

On August 24, 2021, the Yuzawa-Minamiuonuma-Uonuma Cycling Promotion Council created the Yukiguni Uonuma Golden Cycle Route, the first model route for cycling tourism in



The Yukiguni Uonuma Golden Cycle Route is a cycling route that spans the three localities of Yuzawa Town, Minamiuonuma City, and Uonuma City. It is made up of three sections: the North-Uonuma Stage, the South-Uonuma Stage, and the Sagurigawa Dam Stage. With a total length of 193km, the course represents the rich natural beauty of Yukiguni that changes with the seasons and is dotted with natural and cultural landmarks.



Yukiguni means "Snow Country" and refers to the area's status as Japan's preeminent area of heavy snowfall. Uonuma refers not just to the town of Yuzawa and the cities of Uonuma and Minamiuonuma, but to the wider region, which the Golden Cycle Route will hopefully one day extend to. Golden refers to both the color of the landscape when the rice plants ripen and the aspiration of becoming one of Japan's major cycling routes.



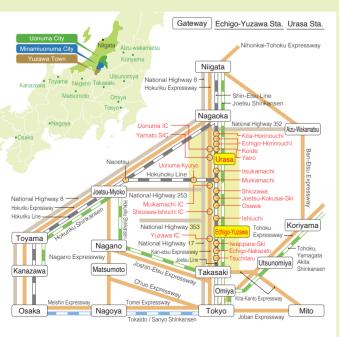
The three dots represent both the mountain ranges and crystals of snow. The infinity symbol is meant to resemble a bicycle's tires as well as the cycling route itself, comprising the North-Uonuma and South-Uonuma Stages

Finally, the Golden Cycle Route can easily be identified by the initials GCR

### For more information:



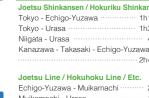


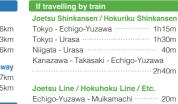


If travelling by car
Kan-Etsu Expressway
Nerima IC - Yuzawa IC ····· 166
Niigata-Nishi IC - Uonuma IC 93
Kanazawa IC - Uonuma IC296
Joban Expressway / Kita-Kanto Expressw

Mito IC - Yuzawa IC ------····· 255km

kvo/lkebukuro - Yuzawa IC ......3h 1m Urasa - Koide ·· Kanazawa - Joetsu-Myoko - Naoetsu okyo/lkebukuro - Muikamachi IC …3h17m - Nagaoka - Echigo-Yuzawa ...... 3h10m okyo/lkebukuro - Uonuma IC ······3h31m





Yuzawa Town

**Daigenta Canyon** 



An area of natural beauty around Lake Daigenta at the foot of Mt. Daigenta. You can enjoy outdoor sports such as camping, glamping, kayaking, and stand-up paddleboarding (SUP). Down the river is the arch-shaped Daigenta Dam, known for being a historic and culturally significant civil engineering structure. In 2003 it was registered as a Tangible Cultural Property and in 2011 was recognized by the Japan Society of Civil Engineers.

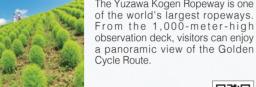
3064-17 Tsuchitaru, Yuzawa Town **2**025-787-3536



#### Yuzawa Highland Park



The Yuzawa Kogen Ropeway is one



490 Yuzawa, Yuzawa Town ☎025-784-3326





The "Yukiguni-kan" is a museum where visitors can experience the world of Kawabata Yasunari's novel "Snow Country," which is set in the town of Yuzawa, and the lifestyle and history of Yuzawa, in "Snow Country". The "Gallery /ukiguni': World of Japanese Paintings" exhibits paintings cting scenes from the novel "Yukiguni," including "Moon ver Snow Country" by Tatsuo Takayama, a recipient of the Order of Cultural Merit. The exhibition also includes background information on the

novel and the secret story behind the filming of the movie adaptation.

