

Welcome!

On behalf of Japan Cycling Navigator (JCN), I would like to extend warm welcome to all the participants in the extraordinary event, EXPO 2005 RIDE.

We are honored to have the opportunity to provide you with " EXPO 2005 RIDE GUIDE".

JCN is a group of individuals who loves cycling and provides cyclists from the world with information, guide, and accommodation, on a pure voluntary basis. We do this because we want to return the hospitality rendered to us by friends in the world when each of us traveled the world by bike.

In December 2004, JCN completed the cycling route information dubbed "Japan Scenic Byway Part I" which runs between Fukuoka and Tokyo. We intend to cover whole Japan in the future.

I would like to emphasize that safety is the top priority for all cyclists. I wish you an enjoyable and safe travel in Japan!

Osamu Naganuma
Chairman
Japan Cycling Navigator

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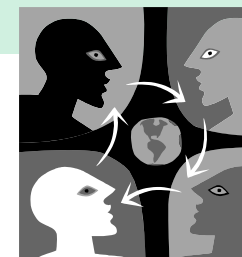
Takashi ABE

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Japan Cycling Navigator

<http://www.japancycling.org>

EXPO 2005 RIDE GUIDE



INTRODUCTION



CALENDAR

The cycling in EXPO 2005 RIDE starts on May 5th at the EXPO2005 AICHI site and proceeds all the way to HIROSHIA for 600km. There are 10 prefectures and 40 cities, towns and villages along the course. Following calendar shows the cities where you will stay:

Day 1 – May 5, Thu: Toyota City
Day 2 – May 6, Fri: Toyota City
Day 3 – May 7, Sat: Toyota City
Day 4 – May 8, Sun: Yokkaichi City
Day 5 – May 9, Mon: Ohtsu City
Day 6 – May 10, Tue: Tanba Town
Day 7 – May 11, Wed: Kyoto City
Day 8 – May 12, Thu: Nara City
Day 9 – May 13, Fri: Asuka Village
Day 10 – May 14, Sat: Sakai City
Day 11 – May 15, Sun: Sakai City
Day 12 – May 16, Mon: Kobe City
Day 13 – May 17, Tue: Kobe City
Day 14 – May 18, Wed: Himeji City
Day 15 – May 19, Thu: Himeji City
Day 16 – May 20, Fri: Kurashiki City
Day 17 – May 21, Sat: Onomichi City
Day 18 – May 22, Sun: Imabari City
Day 19 – May 23, Mon: Hiroshima City
Day 20 – May 24, Tue: Hiroshima City

Day 21 – May 25, Wed: Chita City, etc.
Day 22 – May 26, Thu: Chita City, etc.
Day 23 – May 27, Fri: Tokai & Nagoya City
Day 24 – May 28, Sat: Tokai & Nagoya City
Day 25 – May 29, Sun: Tokai & Nagoya City
Day 26 – May 30, Mon: Fly out

CLIMATE

The month of May is the best time of the year in terms of weather and temperature for comfortable travel. The average temperature of May in Tokyo, for example, is High 22.3 and Low 14.9 Celsius.

EXPO 2005 RIDE GUIDE

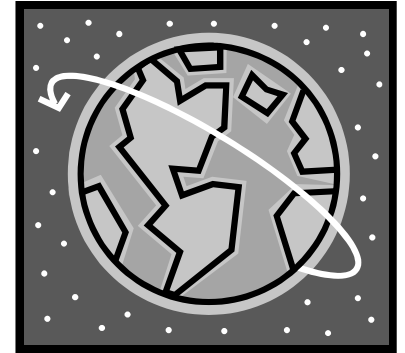
The EXPO 2005 RIDE GUIDE consists of following leaflets:

Part1

- INTRODUCTION
- GUIDE FOR SAFE RIDE
- GUIDE FOR TRAFFIC RULES
- CITY GUIDE 1&2
- ACCOMMODATION

Part2

- ROUTE MAP



RESOURCE

For information about travel in Japan, following web sites would be helpful:

- Japan National Tourist Organization
<http://www.jnto.go.jp>
- Japan Guide
<http://www.japan-guide.com>
- Japan Cycling Navigator
<http://www.japancycling.org>

BEFORE THE RIDE

Helmet Although helmet is not required of bicycle riders in Japan, it is strongly recommended to wear a cycling helmet which meets the safety standards. Worn properly, it can prevent serious injury in case of an accident.

Lights It is strongly recommended to use proper head light and tail light, even if you won't ride in the night. Because Japan has many long tunnels. Blinking feature has better effect to get recognized. Some rider use the light designed for headlight as the tail light to get even far better recognition. You should have spare batteries.

Repairs You should carry basic adjustment tools that fit your bike, two spare tubes, tire levers and a pump. You should know how to change a flat tire.

Route Map Take time to familiarize yourself with the route map before the day of the ride. Make mental notes of key landmarks.

Sag Wagon If there is a sag wagon supporting your ride, you should know what kind of support you could expect.

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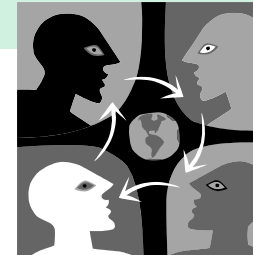
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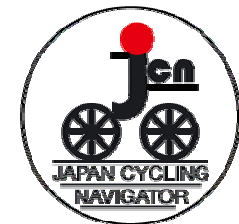
ACKNOWLEDGEMENT

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EXPO 2005 RIDE GUIDE 1



GUIDE
FOR
SAFE RIDE



DURING THE RIDE

Obey all traffic laws, signs and signal lights – unless you are directed to do otherwise by a police officer or an equivalent person on duty for traffic control.

Penalty for Violation If you fail to obey the traffic rules, it is possible that you pay penalty depending on the type of violation. Maximum penalty is 500,000 yen of fine or 6 months of work. Drunken cyclists are illegal.

ROAD AND SHOULDER

Generally, ride just to the left of the motor vehicle traffic. If shoulder is rideable, use it.

If you need to **share the lane**, do so with caution, keeping a watchful eye out for motorists and other cyclists. In case you need to ride in the traffic lane, take the space within the lane that best ensures your personal safety and let motorists pass you, as they would pass any slower moving vehicle. If you see pedestrians on the pedestrian's walk, give them the right of the way.

Periodically, all roadways are subject to construction, erosion, debris and other conditions that make safe bicycling challenging. You have the responsibility to ensure your personal safety by scanning the roadway and surrounding area for

hazards to you, your bike and to those riding nearby.

When changing the lane in order to get around parked vehicles on the road side or hazards or to pass other riders in front of you, take safe action. As a courtesy to other riders, you should signal all of these actions verbally and, if possible, with appropriate hand signals.

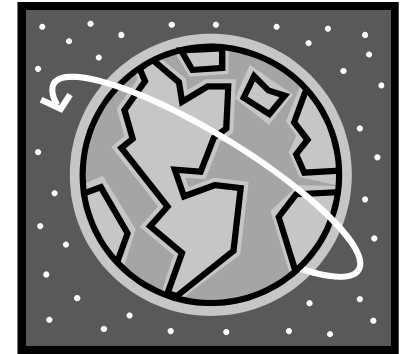
If you find that you must stop your bike, safety dictates that you first move to the left. Then, slow down and, finally, stop your bike only when you are completely out of the path of the following riders. If there is no extra space on your left, signaling to the following riders is critically important.

TUNNEL

Before you go into a tunnel, be sure that front light and tail light are on. Take off your sunglasses to ensure the clear sight if necessary depending on the type of sunglasses you wear.

PEDESTRIAN'S WALK

When it is permitted to ride your bike on the pedestrian's walk and you decide to do so, you must exercise extreme caution not to collide into pedestrians. In the city area, you might encounter the situation where people or vehicle suddenly comes out from a side street in front of you. So you must exercise extreme caution by slowing down. It is illegal to sound a bell to signal your approaching the pedestrians.



In Case of Emergency

Police or Ambulance

Depending on the emergency situation, ask for help by calling the following numbers:

- 110: Police (collision with vehicle or people)
- 119: Ambulance (emergency medical treatment)

BIKE PATHS

The use of bike paths is somewhat different in Japan than in other countries, where bike paths are well-developed and used properly. In Japan, however, you will find walkers on the bike paths. Therefore, the same caution for the pedestrian's walk applies to the bike paths.

Tribute, Remembrance of Vernon Izuka

Many of us have been led into bicycling by someone who has a love of riding - and who freely shares it. Vernon Izuka was just like that. His friends fondly recall his guidance, his encouragement and his sharing of bike tuning to help them start and stay with riding. He had a deep knowledge of cycling, and a nurturing heart for cyclists. In short, he was the kind of person we all want to ride with. Just a few miles into the 2002 Honolulu Century Ride, Vernon learned that a fellow cyclist had collided with a runner. Without hesitation, he decided to go back and help. No one could have anticipated that this selfless choice could lead to a calamitous accident, but it did. When it was over, the cycling community has lost a leader and a good friend.

In keeping with his memory, we especially want to ask that you show special care on the road today - for your self, for our fellow riders, and for each and every member of the community that we come in contact with. Please be mindful that, even if cycling is a safe activity most of the time, it also has risks and dangers, even for the most experienced riders.

(From Honolulu Century Ride 2003 RI DE GUI DE
"Tribute, Remembrance of Vernon Izuka")

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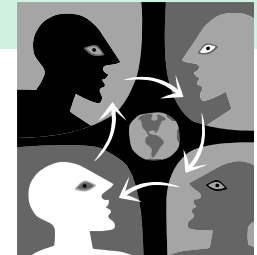
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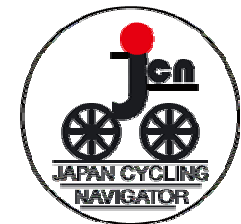
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EXPO 2005 RI DE GUI DE 2



*GUI DE
FOR
TRAFFIC RULES*



TRAFIC RULES

In Japan vehicles go on the left side of the roadway, and bicycles do so too. Pedestrians go on the right side. That means that you as a cyclist meet pedestrians approaching toward you. Because of that situation, you might compete for the way with pedestrians on a narrow street. Under such circumstances, you must give the right of the way to pedestrians.

STOP AND ONE-WAY SIGNS

The basic signs you must know are stop sign and one way sign. If you fail to follow these rules, the chance of taking risks is very high. You have to follow these rules always, absolutely no exception.

The stop sign (Fig.1) means that you stop momentarily because you reached a higher priority roadway. The entrance of one-way (Fig.2) is shown by a white arrow in blue plate. The exit of one-way (Fig.3) is shown by a white bar in a red round plate. You should enter the road from this end.

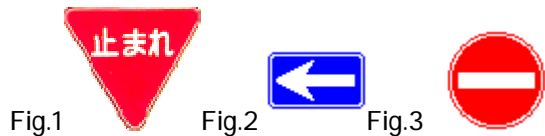


Fig.1 Fig.2 Fig.3

TWO-STEP RIGHT TURN

To make right turn, you go straight to cross the road and stop at the other side of the road. Make 90 degree turn in place to the right and wait until the traffic light changes to green. When the traffic light changes to green, you ride just to the left of motor vehicle traffic. (Fig.4)

INTERSECTION

There are cases, typically in major cities, where bicycles are not permitted to enter the intersection of roadway. In such case, follow the line shown on the roadway which guides you to pedestrian's walk. (Fig.5)

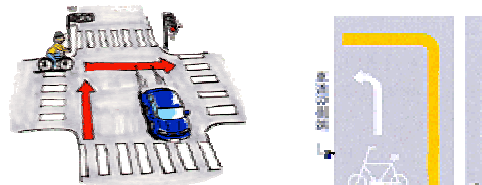


Fig.4 Fig.5

HAND SIGNALS

Bicycle riders are required to use hand signals. This is important for safe ride. Therefore, at least three types of hand signals, i.e. "left turn"(Fig.6), "right turn" (Fig.7) and "stop"(Fig.8), are recommended to practice.

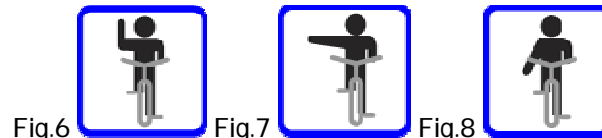
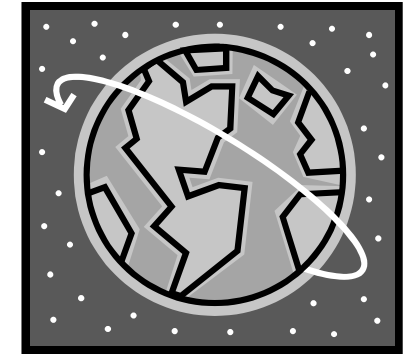


Fig.6 Fig.7 Fig.8



Information for Emergency

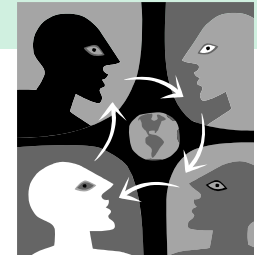
Cyclist is recommended to have the following information which is needed in case of emergency. It is important that the information is written on a sheet of paper which sustains under the wet condition, such as rain and sweat, and needs to be kept in an easy-to-find place by others.

Name, Address

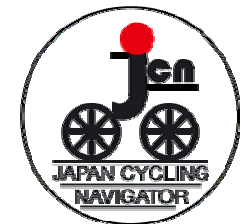
Emergency contact (Name, phone number, physician's name)

Medical information (Medical problems, medications, allergies, blood type)

EXPO 2005 RIDE GUIDE 3



CITY GUIDE 1
NAGOYA - KYOTO - NARA -
OSAKA - KOBE



ACKNOWLEDGEMENT

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Edited by

Eiichi "Ed" Watanabe



NAGOYA

With over two million inhabitants, Nagoya is Japan's fourth most populated [city](#). It is the capital of [Aichi Prefecture](#) and the principal city of the Nobi plain, one of Honshu's three large plains and industrial centers. Nagoya developed as the castle town of the Owari, one of the three branches of the ruling Tokugawa family during the [Edo Period](#). Much of the city, including most of its historic buildings, was destroyed in the air raids of 1945. From March 25 to September 25, 2005, the [Expo 2005 Aichi](#) will be held in the vicinity of Nagoya.

KYOTO

Kyoto was Japan's capital and the [emperor's](#) residence from [794](#) until [1868](#). It is now the country's seventh largest [city](#) with a population of 1.4 million people and a modern face. Over the centuries, Kyoto was destroyed by many wars and fires, but due to its historic value, the city was not chosen as a target of air raids during [World War II](#). Countless [temples](#), [shrines](#) and other historically priceless structures survive in the city today.

NARA

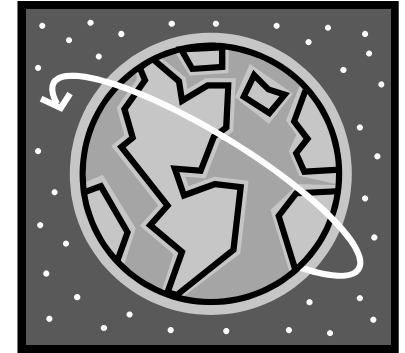
Japan's first permanent capital was established in the year [710](#) at Heijo, the city now known as Nara. As the influence and political ambitions of the city's powerful [Buddhist](#) monasteries grew to become a serious threat to the government, the capital was moved to Nagaoka in 784. Nara is located in the Kinai plain, less than one hour from [Kyoto](#) and [Osaka](#). Due to its past as the first permanent capital, it remains full of historic treasures, including some of Japan's oldest Buddhist [temples](#).

