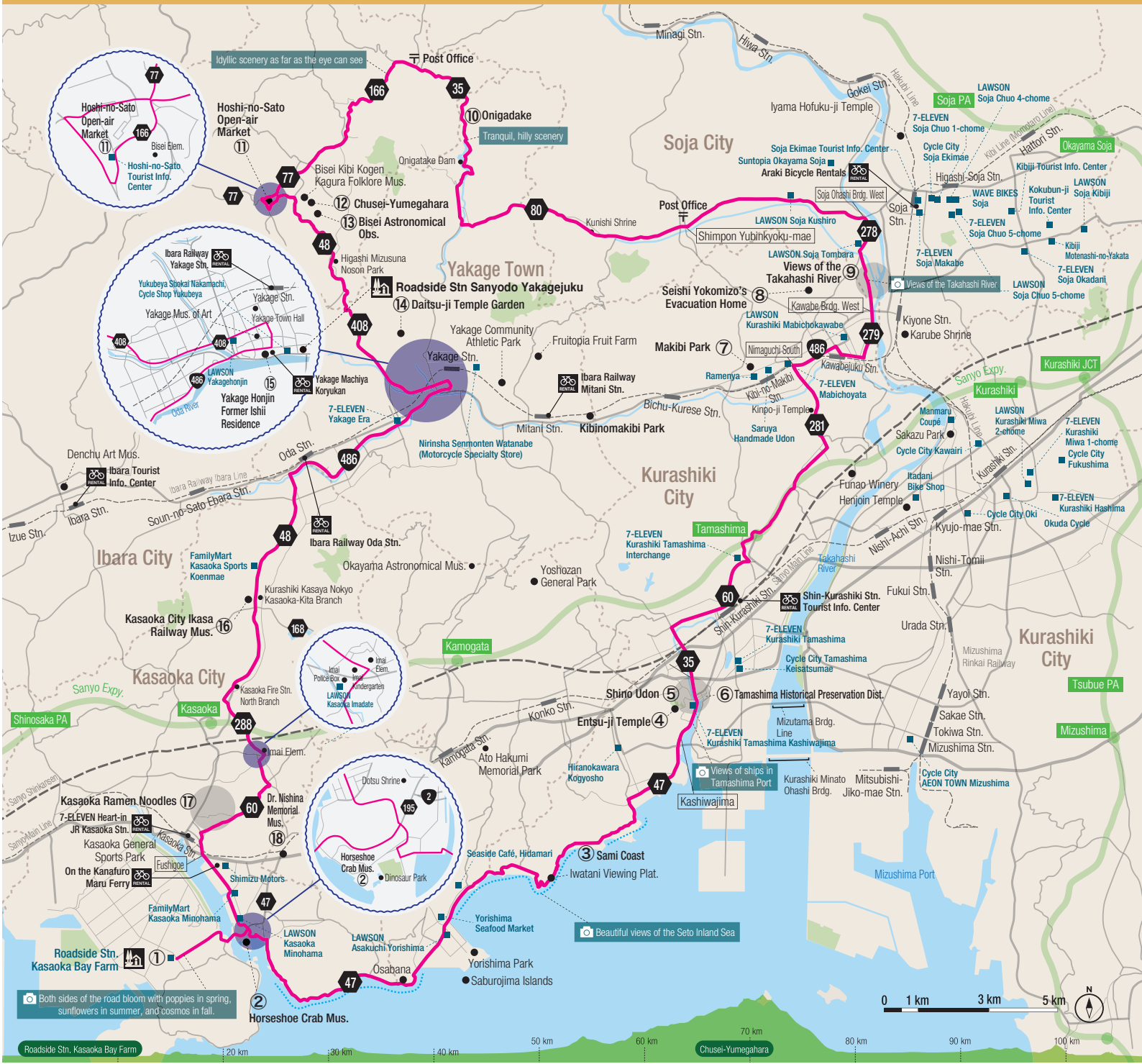


Bicchu Around Historical Visiting Route

This route kicks off on reclaimed land by the sea in Kasaka City where fields bloom with gorgeous seasonal flowers. From there, you glide by the Seto Inland Sea coast to Tamashima, then on to the town of Yakage that enjoyed its heyday as a lodging town in the time of the samurai, visiting many historic sites and scenery along the way.



Level of Difficulty ★★☆☆ Intermediate Route Length 108 km Difference of Elevation (Max) 409 m



Maniwa Shinjo Yamanami Route

This route starts at the Hiruzen Kogen Highlands and goes through the picturesque village of Shinjo, with its famous gaisen cherry trees, and the traditional townscapes of Katsuyama, famous for its noren (traditional shop curtains). This refreshing route always has something to offer, from the cherry blossoms of spring through to the golden leaves of autumn, and lets riders enjoy the beautiful valley scenery of the region.



