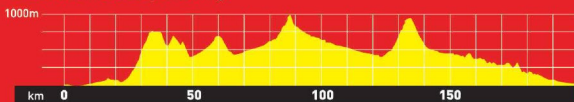




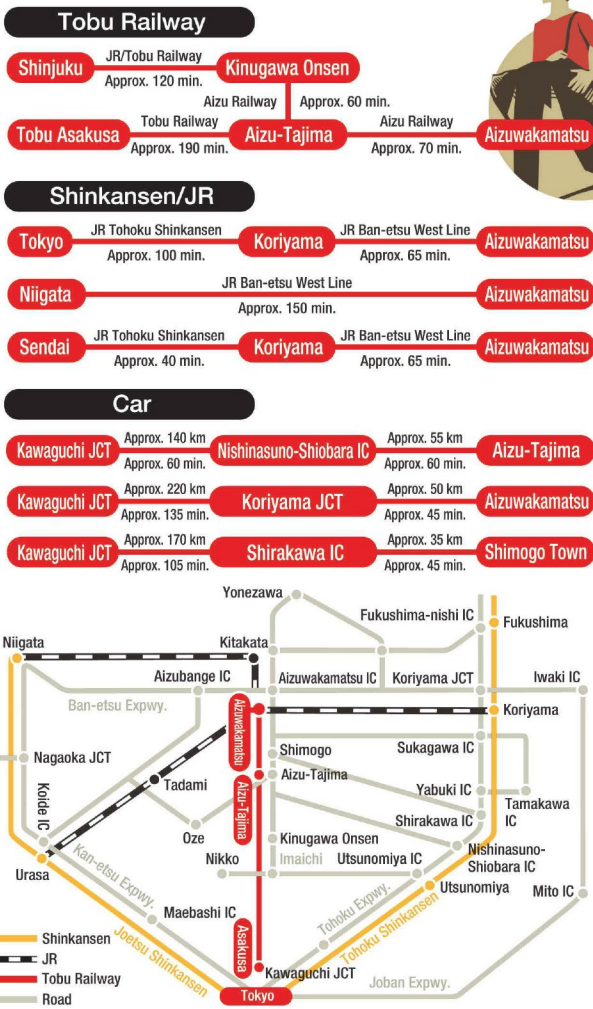
196km 2462m **Expert**

"King of Aizu" 200 Course

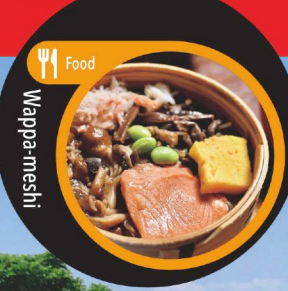
This challenging course starts in Aizuwakamatsu City and loops around the towns of Shimogo and Minamiaizu. Take the cycling road southward from Aizuwakamatsu. After the intense climb up to Hidama Pass at an elevation of 820 meters (34 kilometers from the start), stop for a short break in Ouchijuku. There won't be any more rest spots for a while, so stock up if necessary. After crossing the mountainous Toaka area, head for Minamiaizu. Take the loop clockwise due to the inclined snow sheds and long tunnels. For a lunch break, we recommend either Banyas Roadside Station or the Sobadokoro Magariya soba-noodle restaurant (before Maezawa Magariya Village). After Komado Pass at the 136-kilometer mark, the course is mostly downhill. This is a full-day course, so start early in the morning to make sure you can be back in Aizuwakamatsu by evening.



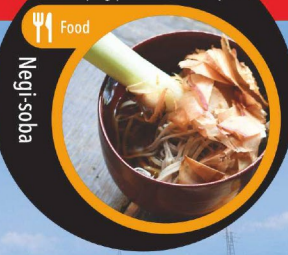
How to get to Aizu



An Aizu specialty. Ingredients like edible wild plants and seafood are steamed with rice inside a circular wooden box called a *wappa*, bringing out their flavors.