OSAKA

With a population of 2.5 million, Osaka is Japan's third largest and second most important [city](#). It has been the economic powerhouse of the [Kansai region](#) for many centuries. Osaka was formerly known as Naniwa. Before the [Nara Period](#), when the capital used to be moved with the reign of each new [emperor](#), Naniwa was once Japan's capital city, the first one ever known. In the 16th century, [Toyotomi Hideyoshi](#) chose Osaka as the location for his [castle](#), and the city may have become Japan's capital if [Tokugawa Ieyasu](#) had not terminated the Toyotomi lineage after Hideyoshi's death and moved his government to distant [Edo \(Tokyo\)](#).

KOBE

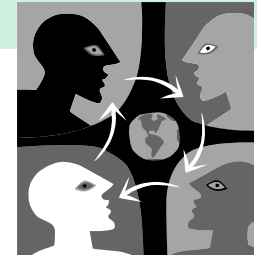
Kobe is the capital of [Hyogo Prefecture](#) and one of Japan's ten largest [cities](#). Located between the sea and the Rokko mountain range, Kobe is also considered one of Japan's most attractive cities. Kobe has been an important port city for many centuries. Its port was one of the first Japanese ports to be opened to foreign trade in the late [Edo Period](#), and the city remains one of Japan's more cosmopolitan cities. In January 1995, Kobe was hit by the [Great Hanshin Earthquake](#), which destroyed tens of thousands of buildings and killed over 5000 people. Less than a decade later, the city is completely rebuilt, and few signs of the horrible event are left.



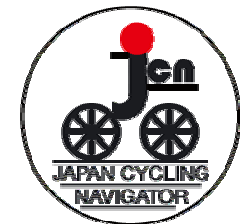
Earthquake

The Japanese archipelago is located in an area where several continental and oceanic plates meet. This is the cause for frequent earthquakes and the presence of many volcanoes and [hot springs](#) across Japan. If earthquakes occur below or close to the ocean, they may trigger tidal waves (tsunami). Many parts of the country have experienced devastating earthquakes and tidal waves in the past. The worst earthquake in Japanese history hit the [Kanto plain](#) around [Tokyo](#) in the year 1923, when over 100,000 people died in the [Great Kanto Earthquake](#). In January 1995 a strong earthquake hit the city of [Kobe](#) and surroundings. The Southern Hyogo Earthquake (also called Great Hanshin Earthquake) killed 6,000 and injured 415,000 people. 100,000 houses were completely and 185,000 partially destroyed.

EXPO 2005 RI DE GUI DE 4



CITY GUIDE 2 *HIMEJI -OKAYAMA -* *KURASHIKI - MATSUYAMA* *- HIROSHIMA*



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Edited by

Eiichi "Ed" Watanabe

HIMEJI

Himeji is a large city in [Hyogo Prefecture](#) which is famous for its [Himeji Castle](#), Japan's most beautiful, surviving feudal [castle](#).

Himeji Castle is considered Japan's most beautiful [castle](#). Unlike most other Japanese castles, Himeji Castle was never destroyed and survives in its original form. It is designated a national treasure and an [UNESCO world heritage site](#). In the 14th century, a fort was first built in the area, and then gradually enlarged by the various clans which ruled over the region over time. The castle complex as it survives today, was completed in 1609. The well defended castle and its wooden interior are fascinating, and the castle's sight is spectacular, especially during the short and crowded [cherry blossom](#) season, that usually takes place in the first half of April. It takes from one to three hours to explore Himeji Castle.

OKAYAMA

Okayama is the capital of [Okayama Prefecture](#) and a major transportation hub of the [Chugoku Region](#). The city is most famous for [Korakuen](#), known as one of Japan's three most beautiful [landscape gardens](#).

KURASHIKI

Kurashiki is a city in Okayama Prefecture, a few kilometers west of Okayama City. During the Edo Period, Kurashiki was a center for storing rice harvested in the surrounding, fertile regions. Literally meaning something like "storehouse town", Kurashiki was directly administered by the Edo shogunate for its economically strategic importance. Several dozens of storehouses (kura) can still be found along a picturesque, tree lined canal in the historic city district, Kurashiki's main tourist attraction.

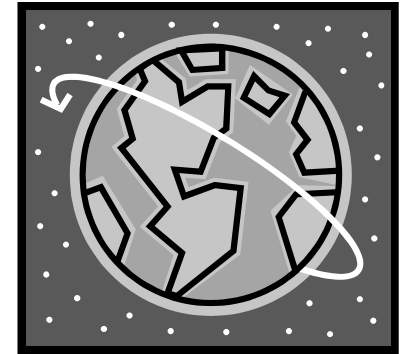
MATSUYAMA

Kobe is the capital of [Hyogo Prefecture](#) and one of Japan's ten largest [cities](#). Located between the sea and the Rokko mountain range, Kobe is also considered one of Japan's most attractive cities. Kobe has been an important port city for

many centuries. Its port was one of the first Japanese ports to be opened to foreign trade in the late [Edo Period](#), and the city remains one of Japan's more cosmopolitan cities. In January 1995, Kobe was hit by the [Great Hanshin Earthquake](#), which destroyed tens of thousands of buildings and killed over 5000 people. Less than a decade later, the city is completely rebuilt, and few signs of the horrible event are left.

HIROSHIMA

Hiroshima is the capital of [Hiroshima Prefecture](#) and the largest city of the [Chugoku Region](#), the westernmost region on Japan's main island of Honshu. It is home to about one million people. On August 6, 1945, Hiroshima was chosen by US armed forces as the first ever target of an [atomic bomb](#) employed over a populated area. As a result, 200,000 civilians lost their lives, and Hiroshima became a city vehemently engaged in the promotion of peace. Hiroshima's [Peace Park](#) including the memorial museum, and the island of [Miyajima](#) (literally: shrine island), located 40 minutes from the city center by train and ferry, are among Japan's most interesting tourist attractions.



Atomic Bomb

The **Peace Memorial Museum** graphically displays the atomic bomb's horrible effects on the city and its inhabitants. A visit is naturally depressing. In the museum's east building, Hiroshima's militarist past and the process leading to the dropping of the bomb are documented. Audio guides are available in more than a dozen languages.

The **Atomic Bomb Dome** is one of the few buildings around the explosion's epicenter that partially survived the blast, and the city's only remaining bomb damaged building. The former Industrial Promotion Hall is now an UNESCO World Heritage Site.

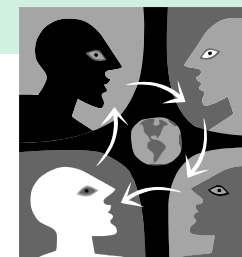
CONTACT

- *1 Kasumigaura Kaikan 霞ヶ浦会館
財団法人 霞ヶ浦振興公社
四日市市大字羽津甲 5162-1
Tel (0593) 31-5337
- *2 Saikyoji Youth Hostel 西教寺 YH
大津市坂本 5-13-1 Tel (077) 578-0013
- *3 Tanba Town 丹波町役場
京都府船井郡丹波町字蒲生小字八ツ谷 62-6
Tel (0771) 82-0200 (代)
- *4 Utano Youth Hostel 宇多野 YH
京都府京都市右京区太秦中山町 29
Tel (075) 462-2288
- *5 Nara-ken Seishonen Kaikan Youth Hostel
奈良県青少年会館 YH
奈良市半田開町 72-7 Tel (0742) 22-5540
- *6 Konan Univ. Seminar House
甲南大学セミナーハウス
神戸市東灘区岡本 8-9-1 Tel (078) 435-2546
- *7 Myokoin Staff Apartment
書寫山圓教寺妙光院
姫路市書写 2968 Tel (0792) 66-3327
- *8 Kurashiki Youth Hostel 倉敷 YH
岡山県倉敷市向山 1537-1 Tel (086) 422-7355
- *9
- *10 Sunrise I toyama サンライズ糸山
愛媛県今治市砂場町 2-8-1 Tel (0898) 41-3195
- *11 Hiroshima Youth Hostel 広島 YH
広島県広島市東区牛田新町 1-13-6
Tel (082) 221-5343

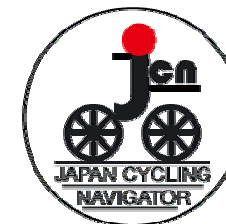
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EXPO 2005 RIDE GUIDE 5



ACCOMMODATION



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ACCOMMODATION

Day 1 – May 5, Thu: Toyota City, Aichi
A (Australian participants): Home stay

Day 2 – May 6, Fri: Toyota City, Aichi
A: Home stay

Day 3 – May 7, Sat: Toyota City, Aichi
A: Home stay

Day 4 – May 8, Sun: Yokkaichi City, Mie
A, J: Kasumigaura Kaikan*1
Tel. 0593-31-5337

Day 5 – May 9, Mon: Ohtsu City, Shiga
A, J: Saikyoji Youth Hostel*2
Tel. 077-578-0013

Day 6 – May 10, Tue: Tanba Town, Kyoto
A: Home stay
J: Tanba Town Athletic Park Dorm.*3

Day 7 – May 11, Wed: Kyoto City, Kyoto
A, J: Utano Youth Hostel*4
Tel. 075-462-2288

Day 8 – May 12, Thu: Nara City, Nara
A: Home Stay
J: Nara-ken Seishonen Kaikan YH*5
Tel: 0742-22-5540

Day 9 – May 13, Fri: Asuka Village, Nara
A J: Tenrikyo Oka Daikyoukai*5.1
Tel. 0744-54-2002

Day 10 – May 14, Sat: Sakai City, Osaka
A, J: Home Stay @ Koji Kubo
Tel. 072-286-0823

Day 11 - May 15, Sun: Sakai City, Osaka
A, J: Home Stay @ Koji Kubo

Day 12 – May 16, Mon: Kobe City, Hyogo
A: Home Stay
J: Konan Univ. Seminar House*6

Day 13 – May 17, Tue: Kobe City, Hyogo
A: Home Stay
J: Konan Univ. Seminar House*6

Day 14 – May 18, Wed: Himeji City, Hyogo
A: Home Stay
J: Myokoin Staff Apartment*7

Day 15 – May 19, Thu: Himeji City, Hyogo
A: Home Stay
J: Myokoin Staff Apartment*7

Day 16 – May 20, Fri: Kurashiki City, Hyogo
A: Home Stay
J: Kurashiki Youth Hostel*8
Tel: 086-422-7355

Day 17 – May 21, Sat: Onomichi City, Hyogo
A: Home Stay
J: Youth Hostel or Public facility*9

Day 18 – May 22, Sun: Imabari City, Ehime
A, J: Sunrise Itoyama*10
Tel. 0898-41-3196

Day 19 – May 23, Mon: Hiroshima City, Hiroshim
A: Home Stay
J: Hiroshima Youth Hostel*11
Tel. 082-221-5343

Day 20 – May 24, Tue: Hiroshima City, Hiroshima
A: Home Stay
J: Hiroshima Youth Hostel*11

Day 21 – May 25, Wed: Chita City, etc., Aichi
A: Home Stay

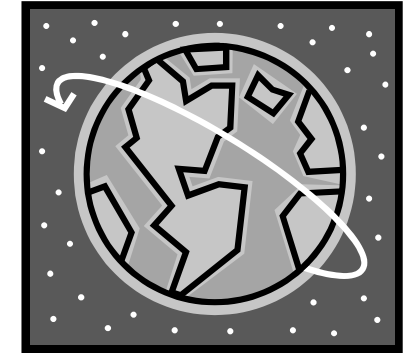
Day 22 – May 26, Thu: Chita City, etc., Aichi
A: Home Stay

Day 23 – May 27, Fri: Tokai & Nagoya City, Aichi
A: Home Stay

Day 24 – May 28, Sat: Tokai & Nagoya City, Aichi
A: Home Stay

Day 25 – May 29, Sun: Tokai & Nagoya City, Aichi
A: Home Stay

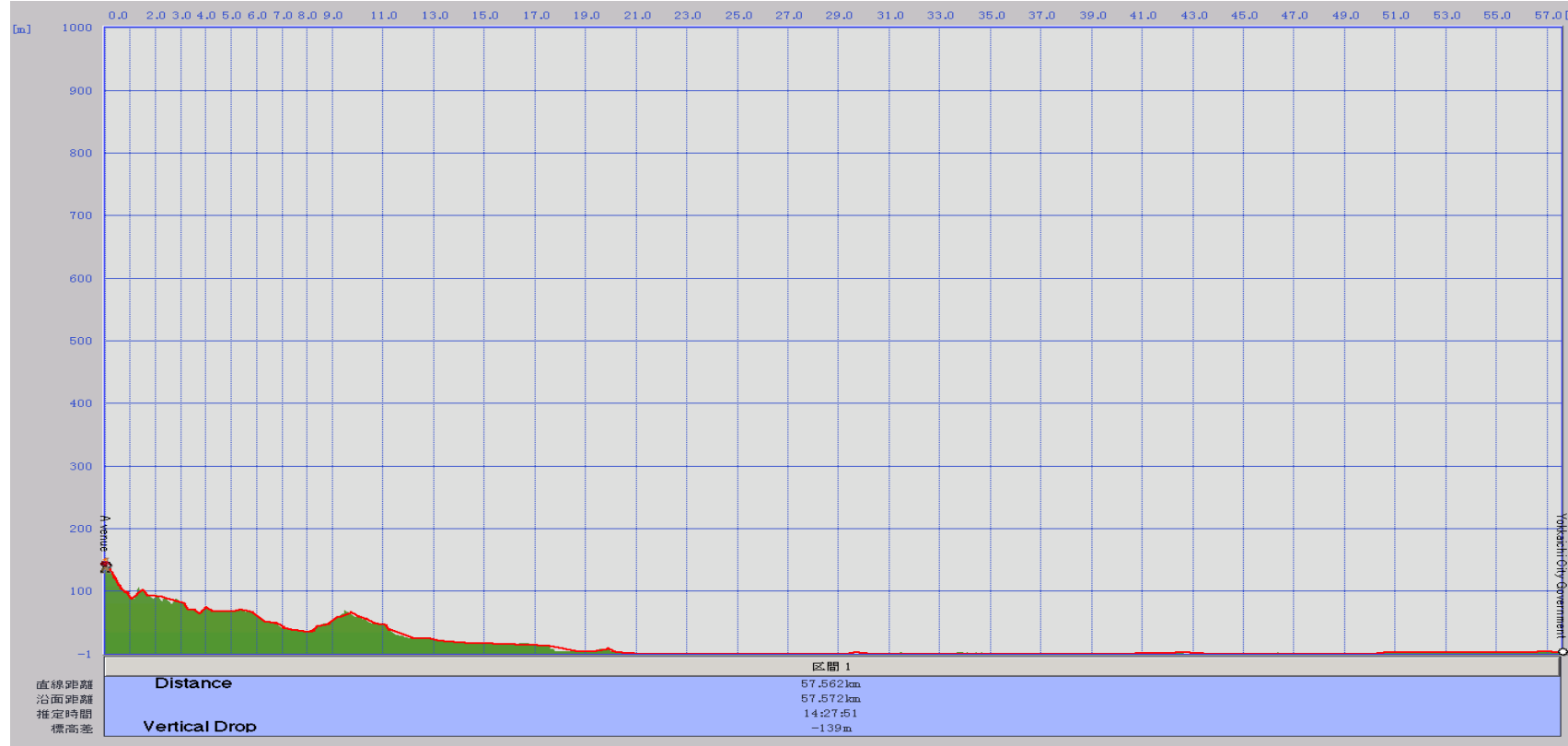
Day 26 – May 30, Mon: Fly to home



ACCOMMODATION COSTS

- *1 Kasumigaura Kaikan
4,514 Yen wo/meal
- *2 Saikyoji Youth Hostel
4,700 Yen w/2meals
- *3 Tanba Town Athletic Park Dorm
?
- *4 Utano Youth Hostel
2650 Yen wo/meal
- *5 Nara-ken Seishonen Kaikan YH
2,650 Yen wo/meal
- *5.1 Tenrikyo Oka Daikyoukai
3560Yen w/2meals
- *6 Konan Univ. Seminar House
1,500 Yen wo/meal, x 2 nights
- *7 Myokoin Staff Apartment
800 Yen wo/meal, x 2 nights
- *8 Kurashiki Youth Hostel
?
- *9 Youth Hostel or Public facility
?
- *10 Sunrise Itoyama
2,900-3,100 Yen wo/meal
- *11 Hiroshima Youth Hostel
2,400-2,600 Yen wo/meal, x 2 nights

Distance and Elevation



Cycle Shop List

No.	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Cycle Shop Mizuno	サイクルショップみずの	0561-62-5311	
2	Cycle Joy Nagakuteten	サイクルジョイ長久手店	0561-61-7222	
3	Jou Muneaki	城宗明	0567-68-8401	
4	Ito- Cycle	イトーサイクル	052-881-7534	
7	Toda Jitenshaten	戸田自転車店	052-781-0661	
8	Tomita Ringyou	富田輪業	052-351-6309	
9	Chikuri Takada	チクリ・タカダ	052-303-0891	9:00-19:00
10	Move	(有)ムーブ	052-776-1755	
11	Giro	ジロ (GIR O)	052-703-8198	12:00-20:00
12	Tsuji Motors	(有)辻モーターズ	0594-45-0740	
13	Kawamura Cycle Okinoshimaten	河村サイクル沖の島店	0593-52-4358	
14	Ichikawa Shoukai	市川商会	0593-65-2718	
15	Sakurai Jitenshaten	桜井自転車店	0593-65-4454	



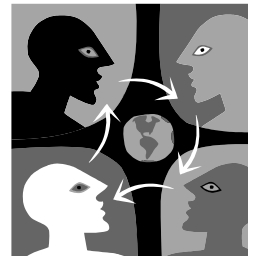
Partnering Bicycle shop

About Partnering Bicycle shop

The shop is aware and supportive of EXPO 2005 RIDE and welcomes international customers.