#### Foot Bath "Kannakkuri"





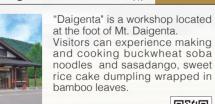
**2**025-784-3965

The Ashiyu Kannakkuri foot bath is located in the middle of the hot spring resort area that begins at the west exit of Echigo-Yuzawa Station. It is a perfect place to take a break on the route. In local dialect, "Kannakkuri" means

354-9 Yuzawa, Yuzawa Town 2025-785-5505 (Yuzawa Tourism & Community Development Organization)

Workshop "Daigenta"





**2**025-787-1121



### Zuishōan Temple



A Soto Zen temple where you can see the statues of Nio sculpted by Ishikawa Uncho, who is called he Michelangelo of Japan. The statues are his masterpiece. The limbs are colored and they even have the body hair painted.

4595 Tsuchitaru, Yuzawa Town ☎025-785-5505 (Yuzawa Tourism & Community Development Organization)



Joetsu Line Kedosawa Bridge

railroad bridge in Japan by a TV



Tsuchitaru, Yuzawa Town 2025-785-5505 (Yuzawa Tourism & Community Development Organization)



### Minamiuonuma City

**Local Information / Recommended Spots** 

Mikuni Kaido Shiozawa-juku Bokushi Street MAP H-5



Shiozawa-juku Bokushi Street flourished as an inn town along the Mikuni Kaido highway connecting Edo and Echigo, and developed as a production center for textiles such as Echigo Jofu (an Important Intangible Cultural Asset) and Shiozawa Tsumugi (a traditional craft), which are special products of the area. The street is lined with rows of gangi arcades, which are unique to Snow Country, and visitors can enjoy an experience like stepping back in time.

1203 Shiozawa, Minamiuonuma City **2**025-782-1206 (Shiozawa Shokokai (Chamber of commerce))



### **Uonuma no Sato**

MAP G-3



In a corner of Nagamori, Minamiuonuma City, at the foot of Mt. Hakkai, you will find cafes, souvenirs and kitchen goods stores nestled in ne peaceful rural landscape. This includes the lakkaisan Yukimuro. soba restaurant Nagamori, Satova and Tsutsumiva confectionaries, and more. We hope you will enjoy your encounte with Uonuma in its true form with Uonuma in its true form, along with the beautiful colors of the four seasons, which are sure to inspire a certain nostalgia.

to inspire a certain nostalgia



MAP E-4

#### Fukoji Temple

☎0800-800-3865



n 1221, the Kamakura Shogunate (Shogun Inamoto no Sanetomo) dedicated the domain of Bishamondō to the landowner Taira Shigemoto, then appointed the monk Dōjōbo Benkaku as a separate ead of Tennō-dō (Bishamondō), and decreed that no one is to be killed for eternity" in the Urasa Kawanishi area. Fukoji temple is said to have been founded when the monk Dojobo Benkaku built a large temple



#### Shakunage Lake



There is a auto-camping site, a



multipurpose field, and other sports and outdoor facilities, as well as the Shakunage Sightseeing Center where you can enjoy wild vegetables and local cuisine. You can experience the best of outdoor life while enjoying the beautiful scenery of the four seasons reflected or the surface of the lake.

### **Untoan Temple**

☎025-774-2200

**2**025-782-0520

**2**025-783-4500

**2**025-777-5877

MAP H-4



he temple grounds are surrounded by numerous annon (Goddess of Mercy) statues, a 10-meter-high Buddhist reliquary, and old cedar trees over 300 years old, creating an atmosphere befitting of a sacred site. There is a saying, "Have you stepped on the soil of Untoan?" This saving comes from a legend that if you visit the temple while walking upon the path leading away from the red gate, which has a sutra written on individual stones the merit of the Buddha.

#### Roadside Station Minamiuonuma Yukiakari MAP I-5



A MARIANA MARIANA

The Minamiuonuma Roadside Station consists of three facilities, Imaizumi Memorial Hall", "Four Seasons Tasting Hall", and "Relaxation Plaza", and is a sightseeing spot where you can enjoy the toou, art, ...
nature of Snow Country.
We invite you to come 855 Shimohitoichi, Minamiuonuma City and visit Minamiuonuma!

