

Beginner Start Your Adventure Here! Kinokawa Cycling Road


Distance: 24.4km Average Slope: 2.0% Total Climb: 15m



The perfect course for beginners. This route starts from Keyaki-odori St and heads through the Kinokawa Cycling Road. Cyclers can enjoy Wakayama ramen, cuisine, and historical sites such as Wakayama Castle.

Intermediate Coastal Heritage Route Kada, Isonoura, Wakaura

Distance: 55.0km Average Slope: 4.2% Total Climb: 429m



Take in the ocean views as you cycle past Kada's Pacific Cycling Road monument, Saikazaki Cape, the "Amali" of Wakayama, and Wakanoura, a Japanese Heritage Site. With countless seafood spots, this course will both refresh your spirit and fill your stomach!

Advanced Off to Koyasan! Koyasan Route


Distance: 112.2km Average Slope: 4.7% Total Climb: 1129m



Head east on the Kinokawa Cycling Road and begin the climb to Koyasan from Katsuragi Town.

Advanced Picturesque Rice Terraces Aragijima Island Route

Distance: 115.3km Average Slope: 5.0% Total Climb: 1605m



This route brings you to Aragijima Island's famous terraced rice fields. The area features many attractions, including the Oishi Highlands, Marina City, and Kishi Station with cat stationmaster Tama!



Wakayama City Cycling Map

Beginner Start Your Adventure Here! Kinokawa Cycling Road

Advanced Off to Koyasan! Koyasan Route

Intermediate Coastal Heritage Route Kada, Isonoura, Wakaura

Advanced Picturesque Rice Terraces Aragijima Island Route

Kansai Region Cycling Course

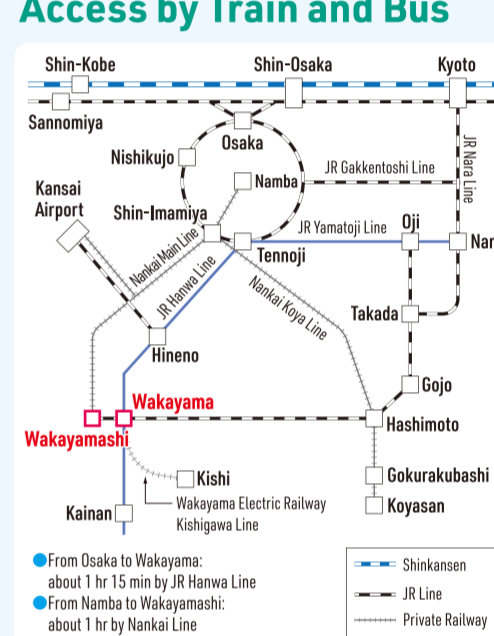
- Sea Breeze Route Around Osaka Bay** About 292.9km from Osaka-City
- Senshu Cycling Road** About 40km from Kansai Airport
- Awaji Island Circle Route** Kansai Airport
- Shimanami Kaido Cycling Road** About 160km from Imabari City
- Keinawa Cycle Road** About 180km from Kyoto City via Nara
- Shikoku Circle Route**
- Nankai Ferry** About 2hr to Tokushima Port
- Pacific Cycling Road**

Wakayama City Cycling Map

和歌山市サイクリングマップ

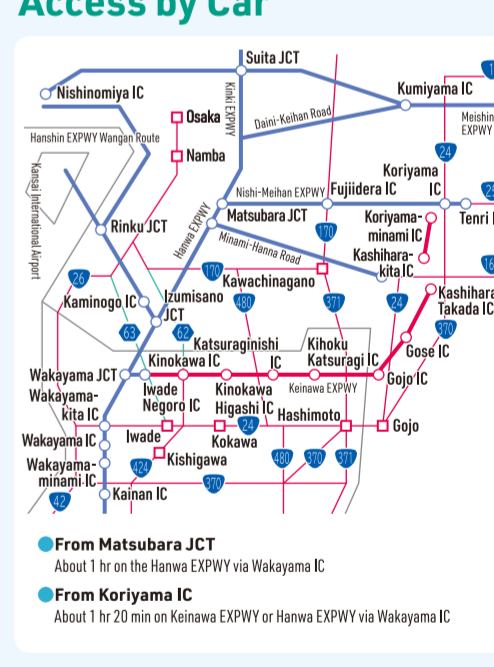


Access by Train and Bus



- From Osaka to Wakayama: about 1 hr 15 min by JR Hanwa Line
- From Namba to Wakayamashi: about 1 hr by Nankai Line
- Shinkansen
- JR Line
- Private Railway

