



# WAKASA BAY CYCLING ROUTE

## CYCLING MAP

### Waka-cycle (Wakasa Bay Cycling Route) is full of attractions in each region! Take a little detour and enjoy the short courses too!

**Welcome to "Waka-Cycle"!**  
I am Yasuharu Nakajima, the Bicycle Ambassador of Fukui Prefecture. Waka-Cycle is a charming cycling route that connects six cities and towns in the southern part of Fukui Prefecture. You can enjoy the beautiful coastline of Wakasa Bay, the sparkling surface of Five Lakes of Mikata, the mountains and historic streets that people once crossed to Kyoto, and the delicious food and hot springs that have been nurtured by the local climate. The traffic is also light, so beginners can ride with peace of mind. Waka-Cycle is a great destination for cycling enthusiasts, as it is within cycling distance of the Chujo and Kanazawa regions. It is also easily accessible by train or highway, such as the Hokuriku Shinkansen. If you can enjoy and cycle through the six cities along the cycling route, you are an advanced rider! For those who want to enjoy Waka-Cycle casually, there are also plenty of courses that can be enjoyed by rental bicycles. Here are some examples of such courses.

**Follow the arrows and signboards. Be careful of arrows with red signboards!**

Along the Wakasa Bay Cycling Route, blue arrows are painted on the road surface, and signboards are also installed. Please follow these signs. In areas with steep uphill and downhill slopes that require special attention, red warning signs are installed. Be sure to pay attention to the road and traffic conditions when riding.

### WakasaTown

Spectacular cycling through the miracles and history of Lake Suigetsu. Distance: 22.7 km Time: 1h 50min

The varve museum exhibits the varves of mud that accumulated on the bottom of Lake Suigetsu, the Uramigawa River, an artificial waterway created as a flood control measure during the Edo period, and the enrichment of the Bodhiaviva Sho Kanzeon, which is said to have been created by Kobo Daishi in one night. This course is full of historical highlights such as the Mikata Ishi Kanzeon.

**Recommendation:** This is a relaxed version of the "Gokochi" cycling route. It allows you to enjoy the sparkling lakes nearby and experience the different expressions of each of the three lakes. The narrow lakeside roads are also a joy to cycle on. Be sure to greet a yay! farm vehicles you encounter with a smile! There are many popular restaurants in the area, and our recommendation is to eat!

**1. Fukui Prefectural Varve Museum**  
There are 1000-year-old varves found, which is unique all over the world. The varve was 42 meters long, and due to this, Lake Suigetsu is called the "Mirauculus Lake".  
● Admission fee / Adults: 500 yen / Students: 200 yen  
● Opening hours: 9:00 to 17:00 (Entrance gate closes at 16:30)

**2. Thatched Boathouse**  
A boathouse on the shore of Lake Mikata. The boat people used to take boats out of this boathouse and go to the other side of the lake to fish. The scenery of the gasho-zukuri boathouse and the lake is a painting. When the plum blossoms are in bloom, the view over the boathouse is a scene of quiet beauty that touches your heart.  
● Opening hours: 8:00 to 16:00

**3. Mikata Ishi Kanzeon**  
The seventh temple of the Hokuriku Thirty-three Kannon Pilgrimage. The main hall enshrines a sacred statue of Kannon Bosatsu, said to have been created by Kobo Daishi in one night. The statue is made of wood, and it is said that the sound of a cooler cooling the creek of steam. It is also known as the "One-handed Kannon" and is said to be beneficial for diseases and misdeeds of the body. This statue is a sacred Buddha and is only open to the public once every 53 years. The next opening will be in Heisei 62.

### Ohi Town

Cycling along the river where you can feel the breeze (there are cherry blossoms too). Distance: 17.3 km Time: 1h 00min

A relaxing riverside course with many straight lines starting from JR Wakasahongo Station. There are also short break points such as Japanese sweets shops and cafes scattered around the halfway point, so you can enjoy the journey at your own pace. In spring, cherry blossoms bloom and decorate the entire road.

**Recommendation:** Cycle along the scenic Saburi River, lined with beautiful cherry blossom trees, and pass the "Mushroom Forest" before reaching the turnaround point. The road is lined with trees as a coffee shop located in a traditional Japanese house. There are also hot springs and accommodation facilities near the end of the route, making it a great option for a family outing!