Grated daikon radish juice provides a refreshing accent to these traditional soba (buckwheat) noodles made with water from Aizu's abundant streams. In a popular version, the noodles are eaten with a leek (*negi*) instead of chopsticks.



Pork cutlet dipped in a thick sauce, on top of a bed of cabbage. With its sweet yet hearty taste and satisfying crunch, this traditional Aizu dish is filling and irresistible.



A cliff formation created by one million years of natural erosion and weathering. The stunning gorge, only a five-minute walk from To-no-Hetsuri Station on the Aizu Railway, has been designated as a natural monument by the Japanese government.



The powerful currents of the Inagawa River shaped this towering rock formation. Get a breathtaking close-up view while soaking in the negative ions.



Explore a wealth of natural wonders, historic sites, and delicious food.

From the idyllic scenery of Minamiaizu, to the samurai legacy of Aizuwakamatsu, Fukushima's breathtaking Aizu area is a cyclist's paradise. Enjoy beautiful Japanese scenery unchanged since ancient times as you cycle through mountainous areas as high as 1,000 meters in elevation and peaceful countryside, stopping at historic sites like Tsuruga Castle and the Ouchijuku post station, as well as masterpieces of nature such as the To-no-Hetsuri cliffs

and Byobuwa Rock. Local specialties like traditional *wappa-meshi* meals served in wooden boxes, soba noodles, and "sauce" *katsudon* pork cutlets are not to be missed. We also recommend exploring the rustic stations of the Aizu Railway. In spring of 2017, Tobu's "Revaty" Limited Express began service, providing direct access from Asakusa. These routes offer plenty of variety, with landmarks both natural and historical, and are sure to satisfy experienced cyclists and amateur riders alike.

Yunokami Onsen

Railways

Enjoy the beauty of the Okawa River valley at these secluded hot springs. The free footbath next to the quaint, thatched-roof station building is the perfect place to take a break from cycling.

Ilmor Hill

History

This 314-meter hill is the final resting place of the Byakkotai, a unit of teenaged samurai who fought for Aizu Domain in the civil war that ended the period of shogunate rule. The hill offers a panoramic view of Tsuruga Castle and the whole city of Aizuwakamatsu.

Ouchijuku

History

This town served as a post station during the Edo period (1603-1868), and is now a designated Important Preservation District for Groups of Traditional Buildings. The more than thirty traditional thatched-roof houses that line its main street will make you feel like you've traveled back in time.

Maezawa Magariya Village

History

A village of traditional houses built in an L-shaped style, known as *magariya*, located amid the idyllic scenery of Minamiaizu. The museum offers a look at the way of life of the people who still inhabit the village to this day.

Tour natural and historic wonders.

Aizu Cycling MAP

Explore everything Aizu has to offer.

The online version of this guide offers a convenient map to use on your smartphone. Scan the two-dimensional barcode above for more information.

Explore nature and tour sightseeing spots!

From long mountain courses...