Access by Car



- From Matsubara JCT: About 1 hr on the Hansu EXPWY via Wakayama IC
- From Koriyama IC: About 1 hr 20 min on Keinawa EXPWY or Hansu EXPWY via Wakayama IC

Wakayama City Cycling Map

和歌山市サイクリングマップ



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- YI Cycle Station**
1. **Wakayama Marina City** 1527 Kemi, Wakayama City tel.0570-064-358
 2. **Wakaura Fishing Port Ottotto Square** 1-1 Shinwakaura, Wakayama City tel.073-446-3308
 3. **Kada Beach Management Office** 1067 Kada, Wakayama City tel.073-459-2457
 4. **Zakafae Karaku** 772 Mikazura, Wakayama City tel.073-647-1005
 5. **Guesthouse RICO** 5-6 Shintori, Wakayama City tel.073-488-6989
 6. **Wakayama Cycle Station** 153-3 Dejima, Wakayama City tel.073-472-9496
 7. **Komeri Power Wakayama Interchange** 53-1 Azushimainden, Wakayama City tel.073-464-3110
 8. **Ehisuya** 211 Kada, Wakayama City tel.073-481-2282
 9. **Kyakamura Kishu-Kada** 483 Miyama, Wakayama City tel.073-459-0321
 10. **Wakancho** 235-6 Isonoura, Wakayama City tel.090-2709-8996
 11. **Wakayama Prefectural Government, Main Building** 1-1 Komatsubara-dori, Wakayama City tel.073-441-2371
 12. **Wakayama Shimotsu Port Office** 6-22 Chikko, Wakayama City tel.073-431-7266
 13. **Construction Department, Kaiso Promotions Bureau** 227 Moriotebo, Wakayama City tel.073-488-7876
 14. **Wakayama Prefecture Museum of Modern Art** 1-4-14 Fukiage, Wakayama City tel.073-436-8690
 15. **Kiifudoki-no-oka Museum of Archaeology and Folklore** 1411 Iwase, Wakayama City tel.073-471-6123
 16. **Kinokawa River Museum** 462 Arimoto, Wakayama City tel.073-423-2080
 17. **Bird of passage** 116-1 Myooji, Wakayama City tel.073-488-5150
 18. **Food Hunter Park** 85 Myooji, Wakayama City tel.073-499-4370
 19. **Honke Motoya** 107-1 Taya, Wakayama City tel.073-462-8866
 20. **Tamunos-yu** 759-3 Matsue, Wakayama City tel.073-454-6266
 21. **HaRaRa** 2-13 Minatokonyamachi, Wakayama City tel.073-422-9234
 22. **Wakayama Marche, Wakayama Central Wholesale Market** 1660-401 Nishihama, Wakayama City tel.073-431-3161 (Market Management Office)
 23. **Tsubura Café** 1070-91 Kada, Wakayama City tel.073-459-2611
 24. **Wakanoura Art Cube** 3-10-1 Wakaura-minami, Wakayama City tel.073-445-1188
 25. **McDonald's 26 Shimabashi** 243-19, Kitsuenejima, Wakayama City tel.073-457-0905
 26. **McDonald's Ourakaido** 4-2-14, Sunayama-minami, Wakayama City tel.073-402-2066
 27. **Nankai Ferry, Wakayama Office** 2835-1 Minato, Wakayama City tel.073-422-2156

