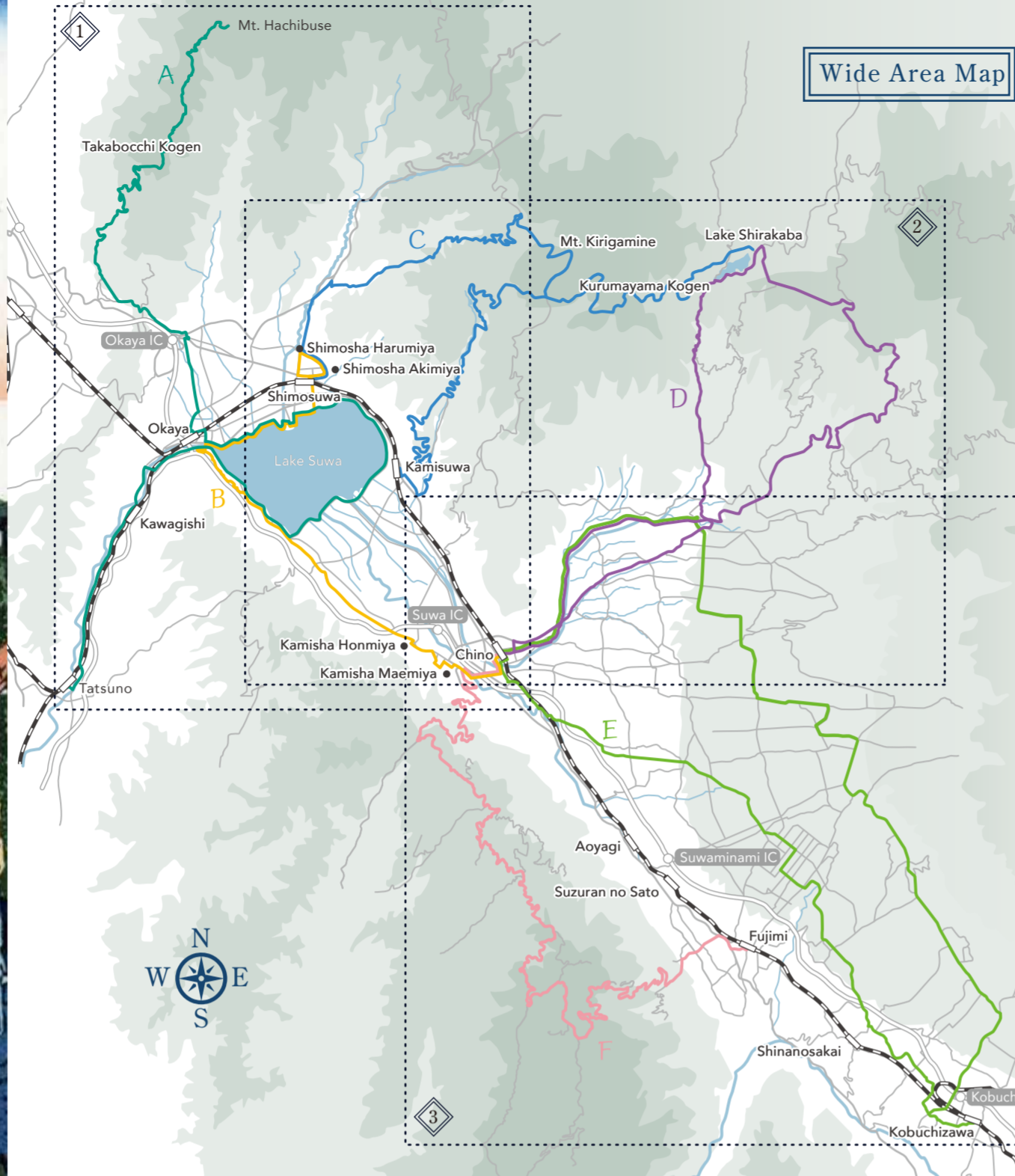


Cycling Adventure Map

Lake Suwa and Yatsugatake Edition

Route supervised by Suwayatsu Cycle
Lake Suwa and Yatsugatake Mountains Bicycle Utilization Promotion Council

Wide Area Map



Experience the Suwa area's rich culture and history, born of its people and nature, while touring its looping cycling routes. The Suwa area boasts a wide range of terrain, from the flatlands of Lake Suwa to the 2,000 m elevation Yatsugatake mountain paths. Suwa offers something for everyone, regardless of age, or cycling experience. Relish your time on each of the A-F courses with the electric-assist bikes (e-bikes) taking the cycling industry by storm. Enjoy the superb views of Suwa that captured world-famous artist Katsushika Hokusai's heart.