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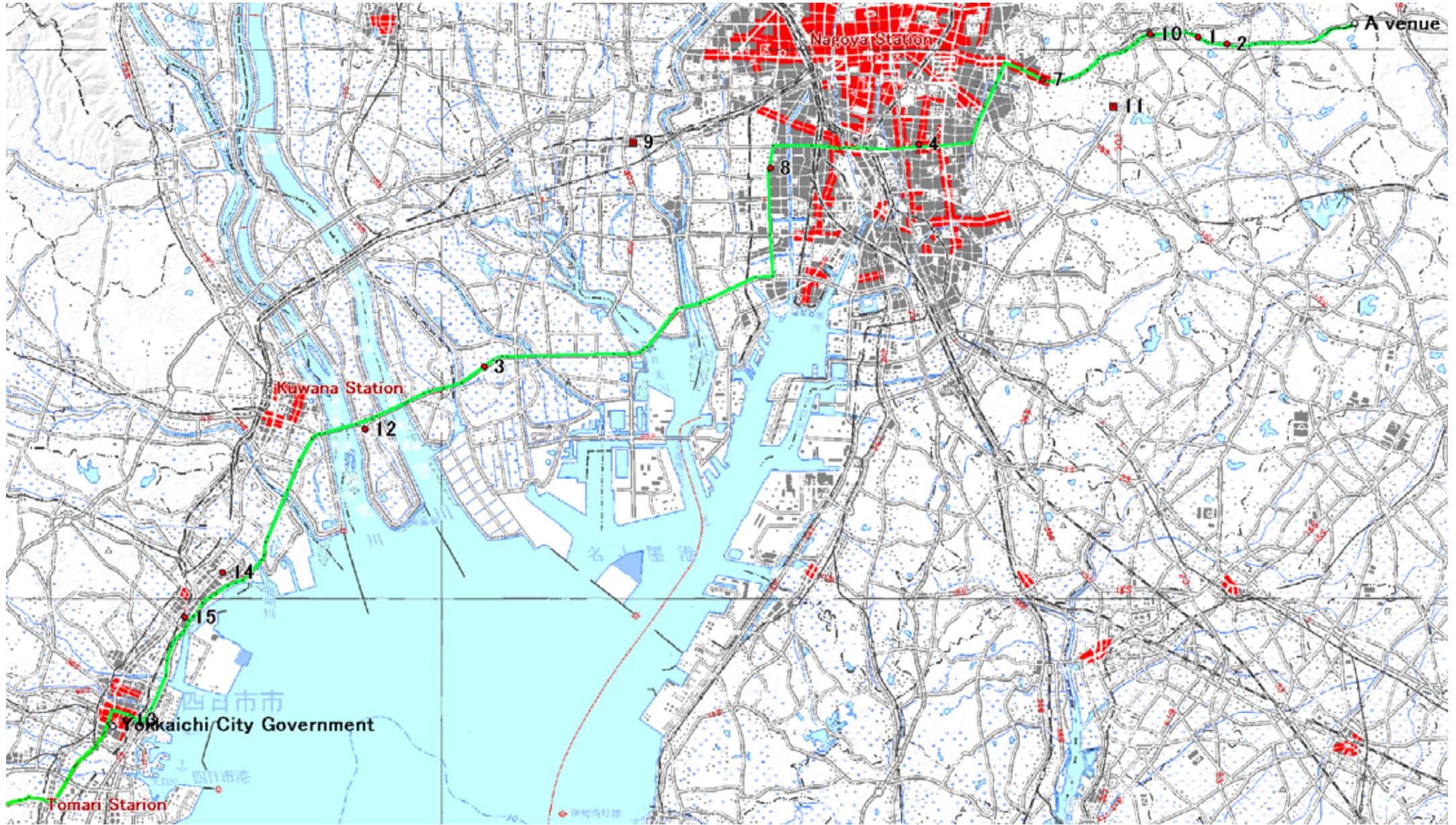


ROUTE MAP

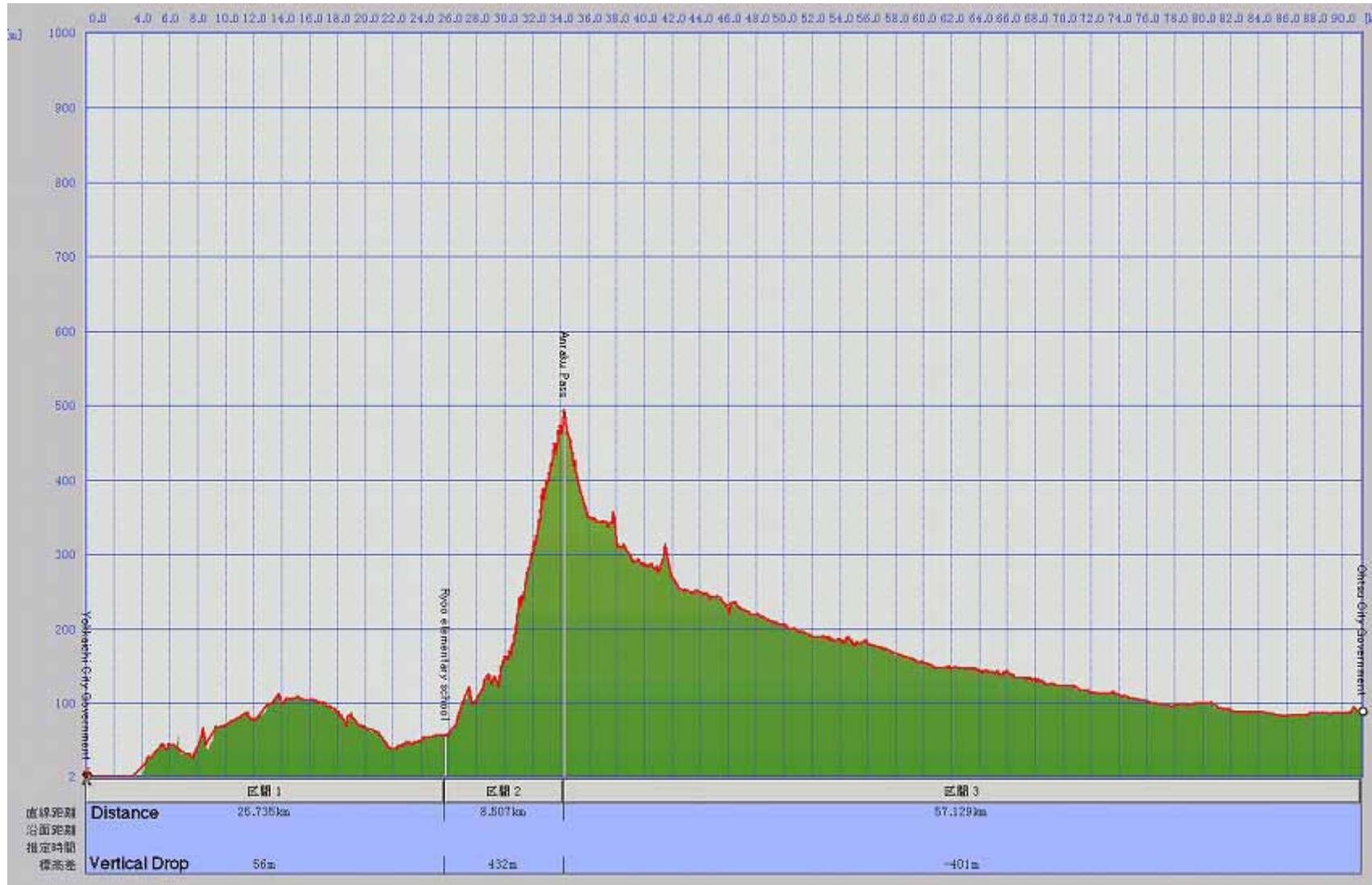
May 08



Route Map for May 08

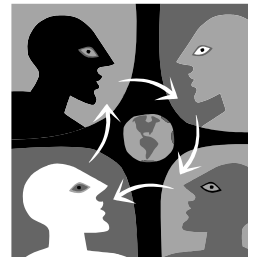


Distance and Elevation



EXPO 2005

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ROUTE MAP

May 09



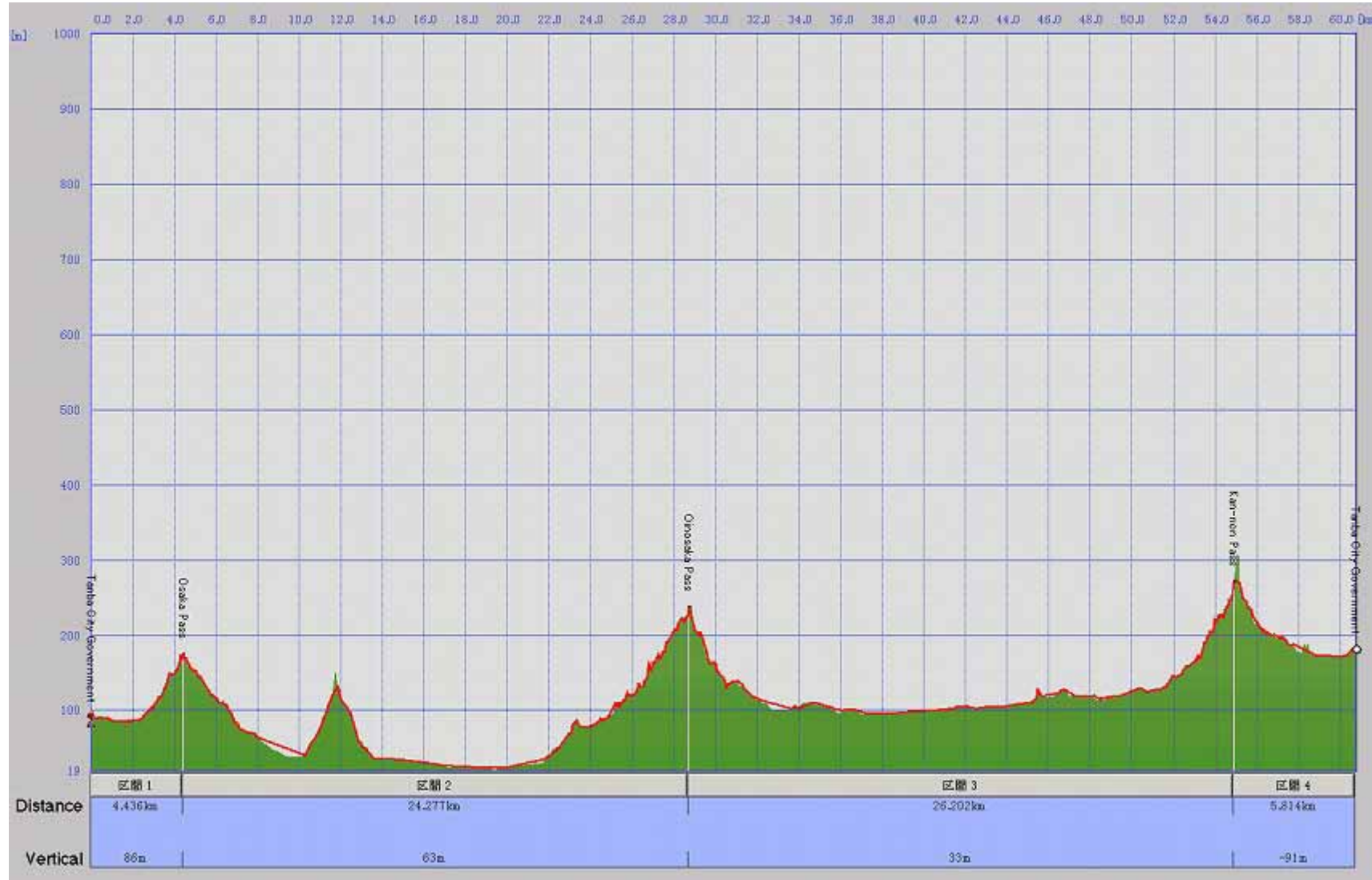
Route Map for May 09



Cycle Shop List

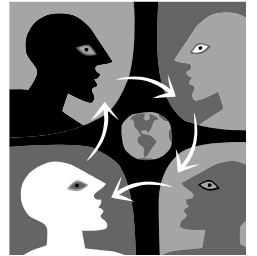
No	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Kawato Kami	川戸守	0595-85-0206	
2	Sun Cycle Nakayama	サンサイクル中山	0748-72-0428	
3	Takeno Jitenshaten	武野自転車店	0748-77-3065	
4	Kimura Ringyou	木村輪業	0748-62-1926	
5	Oonishi Cycle	大西サイクル	077-565-3517	
6	Strada Bicycles	ストラダバイクルズ	077-547-2808	12:00-21:00
7	Ishizuka Jitensha Shoukai	石塚自転車商会	077-522-6153	
8	Shimoda Jitenshaten	下田自転車店	077-523-1337	