- H Cyclist-Friendly Lodging**
1. **Guesthouse RICO** 5-6 Shintori, Wakayama City tel.073-488-6989
 2. **Manpa Resort** 2-10 Shinwakaura, Wakayama City tel.073-444-1161
 3. **Daiva Roynet Hotel Wakayama** 26-1 Shichibancho, Wakayama City tel.073-435-0055
 4. **Kishu Hot Spring, Shinwaka Lodge** 2-3 Shinwakaura, Wakayama City tel.073-444-9000
 5. **Kimiidera Onsen Hananoyu, Garden Hotel Hayashi** 673 Kimiidera, Wakayama City tel.073-444-1004
 6. **Kada Awashima Hot Spring Osaka-ya Hiina no Yu** 142 Kada, Wakayama City tel.073-459-1151
 7. **Wakayama Urban Hotel** 1-2-17 Kuroda, Wakayama City tel.073-475-1088
 8. **Wakayama Daiichi Fuji Hotel** 5 Motobakurumachi, Wakayama City tel.073-431-3351
 9. **Wakayama Daini Fuji Hotel** 1-20 Minatokonyamachi, Wakayama City tel.073-431-3352
 10. **Hotel Landmark Wakayama** 2-1-2 Tebira, Wakayama City tel.073-422-1200
 11. **Hanayama Onsen Yakushi no Yu** 574 Narukami, Wakayama City tel.073-471-3277
 12. **Charlie's Bed - Bike Hostel & Spot** 5-46 Motoderamachi, Wakayama City

- Bicycle Shops**
1. **Charinko Route26** ☎10:00-19:00 55-1 Naka, Wakayama City, Wakayama Prefecture tel.073-452-4193
 2. **Machinijitensha Bike Repair Shop, Ourakaido** ☎10:00-19:00 3-10-3 Funazu-cho, Wakayama City tel.073-423-0288
 3. **Machinijitensha Bike Repair Shop, Wakayama** ☎10:00-19:00 5-46 Motoderamachi, Wakayama City tel.073-423-2955
 4. **Cycling & Triathlon Avant Garde, Wakayama** ☎10:00-19:00 742-18 Kimiidera, Wakayama City tel.073-460-1391
 5. **Cycle Shop Sanremo** ☎12:00-20:00 (weekends & holidays 19:00) 2-7-28 Higashitakamatsu, Wakayama City tel.073-488-7675
 6. **Wakayama Honda Yurinkan** ☎10:00-18:30 4-3-36 Shioya, Wakayama City tel.073-498-8511
 7. **Cycle Base Asahi Wakayama** ☎10:00-20:00 10-10 Shinseicho, Wakayama City tel.073-435-4828
 8. **Cycle Base Asahi, Kinokawa** ☎10:00-20:00 84-4 Jiramura, Wakayama City tel.073-456-6588
 9. **Cycle Base Asahi, Kimiidera** ☎10:00-20:00 253-1 Mikazura, Wakayama City tel.073-448-3800
 10. **Austin Cycle** ☎10:00-19:00 (Sun 12:00-) 44 Yanagicho, Wakayama City tel.073-481-1233

- Cyclist-friendly lodging refers to facilities that meet conditions ①-④:**
- ① **Secure bicycle storage**
Bicycles can be brought into guests' rooms without being dismantled, or stored in a lockable area closed to the general public (backyard, storehouse, garage etc).
 - ② **Lending of air pumps and tools**
Air pumps and repair tools for sports bikes can be loaned in the case of maintenance and bike troubles.
 - ③ **Temporary luggage storage**
The facility offers temporary luggage storage before check-in and after check-out, so that you can enjoy your ride with minimal baggage.
 - ④ **Mailing service**
Facilities with mailing services that include bicycles, making for a smooth arrival and return home.