Access

Travel by Car Chino Area (Tateshina/Lake Shirakaba/Kurumayama Kogen Highland)			
Tokyo	about 172 km	Chuo Expressway	Suwa IC
Osaka	about 204 km	Meishin Expressway	
Travel by Train JR Chino Sta./Kamisuwa Sta.			
Tokyo	2h	JR Chuo Line Limited Express Azusa	JR Chino Sta.
Osaka	1h	Shinkansen	Kamisuwa Sta.
Nagoya	1h50m	JR Chuo Line Limited Express Shinano	
Shiojiri	25m	JR Chuo Line Limited Express	
Travel by Plane JR Chino Sta./Kamisuwa Sta.			
Sapporo	1h45m	Shinshu Matsumoto Airport	JR Chino Sta.
Hakata	1h25m	Bus	
Kobe	1h	Matsumoto Sta.	
		25m	JR Chuo Line Limited Express
		30m	Kamisuwa Sta.

Drew by Katsushika Hokusai
Lake Suwa in Shinano Province (Shinshu Suwako)

Contact Information

Nagano Prefecture Suwa Regional Development Bureau
Commerce, Industry and Tourism Division
Tel: 0266-57-2922
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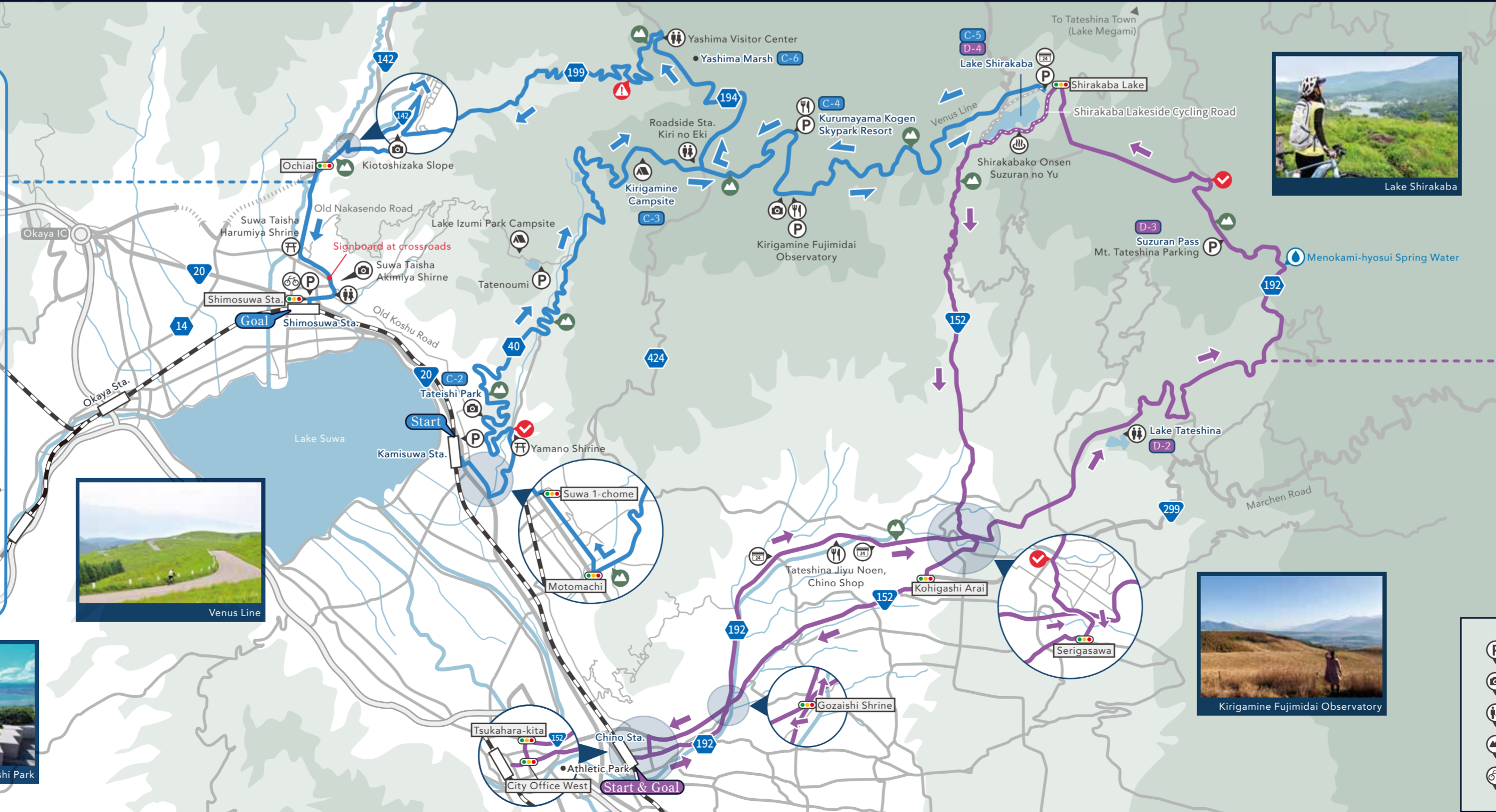
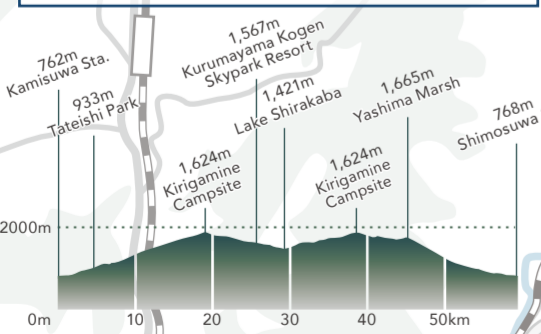
Advanced Route