### **Agricore Echigo Winery**



The store has a wide selection of wines brewed here! Wine-related goods and local products are also available for purchase. Throughout the year, the snow cellar is kept at a temperature of about 5°C and the wooden barrels at about 15°C, allowing visitors to see how the wines are matured under optimal conditions. 5531-1 Urasa, Minamiuonuma City

## **Uonuma City**





The market sells seasonal wild plants and vegetables as well as a wide selection of locally produced goods, including white sweet bamboo leaves dumplings wrapped in called "Sasa Yuki Daruma" (Bamboo Snowman) and rice crackers made with Uonuma Koshihikari rice and grilled by hand. The restaurant serves "Yamagottso-Ryori" (Mountain Cuisine), which highlights the flavor of local ingredients. Visitors can also enjoy fishing or taking a stroll around the nearby Kagamigaike Pond. (about 1km)

356-2 Otochiyama, Uonuma City ☎025-796-2500

#### **Roadside Station Yunotani**



**2**025-792-9300

**2**025-799-3350

Koshihikari onigiri (rice balls) and other local specialties. There is also an Uonuma City Information Uonuma City Information Center where visitors can find information about nearby sightseeing spots. 1144 Yoshida, Uonuma City find information about

## Kamiyu to Fureainosato (Onsen) MAP C-2



An overnight spa facility with an auto-camping site with a trailer house and a soft house, which can also be used on a day trip. Having a BBQ surrounded by nature, and access to a acuzzi, sauna, and open-air bath will nevitably refresh your body and mind. At the restaurant, you can 583 Kiyomoto, Uonuma City featuring local Koshihikari eniov various set menus

MAP D-3

A roadside station with an adjoining

market that sells local Uonuma

delicacies such as pickles and

Koshihikari rice. The restaurant offers

set meals featuring Uonuma

nearby sightseeing spots.

rice produced in Uonuma.

### Important Cultural Property "Meguro Residence" MAP B-2



wealthy farmer and as the official residence of a former village chief. It features a stone wall that was built along the old Aizu Highway as well as the characteristic features of a farmhouse in a region prone to heavy snowfall. The main building is an impressive 29 meters length and 11 meters wide and the arched front and wooden gate are reminiscent of a medieval samurai residence.

☎025-797-3220 (Meguro Residence Management Office)

### Suwa Onsen



A hot spring facility located in a former open-air bath building was renovated in 2023, and an indoor bathhouse, sauna room, and multipurpose restroom were added to this compact, barrier-free facility.

# **2**025-796-3033



MAP A-1

#### A daytime hot spring facility adjacent to Koide Park and Koide Ski Resort, with a



and club activities.

YuuPark Yakushi ₩ MAP D-2



**2**025-792-5554

A hot spring facility located by Yakushi Ski Resort. The spring water is said to relieve various ailments caused by cold and fatigue. The restaurant, ukinoto, serves excellent 100% buckwheat soba noodles made with local flour. There are BBQ facilities available for use with equipment rental or all-inclusive BBQ packages with food and ingredients.

### Regional Routes

#### In addition to the main route, regional routes have been designed to allow riders to enjoy sightseeing and gourmet spots while cycling around specific areas. They are easily accessible from the train stations in Echigo-Yuzawa, Muikamachi, Urasa, and Koide by renting bicycles. Interactive route maps are available via the "Tour-De" website and app (only in Japanese). The QR code on the reverse side of this map can be scanned to add GCR route information as an overlay in Google Maps.