Distance and Elevation



EXPO 2005

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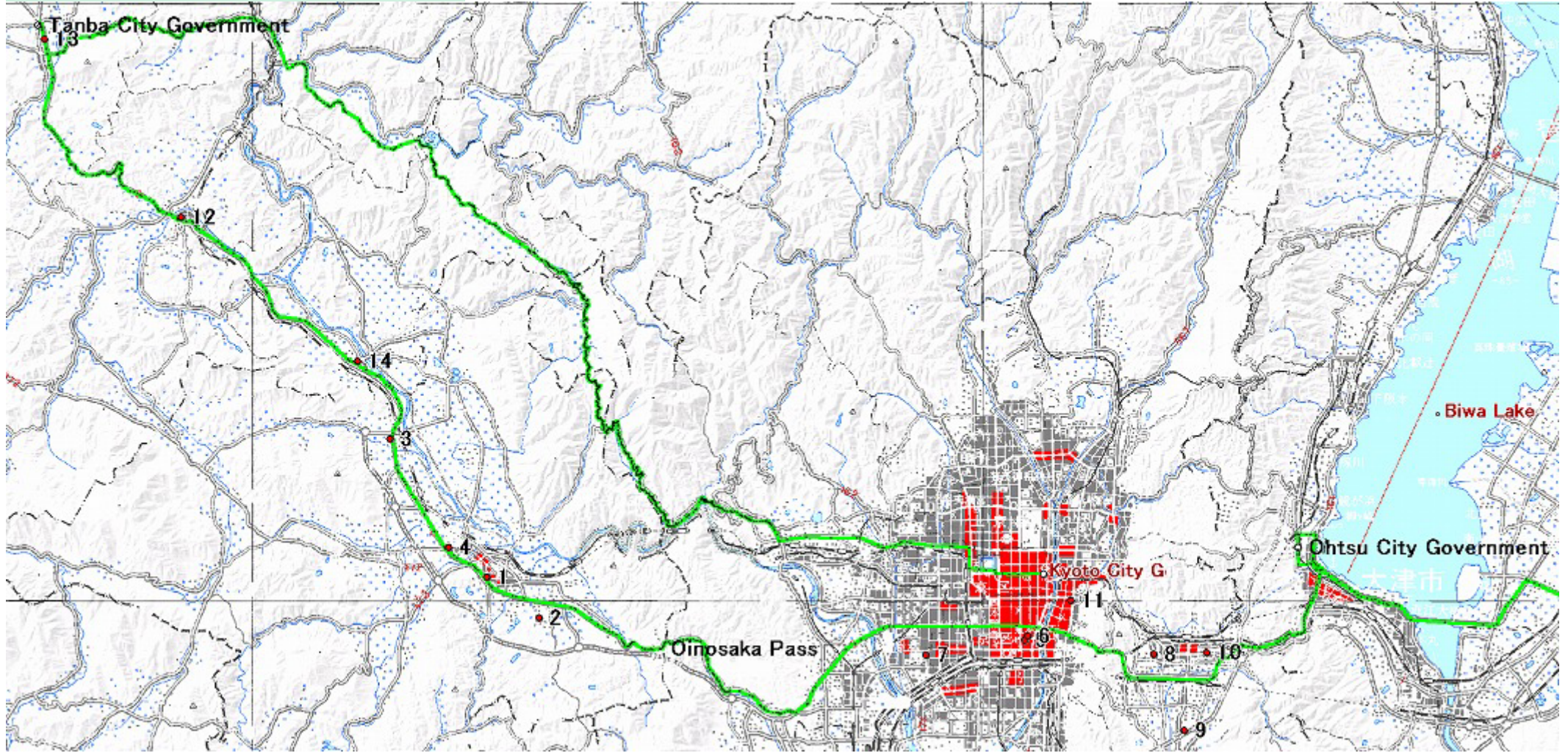


ROUTE MAP

May 10



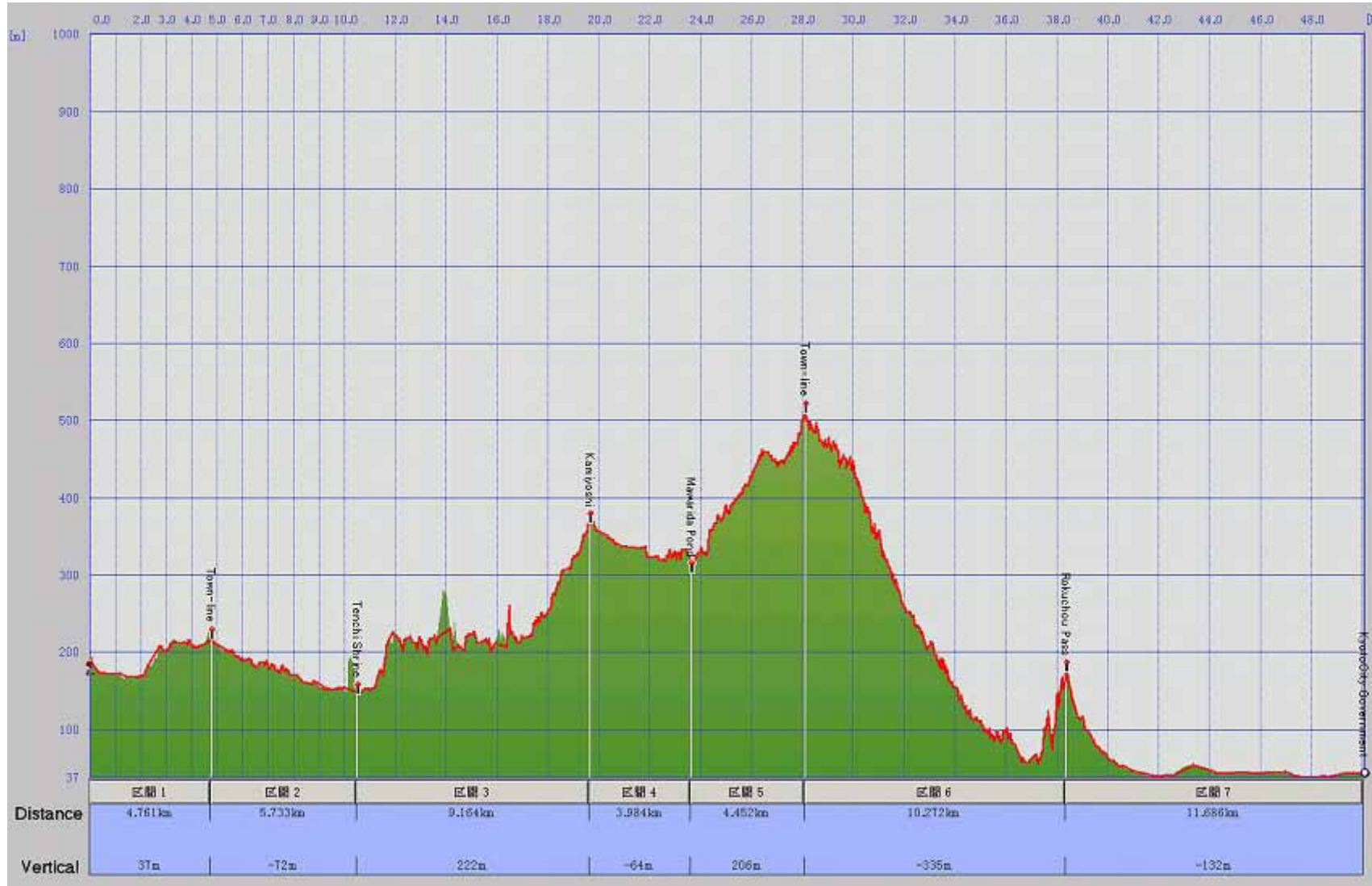
Route Map for May 10



Cycle Shop List

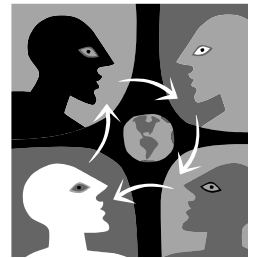
No.	Shop Name (E)	Shop Name (J)	Phone	Hours	No.	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Miyagawa Auto	ミヤガワオート	0771-24-1501		8	Motor Cycle Takiguchi	モーターサイクルタキグチ	075-501-0518	
2	Mountain	マウンテン	0771-22-6050		9	Noguchi Cycle Shop	ノグチサイクルショップ	075-592-7613	
3	Yagi Motors	ヤギモータース	0771-22-5321	8:00-19:00	10	Ookishi Jitenshaten	大岸自転車店	075-593-7007	
4	Hata Shoukai	八田商会	0771-22-0977		11	Kyoei Ringyousha	京栄輪業社	075-561-2074	10:00-19:00
5	Tanaka Jitenshaten	田中自転車店	075-351-8222		12	Wada Jitenshaten	和田自転車店	0771-62-0318	
6	Hitomi Motors	人見モータース	075-351-4074		13	Tani Jitenshaten	谷自転車店	0771-82-0217	
7	Nick Hobby Shop Shichijouten	ニックホビーショップ/七条店	075-313-1330	10:00-21:00	14	Heiya Jitenshaten	平野自転車店	0771-42-2178	

Distance and Elevation



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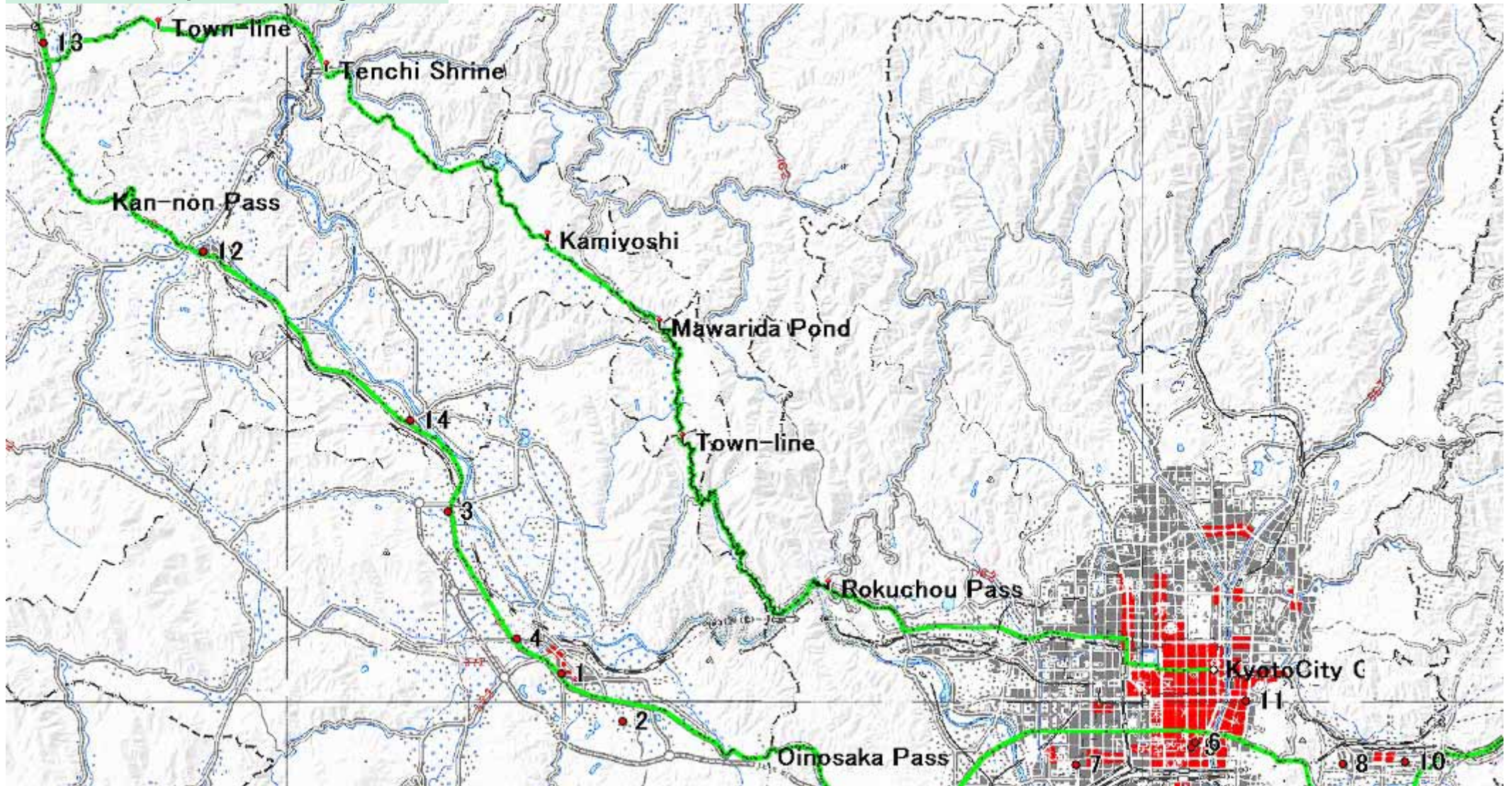


ROUTE MAP

May 11



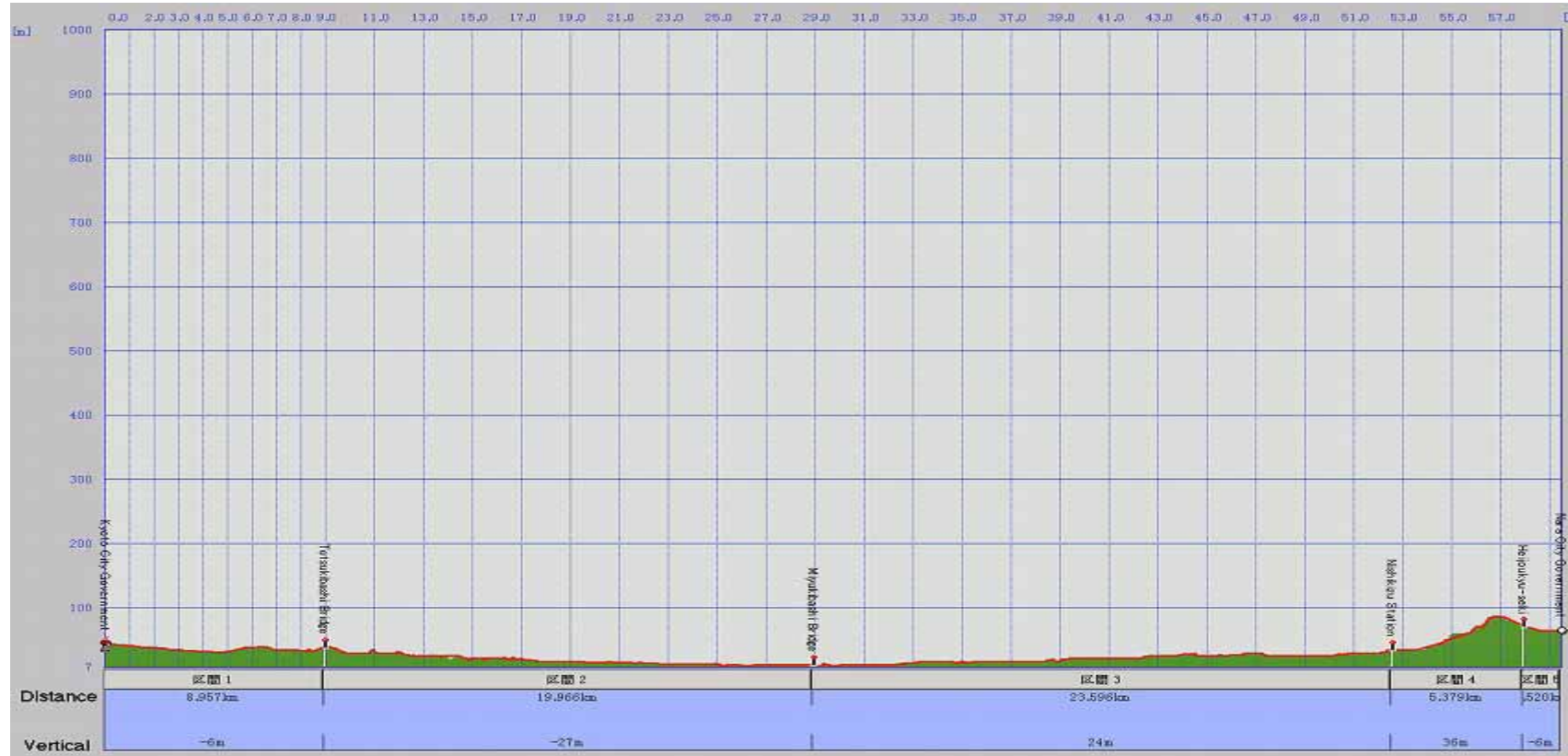
Route Map for May 11



Cycle Shop List

NO LIST Please note that it's hard to find cycle shop on the route from Tanba Town to Kyoto City.