- Bathing Facilities**
1. **Kada Awashima Hot Spring Osaka-ya Hiina no Yu** ☎11:00-14:30, 15:00-19:00 ☎Day trip usage (towel incl.) Adult admission ¥1,200
142 Kada, Wakayama City tel.073-459-1151
 2. **Wakayama Kada Onsen, Seaside Hotel Kadakaigetsu** ☎11:00-15:00 (last entry 14:30) ☎Day trip usage (rental towel incl.) Adult admission ¥1,200
1905 Kada, Wakayama City tel.073-459-0015
 3. **Nishihama Goten no Yu Onsen, Yu Bath Wakayama** ☎9:00-24:00 (last entry 23:15) ☎Adult admission ¥980, ¥440 (bathing only)
20 Minato, Wakayama City tel.073-426-2641
 4. **Kishu Onsen Saika no Yu, Futagojimasu** *Only available for overnight guests ☎11:00-15:00 ☎Adult admission ¥1,200 (rental towel incl.)
599 Saikazaki, Wakayama City tel.073-444-1145
 5. **Kishu Onsen Arigato no Yu, Isaribi no Yado Seaside Kancho** ☎11:00-14:30 ☎Day trip usage Adult admission ¥1,540 82 Tano, Wakayama City tel.073-444-0111
 6. **Wakanoura Onsen Manyo no Yu, Manpa Resort** ☎11:00-15:00 ☎Day trip usage (rental towel incl.) Adult admission ¥1,540
2-10 Shinwakaura, Wakayama City tel.073-444-1161
 7. **Fukuro no Yu Onsen** ☎10:00-23:00 (last entry 22:00), Fri-Sat/before holidays 10:00-24:00 (last entry 23:00)
☎Adult admission ¥1,200 (face towel / bath towel incl.)
B1 Forte Wajima, 2-1 Honmachi, Wakayama City tel.073-423-4126
 8. **Hanayama Onsen Yakushi no Yu** ☎8:00-22:00 ☎Adult admission ¥1,150 (Discounted hours from 17:00 Adult admission ¥900)
574 Narukami, Wakayama City tel.073-471-3277
 9. **Kimiidera Onsen Hananoyu, Garden Hotel Hayashi** ☎11:00-22:00 ☎Day trip usage Adult admission ¥900 673 Kimiidera, Wakayama City tel.073-444-1004
 10. **Kishu Kuroshio Onsen** ☎10:00-23:00 (last entry 22:00) ☎Adult admission ¥1,000
Wakayama Marina City, 1525 Kemi, Wakayama City tel.073-448-1126
 11. **Kyakamura Kishu Kada** ☎12:00-15:50 (last entry 15:00) ☎Day trip usage Adult admission ¥1,300
483 Miyama, Wakayama City tel.073-459-0321
 12. **Kirakuyu Wakayama** ☎10:00-25:00 (last entry 24:30) ☎Adult admission ¥700 251-1 Kandori, Wakayama City tel.073-480-1126

- Medical Facilities**
1. **Wakayama Rosai Hospital** 93-1 Kinomoto, Wakayama City tel.073-451-3181
 2. **Saiseikai Wakayama Hospital** 45 Junibancho, Wakayama City tel.073-424-5185
 3. **Japanese Red Cross Wakayama Medical Center** 4-20 Komatsubara-dori, Wakayama City tel.073-422-4171
 4. **Wakayama Medical University Hospital** 811-1 Kimiidera, Wakayama City tel.073-447-2300
- The following optional services are also available. Please contact the facility for details.
- Washing machine/spin-dryer, laundry service (day of/next day).
 - Bike cleaning/maintenance area.
 - Information regarding nearby cycling roads and stations.

Cycling Traffic Rules

Five Rules for Safe Cycling

- In principle, cyclists must ride on roadways and ride on the left; only in exceptional cases may sidewalks be used, and give pedestrians the right of way
- Cyclists must in principle use roadways where there is a distinction between sidewalks and roadways.
- Cyclists must proceed along the left edge of the road when riding along roadways.
- If standard bicycles are permitted to be ridden on the sidewalk, you must keep to the roadway side, and proceed along at a speed that can be stopped immediately.
- Cyclists must come to a stop if the bicycle's progress would prevent pedestrians from proceeding.

When there is a road sign or marking indicating that standard bicycles can use a sidewalk, it is possible for standard bicycles to ride along it.

- At intersection, obey traffic signals and must come to a stop and check safety.
- Obey traffic signals and check safety when crossing a road.
- At intersections where road signs or markings indicate that you must come to a stop, be sure to do so, and check both ways for safety before proceeding.

- Use bicycle light at night
 - Turn on bicycle lights at night without fail and be sure to riding a bicycle with reflectors.
- Prohibited from riding under the influence of alcohol.
- Riding bicycles under the influence of alcohol is also prohibited as a vehicle.
- Wear a bicycle helmet
 - All bicycle users should wear a bicycle helmet in order to reduce the damage caused by bicycle accidents.
 - Persons responsible for the protection of elementary schoolers and infants must endeavor to make them wear bicycle helmets when allowing them to ride bicycles.

*Enroll in bicycle insurance Purchasing bicycle liability insurance will reduce the financial burden in the event of an accident, and also protect the victim.