## 10 30 km Tour of Echigo-Yuzawa's Historic Valleys

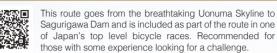


Get in touch with the area's nature and history on this course surrounded by ravines and towering mountains. There are a lot of nature-related activities to enjoy at

## Journey from Muikamachi Station! Leisurely Ride Around Nobori River-Shiozawa 20km



# 6 65km Uonuma Skyline & Sagurigawa Dam Challenge



## 25 km Tour Around the Foothills of Mt. Hakkai

Download the map app here (Japanese only

**Emergency Contacts** 

Minamiuonuma City Fire Department Headquarters ☎025-782-9119

Uonuma City Fire Department Headquarters ☎025-793-0119

Pediatric emergency medical telephone consultation

Please contact us if you notice any road damage such as potholes,

collapsed shoulders, or any other unusual road conditions such as

Phone number Nationwide #9910 (24 hours a day, toll free)

Niigata Prefecture Disaster Prevention Navigator

Cycling Map App

"Tour-De"

(82-2 Takenomata, Minamiuonuma City)

Emergency medical telephone counseling

☎025-284-7119 / #7119 (Push phone / Cell Phone)

☎025-288-2525 / #8000 (Push phone / Cell Phone)

(generally for persons 15 years of age and older)

(450-1 Yokkamachi, Uonuma City)

Emergency and Rescue

(children under 15 years old)

Incidents and accidents

Koide Police Station

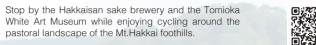
Minamiuonuma Police Station

(320-4 Koguriyama, Minamiuonuma City)

(243-1 Inokuchi Shinden, Uonuma City)

falling objects or dirt on the road.

pastoral landscape of the Mt. Hakkai foothills.



At the end of a 6km uphill climb is the Mt. Omine viewing platform, where you can overlook the town of Yuzawa and the great natural landscape surrounding it. There are also sweets, onsen, and foot baths to enjoy.

5 Journey from Urasa Station! 30km Leisurely Ride to Eat Majidon

6 50km Tour to Enjoy Uonuma Flowers and Excellent Soba Noodles and Sweets

45 km To View the Tadami Line and the Goddess of Oike

3 50km Hill Climb Challenge to Mt. Omine, a Hidden Scenic Spot in Yuzawa

This route, which allows you to enjoy Uonuma's rice and

water, starts at Saifukuji, a temple housing famous sculptures

You can enjoy seeing cosmos in full bloom on the

Follow the Tadami railway, which is said to be the

world's most romantic train route, and enjoy the rich

natural scenery of Irihirose, Echigo's unexplored region.

plateau in fall and a blanket of pink blossoms in spring.

ou can also enjoy soba noodles and sweets made with ingredients grown in the naturally rich Uonuma soil.

by "Japan's Michelangelo," Ishikawa Uncho. You can also earn about Yukimuro (snow house) at Uonuma no Sato.

# Yukiguni Kankosha "Tabichari'

Website

**23**110

**2**025-770-0110

**2**025-793-0110

## ☎025-785-5353 Rental hours: 9:00-17:00

#### City bikes

880 yen/2 hours, 1,100 yen/4 hours, 1,650 yen/8 hours, 2,750 yen/24 hours Cross country bikes

1,100 yen/2 hours, 2,200 yen/4 hours, 4,400 yen/8 hours, 5,500 yen/24 hours Mountain bikes

### 2,200 yen/2 hours, 3,300 yen/4 hours, 5,500 yen/8 hours, 6,600 yen/24 hours

## Minamiuonuma City "Satoyama Minicle"

Rental hours: 9:00-16:00 (Return rentals by: 17:00) ■ Uonuma-Urasa Station Tourist Information Center "MYU"

Rental & return hours: 9:00-17:00

2,500 yen/night for 2 days (from the time of rental until 12:00 the next day) \*all prices include tax, accident insurance, and bicycle repair warranty.

### **Uonuma Renta Cycle**

#### Location

■ Fujiya (sake shop in front of Koide Station) ☎025-792-0038

2,500 yen/2 days (return by 17:00 the following day / not available on Wednesdays)

Uonuma Chuo Transport Co.

Yuzawa Uonuma Taxi Co.