Distance and Elevation

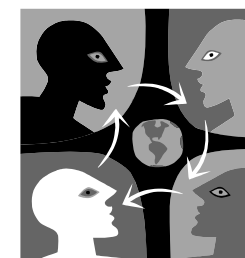


Cycle Shop List

No.	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Kumo Jitenshaten	雲自転車店	075-861-3888	
2	Fukumoto Jitenshaten	福本自転車店	075-861-0778	
3	Cycle Base Asahikatsuraten	サイクルベースあさひ桂店	075-382-2571	10:00-20:00
4	Iwai Cycle Center	イワイサイクルセンター	075-921-8679	9:00-19:00
5	Cycle Base Asahi Kyotominamiten	サイクルベースあさひ / 京都南店	075-604-1350	
6	Aoishi Jitenshaten	青石自転車店	075-631-2278	
7	Kodera Cycle	小寺サイクル	075-981-2369	
8	Mikage Cycle	ミカゲサイクル	0774-62-2669	
9	Yamanose Cycle	やまのせサイクル	0774-94-2986	9:00-21:00
11	Funny Bikes	ファニーバイクス	0742-72-0086	10:30-19:30
12	Motor & Cycle Tada	モト&サイクルタダ	0742-46-6947	Shop Holyday on May 12
13	Cycle Base Asahi Naraten	サイクルベースあさひ奈良店	0742-30-1240	

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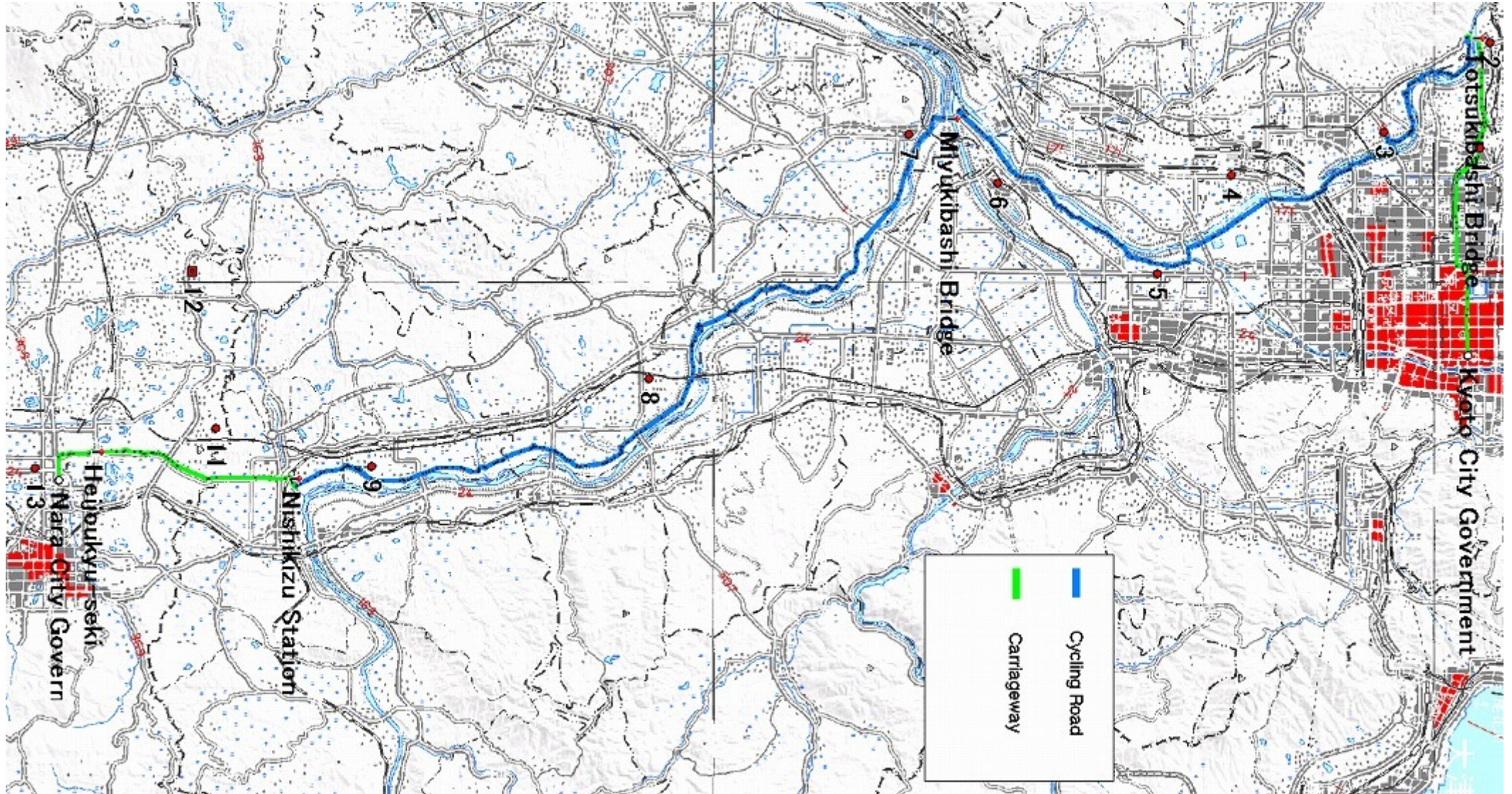


ROUTE MAP

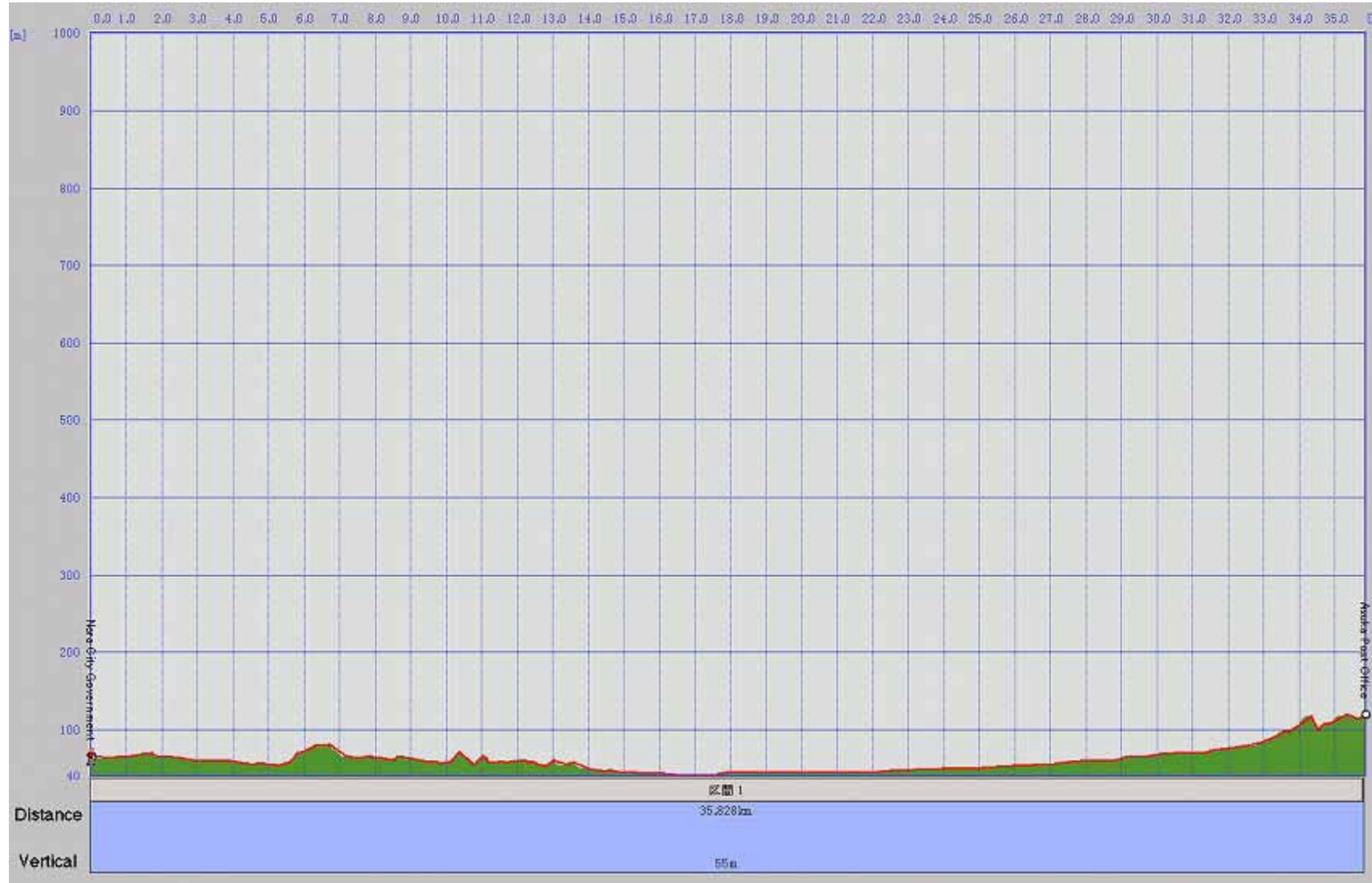
May 12



Route Map for May 12



Distance and Elevation



Cycle Shop List

No.	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Teraoka Cycle	てらおかサイクル	0743-52-2940	
2	Cycle Shop Fukumoto	サイクルショップフクモト	0745-75-2251	
3	Yoshizaki Cycle	吉崎サイクル	0745-56-2433	
4	Fukada Jitenshaten	深田自転車店	0744-23-6166	
5	Yanadani Jitenshaten	柳谷自転車店	0744-54-2251	
6	Nakai Cycle	中井サイクル	0744-27-5013	