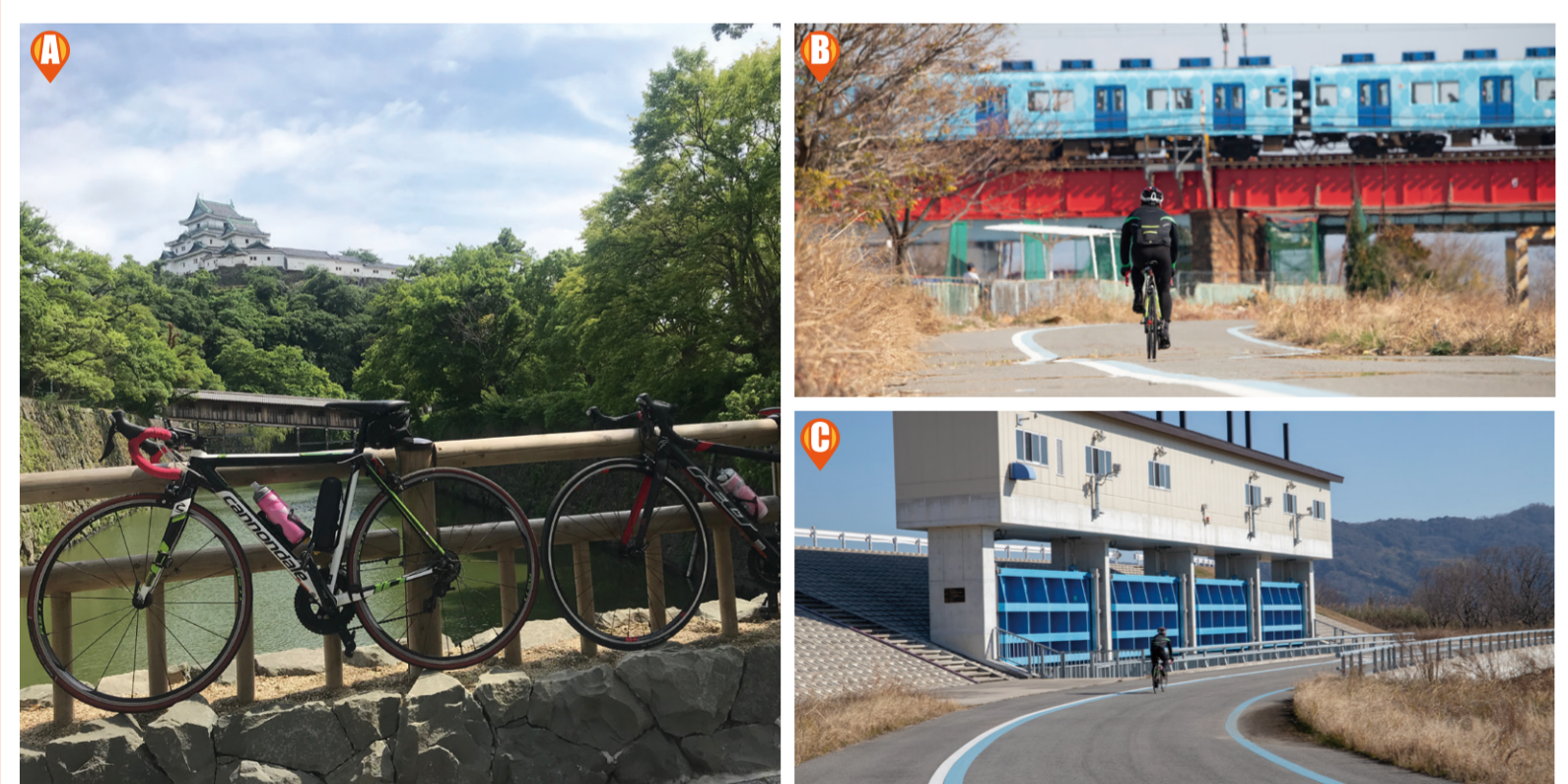
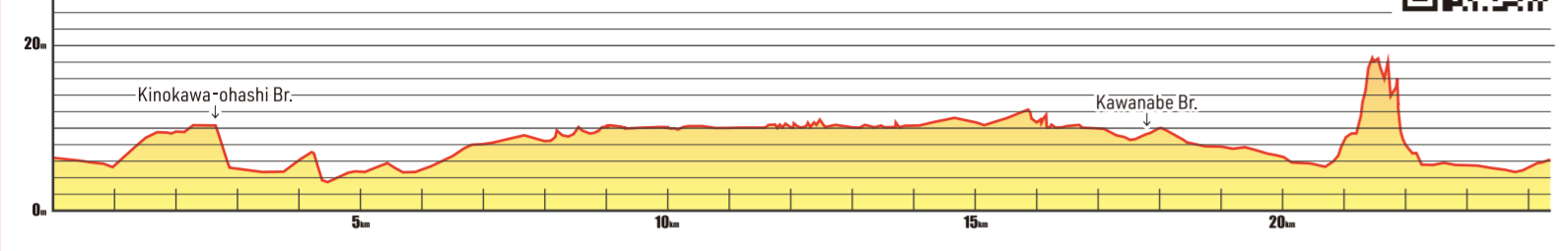
Beginner