(1827 Yuzawa, Yuzawa Town)

### \*all prices include tax and insurance

## Five Rules for Safe Bicycle Use + Bicycle Insurance

■ Download by scanning the QR Code

#### Bicycles should be driven on the left side of the road. Pedestrians have priority on sidewalks.

[ Cases when bicycles are allowed on the sidewalk ] When a child under 13 years of age, an elderly person over 70 years of age, or a physically disabled person rides a bicycle When there are signs or markings that say "Regular Bicycle

#### Obey traffic signals and stop signs, and check for safety. ★Be sure to obey traffic signals and check for safety when crossing.

\*At intersections with stop signs, be sure to stop and check for safety on both sides.

#### Turn on lights at night.

★Always turn on your lights at night and ride your bicycle with reflective equipment.

### Orinking and driving is prohibited.

★As with automobiles, you should not ride a bicycle when you have been drinking alcohol.

#### Wear a helmet.

★All bicycle users should wear a riding helmet to reduce the damage caused by accidents With the enforcement of the revised Road Traffic Law, it has

## become mandatory for bicycle users to wear helmets.

Please buy bicycle insurance.

The "Niigata Prefecture Ordinance on the Promotion of Safe and Proper Use of Bicycles" has come into effect, requiring bicycle users and their guardians to purchase bicycle insurance.

## Bicycle Rental (rental bicycles with e-assist)

## ■ Echigo-Yuzawa Station West Exit, Yukiguni Kankosha

■ MUSUBI-BA, Muikamachi Station East Exit 1F ☎025-778-0511

on the 2nd floor of Urasa Station 2025-775-7244

#### (Same as Information Center hours) \*Closed on Tuesdays Rental Fee: same for both mini and sports type bikes

## ■ 1,000 yen/2 hours, 1,500 yen/4 hours, 2,000 yen/6 hours,

Rental hours: 9:00-17:00 \*Closed on Thursdays

#### Fee/ sports-type bikes (3 available) ■ 1,000 yen/2 hours, 1,500 yen/4 hours,2,000 yen/6 hours

## Bicycle Taxi Service [bikes load in by ramp]

Urasa Taxi Co. **2**025-777-3456 (324-4 Urasa, Minamiuonuma City)

(Uonuma Chuo Taxi/42-15 Kimizawa, Minamiuonuma City)

Ginrei Taxi Co. (1840 Muikamachi, Minamiuonuma City)

\*cab with rack carries 2 bikes/minivan holds 4 bikes Yamato Taxi Co. **☎**025-777-3142







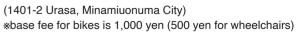
### Yuzawa-Minamiuonuma-Uonuma **Cycling Promotion Council**