Expert: 196km 2462m

"King of Aizu" 200 Course

Advanced: 116km 1400m

Minamiaizu Oasis Loop Course

Intermediate (Short): 84km 983m

Free-Spirited Minamiaizu Short Loop Course

Easy-Intermediate: 66km 684m

Mountain Challenge Course for Ouchijuku

Easy (Short): 54km 353m

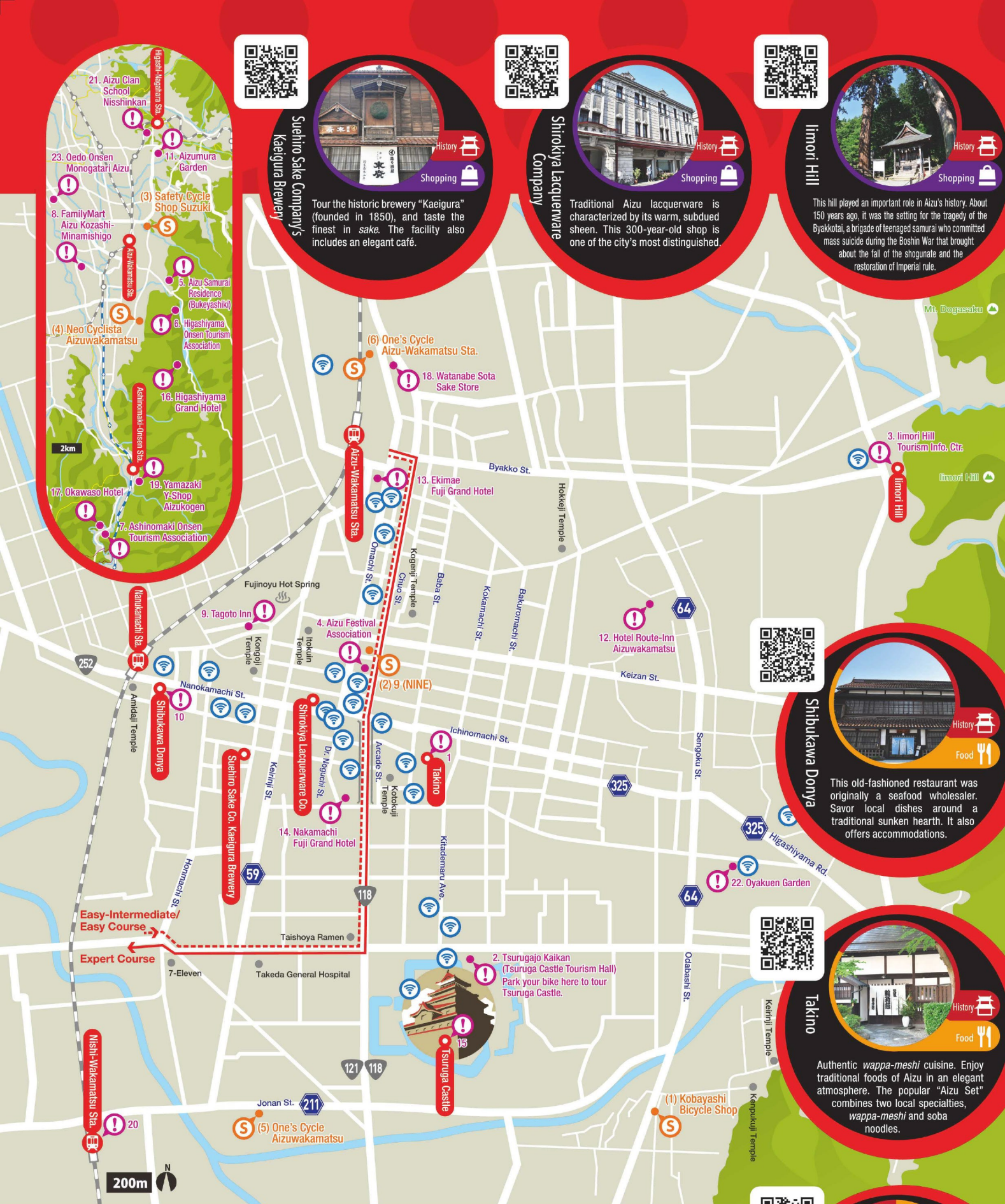
Rural Stations & Aizu Nature Course

...to easy sightseeing rides.

Beginner:

Leisurely Aizuwakamatsu Cycling Course for Beginners





Beginner

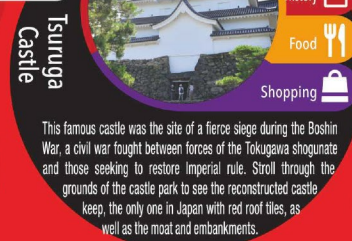
Leisurely Aizuwakamatsu Cycling Course for Beginners

This gentle urban course gets you in touch with the history and culture of Aizuwakamatsu City, hitting all the major sightseeing spots. First, explore Tsuruga Castle and Iimori Hill, which played important roles during the final years of the Tokugawa shogunate. Then, head for Nanokamachi Street in the downtown area, where rows of historic buildings evoke the atmosphere of the Taisho period (1912-26). Taste local sake at Suehiro Sake Company, or shop for traditional Aizu lacquerware at Shirokiya Lacquerware Company. For lunch, we recommend the traditional restaurant Shibukawa Donya, or authentic *wappa-meshi* cuisine at Takino. More and more shops are trying to accommodate cyclists by installing bike racks, so this is a great city for both riding and eating!