Level of Difficulty ★★☆☆ Intermediate Route Length 100 km Difference of Elevation (Max) 539 m



Katatetsu Roman Kaidou Route

This route has a nostalgic feel as it runs along the Katatetsu Roman Kaidou, created from a disused railway line, and then along the banks of the Yoshii River. There is much to enjoy, including a dip in the waters of Yungo Onsen. Fresh seafood at Misaki or why not try a plate of local specialty Tsuyama horumon udon noodles in the castle town of Tsuyama?



Check here for details on the route's restaurants and sightseeing spots, etc.

Level of Difficulty ★★☆☆ Intermediate

Route Length 76 km

Difference of Elevation (Max) 125 m



Kibiji Cycling Route

Along a gentle and largely flat road, this route links historical spots in the Kibi area, including Bicchu Kokubun-ji Temple, the Tsukuriyama-koton burial mound, and Kibitsu-jinja Shrine. Enjoy this relaxing journey as you putter down the road surrounded with history and the beauty of the seasons.

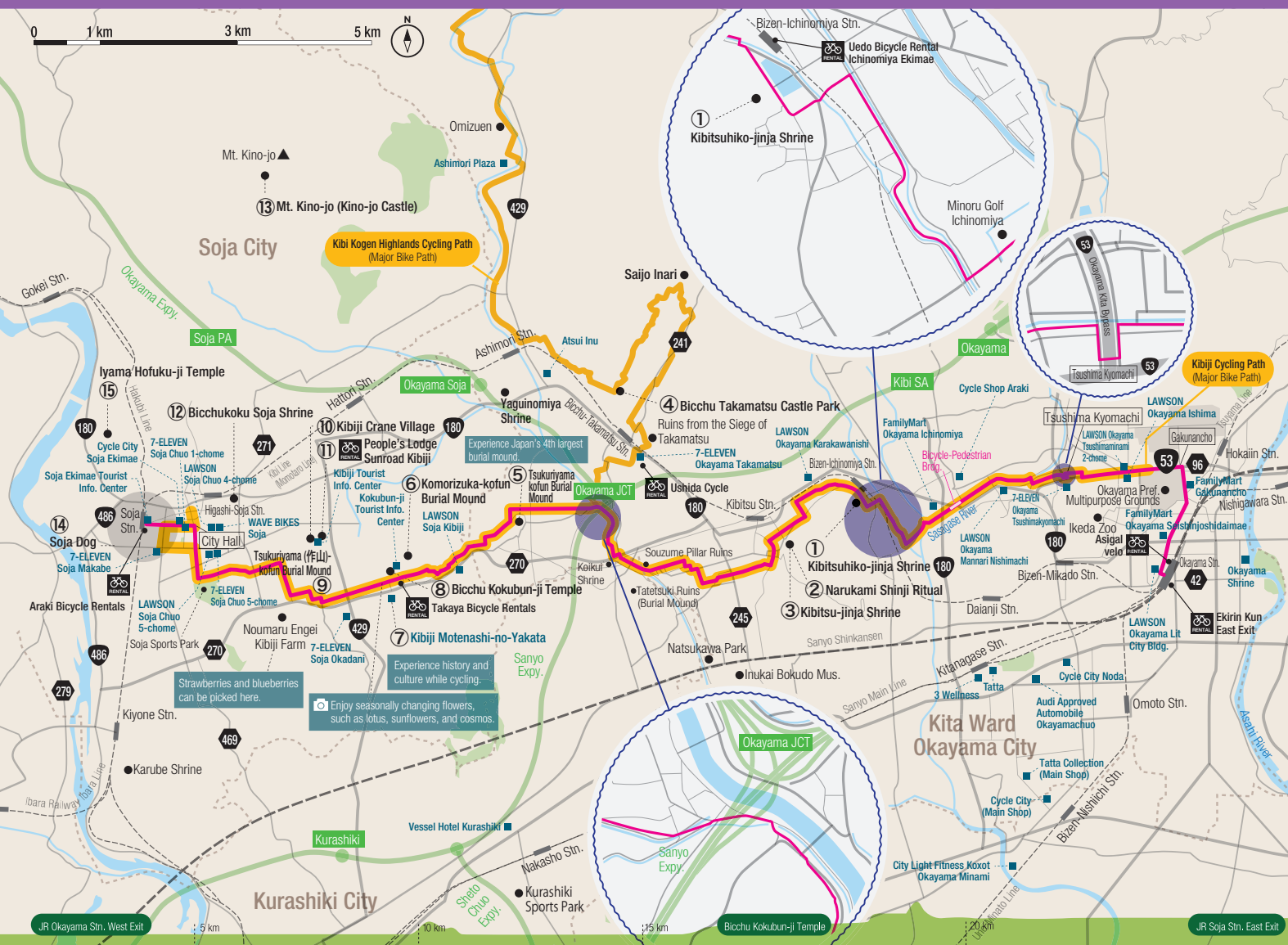


Check here for details on the route's restaurants and sightseeing spots, etc.