**1. Living complex hibi**  
We renovated an old folk house that was built 230 years ago. It is a living complex where you can use a cafe with homemade pies made with ingredients from Wakasa, a restaurant with creative courses, a mugwort steaming salon for women only, and a studio where you can hold workshops and lessons.  
● Opening hours: 11:00 to 16:00  
● Regular holiday: Monday-Thursday

**2. Cafe & Gallery Flockus**  
Crispy and fluffy fried bread is a local specialty. There is a wide variety of flavors, including the standard anpan, as well as limited-time flavors. You can enjoy a limited-time strawberry parfait from November to May.  
● Opening hours: 11:00 to 17:00  
● Regular holiday: Monday-Thursday

**3. Maruekaho**  
A long-established Japanese sweet shop that has been open for over 100 years. The sweets are made with ingredients that have been popular since our founding. We have a sweet and salty taste. The one-day and candy that have been popular since our founding have a sweet and salty taste.  
● Opening hours: 8:00 to 18:00  
● Regular holiday: Sunday

### TakahamaTown

Visiting chill spots along the coast. Distance: 18.2 km Time: 1h 25min

This is a course where you can enjoy nature and the pleasant cityscape of the seaside town of Takahama. Please spend a stress-free time visiting gourmet restaurants and scenic spots in town that are popular with tourists and local residents alike.

**1. Blue light yokoyama**  
An Italian restaurant with a rich menu and natural wines. Authentic dishes using local ingredients are served, with authentic pasta and curry available for lunch. For dinner on weekends, you can enjoy a variety of à la carte options and course meals, including cake and terrine.  
● Opening hours: 11:00 to 14:00 (Tuesday-Sunday) 17:00 to 21:00 (Friday-Saturday-Sunday) 118-30-1 Wada, Takahama Town / #0770-72-8180

**2. FAMILIAR**  
Restaurant "Guest House" Burger Shop "right" in front of Wakasa Wada Beach. There is also a "surfing" experience that comes with lunch. We will welcome you with the best smile!  
● Opening hours: 11:00 to 0:00

**3. Shiroyama Park-Maikoyoda Cave**  
Shiroyama Park is the site of Takahama Castle, which was built by Masatsune Iiyama during the Sengoku period, and is home to Takahama Town's scenic spot "Maikoyoda Cave," a large lake, and a promenade within the park. As you walk along the promenade, there is an observation deck where you can enjoy views of Aoba's various strangely shaped rocks and Wakasa Bay. The beautiful sunset over Mt. Aoba has been selected as one of the 100 best sunset views. You can also enjoy fishing.  
● Opening hours: 9:00 to 20:00

**4. UMIKARA**  
"UMIKARA Market" where freshly caught seafood from the fishing port is lined up at the store. "UMIKARA select" is a shop with original specialty products perfect for souvenirs. "UMIKARA Cave" is a large lake, and is made with fresh seafood and local vegetables. Great location. "UMIKARA TERRACE" is open rooftop terrace where you can enjoy fish snacks while enjoying. This is a combined fish and food market specializing in sea delicacies.  
● Opening hours: 9:00 to 20:00

### Waka-Cycle Useful information

#### Rental cycle

Enjoy cycling with your hands free using a rental bicycle! Rental bicycles are available at major stations and tourist facilities in the Wakasa region. Many facilities offer electric assist bicycles and some facilities allow you to drop off the bicycle at a different location.

| Installation Location                           | Type            | Count | Drop Off                               | Remarks |
|---|-----------------|-------|--|---------|
| Kanazawa Lake Shirodome (Aomoe Museum) Shabutan | Non-Assist      | 4     | 0770-62-0330                           |         |
| JR Kamakura Station                             | Electric Assist | 8     | JR Kamakura Station #0770-62-0013      |         |
| JR Hamaoka Station                              | Electric Assist | 28    | Obama City Cycling Center #0770-56-112 |         |
| Obama City Machinoki-Kanba                      | Electric Assist | 14    | Obama City Cycling Center #0770-56-112 |         |
| Obama City Machinoki-Kanba                      | Electric Assist | 5     | Obama City Cycling Center #0770-56-112 |         |
| JR Wakasa Hongo Station                         | Non-Assist      | 8     | JR Wakasa Hongo Station #0770-77-0026  |         |
| JR Wakasa Wada Station                          | Non-Assist      | 5     | Peaceful Wada #0770-72-0101            |         |
| JR Wakasa-Takahama Station                      | Electric Assist | 4     | Peaceful Wada #0770-72-0101            |         |
| JR Anegawa Station                              | Electric Assist | 1     | Abobe Lodge #0770-72-1140              |         |
|   | Non-Assist      | 6     | Abobe Lodge #0770-72-0356              |         |

#### Cycle Aid Station

With the cooperation of restaurants, roadside stations and other facilities, we have set up "Bicycle Stations" where you can borrow bicycle pumps and simple tools for free, or use the toilets. Some Bicycle Stations also have racks for sports bicycles. There are 68 designated facilities near the Wakasa Bay Cycling Route.