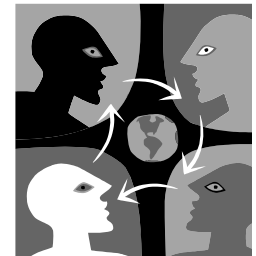
Partnering Bicycle shop

About Partnering Bicycle shop

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RIDE GUIDE

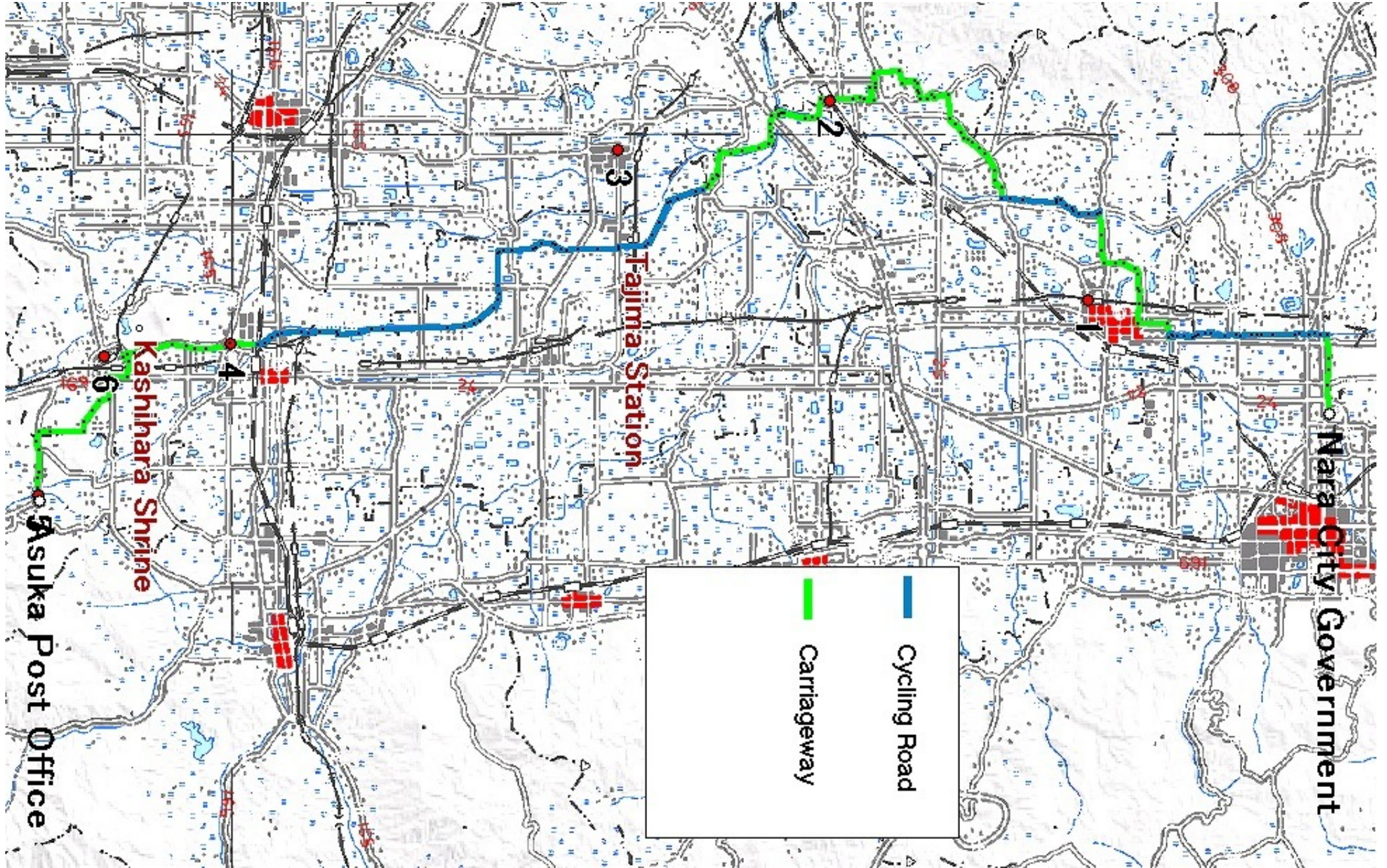


ROUTE MAP

May 13



Route Map for May 13

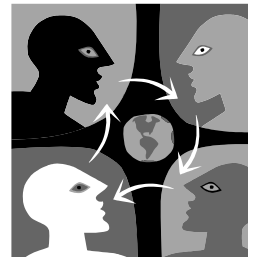


Distance and Elevation



EXPO 2005

RI DE GUIDE

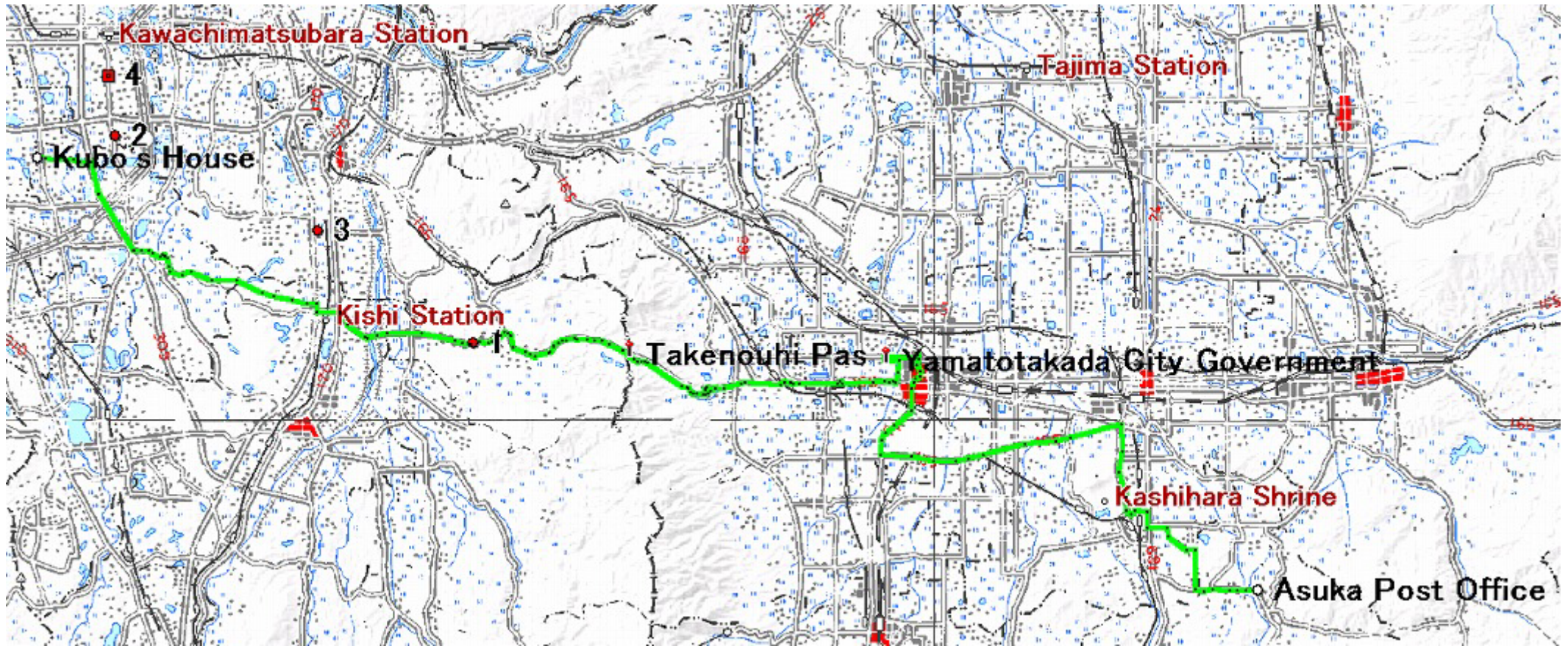


ROUTE MAP

May 14



Route Map for May 14



Cycle Shop List

No.	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Jitensha Koubou T Tech	自転車工房ティテック	0721-80-2310	
2	Nirin Shop Shibaike	二輪ショップ芝池	072-337-0234	
3	Cycle World Habikinoten	サイクルワールド羽曳野店	0729-57-5689	
4	Matsubara Norimono Center	松原乗物センター	072-331-2071	9:30-19:00

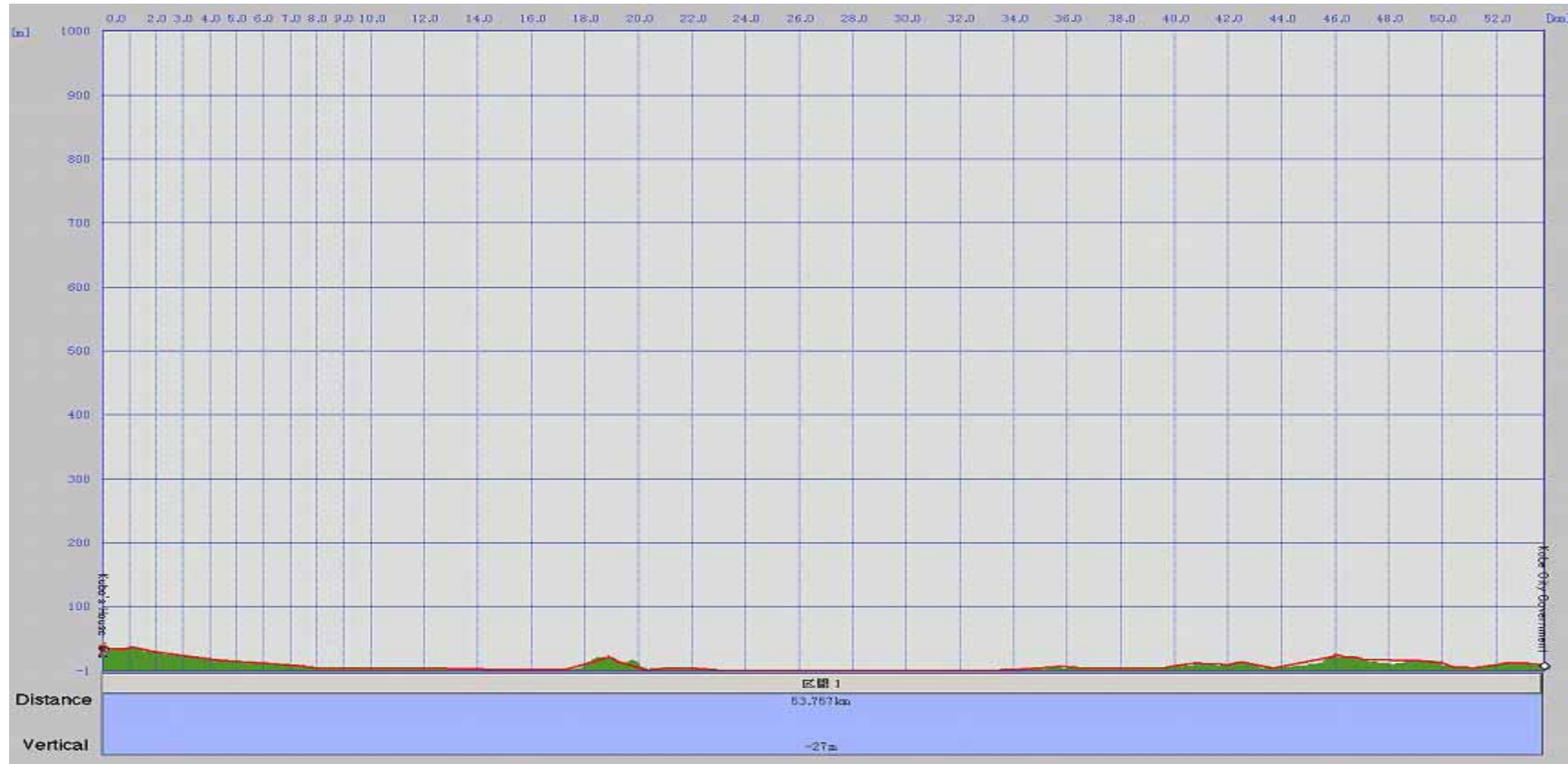


Partnering Bicycle shop

About Partnering Bicycle shop


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Distance and Elevation



Cycle Shop List

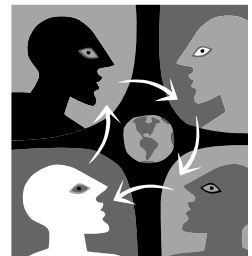
No.	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Kawaharada Cycle	カワハラダサイクル(有)	072-233-1348	10:00-19:30
2	Cycle Land Naniwa Honten	サイクルランドナニワ/本店	06-6376-3190	
3	Silbest Cycle Umedaten	シルベストサイクル梅田店	06-6344-3808	
4	Ikeda Jitenshaten	池田自転車店	06-6471-2986	
5	Tuff Stuff Jitenshaten	タフスタッフ(TUFFSTUFF)自転車店	06-4960-5352	10:30-23:00
6	Be Top	BE・TOP	06-6428-3580	
7	Cycle Center Sanwa	サイクルセンターサンワ	06-6412-3802	11:00-20:30
8	Sanukiya Cycle	サヌキヤサイクル	06-6416-3629	
9	Rinrin Koushienten	リンリン甲子園店	0798-65-2511	
10	Shukugawa Cycle Jr Nishinomiya	夙川サイクルJR西宮店	0798-22-8222	10:00-20:00
11	Rinrin Ashiyaten	リンリン芦屋店	0797-21-5440	
12	Zushi Cycle	ずしサイクル	078-411-8408	10:00-19:00
13	Fujita Jitenshaten	藤田自転車店	078-841-4968	10:00-19:30
14	Tsuchiya	ツチヤ	078-822-7823	10:00-20:00

 Partnering
Bicycle shop

**About
Partnering
Bicycle shop**
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customers.

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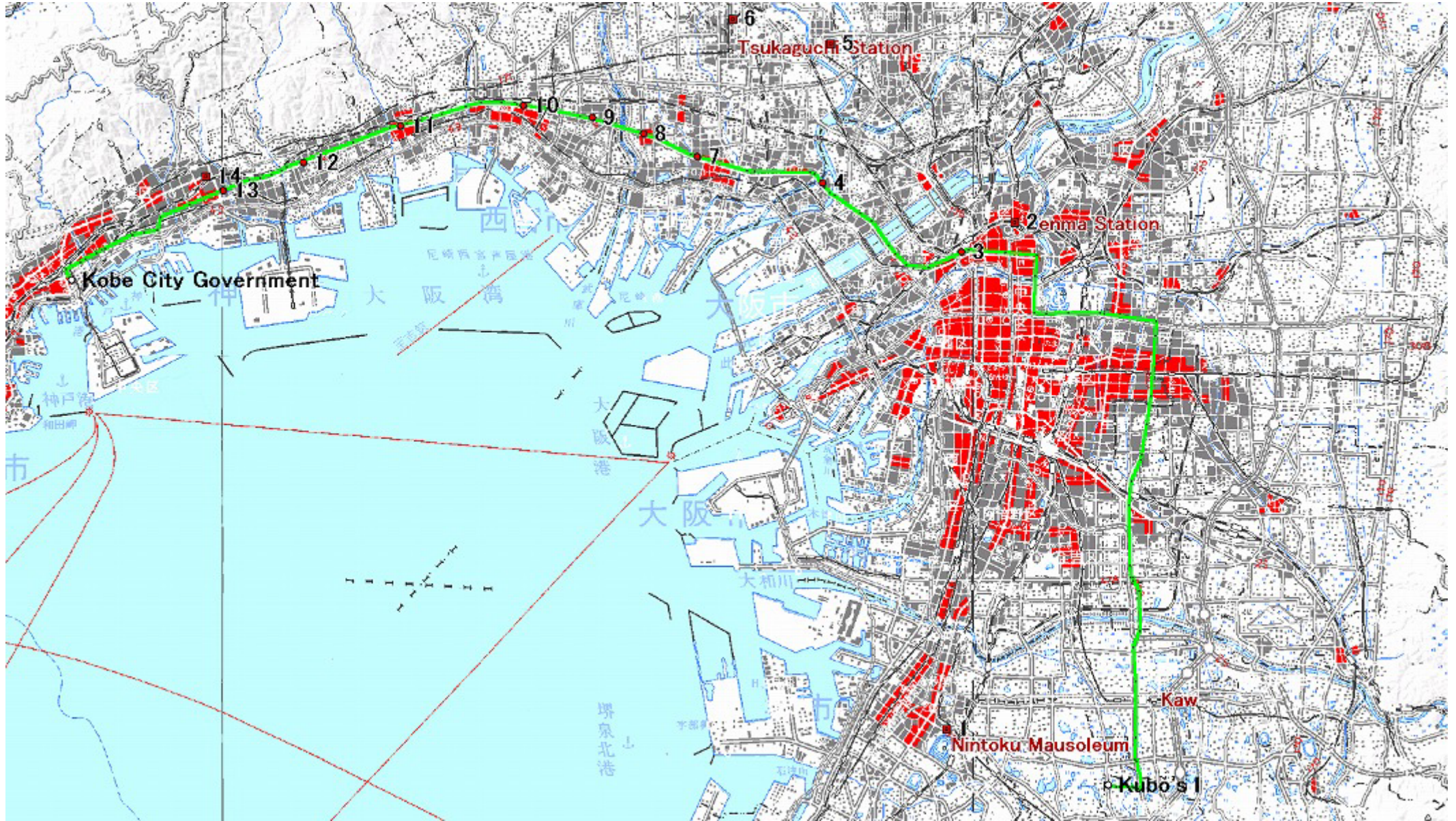
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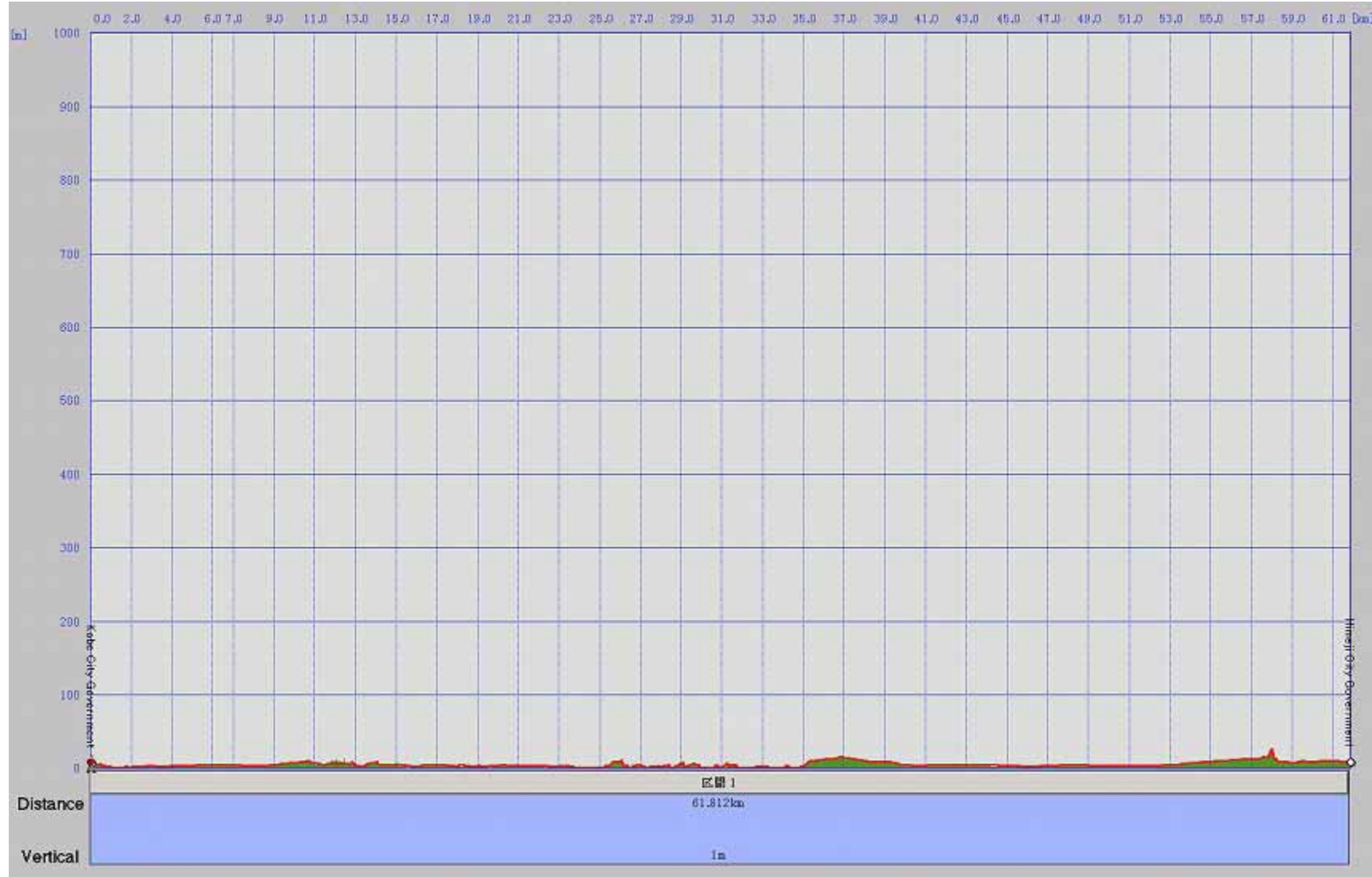
ROUTE MAP
May 16