C Spectacular Venus Line Route

Distance: 59.3 km
Max. elevation difference: 1,041 m
Avg. slope: 5.4% uphill grade, 6.1% downhill grade
Elevation gain: 1,544 m (uphill)
Est. time: 320 min. (bike), 220 min. (e-bike)

Route Guide

- C-1 Kamisuwa Sta.
- C-2 Tateishi Park
- C-3 Kirigamine Campsite
- C-4 Kurumayama Kogen SkyPark Resort
- C-5 Lake Shirakaba
- C-6 Yashima Marsh
- C-7 Shimosuwa Sta.



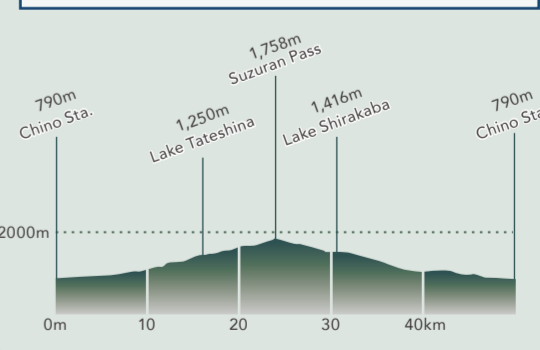
Intermediate Route

D Highland Resorts: Tateshina and Lake Shirakaba Route

Distance: 50 km
Max. elevation difference: 968 m
Avg. slope: 4.6% uphill grade, 4.9% downhill grade
Elevation gain: 1,011 m (uphill)
Est. time: 280 min. (bike), 210 min. (e-bike)