#### Waka-Cycle cyclist-friendly accommodations

These accommodations offer cyclist-friendly services such as indoor bicycle storage, bicycle pumps and tools for sports bicycles. The following services are available at the accommodations introduced here:

- Indoor bicycle storage (with theft prevention measures)
- Luggage storage (before check-in and after check-out)
- Temporary storage of luggage, including bicycles and laundromat clothes, for changing and sending courier services (Please contact the delivery procedures yourself.)
- Rental of bicycle pumps and tools for repairing bicycles, etc.

### TsurugaCity

Cycling around Tsuruga City with spectacular views. Distance: 14.0 km Time: 1h 45min

This route starts from Tsuruga Station, the gateway to Fukui Prefecture, and takes you to major tourist spots in Tsuruga City, such as Kahi Jingu Shrine, Kahi no Matsubara, and Saifukuji Temple. It also travels along the city's riverbeds, and depending on the time of year, you can even see Tsuruga City's flower, the Hagi, in Kushikawa River Park.

**1. Kahi Jingu Shrine**  
Kahi Jingu Shrine, the chief guardian shrine of the Hokuriku Expressway, enshrines seven deities. It is affectionately called "Kahiji" by the locals, and is said to have been built in 1612 and became Kani-Isaba in the Meiji era. The large torii gate (Important Cultural Property), which is about 11 meters high, is one of the three largest wooden torii gates in Japan, along with Kasuga Taisha Shrine (Nara Prefecture) and Itsuakushi Shrine (Hiroshima Prefecture).  
● Opening and Closing Times / April to September: 5:00 to 17:00 October to March: 6:00 to 17:00

**2. Kahi no Matsubara**  
The pine grove, about 1 km long and approximately 340,000 sqm in size, is impressive with its contrast of white bark and green trees. The pine grove is a national scenic spot with abundant red and black pine trees. It is one of the three largest pine groves in Japan, along with Mt. Matsubara (Shizuoka Prefecture) and Niji no Matsubara (Saitama Prefecture). In the summer, when it is open as a bathing beach, it is crowded with bathers coming from the Kanihanshin and Chukyo regions.  
● Opening hours: 9:00 to 17:00 (Last admission at 16:30)

**3. Saifukuji Temple**  
This is the former headquarter of the Jodo sect, founded by Shinryu Ryudo about 600 years ago. Located to the west of the city, at the foot of Mt. Ohara, the main buildings such as the main hall, Amida-jo, and Shon are designated as national important cultural properties, and the Shon garden is designated a national scenic spot. The Shon garden in particular is said to represent the Pure Land of Paradise, and the autumn leaves are beautiful. It also owns many cultural properties such as calligraphy, paintings, and crafts.  
● Admission Fee / Adults: 300 yen (Group discount available)  
● Opening hours: 9:00 to 17:00 (Last admission at 16:30)

**4. Kushikawa River Park**  
It is maintained along the Hokuchi River, which originates from Mt. Noshima. There is a water area, a rest area, and play equipment for children. In addition, a promenade has been built along the riverbank, and in autumn, the Japanese clover flowers designated by Tsuruga City blooms. It is planned by volunteer citizens.  
● Opening hours: 9:00 to 17:00 (Last admission at 16:30)  
Kushikawa, Tsuruga City, Tsuruga Tourist Information Center / #0770-21-8686

### ObamaCity

Visit temples and shrines to learn about the roots of Omizukuri. Distance: 13.4 km Time: 1h 35min

This is a course rich in nature where you can enjoy the clear waters of the Onyu River and peaceful rural scenery. The temples and shrines that are involved in the "Omizukuri" ritual associated with Nara Todaiji Temple are quiet and solemn spaces where you can join hands with nature. At the Unose Museum, you can watch the water ceremony on a monitor.

