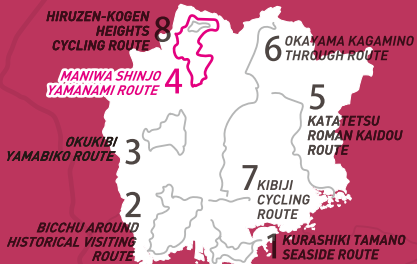


# Maniwa Shinjo Yamanami Route



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 townscape 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.



Created October 2022

Level of Difficulty



Intermediate

Route Length

100km

Difference of Elevation(Max)

539m

Check here for the latest info.



Official Website



Participating Stores



Bicycle Rental



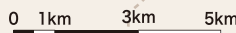
Road Station



Participating Stores



Bicycle Rental





## SPOTS OF MANIWA SHINJO YAMANAMI ROUTE

### HIRUZEN / YUBARA START - 35km

#### ① Shiogama Cold Spring

This cold mineral spring wells up in a valley at the foot of Mt. Nakahiruzen (1,122 m) and is recognized as one of Japan's 100 famous springs.

#### ③ Ogonsugi Cedar

Estimated to be about 180 years old, leaves at the tip of each branch of this cedar tree lose their pigmentation, giving the tree a golden-hued appearance.

#### ⑤ Hiruzen Yakisoba

This has been a staple dish in Hiruzen since ancient times with stir-fry noodles in a sweet and salty miso-based sauce mixed with chicken (or kashiwa as chicken is known locally). The flavor of the sauce varies from shop to shop.

#### ② Hiruzen Three Peaks

The Hiruzen Three Peaks are part of the Daisen volcanic zone reaching up to 1,100 m in height with a large tholoid-type (lava dome) structure. The mountain side and surroundings of Mt. Kamahiruzen are used as grazing pastures for cattle, creating a vast and idyllic landscape.

#### ④ Jingsukan (Grilled Lamb)

This grilled lamb dish appeared in Hiruzen in the 1950s. Savor the flavors of this local specialty with its healthy lean meat and delicious homegrown vegetables.

#### ⑥ Yubara Onsen

Yubara Onsen is famous for its mixed rotenburo (outdoor bath) Sunayu. Free to enter and open 24 hours a day, this bath is at the foot of the Yubara Dam surrounded by nature in all its glory. Situated on the banks of the river, it is an ideal place for a soak.

### MANIWA / KATSUYAMA 40km - 75km

#### ⑦ SPOT | Taru Onsen

This hot spring is said to be effective for healing cuts and skin conditions. Enjoy a soak in the jacuzzi, outdoor bath, or family bath.

#### ⑨ Kanba-no-taki Falls

Meet western Japan's largest and most famous waterfall which is included in the list of Japan's 100 best scenic views and Japan's 100 best waterfalls.

#### ⑪ Mikamo Valley

This gorge runs for about 6 km along the middle reaches of the Shinjo River, offering visitors beautiful views at any time of the year, but especially in early summer and fall.

#### ⑧ SPOT | Mags Onsen

This hot spring has deep baths giving you extra buoyancy and a relaxing floating sensation. Family baths that fit about three people are also available.

#### ⑩ Katsuyama Historical Preservation District

At the entrance to almost every house in this historical preservation district hangs a colorful, vegetable-dyed noren (traditional shop curtains) enticing visitors to come inside.

#### ⑫ Roadside Station Gaisenzakura Shinjoshuku

Offering nostalgic flavors of the countryside and clear, fresh air, the theme for this place is "Take a break in a soothing village, nestled in the heart of nature."

### SHINJO / HIRUZEN 75km - GOAL

#### ⑬ SPOT | Gaisen Cherry Trees

The key attraction here is the 137 gaisen cherry trees. The water channels and brooks of the town where carp can be seen swimming have been selected as one of the 100 Soundscapes of Japan.

#### ⑮ Roadside Station Kaze-no-le

The big draw here is the super-fresh vegetable market that opens from April to December each year. Local specialty products, arts and crafts, and other souvenir goods are also available for sale.

#### ⑰ Hiruzen Jersey Land

Popular items in the restaurant and shop are soft-serve ice cream and a selection of Jersey sausages.

#### ⑭ Himeno Mochi

The big difference between daytime and nighttime temperatures in summer make Shinjo Village a perfect place for the production of delicious pounded sticky rice (mochigome).

#### ⑯ Hiruzen Winery

Stop off at this winery, which features a shop as well as a wine bar and café. A refreshing drink for cyclists is the non-alcohol sparkling wine, and the grape-flavored soft-serve ice cream is not to be missed!

#### ⑱ Roadside Station Hiruzen Kogen

This roadside station is next to the Hotel Hiruzen Hills. As well as a rest area and information corner, it also has approximately 70 rental cycles available.

Rental Locations