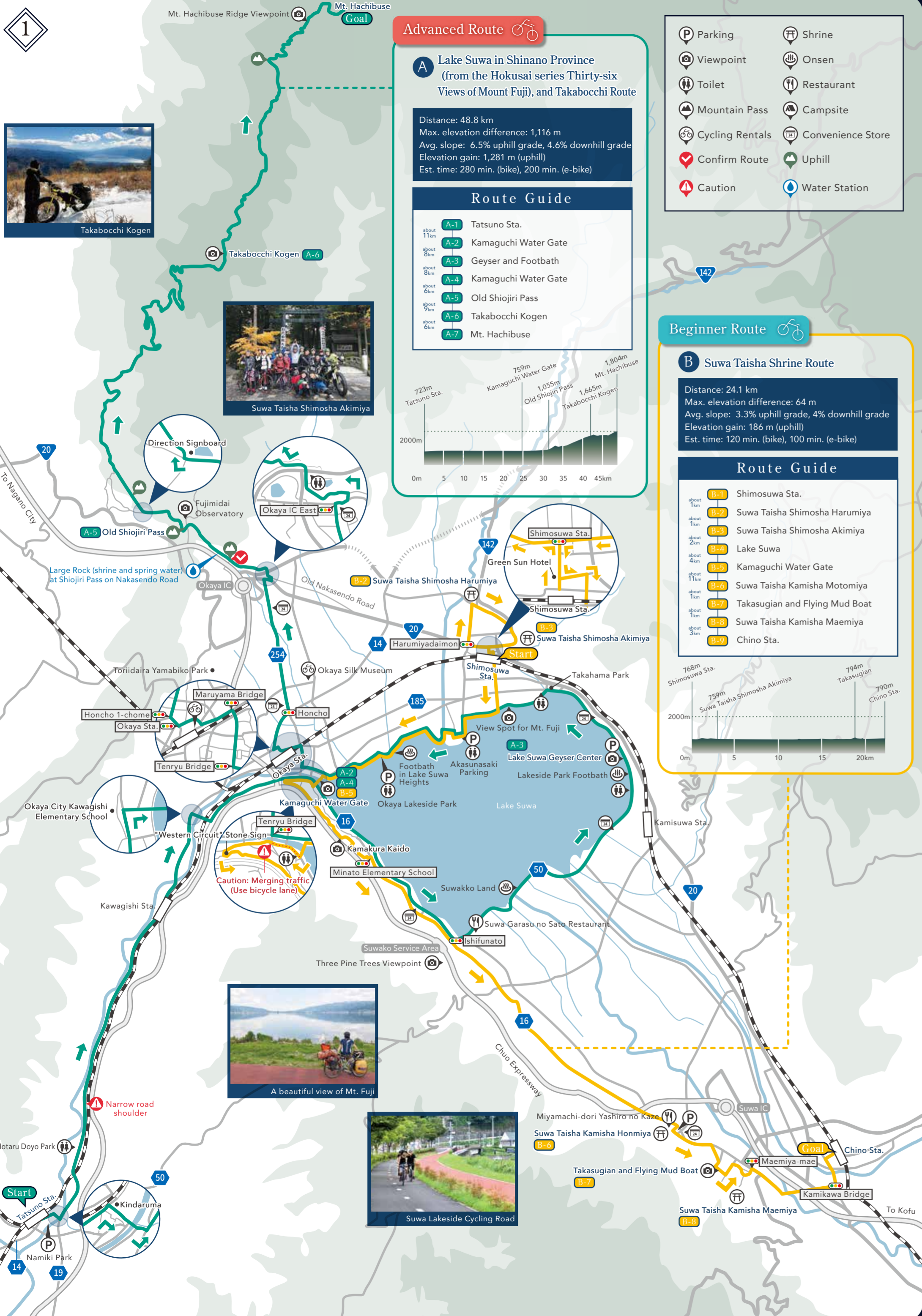
Route Guide

- D-1 Chino Sta.
- D-2 Lake Tateshina
- D-3 Suzuran Pass
- D-4 Lake Shirakaba
- D-5 Chino Sta.



- P Parking
- V Viewpoint
- T Toilet
- M Mountain Pass
- C Cycling Rentals
- F Shrine
- O Onsen
- R Restaurant
- Ca Campsite
- Co Convenience Store
- ✓ Confirm Route
- ⚠ Caution
- ▲ Uphill
- W Water Station

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