Route Map for May 16

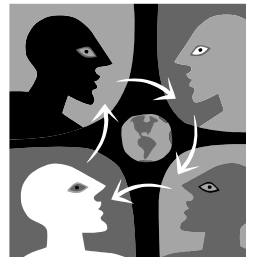


Distance and Elevation



EXPO 2005

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ROUTE MAP

May 18



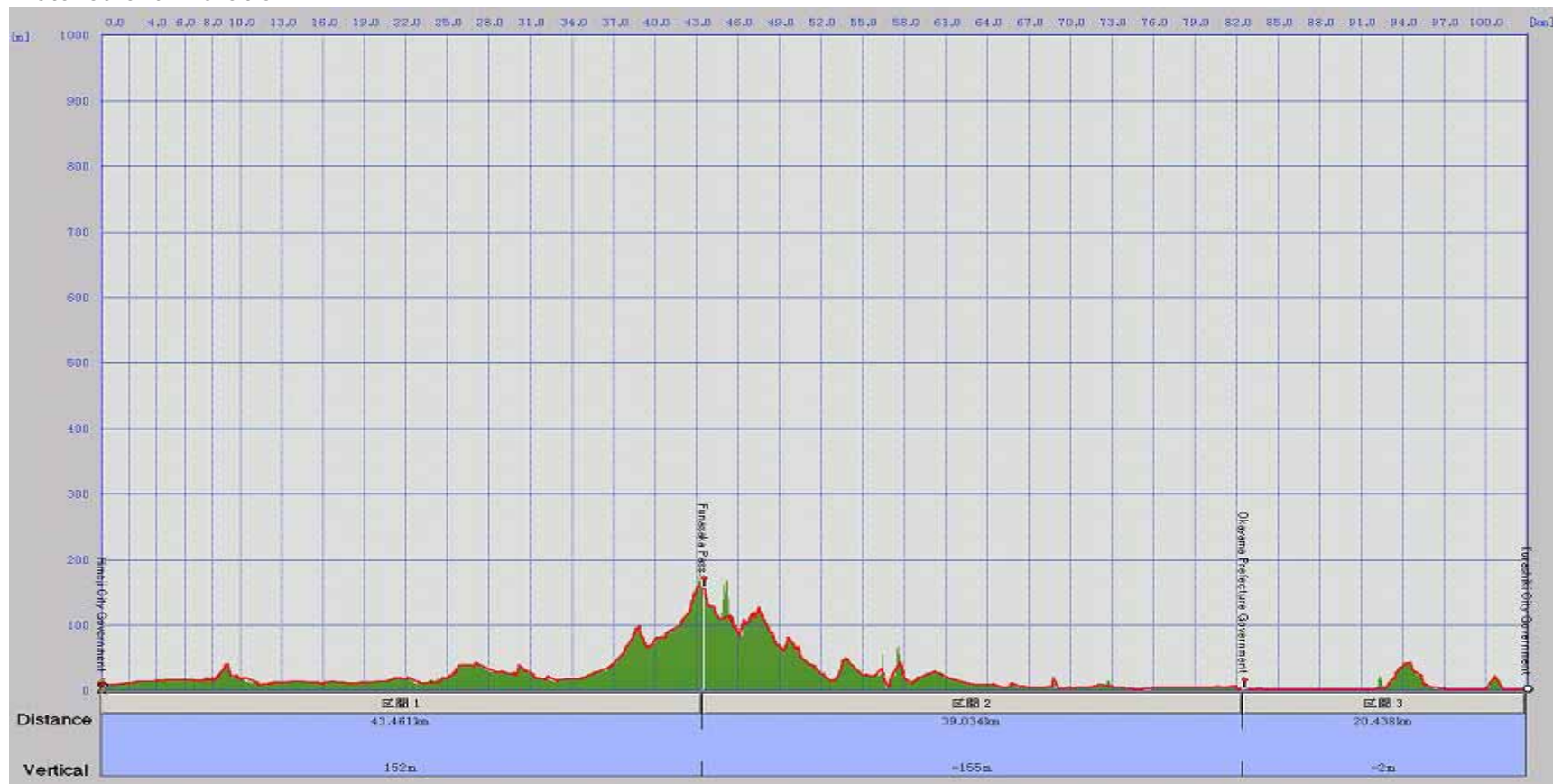
Route Map for May 18



Cycle Shop List


No.	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Ikejiri Jitensha Shoukai	池尻自転車商会	078-671-3890	
2	Ishioka Cycle	石岡サイクル	078-611-1710	
3	Kawasaki Jitensha Shoukai	川崎自転車商会	078-735-2558	
4	Cycle Base Asahi Maikoten	サイクルベースあさひ舞子店	078-787-3281	
5	Cycle Pro Shop 135	サイクルプロショップ135	078-914-4568	
6	Sugimura Cycle	杉村サイクル	078-912-1680	9:00-19:00
7	Oouchi Jitensha Shoukai	大内自転車商会	078-946-0168	
8	Matsumoto Cycle	松本サイクル	078-942-1337	
9	Okada Cycle	岡田サイクル	0794-22-6006	
10	Noguchi Cycle	のぐちサイクル	0794-48-6582	
11	Hamada Jitensha Kuriyamaten	浜田自転車栗山店	0792-24-8024	

Distance and Elevation



Cycle Shop List

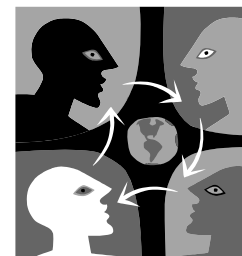
No.	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Cycle Shop Terao	サイクルショップテラオ	0792-22-3544	9:00-19:00
2	Yuguchi Jitensha Shoukai	湯口自転車商会	0792-76-0013	
3	Takada Jitenshaten	高田自転車店	0791-28-0070	
4	Matsumoto Jitenshaten	松本自転車店	0791-49-2584	
5	Fukami Jitenshaten	深見自転車店	0869-62-0334	
6	Fujimoto Jitensha Shoukai	藤本自転車商会	0869-67-1450	
7	Harada Jitenshaten	原田自転車店	0869-64-2477	
8	Oomori Jitensha Shoukai	大森自転車商会	0120-022067	8:00-19:00
9	Nasu Jitenshaten	那須自転車店	086-279-0178	
10	Kikuchi Jitenshaten	菊池自転車店	086-272-1988	
11	Bicycle Pro Shop Nakayama	BICYCLE PRO SHOP なかやま	086-222-5262	9:00-19:00
12	Bonvivant	ボンビボン (BonVivant)	086-222-9487	
13	Tanabe Jitenshaten	田辺自転車店	086-455-7859	
14	Okuda Cycle	(有)オクダサイクル	086-422-0720	8:30-18:30

 Partnering
Bicycle shop

**About
Partnering
Bicycle shop**
The shop is
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RIDE and
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international
customers.

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ROUTE MAP

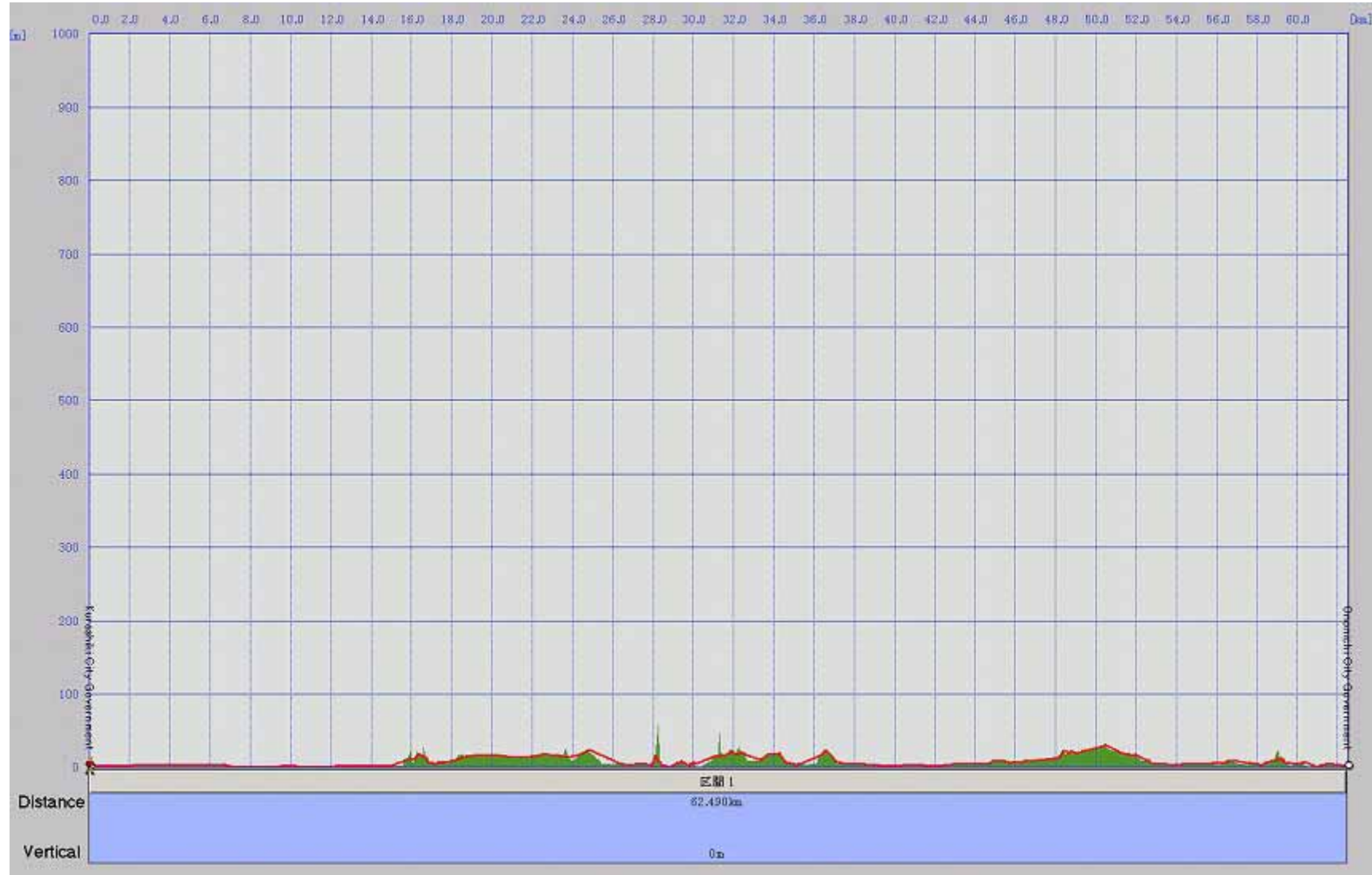
May 20



Route Map for May 20

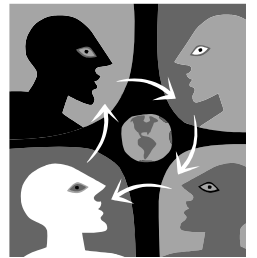


Distance and Elevation



EXPO 2005

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ROUTE MAP

May 21



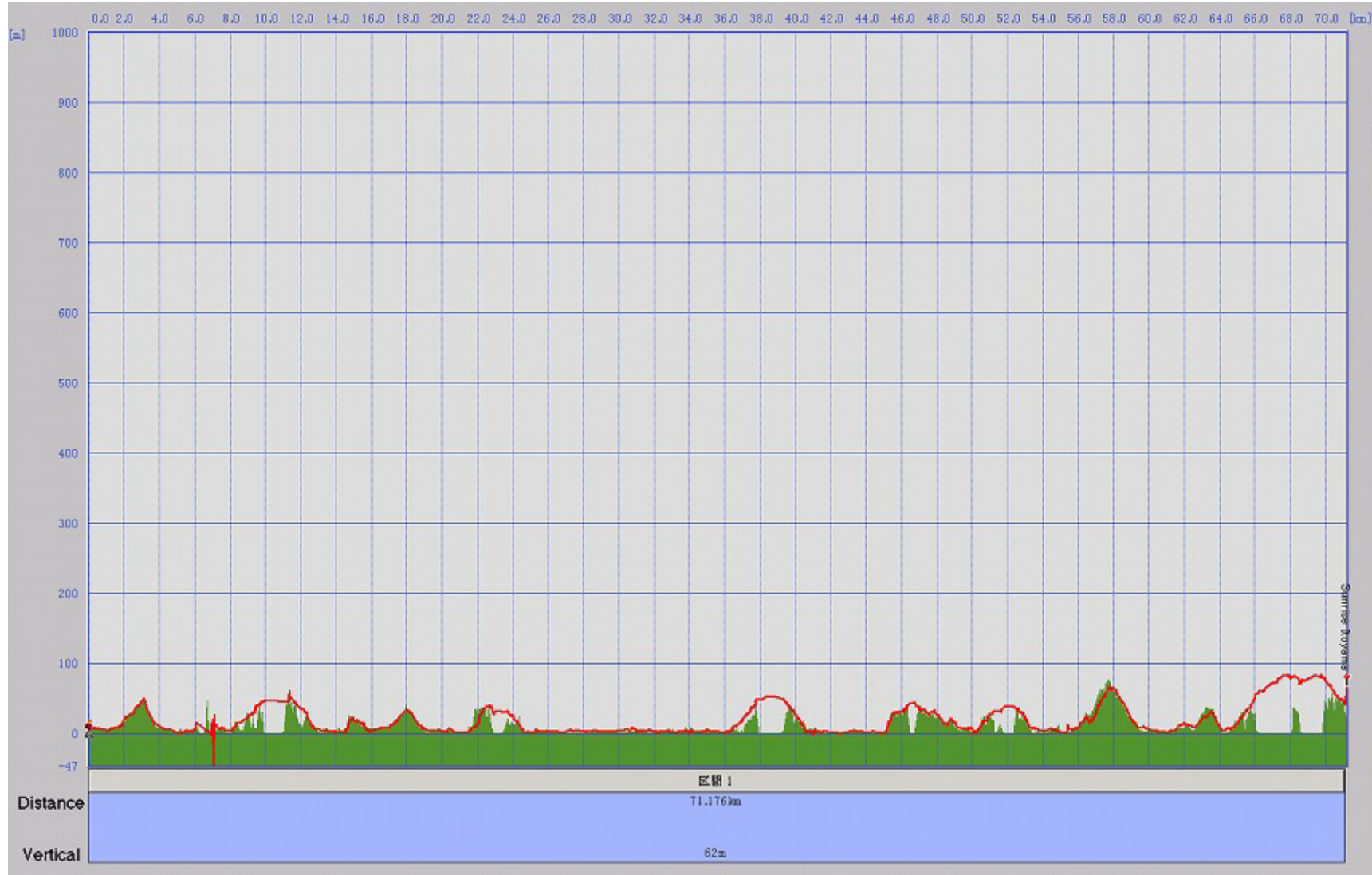
Route Map for May 21



Cycle Shop List

No.	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Yamamoto Shouten	山本商店	0865-42-2210	
2	Furuyama Jitenshaten	古山自転車店	0865-64-2274	
3	Fujii Jitensha Shoukai	藤井自転車商会	0865-62-3540	
4	Hirata Cycle Shoukai	平田サイクル商会	084-922-6949	
5	Yokoyama Jitenshaten	横山自転車店	084-922-3133	
6	Abeno Jitenshaten	阿部野自転車店	084-951-1019	
7	Kitsutaka Cycle	橘高サイクル	084-934-0627	
8	Furukawa Cycle	ふるかわサイクル	084-933-3318	
9	Kambara Motors	(有)神原モータース	0848-37-2324	
10	Kawaguchi Cycle	カワグチサイクル	0848-37-1674	