**1. Wakasa Hime Shrine (Wakasa Ichinomiya)**  
Wakasa Ichinomiya, which enshrines the Onyu Mijiko that sent sacred water to Todaiji-ji, has a long history. It is said that the shrine was founded in the 7th century. The shrine is a cedar stands tall, becoming a power spot. There are also vintage shops that prayed for the safety of the Kitanoseki ship.  
● Unspecified holidays

**2. Wakasa Hiko Shrine (Wakasa Ichinomiya)**  
The upper shrine of Wakasa Ichinomiya. Entering the approach, you can experience the dignified atmosphere of a power spot. Additionally, at the end of the approach stands a megalithic stone with two trunks branching off from one at the top, making it a spot for good marriage.  
● Unspecified holidays

**3. Jinguji Temple**  
This is one of the existing temples in Japan where Shinto and Buddhism (jumbud) are preserved in their original form of Japanese prayer. Inside the main hall, both kami (gods) and Buddhas are enshrined. It is said that the ritual of "Omizukuri" that sends holy water to the Todaiji Temple (Water Drawing Festival) was held here.  
● Admission fee: 500 yen  
● Opening hours: 9:00 to 16:00

**4. Unose Park Museum**  
The place where the "Omizukuri" ritual, sending holy water to Nara, is performed annually on March 2nd at Jinguji Temple. Visitors can watch a video about the Omizukuri ceremony inside the hall. This place has also been selected as one of "Spring Water Top 100" in Japan.  
● Admission fee: free  
● Opening hours: 9:00 to 17:00

### MihamaTown

A course to enjoy the mountains and countryside of Mihama. Distance: 23.5 km Time: 2h 10min

A straight line through the mountains through the expanding rice fields. As you continue up the gentle climb, the road becomes like a forest, and you will reach the turning point at Cafe MIROKU. It's an exhilarating course that passes through Mihama Town's oldest tunnel and then descends toward the horizon that can be seen in the distance.

**1. Cafe MIROKU**  
Cafe MIROKU, located in Mihama Shrine, is recommended for its game dishes, soups, and lunch plates that come with a hot meal surrounded by trees. On sunny days, you can spend your time relaxing in a hammock, and you can enjoy nature all year round. The return trip is all downhill, with the return trip to the parking lot. A rental bicycle or a road bike is recommended.  
● Opening hours: 10:00 to 17:00  
● Regular holiday: Tuesdays in January and February, open only on Saturdays and Sundays

**2. Shinjo tunnel**  
A stone tunnel completed in 1923. This is the oldest tunnel in Mihama Town.  
● Opening hours: 10:00 to 17:00

**3. Mimi Shrine**  
Until the Edo period, Mimi Shrine was called "Twenty-eight Shrine Chiamijima," but in 1884, it was renamed "Mimi Shrine," which is how it continues to have today. The King's Dance, which is dedicated to the annual festival on May 1st, is designated as an intangible folk cultural property of Fukui Prefecture.  
● Opening hours: 9:00 to 20:00 (Regular holiday / Monday (it depends on the store)) 35-15-1 Matsubara, Mihama Town, Mikata District / #0770-47-5850

**4. Roadside station "Wakasa Mihama Hamabiyori"**  
This roadside station is located along National Route 27 in front of JR Mihama Station. It offers space and park-like plaza that will be integrated with a covered event plaza. The two-story facility includes a direct sales store for local agricultural, forestry, and fishery products, and children's exchange facilities, making it a facility that people of all generations can easily visit and enjoy.  
● Opening hours: 9:00 to 20:00 (Regular holiday / Monday (it depends on the store)) 35-15-1 Matsubara, Mihama Town, Mikata District / #0770-47-5850

### WAKASABAY CYCLING ROUTE

Access

From Tokyo: Tokaido Shinkansen (Tokaido Shinkansen) Tsuruga Station (Tsuruga Station) 3h 30min

From Osaka: Tokaido Shinkansen (Tokaido Shinkansen) Tsuruga Station (Tsuruga Station) 2h 40min

From Nagoya: Tokaido Shinkansen (Tokaido Shinkansen) Tsuruga Station (Tsuruga Station) 1h 40min

From Tsuruga IC to Tsuruga Station, it takes about 25 minutes on foot.

From Tsuruga Station to each city and town, you can take the JR Obama Line.