TEL.025-773-6630 FAX.025-772-8161 E-mail sports@city.minamiuonuma.lg.jp



**2**025-783-3677

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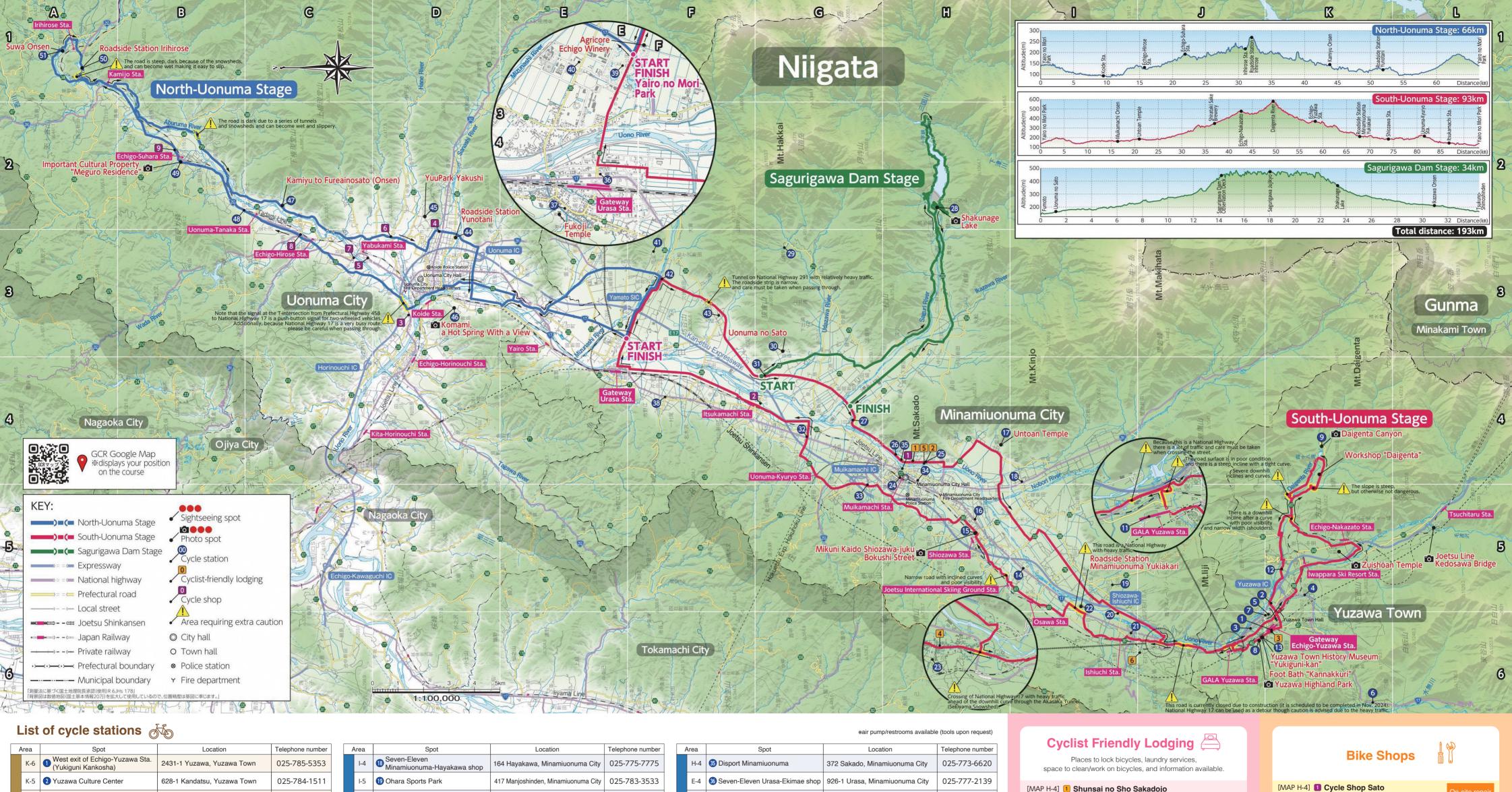








Minamiuonuma Civic Hall, 865 Muikamachi, Minamiuonuma City



I	ist of cycle stations &					
-	Area	Spot	Location	Telephone number		
	K-6	West exit of Echigo-Yuzawa Sta. (Yukiguni Kankosha)	2431-1 Yuzawa, Yuzawa Town	025-785-5353		
	K-5	2 Yuzawa Culture Center	628-1 Kandatsu, Yuzawa Town	025-784-1511		
	J-6	3 Seven-Eleven Yuzawa-Rakuchou shop	1704-1 Yuzawa, Yuzawa Town	025-788-1370		
	K-5	4 Seven-Eleven Chuetsu-Yuzawa-Kandatsu shop	1462-1 Kandatsu, Yuzawa Town	025-785-5547		
	K-6	5 FamilyMart Yuzawa-Narayama shop	183-6 Kandatsu, Yuzawa Town	025-785-2210		
Yuz	K-6	6 Roadside Station Mitsumata	1000 Mitsumata, Yuzawa Town	025-788-9410		
Yuzawa Town	K-6	xraebsports shop	39-8 Kandatsu, Yuzawa Town	025-788-1788		
nwo	J-6	Yuzawa Kogen Panorama Park	490 Yuzawa, Yuzawa Town	025-784-3326		
	K-4	Daigenta Canyon Campground	3064-17 Tsuchitaru, Yuzawa Town	025-787-3536		
	Off Map	10 Yamadorihara Park	Mikuni, Yuzawa Town	025-789-1666		
	J-6	11 GALA YUZAWA Ski Resort	1039-2 Yuzawa, Yuzawa Town	025-785-6421		
	K-5	12 Yuzawa-Chuo Park	151-1 Tsuchitaru, Yuzawa Town	025-787-3388		
	J-6	Yuzawa Museum of History and Folklore "Yukiguni-kan"	354-1 Yuzawa, Yuzawa Town	025-784-3965		
Minamiuonuma	I-5	1 Seven-Eleven Chuetsu-Shiozawa-Chuo shop	390-1 Naka, Minamiuonuma City	025-783-3717		
	H-5	15 Bokushi Street	1203 Shiozawa, Minamiuonuma City	025-782-0718		
	H-5	13 Seven-Eleven Chuetsu-Shiozawamachi shop	471-1 Shiozawa, Minamiuonuma City	025-782-5052		
City	H-4	Untoan Temple	660 Unto, Minamiuonuma City	025-782-0520		