**Start Your Adventure Here!
Kinokawa Cycling Road**

Distance: 24.4km Average Slope: 2.0% Total Climb: 15m
Est. time: 3 hr (1.5 hr ride + 1.5 hr rest)

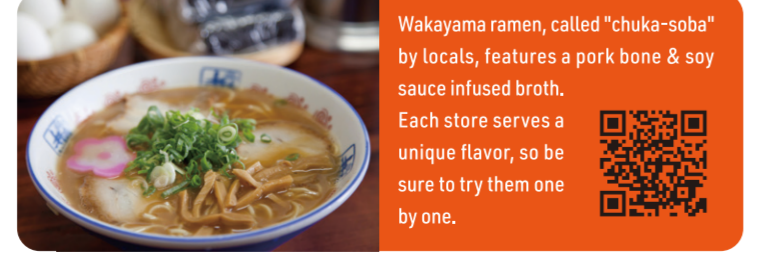
The perfect course for beginners. This route starts from Keyaki-odori St and heads through the Kinokawa Cycling Road. Cyclers can enjoy Wakayama ramen, cuisine, and historical sites such as Wakayama Castle.

Download route → 



A Snap a photo at Wakayama Castle. **B** Breeze along the spacious Kinokawa Cycling Road. **C** See the Iwase Senzuka Tumulus Cluster, a national special historical site, at the Prefectural Kiifudoki-no-oka Museum of Archaeology and Folklore. **D** Stop at Green Corner for matcha ice cream, Wakayama's local specialty, and pair it with Tenkake Ramen, a local comfort food.

Wakayama Ramen Map



Wakayama ramen, called "chuka-soba" by locals, features a pork bone & soy sauce infused broth. Each store serves a unique flavor, so be sure to try them one by one.

Download route → 

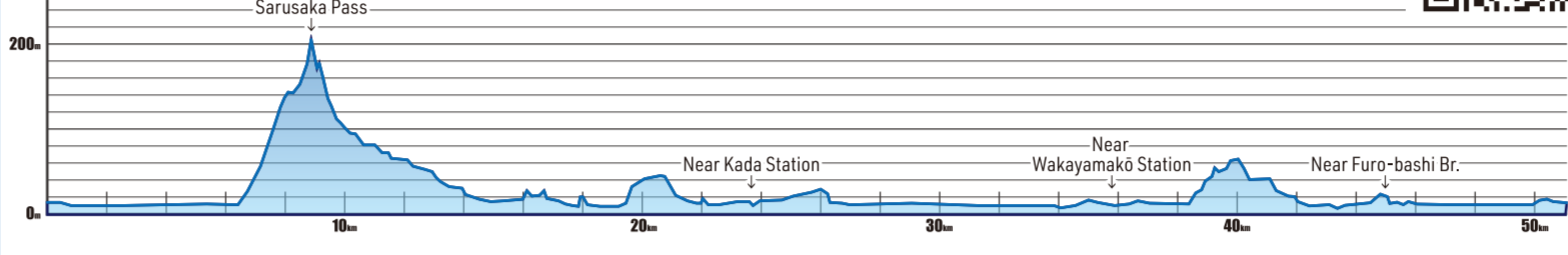
Intermediate

**Coastal Heritage Route
Kada, Isonoura, Wakaura**

Distance: 55.0km Average Slope: 4.2% Total Climb: 429m
Est. time: 4 hr (2.5 hr ride + 1.5 hr rest)

Take in the ocean views as you cycle past Kada's Pacific Cycling Road monument, Saikazaki Cape, the "Amalfi" of Wakayama, and Wakanoura, a Japanese Heritage Site. With countless seafood spots, this course will both refresh your spirit and fill your stomach!