Level of Difficulty ★☆☆☆ Beginner

Route Length 25 km

Difference of Elevation (Max) 26 m



Okayama Kagamino Through Route

This beautiful route is distinctive for its seasonal changes. It starts in Okayama City before meandering northwards, enveloped in green and lush nature from beginning to end. There is much to see and do including roadside stations, dams, onsen hot springs, and various local gourmet specialties. It is the longest route of these eight routes, and recommended for advanced cyclists to take the challenge!

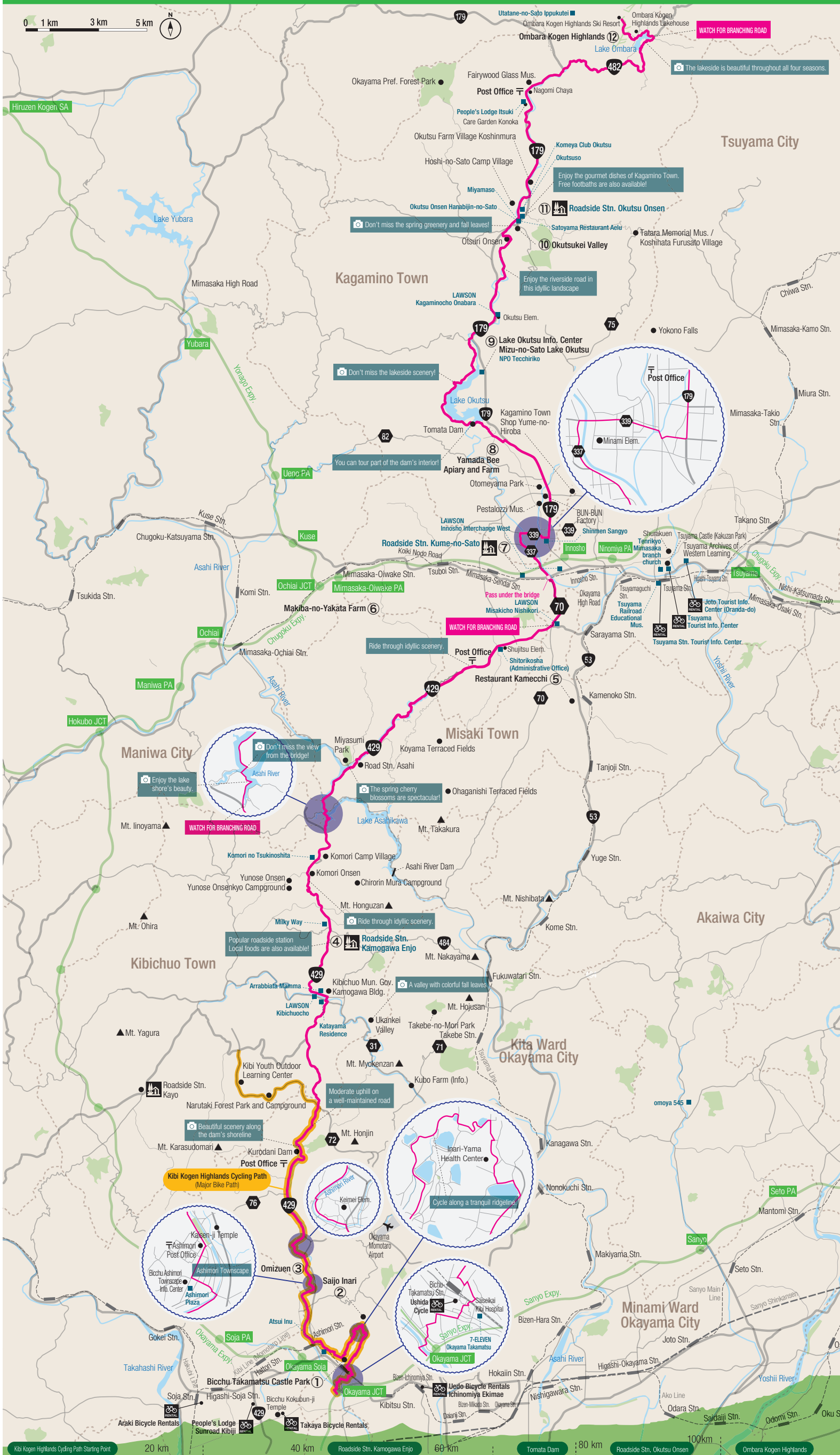


Check here for details on the route's restaurants and sightseeing spots, etc.