Area	Spot	Location	Telephone number
I-4	B Seven-Eleven Minamiuonuma-Hayakawa shop	164 Hayakawa, Minamiuonuma City	025-775-7775
I-5	19 Ohara Sports Park	417 Manjoshinden, Minamiuonuma City	025-783-3533
I-6	10 Uono-no-Sato	699 Ubashimashinden, Minamiuonuma City	025-783-6788
I-6	Seven-Eleven Chuetsu-Shiozawa-Minami shop	1172-1 Seki, Minamiuonuma City	025-783-5031
I-5	22 Roadside Station Minamiuonuma Yukiakari	855 Shimohitoichi, Minamiuonuma City	025-783-3377
J-6	3 Ishiuchi Maruyama Resort Center	1699 Ishiuchi, Minamiuonuma City	025-788-0707
H-4	4 MUSUBI-BA	91-2 Muikamachi, Minamiuonuma City	025-788-0552
H-4	25 ryugon café	1-6 Sakado, Minamiuonuma City	025-772-3470
H-4	26 Zenibuchi Park	399-1 Sakado, Minamiuonuma City	025-772-4973
G-4	Seven-Eleven Minamiuonuma-Futsukamachi shop	258-1 Futsukamachi, Minamiuonuma City	025-773-3280
H-2	38 Shakunage Tourism Center	745-48 Butai, Minamiuonuma City	025-774-2200
G-3	19 Hakkaisan Ski Resort	1610 Yamaguchi, Minamiuonuma City	025-775-3311
G-3	30 Uonuma-no-Sato(Hakkaisan-Yukimuro)	1051 Nagamori, Minamiuonuma City	025-788-0808
G-4	3 FamilyMart Acorp-Fumoto shop	108-4 Fumoto, Minamiuonuma City	025-775-3715
G-4	Seven-Eleven Minamiuonuma-Aokishinden shop	871-1 Aokishinden, Minamiuonuma City	025-776-2566
G-5	33 Seven-Eleven Minamiuonuma-Yokawa shop	1748-3 Yokawa, Minamiuonuma City	025-772-8551
H-4	Minamiuonuma Civic Hall	865 Muikamachi, Minamiuonuma City	025-773-6630