Download route → 



F The Miyama Hiking Course leads to an observation platform overlooking the Kitan Strait and Tomogashima Islands. **G** Enjoy history and nature at the Miyama Battery Ruins, the remains of a Kansai area military base built in the Meiji era. **H** Isonoura, a famous surfing spot. **I** Monument marking the start/finish line of the Pacific Cycling Road. **J** Saikazaki, the Amalfi of Wakayama. **K** An arched stone bridge completed in 1851, Edo Period. Arched stone bridges from this period are rare outside the Kyushu region, and the carvings on the railings are a particular highlight. **L** Wakanoura, a Japanese Heritage site. Gaze across the tidal flats exposed at low tide. **M** Try a wakashirasu (young sardines) rice bowl at Wakaura Fishing Port's Ottotto Square.

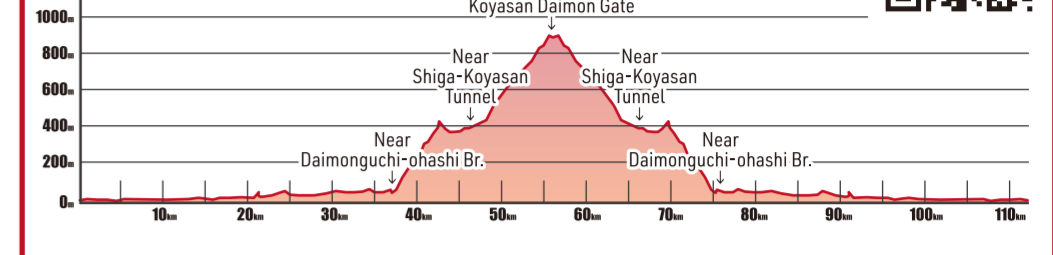
Advanced

**Off to Koyasan!
Koyasan Route**

Distance: 112.2km Average Slope: 4.7%
Total Climb: 1129m
Est. time: 7.5 hr (6 hr ride + 1.5 hr rest)

Head east on the Kinokawa Cycling Road and begin the climb to Koyasan from Katsuragi Town.

Download route → 



N Near Ryumon Br., Kinokawa Cycling Road. Ride along the river upstream. **O** Enter the mountains, and commence the climb to Koyasan. **P** Daimon Gate, the goal point. Why not take a commemorative photo? **Q** Enter east from Daimon Gate, and find yourself at Koya Town. Many attractions await you, from the dazzling vermilion Konpon Daito Pagoda, to the Danjo Garan Sacred Temple Complex, and Kongobu-ji Head Temple. The parking lot in front of Kongobu-ji Head Temple has bike racks, so you can store your bike and enjoy sightseeing.

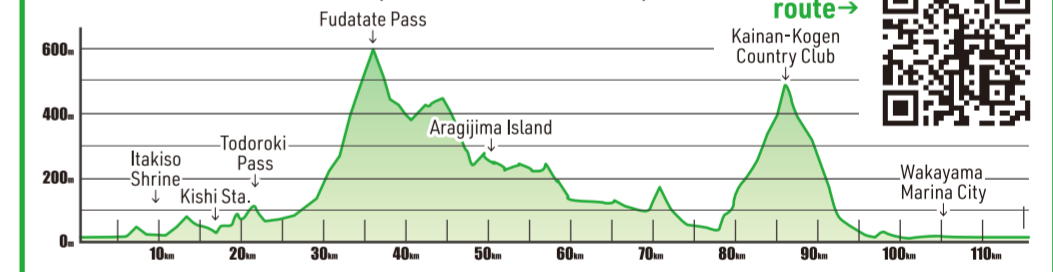
Advanced

**Picturesque Rice Terraces
Aragijima Island Route**

Distance: 115.3km Average Slope: 5.0%
Total Climb: 1605m
Est. time: 8 hr (6.5 hr ride + 1.5 hr rest)

This route brings you to Aragijima Island's famous terraced rice fields. The area features many attractions, including the Oishi Highlands, Marina City, and Kishi Station with cat stationmaster Tama!

Download route → 



R Check out Kishi Station, famous for its cat-themed train, cat-shaped station building and cat station master Tama! **S** Take in Aragijima Island's beautiful terraced rice paddies. **T** Journey to Wakayama Marina City, enjoy its amusement park, and get a taste of local cuisine at Kuroshio Market.