Level of Difficulty ★★★ Advanced

Route Length 114 km

Difference of Elevation (Max) 791 m



Hiruzen-Kogen Heights Cycling Route

Take this route to enjoy idyllic scenery under the Hiruzen Three Peaks and Mt. Daisen. The unique highland climate from spring to early summer is perfect for cycling and there are plenty of special, local, gourmet treats to try too.



Check here for details on the route's restaurants and sightseeing spots, etc.

Level of Difficulty ★☆☆ Beginner

Route Length 29 km

Difference of Elevation (Max) 135 m



List of Bicycle Rental Locations

Store Name	Location	Tel. No.
Okayama City	Uedo Bicycle Rental Ichinomiya Ekimae	086-284-2311
	Ekimae Kun Okayama Stn. East Exit	086-223-7061
	Asagiri vello (Former Cycle Center Kouza)	086-252-0178
	Ushida Cycle	086-287-2167
Kurashiki City	Kurashiki City Sightseeing Rest Area	086-425-6039
	Omiyage Kaido Chayamachi Store	086-428-5883
	Kojima Stn. Tourist Info. Center	086-472-1289
	Kurashiki City Kojima Industry Promotion Center	086-441-5123
	Shin-Kurashiki Stn. Tourist Info. Center	086-526-8446
Tsuyama City	Tsuyama Stn. Tourist Info. Center	0866-22-3732
	Tsuyama Tourist Info. Center	0866-22-3310
	Jito Tourist Info. Center (Oranda-do)	0866-24-6288
Tamano City	Tamano Tourist Info. Center	0863-21-3546
Kasaka City	7-ELEVEN Heart-in-JR Kasaka Stn.	0865-69-2081
	K's LABO	0865-69-8814
On the Kanafuru Maru Ferry	5-16 Goban-cho, Kasaka City	0865-62-2856
Ibara City	Ibara Tourist Info. Center	0866-65-0505

Store Name	Location	Tel. No.
Hotel Sakuraba Musashi	678 Omachi, Mimasaka City	0868-77-1380
Wake Tourism Association	607-3 Fukutomi, Wake Town	0869-92-4678
Wake Upstairs Traffic Park	681-1 Masubara, Wake Town	0869-93-3481
Yakage Machiya Konyaku	2639 Yakage, Yakage Town, Oda County	0866-63-4446
Ibara Railway Yakage Stn.	2247-2 Yakage, Yakage Town, Oda County	0866-82-3990
Ibara Railway Mami Stn.	1111 Higashimami, Yakage Town, Oda County	0866-82-1010
Ibara Railway Oda Stn.	5546-1 Oda, Yakage Town, Oda County	0866-82-1010
Sakuraya	1143-4 Shiryo Village, Maruwa County	0867-56-7550
Mayjima Bicycle Rental Shop	118-1 Otsune-cho Hajj, Setouchi City	0869-26-4301
Mayjima Ferry	5662-4 Ushimado, Ushimado-cho, Setouchi City	0869-34-3256
Setouchi Tourist Info. Center - Setouchi Kirari Bldg.	3031-2 Ushimado, Ushimado-cho, Setouchi City	0869-34-3256
Nagi Town Tourist Info. Center	314 Toyosawa, Nagi Town	0868-36-7311

CYCLIST SUPPORT! HARE IRO CYCLING OKAYAMA Participating Stores

HARE IRO CYCLING OKAYAMA participating stores are retail locations and facilities for those using the eight recommended cycling routes. They provide the following services free of charge.

Toilets
Drinking water
Bicycle Rental
Roadside Station
Participating Stores

Road rules to ensure safe cycling
Bicycles are light vehicles. Follow the rules and have fun riding!
(1) Ride on the **left side** of the road!
(2) Ride in a **single-file line**. **Do not ride side-by-side.**
(3) Always wear a **helmet**.
(4) **Turn on your light at night or in a tunnel.**
(5) Absolutely **no multitasking** (smartphone, etc.) while riding!

If There's An Accident
These emergency numbers can be called at no charge. Whenever possible, have a Japanese speaker make the call.
119 (Ambulance) • 110 (Police)
Please contact the terminal where you rented the bicycle if you got in an accident or experienced a problem with the bicycle. Please understand no one is at the terminal out of business hours.
*Contact information is listed on the back of the user application form.

Check here for the latest info.
Bicycle Rental
Bicycle Rental

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HARE IRO CYCLING OKAYAMA participating stores are retail locations and facilities for those using the eight recommended cycling routes. They provide the following services free of charge.

- Toilets
- Bicycle pumps and tool rental
- Drinking water
- Route & Map Legend
- Bicycle Rental
- Roadside Station
- Participating Stores

Road rules to ensure safe cycling

Bicycles are legal vehicles. Follow the rules and have fun cycling!

(1) Ride on the left side of the road!
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QR code for latest info