Area		Spot	Location	Telephone num
	H-4	35 Disport Minamiuonuma	372 Sakado, Minamiuonuma City	025-773-662
	E-4	35 Seven-Eleven Urasa-Ekimae shop	926-1 Urasa, Minamiuonuma City	025-777-213
	E-4	37 Yukiguni Okunijiman Kaikan	2467-2 Urasa, Minamiuonuma City	025-777-453
Minam	F-4	33 Seven-Eleven Chuetsu-Yamato-Minami shop	1623-1 Hitomurao, Minamiuonuma City	025-777-552
Minamiuonuma	E-3	39 Yaironomori Park	5483-1 Urasa, Minamiuonuma City	025-780-456
na City	E-3	40 Lawson Uonuma-Kikan-Byoinmae shop	4069-1 Urasa, Minamiuonuma City	025-777-376
	F-3	41 Hakkaisanroku Cycling Terminal	70 Aragane, Minamiuonuma City	025-779-323
	F-3	Seven-Eleven Chuetsu-Yamato-Kitasato-Street shop	435-1 Kurotsuchishinden, Minamiuonuma City	025-779-283
	F-3	43 Hakkaisanson Shrine	4161 Osaki, Minamiuonuma City	025-779-201
	D-3	Uonuma City Tourism Association	1144 Yoshida, Uonuma City	025-792-730
	D-2	45 YuuPark Yakushi	643-1 Nanokaichishinden, Uonuma City	025-792-555
	D-3	6 Komami,a Hot Spring With a View	2083-1 Aoshima, Uonuma City	025-792-800
Uonuma	C-2	Kamiyu Onsen	583 Kiyomoto, Uonuma City	025-799-335
าล City	B-2	48 Monozukimura	40-1 Mifuchisawa, Uonuma City	025-799-480
	B-2	Meguro Residence	892 Suhara, Uonuma City	025-797-322
	A-1	Roadside Station Irihirose	356-2 Otochiyama, Uonuma City	025-796-250
	A-1	5 Suwa Onsen	12 Anazawa, Uonuma City	025-796-303

[MAP H-4] 1 Shunsai no Sho Sakadojo

292-4 Sakado, Minamiuonuma City 2025-773-3333

Long-term bicycle parking space free of charge for gue

Daytime onsen 1000 yen, 500 yen for guests after check-out

[MAP H-4] 2 ryugon

1-6 Sakado, Minamiuonuma City 2025-772-3470 Free access to the hot spring baths from 12:00 before check-in and until 15:00 after check-out for overnight guests.

[MAP K-6] 3 Echigo Yuzawa HATAGO Isen

2455 Yuzawa, Yuzawa Town 25025-784-3361

• Free access to the hot spring baths from 12:00 before check-in and until 15:00 after check-out for overnight guests.

[MAP J-6] 4 Inoya Inn

104 Ishiuchi, Minamiuonuma City ☎025-783-2470 Shower available anytime during your stay
 Drying room available

[MAP H-4] 5 Kinseikan Grace Court Realis

Valuables lockers available Free parking available

1-12 Sakado, Minamiuonuma City 2025-772-2377

 Bicycle can be taken into the guest room Free long-term parking for regular and large vehicles Onsen 500 yen Free drinking water for refillable bottles

[MAP J-6] 6 Mise Inn

2026 Ishiuchi, Minamiuonuma City 2025-783-2532 • Mini tandem bicycle rental (2,000 yen / 3 hours)

1775 Muikamachi, Minamiuonuma City

[MAP G-4] 2 Bike Friend Shiokawa 265-13 Itsukamachi, Minamiuonuma City **2**025-776-2069

[MAP D-3] 3 Cycle Maintenance Stand

379-1 Tado, Uonuma City ☎025-794-5315

[MAP D-3] 4 Yunotani Jidosha Nanokaichi Branch 69 Nanokaichi, Uonuma City ☎025-792-0868

[MAP C-3] **5 Motor Shop Yamashige** 1568-1 Imaizumi, Uonuma City

**2**025-799-3115

[MAP D-3] 6 Sakurai Bike Shop 283-3 Hitoichi, Uonuma City

**☎**025-792-2259 [MAP C-3] Sakurai Bike Shop Branch Store 9 Namiyanagi, Uonuma City

☎025-799-2475

[MAP C-3] 8 Matsuda Bike Shop 99-16 Oyagara, Uonuma City

☎025-799-2144 [MAP B-2] 9 Tsubaki Ringyo Bike Shop

2947-Ne Suhara, Uonuma City ☎025-797-2133