Partner Shops:

- Shop, restaurant, lodging facility, etc. where bicycle racks/pumps are available
- Shop for cycling sport needs

See the online version for details.

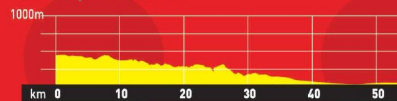


This famous castle was the site of a fierce siege during the Boshin War, a civil war fought between forces of the Tokugawa shogunate and those seeking to restore imperial rule. Stroll through the grounds of the castle park to see the reconstructed castle keep, the only one in Japan with red roof tiles, as well as the moat and embankments.

Easy (Short)

Rural Stations & Aizu Nature Course

This beginner-level course spanning 54 kilometers starts at Aizu-Tajima Station, a stop on the "Revaty" Limited Express, and heads for Aizuwakamatsu. The course is mostly downhill with no steep climbs, so don't worry if you lack muscle power. It also runs parallel to the Aizu Railway, making it a great route for lovers of railway photography. Enjoy rural stations like To-no-Hetsuri, Yunokami Onsen, and Ashinomaki Onsen (famous for its honorary stationmaster, a cat named "Love"). Finish by traveling the cycling road about 14 kilometers along the pristine Agagawa River to Aizuwakamatsu, where delights such as Tsuruga Castle and sake brewery tours await.



Easy-Intermediate

Mountain Challenge Course for Ouchijuku

This course starts from Aizu-Tajima Station and hits Aizu's most popular spots, including the To-no-Hetsuri cliffs, Yunokami Onsen, and the Ouchijuku post station. The roads have little traffic, and the last section from Ashinomaki Onsen to Aizuwakamatsu is on a cycling road, making it a comfortable ride for beginners. Right after you pass Yunokami Onsen Station, famous for its thatched-roofed station building, challenge yourself to a hill climb on the slope that continues for about seven kilometers to Ouchijuku. At Ouchijuku, chow down on *negi-soba* (soba noodles with leek), an Aizu specialty, and quench your thirst with an ice-cold *ramune* lemon-lime soda.



Intermediate (Short)

Free-Spirited Minamiaizu Short Loop Course

Enjoy the peaceful countryside on this course circling Minamiaizu in a clockwise direction, from the thatched rooves of Maezawa Magariya Village (at 38 km), to endless pastoral landscapes and the babbling of clear streams. An uphill climb starts after Aizukogen-Ozeguchi, ending when you reach Nakayama Tunnel at the top. The road-surface conditions in the tunnel are good, but be sure to reduce your speed on the downhill. You'll also want to check your light beforehand. Don't forget to try the best in local cuisine, like Banyu Roadside Station's soba noodles (at 26 km), or Kirara 289's extra-large "sauce" *katsudon* pork cutlets (at 59 km).



Advanced

Minamiaizu Oasis Loop Course

This difficult but satisfying course loops through the mountains, rivers, and countryside of the Minamiaizu area. It starts from Aizu-Tajima Station, the end of the line for the "Revaty" Limited Express originating in Tokyo and Asakusa. After the up-and-down road to the Aizukogen area, climb toward Karasawa Pass (at 42 km), heading for the secluded hot-spring resort of Tokusa Onsen. Next, head for Azuki Onsen along the beautiful Inagawa River. The magnificent Byobuwa Rock is a must-see. Past the 90-kilometer mark, the 10-kilometer climb up to Komado Pass at an altitude of 923 meters will give you a sense of accomplishment. Be careful when taking the mostly uphill Komado Tunnel (approx. 2 km) through the pass.