### Wakasa Bay Cycling Route

Nickname: Waka-Cycle

"Enjoying the sea and lakes of Tsuruga Wakasa" is the theme of this route, connecting six cities and towns from JR Tsuruga Station to JR Wakasa Takahama Station, encompassing the Mikata Five Lakes, the coast of Wakasa Bay, and major tourist sites, with a total length of about 120 km. This cycling route allows you to fully enjoy the charms of Tsuruga and Wakasa, including the scenery of the sea and lakes, fresh seafood from the Sea of Japan, and historical and cultural heritage.

**Tourism Information for Tsuruga Wakasa**

- Wakasa Bay Tourism Federation
- Tourism Federation of Each City and Town

**Tourism Information for Fukui Prefecture**

- Fukui's official sightseeing web site

### Wakasa Bay Cycling Route Promotion Council

(Administration office)

7914-0811 2nd floor, Tsuruga Common Building for Government Offices Annex, 1-7-42chocho, Tsuruga City, Fukui Prefecture  
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\*Phone support is in Japanese only.

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### Bicycle Safety Rules

November 1, 2022

#### Follow the Five Rules for Safe Bicycle Use

- Ride on the Left Side of the Roadway as a Rule. Slowdown in an Exception. Prioritize Pedestrians**  
Bicycles are considered "vehicles" and are required to ride on the left side of the roadway when there is a clear distinction between the sidewalk and the roadway. When riding on the roadway, you must keep to the left side. When riding on the sidewalk, ride close to the roadway side. When you see a pedestrian, you must stop immediately, if you impede the passage of pedestrians, you must stop temporarily.
- At intersections, Obey Traffic Signals and Stop Signs, and Confirm Safety**  
At intersections with traffic lights, follow the signals and proceed only after checking for safety. At locations where stop signs are placed, you must stop to stop temporarily and check for safety before proceeding.
- Lights on at night**  
Always Turn on Lights at Night
- Prohibition of Drunk Driving**  
Drunk Driving is Prohibited for Bicycles as Well
- Wearing a Helmet**  
All bicycle users should wear a helmet to reduce the risk of injury in the event of an accident. Adults responsible for protecting children should ensure that children wear helmets when riding a bicycle.

### Helmets Protect Your Life!

About 60% of people who died in bicycle accidents without wearing a helmet suffered head injuries (total for 2017-2021). The fatality rate for not wearing a helmet is also about 2.2 times higher than that when wearing one. Protecting your head is very important to reduce the risk of injury in a bicycle accident.

**Fatality Rate of Wearing Helmets While Riding a Bicycle**  
(Total for 2017-2021)  
(Source: National Police Agency)

Not wearing a helmet: 0.59%  
Wearing a helmet: 0.26%

\*Fatality rate refers to the percentage of deaths among the casualties.

### Get Bicycle Insurance!

Bicycle insurance is mandatory in Fukui Prefecture.

Bicycles are a convenient means of transportation, but if you collide with a pedestrian, etc. while riding a bicycle, you may be held liable for damages. In Fukui Prefecture, it is mandatory to enroll in bicycle insurance (such as bicycle liability insurance) when using a bicycle. Let's enroll in bicycle insurance and use it safely and properly in accordance with the correct rules.

### Recommended Spots!

Mikata Five Lakes & Rainbow Line Mountain Peak Park (Mihama Town-Wakasa Town)

Mikata Five Lakes is a collective term for five lakes located in Mihama Town and Wakasa Town. The five lakes have different water quality and sources, and all appear to be different shades of blue, hence named Lakes of Five Different Colors. Rainbow Line Mountain Peak Park, located at the end of the approximately 11.2 km long Mikata Five Lakes Rainbow Line road, which is usually not accessible by bicycle, offers a 360-degree panoramic view from which you can see all five lakes and the Sea of Japan at once! The view from the five terraces, including footpaths and cafe terraces, are truly spectacular.

Click here for a cycling map for those who want to mainly enjoy the "Gokochi" cycling around the Mikata Five Lakes.

Wakasa Wada Beach (Takahama Town)

This popular beach is the first in Asia to receive the international environmental certification "BLUE FLAG." It is characterized by its excellent transparency, shallow sea, and wide white sandy beach. From the beach, you can see Mt. Aoba, also known as "Wakasa Fuji," and enjoy the beautiful scenery. It is also selected as one of the 100 Best Sunset Spots in Japan.