Distance and Elevation

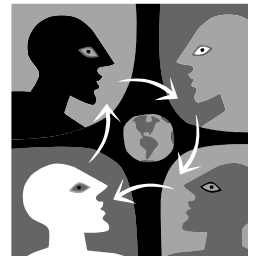


Cycle Shop List

No.	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Kashiwara Jitenshaten	柏原自転車店	08452-5-0251	
2	Bikele Center Kyoumaru	(有)バイクルセンター京丸	08452-4-1819	
3	Kawara Jitensha Shoukai	河原自転車商会	08452-7-0128	
4	Yano Jitenshaten	矢野自転車店	0897-84-2057	

EXPO 2005

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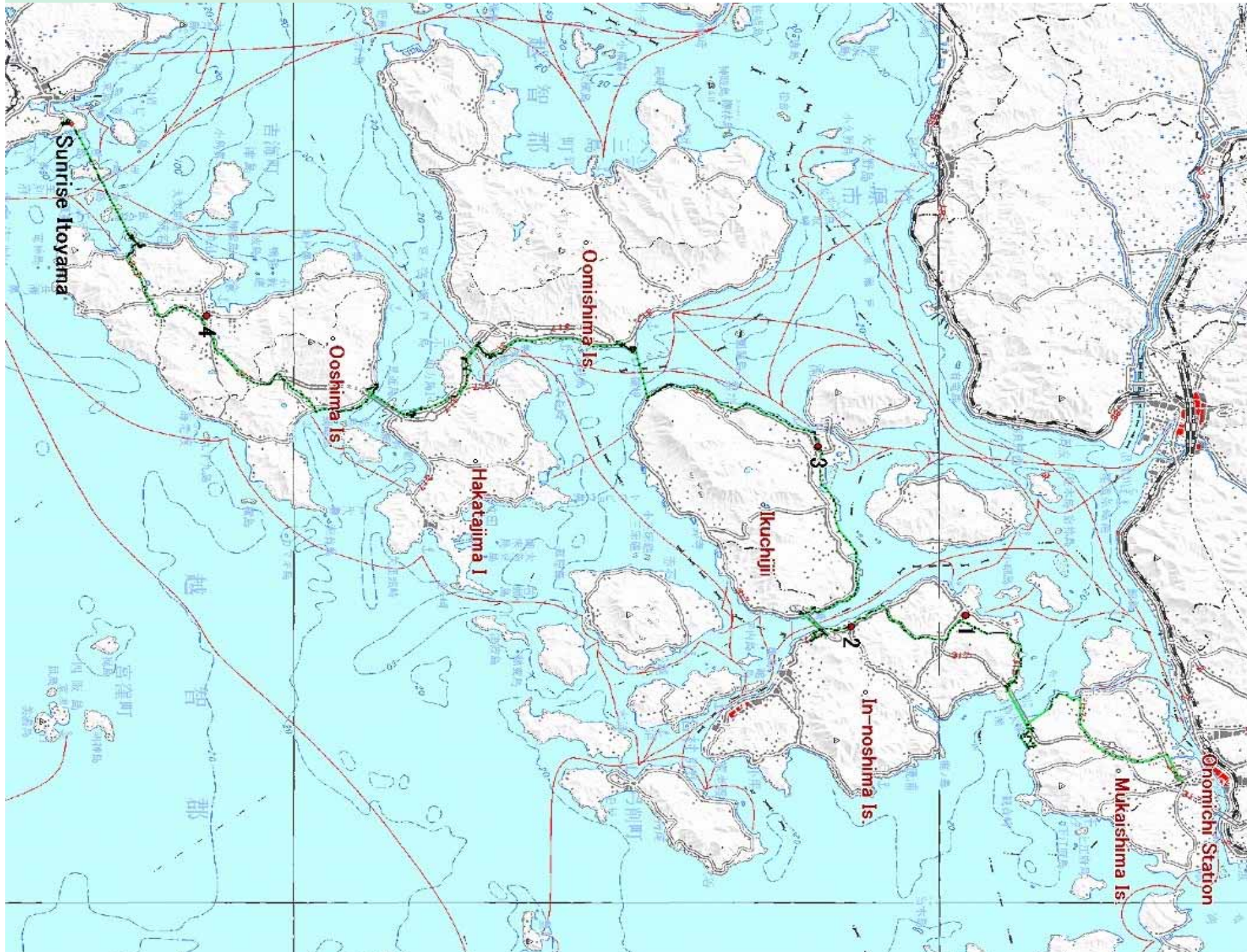


ROUTE MAP

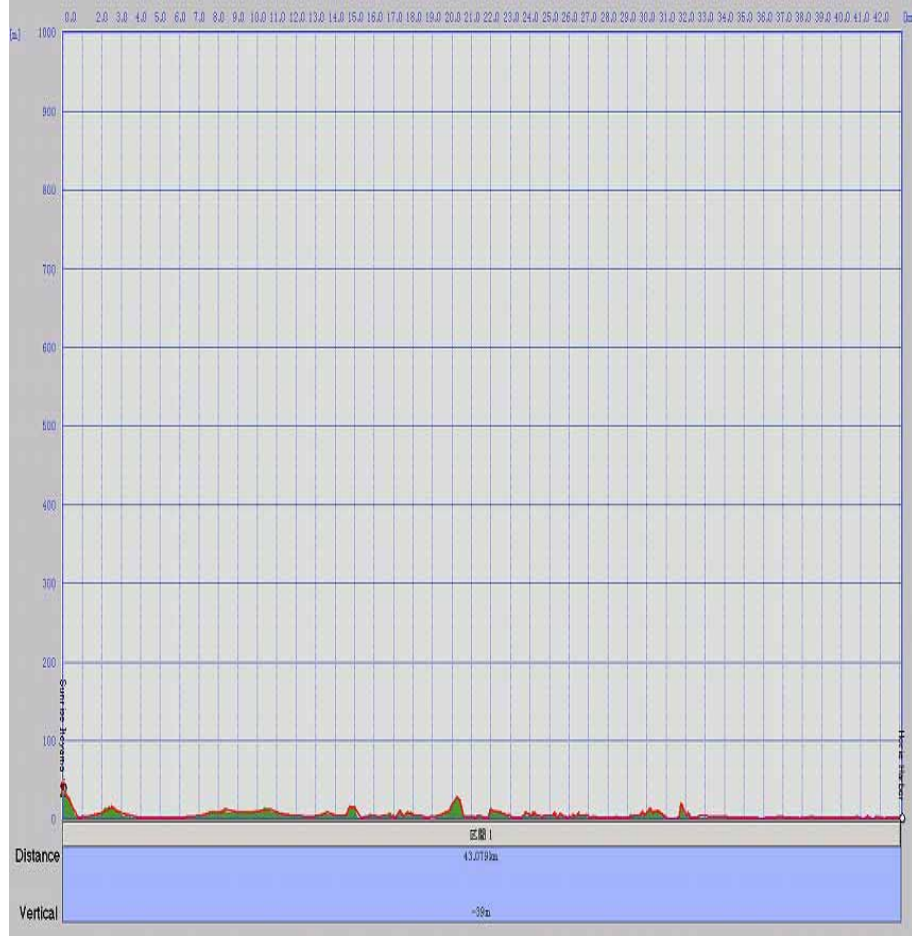
May 22



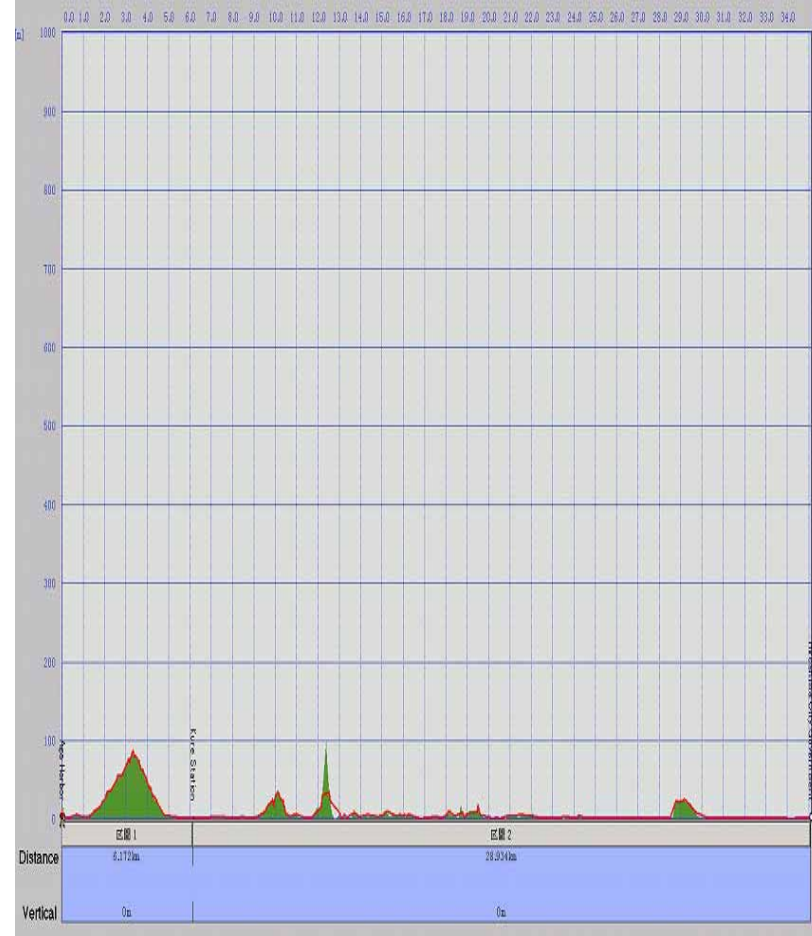
Route Map for May 22



Distance and Elevation 1




Distance and Elevation 2



Cycle Shop List

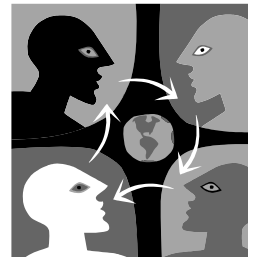
No.	Shop Name (E)	Shop Name (J)	Phone	Hours
1	Banff	バンフ (BANFF)	0898-34-7130	10:00-20:00
2	Yamasaki Jitensha Shoukai	山崎自転車商会	0898-22-5258	
3	Ookouchi Jitensha Shoukai	大河内自転車商会	0898-22-6208	
4	Ido Motors	井戸モーターズ	089-995-0642	
5	Cycle Center Matsushima	サイクルセンターまつしま	089-992-0412	
6	Nakasuka Cycle	なかすかサイクル	089-993-1160	
7	Yano Hisao	矢野自転車商会 (矢野久雄)	089-978-0150	
8	Watanabe Jitensha Shoukai	渡辺自転車商会	0823-21-8795	
9	Hashimoto Cycle	はしもとサイクル	0823-22-7250	
10	Higashida Jitenshaten	東田自転車店	0823-38-7042	
11	Bike Sports You	バイクスポーツ遊 (YOU)	082-288-7879	9:00-19:00
12	Yamanaka Cycle Shop	ヤマナカサイクルショップ	082-241-1776	

 Partnering
Bicycle shop

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welcomes international

EXPO 2005

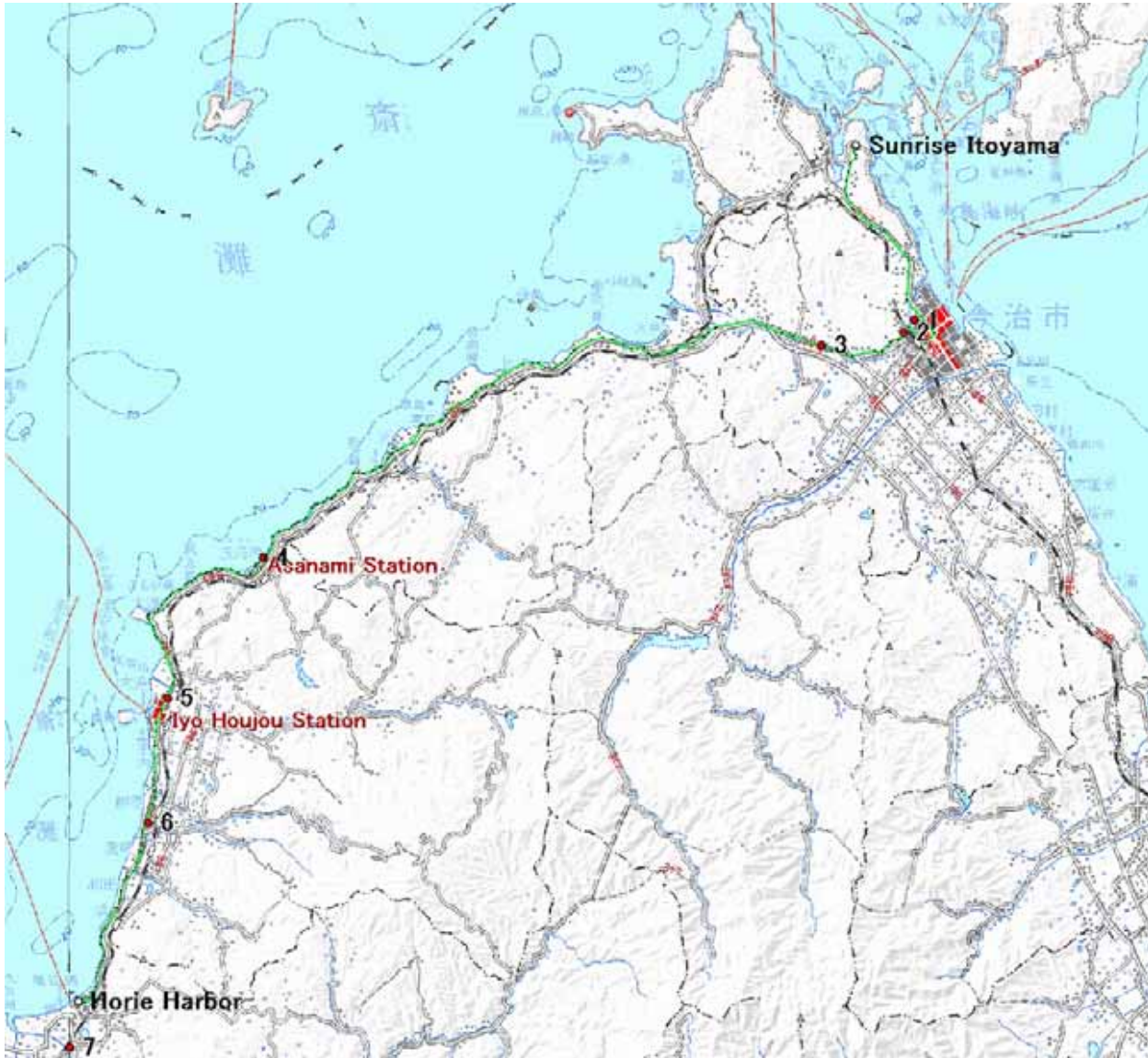
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ROUTE MAP
May 23



Route Map for May 23-1



Route Map for May 23-2

